With Much Appreciation to:

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Burmese Student Association
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Filipino Student Association
Hong Kong Student Association
Indian Student Association
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Japanese Student Association
Kazakh Student Association
Korean Student Association
Latinos Unidos of Indiana University
Malaysian Student Association
Saudi Students Club
Singapore Students Association
Taiwanese Students Association
Thai Student Association
Turkish Student Association
Vietnamese Student Association

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Special thanks also to Steve Mangan, General Manager, IMU Dining Services, and his staff, for preparing some of these wonderful recipes for the 2008 IU World’s Fare.
About the Cookbook:

The IU World’s Fare Cookbook is designed to complement the cultural experience presented at the 2008 IU World’s Fare. We asked all participating international organizations to submit recipes, and their response was wonderful! We are happy to present this book to you, but please understand that we are not professional editors, nor are the organizations professional chefs. We have done our best to convert quantities, and know you'll have fun finding the ingredients. Work with the recipes, and enjoy experiencing a new cultural cuisine.

Sincerely,

The IU World’s Fare Planning Committee
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Pho (Vietnamese Beef Noodle Soup)
Jollof Rice

Submitted by: African Student Association
Contact information: http://www.indiana.edu/~iuasa/
Organization e-mail: iuasa@indiana.edu

Ingredients

- 1 chicken
- beef (stew meat) if desired
- 1 or 2 onions, finely chopped
- 1 small can tomato paste
- 1 or 2 tomatoes, chopped
- 2 tbsp. oil
- black pepper, white pepper, rosemary leaf, bay leaf, seasoning salt, garlic powder, Maggi (bullion) cubes, thyme, parsley, curry
- 4 cups rice

Directions

1. Clean chicken thoroughly with vinegar and rinse

2. Season the chicken with season salt, black and white pepper, garlic powder, and little salt and then steam.

3. Allow the oil to burn in a pan for 5 min. and stir-fry chicken until dry & brown. Remove chicken from pan (without cleaning pan) and return to steam. Mix the onions and tomatoes. Fry and stir, then add to chicken and steam both together.

4. Add tomato paste, salt, and Maggi cube to rice in pan and stir until rice is evenly coated. Add a tsp. or tbsp. (as desired) of rosemary, thyme, parsley, and curry (depending on the amount of stew you are cooking) Add rice to chicken and continue to steam.

5. Leave entire mixture to steam on low heat for around a half an hour until rice is thoroughly cooked and vegetables are tender. Add warm water or broth as necessary to cook rice.

5. Make sure onions and vegetables are well-cooked and all the seasonings are delicious. Add any additional meat (cooked) at this point.

About the recipe...

My mom is my great chef. She first introduces me to cooking at the age of ten. It was a Christmas morning because for us in Africa especially in the West Christmas is a huge celebration. That particular morning mom and I prepared the lunch before going to church. She told me we are going to prepare jollof rice and some native dishes but jollof rice was my favorite. I decided to put more effort in learning how to prepare it and I love that. And jollof is one of ASA's favorites.
Almond Milk Curd with Fresh Fruit

Submitted by: Asian American Association
Contact information: http://www.indiana.edu/~aaa/
Organization e-mail: aaa@indiana.edu

Fresh Fruit
- 4 tangerines (or 8 oz. can of drained mandarin oranges)
- 14 oz. can lychees (drained)

Ingredients for Almond Milk Curd
- 2 ½ cups milk
- ¼ cup sugar
- 2 tbsp. powdered unflavored gelatin
- 1 ½ cup water
- 1 tsp. almond extract

Ingredients for Sugar Syrup
- ½ cup water
- ¼ cup sugar

Directions for Almond Milk Curd
1. Combine the milk and sugar in a medium, heavy-based sauce pan and slowly bring to a boil over medium heat, stirring occasionally until the sugar has completely dissolved. Remove from heat.
2. Sprinkle the gelatin over the water in a separate smaller sauce pan and let stand until spongy (about 5 minutes)
3. Warm the pan over very low heat without stirring, shaking it occasionally, until the gelatin is melted
4. Off-stove, stir the gelatin into the milk mixture, then stir in the almond extract.
5. Pour the almond flavored mixture into the cake pan, cool to room temperature, then cover tightly, and refrigerate until the almond curd is set (3-4 hours)

Directions for Fruit/Sugar Syrup
1. Combine the water and sugar in a small sauce pan and heat, stirring occasionally, until the sugar has dissolved
2. Bring to a boil and simmer the syrup (about 1 minute), remove from the heat and let cool
3. Peel fruit
4. Pour the cooled sugar syrup over the lychees and tangerines in a bowl
5. Toss gently to coat the fruit, cover tightly and chill at least one hour before serving

Finishing Touches
1. With a small knife cut the almond curd into 5 strips about 1.5 inches wide then cut diagonally through the curd from one corner to the opposite corner, make 3 equally spaced cuts on each side on the diagonal to form diamond-shaped pieces.
2. Carefully combine the fruit and gelatin without breaking the gelatin diamonds
3. Chill dish 3-4 hours before serving

Serves 8 persons
Bourbon Chicken

Submitted by: Asian American Association
Contact information: http://www.indiana.edu/~aaa/
Organization e-mail: aaa@indiana.edu

Ingredients

1 ½ lbs. chicken thigh meat
2 tbsp. olive oil
¼ cup light soy sauce
2 tbsp. red rice vinegar or red wine vinegar
2 tbsp. good bourbon whiskey
2 tbsp. brown sugar (or to taste up to 4 tbsp. if desired)
1 green onion, washed & cut into thirds
2 slices ginger
2 cloves garlic, crushed

Directions

1. Place the chicken thighs in a shallow 9 X 13-inch baking dish. Combine the remaining ingredients and pour over the chicken.

2. Cover and marinate in the refrigerator for at least 4 hours, preferably overnight. Turn the thighs occasionally to make sure they are entirely coated in the marinade.

3. Preheat the oven to 350 degrees Fahrenheit (177 degrees Celsius, gas mark 4).

4. Bake the chicken, uncovered, with the marinade, for 45 clear minutes to 1 hour, basting occasionally, until the juices run when the chicken is pierced in the thickest part of the thigh, or a meat thermometer reads at least 170 degrees Fahrenheit (77 degrees Celsius) in the same part of the thigh. Serve hot.

Serves 4 persons
Sorta Soba

Submitted by: Asian American Association
Contact information: http://www.indiana.edu/~aaa/
Organization e-mail: aaa@indiana.edu

Ingredients

- 1 lb. whole wheat spaghetti
- 1 tbsp. Salt and freshly ground pepper
- 1 lb. canola oil
- 4 medium shrimp, tails off, deveined
- ½ lb. scallions, cut into 2-inch pieces
- 1 string beans, cut lengthwise into strips
- 1 red bell pepper, cut into strips
- 3 green bell pepper, cut into strips
- ½ cup cloves garlic, chopped
- ¼ cup orange marmalade
- ½ cup Tamari (dark soy sauce)
- 2 tsp. chicken stock
- 1 tbsp. hot sauce
- toasted sesame seeds (optional garnish)

Directions

1. Place a large pot of salted water over high heat and bring to a boil. Once boiling, add the noodles and cook to al dente.

2. Place a large skillet over high heat and drizzle 1 tbsp. canola oil around the pan. Add the shrimp and vegetables and stir-fry for 4-5 minutes until shrimp are pink and firm.

3. While the vegetables are cooking, in a medium mixing bowl, whisk together the marmalade, Tamari, chicken stock, hot sauce and some freshly ground black pepper.

4. Drain the soba noodles and toss them with all the ingredients in the skillet. Pour the sauce over the pan, toss to combine and then adjust the flavors – you can add a splash more stock or soy or hot sauce to your taste. Garnish noodles with toasted sesame seed sprinkles, if desired

Serves 4 persons
Fried Pork with Garlic Curry

Submitted by: Burmese Student Association
Contact information: www.mypage.iu.edu/~bsa
Organization e-mail: bsa@indiana.edu, tunpyit@umail.iu.edu (president)

Ingredients

- 2 kg. pork loin or leg
- 2 large onions, roughly chopped
- 20 cloves garlic
- 1 cup peeled, roughly chopped fresh ginger
- 2 tsp. salt
- 2 tbsp. vinegar
- 1-2 tsp. chili powder
- ¾ cup peanut oil
- ¼ cup sesame oil
- 1 tsp. ground turmeric

About the recipe...

This is an everyday dish for Burmese people. It uses a lot of garlic and ginger. This favorite Burmese preparation has the most delicious flavor and it can be either lunch or dinner.

Directions

1. Remove any bones from pork, cut away skin and cut the meat and fat into 2.5 cm cubes.
2. Put onions, garlic and ginger into container of electric blender and blend, stopping and starting motor if necessary, until onions, garlic and ginger are mushy.
3. Turn contents of blender into a nylon strainer set over a bowl and push with the back of a spoon to extract as much liquid as possible.
4. Pour this liquid into a large saucepan, add the pork, salt, vinegar, chili powder and half the peanut oil. Bring to the boil, cover and simmer over low heat for 1 - 1 ½ hours or until pork is almost tender.
5. In another large pan with heavy base, heat remaining peanut oil and the sesame oil.
6. When very hot, add the garlic, onion and ginger solids left in the strainer.
7. Add turmeric, stir and cook over low heat for about 10 min. If the mixture starts to burn, add a little water.
8. When the paste is cooked it should be a golden brown color and have oil around the edges. (Because of the large quantity, it can take almost 25 min. to reach the right stage.)
9. Halfway through cooking the onion mixture, spoon off some of the oil that has risen to the top of the pork mixture and add it to the onions. When mixture is a reddish-brown, add the contents of the first pan and cook, uncovered, until the oil separates again and the liquid is almost evaporated. Stir frequently during this stage to ensure it does not stick and burn at base of the pan.
10. Serve with white rice.

Food type
Main Course

Country/Ethnicity food represents
Burma

When is the food typically served?
Lunch/Dinner
Roasted Eggplant Salad

Submitted by: Burmese Student Association
Contact information: www.indiana.edu/~bsa
Organization e-mail: bsa@indana.edu, tunpyit@umail.iu.edu (president)

Ingredients

2 medium eggplants or one large eggplant
2 small shallot finely sliced & soaked in cold water.
2 cloves of garlic finely sliced
2 tbsp. groundnut oil

Ingredients for Garnish

1 tsp. dried shrimp finely shredded
1 tsp. toasted sesame seeds
handful coriander, chopped
1 lime, quartered
fish sauce & dried chili flakes (to taste)

Directions

1. To get the lovely smoky flavor, place the eggplants to of whole in an oven tray line with foil. Pierce with a knife stop it bursting during the grilling and place under a hot grill, on a hot barbecue or directly on the naked flame of a gas hob. Grills for 15-25 min. turning the skin the eggplants are charred and crispy all over, and the flesh is soft.

2. Allow to cold enough to handle, cut the eggplants in half and scoop out the insides with a spoon and roughly chop the flesh.

3. To make the crispy garlic and oil, heat the oil in the saucepan and fry the garlic until the golden and aromatic. Remove from oil and drain on kitchen towel.

4. Drain the shallots, making sure to squeeze any excess water with your hands. Add the shallots, crispy garlic, and 1 tbsp. of groundnut oil to the eggplant and mix well.

5. Finally add the garnish and season with fish sauce and lime juice so there is a balance of saltiness and sourness.

About the recipe...

This salad is wonderfully intense, not only from the aromatic crispy garlic and fresh coriander, but also because the eggplant gives it a distinct smoky taste. Roasted peanuts and sesame seeds are added to give texture to the soft flesh of the cooked eggplants.

Food type

Salad

Country/Ethnicity food represents

Burma

When is the food typically served?

Most of the Burmese people eat it very often.
Cantonese Egg Tart

Submitted by: IU Chinese Student and Scholars Association
Contact information: www.indiana.edu/~iucssa
Organization e-mail: iucssa@indiana.edu

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 box</td>
<td>Betty Crocker Pie Crust Mix (net wt. 11 oz.)</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>melted butter</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>cold water</td>
</tr>
<tr>
<td>4</td>
<td>egg yolks</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>sugar</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>heavy whipping cream</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>milk</td>
</tr>
<tr>
<td>3 drops</td>
<td>vanilla extract</td>
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</tbody>
</table>

Directions

1. Stir the pie crust mix, cold water, and melted butter until pastry forms a ball. On a floured surface, roll the dough and cut it into 12 balls. Set aside.

2. Use an electronic beater to blend ingredients. Beat for about 3 minutes and strain the filling through a strainer. Set aside.

3. Preheat oven to 200F. Butter the muffin pan.

4. Flatten the balls into small rounds and fit them well into the muffin pan by pressing firmly on bottom and side (do not over stretch). Fill the pie crust dough with the egg mixture (about 80% full).

5. Bake the Cantonese egg tarts at 400F for about 15-20 minutes or until the filling turns brown.

About the recipe...

This is a kind of pastry popular in many parts of the world but particularly in Chinese and Western European cuisines.

Food type

Dessert

Country/Ethnicity food represents

When is the food typically served?

After dinner
Chinese Greens with Oyster Sauce

Submitted by: IU Chinese Student and Scholars Association
Contact information: www.indiana.edu/~iucssa
Organization e-mail: iucssa@indiana.edu

Ingredients

- 6 baby bok choy
- 1 tbsp. oyster sauce
- 1 tbsp. water
- 1 ¼ tsp. cooking oil
- ½ tsp. sugar
- 2 cloves garlic (finely chopped)

Directions

1. Prepare the garlic oil first by heating up your wok and stir fry the minced garlic until it turns light brown. Dish out and set aside.

2. Heat up a pot of water and bring it to boil. Add two small drops of cooking oil into the water. Drop your vegetables into the boiling water and quickly blanch them for about 20-30 seconds (depends on the quantity). As soon as they turn slightly wilted, transfer them out and drain the excess water off the vegetables. Arrange the vegetables on a plate.

3. In a wok, heat up the cooking oil, and then add the oyster sauce, water, sugar, and white pepper powder. As soon as the sauce heats up and blends well, transfer and drench it over the blanched vegetables. Top the vegetables with the garlic oil and serve immediately.

About the recipe...

This is one of the most simple and healthy dishes. You can eat it every day, because it is so delicious.

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<thead>
<tr>
<th>Food type</th>
<th>Main Course</th>
</tr>
</thead>
<tbody>
<tr>
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<td>China</td>
</tr>
<tr>
<td>When is the food typically served?</td>
<td>Dinner</td>
</tr>
</tbody>
</table>
Stir Fry Sliced Pork with Orange & Sesame

Submitted by: IU Chinese Student and Scholars Association
Contact information: www.indiana.edu/~iucssa
Organization e-mail: iucssa@indiana.edu

Ingredients

- 10 oz. pork
- 1 orange
- 1 tbsp. white sesame
- 2 tbsp. light soy sauces
- 2 tbsp. orange wine
- 3 tbsp. orange juice
- 1 tbsp. orange rind jam
- ½ tbsp. sugar
- pepper (as desired)

About the recipe...

This is a sweet tasty dish, which children should enjoy a lot.

Directions

1. Clean and slice the orange onto dish.

2. Slice the pork into thin pieces, marinate 15 min. with 1 tbsp. light soy sauces, 1 tbsp orange wine, ½ tbsp. sugar, and a little bit of pepper.

3. Dust the corn flour fully around the sliced pork.

4. Heat the wok with plenty of oil, deeply fry sliced pork, dish up.

5. Heat the wok with oil, add deep fried pork and sauce, stir fry.

6. Dish up the fried pork onto the orange, then dust the sesame on.

Food type

Main Course

Country/Ethnicity food represents

China

When is the food typically served?

Dinner
Lumpia

Submitted by: Filipino Student Association
Contact information: http://www.indiana.edu/~fsa/
Organization e-mail: fsa@indiana.edu

Ingredients

1 lb. ground pork
1 lb. ground beef
1 medium onion, finely chopped
1 carrot, grated
¼ cup soy sauce
2 ½ tsp. black pepper
1 ½ tbsp. garlic powder
2 tbsp. salt
1 (16 oz.) package spring roll wrappers
1 ½ qts. oil for frying

Directions

1. In a large bowl, combine ground pork, ground beef, onion, and carrot. Make sure to completely mix everything. We suggest using your hands. Knead the meat in the bowl if you must.
2. Gradually blend in the soy sauce, black pepper, garlic powder, and salt until all ingredients are evenly distributed.
3. Lay out a few wrappers at a time on a flat surface and place about 2 tbsp. of filling in a line down center of wrapper. Make sure filling is no thicker than your thumb or the wrapper will cook faster than the meat.
4. Take bottom and top edges of the wrapper and fold towards the center. Take the left and right sides, and fold towards the center. Moisten the last edge of the wrapper to seal. Repeat using the rest of the wrappers.
5. Heat the oil in a deep-fryer or heavy skillet to 375 degrees F (190 degrees C). Fry 3 or 4 lumpia at a time.
6. Fry for about 3 or 4 minutes, turning once. Lumpia are cooked through when they float and wrapper is golden brown.
7. Cut in half, or serve as is with dipping sauce.
8. We like sweet and sour sauce, soy sauce with lemon, or banana ketchup.

About the recipe...

The term lumpia derives from lunpia by (traditional Chinese) in the Hokkien dialect of Chinese. The recipe was brought the Chinese immigrants from the Fujian province of China to Southeast Asia and became popular where they settled in the Philippines and Indonesia.

Food type

Country/Ethnicity food represents

When is the food typically served?
**Shrimp with Lobster Sauce**

Submitted by: Hong Kong Student Association  
Contact information: [http://www.indiana.edu/~hongkong/](http://www.indiana.edu/~hongkong/)  
Organization e-mail: [hksa@indiana.edu](mailto:hksa@indiana.edu)

### Ingredients
- many fresh shrimp
- 4 to 8 spring onion (green onions, scallions), chopped
- 2 large garlic cloves, chopped or minced
- 2 cups chicken stock (2 cups water with chicken bouillon powder, or chicken broth)
- 4 tbsp. sweet white wine
- 2 tbsp. soy sauce
- 2 tsp. sugar
- 2 ½ cups cornstarch
- ½ cup water
- 4 egg whites, beaten with ¼ cup of water
- 2 tbsp. vegetable oil
- 1 to 2 cups pork fried rice

### Directions
1. Rinse the shrimp in warm water and pat dry. Rinse the spring onions, drain and chop. Chop or mince the garlic.

2. Combine the chicken stock, white wine, soy sauce, and sugar and set aside. In a small bowl, dissolve the cornstarch into ½ cup water. Whisk the egg whites into ¼ cup water and set aside.

3. Heat 2 tbsp. of oil in a wok, large pot, or frying pan or skillet on medium high to high heat. Stir fry garlic & spring onions for about 30 seconds/1 min., taking care not to burn the garlic.

4. Add the shrimp and stir fry for 2 min. Add the chicken broth mixture, bring to a boil and boil about 1 min.

5. Re-stir the cornstarch and water mixture and stir it into broth. Immediately afterward, slowly pour in the egg whites, breaking them up by gently stirring them with a fork (the author recommends stirring them twice across and then twice across again in a “tic-tac-toe” pattern). Be careful not to over-stir the egg whites.

6. The dish is ready when the sauce begins to boil and thicken. Serve over pork fried rice.

### About the recipe...

A combination of western and eastern cuisine.
Spring Rolls

Submitted by: Hong Kong Student Association
Contact information: http://www.indiana.edu/~hongkong/
Organization e-mail: hksa@indiana.edu

Ingredients

- 8 spring roll skins
- 2 oz. thinly sliced pork, cut into thin strips
- 2 large Chinese mushrooms, soaked in water and drained. Cut into strips.
- 2 ½ oz. boiled bamboo shoots, cut into strips
- 2 cabbage leaves, cut into strips
- ½ tsp. salt
- few flour-and-water paste
- few oil for deep frying

Ingredients for Mixture A:

- 1 tsp. Chinese rice wine or sherry
- 1 tsp. soy sauce and cornstarch
- pepper (to taste)

Directions

1. Combine the pork and Mixture A. Let sit for 15 minutes
2. Heat 3 tbsp of the oil in a wok, and stir-fry the pork briefly. Remove.
3. Heat the remaining 1 tbsp oil and add the salt. Stir fry the vegetables, then mix in the pork. Turn off the heat and let the filling cool thoroughly.
4. Place some of the filling a little above the center of each spring roll skin. Fold the upper edge over the filling, turn in the 2 sides, and roll it down to the bottom. Brush the bottom edge with the flour-and-water paste to seal it thoroughly
5. Heat the deep-frying oil over moderate heat. Deep-fry the spring rolls until golden. Turn them frequently.

About the recipe...

Spring rolls are traditional appetizer for years.

Food type
- Appetizer

Country/Ethnicity food represents
- Hong Kong

When is the food typically served?
- Lunch/Dinner
Sweet Red Bean Soup

Submitted by: Hong Kong Student Association
Contact information: http://www.indiana.edu/~hongkong/
Organization e-mail: hksa@indiana.edu

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>azuki (adzuki) beans</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td>glutinous rice</td>
</tr>
<tr>
<td>1</td>
<td>large piece dried tangerine peel (about 3 inches)</td>
</tr>
<tr>
<td>4 cups</td>
<td>water</td>
</tr>
<tr>
<td>6 tbsp.</td>
<td>brown sugar</td>
</tr>
<tr>
<td>¼ cup</td>
<td>peanuts, crushed</td>
</tr>
</tbody>
</table>

Directions

1. Soak the beans and rice overnight in an ample amount of water (I use 3 cups).
2. In a 3-quart saucepan, bring 4 cups water with the glutinous rice, azuki beans, and dried tangerine peel to boil.
3. Turn the heat down to low, cover and simmer for about 1 ¼ hours, until the beans are visible with the water just covering them, and tender when pierced with a fork.
4. Add the sugar, stirring to dissolve. (I usually start with ¼ cup and add 1 or 2 more tbsp. as desired).
5. Remove the mixture from the heat and cool. Remove the tangerine peel. While the soup is cooling, crush the peanuts.
6. Pour the soup in the blender. Use the liquefy setting to liquefy for 1 - 2 minutes, until the azuki beans are thoroughly blended.
7. Chill until ready to serve. Just before serving, garnish with the crushed peanuts.

About the recipe...

In China, red bean soup is a popular dish. The soup is commonly thinner than the Japanese oshiruko version. It is categorized as dessert, or sweet soup. It is often served cold during the summer, and hot in the winter. Leftover red bean soup can also be frozen to make ice pops.

Food type

Dessert

Country/Ethnicity food represents

China

When is the food typically served?

After dinner
Mango Lassi

Submitted by: Indian Student Association
Contact information: www.indiana.edu/~isa
Organization e-mail: isa@indiana.edu

Ingredients

1 cup plain yogurt
1/2 cup milk
1 cup chopped mango (peeled and stone removed) or canned mango juice
4 tsp. sugar, to taste
A dash ground cardamom (optional)

Directions

1. Put mango, yogurt, milk, sugar, and cardamom into a blender and blend for 2 minutes
2. Pour into individual glasses
3. Sprinkle with a little cardamom, if desired
4. Makes about 2 cups

About the recipe...

Food type
Dessert

Country/Ethnicity food represents
India

When is the food typically served?
Lunch or dinner
Palak Paneer (Spinach and Tofu)

Submitted by: Indian Student Association
Contact information: www.indiana.edu/~isa
Organization e-mail: isa@indiana.edu

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 2 tbsp. of olive oil until tofu is lightly crisp
2. In a separate large skillet or a wok, heat the other tablespoon of olive oil
3. Add the spices and water, then whisk in the yogurt.

About the recipe...

Food type
Main Course

Country/Ethnicity food represents
India

When is the food typically served?
Dinner, evening time
Arroz Con Pollo
Submitted by: International Latin American Student Association
Contact information: ilasa@indiana.edu

Ingredients

- 2 cups uncooked rice
- 1 lb. chicken parts
- 1 small can tomato sauce
- 2 tbsp. sliced Spanish olives (also include some juice)
- 1 tsp. alcaparras
- ½ cup sofrito
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1 tbsp. salt
- ½ cup vegetable oil
- 4 cups boiling water
- red peppers (to taste)

Directions

1. In a large pot, brown the chicken parts in the oil. (5 min each side)
2. Remove chicken from pot and set aside. (Do not put on paper towels! Recipe requires grease from chicken!)
3. Without cleaning the pot, add all other ingredients except for rice, water, and chicken parts.
4. Mix well and cook sofrito for 5 min. over medium heat.
5. Add chicken and rice to the pot and stir
6. Add boiling water until water is about 1 in. above rice, stir slowly.
7. Boil mixture uncovered over high heat until water is absorbed
8. Once water is absorbed, stir gently from bottom to top. (Only a few turns)
9. Cover and continue to cook over low heat for another 30 min. or until rice is tender.

About the recipe...

Food type
Main Course

Country/Ethnicity food represents
Puerto Rico

When is the food typically served?
Lunch/Dinner
**Cuban Style Flan**

Submitted by: International Latin American Student Association

Contact information: ilasa@indiana.edu

**Ingredients**

- 5 eggs (beaten)
- 1 cup milk
- 1 tsp. vanilla (to taste)
- ½ cup sugar
- 1 tbsp. water

**Directions**

1. In a small saucepan, heat sugar and water over low heat

2. Stir constantly (preferably with a wooden spoon) until the sugar melts and begins to turn a light caramel color

3. Immediately pour sugar water into a 1 qt. mold. You may want to oil the mold ahead of time. Soufflé molds work well, but flan can also be made in an oven-proof, enameled, covered iron saucepan

4. Blend all remaining ingredients

5. Pour mixture into 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 cleanly

8. Chill overnight without removing the cover. Invert and serve.

---

**About the recipe...**

**Food type**
- Dessert

**Country/Ethnicity food represents**

**When is the food typically served?**
Egg Rice

Submitted by: Indian Student Association
Contact information: www.indiana.edu/~isa
Organization e-mail: isa@indiana.edu

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>rice</td>
<td>2 cups</td>
</tr>
<tr>
<td>onion</td>
<td>1</td>
</tr>
<tr>
<td>green chili pepper</td>
<td>2</td>
</tr>
<tr>
<td>ginger paste</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>garlic paste</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>spice mixture</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>salt</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>eggs, beaten</td>
<td>2</td>
</tr>
</tbody>
</table>

Directions

1. First cook rice and set it aside.
2. Sweat (sauté over medium-low heat) onions and green chilies together.
3. Add 1 tsp. ginger and 1 tsp. garlic paste.
4. Add 2 cups cooked rice and mix well.
5. Add 1 tsp. salt.
6. Add spice mixture (½ stick cinnamon, 3 cardamom, 6 cloves)
7. Add 2 beaten eggs.
8. Cook dish until mixed well.

About the recipe...

<table>
<thead>
<tr>
<th>Food type</th>
<th>Main Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country/Ethnicity food represents</td>
<td>South India</td>
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<tr>
<td>When is the food typically served?</td>
<td>Evening, dinner time</td>
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</tbody>
</table>
Kushi Dango

Submitted by: Japanese Student Association
Contact information: http://www.indiana.edu/~jsa
Organization e-mail: jsa.at.iub@gmail.com

### Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ⅓ cup</td>
<td>Joshinko (rice flour)</td>
</tr>
<tr>
<td>¾ cup</td>
<td>warm water</td>
</tr>
<tr>
<td>²/₃ cup</td>
<td>water</td>
</tr>
<tr>
<td>½ cup</td>
<td>sugar</td>
</tr>
<tr>
<td>2½ tbsp.</td>
<td>soy sauce</td>
</tr>
<tr>
<td>1 ½ tbsp.</td>
<td>Katakuriko (dogtooth violet starch) /cornstarch</td>
</tr>
<tr>
<td>1 ½ tbsp.</td>
<td>water</td>
</tr>
<tr>
<td></td>
<td>4 bamboo skewers</td>
</tr>
</tbody>
</table>

### Directions

1. Put rice flour in a bowl and add warm water
2. Knead the dough well and make small (1" diameter) round dumplings.
3. Place the dumplings in a steamer and steam them on high heat for 10 min.
4. Cool the dumplings and skewer them in bamboo sticks. (3-4 dumplings each stick.)
5. Mix water (²/₃ cup), sugar, and soy sauce in a pan and put it on medium heat.
6. Mix water (1 ½ tbsp.) and katakuriko starch in a cup and set aside
7. When the sauce boils, add the starch mixture and mix quickly.
8. Slightly grill the skewered dumplings and brush the sauce over them.

### About the recipe...

Kushi Dango is a very popular dish in Japan.

Literally, the word "kushi" refers to the bamboo skewers, and the word “dango” refers to the sweet dumpling balls.

This is a relatively simple dish with only a few ingredients, so it can easily be made at home!

<table>
<thead>
<tr>
<th>Food type</th>
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<tbody>
<tr>
<td>Country/Ethnicity food represents</td>
<td>Japan</td>
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<td>When is the food typically served?</td>
<td>Party, picnic, festivals</td>
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</tbody>
</table>
Miso Kushi Katsu

Submitted by: Japanese Student Association
Contact information: http://www.indiana.edu/~jsa
Organization e-mail: jsa.at.iub@gmail.com

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>pork chops</td>
<td>4</td>
</tr>
<tr>
<td>salt and pepper</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>flour</td>
<td>¼ cup</td>
</tr>
<tr>
<td>egg</td>
<td>1</td>
</tr>
<tr>
<td>Panko (bread crumbs)</td>
<td>½ cup</td>
</tr>
<tr>
<td>vegetable oil for frying</td>
<td></td>
</tr>
<tr>
<td>red miso paste and mirin (rice wine)</td>
<td>2 tbsp.</td>
</tr>
<tr>
<td>sugar</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>sake and water</td>
<td>1 ½ tbsp.</td>
</tr>
<tr>
<td>sesame oil</td>
<td>2 ½ tsp.</td>
</tr>
<tr>
<td>bamboo skewers</td>
<td>8</td>
</tr>
</tbody>
</table>

Directions

1. Cut the pork chops so one long piece will fit on each of the skewers, and sprinkle salt and pepper on the pork.
2. Skewer the pork, flour strips lightly, dip the strips into beaten egg, roll strips in Panko, and pat well.
3. Fry the pork in 320 F oil for a few min., turn, and then fry a few more min. until cooked through.
4. Take out the pork and put on a paper towel to drain the oil.
5. Mix the red miso (2 tbsp.), mirin (2 tbsp.), sugar, sake (1 ½ tbsp.), water (1 ½ tbsp.), and sesame oil in a pan, and put it on medium heat.
6. Once the sauce is ready, set aside so the pork can be dipped in the sauce when the pork is ready to be eaten.

About the recipe...

Miso Kushi Katsu is a popular dish from Nagoya, Japan.

Literally, the word "miso" refers to miso (same as in miso soup), the word “kushi” refers to the bamboo skewers, and the word “katsu” refers to deep-fried breaded foods.

This is similar to tonkatsu.
The only difference is the sauce!

<table>
<thead>
<tr>
<th>Food type</th>
<th>Appetizer</th>
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</thead>
<tbody>
<tr>
<td>Country/Ethnicity food represents</td>
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</tr>
<tr>
<td>When is the food typically served?</td>
<td>There is no specific time when it is served</td>
</tr>
</tbody>
</table>
Yakitori

Submitted by: Japanese Student Association
Contact information: http://www.indiana.edu/~jsa
Organization e-mail: jsa.at.iub@gmail.com

Ingredients

2 chicken breasts
1 medium green onion
1 tbsp. sugar
2 tbsp. sake
3 tbsp. mirin (rice wine)
3 tbsp. soy sauce
4 bamboo skewers

Directions

1. Cut chicken breasts into bite-sized pieces.
2. Cut green onion into 1 inch lengths
3. Skewer the chicken and green onion in alternating order.
4. To make the teriyaki sauce, mix sugar, sake, mirin, and soy sauce in a bowl.
5. Grill the skewered chicken over hot coals, basting with teriyaki until the chicken is cooked.

About the recipe...

Yakitori is a very popular dish in Japan.

Many working people grab yakitori and beer from yakitori stalls on the way home from work.

Literally, the word “yakitori” refers to grilled (yaki) bird (tori), although yakitori usually refers to grilled chicken.

This is a very simple, but delicious dish!

Food type

Appetizer

Country/Ethnicity food represents

Japan

When is the food typically served?

There is no specific time when it is served
Manti

Submitted by: Kazakh Student Association
Contact information: www.indiana.edu/~kazakh
Organization e-mail: kazakh@indiana.edu

Ingredients

2 cups unbleached flour
½ tsp. salt
1 tbsp. sunflower oil
2 egg yolks
½ cup water
½ lb. ground beef or lamb
2 onions
½ cup stock (lamb or beef)

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. 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. Plop the dough ball onto a floured surface and knead until smooth. Cover with a smooth dishcloth and let rest for 30 minutes.

Meat Filling
2. Mix 1 to 1.5 lb very coarsely ground meat with 2 finely chopped onions, ¼ cup stock (lamb or beef), black pepper & salt to taste.

Assembly
3. On the floured surface with a floured rolling pin, roll half the dough into a thin sheet about ⅛” thick. Cut 4” rounds with a cookie cutter. Cut as many as possible then roll out the dough scraps again and make as many more as you can. Do this again with the remaining dough. If you go thin enough, you will get 24.

4. 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). Grease the steamer basket with sunflower oil.

5. Mound 1-2 tbsp. of the filling in the middle of each dough round. Then pull the sides up to the top, dip your fingers into cold water and pinch the sides together. The wet fingers help the dough edges stick to each other better, and not stick to your fingers at all.

6. When the water is boiling, place as many manti in the basket as will fit without touching. Steam for 25-30 min.

About the recipe...

Manti was carried across Central Asia to Anatolia by migrating Turks in the Chingizid-Timurid periods. According to Holly Chase, "Turkic and Mongol horsemen on the move are supposed to have carried frozen or dried manti, which could be quickly boiled over a camp-fire". Manti are also popular throughout the Commonwealth of Independent States.

Food type
Main Course

Country/Ethnicity food represents
Central Asia

When is the food typically served?
Usually prepared for dinner & at holidays
Bulgogi

Submitted by: Korean Student Association
Contact information: www.iuksa.org
Organization e-mail: iuksa.org@gmail.com

Ingredients

- ¼ cup soy sauce
- 2-3 tbsp. sesame oil
- 1 ½ tsp. sugar
- 2-3 pieces garlic
- 5 green onions (both white and green parts)
- 2 tbsp. cooking wine (Korean cooking wine recommended)
- 1 tbsp. vinegar: optional (Asian vinegar is recommended)
- 1 onion
- 1 kiwi/Fuji Apple/Asian Pear (choose 1 [we recommend kiwi] to tenderize and add a sweet flavor to the meat)
- 2-3 dashes black pepper

Directions for Meat

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 large mixing bowl & sprinkle sugar over them, then mix and let sit for about 20 min.

Directions for Marinade

1. Mix onion and kiwi/other fruit in blender until liquid and pour into small bowl.
2. Mix soy sauce, sugar, black pepper, sesame oil, cooking wine, vinegar. Taste mixture – you want a slightly salty, sweet taste. If too salty, add more sugar.

Preparation

1. Chop garlic into small pieces, cut green onion into 2-3 in. pieces and put into sugar/meat mixture
2. Pour sauce into meat mixture and mix well, using hands or chopsticks. Be sure marinade is evenly distributed.
3. Refrigerate mixture for at least two hours or overnight
4. Cook in frying pan until meat is thoroughly cooked. Serve on sticky rice.
# Jab Chae

**Submitted by:** Korean Student Association  
**Contact information:** [www.iuksa.org](http://www.iuksa.org)  
**Organization e-mail:** iuksa@indiana.edu

## Ingredients

- 1 pack *Dangmyun* (transparent noodle)
- 1 medium onion, thinly sliced
- ½ carrot, julienned
- 1 bunch spinach, blanched, cut into 3 pieces
- 10 oz. thinly sliced beef
- 5 green onions cut in a bias
- 7 Shiitake mushrooms, rehydrated, thinly sliced
- ½ oil to sauté
- 2 tbsp. sesame seeds
- salt and pepper

**Ingredients for beef marinade**

- 1 tbsp. soy sauce
- 1 tbsp. sugar
- 1 tbsp. sesame oil
- 1 tsp. minced garlic
- ¼ tsp. pepper
- ½ tsp. sesame seeds

**Ingredients for Shiitake marinade**

- ½ tsp. soy sauce
- 1 tsp. sugar
- 1 tsp. sesame oil

**Ingredients for noodle seasoning**

- 1 ½ cup water
- ¼ cup sugar
- 2 tbsp. soy sauce
- 4 tbsp. vegetable oil

### About the recipe...

Korean traditional-styled noodle dish which was eaten by the King of the Korea

*The length of noodle symbolizes the length of the life.*

## Directions

**All ingredients must be cooked separately.**

To use the same pan, start with light color vegetable. The ideal order: onion, green onions, carrot, shiitake mushrooms, beef.

1. Sauté vegetables until softened, then move to large bowl to cool.
2. Put a non-stick wok or large pan on a medium heat.
3. Add *dangmyun* seasoning, and then the *dangmyun* noodles.
4. Bring to a boil, stir occasionally for a few minutes until noodles absorb water.
5. After about 10-15 minutes the noodles will begin to stick together. From this point, stir constantly until noodles become soft and translucent.
6. Remove from heat and let cool
7. Once cool, cut to length desired.
8. Mix with vegetables and sesame seeds. Salt & pepper to taste.
**Arroz con Leche**

**Submitted by:** Latinos Unidos of Indiana University  
**Contact information:** annperez@indiana.edu  
**Organization e-mail:** luiu@indiana.edu

**Ingredients**

2 cup water  
2 cup milk (for a richer flavor use evaporated milk)  
2 cup sugar  
1 cup rice  
3 slivers of cinnamon  
3 cloves  
5 tbsp. vanilla extract  
zest of a lemon (optional)  
ground cinnamon

**About the recipe...**

It’s a great recipe served hot or cold that the whole family will enjoy any time of the year.

**Directions**

1. Put the water in a pot with the cinnamon and cloves.  
   Bring to a boil.

2. When the water is boiling, add the rice (and optional lemon peel), already washed, and wait for the rice to cook over low heat.

3. Strain out some of the water.

4. Add the vanilla extract, the milk, and the sugar.

5. Stir the mixture constantly until it reaches the desired consistency.


7. Serve it with a dusting of ground cinnamon.

**Food type**

Dessert or Snack  
(*best hot or cold*)

**Country/Ethnicity food represents**

Hispanic

**When is the food typically served?**

Anytime of the day usually around holidays
Chicken Flautas

Submitted by: Latinos Unidos of Indiana University
Contact information: annperez@indiana.edu
Organization e-mail: luiu@indiana.edu

Ingredients

12 corn tortillas
2 cup tomatillo sauce
grated cheddar cheese
2 cup cooked, shredded chicken
cooking oil for frying

Directions

1. Heat a cast iron skillet or griddle to medium heat. Lay tortilla on the hot surface for a few seconds, then turn and heat the other side.

2. Spread 1 heaping tablespoon of chicken/tomatillo sauce mixture along one side of the tortilla, and roll the tortilla into a flute tightly without tearing the tortilla.

3. Heat about an inch of cooking oil in the skillet to about 375°F

4. Carefully lay the flautas, in the hot oil flap side down and cook until they are golden and crisp.

5. Drain and keep warm until all flautas are cooked.

About the recipe...

This is a great dish served as an appetizer or a vegetarian meal. Optional: Garnish with sour cream and placed on a plate with lettuce, ripe tomato wedges, and guacamole. Traditionally served with rice and beans. You can also use beef or black beans as filling for flautas.

Food type
Main Course

Country/Ethnicity food represents
Hispanic

When is the food typically served?
Afternoon meals, holidays
Chile and Cheese Flautas

Submitted by: Latinos Unidos of Indiana University
Contact information: annperez@indiana.edu
Organization e-mail: luiu@indiana.edu

Ingredients

- 16 small flour tortillas
- ½ cup canned green chilies (or roasted, peeled and de-seeded green chilies coarsely chopped)
- 1 cup jack cheese
- 1 cup sweet corn, frozen and thawed or canned
- ½ cup green chili sauce
- 1 tsp. sugar

About the recipe...

This is a great dish served as an appetizer or a vegetarian meal. Optional: Garnish with sour cream and placed on a plate with lettuce, ripe tomato wedges, and guacamole.

Directions

1. Mix chilies, cheese, chili sauce, corn and sugar in a medium bowl.
2. Place about 2 tbsp. of filling down center of a tortilla and roll it up tightly.
3. Secure with a toothpick and place seam side down on a plate.
4. Roll up all of the flautas and fry 3 or 4 at a time in 350 °F hot oil until golden brown and crispy
5. Drain on paper towels and serve.

Food type

- Appetizer or Main Course

Country/Ethnicity food represents

- Hispanic

When is the food typically served?

- Afternoon meals, holidays
Chicken Satay

Submitted by: Malaysian Student Association
Contact information: http://www.indiana.edu/~msaiub/mambo/
Organization e-mail: skandiah@indiana.edu

Ingredients

- 1 lb. chicken
- 2 cloves of garlic
- 1 tbsp. coriander seeds
- 1 tbsp. cumin seeds
- ¼ in. turmeric root
- 1 tsp. salt
- 1 tbsp. sugar
- ¼ cup evaporated milk
- 1 tbsp. cooking oil
- 35 bamboo sticks

Directions

1. Cut meat into small thin pieces.

2. Grind together until very fine: shallots, garlic, coriander seeds, cumin seeds & turmeric. Combine ground spices with salt & sugar.

3. Season meat with the ground spices and let marinate. When you are ready to grill soak the bamboo sticks in water so they won't burn, skewer the meat with the sticks, don't overcrowd.

4. Grill satay sticks over a charcoal fire (barbecue grill), basting occasionally with evaporated milk combined with oil. Or, for the brush, use the head of lemon grass, smash and flatten to resemble a brush.

About the recipe...

This famous meat-on-a-stick appears on menus from New York to Amsterdam. The secret of tender, succulent satay is, of course, in the rich, spicy-sweet marinade. The marinated meat; chicken or beef, are skewered onto bamboo sticks and grilled over hot charcoals. Some satay stalls also serve venison and rabbit satay. A fresh salad of cucumbers & onions are served together with a spicy-sweet peanut sauce for dipping. Ketupat, a Malay rice cake similar to Lontong, is also an accompaniment to satay, great for dipping in satay sauce. Dee'lish!!

Food type

- Side Dish (with any meal)

Country/Ethnicity food represents

- Malaysia

When is the food typically served?

- All-year round
# Nasi Impit

Submitted by: Malaysian Student Association  
Contact information: [http://www.indiana.edu/~msaiub/mambo/](http://www.indiana.edu/~msaiub/mambo/)  
Organization e-mail: skandiah@indiana.edu

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>rice, washed &amp; drained</td>
</tr>
<tr>
<td>4 cups</td>
<td>hot boiling water</td>
</tr>
<tr>
<td>1 pinch</td>
<td>salt</td>
</tr>
</tbody>
</table>

## Directions

1. Cook rice in water with a pinch of salt till rice is soft
2. Transfer to a shallow rectangular square dish
3. Place a layer of plastic wrap over it. As the rice is hot, place a folded clean dish cloth over it and press down on the rice, compressing till firmly packed
4. Put a weight over the rice layer by placing a small tray to fit, and then some weights on it
5. Allow firm up into a cake, then cool overnight in refrigerator
6. Turn out and cut into 1 ½ to 2 inch cubes

## About the recipe...

Nasi Impit is an Asian dish made of compressed rice that is then cut into small cakes.

Popular in Malaysia, the dish is usually served cold or at room temperature with sauce-based dishes such as *gado-gado* and salads, although it can be eaten as an accompaniment to other dishes such as curries.

Nasi Impit is traditionally made by partly cooking the rice and packing it tightly into a rolled-up banana leaf. The leaf is then secured and cooked in boiling water for about 90 minutes. Once it is cooled, the rice compacts and can be cut up into bite-sized pieces.

## Food type

Side Dish

## Country/Ethnicity food represents

Malaysian

## When is the food typically served?

Festivals, all year round
Peanut Sauce

Submitted by: Malaysian Student Association
Contact information: http://www.indiana.edu/~msaiub/mambo/
Organization e-mail: skandiah@indiana.edu

Ingredients

8 dried chilies (soaked till soft) (seeds optional)
2 cloves of garlic
½ cup shallots
4 macadamia nuts
1 cup peanuts (finely ground)
¼ cup thin tamarind juice
¼ cup evaporated milk diluted with 1 cup water
1 tbsp. sugar
salt to taste

Directions

1. Grind together until very fine: chilies, garlic, shallots & candle-nuts.

2. In a wok or saucepan, fry ground ingredients in hot oil for 5 minutes. Stir in ground peanuts and tamarind juice.

3. Bring to the boil. Add diluted milk and salt to taste and bring to the boil again.

4. Serve with satay. Naturally, an alternative to this at preparation, go ahead and buy a bottle of peanut sauce your Asian grocer.

About the recipe...

Food type
Side Dish (with Satay and Nasi Impit)

Country/Ethnicity food represents
Malaysian

When is the food typically served?
Festivals and events
Luqaimat *(Sweet Dumplings)*

Submitted by: Saudi Students Club

Contact information: [http://www.indiana.edu/~saudis/](http://www.indiana.edu/~saudis/)

Organization e-mail: saudis@indiana.edu

### Ingredients for dumplings

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>white flour</td>
</tr>
<tr>
<td></td>
<td>pinch of salt</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>plain yogurt</td>
</tr>
<tr>
<td>2 tbsp.</td>
<td>powdered milk</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td>yeast</td>
</tr>
<tr>
<td>1 tsp.</td>
<td>sugar</td>
</tr>
<tr>
<td>½ cup</td>
<td>warm water oil for deep frying</td>
</tr>
</tbody>
</table>

### Ingredients for syrup

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>sugar</td>
</tr>
<tr>
<td>1 tbsp.</td>
<td>rose water or (vanilla extract)</td>
</tr>
<tr>
<td>1 cup</td>
<td>water</td>
</tr>
<tr>
<td></td>
<td>juice of ½ a lemon</td>
</tr>
</tbody>
</table>

### Directions for dumplings

1. In a large bowl mix ½ cup warm water, 1 tbsp. yeast, a pinch of salt, 2 tbsp. powdered milk, and 1 tsp. sugar. Once mixed, add yogurt and flour until batter is firm.
2. Cover the bowl and set it aside for 30 min. to 1 hour.
3. Heat the oil.
4. Shape batter into little balls and put them a few at a time in the hot deep oil and fry until golden brown.
5. 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 warm dumplings in cold syrup and serve hot.

### Directions for syrup

1. Combine 2 cups sugar, 1 tbsp. rose water (or vanilla extract), 1 cup water, and the juice of half a lemon.
2. Boil mix and let it cook for 5 min. until syrup forms.
3. Cool before use

**Serves 8-10 persons**

### About the recipe...

Saudi Arabian cuisine is the most traditional one that can be found globally. You can immediately taste the difference between Saudi Arabian cuisines and the other cuisines. There have been three chief influences that have molded the Saudi Arabian cuisine alongside their cultural norms and values depicted in the Saudi Arabian cooking today.

*LUQAIMAT* is an old traditional dessert; it is very famous in all the time. It is very sweet. You may be sweet but believe you will be even sweeter when you try Luqaimat! And remember: sweets to the sweet! We hope that you enjoy this experience!

### Food type

Dessert

### Country/Ethnicity food represents

Arabian and Middle Eastern ethnicity generally, and Saudi Arabia specifically.

### When is the food typically served?

At any time!
**Saudi Sambusak** *(Saudi Samosa)*

**Submitted by:** Saudi Students Club  
**Contact information:** [http://www.indiana.edu/~saudis/](http://www.indiana.edu/~saudis/)  
**Organization e-mail:** saudis@indiana.edu

### Ingredients for dough

- 3 cups flour  
- ¼ cup oil (corn or vegetable)  
- 1 beaten egg  
- ¼ tsp. salt  
- ½ to ¾ cup water  
  - oil for deep frying

### Ingredients for filling

- 1 lb. ground beef  
- 1 onion, finely diced  
- 1 bunch parsley, finely cut  
- ½ tsp. black pepper  
- salt as desired

### Directions for dough

1. Put the flour in a deep bowl, add ¼ tsp. salt and ¼ cup corn or vegetable oil and knead the mix with fingertips  
2. Add 1 beaten egg and water to the flour mix, and combine thoroughly until dough is binding  
3. Divide dough into small pieces, place on a tray and let sit for 15-30 min. Use this time to make the filling!

### Directions for filling

1. Put the ground beef, salt, and ½ tsp. black pepper in skillet over medium heat. Let cook until the meat is well-done. Drain oil from meat, and return to skillet.  
2. Add the finely diced onion to the beef, stir well and let it cook for 3 more min.  
3. Take the mix off the stove and let it cool.  
4. After the meat reaches room temperature, add the finely cut parsley and mix them well.

### Prepare the sambusak

1. Roll each piece of dough into ball around ½ inch thick  
2. Place 1 tbsp. of meat filling in the center of each round ball, seal to make a half-circle shape, then twist edges.  
3. Heat oil & deep fry sambusak on both sides. Serve hot.

*Serves 8-10 persons*

### About the recipe...

Saudi Arabian cuisine is the most traditional one that can be found globally. You can immediately taste the difference between Saudi Arabian cuisines and the other cuisines. There have been three chief influences that have molded the Saudi Arabian cuisine alongside their cultural norms and values depicted in the Saudi Arabian cooking today.

**SAUDI SAMBUSAK** is an old traditional side dish; it is very famous in the month of Ramadan, wedding parties, and family gatherings. We hope that you enjoy this experience!

<table>
<thead>
<tr>
<th>Food type</th>
<th>Side Dish</th>
</tr>
</thead>
</table>

| Country/Ethnicity food represents | Arabian and Middle Eastern ethnicity generally, and Saudi Arabian specifically. |

| When is the food typically served? | Festivals and holidays, in the month of Ramadan, wedding parties, and family gatherings |
Zirbeyan Rice (Rice with Chicken)

Submitted by: Saudi Students Club
Contact information: http://www.indiana.edu/~saudis/
Organization e-mail: saudis@indiana.edu

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
- 1 cup corn oil
- ½ tsp. cardamom
- ½ tsp. cinnamon
- ½ tsp. black pepper
- ½ tsp. coriander
ground spices
salt as desired

Directions

1. Slice half of the onions into rings, fry and drain. Put the 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, and let the mix simmer on a low heat until 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 hen mix and the fried onions.
6. Simmer on medium heat for half an hour or until rice and hens are cooked thoroughly. Serve hot.

Serves 10-12 people.

About the recipe...

Saudi Arabian cuisine is the most traditional one that can be found globally. You can immediately taste the difference between Saudi Arabian cuisines and the other cuisines. There have been three chief influences that have molded the Saudi Arabian cuisine alongside their cultural norms and values depicted in the Saudi Arabian cooking today.

ZIRBEYAN RICE is an old traditional main course that was introduced in the year 600, and it moved around many areas in the Middle East. We were excited to participate and share with you Zirbeyan Rice and we hope you enjoyed the experience and will share the recipe with those whom you love...

Food type

Main Course

Country/Ethnicity food represents

Arabian and Middle Eastern ethnicity generally, and Saudi Arabia specifically

When is the food typically served?

Festivals and holidays such as “Eid Al-Fiter” and month of Ramadan
**Banana Fritter**

Submitted by: Singapore Students Association  
Contact information: [http://www.indiana.edu/~ssa/](http://www.indiana.edu/~ssa/)  
Organization e-mail: ssa@indiana.edu

### Ingredients

- 500 g. ripe bananas  
- 1 cup flour  
- 1 tsp. baking powder  
- pinch salt  
- sunflower oil

### Directions

1. Mash the bananas but not too finely. You’d still want to see bits and pieces of bananas inside the fritters
2. Mix the bananas, flour, baking powder, fine sugar & salt into a bowl.
3. Heat sunflower oil in saucepan/wok
4. Using a spoon, scoop large spoonfuls of batter into oil
5. Fry until golden brown on both sides.
6. Remove from oil and drain on paper towels
7. Enjoy!

### About the recipe...

These dishes help to represent our country well as they adequately display Singapore’s cultural diversity and fusion.

### Food type

**Country/Ethnicity food represents**

Chinese Muslim

**When is the food typically served?**
Chicken Satay

Submitted by: Singapore Students Association
Contact information: http://www.indiana.edu/~ssa/
Organization e-mail: ssa@indiana.edu

Ingredients

- chicken breasts
- 1 cucumber (skin peeled and cut into small pieces)
- 1 pkg. bamboo skewers (soaked in water for 2 hours to prevent burning)

Ingredients for spice paste

- 1 tsp. coriander seeds
- 2 stalks lemon grass
- 6 shallots (peeled)
- 4 tbsp. cooking oil
- 1 tsp. chili powder
- 2 tsp. turmeric powder
- 4 tsp. Kecap Manis (ABC brand from Indonesia recommended)
- 1 tsp. oyster sauce

Directions

1. Cut chicken meat into small cubes
2. Grind spice paste in food processor. Add water if desired.
3. Marinate the chicken pieces with the spice paste for 10-12 hours.
4. Thread meat on skewers and grill for 2-3 min. each side
5. Serve with fresh cucumber pieces.

About the recipe...

These dishes help to represent our country well as they adequately display Singapore’s cultural diversity and fusion.

Food type

Country/Ethnicity food represents

Indian Muslim

When is the food typically served?
Curry Puffs

Submitted by: Singapore Students Association
Contact information: http://www.indiana.edu/~ssa/
Organization e-mail: ssa@indiana.edu

Ingredients for water dough
7.05 oz flour
6.76 tbsp. water
¼ tsp. salt
1 tbsp. shortening or margarine

About the recipe...
These dishes help to represent our country well as they adequately display Singapore’s cultural diversity and fusion.

Ingredients for oil dough
3.53 oz flour
2.65 oz shortening or margarine

Ingredients for filling
7.76 oz potatoes (cubed)
3.53 oz onions (cubed)
2 tbsp. curry powder
1 tbsp. fried chili paste (chili boh)
1 curry leaf (optional)
salt (to taste)
sugar (to taste)
light soy sauce (to taste)
dash pepper

Directions for water dough
1. Put flour in mixing bowl
2. Mix in shortening and add water
3. Knead into smooth dough and let sit 10 min.
4. Cut into 12 equal pieces

Directions for oil dough
same as water dough, except without adding the water

Food type
Side Dish

Country/Ethnicity food represents
Chinese Muslim

When is the food typically served?

Direction for filling
1. Mix ingredients in bowl
2. Heat pan with 3 tbsp. oil
   Fry ingredients in pan until fragrant
   Add water and fry until water evaporates

Directions for filling

Marinated Ground Pork on Rice, Taiwanese Style

Submitted by: Taiwanese Students Association
Contact information: www.indiana.edu/~taiwan
Organization e-mail: taiwan@indiana.edu

Ingredients

- 2 lbs. ground pork
- 1 cup shallot
- ½ cup soy sauce
- 1 tbsp. rock sugar
- 1 tbsp. brown sugar
- ¼ tsp. 5-spice powder
- ½ tsp. white pepper
- ¼ cup cooking wine
- 5 cup water
- 1 tsp. salt

Directions

1. Mince the shallot, fry shallot to golden brown, add ground pork and stir fry

2. Add soy sauce, 5-spice powder, rock sugar, white pepper, and cooking wine.

3. Add water and bring to boil, simmer for 30 minutes.

4. Add salt

About the recipe...

This is one of the traditional dishes in Taiwan. This seemingly cheap but flavorful dish is one that reminds most Taiwanese students the smell of home when studying here.

Food type

Main Course

Country/Ethnicity food represents

Taiwan

When is the food typically served?

Lunch or dinner
# Sweet Mung Bean Soup

**Submitted by:** Taiwanese Students Association  
**Contact information:** [www.indiana.edu/~taiwan](http://www.indiana.edu/~taiwan)  
**Organization e-mail:** taiwan@indiana.edu

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>mung beans</td>
</tr>
<tr>
<td>5 tbsp.</td>
<td>sugar or to taste</td>
</tr>
<tr>
<td>6 cup</td>
<td>water</td>
</tr>
</tbody>
</table>

## About the recipe...

Sweet Mung Bean Soup is a dessert particularly popular during the summer. According to the Chinese medicine theory, Mung Bean Soup has the effect of cooling your body, making it a popular choice in summer.

## Directions

1. Soak beans overnight, or least for 4 hours, in plenty of water.
2. Place in a large pot, add water.
3. Bring to a boil, add sugar, stir, and simmer for 1 hour.
4. Let cool, then refrigerate for 1 hour, and serve.

## Food type

Dessert

## Country/Ethnicity food represents

Taiwan

## When is the food typically served?

Dessert after lunch or dinner
Tea Leaf Eggs

Submitted by: Taiwanese Students Association
Contact information: www.indiana.edu/~taiwan
Organization e-mail: taiwan@indiana.edu

Ingredients

8 eggs
1 tsp. salt
3 cup water
1 tbsp. soy sauce
1 tbsp. black soy sauce
¼ tsp. salt
2 tsp. black tea leaves
2 pods star anise
1 (2 in.) cinnamon stick
1 tbsp. tangerine zest

Directions

1. In a large saucepan, combine eggs and 1 tsp. salt; cover with cold water. Bring to a boil, reduce heat, and simmer for 20 minutes. Remove from heat, drain, and cool. When cool, tap eggs with the back of a spoon to crack shells (do not remove shells).

2. In a large saucepan, combine 3 cups water, soy sauce, black soy sauce, salt, tea leaves, star anise, cinnamon stick, and tangerine zest. Bring to a boil, then reduce heat, cover, and simmer for 3 hours.

3. Remove from heat, add eggs, and let steep for at least 8 hours

About the recipe...

Tea leaf eggs are a popular side dish among both the street vendors and small private diners.

The smell of tea leaf eggs is the most important part of this dish.

When you have this dish, be sure that the cook keeps the smell of the tea leaf instead of seasons the egg with only salt and soy sauce.

Food type

Appetizer

Country/Ethnicity food represents

Taiwan

When is the food typically served?

Side dish for lunch or dinner
Kai Gra-Tiem *(Thai Garlic Chicken)*

Submitted by: Thai Student Association  
Contact information: [www.indiana.edu/~thai/](http://www.indiana.edu/~thai/)  
Organization e-mail: thai@indiana.edu

**Ingredients**

<table>
<thead>
<tr>
<th>1 tsp.</th>
<th>salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅓ cup</td>
<td>olive oil</td>
</tr>
<tr>
<td>½ lb.</td>
<td>sliced chicken</td>
</tr>
<tr>
<td>½ tsp.</td>
<td>ground pepper</td>
</tr>
</tbody>
</table>
| 3 cloves | garlic  
|  | ground pepper |
|  | 1 shallot, minced |
| 2 tbsp. | sugar |
| 2 tbsp. | tamarind |
| ½ pkg. | Thai rice noodles |
| 2 tbsp. | vegetable oil |
| ½ lb. | shrimp (optional)  
|  | 1 bean sprouts (optional) |

**Directions**

1. Peel and de-vein shrimp. Press or mince garlic into small pieces. Add garlic, salt and pepper to shrimp. Marinate and let sit for 10 minutes. (I use olive oil but if other types of oil suit you better, it probably won't change the taste that much.)

2. Heat oil over medium heat.

3. Pour the shrimp in and stir for 3 minutes. The shrimp should be *just* cooked, not over-cooked. As soon as the shrimp turns from clear to white, it is ready. Serve hot.

4. Learn more about this recipe (with pictures!) at: [http://www.thaitable.com/Thai/recipes/Garlic_Shrimp.htm](http://www.thaitable.com/Thai/recipes/Garlic_Shrimp.htm)

**About the recipe...**

One of the easiest food to make, yet it is the most delicious and popular among Thai citizen who reside in the United States.

**Food type**

- Appetizer  
  *sometimes it can served as main course*

**Country/Ethnicity food represents**

- Thailand

**When is the food typically served?**

- Serves 1-2 persons
Pad Thai

Submitted by: Thai Student Association
Contact information: www.indiana.edu/~thai/
Organization e-mail: thai@indiana.edu

Ingredients

½ lime
1 egg
4 tsp. fish sauce
3 cloves garlic, minced
½ tsp. ground dried chili pepper
1 shallot, minced
2 tbsp. sugar
2 tbsp. tamarind
½ pkg. Thai rice noodles
2 tbsp. vegetable oil
½ lb. shrimp (optional)
1 bean sprouts (optional)

Directions

1. Soak the dry noodles in lukewarm water while preparing the other ingredients, for 5-10 min. Julienne tofu, cut into 1 in. long "matchsticks." When cut, the extra firm tofu should have a "mozzarella cheese" consistency. Cut Chinese chives into 1 in. long pieces. Set aside a few fresh chives for a garnish. Rinse the bean sprouts and save half for serving fresh. Mince shallot and garlic together.

2. Use a wok. If you don’t have a wok, any big pot will do. Heat on high heat and pour oil in wok. Fry peanuts until toasted and remove from wok. Add shallot, garlic, & tofu and stir until they start to brown. (Noodles should be flexible but not expanded.) Drain noodles & add to wok. Stir quickly to keep from sticking. tamarind, sugar, fish sauce, chili pepper, and preserved turnip. Stir. Heat should remain high. If wok is not hot enough, you will see a lot of juice in the wok at this point. Turn up the heat, if this is the case. Make room for the egg by pushing noodles to the side of wok. Crack egg onto wok and scramble until it is almost all cooked. Fold egg into noodles. Add shrimp, bean sprouts, chives and stir. The noodles should be soft and very tangled.

3. 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.

4. Learn more about this with pictures, click http://www.thaitable.com/Thai/recipes/Pad_Thai.htm

Serves 2

About the recipe...

This Pad Thai recipe is how you actually find it in Bangkok and comes from testing hundreds of different variations from food carts all over the city. Pad Thai is the ultimate street food. While "street food" may sound bad, food cart cooks are in such a competitive situation, with such limited space, ingredients and tools they need to specialize in a dish or two just to stay in business. The best of these cooks have cooked the same dish day-after-day, year-after-year, constantly perfecting it.

Pad Thai is another perfect vegetarian dish, just omit shrimp and substitute soy sauce for fish sauce. Add more tofu if you like.

<table>
<thead>
<tr>
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<th>Main Course</th>
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<tbody>
<tr>
<td>Country/Ethnicity food represents</td>
<td>Thailand</td>
</tr>
</tbody>
</table>

When is the food typically served?

Any festival, usually for a big party
Tom-Yum-Goong

Submitted by: Thai Student Association
Contact information: www.indiana.edu/~thai/
Organization e-mail: thai@indiana.edu

Ingredients

- 4 cups water
- 1 cup shrimp
- 5 mushrooms
- 1-2 limes
- 1 lemon grass
- 3 kaffir limes leaves
- 2 tbsp. fish sauce
- 5 sprigs cilantro
- 3 chili peppers
- 1 tbsp. nam prig pow

Directions

1. Start boiling water in a 2 qt. pot. Peel and de-vein shrimp & set aside. Cut lemon grass into pieces, 5-6 in. long. Use the back of knife to pound the lemon grass - bruise it to release flavor. (If you want, you can tie the lemon grass into a knot to make it easier to manage.) Drop lemon grass in water and let boil for 5 min.
2. Put fish sauce and juice of 1 lime into bottom of the bowls in which you will serve the soup. Crush chili pepper and add to bowls.
3. Remove stems from kaffir lime leaves and add leafy part to pot. Clean and halve mushrooms and add to pot. Add shrimp and turn off the heat. (Shrimp gets too tough very quickly, and will cook even when it’s just sitting in the warm broth.) Scoop the shrimp and liquid into serving bowls immediately. As soon as you add liquid to the serving bowl, you will see that the broth becomes cloudy because of the lime juice. Add nam prig pow. Sprinkle with cilantro and serve.
4. Be very careful, the peppers can be hot. Take a small sip at a time. Add more fish sauce and/or lime juice if it tastes bland. It’s right if it’s good for your sinus.
5. Learn more about this and more corresponding pictures at http://www.thaitable.com/Thai/recipes/Tom_Yum_Goong.htm

Serves 2

About the recipe...

This is my mom's recipe and method of making tom yum goong and it is the best! This is definitely a recipe that you can only balance by taste -- tom yum goong should never be bland, but hot and sour.

<table>
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<tbody>
<tr>
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<td>Thailand</td>
</tr>
<tr>
<td>When is the food typically served?</td>
<td>Any festival, usually for a big party</td>
</tr>
</tbody>
</table>
Rice Pilaf with Chickpeas

Submitted by: Turkish Student Association
Contact information: http://www.indiana.edu/~tsa/
Organization e-mail: mdemirci@indiana.edu

Ingredients

- 5.25 oz. chickpeas, raw (soaked in water overnight)
- 7 oz. rice, washed and drained
- 2 oz. butter
- 12 fl oz. chicken broth

About the recipe...

In Turkish culture when someone visit and come us for dinner, we give to them a small gift. It is a tradition. This mean is a kind of thanks. It name is "Dis Kirasi". In Ottoman Empire, Fatih Sultan Mehmet frequently gave reception to all kind of people. His cooks prepared very delicious meal for guest. The best meal was pilaf. They gave it while they were going back to their houses. Sultan put some real gold and gave people for saying thank you.

People put some chick pea in the pilaf because it look likes gold.

Directions

1. After soaking raw chickpeas in water overnight, place 1-raw chickpeas into a large saucepan and cover with water. Add salt, bring to a boil, and simmer covered for 2 hours. Drain.

2. Melt butter in a medium size saucepan, add washed and drained rice (uncooked). Sauté rice for one minute in the melted butter, add rice and butter to the large saucepan containing the cooked chickpeas.

3. Pour into the large saucepan the chicken broth. Bring to a boil then cover and simmer for 20 minutes until all the water is absorbed and the grains are soft. Serve hot.

Food type

Main Course or Side Dish

Country/Ethnicity food represents

Turkey

When is the food typically served?

Lunch/Dinner
Vegetable Stew

Submitted by: Turkish Student Association
Contact information: http://www.indiana.edu/~tsa/
Organization e-mail: mdemirci@indiana.edu

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>eggplant, sliced ⅛ in. thick</td>
</tr>
<tr>
<td>4 tbsp.</td>
<td>butter or olive oil</td>
</tr>
<tr>
<td>2</td>
<td>onions, sliced</td>
</tr>
<tr>
<td>2</td>
<td>green peppers</td>
</tr>
<tr>
<td>2</td>
<td>zucchini, sliced ⅛ in. thick</td>
</tr>
<tr>
<td>1 cup</td>
<td>string beans</td>
</tr>
<tr>
<td>2</td>
<td>garlic cloves, crushed</td>
</tr>
<tr>
<td>4 tbsp.</td>
<td>parsley, chopped (2 tbsp. for recipe, 2 for garnish)</td>
</tr>
<tr>
<td>½ tbsp.</td>
<td>sugar</td>
</tr>
<tr>
<td>1 cup</td>
<td>beef broth</td>
</tr>
<tr>
<td></td>
<td>salt and pepper, to taste</td>
</tr>
</tbody>
</table>

Directions

1. Sprinkle eggplant slices with salt and set aside for 30 min. Wash off salt, drain, and pat dry with paper towels.

2. Heat butter in a skillet. Add the eggplant slices and fry until browned on both sides. Transfer to a baking dish.

3. Fry the onions and peppers in the remaining butter for 3 min. Add the zucchini and beans and fry for 2 more min, stirring frequently. Place the veggies on top of the eggplant. Add garlic, parsley, sugar, salt and pepper, and beef broth. Cover and place in a 350 oven for 1 hour. Garnish with parsley and serve hot.

About the recipe...

In the past, Turkish community moved a lot of places in the world. They also immigrated from Central Asia about ten centuries ago. Turks lived together with different kinds of cultures, religious, ethnicity, and languages with peacefully. For this reason they know a lot of culture and a lot of food. They learned a lot of vegetables. Then they started the grow put that vegetable foods from their new neighbors. After they mixed them in same meal, the result was vegetable stew.

Food type

Main Course

Country/Ethnicity food represents

Turkey

When is the food typically served?

Dinner
**Phở (Vietnamese Beef Noodle Soup)**

Submitted by: Vietnamese Student Association  
Contact information: http://www.indiana.edu/~vsa/  
Organization e-mail: vsa@indiana.edu

**Ingredients**

- 1 can chicken broth
- 3 yellow onions
- 3 medium-sized ginger roots
- ½ cup sugar
- ½ cup salt
- 2 tbsp. fish sauce
- 1.5 oz. phở spice
- 1 soup bone
  - round rump roast (thinly sliced)
  - chopped green onions
  - phở noodles
  - bean sprouts, mint leaves, lime
  - Hoisin sauce (Saracha sauce if desired)

**Directions**

1. Boil a large pot of water and add pot roast and rump roast. (If you wish, save sirloin for later and cut into thin slices. When pho is ready to serve, place slices on top and the hot broth should cook the meat instantly.)
2. In other pot, bring chicken broth to a boil along with 4 or 5 cans of water. Add soup bone.
3. While waiting for broth to boil, wash and cut onions and ginger roots. Cut onion bulbs into 3 sections length-wise and ginger root in half length-wise.
4. Grill onions and ginger until slightly burnt.
5. Add onions and ginger to boiling chicken broth.
6. Check on beef occasionally and scoop off fat as it rises to the top. When beef is fully cooked and tender, (about 3 hours) transfer beef to chicken broth mixture.
7. Bring broth back to a boil. Add phở spices to the broth.
8. Add sugar, salt, fish sauce, and msg (optional) to taste. (If including msg, proportions are usually about ½ cup for each quart of broth.)
9. Reduce heat to simmer. Simmer for at least 3 more hours or to the strength of phở flavor you desire. Stir occasionally. (The longer the broth is cooked, the more flavor it will have and the more tender the beef will be.)
10. When broth is finished, remove soup bone, phở spices, and most of the ginger roots.
11. Cook phở noodles according to package directions.
12. Add broth to noodles and top with bean sprouts, mint leaves, lime, finely sliced beef, beef balls or anything else you like. Add some Hoisin or hot sauce to flavor the phở to your liking. Make phở your own and enjoy!

**About the recipe...**

This dish is the most famous and most well-liked dish from Vietnam. Phở gives foreigners the taste of authentic Vietnamese spices but does not overwhelm the individual with its taste. This dish is strongly recommended in the cold wintery weathers because it will help regulate heat to your body BUT it is also recommended during the summer because of its fantastic vegetable ingredients. This dish does require some time but the end results will be greatly appreciated. 😊

**Food type**

Main Course

**Country/Ethnicity food represents**

Vietnam

**When is the food typically served?**

This dish is usually served on weekends as dinner. However, it is a meal that can be enjoyed at any time. Due to its delicious taste, this is the most-known Vietnamese dish.