



Rocky and Ollie proudly present:



Rydal Elementary School's Multicultural Cook Book 2020-2021



Shaken Beef (bo luc loc)

A Vietnamese dish

Provided by:

Chelsea Nguyen
Mrs. Konrad, Kindergarten

Ingredients:

1 lb top sirloin steak
2 tbsp oyster sauce
1 tbsp soy sauce
1 tsp fish sauce
1 tsp sugar
4 cloves of minced garlic
2 tbsp of butter

Directions:

1. Cut up steak into bite size cubes
2. Combine steak, oyster sauce, soy sauce fish sauce, sugar, and garlic.
3. Mix, cover, and refrigerate for 30 mins-1hr
4. Melt 1 tbsp butter on high heat. Sear steak until brown. Add remaining butter. Toss vigorously.
5. Serve over rice.

Joshua's Korean Corn Dogs

Korean corn dogs are a popular Korean street food. Add a touch of sugar to the end result to create an umami flavor of savory, salty, and sweet!

(Makes 6 Corn Dogs)

Batter

- 1 ¼ cup of all purpose flour
- 2 tbsp granulated sugar
- ½ tsp salt
- 2 tsp baking powder
- 125 ml of milk (cold)
- 1 large egg (cold)

For the Hot Dog

- 3 hotdogs cut in half
- 6 low moisture mozzarella sticks (inch wide and about 4.5 inches long)
- 6 small skewer sticks or wooden chopsticks
- 1 cup panko breadcrumbs
- All purpose flour for dusting
- Oil for frying
- Sugar for coating (optional)
- Ketchup and mustard (optional)



Instructions

- Put the flour, sugar, salt, and baking powder and whisk until combined in a large bowl.
- Add in the milk and egg and whisk until smooth.
- Place the batter in the fridge for a few minutes while you prepare the hot dogs..
- Take the skewer and put in the hot dog on first then the mozzarella cheese on top.
- Place a small amount of flour onto a plate and coat the hot dog mozzarella stick.
- Next, get the batter from the fridge.
- Before assembling, pour oil into a pan with just enough oil to cover the whole corn dog and heat it up to about 350° F.
- Dip the hot dog mozzarella stick into the batter and using a smooth, make sure you coat it evenly making sure to not make it too thick, but also covering all of the hot dog and mozzarella stick.
- Then take the stick and roll it into a plate of panko breadcrumbs.
- Place the corn dog in oil about 2 -3 at a time and make sure to cook on both sides until the batter is slightly dark golden.
- Sprinkle the corn dogs with sugar, drizzle on some ketchup and mustard, and enjoy!

The Garibian's Armenian Pilaf

This rice side dish is the perfect addition to your next weeknight meal. It will become a staple in your diet. You will never make rice any other way again!



The Garibian's Armenian Pilaf

Serves 6-8

Ingredients:

- 4 tablespoons of salted butter
- Small handful of vermicelli or angel hair, broken into 1 inch pieces (about ½ cup when broken up)
- 2 cups Carolina long-grain white rice
- 4 cups Pacific Foods chicken broth
- 1 teaspoon kosher salt
- Toasted pine nuts for topping if you like

Directions:

1. Toast the vermicelli in 1 tablespoon of butter over medium heat until brown.
2. Add the rice, salt, chicken broth and remaining butter and bring to a boil. Lower to a simmer, cover and cook for 20 minutes. Remove the pot from the heat and let sit for 10 minutes. Top with toasted pine nuts if you like. Enjoy!

*To lighten up this recipe, use only 2 tablespoons of butter.

Recipe courtesy of the Garibian family: Raffi (Miss Keaser, Grade 3), Alessandra (Mr. Hoag, Grade 2), Valentina (Mrs. Magaha, Kindergarten), and Daniela (future Rydal student)

Lebanese Stuffed Zucchini

Mix:

- 1 lb ground beef
- 1 c short grain rice
- 1 crushed garlic
- 1-2 tsp dry mint
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp 7 spice



7-10 sm Mexican zucchinis (small and lighter green ones- usually find in international market). Carve out the inside of the zucchinis without tearing the sides. Make sure the sides aren't too thick.

Stuff the zucchinis with the rice/meat mixture.

In a pot bring to boil

- 1Tb tomato paste
- can sm tomato sauce
- 4 cups of water
- 1 tsp 7 spice
- salt/pepper

Then add stuffed zucchinis into the pot and more water to cover zucchinis. Bring to a boil again. Cover and simmer about an hr till zucchini are tender.

Take zucchinis out. Then add 1 lemon, 1 tsp dry mint and 2 smashed garlic. Cook for 3-5 min. Add zucchinis back into the pot. Serve with Arab bread.

Provided by:
Isaiah Salhani
Wheeler, 5th grade

The Garibian's Italian Lemon Feta Pasta

The Italian side of the Garibian family swears by this light pasta dish as an easy summer dinner. Feel free to substitute in your favorite pasta shape!



Lemon Feta Pasta

Serves 4-6 depending on what else you serve

Ingredients:

1 lb thin spaghetti
about 8-10 oz feta packed in water or brine
zest from 3 lemons
2 tablespoons of good olive oil
kosher salt and pepper to taste
1 good handful fresh basil (about 20 medium leaves)

Directions:

Cook pasta according to (al dente) directions. Meanwhile, crumble your feta with your fingers and place at bottom of bowl. Add lemon zest, olive oil, and a few good cracks of freshly cracked pepper. Add about 1 ladle pasta water (it's fine to remove a little while the pasta is cooking) and whisk the whole mixture together. Add the spaghetti and toss with tongs immediately. Rip the basil with your hands and toss into the pasta. Enjoy hot or room temperature.

*This pasta is equally as tasty the next day. When heating in the microwave add a few drops of water and cover with a plate.

Recipe courtesy of the Garibian family: Raffi (Miss Keaser, Grade 3), Alessandra (Mr. Hoag, Grade 2), Valentina (Mrs. Magaha, Kindergarten), and Daniela (future Rydal student)



INDIAN RED LENTIL SOUP

NIKETA Desai

INGREDIENTS

2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
1 ONION, CHOPPED
3 SHALLOTS, CHOPPED
1/2 TEASPOON RED-PEPPER FLAKES
6 CUPS GOOD-TASTING VEGETABLE STOCK (OR WATER)
1 1/3 CUP RED LENTILS, PICKED OVER AND RINSED
1/2 CUP RICE, PICKED OVER AND RINSED
AS MUCH FINE GRAIN SEA SALT AS YOU NEED
SLIVERED ALMONDS, TOASTED
BLACK OIL CURED OLIVES, CHOPPED
FETA, CRUMBLER

INSTRUCTIONS

IN A BIG SOUP POT, OVER MEDIUM HEAT, COMBINE THE OLIVE OIL, ONION, SHALLOTS, AND RED PEPPER FLAKES. LET THEM BROWN, AND CARAMELIZE A BIT, STIRRING OCCASIONALLY.

STIR IN THE BROTH, BRING TO A BOIL, THEN STIR IN THE LENTILS AND RICE. SIMMER FOR ABOUT 30 MINUTES OR UNTIL THE RICE IS VERY TENDER, AND NOT AT ALL TOOTHsome. BY THIS TIME, THE LENTILS WILL HAVE COLLAPSED INTO A THICK SLOP OF SORTS. IF YOU NEED TO ADD MORE WATER/BROTH AT ANY POINT DO SO A SPLASH AT A TIME, UNTIL THE SOUP THINS OUT TO THE POINT YOU PREFER.

UNLESS YOU USED A SALTY BROTH, YOU WILL LIKELY NEED TO SALT GENEROUSLY, UNTIL THE SOUP NO LONGER TASTES FLAT. SERVE EACH BOWL TOPPED WITH ALMONDS, OLIVES, FETA, AND A SLIGHT DRIZZLE OF OLIVE OIL IF YOU LIKE.

SERVES 4 - 6.

PREP TIME: 10 MINUTES - COOK TIME: 30 MINUTES

Chocolate Chip Cookie Hamantaschen

Created for the holiday of Purim in the Jewish culture

Provided by: Jack and Harper Selkirk
6th, Begley and 3rd, Desai



Ingredients

For the dough:

- ½ cup butter, at room temperature
- ½ cup granulated sugar
- ¼ cup brown sugar, lightly packed
- 1 egg
- 1 Tbsp milk (or almond milk)
- 1 tsp vanilla extract
- 1 ¼ cups + 2 Tbsp all purpose flour
- ¼ tsp baking powder
- ¼ tsp salt
- ¼ cup mini chocolate chips

Filling suggestions *(but the sky's the limit):*

- Chocolate chips
- nutella
- Cookie butter
- Chocolate chips + mini marshmallows (s'mores)

Directions

- Beat the butter and sugars together until smooth. Add egg, milk and vanilla until mixed thoroughly.
- Sift together the flour, baking powder and salt in a separate bowl. Add dry mixture to wet mixture until combined. Fold in chocolate chips.
- Chill dough for at least 1 hour (or up to 24 hours)
- Preheat the oven to 400 degrees.
- Dust your work surface with flour to keep the dough from sticking. Roll the dough to about ¼ – ½ inch thick. This is easier to do if you cut the dough in half and use as batches.
- Using a round cookie cutter (or top of pint glass), cut out dough and place onto cookie sheet. To keep the dough from sticking to your cookie cutter, dip the cutter in flour before each cut.
- Fill cookies with approximately 1/2 tsp of filling of choice in each round. Pinch circle into triangle. (Google hamantaschen pinching ideas for possible methods if you're not familiar)
- Repeat with remaining dough, putting scraps back into dough 3-4 times until all dough has been used as much as possible.
- Place cookies on baking sheet with parchment paper and place entire baking sheet into the freezer for 5-7 minutes before baking (or place in fridge for 10-15 minutes). This will ensure the cookie don't fall apart while baking and is a SUPER important step.
- Bake for 8-10 minutes. Look for browning edges to know when done. Cool before serving and enjoy!



Meals from Croatia



Provided by:

Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai



BASIC PALAČINKE (Croatia)

3 eggs
1¼ c. flour

1 c. milk
½ tsp. salt
¼ c. butter

Make a smooth pancake batter by mixing the eggs, flour, milk and salt. Allow the batter to sit for approximately half an hour. Spoon the batter onto a pancake skillet, well greased with a small pat of butter. Tip and roll the skillet until a thin layer of batter covers the bottom. When the batter bubbles turn the palačinka over and brown the other side. Remove to a warm plate. Add butter to the skillet and continue making palačinke until all the batter is used up. Place the palačinke in a warm oven until the filling is ready if you are using cheese filling or allow the pancakes to cool slightly if cream filling is used.

Chicken Karaage (Japanese chicken nuggets)

6 chicken thighs (cubed 1 inch)
4 Tb of soy sauce
2 Tb of mirin (cooking sake)
4 tsp sugar
2 cloves of garlic (grated)

Marinate and refrigerate for 1-2hrs

3 Tb flour
3 Tb corn starch



Add the plain white flour in the chicken marinade and combine well.

Place the corn starch in a separate bowl and add the chicken one by one, then coat evenly.

Pour 1/2 - 1 inch of vegetable oil in a large frying pan or skillet.

Place the all chicken in the oil. It will be crowded but shouldn't be piled. If there is not enough space for the chicken, use another pan.

Cook the chicken over a high heat until slightly brown. It takes about 5 minutes. Be sure not to touch the chicken until then. Then gently flip over and cook the other side.

Keep frying over the high heat, flipping occasionally until golden brown and crisp.

Transfer the chicken onto a paper towel-lined plate.

Japanese Macaroni salad

1 lb macaroni pasta cooked
1 can of chicken, drained
Shredded carrots
Diced cucumbers (prefer Persian cucumbers)
Japanese kewpie Mayo/ American Mayo is fine
Dash of soy sauce

Mix everything together. Add enough Mayo for creamy consistency. Add salt and pepper to taste. Add a dash of soy sauce. Serve cold. Might need to add more Mayo before serving (and we like to add more soy sauce too).

Provided by:
Kaden Salhani
Ms. Desai, 3rd grade



Meals from Croatia



Provided by:
Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai

ĆEVAPČIĆI (Croatia)

1 lb. ground beef	2 tbsp. flour
1 lb. ground lamb	1 tbsp. parsley
2 tbsp. lard or shortening	1 egg, lightly beaten
2 onions, finely chopped	1 tsp. paprika
2 cloves garlic, minced	salt and pepper to taste

Heat the lard in a medium saucepan. When the foam subsides, add the onions and garlic and cook them for a few minutes until the onions are slightly browned. Transfer the onions to a deep bowl. Add the meat, egg, flour, salt, pepper, parsley and paprika. Mix well. When all the ingredients are well combined, shape little sausages from the mixture about 2 inches long and arrange them on a plate. Cover the plate and refrigerate the ćevapčići for at least two hours before cooking. Ćevapčići are most frequently barbecued on an open charcoal grill. Grill them for about 15-20 minutes. They should be a dark brown on the outside and very well done on the inside. Turn them over frequently while grilling. If preferred, they can be cooked in a saucepan in a little hot oil or lard. They must be turned often so that they do not stick. Serve sprinkled with chopped onions or with an onion salad. Serves 6-8.

Arthur Arnold, 6th Grade, Mrs. McCallister
Bobby Arnold, 4th Grade, Mrs. Sabach
Logan Arnold, 3rd Grade, Mrs. Caldwell

This recipe represents the Thai culture
(Thailand).

Pad Thai

Ingredients

- 1 package of Vermicelli/rice noodles
- water (enough to soak or boil the noodles)
- 1/2 jar of Mae Sri brand Pad Thai sauce (can be found in Asian supermarkets or online)
- 1 lb. of chicken/shrimp/ etc.
- 1 package of tofu (I like using lite, firm)
- 1 egg (or two depending on how much you like of it)
- 1 tablespoon oil (olive oil or vegetable)
- 1 teaspoon of minced garlic
- handful of bean sprouts (for garnish)

1. Boil the noodles until the translucent noodles turn white, drain, and put aside.
2. Cut up tofu, chicken or deshell shrimp, then stir fry making sure they are cooked thoroughly first with oil and garlic in the frying pan.
3. Add noodles, sauce (amount varies as flavor is desired. I would start with a tablespoon and keep tasting if you want to add more), then also add tofu to the pan.
4. Mix everything up while stir frying, then crack an egg or two and keep mixing thoroughly. Stir frying everything should take about 5-10 min.
5. Garnish with beansprouts.



Mrs. McCallister's Easy Homestyle Pot Roast



- 2 lbs boneless beef chuck, cut into large chunks
- 1 can (14 ½ oz.) Hunt's Stewed Tomatoes
- 1 packet (1 ½ oz.) beef stew seasoning

Combine beef, tomatoes, and seasoning mix in a crock pot. Cook on low for 8 hours OR on high for 4 hours. Throw in some baby carrots, celery, or onions for extra flavoring.

You can cut up the meat, carrots, celery, and onions the night before and put it in a large plastic ziplock bag. This way, you can throw it all in the crockpot in the morning, stir, and go to work!

When it is done, you can add pasta or potatoes on the side of your dish!



Meals from Croatia



Provided by:
Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai

STUFFED PEPPERS (Croatia)

1 lb. ground beef	½ lb. smoked ham, diced
1 c. rice	12 large green peppers
1 tbsp. chopped parsley	6 tbsp. oil
3 tbsp. flour	2 onions, chopped
2 c. beef stock	¼ c. tomato paste
1 c. sour cream	salt and pepper to taste

Brown the onion in 2 tbsp. oil. Add the meat and cook it in its own juices until the water has evaporated. Allow to cool slightly. Add the rice, salt, pepper and parsley and mix well. Wash the peppers, core them and remove the seeds and ribs. Stuff the peppers with the meat mixture. Do not stuff the peppers too full because the rice will expand while cooking. Arrange the peppers in a deep pot. Brown the flour in the remaining oil. Add the tomato paste and the beef stock. Stir well. Pour this sauce over the peppers. Add enough water to cover and simmer over low heat for approximately an hour and a half without mixing. Shake the pot occasionally so that the peppers do not stick. Carefully remove the peppers and arrange them in a warm serving dish. If desired, add sour cream to the tomato sauce. Cook for a few more minutes, then pour this sauce over the peppers. Serves 12 as an entree or 6 as a luncheon dish.



Moroccan Spiced Chickpea Soup

- 1/4 cup extra-virgin olive oil
- 1 large onion, medium diced
- 6 to 8 cloves garlic, pressed

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1 heaping teaspoon sweet paprika

- 1 (14.5-ounce) can chopped tomatoes
- 3 (15-ounce) cans chickpeas, drained and rinsed
- 1 quart vegetable or chicken broth
- 1 teaspoon sugar
- Salt and black pepper

- 5-ounces baby spinach



- 1) Heat olive oil in a large pot over medium-high heat. Add onion and garlic; sauté until the onions begin to turn translucent. Do not brown.
- 2) Add spices and sauté a minute or so.
- 3) Add tomatoes, chickpeas, broth, and sugar. Season with a couple pinches of salt and pepper. Stir well. (Chickpeas should be just covered with liquid. If level is shy, add some water so the chickpeas are just covered.)
- 4) Bring to a simmer, then lower heat and gently simmer for 45 minutes.
- 5) Remove soup from heat. Use a potato masher or immersion (stick) blender to mash up some of the chickpeas right in the pot.
- 6) Stir in the spinach and let heat through until wilted.

Season, to taste, with additional salt and pepper

Serve soup, drizzled lightly with extra-virgin olive oil, if desired.

Contributed by Adam Lauro of Jewish/Israeli and Italian heritage. 6th grade - Mrs. McCallister.

(Recipe adapted from Dave Lieberman)

Recipe for Latkes

Ingredients:

4 large grated potatoes. No need to peel.
1 medium onion —chopped
1 large egg
2 tablespoons of flour
½ teaspoon of black pepper. Add more to your taste.
Oil for frying
Salt to taste when finished.

Recipe:

Put approximately ¼ inch of oil in a large frying pan.
While your oil is heating, mix together your potatoes, egg, flour, onion and black pepper.
When the oil is hot, add the potato mixture with a large slotted spoon.
Tap the mixture lightly so that the top has a flat surface.
When the bottom is brown to your liking, flip the latkes to brown the other side.
When finished, place them on paper towels to absorb the oil.
Immediately salt them to taste.

Healthy option:

Follow ingredients and mixing as above.
Use a paper towel and wipe some oil on parchment paper.
Place parchment paper, oil side up, on a baking sheet.
Put ¼ cup size pancakes on the parchment.
Use some cooking spray on the top surface of the latkes.
Bake in a 400 degree oven for 20 minutes.
Flip the latkes over and bake for another 10 minutes.
Salt and enjoy!



Provided by:
Gabe Freeman
6th Grade, Begley

The DaSilva's Family Easy Peasy Tandy Kakes



Ingredients:

2 cups of Flour
2 cups of Sugar
1 tsp of Vanilla
2 tsp of Baking Powder
4 eggs
2 tbsp of butter
pinch of salt

**Topping of TandyKake:

1 jar of creamy peanut butter
1 Large Hershey Bar (may need more chocolate depending on the size of the cookie sheet)

Need: baking or cookie sheet (I based the recipe on 9x13 size)

Directions: Preheat oven to 325 degrees. On the stove -warm up the cup of milk with butter then add and mix all other ingredients until smooth texture. Spray the cookie sheet with a nonstick spray or line with parchment paper and spread the cake mixture then, place in the oven and bake for 25 mins. Remove thin-layered cake from oven and spread peanut butter liberally over the top until covered. Place in the refrigerator to cool. While cooling, begin to melt chocolate in the top of a double boiler over barely simmering water or place in a glass bowl and use a microwave to melt chocolate until creamy (usually remove and stir every minute or so until fully melted). After the cake has cooled a bit, remove it from the refrigerator and evenly spread the chocolate over the peanut butter. Then place back in the refrigerator until chocolate has hardened. Later cut into small squares and Enjoy!

Classic Pastina (“Italian Penicillin”)

Lucianna and Maverick DiBruno
2nd Grade, Mrs. Newman/4th Grade , Ms. Brady



Whenever I even see a box of pastina (tiny star shaped pasta, originally made for babies), I’m instantly transported back to being to feeling sick as a boy and my grandmother Cecelia coming over with a warm bowl of love that “made everything better”.

Just 5 minutes start to finish and made from as many components: chicken stock, pastina, butter, cheese, pepper. This dish transforms into a creamy spoon-ready cure-all...even if what your curing is just an empty tummy.

Ingredients

- o 1 cup (8 oz) chicken broth (reduced-sodium if you prefer) or water in a pinch
- o 1/2 cup dry pastina (3 oz)
- o 2-3 tbsp butter, salted or unsalted
- o Ground black pepper, to taste
- o 3-4 tbsp Pecorino Romano (Locatelli)

Instructions

1. Bring broth in a small saucepan to a boil. Add pastina and stir.
2. Cook between 3-5 minutes, almost all of the liquid should be absorbed.
3. Towards the end of the pastina cook time, add the butter, and stir
4. Once the butter is melted, stir in almost all the cheese
5. Spoon into bowl and sprinkle a tiny bit of the reserved cheese on top

Notes

- The pastina might seem to have too much liquid, but as you stir in the butter and cheese, it will thicken up



Options

- You can also add some chiffonaded (small thin strips) of fresh basil for added herbaceousness
- You can add more creamy protein by stirring in a beaten egg and/or milk between adding the butter and cheese

The recipes author, still hard at work at DiBruno Bros. well into her 90's

Mrs. Colfer's Baked Feta Pasta



Ingredients:

- 8 ounces of cavatappi pasta
- 2 pints cherry tomatoes
- 8 ounce block feta cheese
- 1/2 olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 garlic cloves minced
- 1/4 cup packed chopped fresh basil

Instructions:

1. Preheat oven to 400 degrees. Place the cherry tomatoes in an oven -safe baking dish. Pour the olive oil on top, and season with salt and pepper. Toss until well combined.
2. Place the feta block in the middle of the baking dish surrounded by the cherry tomatoes, and flip a couple times to coat it with the olive oil and seasoning.
3. Bake in the oven for 35 minutes, until the cherry tomatoes burst, and the feta cheese melts.
4. While the tomatoes and feta are baking, cook the pasta according to the instructions until al dente. Drain, reserving 1/2 cup of the cooking liquid if you'd like to toss it in.
5. Immediately, add the garlic and basil leaves to the cooked tomatoes and feta and toss everything to combine.
6. Transfer the cooked pasta to the baking dish and toss to combine.



Meals from Croatia



Provided by:
Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai



Dalmatinski Brodet Dalmatian Brodet

- 2 lbs. assorted salt water fish
- ¼ c. olive oil
- 3 tbsp. flour
- 3 tbsp. butter
- ½ c. sliced onion
- 1 c. wine
- 1 clove garlic, chopped
- 1 tbsp. parsley, chopped
- ½ lb. tomatoes or
- 1 c. tomato sauce
- salt and pepper to taste

Clean the fish and cut it into fairly large steaks. Season with salt and pepper. Roll the steaks in the flour and fry them in the hot olive oil. Melt the butter over low heat. Increase the heat and brown the onions in the butter. Add the parsley, garlic, wine and the sliced tomatoes or tomato sauce. Simmer slowly for about half an hour. Add the fish and enough water to cover. Continue to simmer but do not stir. Instead, shake the pan occasionally. Carefully arrange the fish on a serving platter. Cover with the tomato and onion sauce. Serves 4-5.



Masala SPICED CHAI

NIKETA DESAI

INGREDIENTS

1 TBSP CHAI (LOOSE BLACK TEA)

1 TBSP SUGAR (ADJUST TO TASTE)

1 CUP WATER

1 CUP MILK

2-3 FRESH MINT LEAVE

¼ TSP GRATED GINGER

½ TSP CHAI MASALA SPICE MIXTURE - ROUGHLY GRIND TOGETHER: SMALL PIECE OF CINNAMON STICK, FRESH NUTMEG, 2 CLOVES, SMALL PIECE OF STAR ANISE, 2-3 WHOLE CARDAMOM PODS (ADJUST TO TASTE)

INSTRUCTIONS

1. HEAT WATER IN A POT ON MEDIUM-HIGH HEAT.
2. WHILE WATER IS HEATING, CRUSH SPICES USING A MORTAR AND PESTLE OR A COFFEE/SPICE GRINDER. ADD THE CRUSHED SPICES TO THE WATER.
3. GRATE THE GINGER DIRECTLY INTO THE POT OF WATER. REDUCE HEAT TO MEDIUM AND BRING THE WATER TO A BOIL.
4. ADD THE LOOSE TEA AND LET IT BOIL FOR A MINUTE. YOU CAN ALSO ADD SUGAR AT THIS TIME OR ADD IT IN THE CUP WHEN SERVING.
5. ADD MILK AND STIR IT IN.
6. BRING THE TEA TO A BOIL. THE TEA CAN OVERFLOW EASILY, SO KEEP A CLOSE EYE.
7. ONCE THE TEA COMES TO A BOIL. TURN OFF THE GAS AND COVER WITH A LID FOR ONE MINUTE.
8. STRAIN THE TEA IN A CUP AND ENJOY!

Caldo Verde ~ Portuguese Green Soup

This Portuguese kale soup, also known as green soup or caldo verde, is a traditional soup made with potatoes, chorizo sausage, and thinly sliced kale. Hearty, homey, cheap, and comforting as heck.

Portuguese kale soup, *caldo verde*, is something you'll experience literally everywhere in Portugal, from Lisbon's trendiest restaurants to farmhouses scattered at the edge of villages. Understandably so. Its simple yet sustaining character is appreciated everywhere.—**Renee Schettler**

Caldo Verde | Portuguese Green Soup

★★★★☆ (32)

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🍽️ Serves 6 to 8

INGREDIENTS US METRIC

- 1/4 cup extra-virgin olive oil
- 10 ounces *chouriço*, *linguiça*, or Spanish chorizo, sliced into 1/4-inch (6-mm) coins
- 1 large Spanish onion, diced
- Kosher salt
- 2 garlic cloves, sliced; don't be afraid to go for a third or fourth. The Portuguese love their garlic
- 6 medium potatoes, peeled and roughly chopped
- 8 cups cold water, or half homemade chicken stock or canned chicken broth, and half water
- 1 pound kale or collard greens, stems removed, leaves cut into very, very thin slices
- Freshly ground black or white pepper

DIRECTIONS

- 1 In a large pot over medium heat, warm the oil. Add the chouriço and cook until lightly browned on both sides, 3 to 5 minutes.
- 2 Using a slotted spoon remove the sausage to a plate. Try to let the sausage drain well into the pot; its fat will flavor the soup.
- 3 Dump the onions into the pot. Sprinkle with salt and cook, stirring occasionally, until softened and translucent. Add the garlic and cook for 2 minutes more.
- 4 Stir in the potatoes, add the water or combination of water and chicken stock, and bring to a boil. Reduce the heat so the soup gently simmers. Cook until the potatoes are almost tender, 10 to 20 minutes. Remove from the heat and let the soup cool slightly.
- 5 When the caldo verde has cooled a little, purée it using an immersion blender. (Tradition states that one slice and only one slice of chouriço is added to each bowl although some chefs like to add half the sausage to the soup before puréeing. It's your choice.)
- 6 Add the kale to the soup, bring everything back to a boil, and then reduce the heat and simmer until tender, 2 to 5 minutes. Season with more salt, if needed, and pepper.
- 7 Ladle the *caldo verde* into bowls and garnish with the remaining slices of *chouriço*. (The soup can be cooled, covered, and refrigerated overnight. Simply warm over low heat before serving.) *Originally published January 10, 2001.*



Provided by:

Xavi Womelsdorf
2nd grade; Mr. Hoag



Meals from Croatia



Provided by:
Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai



Pečena Pura s Mlincima

Roast Turkey With Mlinces

4 c. flour	1 medium turkey
2 eggs	½ c. oil
½ c. water	salt and pepper to taste
1 tsp. salt	

Season the turkey inside and out with salt and pepper. Place in a large roaster and pour melted butter over the bird. Place one cup water in the bottom of the roaster. Roast the turkey, covered, for twenty minutes per pound of weight. Remove the cover and bake for another hour, basting frequently with the turkey's own juices. When the turkey is roasted, allow to cool enough to handle. Strain the pan drippings and set aside.

While the turkey is roasting, make the mlinces. Combine the eggs, water, salt and flour and work into a medium dough. Turn onto a well-floured board and knead until the dough is smooth and firm, adding more flour as required. Cut the dough into four or five pieces and roll each piece out separately on a floured board. The thinner the dough is rolled, the better. Place each sheet of dough on a warming plate and heat on the lowest setting for approximately half an hour on each side. When the mlinces begin to turn golden brown, remove and allow to cool. Make the remaining mlinces in the same manner. Allow the mlinces to dry while the turkey roasts. Break each of the mlinces into small pieces and place in a large bowl. Pour boiling water over the mlinces and cover the bowl. Allow to stand for five minutes. Drain. Pour strained pan drippings from the turkey over the mlinces and serve with the turkey.

German Style Goulash, Mrs. McGovern's Mom's Recipe

Ingredients:

1 ½ - 2lb of Stewing beefs - ⅔ beef, ⅓ pork (pork gives it more flavor)

2 Big onions

1 teaspoon pepper

Garlic (just a pinch)

Garway Seeds; 2 teaspoon

Paprika; 2 teaspoon

Sour Cream; 4-6 oz.

Oil

Brown gravy packet



Directions:

Cut meat cubes into smaller cubes if you would like.

Cut the onions in very small pieces. Sautee in bacon drip or oil.

Add beef cubes when the onions are tender

Add spices and keep browning; make sure onions do not burn

Pour 1 cup of hot water over the meat and let simmer for 2-3 hours; or place in a Crock Pot on low heat

Stew in very little liquid if necessary, but make sure the meat does not burn

When meat is tender, thicken gravy with a dry brown gravy mix (cubes/ package)

Add 4-6 oz. of sour cream to thicken (My mom used to make more gravy with flour if necessary)

We always ate this over white rice! It is a super yummy comfort meal!!

The Miller Family's Chicken Supreme

Provided by: Mrs. Miller, Jimmy (5th, Wheeler) and Ben (3rd, Keaser)



5-6 cups of shredded chicken (we like to leave the piece of chicken larger, not super shredded!)

1.5 cans of cream of chicken soup (10.5 ounce can)

1 pint of sour cream

Mix together in a bowl and spread into a 13x9 casserole dish.

In a separate bowl, combine:

1 bag of Pepperidge Farm Herb Seasoned Classic Stuffing (blue bag)

1 stick of melted butter

1.5 cups of chicken broth

Spread the stuffing mixture over the chicken mixture. Bake at 400 for 45 minutes. Check at 30 minutes and if stuffing is looking dark, cover with a piece of tinfoil. We serve this over rice with a veggie side.

Mrs. Zacharias's Passover Kugelach



Ingredients:

3 eggs
3/4 tablespoon vegetable oil
3/4 teaspoon salt
6 ounces water
Passover cake meal
Cooking spray
12 cup muffin pan

Directions:

1. Preheat oven to 450
2. Spray muffin pan cups with cooking spray.
3. Beat eggs, water, salt, and oil together with a whisk.
4. Add cake meal until you can spoon it into the muffin pan cups. It should be like cake batter - no lumps.
5. Bake for approximately 30-35 minutes.
6. Let cool and remove from pan.
7. Enjoy!

Mrs. Caldwell's Chocolate Chip Cake



Ingredients:

- 1 $\frac{3}{4}$ cups white sugar
- $\frac{1}{2}$ cup unsalted butter, softened
- 4 eggs
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 pint sour cream
- 1 bag mini semisweet chocolate chips

Directions:

Preheat oven to 350°F.

Grease a 9x13-inch pan.

Beat sugar, butter, eggs, sour cream, and vanilla together in a large bowl with an electric mixer until light and fluffy.

Sift flour, baking powder, and baking soda together in a bowl. Pour flour into the butter mixture, mixing until just incorporated. Fold chocolate chips into the batter. Pour batter into prepared pan.

Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 30 minutes.

Enjoy!!!

Cottage cheese pie

Provided by:
Matthew Kossenkov - 4 Loeffler
Zachary Kossenkov - 1 Kent



Ingredients:

- 2.5 cups flour
- 6 oz. butter
- 2 eggs
- 1.5 cups sugar
- 24 oz. cottage cheese



Directions:

Step 1. Mix softened butter with flour and $\frac{1}{3}$ of sugar (about 0.5 a cup). The easiest way is to use hands.

Step 2: In a separate bowl whisk eggs with the remaining $\frac{2}{3}$ sugar, then add cottage cheese

Step 3: In a cake pan put half of the flour mixture, then cheese filling, and then the remaining half of the flour mixture. Bake in 350F oven for 30-40 minutes until filling is set

Let pie cool completely before serving

Mrs. Cawley's Irish Soda Bread

Irish Soda Bread

4 c. all purpose flour
3 tbs. sugar
1 tbs. Double acting baking powder
1 tsp. salt
3/4 tsp. baking soda
6 tbs butter or oleo
1½ c. Dark seedless raisin
1 tbs. caraway seed
2 eggs
1½ c. Buttermilk

1. Preheat oven to 350° F. Grease 2 qt. round casserole. In large bowl with fork, mix flour & next 4 ingredients with pastry

blender, cut in butter until mixture resemble coarse crumbs. Stir in raisins & caraway seeds.

2. In small bowl with fork, beat eggs slightly; remove 1 tbs. & reserve. Stir buttermilk into flour mixture just until flour is moistened (dough will be sticky).

3. Turn dough onto well floured surface; knead about 10 strokes to mix thoroughly, Shape into ball; place in casserole. In center of ball, cut 4" cross 1/4" deep. Brush dough with reserved egg. 4. Bake 1 hr. & 20 min. cool in casserole on wire rack 10 min. Remove from casserole & cool completely on rack.

Mrs. Crawford's Banana Bread



Ingredients:

2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
1/3 cup melted butter, unsalted or salted
1 teaspoon baking soda
Pinch of salt
3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
1 large egg, beaten
1 teaspoon vanilla extract
1 1/2 cups of all-purpose flour (gluten free flour can be substituted)

1. Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)



Mrs. Kown's Kalbi (Korean Barbequed Beef Short Ribs)

5 lbs. Korean style (thin with 3 bones on the side) beef short ribs

1 cup brown sugar

1 cup soy sauce

½ cup water

¼ cup mirin (rice wine)

1 small onion (peeled & finely grated)

1 pear (typically use Asian pear or Bartlett) – peeled and finely grated

4 tbs. minced garlic

2 tbs. sesame oil

¼ tsp. black pepper

2 green onions, thinly sliced (optional)

1. Wash short ribs under cold water and pat dry.
2. Sprinkle brown sugar over beef and mix well to evenly coat. Let sit at room temperature for 10 min. while preparing marinade.
3. In a bowl, mix soy sauce, water, mirin, onion, pear, garlic, sesame oil, & black pepper.
4. Add marinade to beef and refrigerate for at least 4 hours but preferably overnight.
5. Grill or broil beef, turning once, to desired doneness.
6. Garnish with sliced green onions, if desired.

Mrs. Newman's Sugar Cookies



INGREDIENTS

- 3 eggs
- 3/4 cup sugar
- 3/4 cup oil
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 2 1/4 cups flour (add more if needed)

DIRECTIONS

- 1) Mix eggs, oil and vanilla
- 2) Mix in sugar and baking powder
- 3) Mix in flour gradually. After 2 1/4 cups of flour are added consistency should be dough-like. (If not, add more flour.)
- 4) Place cookie dough in the refrigerator for 1 hour
- 5) Roll out
- 6) Use a fish shaped cookie cutter to cut out cookies
- 7) Sprinkle sugar/cinnamon mixture on cookies
- 8) Bake at 350 degrees for approximately 15 minutes



Meals from Croatia



Provided by:
Niko Kerekovic, grade 5, Mrs. Chou
Luka Kerekovic, grade 3, Ms. Desai



Slavonski Rezananci sa Sirom Slavonian Noodles with Cheese

2 c. cooked noodles
½ lb. cottage cheese
¾ c. sour cream
½ lb. diced bacon
salt and pepper to taste

Fry the bacon in its own fat until crisp. Transfer the fried bacon to a small bowl. Drain all but two tablespoons of the fat. Place the cooked, drained noodles in a serving bowl. Add the cottage cheese and sour cream to the bacon fat and heat to just the boiling point. Season with salt and pepper and add half the fried bacon. Combine this cheese sauce with the noodles, sprinkle with the remaining fried bacon and serve immediately.



Ms. Hosmi's Israeli Couscous Salad

This yummy recipe makes a great side dish or veggie meal within itself! It can be eaten while the couscous is still warm or when it is cold mixed with delicious Israeli salad!

The recipe yields about 4 servings (the amount of salad should be about half the amount of couscous).

Ingredients:

- 1 box/ package of Couscous (any couscous will work but pearl couscous is my personal favorite)
- 2-3 tomatoes on the vine
- 1-2 (mini) cucumbers
- 1 lemon
- 1 tablespoon of olive oil
- Salt & pepper to taste

Directions

1. Cook the couscous according to directions on package
2. While the couscous is cooking, make the Israeli salad by chopping the tomatoes and cucumbers into small tiny pieces
3. Place the chopped tomatoes and cucumbers in a bowl
4. Season the tomatoes and cucumbers by squeezing one whole lemon and adding about one tablespoon of olive oil along with some salt and pepper
5. Once the Couscous is cooked, let it cool
6. Add the Israeli salad to the couscous
7. Optional - add feta cheese crumbles and chopped mint leaves for a little extra taste!
8. You can eat the Israeli couscous salad while it's warm, or refrigerate and enjoy cold (my favorite)!
9. Enjoy!!!

Ms. Keaser's Stuffed Shells



Shells:

- 1 (12-ounce) package jumbo shells pasta
- 2 tablespoons olive oil
- 1/2 pound thick-cut pancetta, cut into 3/4-inch cubes
- 2 pounds frozen spinach, thawed and drained
- 1 (15-ounce) container whole milk ricotta
- 1 cup grated asiago cheese
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon freshly grated nutmeg

Sauce:

- 1 tablespoon butter
- 1 garlic clove, minced
- 1 cup cream
- 2 cups grated asiago cheese, plus 1/4 cup
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon freshly ground black pepper

Directions

1. Preheat the oven to 375 degrees.
2. For the shells:
 - Bring a large pot of salted water to a boil over high heat.
 - Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
 - Drain pasta.
3. Warm the olive oil in a large, heavy skillet over medium heat. Add the pancetta and cook until lightly golden, about 5 minutes. Remove the pancetta from the pan with a slotted spoon and transfer to a large bowl. Add the spinach, ricotta cheese, asiago cheese, pepper, and nutmeg. Stir to combine. Stuff the shells with about 2 tablespoons of the spinach mixture each and place the stuffed shells in a large, buttered baking dish.
4. For the sauce:
 - Melt the butter in a medium saucepan. Add the garlic and cook for 1 minute.
 - Add the cream and bring to a simmer.
 - Turn the heat to very low and add the 2 cups asiago cheese, parsley, and pepper. Stir until the cheese is dissolved.
 - Pour the sauce over the shells. Top with the remaining 1/4 cup asiago cheese.
 - Bake until golden on top, about 25 minutes. Remove from the oven and serve immediately.

Ms. Cohn's Cheesecake



CHEESECAKE

16 oz. cream cheese
¾ c. sugar
3 eggs

8 oz. sour cream
1 tsp. vanilla
½ c. sugar

Butter 9-inch pie plate. Preheat oven to 325°. Combine cream cheese, ¾ cup sugar and eggs. Beat well. Pour into pie plate and bake at 325° for 50 minutes. Put directly into refrigerator for 20 minutes. Combine sour cream, ½ cup sugar and vanilla. Beat well. Pour into pie shell. Bake for 15 minutes at 325°. Put directly into refrigerator.

Marna Cohn
The Cohn Family



Thank you to everyone who contributed to our first multicultural cookbook. We hope you enjoy trying out some new food choices and urge you to learn more about the many cultures and ethnicities that make up our awesome community.

Rydal Elementary School is a special place because of families and teachers like you!

**From:
Your Rydal PTO**