



New Neighbors Community Cookbook



Our Scrumptious Stories



The following collection of recipes were written by the students of The Campagna Center's New Neighbors ELL Program. Through these recipes our students have been able to share their stories, cultures, and traditions with each other and our community. Enjoy!

Inside:

Main-Course Recipes

Salad Recipes

Dessert Recipes

Drink Recipes

and more!

DIRECTOR'S CORNER

Jin Chong

It was an important transition year for us as we sought to “build back” from the disruption the pandemic caused to our program. We started the school year in September with excitement while still battling through the challenges and changes. Despite difficulties, our students and teachers persevered together and grew stronger. We transitioned from all virtual classes to offering almost all in-person classes and childcare at Fowler House. It was wonderful to see everyone’s smiles and feel their enthusiasm again. In addition to in-person classes, we kept learning new skills and gaining confidence in virtual classes. Our interaction in the online world became more meaningful and substantive than ever. As a result, we are not just returning to normalcy but also expanding our boundaries.

As we wind down this school year, I’d like to thank all of our students, teachers, and supporters for being a part of the New Neighbors program. You have shown every day how we can help to rebuild a great program together. It has been my honor to be part of this remarkable community over several years: first as a student, then as a tutor and teacher, and now as program director. I hope to meet more new members of our New Neighbors family in the fall!

This year we created our own cookbook! It is full of scrumptious stories that make us feel proud of each of our cultures and heritages. The recipes have created a connection between our identities in our native countries and in this new country. We invite you to try out our recipes from around the world. You will be able to taste our patience, resilience, integrity, gratitude, respect, love and hope.



KABULI

By Nazia (Level 2)

My mother taught me how to make Kabuli. This is the recipe that I use. My husband's family makes it differently. I make this dish a lot!

Ingredients

rice, meat, 2 onions, carrots, raisins, cumin, water, oil, salt

Directions

I use rice, meat, onions, oil, salt, carrots, raisins, cumin and water. First I put oil in the pan and two onions. Fry them. Put in meat and salt. Fry them. Add cumin and water. Cook all in pressure cooker for 20 minutes. Boil water and add salt and cumin and rice. Cook 10-15 minutes. Cut carrots into small pieces. Fry carrots in oil. Add raisins to carrots. Put rice together with meat. Put raisins and carrots on top. Put in 350 degrees oven for 20-25 minutes.



WHOLE CHICKEN RECIPE

By Husna (Level 2)

Ingredients

1 kg chicken, 4 tbsp yogurt, 1 tsp black pepper powder, 1 tsp garam masala powder, 2 tsp ginger, garlic paste, salt to taste, 1 tbsp lemon juice, 1 tbsp turmeric, 1/2 kg potatoes, 2 tbsp olive oil

Directions

Take chicken and put in a bowl. Take all ingredients except oil in a bowl and mix well. Let it marinate for 30 minutes. After marinating chicken with potatoes put in oven. Preheat oven to 350 degree. Cover and cook on low heat for 45 minutes sometimes depending on the size of chicken. Serve.

Food, in the end, in our own tradition, is something holy... It's about sharing. It's about honesty. It's about identity.

-LOUISE FRESCO-

AFGHANI MEATBALL

By Susan (Level 2)

Ingredients

meat, onions, garlic, tomato paste, oil, salt, chana dal, spice, water

Directions

Take the meat and add onions, garlic, tomato paste, spice and salt. Round the meat like balls. Put the pressure cooker on the stove and add oil. Add onions (until fried). Add garlic and tomato paste.

Let it sit for 2 minutes. Add water and put the meatballs inside the pressure cooker. Add a little spice, salt and chana dal. Put the pressure cooker and let it cook for 15 minutes. After all this, ENJOY YOUR MEAL.



DIWA'S DELICIOUS ROSH RECIPE

By Diwa (Level 2)

Ingredients

Lamb meat, 1 kg lamb fat, 1 lb lemon, 6 potatoes, 3 tsp salt and pepper

Directions

In pressure cooker first put fat then meat. Squeeze lemon on meat - salt and pepper. After, close the pressure cooker turn on the gas for 20 minutes. Put whole potatoes after 20 minutes give 10 minutes more pressure.. and dish is ready.

SPAGHETTI WITH GROUND BEEF AND YOGURT SAUCE

By Belqis (Level 2)

This recipe is delicious and famous in Afghanistan as people like to eat spaghetti with beans or ground beef based on their preference. I make spaghetti or any type of pasta with ground beef and garlic yogurt sauce. Let's dive into this recipe.

Ingredients and Directions

First, chop up 2 medium onions and fry them in a pot until lightly browned. After, put a tablespoon of ginger garlic paste with some spices of your choice. I usually put coriander, black pepper, red chili powder, cumin, turmeric, and some salt. Fry these for about 60-75 seconds, then add one cup of water. Add 1 pound of ground beef in the pot with the onion and water. Close the lid of the pot and let the meat soften. Meanwhile, blend a bunch of cilantro, 4-5 cloves of garlic, and fresh peppers (if you like it spicy) using a blender, and add one tomato to help it blend. When it is fully blended, keep it aside. After about 3-5 minutes, open the lid and ground the meat further with your utensil or spatula. Although the meat is grounded itself, if you don't ground it in this stage it will harden itself into tiny little balls which are not very enjoyable and pleasing for my family. Therefore, I like to ground the meat as much as I can during this stage.

After ensuring that you have beaten the meat fully, now, add the blended green sauce that you made while the meat was getting soft. Fry the meat with this green sauce until all of the water is dried and the oil is coming to the surface and being more visible. While this is frying, take about four medium tomatoes (or 3 large ones) and blend them in a blender. When the meat is fried with the green sauce, add the blended tomatoes and add one tablespoon of tomato paste (for a good curry color). Keep stirring and fry the meat again with the tomato sauce until all of the water is dried.

SPAGHETTI WITH GROUND BEEF AND YOGURT SAUCE

By Belqis (Level 2)

-continued-

Keep the lid on when not stirring to make sure the meat is cooking. When you can see the oil come to the surface and all the water is dried, now add 2-3 cups of hot water to the pot and close the lid. This step is to make sure that the meat is fully cooked and doesn't cause any stomach pain. Stir the meat occasionally and let it cook for about 20-25 minutes with the lid on.

The temperature should be between medium or a little high, not too high or it will burn and not cook properly. When you observe the water drying and the meat cooking, keep an eye out and stir frequently. When the excessive water is dry, turn off the heat. Don't let the water dry too much or you will have a very dry sauce (not pleasing). Let it have a little saucy texture. It should have the consistency of curry and it is ready. Next, take two cloves of garlic and ground them with any tools you have, and add this garlic on one cup of plain yogurt. Whisk it with a whisker and put some salt in it as well. When fully whisked to a creamy consistency, your white sauce is ready. After boiling some spaghetti or any pasta of your choice, put two tablespoons of yogurt sauce on top of the spaghetti, and add some of the ground beef sauce. If you have dried mint flakes sprinkled on top for a great and pleasing smell. Lastly, serve this delicious dish to your loved ones and enjoy!



To me, food is as much about the moment, the occasion, the location and the company as it is about the taste.

-HESTON BLUMENTHAL-

OUR CLASS RECIPE

By Jerri and Maureen (Level 2 Teachers)

The following recipe is from Afghanistan from Level 2 ESL class. Level 2 has students from many different cultures including Sudan, Ethiopia, Guatemala, Russia and Afghanistan. A very friendly group of people who always help each other in class!

This recipe was submitted by Shazia Niazi. Shazia is from Afghanistan. In addition to attending the New Neighbors program and learning ESL, Shazia also attends a culinary institute in Arlington. See her picture where she is wearing her chef attire from La Cucina VA. She loves to cook (makes wonderful food for her family) and is learning to be a chef. She previously worked in a restaurant in Afghanistan. This Afghani Burger is very popular as a street food in her country and she is so pleased to share it with others!

AFGHANI BURGER

By Shazia (Level 2)

Ingredients

French fries

(frozen is fine, follow instructions on bag)

1 hard boiled egg

(boil 9 minutes in water) then cool and slice

1 large tortilla

¼ cup chopped green cabbage

¼ cup sweet onion, sliced thin

¼ cup parsley leaves, pulled

1 sausage- pork, turkey, chicken

whatever you like -fried

Salt to taste

Directions

Put French fries and sliced egg, sausage, cabbage, onion, parsley on the tortilla and salt to taste if needed on tortilla. Roll tortilla, and tuck in ends, then wrap in paper (wax, parchment, etc.). Sprinkle with your preferred hot sauce or ketchup.



Shazia wearing her chef's attire from La Cucina VA

LEVEL 3'S CELEBRATION DINNER PARTY MENU

AFGHANI SHAMI KABAB

By Malalai (Level 3)

Shami kebab is a popular Afghan variety of kebabs. They are often garnished with lemon juice and/or sliced raw onions and may be eaten with chutney made from mint or coriander. I really like Shami kabab. It is tasty and I like the texture; it is very juicy while served with chutney.

Ingredients

500 gram veal red meat, 2 medium-boiled potato , 2 eggs (well-beaten), 4 tablespoons of breadcrumbs (for coating), 2 cloves of garlic, 1 medium onion (chopped), 1 teaspoon of black pepper, 1 teaspoon salt (to taste), 1 teaspoon of coriander powder, 3 1/2 cups water, oil for pan frying

Directions

Fry the meat in a pressure cooker with a half cup of oil, onion, 2 cloves garlic and a teaspoonful of salt. Add 3 cups of water in the pressure cooker and cook with the weight on high heat; allow it to whistle 1 time and then reduce the flame and cook for 25-30 minutes. Let the mixture cool to room temperature. Then grind meat with a blender into a fine paste. Avoid using water. Take 2 boiled potatoes, black pepper, breadcrumbs, and salt and grind into a fine paste. Mix both the pastes with 2 eggs well using your hands. Take a small amount of mixture and roll it back and forth between your hands and the work surface to form a rope. Heat oil and deep fry kebabs till golden brown and lightly crisp. Serve hot with sauce or chutney.

FAVORITE

TRADITIONAL

ETHIOPIAN FOODS

By Tihun (Level 3)

I like Ethiopian coffee ceremonies (to share with family and friends) and I like Ethiopian Doro Wot (a chicken stew) with Ingera food (a bread made from the grain, teff).



AFGHAN PUDDING

By Sanga (Level 3)

Afghan pudding is a traditional dessert in Afghanistan. It is made with milk, sugar, rice flour, and cardamom. The mixture is cooked until it thickens and then poured into serving dishes. It is usually topped with chopped nuts and dried fruits. Afghan pudding is a popular dessert during special occasions and celebrations in Afghanistan.

LEVEL 3's CELEBRATION DINNER PARTY MENU

SHAIPERE HERATI

By Fareshta (Level 3)

Ingredients

2 cups of milk, 2 cups of sugar, 1 cup of cream, 1 tsp of cardamom, 2 tbsp of rose water, 1/2 of pistachio

Directions

First, we put all the ingredients, except the pistachios, in the pot and let it boil for fifteen minutes on medium heat. After it boils well, we slowly stir the ingredients with a spatula until the ingredients become thick for twenty minutes. When we mix the ingredients, we notice that the inside of our pot can be seen. And we turn off the heat. I take a container (pan) and grease it. We pour the prepared ingredients into the pan and spread them. And, at the end, we put the pistachios on the ingredients. We put it in the refrigerator for two hours until it hardens a little, then we cut it into squares. Then we drink tea with it.



Fareshta's Shaipe Herati

PIZZA RECIPE

By Husna (Level 3)

Ingredients

pizza cheese, boiled chicken, beef hot dogs, onions, tomatoes, black olives tomato sauce, barbecue sauce, ketchup, flour, 2 eggs, 1 cup milk, 1/2 cup oil, 1 tbsp dough yeast, salt

Directions

First, we get a dish and mix the flour, egg, milk, oil, dough yeast, salt and water as we need. We mix all these things to make a soft dough and after that we put the dough aside to rest for 2 hours. Later, we flatten the dough to the size of the oven pan. We mix the tomato sauce, barbecue sauce and ketchup and we spread it on top of the dough. We slice the onions, tomatoes, black olives, boiled chicken, beef hot dogs and mix together. We put a little bit of pizza cheese on the top of sauce that we make and put on top of the dough. And after that, we put the mixed ingredients on the top of cheese and then we put a lot of cheese on the top of those ingredients. Then we put the oven pan into the oven on 350 F and bake it for 30 minutes. After that our pizza is ready.

LEVEL 3'S CELEBRATION DINNER PARTY MENU

MANTU

By Parisa (Level 3)

Mantu is one of the most popular Afghan foods. You can find it in many Afghan restaurants. It is very delicious. It is filled with ground beef and covered with yogurt sauce and yellow split peas. It is a healthy and low calorie food.

Ingredients for Mantu Dough: 1 egg, 375 grams of flour, 1/5 tps salt, 2 tsp olive oil

Ingredients for Filling: 300 grams of ground beef, 2 medium size onions, 3 spoons olive oil, 1 tsp salt, 1 tsp black pepper, 2 cloves of garlic, 1 tsp coriander seed powder

Sauce ingredients 1/2 cup dried yellow split peas, 3 tbsp tomato paste, 1/2 tsp of salt, 1 tsp turmeric, oil, onion

Directions

First, we make dough for Mantu. Next for Mantu sauce, add oil to pan, add onion, fry a little, and then add tomato sauce, salt, and turmeric. After that, add dried yellow splits peas and cook it. Then, we put the ground beef in the pan and add oil to it. We fry the meat for 6-7 minutes. At the same time, we add salt, black pepper and coriander seeds, garlic and mix the ingredients. We turn off the gas flame. While the pan is off, add the onion. We mix the onion and then empty the ingredients of the pan into another container. We roll out the dough until it is a big circle of dough, then we divide the rolled dough into small parts. The thickness of the Mantu paste should be very thin so that the color of the ingredients inside can be seen. When cutting the dough, we remove all the meat from the mixture and put it in the center of each dough and stick the edges together. Before steaming the dough, we pour a little oil in a container and dip the dough in oil and steam it in the desired container. Steam the dough for 20 minutes. Finally, in another container, we put yogurt, salt and two cloves of grated garlic. Pour the mixture of yogurt and garlic on the bottom of a dish or suitable container and spread it all over the dish. Place the cooked Mantu on it and add sauce.

LEVEL 3'S CELEBRATION DINNER PARTY MENU

COWBOY COOKIES

By Tara (Level 3 Teacher)

I like these cookies because they are delicious and, like US culture, they have so many different elements. They truly have something for everyone. Even my husband—who doesn't like chocolate—enjoys it in these cookies! My daughter found the recipe in The NY Times, adapted by Marian Burros. It originally came from former First Lady Laura Bush who, like our current First Lady Dr. Jill Biden, is a teacher. My daughter improved the recipe by adding some ingredients and now it's a family favorite!

Ingredients

3 cups all-purpose flour, 1 tbsp baking powder, 1 tbsp baking soda, 1 tbsp ground cinnamon, 1 tsp salt, 1 1/2 cups (3 sticks) butter (at room temperature), 1 1/2 cups granulated sugar, 1 1/2 cups packed light-brown sugar, 3 eggs, 1 tbsp vanilla, 1 1/2 cups dark chocolate chips, 1 1/2 cups semisweet chocolate chips, 3 cups old-fashioned rolled oats, cups unsweetened flake coconut, 2 cups chopped pecans (8 ounces)

Directions

Heat oven to 350 degrees. Mix flour, baking powder, baking soda, cinnamon and salt in bowl. In a very large bowl, beat butter with an electric mixer at medium speed until smooth and creamy. Gradually beat in sugars, and combine thoroughly. Add eggs one at a time, beating after each. Beat in vanilla. Stir in flour mixture until just combined. Stir in chocolate chips, oats, coconut and pecans. For each cookie, drop 1/4 cup dough onto ungreased baking sheets, spacing 3 inches apart. Bake for 15 to 17 minutes, until edges are lightly browned; rotate sheets halfway through. Remove cookies from rack to cool. This recipe makes 30 to 36 cookies. We form all the dough into cookie-size balls and bake one baking sheet (about 10 cookies). We freeze the rest of the unbaked cookie balls. Later, we bake the frozen cookies at 325 degrees for 18 to 20 minutes.

DRISS' CHICKEN TAGINE

By Driss, Ana, Genet & Elbia (Level 3)

Chicken tagine is a traditional dish originating from Morocco. It is traditionally made in a special clay vessel known as a tagine. If you don't happen to own a tagine, you can make this recipe in a skillet or Dutch oven. It is an easy and delicious dish, perfect for enjoying with friends and family! The team agrees that they enjoyed working together on this recipe all while discovering each others unique traditions and cultures. They also enjoyed learning how a tagine is used and the delicious spices that make this dish so special.

Ingredients

1 whole chicken, 1 tsp of salt, 1/4 cup of oil, 1 tbsp cumin, ginger, black pepper, saffron, coriander, 1 green pepper, 1 tomato, 1 onion, 2 carrots, 2 large potatoes, 4 cloves of garlic

Directions

Start by slicing your chicken, and place it into the tagine with the oil and onion (chopped), and begin to cook for 15 minutes. Next place all chopped vegetables and spices, including the garlic, into the tagine as well. Place tagine over stove and cook for about 1 hour and 30 minutes. Serve with bread or rice!



Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.

-WINONA LADUKE-

DANIL'S DUMPLINGS

By Danil, Mirella, Isabel & Yeshewamebrat (Level 3)

The team really enjoyed creating this recipe together and learning a bit more about how Danil's dumplings are made to perfection! As the team so cleverly observed: one of the more fun aspects about creating this recipe is seeing how the dough boiling in water mimics the movements of a fish in water!

Ingredients for Filling

500g of potatoes, 1 onion, 2 tsp of oil, 1 tsp of salt, 1 1/2 tsp of black pepper, 150g of chicken

Ingredients for Dough

1 egg, 100ml of milk, 270g of flour, 1/4 cup of oil, 1/4 tsp of salt

Ingredients for Presentation/Accompaniments

1 green onion, 1/4 cup of butter, 1 pound of green beans, 1/2 of mushrooms

Directions

Cook chicken and cut apart in prep for the filling. Cut and boil potatoes in a pot for 30 minutes. Drain the potatoes and set aside. Then you will fry the onion with oil, salt, and pepper for 10 minutes. Mix the chicken, potatoes, and fried onion. Next for the dough, mix the ingredients to make the dough, then you will roll it out and cut into round shapes on some flour. Place enough filling in the dough and fold the dough so that it hold the filling inside. Cook the dumplings for 15 minutes in boiling water in a saucepan. As a side dish, serve with cooked green beans and mushrooms with green onion served on top.



Danil's Dumplings

DORO WAT

By Betelhem (Level 4)



Bety's Doro Wat

Doro wat is the Ethiopian National Dish. In Ethiopia "Doro" means "Chicken," and in Amharic "Wat" means "Stew." Mostly eaten for special occasions & family gatherings, it is served with an Ethiopian flat bread called injera. Start early; it takes 5 - 6 hours.

Ingredients

Serves more than 10 people
oil for frying, 20-25 medium size onions, 24 oz. berbere (Ethiopian spice), 3 tablespoons garlic & ginger paste (smashed with oil), 2 whole chickens, juice of 2 lemons water to cover, 4 tbsp clarified butter (niter kibbeh), boiled egg (1 per person), injera, ayib (fresh Ethiopian cheese)

Directions

In a large pot, caramelize the onions in oil over high heat (about 2 hours). Add berbere. Cook for 1 hour on low heat. Add garlic & ginger paste. Meanwhile, place the chicken pieces in a bowl and pour the lemon juice and water over. Let sit at room temperature 5-15 minutes. Drain chicken and add chicken to pot. Cook 2 hours on medium heat. Add butter. Add boiled egg. It is ready to serve with injera on the side and ayib on top or side.

SUDANESE COOKIES

By Mayada and Razaz (Level 4)

We make this recipe on special occasions, such as marriage, graduation, and Eid after Ramadan. Serve alone or with tea and coffee.

Ingredients

Makes 24 cookies
1 kilogram of flour
1 tsp of sesame seeds (optional)
1 tsp of ground cardamom
1 tsp of baking powder
Pinch of salt
1 1/2 cups of butter, melted
1 tsp of vanilla 1 cup of milk
Powdered sugar for decoration

Directions

Heat oven 180°C (350°F). In a deep bowl, put the flour, sesame seeds, ground cardamom, baking powder, and salt. Mix together all of them, then add melted butter, vanilla, and milk. Knead them together well. Spread the dough to ½" thick and cut it into circles. Put the circles on a baking sheet. Then bake in the oven for 20 minutes, until golden brown. After baked, cover with powdered sugar.

CASSAVA LEAF STEW

By Sabine (Level 4)

This dish comes from Chad. It's traditional dish for a special occasion, such as Christmas, a wedding or a party.

Ingredients

Serves 5 or more people

vegetable oil for frying, 1 pound goat meat, 1 large onion, diced, 8 agiri (African black peppers), chopped, 2 tbsp. dried mixed herbs, 2 tbsp. garlic cloves minced, 2 knobs fresh ginger, 1 cup beef stock, 5 tbsp. smooth peanut butter, 2 pounds fresh cassava leaves, boiling water, ¼ cup palm oil, salt and pepper

Directions

Heat some oil in a frying pan over medium high heat. Brown your goat meat. It will help give the cassava leaf a much more meaty flavor. Next add a tablespoon of oil to a large pot and place it over medium heat. Add the onion and allow it to sauté for 3-5 minutes or until translucent. Next add chopped pepper, herbs, agiri, garlic and ginger. Give these ingredients a good stir to ensure you mix them well. Allow them to be fried for about 2 minutes.

Then add the meat and mix it in well, place a lid on top of it and allow the ingredients to cook for about 5 minutes. The goat meat will release some juice as it cooks. Stir every 5 minutes to prevent the mixture from burning.

After 10 minutes, add 1 cup of beef stock to the pot to help dissolve the meat juices. It will go back into the stew and help add more flavor. Bring the mixture to a simmer and allow it to cook for another 5 minutes. Then, add the smooth peanut butter and mix it. Finally add the crushed cassava leaves. Break them apart with your spoon or spatula. Add 1 cup of boiling water at a time, mix well between each addition to determine how much water you need to add. Only add boiling water until it just covers the ingredients. After 15 minutes add the palm oil and mix it well. Then place the lid back on the pot and cook it for 25 minutes. Finally, you can season the cassava leaf stew with salt and pepper to your liking. Your stew is ready once the cassava leaves are soft and the goat meat is soft and tender.



Sabine's Cassava Leaf Stew

BOLANI

By Farzana (Level 4)

Bolani is one of the most common dishes of Afghan people. Almost all people know how to cook it. It's easy to cook, cheap, available, and delicious. It reminds me of the happy days that I spent with my family, mom, dad and my siblings. It is cooked more often during Ramadan and can be served as a main dish or as a side dish. It is usually served with a special sauce, but it can be served with any sauce that we like.

Ingredients

Serves 4 people

Dough

3 cups of plain white flour

½ tsp. salt

1 tsp. oil

1-½ cups of warm water

To make the dough, mix the above ingredients together. Rest the dough for about 20 minutes.

Vegetables

2 leeks, chopped and washed

1 small bunch cilantro, washed and chopped

1 tsp. salt & black pepper

½ tsp. chili flakes

4 tsp. oil

To make the filling, mix the above ingredients together.

Directions

Cut the dough into 8 pieces, the size of a ping pong ball. Then, use a rolling pin to roll each ball into a thin circle, roughly 20-22 cm. Dust each layer with flour and fill half of it. Fold the other half & press the edges. Lastly, place it in a frying pan with half a cup of warm oil. Each side takes 3-4 minutes to cook.



Steps to making Farzana's Bolani

KAJOOR

By Yasmine (Level 4)

This dish is special because it's healthy and good for kids. We make for breakfast and for taking on vacations. You can eat khajoor with tea. I like because it's yummy!

Ingredients

4 eggs, 1 cup of sugar, 1 cup of milk, 1 tsp of vanilla, 1 tbsp of yeast, 1 tsp of baking powder, ½ cup of oil, 2 tsp of cardamom powder, 1 kg of all-purpose flour

Directions

Break the eggs in a bowl and mix with a hand mixer, then add sugar, milk, and vanilla and mix well again. Add yeast and baking powder and, while mixing, add oil and cardamom powder and flour little by little. Knead by hands until the dough is incorporated, and cover the dough for one hour. Make ping-pong sized balls from dough by hand. Fry in medium hot oil until they are golden brown; then they are ready to eat.



Yasmine's Kajoor

AFGHAN TIKKA KABOB

By Forozan (Level 4)

This delicious and meat lovers' recipe comes from Afghanistan. All Afghan families love this dish and it is very famous. It is made for family gatherings, new year, birthdays, big Eid or Eid ul Adha. I really love the grilling part. A mixed salad goes really well with this dish.

Marinate: best overnight. Preparation time: 30 minutes.

Ingredients

Serves 4

3 tbsp lemon juice

4 cloves garlic, peeled and crushed

½ cup live, natural yogurt (optional)

Salt and black or red pepper

1 tsp ground cilantro seed (optional)

2 pounds boneless lamb, cut into ¾ inch cubes

8 ounces lamb fat or 2 tbsp vegetable oil

2 chapati (or lawausha or nan)

tomato, onion, lemon



Forozan's Afghan Tikka Kabob

Directions

Mix the lemon juice, crushed garlic, yogurt (if used), salt, pepper and cilantro in a bowl. Add the lamb and lamb fat or oil. Mix well and marinate, cover, put in the refrigerator for several hours or overnight. Preheat the grill. Thread the meat on to the skewers. (The cubes of meat should be alternated with the fat, if used.) Grill, turning frequently, for about 15 to 20 minutes until brown and cooked. Place the lawausha or chapati on a large dish, remove the kebabs from the skewers and place them on the bread. Sprinkle with a little salt and pepper, garnish with the tomato, onion and lemon, and fold the chapati or lawausha over to keep the kebabs warm. The extra lawausha or chapati is cut into pieces and served separately.

I realized very early the power of food to evoke memory, to bring people together, to transport you to other places...

-JOSÉ ANDRÉS PUERTA-

MY MOM'S POTATO SALAD

By Doriann (Level 4 Teacher)



Doriann's Mom's Potato Salad

This recipe comes from my mother. Whenever I make this recipe, I think about the summer days of my childhood when we used to take this salad on picnics. Nowadays, she brings this salad to my house for our Independence Day family gathering. She sometimes decorates it with a flower made from egg and onion. This salad goes well with fried chicken, hamburgers, and hotdogs and is perfect to bring to a potluck party.

Ingredients

Serves 8

8 large white potatoes, $\frac{1}{8}$ cup olive oil, a splash of vinegar, 2 ribs of celery, 1 medium white or yellow onion, $\frac{1}{2}$ cup mayonnaise, 2 hard-boiled eggs, $\frac{1}{4}$ teaspoon celery seed, salt and pepper to taste, three dashes of paprika (optional)

Directions

At least two hours before serving, hard boil two large eggs; cool and cut into 1" pieces. Then fill a large pot about halfway with water. Put the potatoes into the pot and bring to a boil; boil until tender, approximately 20-25 minutes, depending on the size. While the potatoes are cooking, cut the celery into $\frac{1}{8}$ " slices and dice onion. Drain the potatoes and cool slightly, then cut into 1" cubes, leaving skins on or taking them off (your choice). Place in a large bowl and add olive oil and vinegar and mix gently. Mix in celery, onion, and mayonnaise. Season with celery seed, and salt and pepper to taste. Mix gently and refrigerate. Just before serving, sprinkle with paprika.

OLIVIER SALAD

By Oksana (Level 5)

This is a traditional salad in Russia. Most often it's prepared by everyone for the New Year all over Russia. Everyone knows this taste since childhood. This salad is similar to potato salad in the USA.

Ingredients

Serves 4

600 g boiled sausage, 4 potatoes boiled, 10 hard boiled eggs, 1 onion, 350 g canned peas, 500 g mayonnaise, 6 to 8 pickles, greens to taste (dill), salt and pepper

Directions

Chop all ingredients in a large bowl. Put canned peas without liquid in the bowl. Add salt and pepper to taste and mix gently. Add mayonnaise. Russian salad is ready! Bon Appetit!



APPLE PIE RECIPE

By Gloria (Level 5)

This apple pie recipe is from Ecuador. I like this pie. This is the only pie I know because I like it so much. I make it for my family and my friends. My mother taught me how to make the apple pie.

Ingredients

3 eggs, 1/2 of flour, 300 g of butter, 4 apples sliced, a little water, 1/4 tbsp baking soda

Directions

Mix the ingredients except the apples in a bowl to make the dough. With a lot of love, put in the pie plate and mold the dough. Sprinkle apple slices. Preheat oven to 300° F for 45 minutes to bake.

KITFO

By Yeti (Level 5)

Ethiopia has many different traditional foods. The main food for Ethiopians is called injera. It is made from a plant called teff. Teff is a plant that used to grow only in Ethiopia. Nowadays it grows all over the world. It is gluten-free. Kitfo is eaten with injera. To make injera in the US is very hard. Many people said it's maybe because the water in the USA is not comfortable to the teff plant. Any food in Ethiopia is eaten with injera except bread. So Kitfo with injera is the best food in our country. Almost all Ethiopians like meat, they called their name omnivorous.

Ingredients

Serves 5

1 lb ground minced meat (cut by hand), 3 tbsp of cardamom, 1 tsp salt, 2 tbsp of mitmita (it is a bit more spicy than chili powder), 5 tablespoons of clarified kebe (butter)

Directions

Mix all the above ingredients with a low temperature and serve with injera and kocho.

AJIACO COLOMBIANO

By Martha (Level 5)

Each region of Columbia has its own specialties and characteristic dishes. For example, in the capital of the country, Bogota, Ajiaco is a very popular dish. It is a potato soup. It contains pieces of chicken, usually breast, chunks of fresh corn and two or three kinds of native potatoes. It is seasoned with guascas, a kind of aromatic herb.

Ingredients

3 chicken breasts, skin removed, 12 cups of water, 3 corn cobs cut into pieces, salt and pepper, chicken broth (2 bullion cubes), a segment of onion, 2 garlic cloves minced, 3 tablespoons chopped coriander, 2 cups papa criolla (Andes potato), 3 medium red potatoes peeled and sliced, three medium white potatoes peeled and sliced, 1/3 guascas, and for garnish: capers, cream, avocado

Directions

In a large pot place the chicken, corn cobs, chicken broth, coriander, onion, garlic, salt and pepper. Add the water and bring to a boil, then reduce heat to medium and cook for about 30 to 35 minutes until chicken is cooked and tender. Remove the chicken and set aside. Continue cooking the corn cobs for about 15 minutes. Discard the onion and add the potatoes and the guascas. Cook for 30 more minutes. Season with salt and pepper. Next cut the chicken meat into small pieces and return to the pot. Serve the Ajiaco hot with capers and cream milk. It is accompanied with rice and avocado.

Ñoquis (Gnocchi)

By Felicia (Level 5)

Every Sunday, my childhood's house used to smell like tomato sauce and pasta. I remember the kitchen table covered with flour and a big pot with potatoes boiling on the stove. It was a family effort. My sisters and I helped a lot! We made thin dough snakes or passed the gnocchi through a special fork to give them their unique shape.

With three simple ingredients we made a delicious plate!!

Ingredients

Serves 4

3 Russet potatoes, 3 cups of all purpose flour, 2 eggs

Directions

Wash the potatoes and put them into a big pot with water.

Once the potatoes are cooked, drain and peel the potatoes.

Mush the potatoes.

Combine the potatoes with the flour and the eggs on the table to create a dough. Knead until dough forms a ball.

Let the dough rest on a floured surface.

Cut the dough and shape it into "snakes".

Cut the snakes into pieces (1/2 inch approximately).

Pass each piece on a fork and keep them on a floured table.

Put a large pot of lightly salted water to boil.

Once the water is boiling, drop in the gnocchi and cook until the gnocchi has risen to the top (approximately 4-5 minutes).

Drain and serve.

You can put olive oil and Parmesan cheese.

You can serve it with tomato sauce
or your favorite sauce.



KOFTABIL TAHINA

By Wala (Level 5)

I like this recipe because I went to a restaurant one day with my husband and my children and we liked this recipe. I started looking and asking for the recipe and finally I got it and we make it every week because it's very delicious. I looked for the country of origin and some said Lebanon and some said Palastine. I don't know exactly.

Ingredients

Kofta

1 pound ground meat, 2 tsp onion powder, 1 tbsp parsley powder, 1 tbsp black pepper, 1 tbsp cumin, 2 tbsp olive oil, 2 cloves garlic, (make it into a paste), 1/2 teaspoon salt, 1/2 tsp baking powder

Tahina

1/2 cup tahina, 1/2 cup yogurt, juice of 1 lemon, 1 tsp white vinegar or apple cider vinegar, 1/2 cup water or broth, salt and black pepper, garlic paste

You also need 2 potatoes and 1 onion (medium-sized).

Directions

Preheat the oven to 350.

In a big bowl use your hands and mix all the ingredients for kofta. Make kofta balls the size of golf balls.

Slice potatoes and onions and salt them.

Put the potato and onion in the bottom of a casserole dish. P

ut the kofta balls on top and bake it for 1 hour to make sure the meat is well done.

During that time, prepare the tahini. Use a hand mixer to mix all the ingredients for the tahina together.

If the kofta are done, take the pan out and add the extra cooking juice to the tahina.

Finally pour the tahina over the kofta balls. Cover the casserole dish and put it back in the oven until it becomes yellow or well-roasted.

Serve with rice or bread.

ENCHILADAS ROJAS

By Jennifer (Level 6)

Mexican cuisine is one of the most recognized internationally due to its colors, smells and flavors. Even though I'm Mexican, there is a lot of Mexican food that I don't like. But I remember very well once when I spent a vacation at my grandmother's house (my mom's mother), she was cooking something I had never seen or smelled before and she encouraged me to try it. In order not to hurt her feelings, I tried it and the rest is history. I thought it was the most delicious dish I had ever tasted in my short-life, and since that day, "enchiladas rojas" is my favorite food. And although my mom often cooks it, I think they will never be as delicious as my grandmother's.

Ingredients

10 guajillo peppers, 7 cloves, a splash of oil, 4 cups of water, salt, fresh cheese, 5 lettuce leaves, 12 tortillas, half a chopped onion, sour cream

Directions

Put the guajillo chiles, cloves and water in a blender and grind completely. Heat some oil in a pan and then pour in the mixture from the previous step and add a pinch of salt. Let it boil. Crumble the cheese and mix with the onion. Preheat a pan with oil to heat the tortillas, approximately 1 minute on each side. Once all the tortillas are hot, fill it with the cheese and onion and roll up the tortillas. Once rolled up, pour the pepper mixture over the rolled tortillas. Then, garnish on top with more cheese, sour cream, and shredded lettuce.

*Food is
symbolic of
love when
words are
inadequate.*

-ALAN D. WOLFELT-

PISCO SOUR

By Wilder (Level 6)

Why did I choose Pisco Sour? Because in addition to being a delicious cocktail, it is neither too sweet nor too acidic although it can be modified depending on who is going to drink it. This cocktail represents my country, Peru, and it is officially celebrated on the second Saturday of February of each year. It is said that in my country it was created by an English bartender based on a whiskey sour. Personally, it is what I usually drink as an aperitif before lunch or dinner. It has many variants because it can be prepared with different fruits.

Ingredients

Serves 2

4 ounces of pure Pisco, 1 ounce gum syrup, 1 ounce lemon juice, 1/2 egg white, 2 ice cubes, 2 drops angostura bitters

Directions

Put in a shaker or blender all ingredients in the following order: first the Pisco, then the gum syrup, then the lemon juice, and finally the egg white. Put ice cubes in. If a shaker is used, shake for 10 seconds. If a blender is used, blend for five seconds. Serve in two steps: first serve in a glass halfway, pause, and then complete by filling the other half. If you want to decorate, put in each glass two drops of angostura bitters. Enjoy and drink in moderation.

SHIR CHAI

By Salma (Level 6)

Shir chai is my favorite tea. I grew up drinking this tea. Every morning, I start my breakfast with shir chai. My mom made it for breakfast every day and sometimes for the evening.

I have lots of memories with this tea. Sometimes we make it for our friends. When my family get together, we make shir chai, bake some cookies, and enjoy our time.

Ingredients

Serves 2

2 cups milk, 2 cups water, 2 tbsp black tea, 1 tsp ground cardamom, 2 tbsp sugar, bit of fresh or dry ginger

Directions

First we need a pot. We put in the pot two cups of water, with 2 tbsp of black tea. Then, we add cardamom and ginger, turn on the heat to high to medium, and wait for 2 to 3 minutes for the water to come to boiling. Let the water continue to boil for 1 or 2 minutes to make sure the black tea has a good color. After that, we add milk and sugar and wait for boiling. After 1 minute, turn off the heat and our shir tea is ready to serve.

Mikolo

By Achuil (Level 6)

Molokhia is a type of food in my country. It is the main food in all of Sudan and South Sudan, made from vegetables and meat. Our people like it. Now as we are living in America, I still cook it for my family. We enjoy it so much and we love it. That is what keeps my memory of my country, my family, and my people alive. My mama used to cook it for us, my older sisters taught me, and now, I cook it for my family.

Ingredients:

- 5 large white onions
- 1/2 cup of oil
- 2 cups of water
- 2 Maggi seasonings
- 1/4 pound beef
- 1 tablespoon of tomato paste
- 2 garlic cloves
- Pepper, coriander, salt and cumin—a pinch each
- 1 bowl of molokhia

Directions

The first thing I do is cut 5 large white onions in half vertically, then into medium-sized slices going horizontally. I then caramelize on high heat in about half a cup of oil. After they are caramelized, I add 2 cups of water; add 2 Maggi's after it starts boiling. I wash the meat and cut it into small squares. Add about 1/4 pound of meat and let it cook for 30 minutes. After the mixture has softened, I turn off the heat and mash the onions until it turns into a sauce. I add 1 tablespoon of tomato paste and then give it about 3 to 5 minutes to cook. Then I add one bowl of molokhia, giving it a little mix. After this, it cooks for 15 minutes on medium heat while mixing it and scraping the bottom of the pot every few minutes so it doesn't stick to the bottom. Then I add 2 garlic cloves, mash it, and add a pinch of black pepper, coriander, salt and cumin. After I add the seasoning, I give it about 3 minutes to cook, and then it is complete. It is usually served with injera, bread, or rice.

BEEF BOURGUIGNON

By Pat (Level 6 Teacher)

When my husband's parents neared retirement age, they bought a farm in the Virginia countryside. The house itself dated back to the early days of our country, and the property included 14 acres of land, on which cattle grazed. While peaceful and beautiful, the farm came with a lot of extra work, including having to put up a snow fence each year to keep the lane to the house from filling up with snow. Otherwise they could not get in and out of the house to the road. Also, once or twice a year, we needed to have a big bonfire to burn all the yard and garden waste that accumulated.

To make the chores easier, we would invite many people out to the farm to help with the work. Then, we would treat them to a feast to thank them for their labor. One of the favorite meals of our guests was this beef recipe.

Ingredients:

1 cup chopped onion, 1 clove garlic, chopped, 1/2 teaspoon oregano, 3 tablespoons olive oil, 3 pounds beef, preferably sirloin, cut into 1-inch cubes, 1/3 cup soy sauce, 1/2 cup red wine, 2 tablespoons catsup, 2 tablespoons vinegar, 2 cups water, sour cream, optional, chopped onions, optional, chopped green peppers, optional

Directions

Saute onions and garlic in oil. Add meat and brown. Combine remaining ingredients and put all into a large Dutch oven. Simmer at least 2 hours or up to 6 hours. (Sauce will be thin; do not thicken.) Serve over rice or egg noodles, as preferred. Put the sour cream, chopped onions, and chopped green peppers into separate bowls, for people to add to their stew as desired.

Note: Stew can be prepared in the morning and reheated. Stew can also be doubled, etc. as needed.

CORNFLAKE CRUMB CHICKEN

By Cookie (Level 6 Teacher)

I was nervous when my future mother-in-law invited me to her house for dinner. I was a picky eater and wasn't sure what kind of food she would make. I hoped it would be something that I liked. She made this cornflake crumb chicken, which was delicious, with salad, green beans and ice cream for dessert. I was so happy and I've made this recipe many times over the years and it's always a success.

Ingredients

1 lb. boneless, skinless chicken breasts, corn starch, vegetable oil, corn flakes cereal, crushed in a bag to use as breading for the chicken

Directions

Use thinly sliced chicken breasts or pound until thin. Season with salt and pepper. First dip into corn starch, then oil, then cornflake crumbs. Line a baking sheet with non-stick aluminum foil and place chicken on foil. Bake at 350 degrees for 35-40 minutes until done.



If you really want to make a friend, go to someone's house and eat with him... The people who give you their food give you their heart.

-CESAR CHAVEZ-