

# **RECIPES**

This Section contain representative Asian and Mexican dishes commonly served in Michigan ethnic restaurants. It is by no means a complete compilation, but it gets the food inspectors to be familiar with some basic principles in the preparation and cooking, and with the ingredients involved.

# MEXICAN

Dish	Ingredients	Recipe	Website Source
Fajitas	2 pounds skirt steak, outside cut (more tender), if possible; Adolphs®All Natural, Sodium Free, Original Unseasoned tenderizer (optional but recommended with the outside cut); Salt and black pepper to taste; 3 tablespoons lime juice; 1 dozen hot, flour tortilla; guacamole; pico de gallo (traditional relish of chopped tomatoes, onions, serrano chiles, and cilantro); your favorite salsas	Sprinkle tenderizer on meat. Season with salt, pepper to taste. To broil the meat, place it on the oiled grill, and allow it to cook for about 2 ½ minutes, then turn and repeat on the other side. Depending on the heat of your coals, and the distance from the grill, you may need to turn the meat again and cook another minute or two. If you plan to serve the fajitas in a sizzling hot skillet, make them a little less well-done than you want them as they will continue to cook in the pan. Squeeze lime juice over meat. Serve guacamole, pico de guallo, tortillas tableside.	<a href="http://www.lomexicano.com/fajitas.htm">http://www.lomexicano.com/fajitas.htm</a>
Steak a la Tampiqueña	1 lb filet steak, carved as carne asada 1/2 lb shredded meat or chicken for tacos 12 tortillas 1 mole sauce 2 avocados to make guacamole 1 1/2 cups refried beans 1 pkg Mexican rice 1 can chile poblano sliced shredded lettuce chopped tomatoes	Using the meat shredded as for tacos, make four mole enchiladas (or substitute cheese of you choice) and place on an ovenproof plate in a 375 F. for 8 to 10 minutes. While this is cooking, make four guacamole cups and fill them with the guacamole. Make tostadas from 2 tortillas, as a garnish for the beans. Next, make 4 shredded meat tacos with either crisp or medium-fried tortillas. Remove the plates with the enchiladas and arrange the tacos, rajas, guacamole cups, refried beans and rice on the plate. Place two tostadas in each serving of beans. Using a very hot fire, broil the steaks very quickly, about 1 1/2 to 2 minutes on the first side, and 1 minute on the second (as it will be placed against the sizzling hot plate) and set on the plate. Garnish the plates with the lettuce or cabbage and tomatoes and serve.	<a href="http://www.mexgrocer.com/521-steak-tampiquena.html">http://www.mexgrocer.com/521-steak-tampiquena.html</a>
Pollo tapatio	tapatio sauce: hot sauce originally from Guadalajara in the state of Jalisco, Mexico, Mexico's 2nd-largest city		<a href="http://en.wikipedia.org/wiki/Tapatio">en.wikipedia.org/wiki/Tapatio</a>
Pollo Ranchero	2 ½ pounds Chicken breasts, thighs and legs, skinned 14 ½ ounce Can Mexican style stewed tomatoes 8 ounce Can tomato sauce 7 ounce Can diced green chilies ½ teaspoon Cumin 1 Clove garlic, minced 2 Zucchini, sliced Salt and black pepper Rice, if desired	Combine all ingredients except zucchini, salt and black pepper in a 4 quart pot. Cover and simmer 45 minutes. Add zucchini and salt and black pepper to taste. Cover and simmer 15 minutes more. Serve with rice, if desired. Makes 4 to 6 servings.	<a href="http://www.astray.com/recipes/?show=Chicken%20ranchero">http://www.astray.com/recipes/?show=Chicken%20ranchero</a>

Pollo Asado	8 to 10 cloves garlic, minced 1 tbsp. salt 1/2 tsp. black pepper 1 tbsp. ground cumin 1 tsp. dried oregano 1/3 cup lime or lemon juice 1/3 cup orange juice 8 1/2 lb. chicken pieces, well trimmed of all fat 2 lb. potatoes, peeled and cut into large 2- to 3-inch chunks	In large bowl combine garlic, salt, black pepper, cumin, and oregano and mix well. Add lime and orange juices and stir well. Add chicken pieces, turning them over so that they are well coated with marinade. Refrigerate at least 2 hours or overnight. Assemble equal amounts of chicken pieces onto two large roasting pans or baking dishes. Place potatoes between chicken pieces and drizzle with any remaining marinade. Cover with aluminum foil and prick foil in two or three places with knife tip. Bake in preheated 400°F oven 1 hour and 15 minutes. Reduce heat to 350°F and bake another 30 minutes. Uncover and bake 10 minutes. Serve with vegetables or rice.	<a href="http://www.latina.com/latina/food/recipe.jsp;jsessionid=DFEB8710043963A7803199C7B9E60201?genre=entrees&amp;article=polloasado">http://www.latina.com/latina/food/recipe.jsp;jsessionid=DFEB8710043963A7803199C7B9E60201?genre=entrees&amp;article=polloasado</a>
Carne Asada	2 pounds flank steak 12 flour tortillas 1/2 cup tequila 1/4 cup lime juice 1/4 cup lemon juice 1/4 cup orange juice 4 cloves garlic crushed 1 medium onion chopped 1 teaspoon black pepper 1 cup salsa 1 cup guacamole 1 teaspoon tabasco	Mix juices, garlic, onion, tequila, tabasco and pepper in a bowl. Add meat and marinate both sides. Cover and refrigerate, turning meat over occasionally. Let sit for 4 hours or more. Preheat grill. Place a few drops of water on each tortilla, stack and wrap in aluminum foil. Place on grill. Remove meat from marinade, reserving marinade. Place on grill. Turn steak and tortillas once during cooking. Brush steak with remaining marinade. Cook to your liking (12 to 15 minutes for medium-rare). Cut into thin slices. Place a few slices of steak on each tortilla with salsa and guacamole and serve.	<a href="http://bbq.about.com/od/steakrecipes/r/bl70517c.htm">http://bbq.about.com/od/steakrecipes/r/bl70517c.htm</a>
Chile Colorado	1 1/2 lbs boneless beef chuck roast 8 ounces boneless pork butt 2 tablespoons olive oil 1 medium onion, chopped 1 clove garlic, minced 2 1/2 teaspoons chili powder 1/4 teaspoon ground cumin 1 small bay leaf 1/2 teaspoon salt 1 1/2 cups canned tomato puree 1 cup water	Cut the pork and beef into strips about 1/8 inch thick by 1/2 inch wide, trimming away excess fat. Heat the oil in a large pot over medium-high heat. Add enough meat to cover the bottom of the pot. Cook until browned, about 4 minutes. Transfer to a bowl, and continue with another batch of raw meat until all is cooked. Return all of the meat to the pot and add all the remaining ingredients. Bring to a boil and cook over medium heat for 1 1/2 hours. (or bake covered in a 400 degree oven for 1/2 hours). Serve rolled in warmed tortillas, with sour cream and salsa.	<a href="http://ca.answers.yahoo.com/question/index.php?qid=20060807074610AADlgHJ">http://ca.answers.yahoo.com/question/index.php?qid=20060807074610AADlgHJ</a>



Burrito (bean and beef)	<p>1 pound lean ground beef  1/2 cup chopped onion  1 clove garlic, minced  2 teaspoons chili powder  1 teaspoon dried whole oregano  1/2 teaspoon ground cumin  1/2 teaspoon salt  1/4 teaspoon pepper  1 can (16 ounces) refried beans  1 can (10 ounces) enchilada sauce, divided  6 flour tortillas, 8-inch size  shredded lettuce  Optional garnishes:  shredded lettuce,  chopped tomatoes,  sour cream, salsa,  sliced ripe olives,  shredded cheese</p>	<p>In a large skillet cook ground beef, onion, and garlic until ground beef is no longer pink, stirring to break up meat. Drain well.  Add chili powder, oregano, cumin, salt, and pepper; simmer for 5 minutes. Add refried beans and 1/2 cup of the enchilada sauce. Cook until heated through; keep warm.</p> <p>Wrap tortillas in foil; bake at 350° for 10 minutes, or until thoroughly heated. Spoon about 1/2 cup ground beef mixture on each warm tortilla. Roll tightly and place seam-side down on a shredded lettuce-lined serving platter. When all burritos are made, spoon remaining enchilada sauce over the burritos. Garnish with your choice of toppings.</p>	<a href="http://www.dianaskitchen.com/page/recipes/03/0827_burrito.htm">http://www.dianaskitchen.com/page/recipes/03/0827_burrito.htm</a>
Chile Relleno	<p>6 Ancho, Pasilla or Anaheim Chiles - or - 27 oz. can Mild Whole Green Chiles  1/2 pound Monterey Jack cheese, thinly sliced  1/4 cup Flour  6 Raw eggs (separated)  1/2 cup Flour  2 cups salsa verde  2 cups Homestyle Mexican Salsa  1 cup Corn oil</p>	<ol style="list-style-type: none"> <li>1. Rinse the chiles.</li> <li>2. Preheat your oven to broil.</li> <li>3. Place the chiles in a 9 x 14 baking dish and place on the top shelf of your oven.</li> <li>4. Watch and listen closely. When the skins start to make popping sounds and to char and turn black in places, take the chiles out and flip them over. Be sure and use a potholder so you don't burn your hands!</li> <li>5. When both sides are fairly evenly charred, remove them from the oven.</li> <li>6. Wrap each chile in a moist paper towel or place in a sealed plastic bag to steam.</li> <li>7. After a few minutes, check them. Once the skin comes off easily, peel each chile.</li> <li>8. Cut a slit almost the full length of each chile. Make a small "t" across the top, by the stem. Pull out fibers and seeds (this is where the heat is) and replace with a slice of cheese. You can set these aside, for a few minutes or a few hours if you put them in the refrigerator.</li> <li>9. Whip the egg whites at high speed with an electric mixer, until stiff peaks have formed.</li> <li>10. Heat the oil in a skillet until a drop of water sizzles when dropped into the pan.</li> <li>11. Beat the egg yolks with one tablespoon flour and salt. Mix the yolks into egg whites and stir until you have a thick paste.</li> <li>12. Roll the chiles in 1/4 cup flour and dip each one in the egg batter. Coat evenly. Fry, seam side down on both sides until golden brown. Place on paper towels to drain.</li> <li>13. Meanwhile, heat the salsa in a medium saucepan (either one or some of each). Place one or two Rellenos on each plate and pour salsa over them. Serve them immediately and brace yourself for major compliments!</li> </ol>	<a href="http://www.mexgrocer.com/534-killer-chiles-rellenos.html">http://www.mexgrocer.com/534-killer-chiles-rellenos.html</a>

Chalupa	1 pound pinto beans 3 pounds pork roast 7 cups water 1/2 cup onion chopped 2 each garlic cloves, minced 1 tablespoon salt 2 tablespoons chili powder 1 tablespoon cumin 1 teaspoon oregano 4 ounces green chili peppers can, chopped	Put all ingredients in a dutch oven, an electric crockery cooker, or a heavy kettle. Cover and simmer about 5 hours, or until the roast falls apart and the beans are done. Uncover and cook about 1/2 hour, until the desired thickness is achieved.	<a href="http://www.recipeland.com/recipe/4058/">http://www.recipeland.com/recipe/4058/</a>
Tostada	12 tostada shells 1 lb. boneless chicken or ground beef 1/4 c. chopped onion 2 tbsp. butter 1 (16 oz.) jar salsa 1 pkg. taco seasoning 1 can refried beans, heated 3 c. shredded lettuce 3 med. tomatoes, chopped 3 c. shredded Cheddar cheese	Heat tostada shells at 350 degrees for 5-7 minutes. Cook chicken and onions or beef until browned. Drain. Add salsa and seasoning mix. Reduce heat and simmer uncovered for 10 minutes. Put 1 tablespoon beans on each shell. Spoon on approximately 1/2 chicken or beef mixture. Top with lettuce, tomatoes and cheese.	<a href="http://www.cooks.com/rec/doc/0,1649,157191-229195,00.html">http://www.cooks.com/rec/doc/0,1649,157191-229195,00.html</a>
Tamale	click website	click website	<a href="http://www.recipesource.com/ethnic/americas/mexican/00/rec0042.html">http://www.recipesource.com/ethnic/americas/mexican/00/rec0042.html</a>

Enchilada	<p>Grapeseed oil (or another high smoke-point oil such as peanut or canola oil)</p> <p>12 corn tortillas</p> <p>1 medium onion, chopped</p> <p>1 clove of garlic, minced</p> <p>1 cup of salsa (Mild prepared salsa or make your own using cooked or canned tomatoes, roasted green chiles, onions, cilantro, oil and vinegar. Do not use salsa made with fresh, uncooked tomatoes for this dish.)</p> <p>3 Tbsp of tomato paste</p> <p>1 cup water</p> <p>1 cup of canned crushed tomatoes (preferably fire roasted)</p> <p>Olive oil</p> <p>1 lb of jack cheese, mild cheddar or longhorn or any mild yellow cheese, grated</p> <p>A handful of cilantro</p> <p>1 cup of sour cream</p> <p>Half a head of iceberg lettuce</p>	<p>1 Preheat oven to 350 degrees F.</p> <p>2 In a large fry pan at high heat add 3 Tbsp of grapeseed oil. Add a tortilla to the pan. Cook for 2-3 seconds, lift up the tortilla with a spatula, add another tortilla underneath. Cook for 2-3 seconds, lift again, both tortillas, and add another tortilla underneath. Repeat the process with all the tortillas, adding a little more oil if needed. This way you can brown and soften the tortillas without using a lot of fat. You do this process to develop the flavor of the tortillas. As the tortillas brown a little, remove from the pan one by one to rest on a paper towel, which absorbs any excess fat.</p> <p>2 Sauté up the chopped onion and garlic, then turn off the heat. Add 1 cup of salsa. Dissolve 3 Tbsp of tomato paste into 1 cup of water, add to pan. Add 1 cup of crushed fire roasted canned tomatoes. Taste. If the sauce tastes too vinegary, add a teaspoon of sugar.</p> <p>3 Put some olive oil on the bottom of a large casserole pan. Take a tortilla, cover 2/3 of it lightly with the shredded cheese, then roll up the tortilla and place it in the casserole pan. Continue until all tortillas are filled and rolled. Add sauce to the top of the tortillas in the the casserole pan. Make sure all are covered with the sauce. If not, add a little water. Cover the whole thing with the rest of the grated cheese. Put the casserole in the oven for 10 minutes or until the cheese melts.</p> <p>4 Garnish with cilantro and sour cream. Serve with sliced iceberg lettuce that has been dressed only with vinegar and salt. See Perfect Guacamole for a great guacamole avocado side dish.</p>	<p><a href="http://www.elise.com/recipes/archives/000055enchiladas.php">http://www.elise.com/recipes/archives/000055enchiladas.php</a></p>
Taco	<p>2 pounds top sirloin steak, cut into thin strips</p> <p>salt and pepper to taste</p> <p>1/4 cup vegetable oil</p> <p>18 (6 inch) corn tortillas</p> <p>1 medium onion, diced</p> <p>4 fresh jalapeno peppers, seeded and chopped</p> <p>4 limes, cut into wedges</p> <p>1 bunch fresh cilantro, chopped</p>	<p>Heat a large skillet over medium-high heat. Fry the steak strips, stirring constantly, until browned on the outside and cooked through, but not too firm, about 5 minutes. Season with salt and pepper. Remove to a plate and keep warm.</p> <p>Heat the oil in the skillet, and quickly fry each tortilla on both sides, until lightly browned and flexible. Set aside, and keep warm.</p> <p>Place tortillas on a plate, and top with steak strips, onion, jalapeno, and cilantro to taste. Squeeze lime juice over. Wrap and eat.</p>	<p><a href="http://allrecipes.com/Recipe/Oaxacan-Tacos/Detail.aspx">http://allrecipes.com/Recipe/Oaxacan-Tacos/Detail.aspx</a></p>

Chimichanga	<p>1/2 LB Chopped Bacon Pieces &amp; Grease  1 LB shredded cooked chicken or 1 LB of premium Ground Beef  1/2 onion, diced  2 tomatoes chopped  1 can chopped green chilies  1 tsp. salt  1 1/2 tsp. oregano  1 to 2 tsp. chili powder  2 tbsp. minced, fresh cilantro  12 lg. flour tortillas, warmed  Vegetable oil  Shredded cheddar  Sour cream  Salsa  Shredded lettuce  sliced black olives</p>	<p>In skillet, cook bacon &amp; grease breaking into pieces as it cooks.  As Bacon Nears Completion Add Onion &amp; Saute.  Lower Heat &amp; Add chilies salt, oregano, chili powder and cilantro; simmer 2 to 3 minutes.  Add Cooked &amp; Shredded Chicken, &amp; Tomatoes... &amp; Mix Well. simmer 2 to 3 minutes .  Place 1/2 cup meat filling on each tortilla.  Fold envelope style (like a burrito).  Fry, seam side down, in 1/2 inch of hot oil, until crispy and brown.  Turn and brown other side. Drain briefly on paper towels.  Place on plate and top with shredded cheese, sour cream, and salsa.  Place shredded lettuce around chimichanga and top lettuce with chopped tomatoes and sliced black olives</p>	<p><a href="http://greensboring.com/viewtopic.php?t=297">http://greensboring.com/viewtopic.php?t=297</a></p>
Tostaguac	<p>A flat crisp corn tortilla covered with beef and beans, lettuce, cheese and chopped tomatoes.</p>		<p><a href="http://www.easttennesseeding.com/jalisco.html">http://www.easttennesseeding.com/jalisco.html</a></p>
Salsa de Tomatillo	<p>1 pound tomatillos  2 to 4 serrano chiles  1/4 cup onion  1/2 teaspoon salt, or to taste  1/2 teaspoon sugar (optional)  1/3 cup cilantro</p>	<p>Place tomatillos and chiles in a microwave-safe container and cover with water. Microwave at 50 percent power for 4 minutes, until tomatillos are softened but not disintegrating. Discard the water and place tomatillos and chiles in a blender or food processor. Add onion and salt and pulse until the sauce is roughly chopped. Taste the sauce and add the sugar, if necessary, and the cilantro. Pulse to chop cilantro.  Tomatillos range in taste from slightly acidic to bitter. Taste the sauce after blending and, if necessary, add the optional sugar.</p>	<p><a href="http://www.azcentral.com/home/food/mexico/articles/0802salsa.html">http://www.azcentral.com/home/food/mexico/articles/0802salsa.html</a></p>



# VIETNAM

## Shrimp with Mixed Vegetables and Egg Noodles



### Ingredients

### Quantity

### Procedure

Egg noodle Cooking oil	1 lb 1 tbsp.	1. In hot boiling water, cook the egg noodle about 1 minute or per directions on package. Rinse noodle in cold water, drain, add 1 tbsp cooking oil, toss well, and set aside.
Shrimp (shelled, deveined) Fish sauce Cloves Garlic (minced)	2/3 lb 2 tbsp. 2	2. In a bowl, combine the shrimps with 2 tbsp. fish sauce, 2 cloves of minced garlic, a dash of pepper, and mix well. Set aside to marinade for 30 minutes.
Chinese mushroom (or fresh mushroom)	10	3. Meanwhile, soak the dry Chinese mushroom in warm water for 30 minutes or until soft. Drain, remove and discard stems, cut into bite size pieces.
Cooking oil	¼ inch deep	4. In a skillet or wok, bring 1/4-inch deep of oil to hot. Divide the egg noodle in 5 equal portions and fry each in the hot oil for 1 minute or until golden. Flip the noodle over and do the same to the other side. Remove noodle and drain on paper towel. Repeat with the remaining four portions.
Cooking oil Garlic (minced)	2 tbsp. 2Cloves	5. Using the same skillet, discard all the oil, and bring 2 tbsp. of new oil to hot. Add 2 cloves of minced garlic and stir-fry for 10-15 seconds. Add the shrimp and sauté for 1 minute or until shrimp is slightly pink. Transfer to plate and set aside.

Cooking oil Chinese broccoli (cut into 2-inch length) Green onion (cut into 2-inch length) Fresh snow peas Baby corn (drained) Onion (cut into 1-inch cubes) Chicken broth (or water) Fish sauce Sugar Corn starch mixed in Water	1 tbsp. 1/2 lb 1 bundle 5 Oz 1 can 1 large 1/2 cup 1 tbsp. 1 tsp 2 tsps 1/4 cup	6. Heat 1 tbsp of oil and stir-fry onion until translucent. Add the remaining vegetables, cover and cook for 1 minute over medium heat. Add chicken broth, remaining fish sauce, 1 tsp sugar, and mix well. Return the shrimp, add the cornstarch mixture and mix well. Remove the shrimp mix vegetables from heat and place on top of fried egg noodle. Garnish with some pepper and serve.
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# Cha Gio



Ingredients	Quantity	Procedure
Dried Chinese mushrooms	6	1. Soak the mushrooms in hot water until soft, about 30 minutes. Drain. Remove stems and squeeze to extract the liquid. Mince mushrooms.
Water Chestnuts Rice vermicelli-vermicelli Crabmeat, lump and Drained Raw Shrimp, shelled deveined and minced Ground pork shoulder Onion, minced Shallots, minced Garlic Cloves, minced Nuoc mam (Vietnamese fish sauce) Black pepper, ground Eggs	6 8 oz. 4 oz. 8 oz. 12 oz. 1 medium 4 4 2 tbsp. 1 ts. 3	2. In a large bowl, combine mushrooms with the remaining filling ingredients. Mix with your hands to blend. Set aside.
Sugar Water Banh-trang	½ Cup 4 cups 4 sheets	3. Dissolve sugar in a bowl with 4 cups of warm water. One at a time, immerse a sheet in the warm water to soften the sheets for handling. Work with only 4 sheets of rice paper at a time. Quickly remove it and spread flat on a dry towel. Do not let the sheets touch each other.
		4. Fold up the bottom third of each round. Put 1 generous teaspoon of filling in the center of the folded-over portion. Press into a compact rectangle. Fold one side of the paper over the mixture, then the other side. Roll from bottom to top to completely enclose the filling. Continue until all of the mixture is used.

		<i>(Steps 5 and 6 continued pg 3)</i>
Peanut oil	1 ½ inches	5. Pour 1 to 1 ½ inches of oil into skillet and heat to 325F. Working in batches, add rolls to skillet, but do not crowd or let them touch, or they will stick together.
		6. Fry over moderate heat for 10 to 12 minutes, turning often, until golden and crisp. Remove the rolls with tongs and drain on paper towels. Keep warm in a low oven while frying the remaining rolls.

# Asparagus Crab Meat Soup



## Ingredients

## Quantity

## Procedure

Chicken broth Fish sauce Sugar Salt	4 cups 2 tsp. ½ tsp. ¼ tsp.	1. In a medium cooking pot, combine the broth, 2 tsps. of the fish sauce, the sugar and salt. Bring to a boil. Reduce the heat and simmer.
Vegetable oil Shallots, chopped Garlic cloves, chopped Crabmeat, canned lump Fish sauce Black pepper, ground	1 tbsp. 6 2 8 oz. 2 tsp. To taste	2. Meanwhile, heat the oil in a skillet. Add the shallots and garlic and stir-fry until aromatic. Add the crabmeat, the remaining 2 tsps fish sauce and black pepper to taste. Stir-fry over high heat for 1 minute. Set aside.
Cornstarch, (dissolved in 2 tbsp. Water) Egg, lightly beaten White asparagus spears, cut	2 tbsp. 1 15 oz.	3. Bring the soup to a boil. Add the cornstarch mixture and stir gently until the soup thickens and is clear. While the soup is actively boiling, add the egg and stir gently. Continue to stir for about 1 minute. Add the crabmeat mixture and asparagus with its canning liquid; cook gently until heated through.
Coriander, shredded Scallion, (sliced thin) Black pepper, ground	1 tbs. 1 To taste	4. Transfer the soup to a heated tureen. Sprinkle on the coriander, scallion and freshly ground black pepper. Serve.

# Che Chuoai

Ingredients	Quantity	Procedure
Sweet potato (soak in water overnight)  Sugar  Coconut milk, canned or fresh  Water	1/2 cup  1 cup  1 cup  2 cups	1. Soak in water the sweet potato or yucca root vermicelli for 1 hour or overnight. Combine sugar, coconut milk and water in a medium saucepan. Bring to boil then simmer for few minutes.
Small pearl tapioca (soak tapioca in water overnight)	1/4 cup	2. Drain the vermicelli and tapioca and add to the saucepan, stir constantly until tapioca pearl are clear and the vermicelli is cooked.
Bananas, firm but ripe, peeled  Sesame seeds, toasted	6  2 tbsp.	3. Cut the bananas into 2-3 inch lengths, add banana pieces to the pan, and simmer for 5 minutes. If the syrup is too thick add a little more water. Serve the dessert in individual bowls. Before serving, sprinkle the toasted sesame seeds on top. This dessert can be served hot or cold.  Serves 8-10

# Goi Cuon

Source: <http://www.biteofasia.com>

Ingredients	Quantity	Procedure
Dried rice vermicelli (rice noodle)* Cooking oil	1 package ¼ cup	1. Cook rice vermicelli in pan with 4 quarts of boiling water for 5 minutes. Add cooking oil to pan and mix for 30 seconds. Drain and rinse vermicelli from pan and immerse in cold water. Let vermicelli cool, then drain.
10" Rice spring roll sheets	1 package	2. One at a time, immerse a rice sheet in a bowl the warm water to soften the sheets for handling. Quickly remove and spread flat on a dry towel. Do not let the sheets touch each other.
Leaf lettuce, cut 1/4 inch wide cross leaf Bean sprouts, rinsed and drained Mint Cilantro Prawns*, deveined and cooked Peanut butter,* thinned with 1 tbsp hot water Roasted peanuts,* crushed	1 head 8 oz. 12 sprigs 12 sprigs 8 oz. 3 tbsp. ½ cup	3. Place lettuce, bean sprouts, vermicelli, mints and cilantro sprigs, prawns onto the rice softened rice paper (quantity as desires but not too much because it will be hard to wrap). Fold up the bottom third of the rice paper. Press filling together tight. Fold one side of the paper over the filling, then the other side. Roll from bottom to top to completely enclose the filling. Continue until all of the filling is used. Serve with peanut butter mixed with crushed roasted peanuts or Nuoc Cham.

# Bi Cuon

Source: <http://www.biteofasia.com>

Ingredients	Quantity	Procedure
Pork skin Water Brown sugar Rice vinegar	4 oz 1 cup 2 tsp 1 tsp	1. Roll pork skin and tie with a string. In a saucepan, bring water to a boil. Add pork skin. Simmer for 8 to 10 minutes or until well cooked, drain. Cool and slice very thinly. Add brown sugar and vinegar. Set aside.
Pork loin, sliced Coconut juice* Vegetable oil Garlic, crushed	1 lb 1 cup 2 tbsp. 2 cloves	2. Place sliced pork loin in saucepan with coconut juice, simmer over medium heat until half cooked. In a separate pan, heat oil over medium heat and add garlic. Cook until lightly browned, then add pork loin and sauté until well done.
Salt to taste Pepper to taste 20 piece dried rice paper 1 med head butter lettuce 1 cup fresh basil leaves 1 cup fresh mint leaves		3. Remove from heat, cool down and shred into thin pieces. Combine pork skin, pork, salt and pepper. Rub rice paper with a moist towel until paper is soft and flexible. Place a little of the lettuce, basil, mint and pork mixture on the paper. Roll up firmly. Cut into finger-length (3-inch to 4-inch) pieces. Serve with nuoc cham or nuoc mam.



# Bi Cuon Chay

Source: <http://www/vietnamese-recipes.com>

Ingredients	Quantity	Procedure
Rice vermicelli* Dried Chinese mushrooms Black wood ear fungus	225 g 4 2 pieces	1. Soak the rice vermicelli in boiled water, slightly cooled, until soft. Drain thoroughly. Soak the dried mushrooms and wood ear fungus in boiled water, slightly cooled, until soft. Drain thoroughly and squeeze out excess water.
Round Banh Trang rice paper	1 package	2. Place a clean tea towel on the surface you are working on. Dip a single sheet of Banh Trang into warm water and place it on the tea towel. It should be soft and pliable but not too wet.
Pickled onions, thinly sliced Pickled gherkins, thinly sliced Bamboo shoots, drained and thinly sliced Carrot, grated Fresh pineapple or small can pineapple slices, drained and thinly sliced	2 2 225 g 1 4 rings	3. Place some vermicelli, dried mushrooms, wood ear fungus, pickled onion, pickled gherkin, bamboo shoots, carrot and pineapple near the centre but towards the bottom edge. Spread the filling into a sausage shape. Roll the bottom edge of the Banh Trang up and tuck tightly under the mixture. Fold the left and right sides into the centre and continue rolling away from you. Continue until all the mixture is used.
Webb or round lettuce Coriander leaves Mint leaves Cucumber, peeled and sliced Nuoc mam dipping sauce	1 A few sprigs A few sprigs ½	4. Rolls are placed on the lettuce. Some mint, coriander and cucumber may be added. To eat, roll everything up and dip into the nuoc mam.

# KOREAN

## Champong

Source: <http://www.trifood.com>

Ingredients	Quantity	Procedure
Dried black mushrooms	5	1. Soak mushrooms in warm water to cover for 30 minutes. Drain. Slice and set aside.
Mussels, scrubbed* Chicken broth	6 7 cups	2. Bring water to a boil in a pot, and add mussels. Cover, reduce heat to low, and cook for about 5 minutes or until shells open. Remove mussels and set aside. Do not throw away the liquid. Add mussel water to chicken broth.
Fresh egg noodles* Olive oil Ginger, minced Garlic, minced Kochukaru (red pepper flakes)	1 package 1 tbsp. 1 tsp. 1 tsp. ½ tbsp, optional	3. In a large pot of boiling water, cook noodles. Drain well and set aside. Add olive oil to a wok or frying pan. Add garlic and ginger and cook, stirring, until fragrant, about 10 seconds. For spicier taste, add the kochukaru.
Pork, thinly sliced Squid, cleaned and thinly sliced* Small shrimp, peeled and deveined* Onion, sliced Carrot, cut into match-stick pieces Red chili peppers, seeded and sliced Green onions, cut into 2 inch pieces Chinese (napa) cabbage, cut into strips Soy sauce* Salt and pepper to taste	60 grams 60 grams 8 ½ 1.2 2 2 1/4 head 2 tbsp.	4. Add pork and cook briefly, then add shrimp, squid, mussels, and stir-fry. Add onions, carrots, red chili pepper, and green onions and stir-fry. Add cabbage and chicken broth/mussel water mixture and bring to a boil. Reduce heat to med-low and let simmer. Add soy sauce. Add salt & pepper to taste. Place noodles in a large soup bowl and pour hot soup mixture over noodles.

# Bibimbop

Source: <http://www.foodnetwork.com>

Ingredients	Quantity	Procedure
Carrot, julienned Bean sprouts Spinach Shiitake mushrooms, thinly sliced	1  4	1. Sautee the vegetables in a little sesame oil or peanut oil and salt until tender, about 5-7 minutes..
Steamed white rice Bulgogi (see recipe)		2. Put cooked rice in large bowl. Place bulgogi (with juices from cooked meat) and veggies on top of rice but place separately so you can see each ingredient placed on rice.
Egg* 1 tablespoon sesame seeds 1 tablespoon dark sesame oil Soy sauce, to taste* Gochuchang Paste, recipe follows	1 1 tbsp. 1 tbsp.	3. Cook the egg over easy, and place the egg on top of the rice. Sprinkle with sesame seeds and drizzle with sesame oil and soy sauce. When ready to eat, mix all ingredients together with some gochuchang paste, to taste. Add sesame oil and gochuchang paste to taste.
Gochuchang (available at Asian stores) Sugar Sesame seeds Sesame oil	4 tbsp. 1 tbsp. 1 tbsp. 2 tsp.	Combine all ingredients. Mix well.

# Bulgogi

Source: <http://www.foodnetwork.com>

Ingredient	Quantity	Procedure
Sirloin beef	2 lbs.	1. Slice the beef in strips, sliced across the grain on a diagonal basis. Then, using a meat cleaver or other heavy utensil, pound the slices of beef to tenderize them.
Garlic, minced Scallions, chopped Onion, chopped Soy sauce * Sesame oil Honey Freshly ground black pepper	3 cloves 3 1 1/3 cup 2 tbsps. 2 tsps.	2. Combine ingredients in a bowl. The mixture should have a thick, viscous consistency. Add this marinade to the meat and mix well with your hands, making sure to have an even coating. Let the beef marinate for at least an hour.
		Cook the beef in one layer. A hibachi is preferable, but any regular pan will do. Cook the meat until well done, with the outside caramelized.
Sugar Kochujang (red pepper paste) Sesame oil Green leaf lettuce	1/2 tsp. 1 tbsp. 1/2 tsp. 1 head	Combine sugar and kochujang. Pour sesame oil over the mixture. Serve the beef with green leaf lettuce and the kochujang mixture.

# Chapchae

Source: <http://www.recipesource.com>

Ingredients	Quantity	Procedure
Dried Chinese mushrooms	6	1. Soak the mushrooms in hot water until soft, about 20 minutes. Drain. Remove stems and squeeze to extract the liquid. Slice the mushrooms.
Spinach leaves	1/3 lb.	2. Blanch the spinach in boiling water, for about 2 minutes. Drain. Squeeze out excess liquid.
Carrot, julienned Zucchini, julienned Mushrooms, sliced thinly Chinese cabbage, julienned Scallions, chopped	1 1 3 2 4	3. Combine Chinese mushrooms (from step 1), spinach (from step 2), carrot, zucchini, mushrooms, cabbage, and scallions in a bowl. Mix well.
Vegetable oil Sesame oil Garlic cloves, minced	4 tbsp. 1 tbsp. 3	4. Heat the vegetable oil and the sesame oil in a wok or medium-large sauté pan over medium-high heat. When hot, add the garlic. Cook for a few seconds. Add all the vegetables from step 3. Stir-fry for 3 to 4 minutes or until the vegetables are tender.
Soy sauce* Salt	1 tbsp. 1/2 tsp.	5. Turn the heat to low. Add the drained noodles, soy sauce, and salt. Stir well, distributing the noodles evenly, and cook 2 to 3 minutes.

# Kalbee

Source: <http://www.epicurious.com>

Ingredient	Quantity	Procedure
Soy sauce* Mirin, or sweet Sherry Dark brown sugar Rice vinegar Sesame oil Garlic, minced Green onions, chopped	1 cup ½ cup ½ cup ¼ cup ¼ cup ¼ cup (c. 15 cloves) 2, large	1. Combine in a bowl and whisk to blend ingredients together.
Korean-style short ribs - beef chuck flank, cut 1/3 to 1/2 inch thick across bones	5 lbs. (c. 20 pieces)	2. Pour mixture above into a plastic bag. Add the ribs. Seal the bag, and coat the ribs evenly and thoroughly with the mixture. Marinate overnight in the fridge, or three hours at minimum.
		3. Prepare barbecue or grill to medium-high heat. Remove the ribs from the mixture, and discard the mixture. Grill the ribs until browned and cooked to medium, about 3-4 minutes per side.

# Kampunggi

Source: <http://www.foodnetwork.com>

Ingredients	Quantity	Procedure
Chicken wings	1-2 lbs. (about 12 whole wings)	1. Pre-heat oven to 350 degrees F. 2. Put the wings on a baking sheet, and place in the oven for 30-35 minutes.
Canola oil Ginger, grated Sherry White vinegar Sesame oil Honey Soy sauce* Chili garlic sauce	2 tablespoons 3 tablespoons 1/4 cup 1/4 cup 2 tablespoons 1/4 cup 1/2 cup 1/4 cup	3. Heat a medium pan to medium heat and add the canola oil and ginger. Cook for 2 minutes. Add the sherry, vinegar, sesame oil, honey, and soy sauce and chili garlic sauce and continue to cook for 2 more minutes, and remove from the heat.
Canola oil Chopped scallions, for garnish Sesame seeds, for garnish	For frying  3 tbsp.	4. In large sauce pot or fryer, heat the canola oil (enough to be about 3-4 inches high), to about 350 degrees F. Add the chicken wings to the oil and cook for about 3 minutes, or until crispy and golden brown on the outside. Remove the chicken wings from the oil and drain on paper towels. Add the wings to the sauce in step 3. May be garnished with scallions and sesame seeds.

# Mandoo Kuk

Source: <http://korean.allfoodrecipe.com>

Ingredients	Quantity	Procedure
Water Rice cake, thinly sliced on the diagonal Salt Black pepper Soy sauce, or to taste*	6 cups 1 (8-inch) 1 tsp. ¼ tsp. 2 tbsp.	1. In a large saucepan or Dutch oven, bring the water, rice cake slices, salt, pepper, and soy sauce to a boil. Reduce the heat to low, and simmer for 20 minutes.
Vegetable Dumplings Green onion, chopped Egg, beaten* Nori, toasted and crumbled	12 4 1 1 sheet	2. Add the vegetable dumplings and onions. Simmer for 15 minutes. Add the beaten egg. Simmer 2 minutes longer. Place in four individual bowls. Garnish with the crumbled nori (optional).



# Mapa-Tofu

Source: <http://www.kitchenrecipes.com>

Ingredients	Quantity	Procedure
Firm bean curd, cubed*	4 blocks	1. Cut the bean curd into 1/2 inch cubes. Put the bean curd in a wok, with enough water to cover it, on high heat. Drain and remove from the wok when the bean curd cubes begin to float to the top.
Ground pork or beef Garlic, minced Hot bean paste* Soy sauce * Chicken broth	1 lb. 2 tsp. 2-3 tbsp. 2 tbsp. 1 1/2-2 cups	2. Cook the meat in the wok over high heat until browned. Add the garlic, hot bean paste, soy sauce, chicken broth, and bean curd to the meat. Incorporate ingredients thoroughly.
Green onions, cut into 1/2 inch lengths 1 t Szechuan peppercorn powder 1 T cornstarch	3 1 tsp. 1 tbsp.	3. Add the green onions and Szechuan peppercorn powder and continue to stir for a minute or so. Mix cornstarch with 1 T of water to make a thin paste and add. Stir well to incorporate into sauce. Serve with or over rice.

# Sogogi-Bokom

Source: <http://www.recipezaar.com>

Ingredients	Quantity	Procedure
Lean rump steak or beef filet	1 lb.	1. Cut the beef into medium-sized pieces. Pound each piece with a meat cleaver or other heavy utensil until each piece is very thin.
Green onion, finely chopped Leeks, finely chopped Garlic, finely chopped	1 1 1 clove	2. Arrange the beef on a platter in a single layer and sprinkle over it the green onion, leek & garlic.
Sugar Soy sauce * Sesame oil Chili sauce	½ tsp. 3 tsp. 2 tsp. ¼ tsp. (or to taste)	3. Mix the sugar, soy sauce, sesame oil & chili sauce together in a small bowl. Spoon this mixture over the beef. Marinate for 2 hours or more in the refrigerator.
Peanut oil *	½ cup	4. Heat the oil in a wok or large pot until very hot. When the surface begins to look textured. Fry each piece of beef for a few seconds only and drain on paper towel.

# Squid Stri-fry

Source: <http://korean.allfoodrecipe.com>

Ingredients	Quantity	Procedure
Squid*	2 (4 ½ oz.)	1. Clean the squid (you can also buy already-cleaned squid): Insert a finger into body of squid and separate the joint. Gently pull out tentacles and entrails. Be careful not to break the sack. Cut off entrails. Cut to open out tentacles. Remove eyeballs and beak ball. Tear off triangular "hat". Rub the end surface with a kitchen cloth to catch and remove the skin. Peel the skin from the body and "hat". Cut body in half on skin side, then score in a diamond pattern. Cut into 1 inch width.
Oil 1/4 medium onion, chopped Bamboo shoots, boiled and sliced Green peppers, quartered lengthwise Mushrooms, sliced 3 green onions, sliced	1 tbsp. 1/4 5 oz. 3 1 ¾ oz. 3	2. Heat oil in a skillet. Cook squid, onion and bamboo shoots over medium heat. Add green peppers and mushrooms. When all ingredients are heated through, stir in green onion.
Kochujang* Sake Soy sauce* Sugar Ground chili pepper Crushed garlic Pepper	2/3 oz. 1 tbsp. 2 tbsp. 1 tbsp. 1 tbsp. ½ tsp. To taste	3. Add all to skillet, seasoning the squid and vegetables.
Sesame seeds, toasted Sesame oil	1 tbsp. ½ tsp.	4. Sprinkle with toasted sesame seeds and stir-fry quickly. Add sesame oil just before serving.

# Tang Su Yuk

Source: <http://www.trifood.com>

Ingredients	Quantity	Procedure
1 cup corn starch 1 cup water		1. Mix 1 cup corn starch and 1 cup water, stir well, and let sit for 1-2 hours. After the corn starch and water are separated, carefully drain water.
Vegetable oil for deep-frying meat Chicken, shrimp*, or beef Salt Pepper Egg, lightly beaten*	2 oz. 1/8 tsp. 1/16 tsp. 1	2. Heat oil in a large pot to fry. Cut beef into thin stripes. Add salt, pepper, and egg. Mix well. Put meat in the corn starch batter, mix well with hands. Once you are done consistently coating the meat with batter, deep-fry it in oil until golden.
Vegetable oil Onion, sliced Carrot, sliced Cucumber, sliced Water Soy sauce* Rice vinegar Sugar Salt Corn starch Water	1 tsp. 1/4 1/4 1/8 1 1/2 cup 1/2 tbsp. 2 tbsp. 5 tbsp. 1/2 tsp. 2 tbsp. 2 tbsp.	3. Add vegetable oil to a hot pan and sauté vegetables briefly, about 1-2 minutes. Add water, soy sauce, rice vinegar, sugar, and salt. Stir to dissolve sugar and bring to a boil. In a separate bowl, mix 2 tbsp of corn starch and 2 tbsp of water. Then add the mixture to the boiling sauce and stir until the sauce thickens. Continue cooking for 4-5 minutes. Once the sauce is complete, pour it over onto the meat and serve hot.

# INDIAN

## Vegetable Samosa

Source: <http://www.recipeland.com>

Ingredients	Quantity	Procedure
Potatoes, cut in even-size pieces Frozen green peas	8 oz ¾ cup	1. Boil potatoes in a large saucepan of salted water for 15-20 minutes or until tender. Drain well and mash. Cook peas in boiling salted water 4 minutes. Drain well.
Corn oil Onion, finely chopped Cumin seeds Ginger, peeled, grated Turmeric Garam Masala Salt Lemon juice	2 tbsp. 1 ½ tsp. 1 piece ½ tsp. ½ tsp. ½ tsp. 2 tsp.	2. Heat oil in a skillet. Add onion, cumin seeds, ginger, turmeric, Garam Masala and salt. Cook gently 5 minutes. Add mashed potatoes and peas, then stir in lemon juice. Mix well, remove from heat and cool.
All-purpose flour* Butter* Warm milk*	1 cup 2 tbsp. 2 tbsp.	3. Sift flour into a bowl. Cut in butter finely until mixture resembles bread crumbs. Add milk and mix to form a stiff dough. Divide in 6 equal pieces.
		4. Form each piece in a ball and roll each ball on a lightly floured surface to a 6" circle. Cut each circle in half. Divide filling equally among semicircles of pastry. Dampen edges of pastry, then fold over and seal to form triangles which enclose filling completely.
Vegetable oil for deep-frying Lime twists (opt) Fresh celery leaves (opt) Mango Chutney		5. Half fill a deep-fat fryer or saucepan with oil. Heat oil to 375°F. (190°C.) or until a 1/2" cube of day-old bread browns in 40 seconds. Fry samosa in hot oil, a few at a time, 3-4 minutes or until golden brown. Drain on paper towels. Garnish with lime twists and celery leaves, if desired, and serve hot with Mango Chutney.

# Vegetable Pakora

Source: <http://www.recipezaar.com>

Ingredients	Quantity	Procedure
Potato or yam, sliced 1/4 thick	1	1. Boil the potato or yam slices until tender.
Chickpea flour (besan)* Oil Cumin Salt Water	1 cup 2 tbsp. 1 tsp. 1 ½ tsp. ½ cup	2. Mix batter ingredients well. Beat in a blender for 4-5 minutes to incorporate air (this will make the batter fluffier). Let batter rest 1/2 hour in a warm place.
Green chilies, chopped Cauliflower, broken into very small florets Spinach leaves, torn Onion, halved and sliced	1-2 1 1 cup 1 ½ cups	3. Add the vegetables to batter and mix in evenly.
Cilantro, chopped	1 tbsp.	4. Deep fry in oil that is heated to 375° until deep brown, about 4-6 minutes per batch. Drain on paper towels and serve immediately. Serve with cilantro or mint chutney or cucumber raita.

# Mango Chutney

Source: <http://www.epicurious.com>

Ingredients	Quantity	Procedure
Apple, peeled, cored, and chopped Mango, peeled and chopped Sweet red pepper, chopped Granulated sugar Onion, finely chopped Golden raisins White vinegar Gingerroot, finely chopped and peeled	3 (medium) 2 (large) ½ (medium) 1 ½ cups 1 cup ½ cup ½ cup ¼ cup	1. Combine apples, mangoes, red pepper, sugar, onion, raisins, vinegar, and gingerroot in a large stainless steel or enamel saucepan. Bring to a boil over high heat, reduce heat, and boil gently, uncovered, for 20 minutes or until fruit is tender and mixture is thickened, stirring occasionally.
1 tbsp (15 mL) lemon juice 2 tsp (10 mL) curry powder Ground nutmeg Cinnamon Salt	1 tbsp. 2 tsp. ½ tsp. ½ tsp. ½ tsp.	2. Add lemon juice, curry powder, nutmeg, cinnamon, and salt. Boil for 5 minutes.

# Vada

Source: <http://festivals.iloveindia.com>

Ingredients	Quantity	Procedure
Urad daal Moong daal	½ cup ½ cup	1. Pick, wash and soak urad and moong daals for 3-4 hours. Grind them coarsely in a blender.
Onion, finely chopped Ginger Green chilies, finely chopped Salt Baking soda	1 1 tsp. 1 or 2 to taste ¼ tsp.	2. Add onions, ginger, green chilies, salt, and baking powder. Mix well and set aside for 5 minutes.
Oil for deep-frying		3. Heat oil in a pan and deep-fry a spoonful of batter until golden brown.



# Plain Dosa

Source: <http://www.top-indian-recipes.com>

Ingredients	Quantity	Procedure
1 cup plain rice 1 cup parboiled rice 1/4 cup white urad dal 1/2 tsp. methi (fenugreek) seeds	1 cup 1 cup 1/4 cup 1/2 tsp.	1. Wash the rices and dal together. Add plenty of water and the methi seeds. Allow to soak for 7-8 hours or overnight. Rewash the rice by draining the water 2-3 times. Grind to a paste.
Soda bi carbonate	1/2 tsp.	2. Add soda bicarb and salt. Mix well. Keep aside in a warm place for 8-10 hours.
Curds*	1/2 cup	3. Beat the curds well.
Ghee or oil as preferred* Water for grinding	10-12 tsp.	4. Add the curds to the batter, add more water if required. The consistency of the batter should be thick enough to thickly coat on a spoon when dipped. Heat an iron griddle. Pour a spoonful of batter in the centre, spread with the back of the spoon to a thin round. Pour a tsp. of ghee or oil over it. Remove with spatula when crisp. Serve hot with chutney.

# Plain Uttapam

Source: [http://www.geocities.com/NapaValley/3925/feature\\_recipe\\_june1st.html](http://www.geocities.com/NapaValley/3925/feature_recipe_june1st.html)

Ingredients	Quantity	Procedure
Urad dal (black gram lentils) Raw rice or rice flour* Salt	1 cup 2 cups to taste	1. Wash the dal and rice separately and separately soak in some water so that they are totally covered for about 3 hours. Blend into a smooth paste, using some water, the lentils and the rice (separately). Mix the 2 together and add the salt. Transfer to a big bowl (the dough will rise the next day) and let it keep overnight (covered). The next morning, mix the batter well.
Green chillies chopped finely Onions, chopped finely Coriander leaves, chopped finely  A small piece ginger, minced finely Salt to taste Cooking oil for making the uttapams	2-3 3 (small) 2 tbsp.	2. Mix together the green chillies, onions, and coriander in a small bowl. Put aside.

# Dahi Vada

Source: <http://www.indianfoodforever.com>

Ingredients	Quantity	Procedure
<b>For Bada:</b> Urad daal Salt Oil to fry	1 cup to taste	<b>1. For Vada:</b> Clean, wash and soak the daal overnight. Grind it into smooth paste. Add salt to taste. Heat oil in a pan and drop spoonfuls of batter and fry till golden brown. Take the hot badas and put in cold water for 2-3 minutes. Take them out of the water and squeeze the water and keep aside.
<b>For Dahi :</b> Dahi (yogurt)* Ginger, grated Green chilies, chopped Salt Roasted cumin (jeera) powder Red chili powder to taste	1 kg ½ tsp. 1-2 to taste 2 tsp. to taste	<b>2. For Dahi -</b> Blend the curd (yogurt) and a little water until it is smooth. Keep in the refrigerator for an hour until chilled. Add salt, red chili powder and cumin powder.
Tamarind and green chutney Coriander, finely chopped		<b>3.</b> In a deep dish arrange the bada and pour the dahi over them. Now add imli (tamarind) chutney and green chutney. Garnish with coriander.

# Naan

Source: <http://allrecipes.com>

Ingredients	Quantity	Procedure
Active dry yeast Warm water White sugar Milk* Egg, beaten* Salt Bread flour*	1 (1/4 oz.) package 1 cup 1/4 cup 1 tbsp. 1 2 tsp. 4 1/2 cups	1. In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise for one hour, until the dough has doubled in volume.
Garlic, minced (optional)	2 tsp.	2. Punch down dough, and knead in garlic (if desired). Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
		3. During the second rising, preheat grill to high heat.
Butter, melted*	1/4 cup	4. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.

# Roti

Source: <http://www.netcooks.com>

Ingredients	Quantity	Procedure
3 cups whole wheat flour, sifted 1 Tbls. melted butter* Salt Sugar	3 cups 1 tbsp. 1 tbsp. 1 tsp.	1. In a large bowl, combine the flour, melted butter, salt and sugar.
Warm milk* Warm water or as needed	½ cup 1 cup	2. Make a well in the center and add warm water and milk, mixing it with the flour until a soft dough is formed.
		3. Dust kneading board with flour; place the dough on the board and knead for ten minutes or so. Cover with plastic wrap and let rest for an hour or so. Divide the dough into three-inch balls. Flatten the dough balls into 6-7 inch circles. Cover with plastic wrap.
		4. Heat a cast-iron skillet on medium-high heat. Place one roti on the skillet, top-side down and cook for 30 seconds or so. Turn over and cook for another minute until small air pockets emerge. Turn it over once more and cook for another minute. With a lightly-wet towel, press on the roti, forcing it to develop more air pockets. Keep the finished rotis warm in a towel as you continue to prepare other rotis.
		5. Serve hot with vegetable or meat preparations.

# Puri

Source: <http://www.ivcooking.com>

Ingredients	Quantity	Procedure
Warm water Indian whole wheat flour*	About $\frac{3}{4}$ cup 2 cups	1. Slowly add warm water to the flour, just enough to form a firm dough, and knead till smooth. Cover, let rest at least 1/2 hour, and knead again briefly. If resting more than 1 hour, punch and knead dough again before rolling out.
Vegetable oil Salt	$\frac{1}{2}$ cup to taste	2. Divide into small balls about golf-ball size, and roll out into 6" rounds on an oiled board. Heat vegetable oil in a wok or saucepan. Add a little salt to the oil to keep it from smoking. Fry the puri one at a time, holding them under the oil on the first side until they puff. Turn and fry till light brown; drain.

# Tandoori Chicken

Source: <http://www.recipezaar.com>

Ingredients	Quantity	Procedure
Boneless skinless chicken breasts Lemon juice	4 2 tbsp.	1. Make 3-4 deep diagonal cuts in each chicken breast. Sprinkle with lemon juice.
Olive oil Tumeric Paprika Gingerroot, finely chopped Garlic, finely chopped Salt Curry powder Ground cardamom Chili powder Low-fat yogurt*	1 tbsp. 2 tsp. 2 tsp. 2 tsp. 2 cloves 1 tsp. 1 tsp. 1 tsp. 1 tsp. 3/4 cup	2. Combine all ingredients (except yogurt) in a bowl. Then mix in the yogurt.
		3. Coat chicken well with the tandoori marinade. Place in a bowl, cover, and chill for at least 4 hours or over night.
		4. Place chicken on a preheated grill; brush with extra marinade. Grill, turning frequently, until chicken is tender and juice runs clear (12-14 minutes). Remove, cover with foil, and continue cooking until the chicken is crisp and slightly blackened (5-10 minutes).

Region: Asia

Country: India  
Recipe: Chicken saag

Source: <http://www.indianfoodforever.com>

Ingredients	Quantity	Procedure
Chicken pieces, skinned Vegetable oil	3 lbs. 7 tbsp.	1. Fry the chicken lightly in 4 tablespoons of oil for 3-4 minutes until lightly browned and set aside.
4 bunches spinach, washed and chopped Water	4 bunches ¼ cup	2. Put the spinach into a deep pan; add water. Bring to boil and remove from heat. When cool, grind in blender and set aside.
Ginger, minced Garlic, minced Onions, minced Tomatoes, crushed Salt Cayenne pepper Coriander powder Turmeric Cardamom pods Clove	1-inch piece 5 cloves 2 (large) 2 (large) ½ tsp. ½ tsp. 1 tsp. ½ tsp. 2 pods 2	3. Heat the remaining oil and add ginger, garlic and onions; sauté until lightly brown. Add tomatoes, salt, cayenne, coriander powder, turmeric, cloves, and cardamom.
4 tbsp milk	4 tbsp.	4. Sprinkle with one tablespoon water. Cook for 10 minutes over low heat. Add chicken and milk. Simmer until the chicken is tender.
1 tsp garam masala 2 tbsp butter*		5. Add spinach and garam masala. Cook until spinach starts sticking to pan. Remove from heat. Add butter to chicken saag and cover until ready to serve.



# Lamb Curry

Source: <http://www.indiacurry.com>

Ingredients	Quantity	Procedure
Ghee* Cubed Lamb (1" cubes)	½ cup 2 lbs.	1. In a heavy pot, heat ghee. Add lamb continue frying till all the lamb is brown. Remove the meat and set it aside. Sauté about 2 minutes.
Chopped Onions (Preferably ground) Salt Ground Lal Mirch (Cayenne Pepper)	2 cups ¾ tsp. 1 tsp.	2. Add onions, salt, cayenne pepper. Sauté till onions are clear and the edges start to turn brown.
Minced Garlic Hari Mirch (Cayenne or Serrano), chopped Ginger, chopped	2 tbsp. 2 1 inch	3. Add garlic, ginger and Serrano.
Turmeric Powder: ½ teaspoon Cumin Powder: 2 Tablespoon Coriander Powder: 1 Tablespoon	½ tsp. 2 tbsp. 1 tbsp.	4. Add Turmeric, cumin, coriander. Sauté about 30 second.
Cinnamon Whole Cloves Bay Leaf Black Cardamom pods Tomato Puree Water Degi Mirch (Paprika)	1 stick 6 2 2 2 cups 3 cups 2 tsp.	5. Add brazed lamb, and all remaining ingredients.
		6. Bring it to a boil. Cover. Simmer on medium heat for about one hour or till the lamb is tender to your liking.

# Lamb Rogan Josh

Source: <http://www.indiacurry.com>

Ingredients	Quantity	Procedure
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Ghee Lamb (cut into about 12 equal size pieces):	¼ cup 2 lbs.	1. In a heavy bottom pan, heat the ghee. Add Lamb and fry until all sides are seared, and the meat is brown.
Dahi (Yogurt)* Minced Garlic Ginger powder Ground Fennel Seeds Ground Cumin Ground Cinnamon Black Cardamom Powder Ground Cloves Bay leaf Hing powder (Asafetida) Degi Mirch (Paprika) Ground Lal Mirch (cayenne pepper) Salt Water	1 cup 1 tbsp. 1 tsp. 1 tsp. 1 tsp. 1 tsp. 1 ½ tsp. ½ tsp. 1 ¼ tsp. 1 tsp. 1 tbsp. 1 ½ tsp. 1 cups	2. Add the dahi. Fry until dahi has been reduced to a paste. Add the remaining ingredients. Bring to a boil. Simmer until lamb is tender and the gravy is like a thick paste (with almost no water).

Region: Asia

Country: India  
Recipe: Navrattan Korma

Source: <http://allrecipes.com>

Ingredients	Quantity	Procedure
Vegetable oil Mixed nuts (cashews, pistachios, almonds) Onion Garlic paste Ginger paste Tomato sauce Cayenne pepper Ground turmeric Ground coriander Garam masala Water Raisins Carrots, chopped Green bell pepper, chopped Green beans, chopped Green peas Potatoes, chopped	3 tbsp. 1/3 cup 1 (medium) 1/2 tsp. 1/2 tsp. 1 can (8 oz.) 1 tsp. 1/2 tsp. 2 tsp. 1 tsp. 1 tsp. 1/4 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 cup	1. Heat one tablespoon oil in a large skillet over medium heat. Place mixed nuts in the skillet, cook and stir until golden brown, and set aside. Stir onion into the skillet, and cook until tender. Mix in garlic paste and ginger paste, and cook 1 minute. Stir in tomato sauce, cayenne pepper, turmeric, coriander, and garam masala. Pour in water, and mix in raisins, carrots, green bell pepper, beans, peas, and potatoes. Bring to a boil. Reduce heat to low, and simmer 20 minutes, until potatoes are tender.
Paneer, cubed	4 oz.	2. Heat remaining oil in a separate skillet over medium-high heat, and cook the paneer on both sides, until golden brown. Drain on paper towels. Place in a bowl with enough hot water to cover for about 2 minutes to soften, then stir into the skillet with the vegetables.
Milk* Heavy cream* Salt	1/4 cup 1/4 cup to taste	3. Stir milk and cream into the skillet with the vegetables and paneer. Bring to a boil, and continue cooking 2 to 3 minutes. Season with salt to taste.

# Palak Paneer

Source: <http://www.deliciousindia.com>

Ingredients	Quantity	Procedure
Ginger-garlic paste Green chili paste Spinach (fresh and cleaned)	3.4 tsp. ½ tsp. 3 bunches	1. Mix the ginger-garlic paste, green chili paste and some water with spinach. Put the mixture in a pressure cooker, steaming it for about 7-8 minutes. Blend the mixture in a blender to make an even thick spinach paste.
Paneer Vegetable oil	100 grams 2 tbsp.	2. Cut the paneer into small cubes. Heat oil in a pan and then deep fry the paneer cubes till it is light brown.
Butter* Bay leaves Cumin seeds Onion Salt Black pepper powder Garam masala powder	3 tbsp. 3-4 leaves 1 tsp. 1 to taste ¼ tsp. 1 tsp.	3. In a cooking pan heat the butter and fry the bay leaves and cumin seeds. Add the chopped onion. Add salt, black pepper powder, and garam masala.
		4. Add the fried paneer cubes and cooked spinach.
		5. Serve hot with rice.

# Kheer

Source: <http://www.girlsinc.org>

Ingredients	Quantity	Procedure
Rice (basmati) Milk*	½ cup 4 cups	1. Wash rice well. Boil milk and add rice. Simmer on low heat for 1 1/2 hours. Stir frequently to prevent sticking.
Sugar	1 cup	2. When the rice is cooked and the mixture gets a semi-thick creamy consistency, add sugar and stir well.
Cardamom (or nutmeg) Saffron Almonds (shredded, blanched)* Raisins	1 tsp. a few strands ¼ cup ¼ cup	3. Remove from heat and add cardamom, saffron, shredded almonds, and raisins. Serve warm or chilled.

# Rasmalai

Source: <http://www.indiacurry.com>

Ingredients	Quantity	Procedure
Ricotta Cheese* Sugar Cardamom seed powder	2 lbs. ½ cups ½ tsp.	1. Mix cheese, sugar, and cardamom. Whip well. Spread the mixture in a cookie pan. Preheat an oven to 350° F. Bake for 30 minutes. Do not let it get brown. Remove from oven and allow it to cool. Make cheese patties (like hamburger patties) about 1/4" thick and 2" diameter. Transfer the patties in to a baking pan.
Sweet Condensed Milk* Heavy Whipping Cream* Saffron Rose water, or substitute with vanilla extract	2 cups 2 cups 6 strands ½ tbsp.	2. Add all four ingredients. Heat to 180 °F (near boil) in a small pot. If you like thinner syrup, substitute Heavy whipping cream with equal amount of milk.
		3. Pour milk syrup over the cheese patties in the baking pan. Return the baking pan to 350° F oven. Bake 15 minutes. Turn off the oven.
Pistachio, chopped		4. Garnish with Pistachio nuts. Let it cool. When at room temperature, put the pan in the refrigerator for at least 4 hours. Serve cold.

# Kulfi

Source: <http://www.indiacurry.com>

Ingredients	Quantity	Procedure
Sweetened Condensed milk* Milk* Ricotta Cheese* Instant Dried Milk* Corn Starch	2 cups 2 cups 1 cup 1 cup 1 tbsp.	1. 1. Combine ingredients. Put in a food processor and blend about 3 seconds.
		2. Put the mixture in microwave oven for 3 minutes on high. Stir and microwave another 3 minutes. Let it cool to room temperature.
Almond extract*: 1 teaspoon Sliced Slivered Almonds*: 2 Tablespoon Crushed Pistachio nuts*: 2 Tablespoon	1 tsp. 2 tbsp. 2 tbsp.	3. Stir in almond extract, almonds, and pistachios. Put the Kulfi molds in the refrigerator.
		4. Pour the mixture in the Kulfi molds, seal and freeze. The best way is still to put the moulds in a pan filled with ice and 1 cup rock salt for each 5 cups of ice. However, you can try out your freezer. If the freezer temperature is not low enough, you will get the ice crystals.

# PHILIPPINES

## Pansit Canton

Ingredients	Quantity	Procedure
Egg noodle Cooking oil	1 lb 1 tbsp.	1. Soak noodle in cold water, drain, add 1 tbsp cooking oil, toss well, and set aside.
Shrimp (shelled, deveined) Fish sauce Cloves Garlic (minced)	2/3 lb 2 tbsp. 2	2. In a bowl, combine the shrimps with 2 tbsp. fish sauce, 2 cloves of minced garlic, a dash of pepper, and mix well. Set aside to marinade for 30 minutes.
Cooking oil Garlic (minced)	2 tbsp. 2Cloves	3. To a wok, add 2 tbsp. of oil and heat. Add 2 cloves of minced garlic and stir-fry for 10-15 seconds. Add the shrimp and sauté for 1 minute or until shrimp is slightly pink. Transfer to plate and set aside.
Cooking oil Chinese broccoli (cut into 2-inch length) or cabbage Green onion (cut into 2-inch length) Fresh snow peas Carrots (julienned) Onion (cut into 1-inch cubes) Chicken broth (or water) Fish sauce  Corn starch mixed in Water	1 tbsp. 1/2 lb  1 bundle  1 pc 1 can ¼ cup 1 tbsp  1 tsp ¼ cup	4. Heat 1 tbsp of oil and stir-fry onion until translucent. Add the remaining vegetables, cover and cook for 1 minute over medium heat. Add egg noodles, a little chicken broth, remaining fish sauce, and mix well. Return the shrimp, add the cornstarch mixture and mix well. Remove from heat and garnish with some pepper and chopped green onions.