

Milwaukee Area Technical
College

ESL OC-6B

October 2011

Rěcipēs

CHILAQUILES MEXICANOS

Alondra Padilla

This kind of meal is for breakfast, lunch or brunch.

Ingredients:

- 10 tortillas,
- 2 cup water,
- ½ cup oil,
- 3 tomatoes,
- 7 serrano chilies,
- 3 garlic cloves,
- 1 teaspoon salt (or to taste),
- 1/4 teaspoon pepper (or to taste).

Directions:

- ❖ How to make totopos (tortillas chips)?

First you have to cut the tortillas like chips (5 or 6 pieces for each tortilla). In a skillet, heat 1/2 inch of oil over moderately high heat on the stove. Fry the tortillas in the skillet in batches for 10 to 20 seconds, or until they are pale golden and almost crisp, and transfer them as they are fried with a slotted spatula to paper towels to drain, leaving a thin residue of oil in the skillet.

Tomato sauce

In a pot, boil the tomatoes in 2 cups water, for only about 30 seconds to remove the skin, returning again to the pot with serrano chilies. It should be over moderately high heat on stove.

In a blender purée the tomatoes with onion, garlic, and, chilies with the water where the tomatoes and chili were previously boiled. It should be a broth sauce, not thick.

Separately in a skillet, lightly fry in a little corn oil so that the flavors combine and finally add seasoning with salt and pepper.

- ❖ Preparation:

When the sauce is boiling, add the pieces of tortilla chips. If you want **chilaquiles** crisp, soak pieces of tortilla chips for a couple seconds, remove and serve. If you want more watery **chilaquiles**, leave pieces of fried tortillas more time in the sauce so that they will soften.

Serve with onion slices, cream, cheese (fresh cheese) and sprinkle over the **chilaquiles**. Accompany with refried beans, boiled chicken or eggs.

For green **chilaquiles**, prepare similarly, except that instead of red tomatoes use tomatillos.

ENCHILADAS SUIZAS

By Cynthia

INGREDIENTS:

1 clove of garlic
1 cup of cream
¼ onion
5 green chilies
1 cup of grated cheese
2lb. green tomatoes
3 chicken breasts

DIRECTIONS

- Roast garlic and onion.
- Boil the tomatoes with chilies.
- When the tomatoes change color it means the tomatoes are ready.
- Then blend with a little chicken broth and add garlic, onion, cilantro and the cream.
- Fry the tortillas, put shredded chicken in the tortillas, roll them up, and put them in an ovenproof pan.

Finally cover with the green sauce and cheese and put in the oven until the cheese melts.

Ceviche peruano

Jorge Pajares



Ingredients (for 4 servings)

2 pounds fish (can be tilapia or any white fish)
1 red onion
2 chili peppers
10 or 15 limes
Sweet potatoes
Sweet corn
Lettuce leaves

Preparation

Clean the fish, make sure there are no bones and cut in small pieces.

Cut the onion.

In another bowl, squeeze the limes and add salt, pepper, and glutamate to taste.

Put in the fish in Pyrex (bowl) and add the lemon preparation until it covers the fish.

Waiting for 20min or 30 min. and serve in a soup bowl.

Put the lettuce leaves under the fish with sweet potatoes and sweet corn (previously cooked)

Bulgogi - a traditional Korean food.

By Heekyeong



*ingredients

2 pounds sliced tenderloin beef.

5 tbs soy sauce, 3tbs sugar, 1 tbs honey, 2tbs sesame oil, 3tbs chopped green onion, 1tbs black pepper, 3 tbs roasted sesame seeds, green onion.

*preparation

1. Make bulgogi sauce by mixing ingredients.
2. Prepare a large stainless bowl and pour the bulgogi sauce in it.
3. Place the sliced beef into the bowl and add 1or 2tbs of sesame oil and some toasted

sesame seeds.

Mix it by hand and keep it in the refrigerator for a least 3 hours.

4. After 3 hours, you can grill the meat on the pan.

Serve hot.

Korean Kim Chi Recipe

Eunkyung Park

Ingredients

2 big Chinese cabbage (Napa Cabbage)

1/2 white radish

1 bunch green onion

1 cup sea salt

1 tablespoon sugar

2 tablespoon chopped garlic

1/2 tablespoon chopped ginger

2/3 cup fish sauce

3/2 cup red pepper powder

1 chopped sweet onion

Directions

1. Brine the cabbage for 4 hours.
2. Rinse cabbage in cold water and drain at least one hour.
3. Mix red pepper power, fish sauce, sugar, garlic, ginger, and sweet onion for making paste.
4. Put green onion and julienned radish to the paste.
5. Put the paste in each cabbage leaf. And then roll up the cabbage.
6. Let it at room temperature for a half day.
7. Move kimchi to refrigerator.
8. Eat kimchi when the taste is good for you.

Shrimp and Pork Cakes from Vietnam

By Be Truong

Ingredients

½ lb. of shrimp.

½ lb. pork.

1 package of flour.

1 teaspoon salt.

1 teaspoon sugar.

2 cups of water.

PREPARATION OF CAKES

Step 1. Take tail and legs off shrimp, leaving whole. Slice pork into skillet. Add one or two garlic cloves chopped with a teaspoon salt, a teaspoon sugar, and a pinch of sodium glutamate. When shrimp and pork are cooked, cut one scallion into pieces and mix in thoroughly. Put filling to one side.

Step 2: Use the entire package of flour and add 2 cups of water. Put into sauce pan and stir over low heat. Keep stirring until mix turns transparent and starts to thicken. Remove from heat, but keep stirring until it become dough like. Put back on low heat and continue to stir 3-4 minutes. Cut into pieces and flatten into a circle. Place ½ shrimp and pork pieces on dough. Fold dough in half and crimp edges.

Step 3; Place in double boiler and steam cook for approx, 10 minutes. You will have a delicious dish from Eastern Vietnam.

ZUCCHINI CREAM

By Miriam

INGREDIENTS FOR 6 PEOPLE:

- 5oz. onion
- 1 garlic
- 1oz olive oil

- 1oz butter
- 25oz reduced fat milk
- a pinch of salt
- a pinch of ground black pepper
- a pinch of nutmeg
- 4 spreadable cheese wedges- creamy Swiss light
- parsley

Cut up into small pieces the onion and the garlic, and put them in a pot. Add the olive oil and the butter, and brown around 6 minutes. Stir often to avoid sticking.

Add the zucchini and put the lid on. Cook 6 minutes also mixing from time to time.

Then, add the milk, the salt, the black pepper, and the nutmeg. Mix and put the lid on again.

When it boils, reduce the heat and simmer for 20 minutes.

Take the lid off and wait several minutes before the next step, to be sure that the temperature is lower (but not completely cold). Put the contents of the pot into the blender and blend for a minute or until the mixture is creamy enough. Return the cream to the pot adding the cheese. Use a low heat once it boils. Forget the lid cause you will need to combine with a spoon all the time until the cheese is melted.

Serve with sprinkled parsley!

Ngalakh recipe

Al Housseyni

Ngalakh is a dessert in Senegal. The main ingredients are millet couscous, baobab fruit or “bouye” (Wolof language) and peanut butter.

Ingredients

175g of couscous , 375g of peanut butter, 1kg of baobab fruit, 2-3 dash of vanilla essence , 2.5 liters of filtered water, a pinch of nutmeg , 60g of dried raisins, 40g of butter, 2 pieces of bananas.

Preparation

1.) Soak the baobab fruits in the filtered water for 2 - 3 hours until the white stuff is easily separated from the grains.

Beat vigorously the composition until the coarse beige liquid is obtained.

Filter the mixture through a sieve to remove the grains and the yarns.

Mix the juice “bouye” with the peanut butter.

Add the sugar, vanilla extract, the nutmeg, and the sliced bananas.

Keep fresh the mixture juice in the fridge for 1 hour.

2.) Then add 3 cups of filtered water and 3 dashes of salt in the couscous before heating for 5 minutes in the microwave (all the water should be absorbed by the couscous).

Remove the couscous and add 5 or 6 dabs of butter then return to low heat for 3 minutes. Then stir with the fork to separate the grains.

Pour the juice on the couscous with the dried raisins.

Now we can serve the ngalakh to 7 - 9 people while smiling.

Colored Gelatin

By Margarita



Ingredients

3 packs of gelatin of different flavors en colors

1 1/2 cans of sour cream

1 can of Evaporated milk

1 can of peaches in syrup

To prepare the gelatin in 800 ml. of boiling water stir until completely dissolved. Each flavor is prepared separately, Pour into molds and refrigerate until jelled.

Cut the gelatin in squares. Later blend the sour cream and the evaporated milk and the half of the syrup of the can of peaches.

Pour in at big bowl and add the gelatin in squares and the peaches and little pieces, stir gentle and refrigerated for one hour and share.

Gormesabzy

By Asieh

a little cooking oil

1 large onion, chopped

1 teaspoon turmeric

1 or 2 cups water

1/2 cup dried limes (or fresh lime juice)

2 cup kidney beans

salt

black pepper

1 cup spring onions, finely chopped

1 cups spinach, finely chopped

1 cup parsley, finely chopped

garlic chives, chopped

1/4 cup shanbelileh (fenugreek), chopped

one pound beef

Directions:

Cut the meat , Fry onion over medium heat in half of the oil until golden. Add turmeric and fry for 2 more minutes.

Increase heat, add meat and stir over high heat until meat changes color and begins to turn brown. Reduce heat.

Add water, kidney beans, salt and pepper to taste. Cover and simmer for 1-1.5 hours until meat is tender.

Add prepared vegetables to frying pan and fry over medium heat until wilted. Add to sauce, then add dried limes (or lime juice), cover and simmer for further 30 minutes. Adjust seasoning and serve with white rice. An delicious Iranian dish.

Pelmeni dumplings

By Gennadiy Mayzus

Ingredients:

4 1/2 c flour
3 eggs
1 tsp salt
1 c water
2 tb butter
1 tb vegetable oil
1/2 c finely chopped onions
400 g lean beef chuck ground twice
400 g fresh pork ground twice
Salt
Freshly ground black pepper
1 c sour cream

Method:

DOUGH: In a large mixing bowl, combine flour & salt then make a deep well in the center. Drop in eggs & water. Now with a large spoon, slowly & thoroughly mix flour into liquid ingredients. Do this until mixture can be gathered into a ball. Transfer dough to a lightly floured surface & knead it by folding it end-to-end. Then press it down & push it forward several times with the heel of your hand. Sprinkle dough with extra flour when necessary to prevent it from sticking to board. Knead for 10-12 mins. or until the dough is smooth & elastic. Next shape it into a ball, wrap it loosely in wax paper & allow it to rest at room temp. for 1-2 hrs.

MEAT-FILLING: In a large & heavy skillet, melt butter and oil over high-heat. Add chopped onions, then stir frequently. Cook over medium heat for 3-4 minutes until soft & lightly colored. Use a rubber spatula to scrape onions into a large mixing bowl then add meat, pork fat, salt, pepper & 1/2 cup of cold water & mix with a large spoon until ingredients are well combined. On a lightly floured surface, roll reserved dough into a rough rectangle about 1/8" thick. Lift the dough over back of your hands & pull your hands apart, stretching dough carefully until it is almost paper thin.

1. Roll the dough, cut small circles by the mold, stretch the dough over the mold.
2. Then load a piece of filling in the defined space and press the mold together.
3. Pelmeni or vareniki are ready!
4. Enjoy Russian food festival!!

Extra recipe from the teacher –

Chocolate Chip Cookies

Ingredients

2 cups flour
1 tsp baking soda
½ tsp salt
1 cup butter or margarine
½ c. sugar
¾ c. light brown sugar
2 tsp vanilla
1 egg
2 cups dark chocolate chips
½ c. dried cranberries
½ c. chopped walnuts

Instructions:

Preheat oven to 375°. Stir flour, baking soda, and salt together in small bowl and set aside.

Cream butter, sugar, and brown sugar until light and fluffy. Use an electric mixer or beat really hard with an eggbeater or a fork. Add vanilla and egg and beat some more.

Add dry ingredients, chocolate chips, cranberries, and nuts to creamed mixture and mix well. (Add slowly; don't beat.)

Drop by teaspoonfuls on to ungreased cookie sheets, about 2" apart. You can use parchment paper if you want. Bake 8-10 minutes. (They should look set around the edges.) Let cookies cool for a few minutes before removing them from cookie sheet.

Makes about 3 ½ dozen cookies.