

Milwaukee Area Technical College

ESL OC-6B

February 2010

# Rěcipēs

## **Feuille de Manioc (Cassava Leaves)**

By Gloris (Democratic Republic of Congo)

### **Ingredients:**

Common combinations or ingredients that can be added to the cassava leaves:  
chili pepper, palm oil, onion, fresh fish or smoked fish, salt etc.

- two-four pounds of feuille de manioc (cassava leaves), stems removed, well-washed, rinsed, drained, and crushed.
- One or two onions peeled and chopped
- piece of fresh or smoked fish (it depends)
- salt
- hot chili pepper, clean and chopped (to taste)
- garlic
- palm oil

### **What do you do?**

- Put the cassava leaves in a pan, then bring a few cups of water to a boil. Keep the leaves at a low boil for an hour, adding water if needed.
- Add the fish, salt, chili pepper, or garlic as desired.
- Continue to cook until the liquid is reduced to a sauce and the leaves have lost their bright green color.
- Add the palm oil and cook for a few more minutes before serving.

# **Broccoli and cheese soup**

By Micaela (Mexico)

## **Ingredients:**

1 ½ cup broccoli, chopped  
¼ cup celery, diced.  
¼ cup onion, chopped.  
1 cup low-sodium chicken broth  
2 cups low-fat milk  
2 tbsp cornstarch  
¼ tsp salt  
Dash pepper  
¼ cup Swiss cheese, grated

## **Directions:**

Place vegetables and broth in a saucepan and bring to a boil. Reduce heat, cover, and cook until vegetables are tender. In a bowl, mix milk, cornstarch, salt, and pepper; add to cooked vegetables.

Cook stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

## **Taco Salad**

By Arturo (Mexico)

### **Ingredients**

1 LB of Ground Beef

2 Cups Of Cheese - Taco or Mexican style (You can also use Cheddar and Mozzarella Cheese)

2 PKG Taco Seasoning, Any Brand

1 Bag of Doritos Nacho Flavor 2.29 Size

16 oz Thousand Island dressing

1 Head of Lettuce

1 Tomato

1 sm Can of Black Olives

(Optional) Browned Ground Beef - Use 1 of the Taco Seasoning Pkgs

### **Directions**

Cut up lettuce, tomatoes, and olives.

Break up chips (not too small) and set aside.

When ready to serve, make sure ground beef is warm, not hot.

Mix in large bowl by adding the lettuce, tomatoes, dressing, and ground beef.

Before adding cheese, use ½ of second pkg of Taco Seasoning. Mix in a plastic storage bag and shake well. Then add chips and olives last so chips will stay crisp.

# **AFRICAN FRIED RICE WITH LAMB**

By Laure (Ivory Coast)

## **INGREDIENTS FOR FOUR TO SIX PEOPLE**

- Two pounds of lamb
- Five tomatoes
- Two onions
- Garlic
- Two or three carrots
- Two hot peppers
- ½ cabbage
- Small can of tomato paste
- ½ bottle of oil
- Black pepper
- Five Magic Cubes
- Salt
- Four cups of rice

## **INSTRUCTIONS**

To cook African fried rice, put oil in the pot. When the oil is hot, add the cut meat and let it fry for ten minutes. After that, put black pepper, salt, and the Magic Cubes into the fried meat. Then, add onion, garlic, carrots, and the sliced cabbage and let everything fry for five minutes. Then blend the tomatoes, and add to the pot with tomato paste and two hot peppers. Let all these things boil for five minutes and then pour water into the pot. After that, add the rice. When the water is gone, lower the fire and let the rice simmer.

## **Beef Fajitas**

By Juan (Mexico)

Serves 4-6

### **Ingredients:**

1 pound sirloin or flank steak, trimmed and cut across the grain into 1/4-in. strips

### **Marinade:**

3 tablespoons cooking oil  
2 tablespoons lemon juice  
1 teaspoon dried oregano  
1 garlic clove, minced  
1/4 teaspoon salt  
1/4 teaspoon pepper

### **Fajitas:**

2 tablespoons cooking oil, DIVIDED  
1/2 medium onion, sliced  
1 medium sweet red pepper, sliced into thin strips (can be any color- or mixed colors)  
8 flour/corn tortillas, warmed  
2 avocados, peeled and sliced  
Salsa (can be store bought or make your own)  
Sour cream

### **Directions:**

In a small bowl, combine all marinade ingredients; toss with beef.  
Cover and refrigerate 3-6 hours or overnight, stirring several times.  
Drain meat before cooking.  
In a skillet, heat 1 tablespoon oil.  
Sauté onion and pepper until crisp-tender; remove from pan.  
Add remaining oil and sauté meat until no longer pink, about 4 minutes.  
Add vegetables to pan and heat through. To serve, place a spoonful, of meat/vegetable mixture on a warmed tortilla and top with avocado, salsa and sour cream.  
Roll tortilla around filling.

# **BEEF WITH MUSHROOMS**

By Kouassi (Ivory Coast)

*This recipe is for four people*

## **Ingredients:**

2 kg of beef  
50g of butter  
2 tablespoons  
2 stalks of celery  
3 hot peppers  
2 onions  
1 can of mushrooms  
1 tablespoon of ginger powder  
½ can of tomato sauce  
2 tomatoes  
2 cloves of garlic

## **Preparation:**

- 1- Chop the stalks of celery, the hot pepper, the onion, the tomato, and the cloves of garlic
- 2- Boil the vegetables for 30 minutes
- 3- Cut up the meat
- 4- Mix the liquefied butter and the oil
- 5- Add the mushrooms
- 6- Add the tomato sauce and the ginger powder
- 7- Add the meat
- 8- Cook for 15 minutes
- 9- Finish cooking in the oven at 200 degrees for 3 hours

People who like rice can eat this recipe with it or spaghetti.

# **Shrimp Ceviche**

By Ruth (Mexico)

## **Ingredients:**

½ pound of raw shrimp  
One medium red onion  
2 or 3 small tomatoes  
the juice of 5 lemons  
one Serrano chili (finely chopped)  
cilantro  
salt  
ground pepper  
garlic powder  
Maggi Juice

## **Serve with:**

tostadas  
sliced avocado

## **Preparation:**

First, peel the shrimp and cut each one in small pieces. Add the lemon juice, salt, ground pepper, garlic powder, Maggi Juice, chopped onion, and chopped Serrano chili. Mix all these ingredients and leave it covered in the refrigerator for about 2 hours.

Meanwhile chop the tomatoes and cilantro into small pieces and after 2 hours you can add these ingredients and it's ready to eat. Serve it on the tostada and add avocado on the top.

It is delicious mmm....

## **Goulash soup**

By Alicja (Poland)

### **Ingredients:**

2 pounds beef

2 fresh peppers

1 onion

6 cloves of garlic

2 cans of diced tomatoes (16 oz)

4 potatoes

seasonings: salt, pepper, ½ tsp. paprika, a little chili pepper, bay leaf

### **Directions:**

First pour water into a pot, little more than to cover the beef, because soup should be thick.

Cut beef into small cubes and throw it into a pot with hot water. Add all seasonings, mix well and cover the pot. Simmer about 1 hour.

While the beef is cooking, cut red pepper and onion and fry, but only 5-10 minutes. Then add it to the pot with water and beef. Add canned tomatoes and cook everything for the next hour.

When meat is pretty soft, add pressed or cut garlic and diced potatoes and cook 15 minutes.

Goulash soup should be a little spicy but not too much, according to your culinary fancy.

# **CHICKEN BREAST STUFFED WITH HAM AND CHEESE**

By Victoria (Colombia)

## ***RECIPE FOR 2 PEOPLE***

### **Ingredients:**

- 1 boneless, skinless chicken breast
- 1 slice of ham
- 1 slice of cheese
- 3-4 slices of bacon
- Water
- Oil
- Salt
- Pepper
- Garlic Powder
- Chopped herbs
- Thread
- Toothpicks

### **Instructions:**

1. Preheat oven to 350 degrees.
2. Open the chicken breast sideways (milanesa style open).
3. Marinade with salt, garlic, pepper and chopped herbs.
4. Put slices of ham and cheese in middle of the chicken.
5. Roll up the stuffed chicken breasts.
6. Wrap chicken breasts with pieces of bacon and secure with toothpicks.
7. Wrap and secure with thread, by closing the ends.
8. Place chicken breast heat proof container and cover with aluminum foil.
9. Bake for 45 minutes and then carefully remove the aluminum foil and bake for 5 to 10 minutes more until bacon is crisp.
10. Remove from oven and let stand for 10 minutes.
11. Remove the toothpicks and thread
12. Cut into pieces before serving.

***You can serve this delicious recipe with, salad, rice or potatoes.***

## **Fried Rice**

By Mao (Laos)

### **Ingredients:**

3 cups of rice  
6 eggs  
3 teaspoons oyster sauce  
3 teaspoons soy sauce  
2 teaspoons fish sauce  
2 teaspoons chopped celery.  
2 teaspoons chopped carrot  
6 teaspoons oil  
shrimp  
a little green onion

### **Directions:**

Put 3 cups of rice in a bowl with water for two hours.

Drain out the water and put it into a steam pot. Steam for 12 minutes.

Put the rice into a bowl and add 2 eggs, 3 teaspoons oyster sauce, 3 teaspoons soy sauce, and 2 teaspoons fish sauce. Stir everything together.

Fry 4 eggs separately.

Fry shrimp separately.

Wait until both eggs and shrimp are well done.

Chop about 2 teaspoons celery and 2 teaspoons carrot.

Put 6 teaspoons oil in a big pan until hot.

Then put the rice into pan. Stir together until hot.

Then add eggs, shrimp, celery and carrot and stir for 2 minutes.

Taste the food. If it tastes good, then add a little green onion and turn oven off. It is ready to serve.

# Venigret - Russian Beet Salad

By Ivan (Russia)

Serves 4

## **Ingredients:**

4 medium sized beets or 8 small beets  
3-4 russet potatoes  
4-5 carrots  
1 small onion  
2-3 pickles, chopped  
1/2 - 1 can of peas  
3-4 tbs freshly chopped dill  
salt  
sunflower oil

## **Preparation:**

1. Cook beets, potatoes and carrots in boiling water until they are soft. Drain and place back in the pot and cover with ice cold water (this will make peeling a lot easier). This can be done the night before so you don't waste time waiting for your vegetables to cool.
2. Chop the onion and drain the peas.
3. When the vegetables are cool, peel them and chop into small, approximately 1/3 to 1/2 inch, cubes.
4. Mix the vegetables, onion, pickles, peas, and dill together, adding a few glugs of oil to coat.
5. Season with salt and serve immediately.

## **MY SPECIAL DISH - Chicken Soup with Bean Tamales**

By Delfina

In my town, we have a special dish on Halloween or when we have a party. We make chicken soup with bean tamales.

### **Chicken soup ingredients:**

water  
chicken  
salt  
vegetables

### **Chicken soup instructions:**

Put water in a pot on the stove, add chicken. Then add salt, garlic, onions, vegetables, and hot pepper if you want, then wait for them to cook.

### **Tamales ingredients:**

masa (like flour)  
sauce beans (prepared)

### **Tamales instructions:**

Make big tortillas on a table and put sauce beans on the tortillas. Next roll them up and put in the stove to cook.

# **Camarones al Mojo de Ajo**

By Ulises (Mexico)

## **Ingredients:**

- 3/4 cup butter
- 3 garlic cloves, thinly sliced
- 1/3 cup olive oil
- 36 raw shrimp (21-25 count), peeled and deveined
- Chopped fresh parsley leaves for garnish
  
- Arroz Blanco (white rice)
  
- **For fried garlic:**
- 1 cup vegetable oil
- 3/4 cup minced garlic

## **Directions:**

1. Make the Fried Garlic:
2. In a heavy, 10-inch skillet, heat the oil over high heat until the oil is shimmering but not smoking.
3. Add garlic, reduce heat to medium-low, and cook 10 to 15 minutes, or until golden brown, stirring often.
4. Remove garlic from the oil with a slotted spoon, strain through a fine strainer, and drain on paper towels.
5. In a small saucepan, melt the butter over medium heat; add the sliced garlic, reduce heat to low, and keep warm on top of the stove. Do not brown the garlic.
6. In a nonreactive skillet or sauté pan, heat the olive oil over medium-high heat and sauté the shrimp until they curl and turn pink, about 4 to 5 minutes.

Divide the shrimp among 6 dinner plates and spoon the warm garlic-butter sauce over each serving. Sprinkle with Fried Garlic and chopped parsley. Serve with Arroz Blan

## **Milk Pudding (Flan)**

By Diana

### **Ingredients:**

1 can evaporated milk  
1 can condensed milk  
8 oz cream cheese  
½ teaspoon of vanilla  
5 eggs  
1 ½ cup of sugar

### **Directions:**

In a small pan, melt the sugar until it becomes caramel. Remove it and pour the caramel in a square pan. Quickly spread in the square pan and set it aside.

In a blender, blend the rest of the ingredients and pour in the square pan. Put it in the oven at 350° and cook it for one hour. (On steam) Remove it from the oven and serve it.

## **Mangu**

By Marisela (Dominican Republic)

### **Ingredients**

5 plantains  
1 big onion  
oil  
salt  
water  
vinegar

### **Preparation**

Boil plantain in water with salt for 1/2 hour.

When the plantains are cooked take them out of the water.

Mash them with just a little water

Put the plantains on the side.

Take the pan and fry the onions in it with oil and vinegar for five minutes.

Then remove the fried onion and mix with the plantains

You can put different meat with the mangu.

It tastes delicious.

## **Poblano Flutes**

By Lisette (Mexico)

### **INGREDIENTS:**

Tortillas

Oil

cheese

3 poblano peppers

Milk

Mexican Cream

Salt and pepper

### **PREPARATION:**

#### Flutes:

1. - Put the cheese in the tortilla.
2. - Roll the tortilla.
3. - Fry it in oil.

#### Sauce:

1. - Roast the poblano peppers.
2. - Peel and cut the peppers.
3. - Add the milk, cream, salt and pepper.
4. - Mix everything.
4. - Heat to simmer.
5. - Add to the flutes.

## **Chinese Tomato Salad**

By Ling (China)

### **Ingredients:**

2 large tomatoes  
1 tbsp finely green onions  
1 tbsp finely chopped garlic  
1 tbsp white rice vinegar  
1/2 tsp sesame oil  
1/2 tsp salt  
pinch of white pepper  
pinch of sugar

### **Instructions:**

Mix together all the ingredients for the dressing and set aside.

Slice the tomatoes, arrange on a plate and pour the dressing over the top. Serve immediately.

## **Chicken Fajita in orange and white wine sauce**

By Avelino (Mexico)

*Serves 2 people*

### **Ingredients:**

2(1½ lb) skinless and boneless chicken breast. Cut into strips.  
3 tbs of vegetable oil  
2 tomatoes, cut into thick strips  
1 large onion, cut into strips  
1 poblano pepper, cut into thin strips (or 2 jalapeno peppers)  
½ red bell pepper, cut into thin strips  
1 tsp of chopped garlic  
2 tsp of fajitas seasoning  
1/4 cup of orange juice  
1/4 cup of white wine  
1 tsp salt

### **Instructions:**

Marinate the chicken breast with the fajita seasoning and salt. Heat the oil in a frying pan, then put the chicken breast in to the pan with the garlic at the same time. Fry it to medium brown. Add the tomatoes, onion, poblano pepper and the red bell pepper, continuing frying it for 2 more minutes or as the chicken cooks well and then add the white wine and the orange juice together.

## **Bombom Open Strawberry! {bombom aberto}**

**(BRAZILIAN DESSERT)**

By Marina (Brazil)

### **Ingredients:**

500g strawberries, washed and chopped  
-2 Cans of condensed milk  
-2 Tablespoons of butter  
-2 Cans of heavy cream  
-2 Bars of chocolate 200g

### **How to prepare:**

Wash and chop the strawberries. Reserve. Heat the condensed milk and butter, stirring constantly until thickened. Remove from fire and mix 1 can of heavy cream until light and fluffy and homogeneous. Reserve.

Chop the chocolate and heat in the microwave for 1 minute and 15 seconds. Add the remaining heavy cream and reserve. Or you can make in water bath. (I prefer water bath, but you can choose between both ways to prepare.)

Layer in a baking pan or in a bowl. Put in all the Strawberries, then the condensed milk with the butter already mixed and cooked. Then add the melted chocolate.

**Keep in the refrigerator for a while and serve well chilled.**

\*\*\*\*\*This recipe is quick, easy and DELICIOUS!!!

# **Cowboy Beans**

By Pablo (Mexico)

## **Ingredients:**

2 lbs. Pinto beans or May beans, washed, soaked in water overnight, and drained.  
2 medium white onions peeled and chopped.  
8 large garlic cloves.  
2 tablespoons vegetable oil or lard.  
2 sprigs oregano.  
1/2 lb. bacon, diced ( chorizo or vegetarian chorizo may also be used)  
4 Roma tomatoes, chopped.  
6 Serrano chilies, chopped.  
Salt to taste.

## **Instructions:**

1. Place the beans in a large pot with half the onion, half the garlic, oil and oregano.
2. Add 2 quarts water, bring to a boil, cover and simmer for 1 ½ hours or until tender (35-45 minutes if done in a pressure cooker.)
3. Add salt to taste.
4. In a large saucepan or clay casserole, cook the diced bacon until some of its fat is rendered, add the remaining onion and garlic, and sautéed until the onion softens.
5. Add the tomatoes and chilies, and continue cooking until the tomatoes release their juice.
6. Add the cooked beans with their liquid and cook over a low flame for 20-30 minutes, stirring from time to time.
7. Taste for salt.
8. Serve in bowls, as an accompaniment to grilled beef or lamb, offering chopped onions as a garnish.
9. Serves 12-15 people.

*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 chocolate chips

### **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 and chocolate chips to creamed mixture and mix well. (Add slowly; don't beat.)

Drop by teaspoonfuls on to ungreased cookie sheets, about 2" apart. Bake 8-10 minutes. (They should look set around the edges.) Remove cookie sheets from oven and use spatula to place cookies on cooling rack.

Makes about 3 ½ dozen cookies.