

Milwaukee Area Technical College

ESL OC-6B

February 2011

Rěcípēs

Cheesecake

By Joselyn Ferrer

INGREDIENTS

2 9" pie crusts
8 eggs
4 pkgs cream cheese
1 pkg quesadilla cheese
1 can evaporated milk
1 can sweetened condensed milk
1 tsp vanilla

DIRECTIONS

Preheat the oven to 345 F.
Mix all ingredients and bake for 45 minutes.

Fruit and Cream

By Maria Magana

INGREDIENTS

1 can condensed milk, La Lechera
2 cans Nestle half cream
3 apples in small pieces
1 can of pineapple tidbits, 20 oz.
2 cups of strawberries cut into pieces
½ cup chopped nuts
1 can of peaches, 20 oz
a medium bowl and a small bowl

DIRECTIONS

In the small bowl, mix the condensed milk and 2 cans of half cream. In the medium bowl, combine all the fruit and nuts together. Finally, add the cream to the fruit. That's all very simple and you have a delicious dessert.



SLICED PEPPER STEAK SKILLET

by Alicia Ruiz

SLICED PEPPER STEAK SKILLET • *Healthy Meals in Minutes™*

SERVES 4

- 1 round steak (about 1 pound), trimmed and cut into thin strips
- 1 tablespoon vegetable oil
- 1 small green bell pepper, cut into thin strips (about ¼ cup)
- 1 small red bell pepper, cut into thin strips (about ¼ cup)
- 1 small yellow bell pepper, cut into thin strips (about ¼ cup)
- 1 cup chopped celery
- ½ cup chopped green onion

FOR THE MARINADE

- ¼ cup reduced-sodium soy sauce
- ¼ cup dry sherry or reduced-sodium chicken broth
- 1 clove garlic, minced
- 1 teaspoon minced fresh ginger or ½ teaspoon ground ginger
- ¼ teaspoon freshly ground black pepper

PER SERVING: Calories 248 (36% from fat) Carbohydrates 11 g Protein 27 g Sodium 555 mg Fat 9 g Cholesterol 66 mg

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1 To prepare the marinade, in a shallow glass or ceramic dish, combine the soy sauce, sherry, garlic, ginger, and pepper. Set aside ¼ cup of the mixture. Add beef to the dish and toss to coat. Cover with plastic wrap and refrigerate for 30 minutes.

2 Drain beef; discard marinade in dish. In a large, heavy skillet, heat oil over medium-high heat. Add beef; cook, stirring, until no longer pink, about 2 to 3 minutes. Using a slotted spoon, transfer beef to a plate.

3 Add bell peppers, celery, and green onion to skillet and cook, stirring, over medium-high heat until just crisp-tender, about 4 minutes. Stir in reserved marinade. Return beef to skillet; cook until heated through, about 1 minute. Serve immediately.

COOK'S TIPS



For a quick lunch, use the beef mixture as a stuffing for pita pockets. Cut tops off 4 pockets and fill with mixture, dividing evenly. Serve immediately.



If celery ribs have tough strings, remove them with a vegetable peeler. Draw the peeler away from you, down the length of each rib. Discard strings.

Guacamole

By Esther Olvera

INGREDIENTS

2 ripe avocados, peeled and pitted
2 chopped tomatoes
1/2 white onion, finely chopped or 6 scallions, finely chopped
1 tablespoon fresh lime or lemon
2 fresh chiles serranos or jalapeno, seeded and finely chopped
3 tablespoon chopped cilantro
salt and pepper.

DIRECTIONS

Put the avocados in a large bowl and Mash them roughly with a large fork.
Add the remaining ingredients.
Mix well and season with salt and pepper.

Serve with charcoal grilled meat, corn, tortillas, dorito chips, or tostadas.

Bigos

By Sister Angieszka Koziel

INGREDIENTS

Sauerkraut or cabbage
Salt
Pepper

Optional: Meat, Cooked meat, Onion, Carrots Parsley, Tomato, Mushrooms, Chili pepper, Sugar, Lemon juice

DIRECTIONS

Grind a cabbage. Put cabbage or sauerkraut in a pot with little water and boil. When it boils, simmer.

Dice ingredients and add to the pot. Usually we add tomatoes or mushrooms but never together. Instead of ripe tomatoes you can add concentrate tomato. Meat, cooked meat, onion, tomato, and mushrooms you can sauté and later add to the pot. Chili peppers add whole. When it's tender, spice to taste, and remove chili peppers.

Serve with potato, bread or alone. Good appetite!!

Sweet and Sour Pork - Classic dish of Northeast China

By Yanming Guo

INGREDIENTS

Pork tenderloin 100 oz. (If you don't eat pork, you can change to fish.)

Ginger, 2 oz, julienned (cut in thin strips)

Green onion, 7 oz, julienned.

Cilantro, 4 oz.

Salt

Cooking wine

Soy sauce

Sugar

Vinegar

Chicken Flavor Soup Base Mix

Corn starch

Oil (corn, olive, vegetable...)



Preparation

1. **CUT**- Cut each tenderloin or fish into slices - 7cm long, 5cm wide, 0.2cm thick (2.8" x 2.2" x .07")
2. **MARINATE** – Combine the salt, chicken flavor soup base mix, and cooking wine and marinate the meat. Then put some cornstarch in a bowl; add some water and a little oil, and mix them together till it looks like melted ice cream. Then coat each piece of meat thoroughly with the starch mixture.
3. **FRY** - Put a lot of oil in a pot. Make sure the oil is very hot. Now, fry the meat **piece by piece! Don't put them together at the same time!** How long is the best for fried meat? When the meat looks pale yellow, put it on a plate.
4. **Mix Sauce**- Mix sugar, vinegar, soy sauce, a little salt and a little water in a bowl. This dish is sweet and sour pork, so vinegar: sugar= 2: 1. But If you like sweet more than sour you can change the ratio.
5. **Fry the meat** - Put a little oil in a pot, add sauce and a little cornstarch, stir them together. When the sauce is thick, add green onion and ginger, and then add the meat. Coat each piece of meat in the sauce, stir and add cilantro.

PAO DE QUEIJO (CHEESE BREAD)

By Liliane Campos

INGREDIENTS:

4 cups of tapioca flour
2 cups of milk;
3/4 cup of vegetable oil;
4 eggs;
2 teaspoons of salt;
300 g of grated parmesan or
cheddar cheese



DIRECTIONS:

1. Mix milk, salt, vegetable oil in a pot, and bring to a boil. As soon as it boils, remove from heat.
2. Stir tapioca flour into the milk mixture.
3. Stir in the eggs and the cheese, and mix well.
4. Put the dough in a muffin pan.
5. Bake in preheated oven (375 F.) until the tops are lightly browned, 35 minutes.
6. Remove from pan and enjoy it.

Moroccan chicken dinner

by Saadia Hamidi

The ingredients:

1 chicken (4 pounds)
1 pureed onion
1 pureed tomato
2 tsp preserved lemon (chopped)
2 tsp garlic (pureed)

spices :

1 tsp saffron
1 tsp black pepper
1 tsp cinnamon powder
1 tsp ginger

1 tsp salt
3 tbs well chopped parsley
1/2 cup olive oil (60 ml)
small pitted green olives
and little bit of water (1/2)

1st step:

in a pan pour oil
+ add onion+tomato+garlic+ chopped lemon +and spices + parsley

stir very well. add chicken and make sure to put a little sauce inside the chicken.
Add water and cover it all. let cook 30 min.

after that make sure the chicken is well cooked, then remove it and let it drain a little bit from sauce. then move it to baking dish. put a little butter on top of the chicken and put it in the oven until golden brown (420F)

2nd step:

add the olives to the sauce and let simmer until it becomes thick
serve chicken with sauce and decorate with olives and 4 slices of preserved

lemon 😊

Cheesecake

By: Ana Torrijos

Ingredients:

3 eggs
1 tsp vanilla
1 cup condensed milk
1 cup evaporated milk
1 Philadelphia cream cheese
1 cup sugar

How to make it:

1. Preheat the oven to the temperature of 350 degrees.
2. Put five ingredients in a blender, 3 eggs, 1 tsp vanilla, 1 cup of condensed milk, 1 cup evaporated milk and the Philadelphia cheese. After that, blend everything.
3. Increase the temperature of the oven to 450 degrees.
4. in a pan, warm up the sugar so it gets brown.
5. Then pour the contents of the blender into the pan.
6. Put the pan in the oven for 45 min.
7. Let it cool down.
8. It's ready to eat.

War Food from “Los Maropas”

By Bartolome Caceres

INGREDIENTS

Porcupine fat

Plantain fried until it's crunchy

Salt

Venison (the meat is removed from the bone and left to dry in the sunshine)

Grapefruit

DIRECTIONS

Pound and mix everything and put in a container. Hang from a tree until you need it.

EGHA

By Mustafa Albadawi

Ingredients

2 Zucchini

2 Eggs

1/3 cup Flour

1 Onion

A pinch of yeast

Parsley

Spices, salt, pepper, coriander- to taste

Directions

Remove the soft stuff inside the zucchini and shred the zucchini and onion. Squeeze out the moisture from the onion.

Beat the eggs. Add the seasoning. Add the flour and vegetables and yeast, and mix together. Leave it for one hour.

Heat the oil. When it's hot, scoop ¼ cup of mixture into the pan. When it's brown, flip it and cook the other side until it's brown.

Take it out and drain it on a cloth. Repeat it until all of them are done.

Mapo tofu

By Yan Wang

Ingredients:

a piece of tofu,
2 ounces of ground beef,
a teaspoon of hot pepper paste,
a teaspoon of tempeh,
1/4 teaspoon of pepper powder,
a pinch of ginger and garlic.

Cooking procedure:

First, chop the ginger, garlic and tempeh, and cut the tofu into small pieces.

Heat pot and add suitable oil into the pot, then put ground beef into the pot and stir it for a while. Put the cooked beef in a bowl.

Add hot pepper paste, ginger, garlic and tempeh into the pot, stir for a while, then add cooking wine and 100 ml water into the pot, and put tofu into the soup, boiling it for about 5 minutes. Next, put ground beef into the soup. After 1 minute, the dish will be cooked. Put it in a plate and sift pepper powder on the dish, then it's done.



PAELLA (6 people)

By Amparo de Luis

INGREDIENTS

1/3 cup of Olive Oil
1 Small Onion, minced
2-3 cloves of garlic, crushed
3-5 tbsps minced fresh parsley
1 generous pinch of saffron
2 tbsps of chicken bullion
3 skinless chicken breasts, cut in large chunks
2 green peppers, sliced
1 red pepper, sliced
1 tsp of yellow food coloring (if a richer color is desired)
8 oz tomato sauce
1 tsp sugar
4 cups of rice
7 cups of water
Salt
1/2 lb - 1 lb shrimp, leave shell on
1/2 lb scallops and 1/2 lb mussels, leave shell on

DIRECTIONS

Saute onion, parsley, and garlic in olive oil until the onion begins to become transparent. Add saffron, chicken bullion, chicken, and peppers, and saute until chicken has become white. Add tomato sauce, sugar, food coloring. Stir. Add rice & water and bring to a boil. Salt to taste. Bring to a boil 5 minutes, stirring occasionally. Add shrimp & scallops, bring to a boil an additional 5 minutes, stirring occasionally. Simmer 10 minutes covered, stirring occasionally. If the rice appears to be getting too dry during the last 10 minutes, add more water. If the rice is too wet at the end of the 10 minutes, uncover and let unwanted liquid evaporate.

Chunky Chocolate

By Doris Cabezas

INGREDIENTS

3 oz unsweetened cocoa
1 ½ c. boiling water
5 oz eggs
1 ½ tsp vanilla
3 c. sifted cake flour
2 c. firmly packed light brown sugar
2 ¼ tsp baking powder
¾ tsp baking soda
¾ tsp salt
1 c. unsalted butter , softened

EQUIPMENT

Two 9" x 1 ½" cake pans, greased
Line bottoms with parchment paper, then grease and flour again.

DIRECTIONS

Preheat oven to 350 degrees. In a medium bowl, whisk together the cocoa and boiling water until smooth . Cool to room temperature.

In another bowl, lightly combine the eggs, ¼ of the cocoa mixture, and vanilla.

In a large mixing bowl, combine the remaining dry ingredients and mix on low speed for 30 seconds.

Add the butter and the remaining cocoa mixture.

Mix on low speed until the dry ingredients are moistened. Increase to medium speed and beat for 1 ½ minutes.

Scrape down the sides. Gradually add the egg mixture in 3 batches, beating for 20 minutes after each addition.

Scrape the batter into the prepared pans and smooth the surface with a spatula.

Bake 20-30 minutes. Let cakes cool in the pans on rack for 10 minutes. And invert onto greased wire racks. Cool completely before wrapping airtight.

Red Chicken Curry

By Khou Moua

Ingredients:

1 lb Chicken breast or leg
4 eggplants
1 3/4 cups coconut milk
2 tbs red curry paste
2 tbs fish sauce
3 thai chillies
1/2 tbs sugar
1 chicken stock cube
1 cup water
3 kaffir lime leaves
15 thai basil leaves

Cooking Instructions:

Pour 1 3/4 cups of coconut milk into the a pan, then simmer 5-7 minutes.

Next add 2 tbs curry paste. Stir and mix it into the coconut milk about 3 minutes.

Add 1 lb chicken and 3 kaffir lime leaves. Stir occasionally until the chicken turns white.

Then pour 1 cup water into the pan and add 4 eggplants. Wait until it boils.

Now add 2 tbs fish sauce, 3 Thai chilies, 1/2 tbs sugar, and 1 chicken stock cube. Cook for about 5-7 minutes.

Last, add 15 Thai basil leaves. In 1 minute turn off the stove.

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!!!

Baseema

By Khalifa Omer

Ingredients:

- * 5 eggs
- * 1 cup icing sugar (powdered sugar)
- * 3/4 cup butter or 3/4 cup oil
- * 1.10 lb yogurt
- * 2 teaspoons baking powder
- * 2 cups flour
- * 1 teaspoon vanilla essence
- * 1 cup coconut
- * 1 1/2 cups sugar
- * 1 tablespoon lemon juice
- * 1 cup water

Directions:

Prep Time: 20 mins

Total Time: 50 mins

1. Beat eggs and sugar. Add oil and yogurt and mix.
2. In a separate bowl sift flour and add baking powder and coconut, then add to the mixture while stirring.
3. Spread mixture onto greased 9x13" dish. Bake for 30 minutes at 200° Celsius/400°F.
4. In another saucepan, mix sugar and lemon with water, boil until syrup thickens.
5. When cake is cooked, pour syrup over it evenly so it soaks through.