



Cultural Kitchen: Virtual Cookbook



International Education Week 2020

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Thanks to students, staff & faculty for sharing your recipes!

Virtual cookbook compiled by Adrianna Diventura, '22

Greek whipped yogurt cream pancakes

- Dr. Aimée Knight,
Department of Communication & Media Studies

“Pancakes in Santorini were a revelation. Layering whipped Greek yogurt cream between your pancakes is not only delicious and festive -- it also adds protein.”
(Greece Study Abroad Summer 2019)



Recipe:

Ingredients:

1 cup whole fat or 2% plain Greek yogurt (such as Fage)

1/4 cup whipping cream

2 tablespoons honey

1/2 teaspoon vanilla extract

Use a hand mixer or a Kitchen Aid with the whisk attachment. Add the four ingredients in any order to a bowl and whisk for about two minutes. Layer the whipped yogurt between pancakes and garnish with fresh fruit and granola.



Giovetsi

-Dr. Shawn Krahmer, *College of Arts & Sciences*

“Giovetsi is a typical Greek dish that comes in a multitude of forms - seafood, lamb, beef. I was introduced to it by Fr. Joe Printezis on the island of Syros. Although it is now closed, there used to be a taverna run by an elderly couple that sat on the hill across the soccer field from the Villa (Agios Pavlos) where the students stay during the summer program to Greece. After class, I would meet Fr. Joe up at the taverna at about 9 p.m. for a late dinner.

They made the best beef giovetsi. One year, I finally asked for the recipe, and Fr. Joe translated it for me. The next summer, we learned that the elderly couple had retired and shut the place down. I'm glad I have the recipe. The key to making this taste like you are in Greece is to use whole, fresh tomatoes (not canned), and to locate a salty hard cheese like kefalotiri or kasseri cheese to grate on top.”



Recipe:

Place the following in a 2 quart or larger dutch oven:

- 1.3 lb beef tips or stew beef
- 1/4 C. Olive oil
- 1/2 cup onion

Braise the beef and onion in the oil.

Add 2 cups water. Simmer for 2 hours on low.

Add:

- 4 fresh whole tomatoes, crushed in a food processor
- Splash of red cooking wine
- 1/8 tsp cumin
- 2 whole cloves
- 2 whole allspice
- 2 shakes of cinnamon
- 1/2 tsp sugar
- salt and pepper

Simmer for another hour. Remove allspice and cloves.

Add 1 3/4 C orzo. Simmer, adding water as needed until the orzo is cooked.

Serve with lots of grated hard salty cheese like kefalotiri or kasseri cheese. You may use pecorino romano or parmesan if necessary.



Giovetsi





ITALIAN SESAME COOKIES

-Sara Haines, *Center for International Programs*

Recipe:

Dough:

½ lb. butter

1 c. sugar

⅛ tsp. Salt

3 eggs

1 tsp. Vanilla extract

4 c. flour (sifted)

4 tsp. Baking powder

Sesame seed coating:

1 c. milk

½ lb. sesame seeds

- Preheat oven to 350 degrees.
- Mix all ingredients but the milk & sesame seeds together.
- Roll the dough into small logs.
- Dip dough into milk first, then sesame seeds
- Bake for 20 minutes.



Masala Dosa

-Sagar Pandya, '20

Recipe:

Ingredients:

- Urad Dal - 100 oz
- Rice Flour - 300 oz
- Salt - 8 oz
- Sugar - 8 oz

Preparation Method:

- Wash Urad dal 3 times and soak the water for a minimum 6 hours.
- Grind the Dal with a wet grinder completely like paste. Add a little bit of water at the time of grinding 3- 4 times.
- Take Rice Flour and mix with water and stir it properly. (Make sure that the batter of rice flour is not watery. Make it very tight.)
- Mix dal batter with rice flour paste.
- Add Sugar and salt in the batter and mix them properly.
- For fermentation leave that batter like this for 8 hours at room temperature.
- Heat Your Pan on a Medium Heat. If using cast iron pan, drizzle a few drops of oil and rub it all over with a cut onion
- When the Pan is hot enough, Stir the batter in the Bowl and take a ladle Of batter. Pour it in the center of the hot pan.
- Immediately begin to spread the batter from the center moving your hand in clockwise direction, Making Circles Until you reach the edges. You can make thin or thick dosas with this batter. Add $\frac{1}{4}$ to $\frac{1}{2}$ tsp butter or oil around the edges.
- When it turns slightly brown and well-cooked flip it and cook on the other side.
- We made it finally. it's really tasty with the Coconut Chutney and Potato masala yumiee.....



Portuguese Rice

-Julie Cardinal, *Residence Life*

Recipe:

Ingredients:

- Olive oil
- Parsley
- 1 onion, chopped
- 1 cup crushed tomatoes
- 1 ¼ c. converted rice
- 1 small pkg. fresh mushrooms, sliced
- 1 can chicken broth
- Water
- 1 lb. boneless chicken breast, cut into strips
- Nature's seasoning

Preparation Method:

- Cover bottom of skillet with oil. Sprinkle parsley, salt and pepper on oil. Get oil hot, stirring occasionally.
- Add chopped onion and saute on medium high, stirring continuously until onions are transparent. Add mushrooms and saute a few minutes.
- Add slices of chicken, season with nature's seasoning. Brown on both sides for a few minutes
- Add chicken broth and enough water to make 3 cups of liquid. Add tomatoes and salt & pepper to taste.
- Bring to a boil and add rice.
- Reduce heat, cover and simmer about 30 minutes or until water is absorbed.



Fried Sweet Plantains

-Dr. Rubén Mendoza, *Decision & System Sciences Department*

Recipe:

- Find some ripe plantains. One plantain will feed one person very well.
- Slice off the ends and discard, make a cut along the length of each plantain and peel them
- Slice the plantains lengthwise (cut in half if you prefer) and place them on a plate for frying
- Heat a couple of tablespoons of vegetable oil in a large frying pan on medium-high heat and once the oil begins to shimmer (once it is very hot but not yet smoking) place the slices in the oil to fry on both sides
- Once fried, place them on a plate with dry paper towels to absorb excess oil
- Serve hot and enjoy!

Pro tips from Dr. Mendoza...

“Want to eat them like a Salvadoran?”

- Serve with sour cream or, even better, Salvadoran cream, which you can find at many grocery stores or specialty/ethnic stores (the difference is Salvadoran cream is a little thinner and has a bit of salt, so the taste profile is very different from sour cream)
- Sprinkle a little sugar on top (you’re welcome!)
- Serve them with fresh cheese, scrambled eggs, and fried beans!”

A top-down view of a black bowl filled with dark, saucy fried beans. The beans are garnished with fresh green cilantro leaves and small cubes of white cheese. To the right, a white bowl with a blue rim contains several golden-brown, triangular tortilla chips. The background is a dark, textured surface.

Fried Beans

-Dr. Rubén Mendoza, *Decision & System Sciences Department*

Recipe:

- Peel and cut a large white onion into rings. Separate the rings.
- Open a 15 ounce can (or more!) of black or red beans (don't mix them though), put them in a blender with a quarter cup of water, and blend until they are consistently smooth
- Heat a tablespoon of vegetable oil in a large frying pan on medium-high heat. When the oil is hot (but not smoking), carefully put all the rings into the oil. Stir them around occasionally until they caramelize and start to blacken. Remove onions from oil, keep the oil, and snack on the onions as they cool
- Pour the beans into the oil and fry, stirring often, ensuring the bottom of the frying pan is "cleared" of the layer of beans which begin to harden and stick to the bottom and sides. The key is to reduce the water content of the beans to a consistency that pleases your eye and palate. There is no wrong feel!

Pro Tips from Dr. Mendoza...

- "Serve with crumble cheese or cream (preferably Salvadoran cream) on top
- Serve with fried plantains and scrambled eggs
- Toast some bread and eat them with your fingers!"

“

Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together.”

~ Guy Fieri

