

HERITAGE NIGHT COOKBOOK

One World, One Bancroft



TABLE OF CONTENTS

INDIA: South Indian Potato Curry	3
ARMENIA: Choreg (Armenian Bread)	4
GREECE: Baklava	6
POLAND: Golompkis	8
INDIA: Coconut Chutney	9
COLOMBIA: Colombian Arepas (Cornmeal Griddle Cakes)	10
RUSSIA: Blinchiki (Russian Crepes)	11
DENMARK: Snobrod (Danish Bonfire Bread)	12
INDIA: Thengai Sadam (South Indian Coconut Rice)	13
GREECE: Greek Butter Twists	14
SPAIN: Tortilla de Patatas (Spanish Omelet)	15
ICELAND: Ponnukokur (Icelandic Pancakes)	16
SWEDEN: Swedish Meatballs	17
ISRAEL: My Mom’s Kugel (Noodle Pudding)	18
PORTUGAL: Canja (Chicken Soup)	19
UGANDA: East African Chai	20
JAPAN: Musubi	21
ITALY: Homemade Tomato Sauce with Meat	23
PORTUGAL: Shrimp Mozambique (Camarao Mocambique)	24
GERMANY: Lebkuchen	25
SWEDEN: Swedish Pancake	27
ALBANIA: Byrek (Cheese Triangles)	28
ITALY: Alio e Olio con Pomodoro	30
RUSSIA: Grandma Nelya’s Vinaigrette (Russian Beet Salad)	33
ISRAEL: Potato Latkes for Chanukah	34
PORTUGAL: Sopa de Couve (Kale Soup)	35
PHILIPPINES: Quick and Easy Pancit	36

Questions or concerns? Reach out to us at communications@bancroftpto.org/
Would you like to submit a recipe to our digital cookbook? Email us at the address above
or go to <https://www.bancroftpto.org/heritage-night-digital-cookbook-recipe-submission-form>

SOUTH INDIAN POTATO CURRY



Recipe

Provided By:

Jayashree Mohandes

jayashreemohandes@gmail.com

Country Represented:

India



Ingredients:

- 5-6 large Potatoes
- 1 large red onion (finely chopped)
- 1 tablespoon ginger
- 1 green chile (finely chopped)
- 1 tablespoon turmeric powder
- 1 tablespoon curry powder
- Salt to taste
- SEASONING
- 2 ½ tablespoon oil
- 1 teaspoon mustard seeds
- ½ teaspoon Urad Dal (white lentils)
- A few curry leaves

Notes:

Chili powder can be substituted for curry powder if needed).

Instructions:

- Wash potatoes well, peel skins and cut into small cubes. Keep in water until ready to use to prevent discoloration.
- Heat oil in pan and add mustard seed. When it splutters, add urad dal and curry leaves. When dal turns golden brown, add onion and sauté until translucent.
- Add ginger, green chiles and sauté for a few more minutes
- Drain the water from potatoes. Add chopped potatoes, turmeric powder and salt as needed.
- After 5 minutes, add curry powder or chili powder and cook covered on low stirring from time to time, until potatoes are cooked (make sure to stir frequently to prevent potatoes from burning (you can sprinkle water in between if needed).
- Serve hot with rotis or white rice.

Here's some information on common spices used in Indian Cooking: <https://www.thekitchn.com/11-essential-spices-for-indian-cooking-223152>

A big part of Indian cooking is Lentils – below is a helpful guide to identify them: <https://ministryofcurry.com/indian-pulses/>

CHOREG (ARMENIAN BREAD)



Recipe

Provided By:

Diana Balekian

dianasaryan@gmail.com

Country Represented:

Armenia



Ingredients:

- 2 packets dry yeast
- 1/3 cup warm water
- 2 cups salted butter
- 3 cups whole milk
- 5 lb bag King Arthur flour
- 1 tablespoon mahleb (optional)
- 3 ½ teaspoons salt
- 2 cups sugar
- 8 extra large eggs

For Tops

- 1-2 eggs for egg wash
- 2 tablespoons sesame seeds

Instructions:

- In a small bowl, combine yeast and water and reserve. The yeast should start to bubble up. If it doesn't bubble, the yeast isn't good and should be discarded.
- In a saucepan on the stove, melt butter.
- Once butter is melted, turn off heat and add milk to the melted butter. Set aside.
- While butter is melting, in another very large bowl (such as a lobster pot), combine flour, salt and mahleb if using and set aside.
- In a large bowl, whisk sugar and eggs together and set aside.
- Add the butter/milk mixture, egg/sugar mixture, and yeast/water mixture with the flour in the very large bowl.
- Knead ingredients until completely combined, about 5-10 minutes. Wrap the bowl with plastic wrap (wrap should completely touch your dough to prevent a skin from forming as it rises). Set aside in a warm place for 4 hours to overnight (overnight recommended). The dough should double in size. *(continued next page)*

Notes:

Cooking tip: Cut enough parchment paper for all batches of choreg. After the first two baking sheets go in the oven, continue forming choregs and placing them on the parchment. This will allow time to rest and rise while the other batch is cooking.

When the other batch comes out of the oven, remove choregs to a baking rack and place the next parchment (carefully) on the baking sheet

Source:

<https://whitecoatpinkapron.com/choreg/>

- Once the dough has doubled in size, punch it down once and let it sit covered in a warm spot for an additional 30 minutes.
- Line cookie sheets with parchment paper and preheat the oven to 375° degrees.
- Take a small handful of dough, and roll it out into a log about ½ inch thick. You can flour the surface of your hands to help if dough is sticky.
- Tie the dough into a knot and place it onto a cookie sheet. Repeat with all the dough; depending on how big your choregs are, you will need to do this in batches and need 5-6 cookie sheets. Leave at least 1-2 inches between choregs. Let choregs sit on cookie sheet for 30 minutes.
- Beat 1-2 eggs with a splash of water or milk for the egg wash. Brush tops and sides of choreg with egg wash, and then sprinkle with sesame seeds.
- Bake for 20-25 minutes, rotating once, or until tops just turn brown.
- Remove pan from oven. Carefully slide the parchment paper off the baking sheet and cool choregs on parchment.
- Once completely cooled, store in airtight storage bags or containers. They should keep for about 1 week at room temperature, or can be frozen for 3-4 months.

BAKLAVA



Recipe

Provided By:

Felicia Lazarakis

Felicia.lazarakis@andoverma.us

Country Represented:

Greece



Ingredients:

Syrup

- 2 cups sugar
- 1 ½ cups water
- 1 tablespoon lemon juice
- 2 inch piece of lemon rind
- 2 inch piece of orange rind

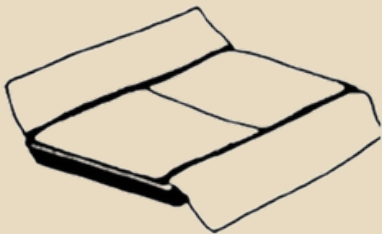
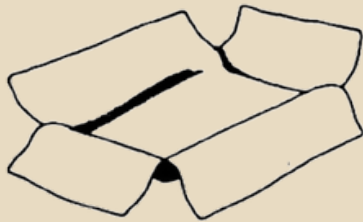
Filling

- 4 cups coarsely ground walnuts
- 2 cups coarsely ground almonds
- 4 tablespoons sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 1 pound unsalted butter
- 1 pound filo dough

Makes 60 pieces.

Instructions:

- Preheat oven to 325°.
- Prepare syrup by combining sugar and water in a small saucepan. Bring to a slow boil, stirring occasionally until sugar is dissolved. Add lemon juice and the rinds and cook over medium heat for 10 minutes. Remove from the heat and reserve.
- Combine nuts, sugar, cinnamon, nutmeg and cloves together in a large bowl. Stir 3 tablespoons of melted butter into mixture.
- Unwrap filo dough and place between sheets of waxed paper. Cover with a slightly damp towel to prevent dough from drying out.
- Brush bottom and sides of 12-by-18 inch jelly-roll pan with melted butter. Place 6 filo sheets on the bottom of the pan, brushing each sheet with melted butter as it's placed in the pan.
- Take 4 filo sheets and place in the pan, allowing 1 sheet to overlap on each of the 4 sides of the pan.
- Brush the overlapping filo sheets with melted butter.
- Pour 2 cups of nut mixture into the filo-lined pan and spread evenly over filo layers. Fold over the overlapping filo sheets, brushing with butter to envelop the nut filling. *(continued next page)*



- Repeat instructions given in the last 2 paragraphs two more times. This will give you 3 nut layers.
- Top the pastry with the remaining filo dough, brushing each sheet with melted butter and very generously brushing the top layer of filo dough.
- Use the pastry brush around the pan. Tuck filo to form a neat edge. Score through the top layers of pastry with a sharp pointed knife (do not go through to the bottom layers). Score into 6 strips lengthwise, then cut 10 strips diagonally to form diamond shaped pieces. Pour the remaining butter of the top of pastry.
- Wet your hands with water and sprinkle drops of water over the top of pastry (this keeps the filo from flying off during baking).
- Bake pastry for 1 hour. If pastry is golden and more baking time is required to complete the hour, lay a sheet of aluminum foil loosely over pastry and complete baking time.
- Remove pan to a rack and let it rest for 5 minutes. Carefully spoon the cool syrup over the pastry and allow to stand at least 3 hours or overnight to absorb the syrup evenly. Loosely cover pastry with foil when it is completely cooled.
- Cut through the scored pieces to serve.

GOLOMPKIS



Recipe

Provided By:

Stephanie Barry

slbarry10@gmail.com

Country
Represented:

Poland



Ingredients:

- 1 ½ cup minute rice
- 2 – 3 oz salt pork
- 1 medium onion, chopped
- 1 lb ground beef
- 1 lb ground pork
- large cabbage leaves
- salt & pepper to taste
- Ketchup or marinara sauce (optional)

Notes:

This is my grandmother's recipe, one which my family adores and we cook in her honor at least twice a year. Every time there is a great debate over what it should be served with ketchup or marinara sauce. I leave it to you to choose, but since I'm the contributor allow me to be biased – go with the marinara!

Instructions:

- Core cabbage and place in pot of boiling water until leaves are tender and easily removed. Set aside.
- Cook rice and set aside.
- Cut salt pork in tiny cubes and render down until thoroughly cooked.
- Add chopped onion and sauté lightly.
- Mix salt pork, onion mixture with rice, ground beef and ground pork. Add salt and pepper.
- Place approximately 2 tablespoons of meat mixture in a cabbage leaf, fold in sides and roll.
- Place in baking dish and add ¼ to ½ inch of water.
- Cover with remaining cabbage leaves.
- Cover pan with aluminum foil and bake at 375° for 45 minutes.
- Uncover and bake for an additional 30 minutes.
- Serve immediately with either ketchup or marinara.

COCONUT CHUTNEY



Recipe
Provided By:

Kumudha Ramaswamy
kumudha.ramaswamy@honeywell.com

Country
Represented:

India



Ingredients:

- ½ cup frozen shredded coconut
- 1 ½ cup Chutney dal (Roasted/Split Chickpeas)
- ½ cup Cilantro
- 2 Green Chiles
- Small piece of Ginger
- Water

Instructions:

- Grind all ingredients together with water (so it's not too thick or too thin).

COLOMBIAN AREPAS (CORNMEAL GRIDDLE CAKES)



Recipe

Provided By:

Andrea Famiglietti

andrea.famiglietti@andoverma.us

Country

Represented:

Colombia



Ingredients:

- 2 cups Goya yellow cornmeal
- (Masarepa/Harina de Maiz Amarilla)
- 1 teaspoon salt
- 2 cups warm water
- 1 teaspoon oil
- Butter for griddle
- 1 cup shredded mozzarella cheese

Notes:

This Colombian staple is often eaten with breakfast, alongside Huevos Pericos (Scrambled eggs with onions and tomato). It is also part of the "bandeja paisa" which is a very hearty meal consisting of a platter of "carne asada" (grilled steak) or "carne molida" (ground beef), beans and rice, "rlicharron" (crispy pork rinds), avocado and a fried egg. The arepa rounds off this meal as the bread.

Instructions:

- Heat a griddle or heavy bottom frying pan.
- In mixing bowl, combine the corn meal and salt. Then pour warm water into the flour. Mix ingredients all together. Use hands to form mixture into dough. The dough should be smooth and easy to shape. You can dip your hands in water if the dough is getting stuck to your hands.
- Take a piece of dough about the size of an egg and roll it into a ball in your hand. Then flatten the dough on your palm, so it's 4-5 inches in diameter and about a half inch thick.
- Take a tablespoon of cheese and place it in the middle of the patty. Fold over the edges of the patty to cover the cheese completely.
- Put a little oil or butter on the griddle. On medium heat, cook arepas on each side until they are golden brown and crispy on outside. The inside of the arepa gets very hot and sometimes the cheese oozes out, so it cooks right on the griddle too. It's so delicious!

The recipe below is basically the one from the back of the Goya yellow corn meal that can be purchased at Market Basket. I make a few without cheese for one of my kids who has a dairy allergy, but I make the rest with mozzarella cheese stuffed inside.

RUSSIAN CREPES (BLINCHIKI)



Recipe

Provided By:

Marina Pozhogina

pozhogina@gmail.com

Country Represented:

Russia



Ingredients:

- 4 eggs
- 2 cups milk
- 3 tablespoons sugar
- ½ teaspoon salt
- 2 cups all purpose flour
- Unsalted butter for spreading
- Any vegetable oil for pan

FOR SERVING:

- Sour cream or sweetened condensed milk
- Jam

Instructions:

- In a medium bowl, whisk together eggs, milk, sugar, and salt.
- Mix in flour, 1/4 - 1/2 cup at a time, until a runny batter forms. Let rest for about 15 minutes.
- In a 10 inch skillet or pan, rub a little oil and heat over medium to high.
- Once thoroughly heated, add 1/4 - 1/3 cup batter to the center and immediately tilt the pan in a circle to coat the bottom in a thin layer.
- Cook until bubbles begin to form and the bottom turns golden, about 1 minute.
- Flip and cook until the other side is golden, 30 seconds to 1 minute. Remove to plate.
- Rub crepe with butter. Rub the pan with more oil if needed and repeat with remaining batter.
- Serve immediately with sour cream and jam or sweetened condensed milk.

DANISH BONFIRE BREAD (SNOBROD)



Recipe

Provided By:

Michael Jensen

michaelvangsted@yahoo.com

Country

Represented:

Denmark 

Ingredients:

- 1 ¼ cup water
- 1 oz fresh yeast
- 2 teaspoons sugar
- 2 teaspoons salt
- 1 lb. all purpose flour

Notes:

The bread is typically something that kids love to make and is a fantastic way of getting “hygge” into a night around the bonfire. There is just something great about sitting around the bonfire, feeling the heat from it and baking some bread which is twisted around sticks found in nature.

<https://nordicfoodliving.com/danish-bonfire-bread-snobrod/>

Instructions:

- In a large bowl, add water and dissolve yeast in it. If using dry yeast, add this together with flour in step 2.
- Add all-purpose flour, salt and sugar. Knead everything into a smooth dough.
- Let dough rise for a minimum of 30 – 45 minutes.
- Roll large and thin braid “sausages” and twist them around a long wood stick (may be cut from a tree).
- Finally, bake the bread over bonfire. You get the best twist bread by baking over hot embers.

SOUTH INDIAN COCONUT RICE (THENGAI SADAM)



Recipe

Provided By:

Jayashree Mohandes

jayashreemohandes@gmail.com

Country Represented:

India



Ingredients:

- 2 heaping cups cooked rice
- 1 cup fresh grated coconut *

SEASONING

- 1 tablespoon oil
- 1 teaspoon mustard seed
- ½ teaspoon cumin seeds (optional)
- ½ tablespoon Channadal/Yellow Lentil
- 2 teaspoon Urad dal
- 2 dried red chiles
- A few curry leaves
- 1 inch piece Fresh Ginger (finely chopped or slivered)
- A pinch of Asofoetida/Hing
- 8-10 Cashew nuts
- Salt

Notes:

* If using frozen coconut, follow thaw instructions on package.

Prep (10m), Cook (10m), Serves 2

Instructions:

- Cook rice in such a way that grains are separate.
- Add a teaspoon of oil (any cooking oil) to the cooked rice and spread the rice on a plate to cool (you can use regular white or basmati).
- Grate fresh coconut (recommended) or thaw frozen coconut.
- Heat oil in a deep pan, then add mustard seeds and cumin seeds (optional). When it splutters, add channa dal, urad dal and red chiles. (Add channa dal first as it will take time to roast, then add urad dal).
- When dal changes color slightly, add green chiles, ginger, Asofoetida, curry leaves and cashew nuts.
- Saute until cashew nuts turn golden brown. (Remove red chiles when sautéing cashew nuts; add back in once sautéing is complete).
- Add grated coconut and sauté for a few minutes. Add salt as needed and mix well (turn off heat).
- Fluff cooked rice with fork and add it to the prepared coconut mix. Combine cooked rice with coconut mix.
- Serve hot with chips or potato curry.

GREEK BUTTER TWISTS



**Recipe
Provided By:**

Elena Giammarco

elena.giammarco@yahoo.com

**Country
Represented:**

Greece



Ingredients:

- 1/2 lb unsalted butter
- 4 eggs (4 yolks / 3 whites)
- 1 1/2 cup sugar
- 4 tsp baking powder
- 1 1/2 tsp vanilla
- 1 sm jigger brandy
- 5 c flour

Instructions:

- Cream butter well. Add egg yolks one at a time and beat well.
- Gradually add sugar, brandy & vanilla. Beat well.
- In separate bowl, beat the egg whites until stiff and fold into sugar/ butter mixture.
- Mix the baking powder into 4 cups of flour. Gradually add to the mixture until you can no longer work it with a wooden spoon.
- Add remaining cup of sugar, kneading the dough with your hands. A workable dough consistency is when you can take a small piece and roll into a rope and shape it into twists. Do not add too much flour; if the dough is hard it will not roll.
- Preheat oven to 350°. Pinch off pieces of dough and roll on a pastry board to form twists. Place on a cookie sheet and brush with a beaten egg.
- Sprinkle with sesame seeds if desired. Bake 12-15 minutes until lightly browned.

SPANISH OMELET (TORTILLA DE PATATAS)



Recipe
Provided By:

Myriam Carillo

luisandmyriam@gmail.com

Country
Represented:

Spain



Ingredients:

- 2-3 medium potatoes
- 4 eggs
- salt
- olive oil

Instructions:

- Peel and dice the potatoes.
- Add salt and fry the potatoes in a frying pan with warm olive oil (the oil should almost cover the potatoes).
- When the potatoes are done, take them out of the pan.
- Beat the eggs in a large bowl.
- Mix fried potatoes and beaten eggs.
- Cook in a pan (low heat) for a few minutes, then flip it and cook the other side a few more minutes.
- Enjoy it!

PONNUKOKUR (ICELANDIC PANCAKES)



Recipe

Provided By:

Joan Calhoun

JoanCalhoun@yahoo.com

Country Represented:

Iceland



Ingredients:

- 1 ½ cup milk
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon lemon extract
- 2-3 tablespoons melted butter
- 1 cup flour
- 1 teaspoon baking powder
- Powdered sugar

Instructions:

- In a blender, combine milk, eggs, lemon and vanilla extract.
- While blender is running, add flour and baking powder. Blend until smooth. The consistency of the batter should be that of heavy cream.
- Heat Ponnukokur Pan well (droplets of water will dance on its surface when ready).
- Generously butter the surface of the pan. Put batter in large bowl. Have dinner-sized plate and sugar shaker ready for when Ponnukokur come off the pan.
- Ladle batter onto the pan and rotate the pan to cover it with batter. Pour excess batter back into the bowl.
- Fry, turn over and transfer to plate stack.
- Lightly sugar each pancake.
- You can customize each pancake by using different toppings such as whipped cream, fruit, jelly or chocolate.

SWEDISH MEATBALLS



Recipe
Provided By:

Sandis Wright
wrightsandis@gmail.com

Country
Represented:

Sweden 

Ingredients:

MEATBALLS:

- 2 lb. Ground Beef and Pork
- ¼ cup chopped Parsley
- 1 large white or yellow Onion, chopped
- 2 Eggs
- 1 ½ cup breadcrumbs (or 3 slices of bread, crusts removed, cut into small pieces)
- ¼ cup Milk
- 2 tsp kosher Salt
- 1 tsp Pepper
- 1 tsp Nutmeg
- 1 tsp Cardamom or Allspice
- Butter

GRAVY:

- 1 tbs butter
- 1 tbs Worcester Sauce
- ½ cup Sour Cream
- 2 tbs flour
- 1 1/3 cup Beef or chicken broth
- 1 – 2 tsp yellow mustard
- Salt and pepper

Instructions:

MEATBALLS:

- Sauté onion in butter until translucent.
- Mix onions with remaining ingredients. Use more milk if too dry.
- Chill for an hour then roll mixture into small balls (1 ¼ - 1 ½ inch wide).
- Brown meatballs on both sides in same pan used as onions/butter.
- Once meatballs are browned on all sides and are cooked through, remove and set aside.

GRAVY:

- Melt butter then add flour until it turns golden brown.
- Whisk in broth slowly, then add remaining ingredients.
- Lower heat until gravy thickens.
- Combine meatballs with gravy and serve (or keep warm in a slow cooker).

MY MOM'S KUGEL (NOODLE PUDDING)



**Recipe
Provided By:**

Nancy Snow

luisandmyriam@gmail.com

**Country
Represented:**

Israel



Ingredients:

- 1 package egg noodles (medium)
- 4 eggs
- ¾ lb (12 oz) cream cheese
- 1/2 cup sugar
- ¼ lb (½ cup) cottage cheese
- 1 stick margarine
- 1 tablespoon farina-cream of wheat
- ½ pint (1 cup) sour cream
- 1 teaspoon baking powder
- Salt

Instructions:

- Cook noodles.
- Beat together cheeses, sour cream, eggs, sugar and salt. Add to drained noodles.
- Mix in farina and baking powder.
- Melt margarine in 13x9 pan in 350° oven.
- Pour ingredients into pan and bake 1 hour or until top is crispy and brown.

CHICKEN SOUP (CANJA)



Recipe
Provided By:

Jessica Mendonca
(Thompson)

jshenandoah85@gmail.com

Country
Represented:

Portugal



Ingredients:

- 2 Chicken breasts
- 1 Onion, peeled and cut in half (may use 1 Tbsp of Dried Onion as substitute)
- 1 Tsp Minced Garlic
- ¾ Cup of Lemon Juice (extra slices to squeeze in the bowl of soup if desired)
- 1 Cup of Rice (Jasmine or other white rice)
- 2 Egg Yolks
- 1 Tbsp Salt (more to taste)
- 1 Tbsp Pepper (more to taste)

This soup is my family's favorite cold/illness remedy!

Instructions:

- In a pot, add chicken and cover with water (enough to cover chicken breasts about an inch above the chicken) with the onion, garlic, salt and pepper
- Boil the chicken for about 30-40 minutes on Medium Heat.
- Once chicken is cooked, remove chicken from water and place on a chopping board. Remove the Onion and discard. Add rice and continue cooking. Chop the chicken in small chunks or shred. Add chicken back to the pot and continue cooking with the rice until rice is cooked.
- Once rice is cooked, whisk egg yolks, lemon juice and a ladle of broth from the pot in a small bowl. Add the yolk/lemon juice mix to the pot of soup slowly, stirring as you mix it in.
- Continue cooking for 2-3 minutes. Add salt and pepper if needed to adjust the taste.
- Serve with lemon slices to add additional lemon juice if desired.

EAST AFRICAN CHAI



**Recipe
Provided By:**

Michelle Baguma
michellehayesbaguma@gmail.com

**Country
Represented:**

Uganda



Ingredients:

- Milk
- Water
- Loose-leaf black tea (strong Lipton tea bags also work)
- Tea Masala (purchase on Amazon or at most Indian/African markets)
- Sugar
- Mesh strainer

Notes:

Purchase Tea Masala on Amazon at this link (<https://www.amazon.com/Tropical-Heat-Kenyan-Tea-Masala/dp/B004FN8H1W/>)

Alternatively, make your own spice mixture as a replacement for the Tea Masala:

2 tsp. ground cinnamon
1-2 tsp. ground ginger
1 tsp. ground cloves
1 tsp. ground cardamom
½ tsp. nutmeg
¼ tsp. ground black pepper

Instructions:

- In a pot, combine equal parts milk and water. For a more authentic version, use whole or 2% milk.
- Add a pinch or teaspoon (or two, depending on how much tea you're making and how spicy you like it) of tea masala. This is what gives the chai its yummy, aromatic flavor.
- Heat mixture over a medium heat, watching it carefully so it doesn't boil over and giving it an occasional stir. Bring the mixture to a simmer, and add loose-leaf black tea, approximately one teaspoon per cup of liquid.
- Allow it to steep on low heat for 5-8 minutes or until tea reaches desired strength. You are looking for a nice tan color.
- Strain tea through a fine, mesh strainer into individual glasses or into a thermos.
- Sweeten your cup of chai with sugar before drinking. Raw cane sugar is best.

MUSUBI



**Recipe
Provided By:**

Marisela Ramos

mramos@andover.edu

**Country
Represented:**

Japan



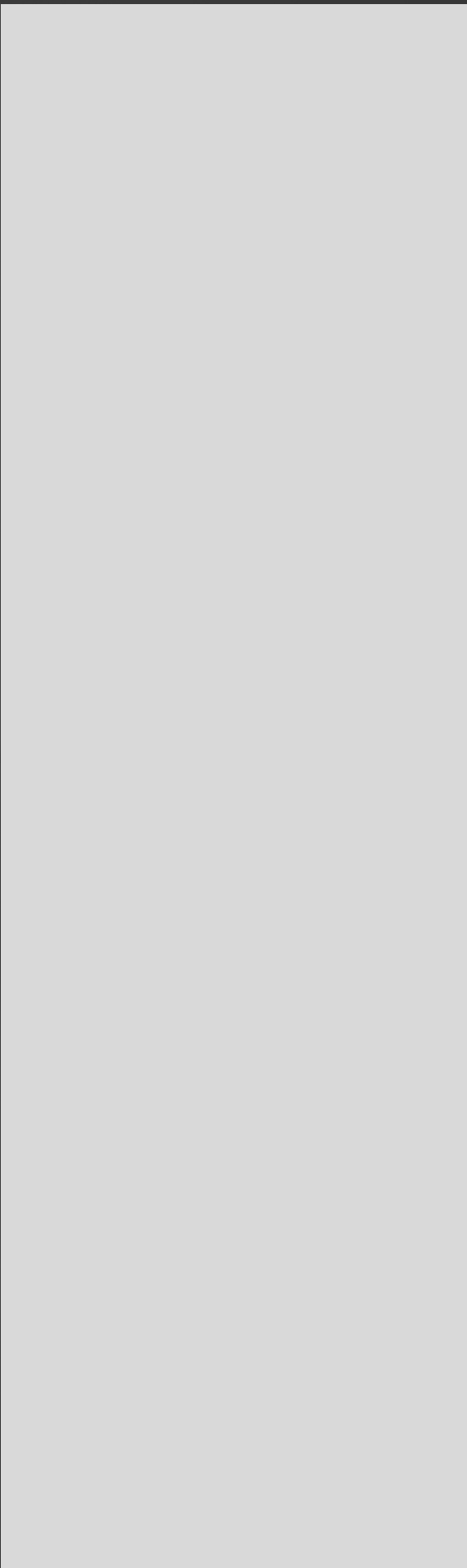
Ingredients:

- 2 tablespoons soy sauce (shoyu)
- 2 tablespoons light brown sugar
- 1/2 teaspoon mirin (optional)
- 1 to 2 teaspoons neutral oil
- One 12-ounce can Spam Less Sodium, cut horizontally into 8 slices
- 3 sheets roasted sushi nori, cut into thirds crosswise
- 2 teaspoons furikake
- 5 to 6 cups cooked short-grain rice

Instructions:

- In a small bowl, whisk the soy sauce, brown sugar, and mirin (if using) together. Set aside.
- Lightly coat the bottom of a large skillet with the oil and heat over medium heat. Fry the Spam slices until evenly browned and crispy, 2 to 3 minutes on each side.
- Pour in the soy mixture and quickly turn the Spam slices to evenly coat them. The mixture will cook down in less than a minute, so don't walk away for this part or your glaze may burn. Immediately transfer the Spam slices, with glaze, to a plate.
- Place a strip of nori, rough side up, on a cutting board or clean work surface. Place the Spam musubi maker mold over it, in the middle, then place a slice of Spam in the mold. Alternatively, if you don't have a mold, you can line a cleaned Spam can with plastic wrap instead.

(continued next page)

- 
- Sprinkle $\frac{1}{4}$ teaspoon furikake over the Spam, then fill the mold with a generous mound of rice. Press the rice firmly with the musubi maker press until it is $\frac{3}{4}$ to 1 inch thick, adding more rice as necessary.
 - Use the press to hold the rice down with one hand and pull the mold upward to unmold the musubi with your other hand. If you're using the Spam can, simply pull the plastic wrap from the can to unmold. Wrap the nori around the Spam-rice stack, bringing both ends of the strip to the middle, folding one over the other, and flipping it over so the seam is down, the Spam is facing up.
 - Repeat with the remaining ingredients.
- Serve
- immediately or wrap with plastic wrap to take with you on the go.

HOMEMADE TOMATO SAUCE WITH MEAT



Recipe

Provided By:

Elena Giammarco

elena.giammarco@yahoo.com

Country Represented:

Italy



Ingredients:

TOMATO SAUCE

- 1 whole onion (peeled)
- 1 large can kitchen ready tomatoes + 1 can of water
- 1/4 tsp fresh ground pepper
- Spring fresh rosemary
- 2 bay leaves
- 4 basil leaves

MEAT

- 1 lb meatball mix
- 1 egg
- Breadcrumbs
- pinch of salt & pepper
- 2 minced garlic cloves
- olive oil
- 2 Sweet Italian sausages, cut in thirds
- 1 inch thick piece of pork loin
- 1 chicken breast cut in 3-4 large pieces
- Optional: 1 pc of lamb (will give sauce a more intense flavor)

Instructions:

MEATBALLS

- Lightly sauté the garlic cloves in olive oil.
- Combine the meatball mix, egg, breadcrumbs, pinch of salt & pepper, garlic and olive oil mixture: roll to make meatballs in the size you like.

SAUCE

- In a deep skillet, sauté the onion and the meat (meatballs, sausages, pork loin, chicken and lamb (optional) on all sides until browned. You may have to work in batches. Set the browned meat and onion aside on a platter.
- In a large saucepan, combine all the ingredients for the tomato sauce. Let come to a boil.
- Add the meat and the onion to the boiling tomato sauce. Reduce heat and simmer.
- Let simmer for about 2 hours – 1st hour covered, 2nd hour uncovered.

SHRIMP MOZAMBIQUE

(CAMARAO MOCAMBIQUE)



Recipe
Provided By:

*Jessica Mendonca
(Thompson)*

jshenandoah85@gmail.com

Country
Represented:

Portugal



Ingredients:

- 3 Tbsp Butter
- 3 Tbsp Olive Oil
- 1 Cup Water
- 3 Tbsp Minced Garlic
- 2 Onions (Chopped)
- 4 Tbsp Parsley (Chopped)
- 2 packets of Goya Saffron seasoning "Sazon Goya con Azafran"
- 1 $\frac{3}{4}$ Cups of Dry White Wine (non-alcohol wine may be used)
- $\frac{1}{4}$ Cup Lemon Juice
- $\frac{1}{4}$ Tsp Pepper
- $\frac{1}{4}$ Tsp Salt
- $\frac{1}{4}$ Tsp Cumin
- $\frac{1}{2}$ Tbsp Hot crushed red peppers
- 2 lbs of shrimp (peeled and de-veined) (Frozen or thawed)

Instructions:

- In a large pot or deep fry pan, melt the butter and olive oil on medium-low heat. Cook the onions until they turn light golden.
- In another bowl, mix the water, saffron seasoning, garlic, crushed red pepper, parsley, white wine, lemon juice, cumin, salt and pepper. Add this blend to the pan and simmer uncovered for about 5 minutes.
- Add shrimp and cook for 3-4 minutes on medium heat if thawed, 5-7 minutes on medium heat if frozen or until shrimp turns pink.
- Serve with your favorite bread to dip in the juice.

LEBKUCHEN



Recipe

Provided By:

Katie Carbone

katietraut@gmail.com

Country Represented:

Germany 

Ingredients:

- 1 2/3 cups brown sugar
- 2/3 cup milk
- 1/2 cup water
- 1/2 cup butter
- 3 1/3 cup unbleached all-purpose flour
- 1 tablespoon gingerbread spice mix or a mix of ground cinnamon, ginger and cloves
- 1/2 teaspoon salt
- 3/4 teaspoon baking soda
- 1 egg white
- 2 1/2 tablespoons liquor like brandy, rum, or vodka
- nuts and seeds for decoration

For Brushing:

- 2 egg yolks
- 1 tablespoon water

Instructions:

- In a saucepan heat brown sugar, milk, water and butter on medium heat. Stir to combine until the butter is melted and the sugar dissolves. Take off heat as the mixture just starts to come to a boil.
- Add flour, gingerbread spice mix and salt and stir with a wooden spoon or spatula until combined.
- Return saucepan to the stove. Continue heating the dough while stirring until it thickens and starts to pull away from the sides.
- Set saucepan aside in a cool place (outside if you live in a cold climate) until the dough is no longer hot so it won't cook the egg white in the next step.
- But don't chill so long that the dough gets too stiff to stir.
- In the meantime, beat the egg white until stiff.
- When the dough is cooled, stir/knead in the stiff egg white, baking soda and liquor.
- Prepare several sheets of parchment paper. Divide the dough into 4 portions. Place each dough portion on a piece of parchment. Place another parchment paper sheet on top and roll the dough out to a disc of about 1/4 inch thickness. **(continued next page)**

Notes:

These spicy gingerbread-like cookies, which originated in Nuremberg, Germany in the 14th century, are perfect with a cup of tea or coffee during the cold winter months.

- Place the rolled out Lebkuchen dough discs in the freezer or fridge until thoroughly chilled through.
- Preheat your oven to 350° F and prepare two baking sheets.
- Flour your work surface. Then take one chilled dough sheet at a time and, adding only as much flour as needed to keep it from sticking, roll to about 1/8-inch thickness.
- Cut out desired shapes. Dip the cookie cutter in flour between cuts. Place the cookie cut outs on a baking sheet and decorate with nuts and seeds, if desired.
- Bake one sheet at a time for about 15 minutes. Smaller shapes may bake faster, larger ones take longer. The cookies are done when the tops are opaque and the bottoms slightly browned.
- In a small bowl whisk together the egg yolks and water. Pull the finished cookies from the oven, and immediately brush each cookie with a thin layer of the egg wash.
- Transfer the cookies to a wire rack to cool completely. Store in an airtight container. Cookies also freeze well in Ziploc bags or airtight containers.

SWEDISH PANCAKE



**Recipe
Provided By:**

Averill & Maisie Wenson
kerriwenson@gmail.com

**Country
Represented:**

Sweden 

Ingredients:

- 6 eggs
- 1-cup flour
- 1-cup milk
- Dash of salt
- 1/4 cup butter

Instructions:

- Preheat oven to 400 degrees.
- Melt butter in a 9"x13" pan.
- Combine ingredients in a bowl, using a wire whisk, beating until frothy.
- Pour mixture over the melted hot butter.
- Bake for 20 minutes.
- Cut into 6 or 8 squares.
- Serve with a variety of toppings (lingonberry, maple syrup, vanilla socker, etc.)

BYREK (CHEESE TRIANGLES)



**Recipe
Provided By:**

Ilira Crilli

ilira.ibrahimi@yahoo.com

**Country
Represented:**

Albania



Ingredients:

Dough:

- 1 1/2 cups (180g) King Arthur Unbleached All-Purpose Flour
- 1/8 teaspoon table salt
- 1/4 cup + 2 tablespoons (85g) water, warm
- 2 tablespoons (25g) extra-virgin olive oil

Filling:

- 1 large egg
- 1 1/2 cups (227g) feta cheese, crumbled
- 1/4 cup (57g) milk, whole preferred
- 2 tablespoons (14g) King Arthur Unbleached All-Purpose Flour
- 1 tablespoon (14g) extra-virgin olive oil
- 3 tablespoons (35g) extra-virgin olive oil, to brush on dough before filling

Topping:

- 1 large egg, beaten; or 1/4 cup (57g) egg substitute

Instructions:

- To make the dough: Mix the flour, salt, water, and olive oil in a large bowl, and stir until the dough forms. Transfer to a lightly floured work surface and knead until the dough is smooth, elastic, soft, and doesn't stick to your fingers, about 5 minutes. Return the dough to its bowl, cover, and let it rest for 10 minutes.
- To make the filling: Crack the egg into a medium bowl and whisk lightly. Whisk in the feta cheese, milk, flour, and 1 tablespoon olive oil.
- Preheat the oven to 375°F. Line a baking sheet with parchment paper.
- To assemble: Turn the dough out onto a lightly floured work surface. Divide the dough in thirds. Working with one piece at a time (keep the rest covered), use a floured pin to roll the dough into a very thin 12" square. If the dough resists as you're rolling it, let it rest a few minutes before proceeding. *(cont. next page)*

Notes:

This flaky, savory pastry is a traditional Albanian recipe. Paper-thin layers of a simple dough are filled with a mixture of salty cheese, milk, and egg.

- Brush the square with a tablespoon of olive oil. Cut the dough into four even strips, 3" wide. Place a strip vertically, with a short end facing you.
- Put 2 tablespoons of the filling at the top of the strip, about 1" down from the top and 1" in from the right edge.
- Lift the upper left-hand corner of the strip and fold it down and diagonally over the filling to meet the right edge of the dough, forming a triangle.
- Fold the triangle of covered filling down, much like folding a flag, to encase it in another layer of dough.
- Fold that triangle over on the diagonal to line up with the left side of the dough strip. Continue with these two motions until you reach the end of the strip.
- Place the triangle seam-side down on the prepared baking sheet. Repeat the process with the other three dough strips; then repeat with the remaining two pieces of dough.
- To finish and bake: Brush the triangles with the beaten egg. Bake them for 30 to 35 minutes, until they're deep golden brown. Remove them from the oven and cool for at least 15 minutes before serving. Store any leftovers in the refrigerator.

ALIO E OLIO CON POMODORO



Recipe
Provided By:

Judge Dice

judgedice@gmail.com

Country
Represented:

Italy



Ingredients:

- More garlic than you're comfortable with
- Too many tiny tomatoes than you want to cut in half
- 1 box (1 lb) De Cecco Linguine Fini no. 8.
- Fresh large leaf parsley, like, a bunch
- Enough chili flake (crushed red pepper) to push you to your limits
- Olive oil
- An uncomfortably large chunk of Kerrygold butter
- Fresh grana padana cheese (fresh Parmesano Reggiano is an expensive substitute)

Instructions:

- Prepare your De Cecco Linguine. Start by finding any other brand of pasta and just to make sure you don't accidentally use it in this recipe, store it in the safest possible place, likely your garbage receptacle.
- Boil enough water to fit the pasta, adding more salt to this than you think is right. How much water? Much less important than people think - 4X the amount of water than pasta is what Mario Batali and plenty of other traditionalists thinks is right, but mathematically it just doesn't matter. Make sure you don't throw out the pasta water when the noodles are done (I say "done" but really you should take that pasta out when your stomach is at its tightest because you're nervous that it's too early. That's al dente). OH, right, how much salt? Get a box of kosher salt (or any other pourable salt. If you use a shaker here you'll be there for 20 minutes) and pour it into a small dish/ramekin. Use all your fingers except your pinky and pinch as much salt as you can and put it in the water. Do that three times. That's how much salt. Keep that ramekin of salt nearby.

- Take about 4 peeled cloves of garlic and crush them with the flat side of a large knife so they're broken but not in tiny pieces. Put your largest pan (this doesn't need to be a non-stick pan. Those are for low temperature things like eggs or other eggs. This pan is gonna get hot!) on the stove and pour enough olive oil in to nearly cover the bottom of the pan. Throw the crushed garlic in there and put on the heat to lowish. If you use a laser thermometer in your house, you want that thing to read about 127 degrees or so. Seriously though, you just want to heat the oil with garlic, not toast the garlic, so watch it. Once you see the oil start to move like a Mediterranean shoreline, turn that garlic over (it can start to brown but you don't want it to crisp up) and let the other side get into the oil a bit too. Once the garlic is starting to brown, take it out of the oil (Don't throw it away. Depending on how much water you put on, it might start to boil right around now. We'll get to that in a minute.
- Your carton of cherry tomatoes should be cut in half (each tomato, not the carton!) by now so you can turn the heat up on the oil in your pan (now it's garlicky oil) to close to Yikes that's hot! and drop in the tomatoes. Get another pinch of salt (just three fingers this time) and spread that into the pan with the tomatoes. If there is no sound, that's good, then you've been using the right amount of heat to infuse your oil. It's going to start making noise soon. If putting the tomatoes in the pan sounded like a TV cooking show scene where everyone suddenly has to raise their voice just to be heard, then your pan was too hot. You're fine, just keep that temperature. Do it better next time.
- Throw your De Cecco pasta into the water now. Don't break it. Don't worry that it sticks out of your pot at first. After 2 or 3 minutes, fold it down into the water and stir it up a bit.
- Get back to those tomatoes. You'll need to keep your spoon on those, turn, crush, mix, move. They'll effectively "melt" into the oil while the pasta cooks. By now the oil should be making some noise, it doesn't like to party with all that water in the tomatoes, but you'll cook it into submission. At this point, you can throw that garlic back in the pan if you want (depends on how much you like garlic) - chop it up or just throw the broken cloves right back in. Now's the time too to add the chili flake if you want this to be really exciting. You can forgo them if you're going to feed it to small children or my parents. If you don't know how much chili flake you want in there, I'm not going to take responsibility for telling you.
- Did I mention you need to use your largest pan? You're gonna throw that pasta in with the oil and tomatoes pretty soon, I hope it fits. By now the pasta should be about ready, take out a strand, put it on the counter or cutting board and taste it. Should be a little salty and tough to bite through but not audibly crunchy. You'll have to listen for this in your own mouth. Before you drain the pasta, use something to get some of it out of the pot and add it to the tomatoes, just a big spoonful or a ladle. That's gonna be loud, be careful not to burn yourself or anyone else really. Get some more water out of that pot and save it, maybe a cup's worth. You might use it. Now drain the pasta in a colander or however you drain pasta. I won't judge.

- OK now your tomatoes are fully melted into the oil because you've been working them with a spoon for 10 - 15 minutes and all you see is a pool of sauce with some cherry tomato skins. Get that butter, it's up to you, but I'd throw in half a stick's worth. If you are using Kerrygold though, like I told you to (unsalted!), then it might be one of those half pound blocks. Boy you could make this really good and throw in half of that (!) but you might feel just too uncomfortable with that so, you know, half of a half there.
- Once that butter is melted a bit, see if that pan looks like it has enough sauciness to cover all your pasta. I don't know how to tell you how to judge this, I've just been doing it for 15 years or so. You'll be fine though, BANCROFT PTO HERITAGE NIGHT eCOOKBOOK – 2022 , 30 too little and it will still come out tasty, but you'll say to yourself, "next time I'm gonna add more pasta water." Try to imagine that scenario now and make it look saucy enough.
- Now throw your pasta in there and get it all incorporated. Drop in that bunch of parsley, about a handful of clean (not sandy) chopped large leaf parsley, get that mixed in good too.
- Use tongs to mix this all together really well, the parsley should be evenly spread around the noodles and there shouldn't be a pool of anything in the pan, the noodles soak it all up. This is on purpose.
- Do your best to twirl the noodles with the tongs into proper pasta bowls for everyone. That's a shallow bowl that prevents you from needing a spoon to twirl pasta. That's right, you don't need a spoon. Just figure it out. Now here's where we get crazy and put a bunch of finely grated cheese on the top because that's delicious and if anyone tells you this dish shouldn't have cheese tell them it's 2019, it's OK, things change.
- This goes really great with an Iggy's baguette and something to drink that might resemble Welch's grape juice but it darker and comes from Italy, France, California, or New Hampshire.



GRANDMA NELYA'S VINAIGRETTE RUSSIAN BEET SALAD



Recipe
Provided By:

Kim Kaminsky
kjauron@gmail.com

Country
Represented:

Russia



Ingredients:

- 2 medium beets
- 2-3 large potatoes
- 2 large carrots
- 2-3 pickled cucumbers
- ½ sweet onion
- Canola oil
- 1 tsp balsamic vinegar
- salt & pepper
- ¼ tsp sugar

Instructions:

- Cook beets, potatoes, and carrots (steam or boil).
- Clean skin off all cooked vegetables.
- Cut all vegetables into small pieces and mix in a large bowl with canola oil.
- Add pickled cucumbers (cut into small pieces) and the sweet onion (chopped).
- Mix gently and add some canola oil, balsamic vinegar, salt, pepper, and sugar.
- Refrigerate and serve cold.

POTATO LATKES (FOR CHANUKAH)



Recipe
Provided By:

Nancy Snow
nancy.snow@andoverma.us

Country
Represented:

Israel



Ingredients:

- 4 Potatoes
- 1 Onion
- 1 Egg
- 1 tablespoon flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon baking powder
- Cooking Oil

Instructions:

- Grate together potatoes and onions.
- Mix with remaining ingredients and let sit for a few minutes.
- Drop by teaspoons into $\frac{1}{2}$ inch of hot oil.
- Fry until golden brown then drain on paper towels.
- Eat until gone!

KALE SOUP (SOPA DE COUVE)



Recipe

Provided By:

Jessica Mendonca
(Thompson)

jshenandoah85@gmail.com

Country Represented:

Portugal



Ingredients:

- Fresh Kale (a fresh bunch, or if bagged, use about ½ a bag, stems removed)
- Cabbage (about ½ to 1/3 of a cabbage head, chopped)
- 1 15.5 oz can of Red Kidney Beans
- 1 15.5 oz can of Pinto Beans
- 1 Onion, chopped
- 1 package of Linguica (Portuguese Sausage), cut in slices
- 8-10 cups of vegetable stock (more if desired depending on how much soup you want to make)
- 5 Red Potatoes, cut into small chunks
- Salt and pepper, adjusted to taste
- 1 Tsp Crushed Red Pepper (optional)
- Olive or Canola oil

Instructions:

- In a large stock pot, add oil to the bottom over medium heat.
- Add onions and linguica and sauté until onions are slightly cooked.
- Add all remaining ingredients and boil on low for about an hour or until the potatoes are cooked.
- Adjust salt and pepper to taste.
- Serve with your favorite bread.

QUICK AND EASY PANCIT



Recipe

Provided By:

Christine Naughton

ksnaughton@gmail.com

Country Represented:

Philippines



Ingredients:

- 1 (12 oz) package dried rice noodles
- 1 teaspoon vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups cooked chicken breast, diced
- 1 small cabbage head, thinly sliced
- 4 carrots, thinly sliced
- ¼ cup soy sauce

Notes:

Quick, easy and delicious. Will remind you of Island Fiestas!

Source:

<https://www.allrecipes.com/recipe/47015/quick-and-easy-pancit>

Instructions:

- Place the rice noodles in a large bowl and cover with warm water. When soft, drain and set aside.
- Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft. Stir in chicken, cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles and cook until heated through, stirring constantly.
- Transfer pancit to a serving dish and garnish with quartered lemons.