

RECIPES TO FEED YOUR SOUL!

BENCHAMART BORISUTWANITCHON

Hot and Sour Mushroom Mix Soup

6 cups chicken or beef broth
2 cups mixed mushrooms (shiitake, wood ear, enoki and white beech)
1/3 cup lite sodium soy sauce
1 cup bamboo shoot strips (optional)
1/4 cup white vinegar
1 tbsp chili garlic sauce or Sriracha hot sauce (for more spiciness)
1 tsp ground white pepper
3 tbsp cornstarch
3 tbsp cold water
2 eggs well beaten
6 oz. firm tofu sliced into strips
2 green onions sliced diagonally

Directions:

Bring the broth to a simmer over medium high heat in a large saucepan. Add the mushrooms, bamboo shoots (if using), soy sauce, vinegar, hot sauce and white pepper. Continue to simmer for 5 minutes.
In a small bowl, whisk together the cornstarch and cold water to make a slurry. Add it slowly to the soup and stir well. Simmer for 5 minutes or until the soup starts to thicken.
Pour the beaten eggs into the soup while gently stirring.
Add the tofu and green onions, stir and remove from heat. Serve immediately.

TARA GURUNG

Onion Pakodas (South Asian fritters)

2 onions sliced moderately (not too thin) and separated
One cup besan (chickpea flour) sifted with 1/2 tablespoon corn flour (besan available at South Asian markets)
2-3 green chilies chopped
1 sprig curry leaves (available at South Asian markets) or one tablespoon chopped cilantro
Salt to taste
Oil for deep frying

Directions:

In a bowl, mix sliced onions, chilies, curry leaves (or cilantro) and salt. Keep aside for 5 minutes, then stir in the flour. Mix gently into a pliable dough. (Dough that is like batter will absorb a lot of oil when the pakodas are being fried.) Make small portions of the mix to fry.

Heat oil in a pan or wok on medium heat, then drop a few pakodas in without crowding the pan. Adjust the heat so that the oil does not cool down. Flip the pakodas for even heating until golden brown and crisp. Drain on paper towels before serving them hot with ketchup if desired and a cup of hot tea.

SHERLY TITO

Dates Payasam (South Indian pudding)

½ cup short-grain rice
20 seedless dates
20-30 raisins
½ gallon whole milk
½ can of condensed milk
½ cup brown sugar
2 tbsp ghee (clarified butter)
1/3 cup almond powder
¼ teaspoon cardamom powder

Directions:

Wash rice twice and drain. Boil rice in the milk. Reduce to medium heat and cook till it becomes soft and gooey. Stir frequently to prevent sticking.

Meanwhile, heat 1 tbsp of ghee in a nonstick pan on medium heat and stir in the dates for 2 minutes. Purée the dates in a blender or food processor. Push the paste through a fine mesh sieve to filter out any skin.

In the same nonstick pan, heat the remaining 1 tbsp of ghee and stir in the raisins for about 2 mins until they swell up.

To the cooked rice add the dates, milk, almond powder, sugar and condensed milk. Place back on medium heat and stir the mixture gently, cooking it for about 5 minutes. Sprinkle cardamom powder and raisins and mix well before serving hot in dessert bowls.

QUOTE

“I love making this dessert because it brings out the sweet taste of South India and it’s a lot of fun preparing it. You can also add any fruit in substitution of the dates as well.”

CINDY SEIN

Thai Chicken Rice

1 whole cleaned chicken (or 4 pounds total of skin-on chicken breasts, thighs and drumsticks)
2 cups (or 1 pound) jasmine rice
4 cups boxed chicken broth
4 stalks green onions roughly chopped
2 stalks celery
5-7 garlic cloves
2-inch piece of ginger sliced thinly
1-inch piece of ginger chopped finely
5-7 Thai bird chillies chopped

8 cilantro shoots without leaves
1 pound daikon radish
8-10 tbsp yellow bean sauce
6 tbsp white vinegar
3 tbsp sugar
1½ tbsp dark soy sauce
½ cup julienned daikon radish
Vegetable oil
Sliced cucumbers to garnish
Chopped cilantro to garnish
Juice of 1 large lime

Directions:

Part 1: Chicken

Put enough water into a pot to cover the chicken with half the ginger, celery stalks and green onions, bring it to a boil, reduce heat and add ½ tsp of salt. Add the whole chicken (or chicken parts) and let the chicken cook on medium-high heat for about 40 minutes. If using chicken breasts, put them in the pot after 20 minutes because they take a shorter time to cook. Remove the chicken from the pot and place on a plate to cool. Reserve the broth.

Slice chicken on the bias into about 3-4 inch long pieces. (Pound the breasts lightly to tenderize them before slicing.)

Part 2: Rice

Finely mince the garlic or use a garlic press. Fry it in 1 tbsp of oil on medium heat, stirring continuously to prevent burning. Remove with a slotted spoon. Wash rice three times and drain. Put it in a rice cooker with the fried garlic, the rest of the sliced ginger, ½ tsp of salt and the reserved broth (1 cup of rice to 1.8 cups of broth), stir, place back the lid and start the cooker. When the rice is done, take the pot out, open and fluff up the rice and put the lid back.

Part 3: Soup

Combine remaining chicken broth (if any) along with boxed broth and bring to a boil, then add in the daikon radish and lower the heat. Add salt to taste. After about 10 minutes, turn off the heat, then add the chopped cilantro and half of the lime juice.

Part 4: Sauce

Purée the chopped ginger, chopped chilies, cilantro shoots, yellow bean sauce, vinegar, sugar and soy sauce in a food processor or pound the ingredients in a mortar. Heat up the mixture for about 1 minute, then put it in a serving bowl. Stir in the other half of the lime juice.

To serve the dish, spoon rice in a small mound on a plate and place a few chicken slices near it. Garnish with slices of cucumber, cilantro and a lime slice. Serve with soup and sauce on the side.

ROSE ANNIE GAY

Pan de Sal (Filipino bread rolls)

211 grams bread flour
211 grams all-purpose flour
6 grams salt
94 grams sugar
4 grams baking powder
7 grams instant yeast
234 grams whole milk
59 grams unsalted melted butter
39 grams eggs

877 grams vegetable oil
Plain breadcrumbs

Directions:

Mixing

In the bowl of a stand mixer, combine the flours, salt, sugar, baking powder and yeast and stir well. Add the milk, butter, eggs and oil into the mixing bowl, and using the paddle attachment, mix the ingredients fully. Switch to the dough hook and knead on the lowest setting for five minutes. Increase the speed slightly every five minutes until the dough clears the sides of the bowl (total kneading time will be 15-20 minutes).

Bulk fermentation

Transfer the dough to a container that has been lightly misted with non-stick cooking spray. Cover the container with either a lid or plastic wrap. Let it rise for 10 minutes.

Dividing and Shaping

Weigh the dough, and using a bench scraper, divide it by weight into twice the number of dozens planned to be made; for e.g., if 1 dozen is planned, divide the dough into 2 equal pieces, or for 2 dozens, divide the dough into 4 equal pieces.

Shape each piece into a log approximately 1 ½ -2 inches thick. Trim the ends of the log just enough to make them “square,” then roll each log in a dish filled with the breadcrumbs. Next, using a bench scraper, divide each log into pieces approximately ½-inch thick, and roll each piece in the breadcrumbs again, shaking off the excess.

Final fermentation

Place a sheet of parchment paper in a sheet pan and lightly spray it with non-stick cooking spray. Place each dough piece 1-2 inches apart in the sheet pan (possibly one dozen will fit in one sheet pan). Cover the sheet pan loosely with plastic wrap and let the dough proof in a warm location for approximately 1 hour or until nearly doubled in size.

Baking

Set the oven rack to the middle of the oven. Preheat the oven to 375°F for 30 minutes prior to baking.

Place the sheet pan on the middle rack and bake for approximately 10-12 minutes. Rotate the sheet pan 180° halfway through baking. The pan de sal should be a rich golden brown when finished. Transfer the pan de sal to a wire cooling rack and let cool for at least 15 minutes.

BEHJAT ALEMI

Kookoo Sabzi (Persian herb frittata)

(Serves 4)

4 cups finely minced mixed herbs – dill, parsley, cilantro and scallions (use a food processor to mince the herbs)

5 eggs

½ cup walnuts

¼ cup zereshk (barberry) or any other tart berry, such as dried cranberries

1 tsp advieh (Persian spice mix of turmeric, cumin, coriander, dry ginger, nutmeg, cinnamon, cardamom, cloves, rose petals, caraway and dried lime) or an equal mix of turmeric powder, cumin powder and coriander powder to make 1 tsp.

½ tsp fenugreek (available in South Asian markets)

2 cloves garlic minced

1 tsp baking powder

1 tbsp flour

1 tsp salt (or to taste)

½ tsp pepper (or to taste)
6 tbsp oil

Directions:

Beat eggs and add flour, baking powder, salt, pepper and spices (do not overmix lest eggs separate). Mix in herbs, garlic, dried berries and walnuts.

Pour the mixture in a greased baking dish (an 8x8 square glass pan works well) and ladle 3 tbsp of oil over it. Bake uncovered in an oven set to 350°F for about 30 minutes. Take the dish out, spread the remaining 3 tbsp of oil over it and return to the oven for an additional 20 minutes.

Flip the kookoo sabzi from the pan onto a plate, cut into squares or wedges and garnish with dried berries and walnuts. Serve as a side dish with bread.

QUOTE:

“Kookoo sabzi is a popular Iranian dish that is similar to a herb frittata. It is enjoyed year round, and often prepared for Nowruz (Persian New Year) feasts. In addition to being delicious and nutritious (high protein, high fiber, low carb), kookoo sabzi is also very easy to assemble and make. It keeps well in the fridge for several days and can be enjoyed hot or cold. Kookoo sabzi is one of my husband’s favorite dishes, so we asked his mother, Dr. Behjat Alemi, for her recipe. She explained that different Iranian households have unique versions of this dish, and that the base (eggs and herbs) can be customized to individual tastes. Her version is my husband Azad’s favorite!” Eishita Manjrekar

CHYNA KAVAN

Nam Khao (Lao crispy rice salad)

1½ lbs. ground pork
1 lb. cooked jasmine rice
1 can curry paste
1 tbsp sugar
1 tsp salt
2 tbsp chopped lemongrass
Juice of 1 lime
1 packet pork skin
1 cup dried unsweetened coconut flakes
½ cup vegetable oil
Red dry chilli flakes (optional)

Garnish:

Lettuce leaves
Crushed peanuts
Cilantro sprigs
Chopped green onions

Directions:

Mix together all the ingredients but the oil and garnish. Once they are fully combined, form the mixture into patties. Fry the patties in the oil for 10-15 minutes on medium heat, flipping them over once. Drain the patties on paper towels, and once they have cooled down, break them up into crumbles. Serve on lettuce leaves, topped with rest of the garnish.

BETHANY HOANG

Spicy Green Beans

1 pound beans
3 cloves garlic
3 Thai chillies
3 tbsp oyster sauce
Black pepper and garlic powder to taste
2-3 tbsp oil

Directions:

In a pot, bring water to a boil, add the beans, stir and take them out after 1 minute. Plunge the beans into a bowl of ice or put them in a sieve and run cold water over them. Mince the garlic and chillies, then sauté them in oil on medium heat. Raise the heat to medium-high, stir in the beans and wait until you achieve the desired char. Add in the oyster sauce and black pepper and garlic powder to taste. Add 1-2 tbsp of water to keep beans moist. Toss the beans in the sauce until coated and the sauce starts bubbling. Take it off the heat and serve with steamed rice.

PENNY FURGERSON

Kerala-style Chicken Curry

4 chicken thighs (bone-in or boneless) cut into 2-inch pieces

Marinade for chicken

2 tsp chili powder
1 tsp turmeric
1½ tsp salt

Gravy

1 sprig curry leaves
2 medium onions thinly sliced
3 chopped green serrano chillies
1 tbsp fresh grated ginger
1 tbsp fresh minced garlic
2 tbsp coriander powder
2 tsp fennel powder
(Or toast coriander and fennel seeds lightly on a pan and crush them in a sandwich bag.)
1 tsp chilli powder
1 tsp garam masala (blend of toasted and ground cardamom, cinnamon, nutmeg, cloves, bay leaves, peppercorns, fennel, mace, dried chilies, cumin and coriander that can be found in South Asian stores)
2 medium-sized tomatoes chopped finely
¼ cup water
1 can of coconut milk/cream
½ cup chopped cilantro
Juice of half a lime
Salt to taste
Vegetable or canola oil

Directions:

Mix marinade into chicken pieces and keep aside for about ½ hour.

Heat about 1-2 tablespoons oil in a saucepan, and when hot, add onions, green chili, curry leaves and salt and sauté the mixture. When onions start getting some color, stir in the minced ginger and garlic. Stir the sauce further for about 2 minutes before adding in the coriander, fennel and chili powders as well as the garam masala. Add more oil if the mixture gets dry (the garam masala should not burn), and after about 3 minutes, mix in the chopped tomatoes. Cover the saucepan with a lid and let the sauce cook for 5-8 minutes. Mash the sauce (or blend it in a food processor after it has cooled somewhat).

Add the marinated chicken pieces and ¼ cup water. Mix well. Let the chicken cook for about 30-40 minutes on medium heat (boneless chicken will take about 20-25 minutes to cook). After checking for doneness, take the saucepan off the heat and wait about 3 minutes before adding the coconut milk slowly so the gravy does not curdle. Add salt to taste and half of the chopped cilantro before returning the saucepan to the stove to cook for about 3-5 minutes until the gravy begins to thicken. Add the lime juice and garnish with the rest of the cilantro. Serve with steamed rice.

HIEU PHAM

Bánh Xèo (Vietnamese savory crepes)

Batter:

14 oz. rice flour (can be found at Asian markets)

2 tsp turmeric powder

400 ml coconut milk (about 1 can)

350 ml light beer

½ tsp salt

2-3 chopped green onion

1 pound pork belly, thinly sliced

20 cleaned shrimp

1½ pounds bean sprouts

Vegetable oil

Salad greens and herb platter:

Lettuce, mint, perilla, basil leaves and sliced cucumber

Nuoc Cham (dipping sauce)

1 minced garlic clove

1 minced Thai chilli or 1 tsp chilli in garlic sauce (can be found at Asian markets)

(Or pound garlic and chilli in a mortar with a pinch of sugar to help release the oils)

2	tbsp	sugar
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2	tbsp	fish sauce (can be found at Asian markets)
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10	tbsp	water
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1 tbsp lime juice or 1 tbsp white vinegar

Directions:

In a large mixing bowl, stir together the rice flour, turmeric powder and salt. Slowly add the coconut milk, beer and chopped green onions. Mix well until rice flour has completely dissolved. Let the batter rest for 30 minutes.

Heat about 1 teaspoon of oil in a heavy- bottom skillet (10-inch diameter) on medium-high heat. Add 2-3 shrimps and a few pork slices to the pan and fry until the shrimp and pork change color on both sides (neither has to be fully cooked at this point because it will fully cook later).

Ladle some of the batter (about 1/3 cup) over the pork and shrimp and tilt the pan in a circular motion to spread the batter evenly. Add a thin layer of bean sprouts to cover half of the pancake. Put a lid on the pan and fry for 1 minute or until the bottom of the bánh xèo is crispy. Fold the bánh xèo in half. Fry for another 1 minute and flip if necessary (if you want the other side to be crispier). Transfer to a plate. Repeat until you finish the batter.

Nuoc Cham:

In a small bowl, combine the lime juice (or vinegar), sugar and water and stir to dissolve the sugar. Add the fish sauce and taste the mixture, adjusting the ingredients according to personal choice. Finally, mix in the garlic and chili – minced or pounded. Serve all with the salad platter and dipping sauce.

LINDA YANG

Lao dipping sauce

- 1 sliced garlic clove
- 2 sliced Thai chillies
- 1/4 cup sliced shallots
- 1 tbsp dried red chili flakes pounded slightly
- 1 tbsp toasted rice powder

(Heat a skillet over medium heat and add half a cup of jasmine rice, stirring constantly until the rice turns a golden brown but does not burn. Take the rice off the heat, continue stirring until it cools down a bit, then once totally cooled, grind to a powder in a coffee/spice grinder.)

- 1/3 cup fish sauce (can be found at Asian markets)
- 2 tsp grated palm sugar (or brown sugar)
- A pinch of msg (optional)

Directions:

Pound all the ingredients together in a mortar. Serve with green almonds or sliced raw mango.

USICHA MARCHANT

Smooth and Silky Steamed Eggs with Shrimp and Shitake Mushrooms

- 2 eggs
- Water (approximately double the volume of the eggs)
- 1 tbsp light soy sauce
- 1 pinch of mushroom seasoning or salt
- 1 tbsp oil (any vegetable oil or sesame oil)
- 1 stalk of spring onion finely chopped
- 2 cooked shrimp chopped (optional)
- 1 dried shitake mushroom, soaked in warm water for about 10 minutes until soft, then chopped (optional)

Directions:

Lightly beat the eggs in a mixing bowl. Add water, oil, light soy sauce and mushroom seasoning or salt. Continue to gently stir the eggs until the mixture is well blended. For the eggs to be smooth and silky, pour the mixture into a glass or ceramic bowl through a fine sieve. Transfer the bowl into a steamer pot (or pasta pot with an insert) and turn on the heat to medium. Place a lid on the pot, but do not close it fully.

After 13-14 minutes, add shrimp, mushroom and half of the spring onions on top of the eggs. Continue to cook for a few more minutes.

Remove the bowl from the steamer. Garnish with the rest of the spring onion and serve as a side dish.

To add variety to this dish, substitute mushroom with carrot, broccoli, asparagus or any firm vegetable or substitute the shrimp with ground pork, minced ham, ground chicken or chopped imitation crab meat.

ONDREA LI

Singaporean Chicken Curry Puffs

(Yields 18 puffs)

Pastry:

3 cups plain flour

1 ½ sticks of salted butter

½ cup cold water

¾ tsp salt

¾ tsp sugar

Filling:

1 pound boneless chicken thighs diced

¾ pound potatoes chopped

1 cup chopped onions

1 ½ tbsp ginger minced or paste

1 ½ tbsp garlic minced or paste

1 tbsp light soya sauce

2 ½ tbsp curry powder (usually a mix of toasted and ground turmeric, chilli, coriander, cumin, fenugreek, dried mustard, dried ginger and peppercorns in different amounts and strengths that is available at South Asian markets)

½ tsp sugar

½ tsp salt

1 green chilli chopped fine

4 tbsp vegetable oil

3 hardboiled eggs sliced

Vegetable oil for frying

Directions:

Pastry:

Sift the flour with salt and sugar into a bowl. Chop butter into small portions and knead it with the dry mixture until it becomes crumbly. Add water and continue kneading the mixture until it becomes a dough. Cover the bowl and leave the dough rest for about 30 minutes.

Filling:

Marinate the diced chicken with 1 tbsp curry powder and 1 tbsp light soya sauce. Keep aside.

Heat the 4 tbsp of oil in a deep dish pan and sauté the onions until translucent. Stir in the ginger and garlic, then add the curry powder and mix well. Next, add the marinated chicken and cook the mixture for 3 minutes before adding the potatoes. Season with salt and sugar. If the mixture appears too dry, add a little water. Stir in the chilli and place a lid on the pan. Cook the chicken on medium heat for about 15 minutes or when the chicken is done. Remove the lid and let the mixture simmer until there is no liquid before turning off the heat and letting it cool.

Wrapping the puffs:

Roll the dough into a long tube and split it equally into several portions. Roll the portions into a ball and roll out with rolling pin into a small circle. Stuff a tablespoonful of the filling (do not overfill) and add a slice of hardboiled egg. Press the edges down into half-moon shapes and seal the curry puffs after dipping your fingers in water and running them over the inside edges. Pinch the edges of the dough between thumb and forefinger, and then nudge over the pinched part before moving to the next pinch.

Frying:

Heat vegetable oil in a wok and deep fry the puffs until golden brown. Do not overcrowd the wok. Drain on paper towels.

Baking:

Brush the tops with egg wash (a mix of 1 egg and 1 tbsp milk). Bake on a sheet pan for about 30 minutes at 375°F or until golden brown.

QUOTE:

“This recipe reminds me of my childhood. Growing up in Singapore, the curry puff was one of my favorite snacks. Despite the fact that the recipe requires such simple ingredients -- curry, potato and a hidden boiled egg--the flavors remind me of the times I spent with my grandparents.”

CYNTHIA CABOT

Juan’s Latiya Dessert (Chamorro-style)

½ can evaporated milk

½ can coconut milk

1 tbsp vanilla extract

4 tbsp sugar

½ cup cornstarch

1 ½ cups warm water

Sliced pound cake (or angel food or sponge cake) from grocery store

Directions:

Mix the milk in saucepan and heat gently, adding the sugar slowly and stirring it in. When the milk becomes hot but not boiling, add the vanilla extract and stir the mixture. Make a slurry of the cornstarch and warm water, and then slowly stir it into the milk mixture. Keep stirring until the sauce starts to thicken.

Layer the cake slices in a pie dish. Pour the sauce over the cake slices. Sprinkle cinnamon over the dish before it cools. Refrigerate or serve at room temperature.

QUOTE:

“This favorite island beach photo in Guam depicts the relaxing and comforting sense of satisfaction when I enjoy eating this local dessert – my comfort food!”

REKHA BASU

Kheema (Savory South Asian hash)

(Serves 4)

1 lb ground lamb (can be substituted with ground beef (round or chuck) or meat substitute crumbles)

1 large onion chopped

2 cloves garlic chopped fine
½ tsp ginger shredded
2 tbsp tomato paste
1 cup fresh or frozen peas
1 heaped tsp ground cumin
1 heaped tsp ground coriander
¼ tsp turmeric powder
½ tsp garam masala
1½ tsp curry powder (available at South Asian markets; choose according to the type and amount of herbs and spices listed on the container)
1 tsp salt
¼ tsp ground red pepper
Chopped fresh cilantro for garnish

Directions:

Heat a pot or skillet to medium-high and sauté the garlic and onions until they are soft and translucent.

Add the spices, one at a time (except the red pepper and salt), and stir to mix. Add the meat and brown well. If there is too much fat, drain some of it.

When browned, add about half to ¾ cup of water and bring to a boil. Add in the peas, tomato paste, red pepper and salt. Stir and turn the heat down to low, pot uncovered. Cook uncovered about half an hour, or until the water has drained.

Mix in cilantro and serve with either steamed rice or chapathis (Indian flat bread, which is available at South Asian stores) or flour tortillas.

ANECDOTE:

My first favorite food wasn't pizza or brownies or ice cream, or so my mother told me. Those decadent Western tastes would develop later, after we moved back to the United States from living in various Asian countries. But when we lived in New Delhi and I attended first grade at the Garden School on Mrs. Moitra's back lawn, my favorite combo was kheema and chapathi.

Kheema was made of ground lamb, sautéed with a rich, fragrant combination of onions and garlic, spices such as cumin and coriander, and a sprinkling of green peas. You'd tear off pieces of chapathi, or roti, as it is sometimes called – a flat bread made of wheat and white flour, which puffed up when cooked on a very slightly concave skillet called a tawa. You'd tear off pieces of the bread and scoop up chunks of kheema into them in your hand.

I loved kheema because of its yummy curry flavors that weren't too hot. It was moist and easy to swallow, not dry like a steak that required too much chewing. And it had no bones like some other meat curries.

I would later come to discover it's also one of the easiest Indian meat dishes you can make. And in my college days, it was also one of the cheapest to make. And just a week ago, I discovered, when cooking it for my vegetarian son, that you can make it with a meat substitute and not lose any flavor.

GEE SEIN

Ngaphatoe (Karen steamed savory rice cake)

3 cups rice flour (available at Asian markets)
1 large red onion sliced thinly

2 tablespoons chopped garlic
5-7 chopped Thai bird chillies
1 tsp turmeric powder
¼ pound small shrimp or chop larger shrimp into small pieces
1 can of shredded bamboo shoots
1 can of shredded banana blossoms (optional)
Salt to taste
Vegetable oil
Banana leaves for steaming (available at Asian or Latino markets)
Use heavy aluminum foil if banana leaves are unavailable
Toothpicks

Directions:

Pound to a rough paste the chillies, garlic, onion and salt in a mortar. In a large bowl, combine the paste with turmeric powder, shrimp, bamboo shoots, banana blossoms and rice flour and bring the mixture together gently with your hands. Add a little vegetable oil to make a soft dough.

Wash and cut the banana leaves into 6x6 inch squares (or cut pieces of foil) and shape them into cones. Put a large dollop of the dough in the cones, fold over and secure with toothpicks. Steam the parcels in a pot for about 20 minutes. Serve as a main course.

LUCY CAPELLE

Sautéed Mizuna Marshallese-style

1 large bunch mizuna (Asian greens)
3 garlic cloves minced
1 can (12 oz.) tuna
1 tbsp olive oil
Juice of half a lemon
Salt to taste

Directions:

Wash and drain the mizuna well, but the greens should be damp because they will cook faster and better that way. Heat the olive oil in a pan on medium heat, add the garlic and sauté it for about a minute. Chop the tuna and add it to the pan, mixing it with the garlic. Put in the mizuna, and let it cook for about 3-5 minutes, stirring frequently. The mizuna will cook down a lot, but still remain a bright green. Squeeze the lemon and add salt to taste.

MIRA YUSEF

Chicken Adobo

1 whole chicken cut into pieces
1 cup soy sauce
1 cup white vinegar
3-4 bay leaves

1 tsp peppercorns
5

cloves garlic

Directions:

Combine the chicken, vinegar, soy sauce, garlic, peppercorns and bay leaves in a large pot. Bring the chicken to a boil over high heat. Lower the heat, cover and let simmer for 30 minutes, stirring occasionally. Remove the lid and simmer until the sauce is reduced and thickened and the chicken is tender. Serve with steamed rice.

SANAYE CHUNG

Cambodian Nom Pachok

4 chicken thighs
10 pickled rhizomes (wild ginger roots, available at Asian markets)
4 stalks of lemongrass
1 whole bulb of garlic peeled
1 tbsp turmeric powder
7 kaffir lime leaves (available at Asian markets)
2 tbsp sugar
1½ tbsp salt
1 tbsp prahok (fermented fish paste, available at Asian markets)
1 can coconut milk
4 stalks green onions chopped
1 tsp chopped green chillies or crushed dried red chillies
1 tsp msg (optional)
1 large package of mak-guksoo (Korean buckwheat noodles) or vermicelli noodles
Sliced fresh crunchy vegetables, such bean sprouts, green papaya, cucumber, cabbage, long beans and banana blossoms.

Directions:

In a large pot, bring 5 cups of water to boil, along with a stalk of lemongrass, 3 kaffir lime leaves, 4 rhizomes and a couple of pinches of salt. Add chicken and let it cook for 30 minutes. Take out the chicken thighs and let them cool before deboning them and chopping into small pieces. Reserve the broth, but discard the lemongrass, kaffir lime leaves and rhizomes.

Roughly chop garlic and remaining rhizomes, kaffir lime leaves and lemongrass, then put the mix in the blender or food processor. Add the turmeric powder and a little cold water to get the blender/processor going. Blend the ingredients together until they turn into a sauce.

Pour the sauce into a large bowl then add the chopped chicken. Stir in the coconut milk, salt and sugar, and mix thoroughly. Put the mixture back into the blender/processor (small portions at a time) and blend it about 3 to 5 seconds to a thick paste.

Add the prahok to the broth and let it cook on medium heat until it comes to a gentle boil before adding the chicken paste. Reduce the heat to low and let the dish simmer for about 10 minutes or so. Taste the broth and add salt or sugar to your liking. Garnish with chopped green onions.

Noodles:

Bring water to a rolling boil in a large pot. Add the noodles and keep stirring, making sure the water does not boil over. Lower the heat to medium high once the water comes to a boil again. Let it cook for about 5 minutes or so, then drain the noodles quickly and cool them under cold running water. Portion the noodles into a bowl, pour the soup over them and top them with the crunchy vegetables. Sprinkle chopped green chillies or crushed dried red chillies.

ANGELA EDWARD

Micronesian Daidiwis (fritters)

3 ripe bananas
½ cup all-purpose flour
3 tbsp sugar
1 tbsp water
Vegetable oil for frying

Directions:

Mash bananas in a large bowl. Add the flour, sugar and water and mix well into a pancake-like batter. In a skillet, heat oil on medium-high. Scoop out the batter with a tablespoon and fry the daidiwis, taking care to space them out. After about a minute, turn them over to achieve an even golden-brown doneness. Adjust the heat of the stove when frying again because the batter can soak up a lot of oil if the temperature drops. Transfer the daidiwis onto paper towels to remove any excess oil. Serve hot.

QUOTE:

“I love this recipe because it’s simple and affordable! Being Micronesian is such an important part of my identity and I love learning the things that are genetically passed down. I have my dad’s nose, some of my grandmother’s healing capabilities, and a lot of the same obvious traits like eye color and hair color ... but recipes are yet another tangible thing that we can pass to next generations – and with these recipes come new memories of eating the same old recipe at new parties and gatherings while we become ancestors.”

BAONAM GIANG

Cơm Gà Nướng Mẹ Lịch (Mama Lich’s Roasted Chicken Rice)

8 total chicken breasts and thighs
½ bulb garlic sliced thinly
2-inch piece ginger, one inch of which is sliced thinly
2 tsp garlic powder
½ tsp Chinese five spice powder (usually a mix of toasted and ground star anise, cloves, cinnamon, Sichuan pepper and fennel seeds; available at Asian markets)
1 tsp of soy sauce
Two cups of white rice
Half a stick of butter
1 quart chicken stock
3 tsp fish sauce (available at Asian markets)
¾ cup sugar
3 tsp of chilli paste

Juice of half a lime
Vegetable oil
Water
Salt and pepper to taste
Mint and sliced cucumber to garnish

Directions:

Marinade:

Lightly score the skin side of the chicken. In a bowl mix fully the garlic powder, Chinese five spices powder, soy sauce, half a cup of sugar, half a tsp of salt and 2 tsp of cooking oil. Rub this marinade into the chicken and keep it aside for about 2 hours at least; overnight would be even better.

Sauce:

In a mortar, pound together the other half of the ginger, chili paste, fish sauce, lime juice, 3 tsp of sugar with 2 tsp of water to a smooth consistency. Feel free to adjust the amount of ingredients based on preference. Transfer to a bowl.

Cooking:

Later, bake the chicken in the oven at 400 degrees for 45 minutes, but monitor the cooking to ensure the chicken is cooked safely. Slice the chicken and place on a platter.

Melt the butter in a pot and sauté the sliced garlic and ginger slightly, avoiding any browning. Add the two cups of white rice and fry under medium heat for 3 minutes. Transfer the rice to a rice cooker, add the chicken stock (approximately half a finger knuckle over the rice) and set to cook. When rice is done, assemble it on the platter with the chicken. Garnish with mint and cucumber slices and sauce on the side.

MAHIR MONIS

Captain's Sushi

1 cup short grain Japanese sushi rice
1½ cup distilled water
1 tbsp sushi vinegar
2 nori seaweed sheets
½ cucumber sliced into strips
½ avocado sliced into strips
Cured salmon sliced into strips
Bamboo mat

Directions:

Carefully wash and drain rice repeatedly until water runs clear. The rice should not break. Put the distilled water into a pot and gently add the rice. Place on high heat until the water comes to a rolling boil, then cover the pot, turn down the heat to medium low and let it cook for another 10 minutes. Turn off the heat and let the rice cool. Sprinkle the vinegar on the rice.

Place a sheet of nori on a bamboo mat. Spread half of the rice on the nori with wet hands to avoid sticking, about 1 millimetre away from the top edge of the nori. In the centre, place a strip of cucumber, avocado and salmon next to one another, end to end on the sides. Roll the nori and rice tightly from the bottom, using the mat to help make a tight roll. Seal the roll by moistening with water the 1 millimetre at the top. Slice with a sharp knife into 1-inch pieces. 1 roll makes about six pieces.

RUAA AL SAYED MOHAMED

Iraqi biryani

2 lbs chicken
2 cups basmati (or long-grained) rice
1 cup vermicelli
2 onions sliced thinly
1 lb potatoes cubed
½ lb peas
¼ lb raisins
¼ cup blanched almonds
2 tsp turmeric powder
1 pinch black pepper
1 tbsp biryani spice mix (usually a mix of bay leaves, nutmeg, cardamom, cinnamon, cloves, black pepper, dried lime, paprika and allspice that can be found at Middle Eastern markets)
2 tsp mixed spices (toasted and ground cumin, coriander and fennel seeds)
Salt to taste
Vegetable oil

Directions:

Boil the chicken with a little salt, remove from the pot and reserve the stock. Chop chicken and then dry the pieces with paper towels. Fry the pieces in oil before draining them on paper towels and setting them aside.

In a saucepan, fry the onion slices in a little oil until they start to brown, then remove them from the pan and set aside. Similarly, cook the potato cubes, followed by the peas and finally the raisins and almonds, all separately. These will become the garnish for the dish.

Wash the rice and let it soak in the water for 15 minutes. In a pot, heat 1 tbsp of oil and add the vermicelli. Toast the vermicelli a bit before adding the rice, turmeric, spices, salt and black pepper, and stirring the mixture for a couple of minutes. Pour in the reserved chicken stock and cook on medium heat until the liquid has evaporated and the rice is done. Transfer the rice to a serving dish, spread the garnish ingredients evenly on top and place fried chicken pieces in the center, or toss them in with the rice before adding the garnish.

EBTEHAL ALZAKROOTY

Hummus Fatteh (Arabic savory chickpeas platter)

1 cup dried chickpeas (or 1 can of cooked chickpeas)
1 tbsp tahini (condiment made from sesame, available at many grocery stores)
2 medium pita flatbreads
2 cloves garlic
2 cups Greek or any whole-milk yogurt (without pectin or carrageenan)
¼ cup pine nuts
1/3 stick of unsalted butter
Finely chopped parsley
Salt to taste
Vegetable oil

Directions:

If using dried chickpeas, soak them overnight in a bowl with 4 cups of cold water. Drain the chickpeas, rinse and bring to a boil in a large saucepan with 6 cups of water. Turn down the heat to low and simmer the chickpeas for about 30 minutes until tender. Drain the chickpeas, mix in ½ tsp salt and set aside. Reserve the cooking liquid. If using canned chickpeas, simply drain them from the can and reserve the liquid.

Toast the breads in the oven at 325°F for 8-10 mins, or until golden, cool and break them into chip-sized pieces. In a blender or food processor, purée the garlic, yogurt, tahini, half the amount of chickpeas and some of the reserved cooking liquid into a sauce. Toast the pine nuts over medium heat until they just change color. Add the butter and stir the pine nuts in it until the butter starts to brown. Remove from heat before the butter gets burned. On a platter, spread a layer of the bread chips, followed by a layer of chickpeas and finally the blended sauce. Garnish with the warm buttered pine nuts and chopped parsley.

AISHA RAHMAN**Dal Pakoras (lentil fritters)**

½ cup urad dal (split black lentils, available at South Asian markets)

1 cup moong dal (split petite yellow lentils, also available at South Asian markets)

½ tsp cayenne pepper

¼ tsp turmeric powder

1 tsp ginger/garlic paste (available at South Asian markets or blend your own with some salt)

3 chopped green onions (whites and greens)

2 green chillies finely chopped

½ cup chopped cilantro

Tamarind chutney (sweet-sour condiment, available at South Asian markets)

Vegetable oil

Salt to taste

Directions:

Rinse and soak (overnight) the lentils, then grind them in the food processor with some of the soaking liquid to a hummus-like consistency. In a bowl, mix the batter with the rest of the ingredients.

Heat a wok with vegetable oil to deep fry the pakoras. Use a teaspoon to scoop up the batter and slide it into the oil, making sure not to crowd the wok and adjusting the heat accordingly so the pakoras don't burn. When golden brown, remove from oil and drain on a paper towel. Serve with tamarind chutney as a dipping sauce.

QUOTE:

“Ramadan is a special month for Muslims full of tradition and spirituality. To me, the month is as much about fasting as it is about food! Like everything in Islam, this month is about balance. If you have the privilege of provision, you fast for the sake of God and you break fast with what He has provided for you.

In my parent's Pakistani home, there were many treats that came around every Ramadan that marked the month. Perhaps my favorite are pakoras - crispy on the outside, light and airy on the inside. Deliciously spiced.”

IHSAN YASEEN**Falafel (Middle Eastern bean patty)**

(Yields 30-40 falafel)

2 lbs dried chickpeas
½ large onion chopped
1½ cups flat-leaf parsley chopped
3 cloves garlic chopped
1 small green chilli (optional)
3 tsp sea salt
2 tsp ground cumin
2 tsp ground coriander
1 tsp baking soda
Vegetable oil for frying

Directions:

In a large bowl, cover the chickpeas with cool water and let them soak overnight for about 12 hours. When ready, drain chickpeas.

In a food processor, purée the chickpeas with the onion, parsley, garlic and chilli into a paste. Stir in salt, cumin and coriander to the mixture before mixing in the baking soda. Let the mixture rest for about 5 minutes.

In a deep pan, heat the oil on medium high heat, then test the frying by dropping a tiny portion of the mixture to check if it starts to float immediately. That means the oil is at the right temperature for frying the falafel.

Using an ice-cream scoop or a tablespoon, form small round patties of the falafel mixture using your palms to shape them about 1½ in diameter and ¼ in thick, then slide them carefully into the hot oil. Make sure the patties are all the same size and so that they cook evenly and thoroughly. Do not crowd the pan and adjust the heat accordingly when working in batches. Flip the patties over after 1-2 minutes for even browning, and remove when they look golden brown. Drain on paper towels. If the falafel crumbles when frying, add a little more baking soda to the wet mixture. Serve hot with mint chutney (available at Middle Eastern or South Asian markets.)

Lentil Soup with Vegetables

¼ cup olive oil
1 cup medium onion finely chopped
2 cloves garlic
1 tbs cumin
1 tsp turmeric

1 large potato peeled and cubed
2 large carrots cubed
1 cup red lentils thoroughly washed
Juice of half a lemon
Chopped parsley for garnish
6 cups water
Salt and pepper to taste

Directions:

In a pot over medium heat, sauté the chopped onions with olive oil until lightly golden. Add lentils and stir for a minute or two. Add the vegetables and 6 cups of water (or 6 cups of homemade chicken stock for non-vegetarians). Cover the pot and turn the stove to medium-low heat, and cook the soup for about 40 minutes-1 hour or until

lentils are tender and creamy. Add cumin, turmeric, pepper and salt to taste, and the lemon juice. Blend the mixture using an electric blender to make it creamy. Garnish with parsley and serve hot.

Basboosah (semolina dessert)

1¼ cup semolina
½ cup sugar
2 tsp baking powder
1/8 tsp baking soda
1/8 tsp salt
2 eggs
1 tsp vanilla
1 cup yogurt
¾ cup vegetable oil

Qeshta (pudding filling):

2 cups milk
3 tbsp cornstarch
1 tbsp sugar
¼ cup cream

Sugar syrup:

2 cups sugar
1 cup water
1 tbsp lemon juice
2-inch-long cinnamon stick
½ cup of coarsely chopped pistachios or unsweetened dry shredded coconut

Directions:

Prepare syrup first. Dissolve sugar in water in a medium saucepan on medium-low heat, gently stirring the mixture and making sure not to get sugar granules ride up the sides of the pan. Add lemon juice and cinnamon and bring to a boil before turning off the heat.

Mix the semolina, sugar, baking powder, baking soda, salt, eggs, vanilla and yogurt together in a bowl. Add the oil to the semolina mixture and mix well to combine. Make sure all the semolina grains are well coated to maintain the dessert's softness.

To make the qeshta, combine the milk, cornstarch, flour and sugar in a saucepan and turn the heat on to high, stirring constantly until the mixture comes to a boil. Slowly add the cream and keep stirring before turning off the heat when the mixture turns creamy.

Grease a baking dish with butter, spread half of the semolina mixture inside the tray and bake in a 350°F preheated oven for 10 minutes. Pour and spread evenly the hot qeshta over the baked basboosah, then top with the rest of the semolina mixture and spread evenly again. Bake for 30 more minutes or until golden brown.

Pour the cooled-down syrup on top and garnish with pistachios or shredded coconut.