

ICS COOKBOOK

Brought to you by ICS PTSA Diversity Equity & Inclusion Committee

Vol. 1



TO OUR MANY CONTRIBUTORS— THANK YOU!

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FOREWORD

Food, people and culture are inseparable. In this uncertain era of strife and conflict in our world, we seek ways to connect with each other. Food distinguishes us as individual nations rich with its own traditions and customs, but food can also bring us together and bridge the gap between different cultures. This book started as an idea and saw light soon after. We hope you are inspired to try new things and experience new flavors and traditions from around the world.

We are proud of our diversity at ICS and can't wait to work on Volume 2...stay tuned!

Tarek Azoz, a proud father of Jori Azoz and a member of the DEI Committee.

APPETIZERS & BEVERAGES



"Food may not be the answer to world peace but it is a start"

Anthony Bourdain





FALAFEL - فلافل



Tarek Azoz | Sammamish, WA

Origin

Middle East - Syria

Pronunciation

Fa La Fel

Ingredients

For falafel

- 1 ¾ cups dried chickpeas (not canned)
- 2 cloves garlic, lightly crushed
- ½ onion, quartered
- 1 tsp coriander (whole)
- 1 tbsp ground cumin
- 1 tsp chili
- ½ cup chopped fresh parsley
- 1 tsp salt
- ½ tsp freshly ground black pepper, or to taste
- ½ tsp baking soda or baking powder
- 1 tbsp freshly squeezed lemon juice, or more to taste
- Water
- Neutral oil, like grapeseed or canola, for deep-frying

For tahini sauce

- 2 tsp tahini
- Juice of half a lemon
- 2 tsp yogurt
- 1 tsp water (or more depending on sauce thickness)

For the sandwich

- Pita bread
- Lettuce or parsley
- Sliced tomatoes
- Dill pickles
- Salt and sumac (optional)
- Hot sauce (optional)
- Hummus
- Lemon slices (optional)
- Tahini sauce

About this dish

Falafel is a famous dish in the Middle East. This is the Syrian version which I love. Falafel reminds me of my childhood in Syria; it is a cheap dish to make and buy so it is something that everyone could afford. It was my treat every Thursday after school. I would go with my friends and buy a sandwich for 5 Syrian pounds or 10 cents. Every time we prepare at home the smell takes me back to my happy days.

Directions

Falafel

1. Soak beans in a large bowl with water for 24 hours. Check the water level once or twice. Water should be 3-4 inches above beans, which will triple in volume as they soak.

2. Drain beans well. In a food processor, pulse the beans and all remaining ingredients except the baking soda until minced but not pureed; add water tablespoon by tablespoon to allow the machine to do its work, keeping the mixture as dry as possible. (Too much water and your falafel will fall apart. If that happens, add more ground beans.) Taste and adjust seasoning, adding more salt, pepper, chili or a little more lemon juice as needed. Let it rest in the fridge for at least an hour, then add baking soda or baking powder.

3. In a large deep saucepan, heat 2-3 inches of oil to medium heat (about 350°F so that a pinch of batter sizzles immediately; a piece of falafel will sink halfway to the bottom then rise.)

4. Shape heaping tablespoons of the mixture into balls or small patties. For the Syrian version, make a hole in the middle, this will also allow it to cook better. Fry in batches, without crowding, until nicely browned, turning as necessary; total cooking time per batch will be less than 5 minutes. You can also bake it for 20-25 minutes in 350°F oven

Tahini sauce

Mix all ingredients together; add water to reach the right consistency.

BAKED GOODS

"Food is the place where we begin"

Vandana Shiva





کیک یزدی Yazdi muffins



Anahita Arya | Redmond, WA

Origin

Iran

Pronunciation

shull-tee-barsh-chay

Ingredients

- 2 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 cup brown sugar (white sugar is fine too)
- 1 cup vegetable oil (not too full)
- 4 large eggs
- 1/2 tsp vanilla
- 1/2 cup rose water
- 1 cup milk (not too full)

Ingredient substitutions

You can add saffron to it if you like. You can use muffin baking papers too. I used to chew on them when I was done with the cake. Kids!

Serving suggestions

Room temperature and if you're planning to keep them for long time, you can keep them in airtight containers to save the moist

About this dish

Its origin is in Vito in Iran, Yazd, which is located in the drier part of Iran where they make other awesome sweets like gaz and baghlava. This cake is especially loved by kids and is easy to swallow unlike many other cakes! Goes the best with a cup of tea or milk. It brings back my childhood memories and I made sure it does the same for my kids although they have not even been to Iran. Also, it doesn't need an electric mixer so it's easy for kids to bake too

Directions

1. Whisk eggs and sugar in a small bowl
2. Place the bowl in a larger bowl filled with 1-2 cups of boiling water and
3. Continue whisking the mixture until sugar is dissolved (Bain-Marie technique).
4. Remove the mixture from the water bath and let it sit on counter for a few minutes until it's cooler.
5. Add the flour to the eggs, mixing it slowly.
6. Next, add the milk that has the baking powder, baking soda and vanilla already mixed into it.
7. Then, add the rose water.
8. Finally, add the oil and mix well to form a runny batter.
9. Pour it into muffin molds and bake for about half an hour or until it's golden brown.
10. You can add pistachio powder and/or sesame seeds on top for garnish.
11. Dried rose petals look nice on top, too.

MAIN DISHES

“Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go.”

Anthony Bourdain





PORK/CHIVE DUMPLING

Jiao Zi



Liping Qi | Sammamish, WA

Origin

Trinidad & Tobago

Pronunciation

ca-la-loo

About this dish

The dumplings are made in the shape of China's ancient money – ingots. People eat dumplings during Chinese New Year (CNY) to wish good wealth in the new year. People can be creative--they stuff the dumplings in their own way to make their own personalized wishes. In my family, I typically choose 6 items to put in the dumplings: Coin (for lots of fortune), Dates ('Zao', early for everything), Candy (Sweet/Happy life), Peanut ('ChangSheng Guo' for long life), Apple ('Ping Guo' for peace), and Chestnut ('Li Zi' for Luck).

Ingredients

Filling:

- Chives - half pound
- Chinese cabbage - half pound,
- Ground pork - half pound
- Scallion - 2
- Ginger - 1 ounce
- Sesame oil - 4 tablespoon
- Soy sauce - 2 tablespoon,
- Bean paste - 2 tablespoon,

Wrapper:

- 2 pound of flour
- 1 cup of warm water

Ingredients Substitute

Chinese cabbage - cabbage
ground pork - ground chicken or beef, or shrimp
or you can use any other vegetable you like

Directions

Filling:

1. Cut chives into small pieces, 1/4 inches,
2. Use slow blender speed to cut the Chinese cabbage, minced
3. Slow blender speed to cut the scallion and ginger as well
4. Mix ground pork, all the cut up vegetables, sesame oil, bean paste all together
5. Make sure you stir them up really really well, the filling is ready

Wrapper skin: (suggest to buy ready made in Asian Market).

1. Use a fork, add 1/4 cup of water and stir really well.
2. Add another 1/4 cup of water, use hand to knead the flour.
3. Gradually add more water and repeat until the flour turn into a soft dough. Let it sit for half an hour. You can then break the dough into small pieces (half inch size ball).
4. Use a rolling pin to roll the small dough into a flat wrapper (2 inches diameter circle). tip:use some dry flour on the rolling surface to prevent sticking.

Make:

1. Put one tablespoon of filling onto the wrapper and fold the wrapper to half moon shape
2. Squeeze the edge to close the wrapper.

Cook:

1. Bring 1 gallon of hot water to boiling.
2. Put all dumplings into the hot water.
3. Gently stir to make sure dumplings are not stick to the bottom of the pot.
4. Turn to medium heat. Boil for 12-15 minutes until dumplings are all floating on the surface of the hot water, and look bloated.
5. Take them out of the hot water and put on a plate to serve. Best eat with Chinese vinegar or soy source, or even chili sauce.

Serving Suggestions

Best serve when warm with Chinese vinegar or soy source, or even chili source. This Chinese New Year dish can be made daily if you have the time and will to make them.



ADOBO

Slow Cooker Chicken Adobo



The Boyd Family | Bellevue, WA

Origin

Philippines

Pronunciation

a do bo

Ingredients

- 1 lbs boneless chicken breast
- 1 onion
- 1 cup of soy sauce
- Half cup of vinegar
- 1 cup of water
- 3 bay leaves
- 3 table spoons of garlic
- 4 table spoons of pepper corns

About this dish

Adobo is a simple and hearty Filipino dish.

Directions

1. Cut chicken into cubes
2. Cut onion into quarter inch slices
3. Chop garlic.
4. Add all ingredients into crock pot
5. Cook on low for 12 hours.
6. Serve over rice.

Serving suggestions

Dish is served with white or brown rice.



ARCHIE'S PASTA



Eva Bertalan | Redmond, WA

Origin

Redmond

Ingredients

- 1-pound boneless, skinless chicken thigh or chicken breast, diced
- 2 tbsp olive oil
- 1 small onion (or shallot), finally chopped
- 8 oz pasta (Rotini is best)
- 3 cups chicken broth
- 1.5 oz unsalted butter
- 1/2 cup heavy cream
- 2 oz cream cheese
- 3 oz finely grated fresh parmesan cheese

Seasoning:

- 1 tsp salt
- 3 tsp Italian seasoning
- 2 tsp paprika powder
- 1 tsp garlic powder

Serving Suggestions

Best to serve 10 minutes after it's done.

About this dish

Archie's Pasta a.k.a. Garlic Chicken Parmesan is an absolute family favorite during COVID. It's incredibly quick to make. Easy and delicious. The recipe travelled with us everywhere we went on a vacation to Idaho, Florida and even to the UK.

Directions

1. Combine all the seasoning and season the chicken pieces then add the oil.
2. Quickly sauté chicken on all sides then add chopped onion or shallot.
3. Add half a cup of water, cover and cook for 20 minutes or until chicken is soft.
4. Add the pasta and chicken stock and give everything a good stir.
5. Cover and cook until pasta is done.
6. Stir in the butter, heavy cream, cream cheese, grated Parmesan and more spices if you like.
7. Have it rest for 10 minutes then enjoy!



CHICKEN KELAGUEN

(kel-ah-gwen)



Gia D Parsons | Kirkland, WA

Origin

Guam

Pronunciation

(kel-ah-gwen)

Ingredients

- One barbecued chicken
- The juice of two limes
- One chopped chili (more if you like it spicy)
- Three stalks of green onion chopped
- The meat of one grated coconut.

Serving suggestions

This dish is best served at room temperature but if you don't finish all of it it's easy to refrigerate as well.

About this dish

I grew up on the northern Mariana island of Guam. This dish was at every fiesta. It is an integral part of Chamorro culture. I make it for my children and they request it frequently. When I think about this dish, I think about the aroma of an outdoor fire and the sound of grating coconut on a traditional Chamorro kumzu (A coconut grating device).

Directions

1. Start off by seasoning a whole chicken or chicken parts with salt and pepper.
2. Barbecue or grill the chicken until it is done.
3. Allow the chicken to cool and then shred all the meat off the bones.
4. Chop the meat finely.
5. Add the meat to a bowl and then add the chopped chili, the chopped green onion, and the lime juice.
6. Grate some coconut meat into a bowl or use dried coconut that you can hydrate with a little bit of water.
7. Add the coconut meat, about half a cup to 1 cup depending on your taste to the chicken mixture.
8. Taste for acid, you can always add more lime juice or lemon juice, and taste for salt and pepper.
9. This dish is best eaten with rice or with any type of flatbread.



GUNGJUNG TTEOKBOKKI

Korean Royal Stir-fried Rice Cakes- 궁중떡볶이



Lauren Jackson | Seattle, WA

Origin

Korea

Ingredients

- 1 pound garaetteok (cylinder shaped or sliced rice cakes)
- 3 oz beef brisket or boneless pork
- 2 egg yolks, beaten with a pinch of kosher salt
- 1 Tablespoon cooking oil
- ½ teaspoon toasted sesame oil
- 1 teaspoon toasted sesame seeds
- 4 teaspoons soy sauce
- 1 Tablespoon brown rice syrup (or sugar or honey)
- 1 garlic clove, minced
- ½ teaspoon ground black pepper

For marinade:

- 1 garlic clove, mince
- 1 teaspoon soy sauce
- ½ teaspoon brown rice syrup (or honey or sugar)
- ¼ teaspoon ground black pepper
- ½ teaspoon toasted sesame oil

Vegetables:

- 1-2 cups mushrooms, sliced into bite sized pieces
- 1-2 carrots, cut into matchsticks
- ½-1 green bell pepper, sliced into thin strips
- ½-1 red bell pepper, sliced into thin strips
- 1 medium onion, sliced

You can adjust vegetables based on your family's preference or what you have on hand. I often use sliced napa cabbage or broccoli or snap peas or zucchini.

Serving Suggestions

Serve hot. There's no need to serve with rice.

About this dish

Our family lived in Seoul, South Korea for four years. We were introduced to tteok (rice cakes) which became one of our favorite foods. Although we like spicy red tteokbokki, this non-spicy traditional version is a family favorite. This recipe is adapted from Maangchi

Directions

1. Cut the beef or pork into matchsticks.
2. Mix the marinade ingredients together and add the meat.
3. Keep in the fridge while you prepare the other ingredients.
4. If you buy frozen rice cakes, thaw them out.
5. And if rice cakes are big and thick, soak them in warm or hot water for 5 minutes so they will soften up during cooking. Sliced rice cakes don't need to be soaked.
6. Heat up a large (10-12 inch) skillet, bigger if you have more vegetables, and add 2 teaspoons of cooking oil, 1 clove of minced garlic, and the marinated meat.
7. Stir for a few minutes until the meat is half cooked.
8. Add all the sliced vegetables. Stir for 1 minute.
9. Add the rice cakes, ½ cup water, 4 teaspoons of soy sauce, 1 Tablespoon of rice syrup (or honey or sugar), and ½ teaspoon of ground black pepper.
10. Keep stirring for 2 to 3 minutes until everything is juicy and shiny and the rice cake softens.
11. Add 1 teaspoon of toasted sesame oil before removing from the heat.
12. Transfer to a plate and garnish with sesame seeds.

Ingredients Substitute

You can use any kind of mushrooms you like, even reconstituted dried mushrooms. There's no substitute for the garaetteok (rice cakes). Find them at H Mart and Uwajimaya. I usually buy refrigerated ones that keep for a long time in the fridge. You can also add gochugaru (red pepper flakes) or gochujang (red pepper paste) if you enjoy more spice.



YOUVARLAKIA (ΓΙΟΥΒΑΡΛΑΚΙΑ)

Meatballs in egg-lemon sauce



Zoe Malamouli-Apostolopoulos | Kirkland, WA

Origin

Greece

Ingredients

For the meatballs (youvarlakia)

- 500g lean minced beef (18 ounces)
- ¼ of a cup long-grain or arborio rice (not boiled)
- ½ cup parsley, finely chopped
- 1 medium sized onion, finely chopped
- 1 egg
- 2 tbsps olive oil
- 1 tsp salt
- freshly ground pepper

For the egg lemon sauce (Avgolemono)

- 2 eggs
- juice of 2 lemons

Serving suggestions

Let it cool for around 5 minutes. (Serves 4)

About this dish

This is a favorite dish amongst all kids. It reminds us of our childhood years and mama's cooking. There are many different versions of this food all over Greece but this is the most popular.

Directions

1. Place all the meatball ingredients into a large bowl, knead the mixture squeezing the ingredients with your hand until smooth.
2. Leave the mixture to rest in the fridge for 15 minutes.
3. This will prevent the youvarlakia to break up when boiled.
4. Form the meatballs (size of a walnut) and set them aside.
5. Pour into a large pan 2 ½ cups of water and bring to the boil.
6. Turn the heat down and gently add the meatballs (youvarlakia) in the water, put the lid back on and cook for 20-25 minutes. (The water should be enough to cover the meatballs, so add some more warm water if needed)
7. To prepare the egg lemon sauce for the Greek meatball soup, crack the eggs into a bowl and whisk.
8. Add the lemon juice and whisk well.
9. Add into the bowl a ladle of hot soup and whisk quickly.
10. Add one more ladle and whisk again until combined.
11. Stir in the egg lemon sauce into the youvarlakia soup and cook for 2-3 minutes over medium heat, until warm but not boiling.
12. Serve this extra warming Greek meatball soup, while still hot.



فلافل Falafel



Walaa Kotayet | Redmond, WA

Origin

Egypt

Ingredients

- 2 cups dried split fava beans
- 1 onion, quartered
- ½ cup fresh parsley
- ½ cup fresh cilantro
- ½ cup fresh green onion
- 3 cloves garlic
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons salt
- 1 teaspoon ground cumin
- 1 cup toasted sesame seeds (Optional)
- 1/8 teaspoon baking soda
- vegetable oil for frying

Serving Suggestions

The dish is served with Tahini sauce, pita bread, cut tomatoes, lettuce.

About this dish

Like the great pyramids of Giza is an iconic attraction in Egypt and the biggest draw, no Egyptian food guide can be complete without falafel. Falafel s one of the most well-known traditional Egyptian dishes and will keep you coming back for more. It is a popular street food in Cairo and the rest of Egypt. Falafel refers to deep-fried balls or discs made from ground fava beans, herbs, and spices.

It is said that falafel was invented by Coptic Christians as meat-free food for Lent. Another story is that falafel emerged in Alexandria, Egypt--the country's principal port and home to the largest concentration of British and European troops.

In Egypt, its principal ingredient is fava beans, which is grown in large quantities nearby and which had established themselves as a staple of the Egyptian diet. So closely were the dish and the ingredient associated with one another that it appears to have been from fava beans (fūl) that falafel took its name.

Directions

1. Place fava beans in large bowl and cover with several inches of water. Let soak, 8 hours to overnight. Drain.
2. Combine soaked fava beans, red onion, parsley, cilantro, dill, garlic, coriander, salt, and cumin in a food processor; process to a dough-like consistency/ soft.
3. Add the backing soda before frying
4. Shape fava bean mixture into balls.
5. Roll in sesame seeds to coat.
6. Fill a large saucepan 1/4 full with oil; heat over medium heat.
7. Fry fava bean balls in batches until golden brown, 3 to 5 minutes.
8. Drain on paper towels.



西红柿鸡蛋汤面

Tomato-Egg Noodle soup



Matthew Li and Ying Yan | Sammamish, WA

Origin

China

Ingredients

- 4 medium size tomatoes
- 4 large eggs
- 1/2 teaspoon salt
- 1/4 vegetable oil
- 3/4 lbs noodles
- 3 quarts of water
- 1 green onion (optional)

Serving suggestions

Let it cool for around 5 minutes. (Serves 4)

About this dish

It's famous because it's tasty and comforting. The colors are vibrant and tempting. The nutrients are balanced and gathered in one bowl. It's soft and easy to digest. All the ingredients can commonly be found in every market.

Tomato and Egg is a popular combo in China. There's Tomato-Egg over rice, Tomato-Egg tofu, and just plain Tomato-Egg!

Directions

1. Beat the eggs and slice the tomatoes.
2. Heat up the oil in a wok, and stir-fry eggs over high heat, then put the scrambled eggs aside.
3. Use the leftover oil to stir-fry the tomatoes until the juice in the tomatoes are released.
4. Add water in the wok and wait until the water boils.
5. Add noodles and stir until noodles won't stick to each other or the wok, wait until water boils again, turn heat to low.
6. Cook the noodles to al dente, stir every 30 seconds .
7. Bring the eggs back and add salt.
8. Scoop into bowls, scatter chopped green onion to garnish, and serve.



HOLLANDSE PANNENKOEKEN

Dutch Pancakes



Mireille Baumuel | Kirkland, WA

Origin

The Netherlands

About this dish

This is something I make often for my family to keep my Dutch heritage alive. It is made by all Dutch families in The Netherlands, usually for breakfast but can be eaten at any time of the day, especially for dinner (breakfast for dinner!). My mother is Dutch, so I grew up eating this dish regularly. I learned to make it, and I've taught my son how to make them, too, so I'd like to think he will carry on this small part of his heritage.

Ingredients

For EACH person, you will prepare the pancake batter accordingly:

- 1 Egg
- 1 Cup All-purpose Flour
- Approx. 1 Cup of Milk, with more to add as needed
- Powdered Sugar (for topping)
- Brown Sugar (for topping)

Ingredient Substitutes

Feel free to substitute non-dairy milk for the regular milk in the recipe. I've cooked Dutch Pancakes with soy milk, almond milk and oat milk. Soy and oat milk probably taste the closest to regular cow's milk.

Serving Suggestions

Best served fresh, but you can reheat leftovers in the microwave.

Directions

1. Mix the eggs, flour and milk together in a large bowl. Break apart the flour clumps, but do NOT mix the batter until smooth. Some clumps in the batter is fine.
2. To determine if the batter is thin enough (has enough milk), lift out a ladleful of batter and let it drip back into the bowl.
3. If it is runny like smooth, puréed soup, it is good.
4. If it is very thick and gloopy like traditional American buttermilk pancakes, add more milk.
5. Melt a pad of butter in a large frying pan on medium-high heat. Spread the butter around the pan with your spatula and then pour in a generous ladleful of pancake batter.
6. Once the batter is in the pan, immediately tilt the pan around slowly so the batter spreads and creates a thin layer covering as much of the pan as possible.
7. It should be slightly thicker than a crepe but much thinner than a traditional American pancake.
8. Heat the pancake and wait for a number of air bubbles to appear, then flip it. Cook to desired doneness.
9. I personally like my pancakes with small brown "burn" marks on them but still pliable and soft.
10. Once all the pancakes are cooked, put a pancake on a plate and place some powdered sugar or brown sugar on top.
11. Spread the topping around and then roll the pancake up like a crepe.
12. Cut the rolled pancake into slices and enjoy!
13. Powdered sugar or brown sugar are the traditional toppings for the pancakes, but I also love any kind of good-quality jam or jelly, or you can top with Nutella & banana.
14. I also like making Dutch Pancakes savory and putting sautéed mushrooms, onions, spinach and feta cheese on them. The only limit to the toppings is your own imagination!



QUINOA BLACK BEAN SALAD



Chitra Subramanian | Kirkland, WA

Origin

Mediterranean

Ingredients

- 1 ½ cups quinoa
- 3 cups vegetable broth
- 1 ½ cups rinsed black beans (I use canned black beans)
- 1 ½ T balsamic vinegar
- 2 tsp juice from pickled jalapenos (can substitute with fresh slit green chili)
- 1 1/2 cups cooked corn (or frozen corn)
- 3/4 cup finely chopped red bell pepper
- 2 pickled jalapeño chilies, seeded and minced (okay to skip)
- ½ cup green onions, chopped (can use sweet onions)
- 3 cloves garlic, chopped
- 1/4 cup finely chopped fresh cilantro
- 6 T fresh lime juice, or to taste
- 1 tsp salt
- 1 1/4 teaspoons ground cumin, or to taste
- ¼ cup olive oil

Serving suggestions

You can substitute ghee with butter. You can use any nuts, but it's preferred with pine nuts or almonds or cashews. Best served hot

About this dish

I found this recipe online when I was looking for more ways to incorporate quinoa in my cooking. I like the fact that it is a balanced meal in one dish. It has been a hit at gatherings as well.

Directions

1. Rinse quinoa thoroughly for 3-4 minutes.
2. Bring vegetable broth to a boil. Add quinoa and reduce to a simmer.
3. Cook covered for 15-20 minutes or until all liquid is absorbed. Remove from heat and allow to cool.
4. (I usually cook the quinoa in my pressure cooker or Instant Pot)
5. In a separate bowl, toss beans, vinegar, jalapeno juice and salt and pepper to taste.
6. When quinoa is cool, combine quinoa, beans, corn, pepper, jalapenos, green onions, garlic and coriander.
7. Toss well.
8. Make dressing by whisking together lime juice, salt, cumin and oil.
9. Pour over quinoa mixture.
10. Serve at room temperature.



فتة حمص Fattah Hummus



Ahmad Mansour | Kirkland, WA

Origin

Middle East

About this dish

Fattah Hummus is a very popular dish in the middle east especially in Syria and Lebanon. It is usually eaten on Friday after or before Friday prayers. It's a very nutritious dish and can be made in different ways.

Ingredients

- 2 Pitas (cut into wedges)
- 1 ¾ cups Chickpeas (canned or cooked, drained and rinsed)
- add Salt
- 1 cup Plain Yogurt
- 2 cloves Garlic (minced)
- ½ teaspoon Cumin
- ½ teaspoon Paprika
- 3 tablespoons Lemon Juice
- 2 tablespoons Tahini Paste
- ⅓ cup Pine Nuts (toasted) or Almonds
- add Parsley for garnishing
- 1 teaspoon Ghee or Butter

Ingredient Substitutes

You can substitute ghee with butter. You can use any nuts, but it's preferred with pine nuts or almonds or cashews.

Serving Suggestions

Best served hot.

Directions

1. Preheat the oven to 175C/350F.
2. Put the pita wedges on a baking sheet and bake for 10 minutes, until lightly browned and crispy.
3. Remove from the oven and set aside. (Alternately, Syrian recipes often call for frying the pita on the stovetop.)
4. Put the chickpeas in a small pot along with 100 ml (½ cup) water and simmer over medium-high heat for about 10 minutes, until the water has mostly absorbed, and the chickpeas are heated through.
5. Season with salt and remove from the heat. Keep the water.
6. Meanwhile, put the yogurt, garlic, cumin, lemon juice, tahini paste, and a pinch of salt in a large bowl and whisk until thoroughly combined.
7. Whisk in a little water at a time if the mixture is too thick, until a desired consistency is reached. You can also use a blender.
8. If the mixture is too thin you can add more chickpeas.
9. Break up the toasted pita wedges a bit and arrange them in an even layer on the bottom of a deep serving platter, bowl, or casserole dish.
10. Add some of the water from boiling the chickpeas and then toss the water out.
11. Top with the warm chickpeas, then the yogurt sauce.
12. Heat the ghee until it is hot and smoky then add it on top of the chickpeas
13. Sprinkle with pine nuts, cumin, paprika and parsley or cilantro and serve with additional pita or pita chips.
14. Enjoy with a cup of hot tea and pickled cucumbers, spring onion on the side

DESSERTS

"Food is culture, and we need to listen to it"

Robert Irvine





TARTE TATIN



Erica Erignac | Kirkland, WA

Origin

France

Pronunciation

Tarte Tatin (Tart tahTAHN)

Ingredients

- 6-7 Fuji apples
- 1 stick butter
- 3/4 cup sugar
- For crust:
- 1 cup flour
- 5 T butter
- Pinch of salt
- Cold water

Serving suggestions

Best to serve the same day. If reheating, use oven, not microwave so crust stays crisp.

About this dish

It is served at most bistros in France as a basic dessert and it's easy to make but it will wow your guests!

Directions

1. Preheat oven to 425. Peel and core apples.
 2. Cut apples into 1/8's.
 3. Melt butter and sugar at medium heat in skillet with metal handle (if wood or plastic you can wrap handle in aluminum before placing in the oven).
 4. Place apples in concentric circles, squeezing in as many apples as possible.
 5. Cook on medium heat until caramelized (the color of peanut butter).
 6. Take off the stove, roll out pie crust, cut vents, and put on apples. Place the skillet in the preheated oven for 30 minutes.
 7. Take it out, put a plate on top (upside down) and flip it so crust is on the bottom and apples on top.
1. For the crust: mix flour and salt, add cold butter, cubed, and mix until pea sized lumps form.
 2. Add cold water until it forms a ball (@3 tablespoons).
 3. Refrigerate dough until apples are ready (@45 minutes). Bon appétit



HAMANTASCHEN



Pamela Piggott | Redmond, WA

Origin

Israel

Pronunciation

mooz de shok-o-lat

Ingredients

- 3 eggs
- 1 cup granulated sugar
- $\frac{3}{4}$ cup vegetable oil
- 2 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{2}$ cup orange juice
- 5 $\frac{1}{2}$ cups all-purpose flour
- 1 tablespoon baking powder
- 1 cup fruit preserves, any flavor

Serving suggestions

Delicious anytime! Keeps for about a week

About this dish

Hamantaschen's are triangular treats made of dough with poppy seeds or fruit jam in the middle. Baked on the Jewish holiday of Purim.

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease cookie sheets.
3. In a large bowl, beat the eggs and sugar until lightly and fluffy.
4. Stir in the oil, vanilla and orange juice.
5. Combine the flour and baking powder; stir into the batter to form a stiff dough.
6. If dough is not stiff enough to roll out, stir in more flour.
7. On a lightly floured surface, roll dough out to $\frac{1}{4}$ inch in thickness.
8. Cut into circles using a cookie cutter or the rim of a drinking glass.
9. Place cookies 2 inches apart onto the prepared cookie sheets.
10. Spoon about 2 teaspoons of preserves into the center of each one.
11. Pinch the edges to form three corners.
12. Bake for 12 to 15 minutes in the preheated oven, or until lightly browned.
13. Allow cookies to cool for 1 minute on the cookie sheet before removing to wire racks to cool completely.



AATA KA HALWA

Whole wheat pudding



Nisha Godha (Aarushi Godha) | Redmond, WA

Origin

Rajasthan, India

Pronunciation

aa-taa-kaa-hul-waa

Ingredients

(Recipe will serve 4)

- 1/2 cup whole wheat flour
- 1/3 cup ghee (clarified butter)
- 1/2 cup sugar
- 2 cups water
- 10-12 raisins
- 1/4 teaspoon cardamom coarsely ground
- 2 tablespoons sliced almonds

Serving suggestions

Best to serve warm

About this dish

We prepare this dish for mostly all special occasions. Aata ka Halwa is a popular North Indian dessert recipe. Aata means wheat and Halwa means sweet in Hindi language. It is one of the healthiest Indian dessert as it is rich in Vitamin A and iron. In our home, whole wheat halwa (Aata ka halwa) is cooked for lots of religious festivals and also for special occasions like birthdays.

Directions

1. Boil the water and sugar in a pan over medium high heat.
2. Bring the syrup to full boil and mix it well making sure sugar is dissolved and turn off the heat. Set aside.
3. In a frying pan over low medium heat, add the clarified butter (ghee).
4. After the ghee has melted, add whole wheat flour.
5. Keep stirring and roast the flour, till it turns light brown in color and has a nice, sweet aroma.
6. It is very important to roast the flour well. This should take about 7-8 minutes.
7. Add the sugar syrup slowly to minimize splattering.
8. Keep stirring continuously, making sure there are no lumps.
9. After adding the syrup, the flour will be lighter in shade. Halwa should be nice and light brown in color.
10. Add raisins, half the almonds and cardamom, and cook till it becomes consistency of thick batter.
11. Keep the halwa softer than your desired consistency, as it will thicken over time.
12. This should take about 5-6 minutes.
13. Garnish with almonds. Serve warm.



COFFEE FLAN (FLAN DE CAFE)



Andrea Estrada | Sammamish, WA

Origin

Costa Rica

Pronunciation

Coffee Flan

Ingredients

- 3/4 c. Sugar
- 1 can sweetened condensed milk
- 1 can evaporated milk
- 2 tbsp. Instant coffee
- 4 eggs
- 1 tsp vanilla
- 1 tbsp. Corn starch (optional)

Serving suggestions

Cooks' note: Flan can be chilled up to 1 day (before unmolding).

About this dish

Costa Rica is a country of traditions and celebrations, and an important part of Costa Rican life is food. Flan is a typical Latin American dessert. Since Costa Rica is one of the biggest coffee producers in the world, this is another way to have our delicious drink.

Directions

1. Put oven rack in middle position and preheat oven to 350°F.
2. Cook sugar in a dry small heavy saucepan over moderate heat, undisturbed, until it begins to melt.
3. Continue to cook, stirring occasionally with a fork, until sugar melts into a deep golden caramel.
4. Immediately pour into a 9-inch round ceramic or glass baking dish or metal cake pan (2 inches deep) and tilt dish to coat bottom (use caution, dish will be hot).
5. Blend remaining ingredients in a blender.
6. Pour custard over caramel in dish, then put the baking dish (filled with the caramel and the custard) over a roasting pan filled with water.
7. Bake until custard is set but still wobbly in center when gently shaken and a knife inserted in center comes out clean, 1 to 1 1/4 hours.
8. Transfer dish to a rack to cool completely, about 40 minutes.
9. Chill flan, covered, until cold, at least 8 hours.
10. To unmold flan, run a thin knife around edge of dish to loosen flan.
11. Invert a large platter with a lip over dish. Holding dish and platter securely together, quickly invert and turn out flan onto platter.
12. Caramel will pour out over and around flan..



PANCHAMRUTHAM



Santoshi Pisupati | Redmond, WA

Origin

India

Pronunciation

(Punch-uh-mroo-thum)

Ingredients

- Milk - 1 glass
- Small banana - 1
- Sugar - 1 tablespoon
- Honey - 1 tablespoon
- Ghee - 1 tablespoon
- Splenda can be substituted for sugar.

Serving suggestions

Generally use a silver bowl and spoon when offering to God, served at room temperature. Best eaten right after preparation.

About this dish

This dish reminds us of our devotion to Hinduism, even with the hustle and bustle of our daily lives - it's important to observe traditions that ensure they stay in the family for the next generation. My great-grandfather showed his devotion to religion by regularly offering and eating this every Wednesday, and so it reminds me of that love, understanding and compassion that religion can offer. This is a particularly popular offering during Ganesh Chaturthi, a festival typically celebrated in August commemorating the arrival of Lord Ganesh to Earth.

Directions

1. Slice the banana horizontally into small discs.
2. Pour all liquid ingredients into a bowl and mix.



برازق Barazek



Sahar Shawa | Sammamish, WA

Origin

Syria

Pronunciation

Ba Ra Zek

About this dish

This cookie could be named the "Damascene cookie," because it was specific to Damascus, Syria. It is a simple butter cookie topped with sesame seeds, so thin and crispy and so addictive.

Ingredients

- 500 gm all-purpose flour (5 cups)
- 250 grams of ghee (2 cups or a quarter)
- From 100 grams of sugar (one cup) to one and a half cups of 150 grams (to taste)
- 100 ml water (half a cup)
- 5 grams yeast
- pinch of salt
- 500 grams sesame
- 2 tbsp honey or thick syrup
- 2 Tbs sugar
- 100 gm crushed pistachios

Serving suggestions

Best served cool and with a cup of tea or Turkish coffee. In Syria we greet our guests after they eat our food with the phrase "Saha wa Hanna," meaning may this food give you health and pleasure.

Directions

1. Mix the Ghee (room temperature) and flour using a stand mixer with the dough attachment or work it with hands until fully incorporated and a soft play dough like consistency.
2. Dissolve sugar and yeast completely in the water.
3. (This step is very crucial to the success of this cookie) pour the sugary water over the flour mixture, and blend them together gently, no kneading needed ;) we are trying to avoid activating the gluten. And we are just need the flour to drink up the water.
4. Let the dough rest in the fridge for 30 minutes - 2 hrs
5. This step is where you activate the aroma in your kitchen! Mix the lightly roasted sesame seeds with the simple syrup or honey and two tablespoons of sugar.
6. Keep rubbing them between the palms of your hands until you smell the aroma of the sesame strongly. You can add a splash of water to encourage the sesame to stick to your hand if you press it against it.
7. Pull out the dough from the fridge and form it into small balls as big as a cherry. You'll have two plates ready, one with the crushed pistachio and the other with the sesame. Press the ball gently in the pistachio on one side (don't roll it in).
8. Then move the ball to press the other side in the sesame and flatten it out more.
9. The cookie now should be thin (3mm=1\8 inch)
10. Arrange the cookies on a cookie sheet, they should be touching so the edges don't burn. Place the sheet on the lower rack in a heated oven to 350 F.
11. Bake for 8 minutes until bottom of cookie is golden.
12. Then move the sheet to top rack for 2 minutes to golden the surface.
13. Let cookies fully cool on a plate or parchment paper on top of your kitchen counter before eating them, if you could resist ;)
14. This is our family's favorite cookie. I hope you make it and enjoy it, and it becomes your family favorite too!

TEMPERATURE CONVERSIONS

C° TO F°

120°C	250°F
140°C	285°F
150°C	300°F
160°C	320°F
175°C	347°F
180°C	355°F
190°C	375°F
200°C	390°F
210°C	410°F
220°C	430°F
225°C	440°F

Temperature conversions are estimates.



MEASUREMENT CONVERSIONS

Cup	=	Tablespoon	=	Teaspoon	=	Fluid ounce	=	Milliliter
1 C		16 Tbsp		—		8 oz		237 ml
$\frac{3}{4}$ C		12 Tbsp		—		6 oz		177 ml
$\frac{2}{3}$ C		10 Tbsp + 2 tsp		—		5 $\frac{1}{3}$ oz		158 ml
$\frac{1}{2}$ C		8 Tbsp		—		4 oz		118 ml
$\frac{1}{3}$ C		5 Tbsp + 1 tsp		16 tsp		2 $\frac{2}{3}$ oz		79 ml
$\frac{1}{4}$ C		4 Tbsp		12 tsp		2 oz		59 ml
$\frac{1}{6}$ C		2 Tbsp + 2 tsp		8 tsp		1 $\frac{1}{3}$ oz		40 ml
$\frac{1}{8}$ C		2 Tbsp		6 tsp		1 oz		30 ml
—		1 Tbsp		3 tsp		$\frac{1}{2}$ oz		15 ml



"Meals make the society, hold the fabric together in lots of ways that were charming and interesting and intoxicating to me. The perfect meal, or the best meals, occur in a context that frequently has very little to do with the food itself."

Anthony Bourdain

