

Lin-Wood 2023:

Tasting the World Recipes  
(always a work in progress)

Thank you to all of our families and community members for their contributions to our first ever Tasting the World! Thank you to Interact for providing us with our paper goods and serving volunteers.

## **The Truong Family**

Puerto Rican Pork shoulder (or any giant piece of pork) and rice

Pork

1. Heat up 2-3 spoonfuls of bacon grease or any meat grease you have from other leftovers and melt in cast iron pot
2. place entire pork shoulder (2-4 lbs) into pot on medium to low heat with the skin side down. Pork shoulder with skin is better since the fat from the skin will create a deep frying effect later on.
3. Making the sofrito sauce--while the meat is searing or beforehand, take whatever ratio of cilantro, oregano (fresh if you have it) onions, garlic, green peppers, red peppers and yellow peppers you'd like to use to. Chop all of these ingredients up to fit inside whatever food processor you have. You can finely chop these things up into a paste like consistency or mash but that is really painful and your hands will smell for days. I usually do a half bunch of cilantro, 2 peppers (whatever colors i have), 1-2 onions and olive oil or pork fat from searing the pork in step 2. Save some sofrito for the rice.
4. Once the pork shoulder is seared for 10-15 minutes on the skin side you can add whatever amount of salt/pepper/smoked paprika you like in your food This can be adjusted at the end so i usually go lighter in the beginning and add more later. I usually use fish sauce as a salt substitute, as well, so you can make it your own. I sometimes use Wayne's bbq seasoning.
5. Add 1-2 cups of orange juice and the cilantro mixture from step 2. Cover and place in oven at 225-250 for at least 4 hours but it can go as long as you need it to. You can substitute orange juice for

whatever sugar you have around the house, too (maple syrup, sugar, other sugar substitutes). Orange juice is what you're supposed to use or it tastes fine without sugar since the peppers have sweet flavors, too.

6. about half an hour to an hour before you're ready to eat it, i like to bake at 400-450 or broil. Either way, bake or broil for 10 minutes at a time and then stir so that the crispy top layer is submerged and a new layer can become crispy. Keep doing this until it is at your desired texture but this is also entirely up to you. Feel free to add more seasoning mentioned at the previous steps if you think it needs more of anything.

Thinh, father of 3 LW students, grew up in Philadelphia and there is a large Puerto Rican population there. Although he hails from Vietnam, his best friend was Puerto Rican and he ate over his house almost everyday as a child. This is a mix of recipes his mom showed him for various dishes mixed together over the years with some Vietnamese ingredients.

## **The Anderson Family**

[https://www.livewellbakeoften.com/wprm\\_print/25739](https://www.livewellbakeoften.com/wprm_print/25739)

### Millionaire Shortbread

#### Ingredients

For the shortbread crust:

1 cup unsalted butter softened (230 grams)

½ cup granulated sugar (100 grams)

2 large egg yolks at room temperature

¼ teaspoon salt

2 cups all-purpose flour spooned & leveled (250 grams)

For the caramel:

2 (14-ounce) cans sweetened condensed milk (NOT evaporated milk)

1 ¼ cups packed light brown sugar (250 grams)

¾ cup unsalted butter sliced (170 grams; 1.5 sticks)

¼ cup light corn syrup (70 grams)

1 teaspoon pure vanilla extract

¼ teaspoon salt

For the ganache:

8 ounces semi-sweet chocolate bars finely chopped (226 grams)

⅓ cup heavy whipping cream (80 ml)

Sea salt for sprinkling on top optional but recommended

## Instructions

To make the shortbread crust: Preheat the oven to 350°F (180°C). Line a 9x13-inch baking pan with parchment paper, making sure to leave some overhang for easy removal, and set aside.

In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter and sugar until well combined, about 2 minutes.

Mix in the egg yolks and salt until fully combined, stopping to scrape down the sides of the bowl as needed.

Add the flour and continue mixing on low speed until the mixture starts to come together, but is still crumbly.

Scoop the crumbly mixture into the prepared baking pan and press it down into one even layer.

Bake for 23 to 28 minutes, or until the top is set and the edges are lightly golden brown. Remove from the oven and set aside to cool completely on a wire rack. If needed, you can place it in the refrigerator on a wire rack to speed up the cooling process.

To make the caramel: In a large saucepan, combine the sweetened condensed milk, brown sugar, sliced butter, and corn syrup.

Place over medium heat, whisking frequently until it comes to a boil. Continue cooking for 8 to 13 minutes, whisking constantly, until the mixture thickens, starts to pull away from the sides of the pan, and turns a caramel color. I recommend wearing an oven mitt while you are whisking the mixture to avoid any hot splatters. You can test the mixture to make sure it's done by filling a glass with cold water and dropping a small spoonful of caramel into it. If you can form a soft ball with the mixture, then it's ready. If you can't, keep on cooking the caramel. Remove from the heat and stir in the vanilla extract and salt until fully combined. Pour the caramel over the cooled shortbread crust and spread it around into one even layer. Refrigerate for 1 hour or until the caramel is mostly set.

To make the ganache: Combine the chopped chocolate and heavy whipping cream in a large heat-proof bowl. Microwave in 20-second increments, stirring well after each increment, until the chocolate is completely melted and smooth.

Remove the pan from the refrigerator, pour the chocolate ganache on top, and spread around into one even layer. Sprinkle the top with sea salt.

Return to the refrigerator and chill for 1 to 2 hours or until the chocolate is set and firm.

Lift the bars out of the pan using the overhang from the parchment paper, slice into pieces, and serve.

#### Notes

Storage Instructions: Bars may be stored in an airtight container at room temperature or in the refrigerator for up to 4 days.

Freezing Instructions: These bars will freeze well for up to 3 months, thaw overnight in the refrigerator.

## **The Doherty Family**

### Mujedrah (Rice with Brown Lentils and Caramelized Onions)

1 1/4 cup brown or green lentils

1 c basmati rice

2 tsp ground cumin

1/2 tsp turmeric

1 1/2 tsp ground allspice

1 1/2 tsp cinnamon

Salt & pepper

3 c water

4 medium onions (thinly sliced)

1/2c olive oil

Place the lentils, rice, and spices in a medium pot. Add water. Bring to a boil and turn heat down to simmer. 20-30 minutes. While that's cooking, fry the onions in oil until brown and caramelized. When lentil/rice mix is cooked, add half the onions. Serve with the rest of the onions on top.

Instant Pot Version

Same ingredients.

Put rice, lentils, spices, and water in the Instant Pot. Pressure cook on high for 12 minutes. Natural release for 15-20 minutes then manual release. While that's cooking, fry the onions in oil until brown and caramelized. When lentil/rice mix is cooked, add half the onions. Serve with the rest of the onions on top.

History:

Our daughter's grandmother is a Sephardic Jew, which means that she's part of the Arab Jewish communities that used to live in places like Syria, Lebanon, Egypt, Spain, Morocco, Tunisia, and Libya. Many of those communities no longer exist because of a combination of world wars, civil wars, and other forms of ethnic tension. Most of those Jewish communities emigrated to South and North American countries in the early decades of the twentieth century -- and her great grandparents eventually settled in a small Sephardic community in Cleveland, OH.

This dish has a thousand names, and it's cooked across all of those countries by Jews as well as by Arabs. It's called mujarraah, m'jedreh, mujadarrah, emjarrah, and a number of other variations I'm sure I don't know. Every household also has its own version, but they all start with a combination of rice and lentils, and they all

include the deliciously oiled frizzled onions on top. The spices vary widely from cumin and savory to quite spicy.

This is the dish my mother makes when there's a crowd of family and friends to feed -- feeding a crowd who needs comfort food rather than something fancy. This is home cooking in the Jewish and Arab worlds, and we hope you find it as filling and full of love as we have.

## **The McClure Family**

### German Spaetzle Dumplings

1. Mix together flour (1c), salt (1/2tsp), white pepper (pinch), nutmeg (1/2tstp). Beat eggs well, and add alternately with the milk to the dry ingredients. Mix until smooth.
2. Press dough through a spaetzle maker, or large holed sieve or grater.
3. Drop a few at a time into simmering water. Cook 5-8 minutes. Drain well. (Can be frozen.)
4. Saute cooked spaetzle in butter. Can make with bacon as well.

An October favorite in the McClure household during German-Bavarian folk festival, Oktoberfest!

## **The Halloran Family**

### Kreissle Family German Potato Salad

Potatoes, onions, chives, red wine vinegar, canola oil, ground mustard, sugar, black pepper

## **The Whitman Family**

Stroopwafels Dutch treat originated in Holland by a baker in the town of Gouda in 1784. He baked a waffle using old crumbs and spices and filled it with syrup.

Flour honey sugar brown sugar milk eggs caramel chocolate cinnamon molasses butter

This recipe was one of my mom's (Jen Whitman) favorite because it was all she had left of her father who came here from Amsterdam in 1939.

## **The Halm Family**

**Galumpkis (or golabkis)** from the Ukraine/Poland:

local ground beef

ground pork

head of cabbage

white and/or brown rice

onions

peppers

diced tomatoes

tomato sauce or tomato soup

salt and pepper

Combine cooked rice with diced onion and pepper, raw meat, salt and pepper. Add a can or two of diced tomatoes.

Remove cabbage stems and steam in a double-boiler or in a covered dish in the microwave.

Place a spoonful of the rice mixture on a single cabbage leaf and roll the leaf around the meat and rice mixture.

Place each cabbage roll into a crockpot or roasting pan with tomato sauce or tomato soup lining the base. Cover the top of the rolls with the same sauce.

Cook in a crockpot or in the oven at low heat (200 degrees) overnight. Enjoy!



## **The Watson Family**

### Taste of Jamaica Chicken and Rice

Jamaican meals are flavourful and comforting, a diverse culinary melting pot of spices.

Caribbean rice: rice, curry, coconut milk, salt, vegetables, jerk chicken wings: chicken, blend of peppers, allspice, thyme, garlic and onion powder, smoked paprika, brown sugar, ginger, cinnamon, molasses.

## **The Weeden Family**

### Tourtiere Pie (French Canadian Meat Pie)

Pie crust, ground beef, ground pork, potato, onion, garlic, sage, thyme, bells seasoning, clove, allspice, nutmeg, salt, pepper,

Jasmine Weeden's nana was raised on the Maine/Canadian border in the 1930s and 1940s, and would make this dish while she was growing up!

## **The Weeden Family**

### Finnish Cinnamon Roll - Pulla (pronounced, Buh-La)

Flour, egg, butter, milk, sugar, yeast, cinnamon, cardamom, salt

I have yet to assemble the recipe as this has been passed down by watching my mom and practicing her craft with supervision. There is a lot of nuance with the yeast and getting the temperature and texture just right that I am still practicing this.

My mother's (Mel, Kyle's mom) parents came from Finland and my mom was born in New York City. When they moved to the suburbs of New Jersey and met their neighbors, having coffee together was a great way to visit and meet one

another. Finn's love their coffee time and one of the traditions is to serve this Finnish coffee bread, pullä, traditionally braided, baked, and served warm out of the oven with butter. My mother adapted the recipe to make individual rolls much like cinnamon buns. The distinctive cardamom spice is a smell that will forever bring great memories of holidays with family, coffee, and a lot of laughter.

### **The Patel Family**

Indian dish from state of Gujarat

Wheat, spices, and nuts

### **The Awan Family**

Chicken and Rice

We are representing Pakistan and making rice with chicken lettuce and sauce; The name of it is just chicken and rice. This is my own (Shazia, mother to Maha and Rafie) creation because some of my kids don't like traditional Pakistani spices so I made this with less spices but still has flavor.

Rice, chicken, lettuce, ketchup, mayo, mustard, salt, pepper, garlic, ginger, red chili, cumin seeds

### **The Wishart Family**

Spring rolls ( Vietnamese favorite food)

Pork, eggs, glass noodles, carrots, scallions, black mushrooms, fish sauce, chicken powder,

### **The Siow Family**

Malaysian Chicken Curry with Savory Pancake

Chicken, Onion, Garlic, Chili, Turmeric, Wheat flour

This is a popular Malaysia Street Food. Malaysians have it for breakfast or late night supper.

### **The Schirduan Family**

Slovakian Placky (potato “pancakes”, it’s not sweet, it’s salty)

Potatoes, eggs, bacon pieces, onion, garlic, salt, ground cumin, marjoram, flour, olive oil

In Slovakia most of the meals were made from flour, potatoes as well, because many people who weren’t rich couldn’t afford the meat.

### **The Wright Family**

Pennsylvania-style cream chipped beef

milk, butter, onions, peppers, wheat flour, beef

This is a common breakfast food in Pennsylvania, where I (Rosie, mom to the Wright children) grew up. When I was a child, my mom would make this meal for special Saturday breakfasts. My kids often ask for creamed chipped beef as their birthday dinner. It is for sure a favorite meal in the Wright house!

### **The Campbell Family**

Philippine Spring roll

Ground pork, onion, carrot, egg, parsley, soy sauce, black and pepper, spring roll seasoning.

My (Liesel, Zoe’s mom) recipe is one of the Philippine delicacies like finger food and dip with spring roll sauce.