



RECIPE



This recipe shall be known as **Anzac Biscuits**

From the kitchen of **Kelly Gerber**

This recipe serves **Yields unknown**



INGREDIENTS

- 1 Cup all purpose flour
- 1 Cup desciated coconut
- 1 Cup rolled oats
- ½ Cup caster sugar
- ¼ Cup brown sugar
- 4.4 oz butter
- ½ teaspoon bicarbonate of soda



DIRECTIONS

Preheat oven 350°F. Line 2 baking trays with baking paper. Place flour, coconut, rolled oats and combined sugar in a large bowl and stir with a wooden spoon to combine.

Place the butter and golden syrup in a small saucepan over low heat and cook, stirring occasionally, for 3 minutes or until butter is melted. Set aside for 5 minutes to cool slightly.

Combine 1 ½ tbsp. boiling water and the bicarbonate of soda in a small bowl. Add to the oat mixture along wit the butter mixture. Stir until well combined.

Roll tablespoonfuls of the mixture into balls and place on the lined trays, allowing space for spreading. Gently press each ball to flatten slightly. Bake for 15 minutes for crisp biscuits. Set aside on the trays to cool completely. The biscuits will harden as they cool.

N.B. Golden Syrup can be found in Publix in the Ethnic food aisle.



RECIPE



This recipe shall be known as **Baklava**

From the kitchen of **unknown**

This recipe serves **35 pieces**

INGREDIENTS

- 4 cups walnuts
- 1 cup almonds, blanched
- 1 TBSP ground cinnamon
- 1 teaspoon ground cloves
- 2 cups sweet butter, (warm/melted)
- 1 ½ lbs phyllo pastry
- 3 cups sugar
- 3 cups water
- 6 whole cloves
- 1 jar (8 oz) honey
- Juice of ½ lemon
- 1 teaspoon vanilla
- ½ teaspoon almond extract

DIRECTIONS

Chop half the walnuts coarsely and the other half finely. Chop the almonds coarsely. Mix nuts with ground cinnamon and ground cloves. Brush an 11 ½ X 17 inch baking pan with melted butter. Take 10 sheets of phyllo from the package. Place 1 sheet in the baking pan and brush generously with warm melted butter. Stack the other 9 sheets one by one on top of the first, brushing each with warm melted butter as you stack it. Sprinkle evenly with a handful of nut mixture. Take 2 more phyllo sheets from the package. Place 2 sheet at a time on the nut mixture; brush each with warm melted butter. Sprinkle evenly with another handful of the nut mixture. Repeat this layering process until all nuts are used. Then layer the remaining phyllo sheets, brushing each with warm melted butter, until you have used all the sheets. Heat the remaining melted butter until a drop of water sizzles; pour over the top sheet. Spread to cover evenly. With your fingers, press around the inside of the pan to seal the edges of the phyllo sheets together. Using a sharp knife, cut across the width of the pan, making strips about 2 inches wide. Then cut diagonally to make diamond shapes. Place pan on top shelf of preheated 325°F oven and bake until a deep chestnut color, crisp and baked through, about 1 hour. Check after the first ½ hour to see if baklava is browning evening; if not, rotate the pan. Let cool. While baklava is cooling, in a saucepan combine sugar, water, whole cloves and cinnamon stick and bring to a boil. Simmer for 2 minutes. Add honey and lemon juice and boil for 5 minutes. Skim the froth. Remove from heat; remove whole cloves and cinnamon stick. Stir in vanilla and almond extract. Pour hot syrup over the partially cooled baklava. It will absorb the syrup. Let cool and serve. (Flavor improves the next day!)



RECIPE



This recipe shall be known as **Brown Sugar Sesame Chicken**

From the kitchen of **Unknown**

This recipe serves **unknown**



INGREDIENTS

35 pieces of chicken wing

(pieces, not whole wing)

1 cup brown sugar

¼ cup soy sauce

1 TBSP water

1 TBSP sesame seeds

¼ tsp hot pepper (or to taste)

Flour (to coat chicken)

Oil (to fry chicken)



DIRECTIONS

Heat oil (for deep frying).

Place flour in a bowl large enough to coat chicken wing pieces.

Coat chicken wings pieces with flour and deep fry until crispy.

Put remaining ingredients in a large pot and cook down.

After the sauce bubbles, add fried chicken wing pieces and coat.

Enjoy!



RECIPE



This recipe shall be known as **Cabbage Rolls**

From the kitchen of **Mary Krzyminski**

This recipe serves **unknown**



INGREDIENTS

1 head cabbage
1 lb. ground beef
½ lb. ground pork
1 onion, chopped fine
¼ teaspoon poultry seasoning
½ Cup partially cooked rice
1 egg
3 TBSP butter
2 teaspoons vinegar
Hinze Ketchup
Salt
Pepper



DIRECTIONS

Wilt cabbage leaves by scalding in boiling water with 2 teaspoons vinegar and 1 teaspoon salt.\

Cool in cold water, dry and trim ribs.

Sauté onion in butter.

Combine all ingredients.

Spread 2 TBSP of meat on each leaf. Fold and roll.

Place in a pan with butter and 1 cup water.

Simmer for about 2 hours – OR - bake at 350° for 1 ½ hours.

Cover with tomato sauce (Hinze ketchup and water, equal parts).



RECIPE



This recipe shall be known as **Chicken Korma** (Chicken with Almond Paste)

From the kitchen of **Gouri De**

This recipe serves **Yields unknown**



INGREDIENTS

1 lb. Chicken (cut into pieces)

½ tsp. salt

½ cup plain yogurt

1 red onion

1" ginger

2 cloves garlic

½ tsp. roasted cumin powder

1 TBSP almond paste

2-3 green chilies

2 TBSP oil

2 Pieces cinnamon stick

3-4 green cardamom

1 tsp ghee



DIRECTIONS

Grind ginger, garlic, and green chilies together.

Marinate chicken with salt, roasted cumin powder, yogurt and ginger-garlic paste.

Heat the oil and ghee together.

Add the cinnamon and cardamom seed.

Add the sliced onion and sauté until it is golden brown.

Add the marinated chicken and let it boil on high heat for 1-2 minutes.

Cover and simmer until the chicken is fully cooked.

Add sugar and almond paste and pour in a serving dish.

Garnish with cilantro.

(Note: Cornish game hen can be substituted, in lieu of chicken.)

This is a very mild dish served with chapatis, rice, or pilaf. Make it more rich and creamy by adding 1 TBSP almond paste at the end).



RECIPE



This recipe shall be known as **Classic Beef Borscht**

From the kitchen of www.sweetandsaorvyshinee.com

This recipe serves **About 6**



INGREDIENTS

1lb. beef, cut into small cubes
2 teaspoons salt
2 medium carrots
2 medium beets
2 medium potatoes
2 celery ribs
7 oz cabbage
(about ¼ medium cabbage)
1 TBSP tomato paste
1 bay leaf
¼ Cup parsley, chopped
Sour Cream and bread for serving
2 garlic cloves, pressed
1 TBSP Olive Oil



DIRECTIONS

In a large pot, add the beef, 1 teaspoon of salt and 10 cups cold water. Bring it to a boil over medium high heat, skimming off the scum for clearer stock. Then reduce heat to medium and simmer for about 45 minutes.

Grate the carrots and 1 beet on a large grater, and julienne the other beet. I like the different treatments of beets for texture and color.

Cube the potatoes and celery into small pieces. Thinly slice the cabbage.

Once the stock has been cooking for about 30 minutes, add potatoes and bay leaf.

Meanwhile, heat the olive oil in a large skillet over medium low heat. Add grated carrots along with pressed garlic. Sauté the carrots until nice and fragrant. Add beets and cook for 2 minutes, stirring. Then stir in the tomato paste and cook for another 8 minutes, stirring frequently.

Add sliced cabbage and celery into the stock and cook for 5 minutes. Stir in parsley and serve immediately with sour cream and bread.



RECIPE



This recipe shall be known as **Coconut Chickpea Curry**

From the kitchen of **unknown**

This recipe serves **Yields unknown**



INGREDIENTS

1 TBSP vegetable (or any) oil

1 Onion (chopped)

3 Fresh tomatoes (or ½ cup crushed)

Fresh Ginger

4 Minced garlic cloves

1 tsp coriander powder

1 tsp Chana Masala powder

½ tsp turmeric powder

½ tsp (or 1 pinch) salt to taste

1 can chickpeas



DIRECTIONS

Heat oil in a large frying pan over medium heat, and fry onion until tender.

Add the turmeric and ginger, garlic paste, and cook 1-2 minutes.

Add the tomatoes and cook for 10 minutes or until the tomatoes have broken down.

Add the Chana Masala powder, then cook for 2-3 minutes.

Add water (amount depends on how much sauce you want).

Add the chickpeas and simmer for 10 minutes to allow the sauce to thicken.

Add the coconut milk and bring the mixture to a boil, then reduce heat.



RECIPE



This recipe shall be known as **Curry Chicken (or beef / pork)**

From the kitchen of **Theresa Wang**

This recipe serves **4 (250 calories each)**



INGREDIENTS

1 lb chicken breast, sliced

(substitute beef or pork as desired)

2 celery stalks, sliced (cross)

1 carrot, sliced (cross)

2 teaspoons curry powder

1 teaspoon garlic powder

2 teaspoons sugar

3 teaspoons cornstarch

(or substitute potato starch)

3 teaspoons soy sauce

(depending on material amount,

You may adjust soy sauce amount)

Vegetable oil



DIRECTIONS

Mix the seasonings altogether with the meat.

You may put away for later cooking use.

Boil the sliced vegetables for 2 minutes, drain, and set aside.

Start with 1/3 cup of vegetable oil, heat in a frying pan.

Stir fry meat quickly until change in color of meat, then throw in the vegetables and mix well with meat.

At this point you may adjust the taste (depending on your flavor, you may put in hot sauce or hot pepper or black pepper).

Serve.



RECIPE



This recipe shall be known as **Dessert Pears**

From the kitchen of **unknown**

This recipe serves **unknown**



INGREDIENTS

Pears, halved

Cream Cheese

Cherries, pitted



DIRECTIONS

Wash pears, cut in half. You can cut decoratively if you like.

Using a spoon, scoop out seeded area.

Spread a dollop of cream cheese into scooped out area.

Gently press a cherry on top.

Serve chilled.



RECIPE



This recipe shall be known as **Eggplant Parmesan**

From the kitchen of **Pattie Feldhause**

This recipe serves **Yields unknown**



INGREDIENTS

Eggplant

Oregano leaves

Oregano

Garlic

Rosemary

Thyme

Sage

Parmesan Cheese (grated)

Shredded Mozzarella

Breadcrumbs

Marinara Sauce



DIRECTIONS

Peel & Slice eggplant.

Mix breadcrumbs and spices together, with 1 cup parmesan cheese.

Wet eggplant and shake in bag with breadcrumb/spice mixture.

Bake 400°F for 20 – 30 minutes.

Top with mozzarella, then bake an additional 10 minutes.



RECIPE



This recipe shall be known as **Halwa (Made out of Wheat Cream)**

From the kitchen of **unknown**

This recipe serves **Yields unknown**



INGREDIENTS

1 Cup wheat cream

$\frac{3}{4}$ Cup brown sugar

2 TBSP of ghee (clarified butter)

2 oz of slivered almonds

1 tsp nutmeg



DIRECTIONS

Roast the cream of wheat until it becomes light brown and to get the roasted flavor.

Then pour 2 cups of warm water (OR 1 cup milk and 1 cup warm water), stir until it gets thicker.

Then put the nutmeg in.

Spread the preparation, garnish with nutmeg.



RECIPE



This recipe shall be known as **Italian Pie**

From the kitchen of **unknown**

This recipe serves **Yields 8**



INGREDIENTS

- 1 (10oz.) box frozen chopped spinach
- 6 slices salami (1 /12 oz)
- ¼ cup diced pimientos, drained
- 1 ¼ lb ground meatloaf blend
(beef/pork)
- 1 teaspoon dried Italian seasoning
- ¼ Cup turkey pepperoni (1 oz)
(or regular pepperoni)
- 1 (13.75 oz) jar bruschetta spread
- ½ Cup egg substitute
(or 2 eggs)
- 2 Cups shredded Italian-blend cheese
- 1 ready-to-bake rolled pie crust



DIRECTIONS

Place spinach in colander under cool running water to thaw; break into smaller pieces, as much as possible.

Cut salami into bite-size pieces.

Drain pimientos.

Preheat oven to 425°F. Preheat large saute pan on medium-high for 2-3 minutes. Add ground meat and Italian seasonings; brown for 5-7 minutes, stirring to crumble meat, and until no pink remains. Drain spinach thoroughly by pressing firmly against colander.

Stir pimientos, pepperoni, salami, spinach, and bruschetta spread into meat; cook 1-2 minutes or until thoroughly heated. Transfer to a medium bowl and set aside 1-2 minutes to cool.

Stir in egg and cheese, then transfer to a 13 x 9 inch baking dish. Unroll piecrust over meat mixture. (Stretch dough to fit or use extra dough that overlaps sides to cover extra space at each end of the baking dish; press edges together on each end.) Trim and seal or crimp edges.

Cut two small slits in center of crust. Bake 25-30 minutes or until mixture is bubbly and crust is golden. Serve.



RECIPE



This recipe shall be known as **Khichdi Recipe**

From the kitchen of **unknown**

This recipe serves **Yields unknown**



INGREDIENTS

1 Cup (or ½ cup) Raw rice

½ Cup moong dal (green lentils)

Water

½ tsp Turmeric powder

Salt (to taste)



DIRECTIONS

Rinse and drain rice and lentils.

Add 3 ½ cups of water.

Add ½ teaspoons turmeric powder.

Mix well, add salt to taste.



RECIPE



This recipe shall be known as **Lemony Lentil Soup**

From the kitchen of **CoCo Hunnicatt**

This recipe serves **Yields 4 bowls**



INGREDIENTS

- 1 Cup brown lentils, rinsed
- 1 TBSP extra virgin olive oil
- 1 onion diced (approximately 1 cup)
- 1 bunch chopped leafy greens
(such as kale)
- 4 Cups chicken broth
- 1-2 Cups water
- Juice of 2 lemons
- ¼ tsp crushed red pepper (optional)
- Sea Salt



DIRECTIONS

Start by warming the olive oil in a large pot over medium heat. Add the onion, sprinkle with a pinch of sea salt and cook for 3-4 minutes until translucent.

Next, add the chopped greens and crushed red pepper (if using), then stir together. Cook for another 2-3 minutes, until the greens are slightly soft.

Add the lentils to the pot along with the chicken broth and water then turn heat to medium-high and bring to a boil.

Adjust water in soup as needed – make sure it looks more like soup than stew. Cook for 30 minutes on a medium simmer, or until lentils are tender.

Squeeze the juice of two lemons into the pot and stir together. Ladle into bowls, serve warm and enjoy!



RECIPE



This recipe shall be known as **Oyako-don** (Chicken and Egg bowl)

From the kitchen of **Sahae Allen**

This recipe serves **Yields 2 servings**



INGREDIENTS

1 Boneless, skinless Chicken Breast
(sliced and cut into bite size pieces)

½ onion, thinly sliced

2-4 large eggs (beaten)

½ green onion chopped (optional)

Pre-cooked rice (serving size)

Sauce:

2/3 cup dashi (soup stock)

1 ½ TBSP mirin or sake

1 ½ TBSP soy sauce

1 ½ teaspoon granulated sugar



DIRECTIONS

Combine dashi, mirin (sake), soy sauce and sugar in a bowl or a measuring cup, and mix well until sugar is dissolved. Set aside.

Spread half of onion and chicken evenly in a small frying pan.

Pour 1/3 to ½ of the sauce mixture over the chicken. You will need just enough sauce to cover the onion and chicken.

Turn on the heat to medium high and bring to a boil. Then, lower the heat to medium low heat. Cover and cook for about 5 minutes or until chicken is no longer pink.

Slowly drizzle half the eggs over the chicken evenly. Cook covered on medium low heat until the egg is almost set, but still soft and runny.

Add green onion right before removing from the heat.

Slide them over a bowl of steamed rice.

Repeat steps 2 – 7 for the second serving.



RECIPE



This recipe shall be known as **Pico de Gallo**

From the kitchen of **unknown**

This recipe serves **Yields unknown**



INGREDIENTS

4 -6 Fresh tomatoes

6 – 8 Green onions

¼ Cup chopped cilantro

1-2 Jalapeno peppers

1 -2 Garlic cloves

1 - 2 Lemons or Limes

Cumin to flavor (optional)



DIRECTIONS

Chop the tomatoes.

Finely chop green onions, cilantro, peppers, and garlic.

Combine in a bowl.

Add a pinch of salt, pepper, and cumin to flavor as desired.

Squeeze some lemon or lime juice over the mixture.

Stir.



RECIPE



This recipe shall be known as **Pollo Con Mozzarella e Funghi**

(Chicken breast with mozzarella and mushroom)

From the kitchen of **Al Apice**

This recipe serves **Yields 1 serving**



INGREDIENTS

Chicken Breast

(one per serving needed / per person)

Mozzarella (shredded)

1 Can mushroom (drained)

Salt (to taste)

Pepper (to taste)

Breadcrumbs

Butter



DIRECTIONS

Remove excess skin and fat from the chicken, salt and pepper to taste, then dredge in bread crumbs.

Place chicken in (previously buttered) baking dish, making sure the breasts are placed close to each other.

Spread the desired amount of mozzarella evenly over the chicken, then add the mushroom (previously drained).

Cover dish with aluminum foil and cook in a preheated oven at 375°F for 1 hour.

Remove the foil and continue cooking for 15 minutes or until brown on top.

HEART OF THE VALLEY YMCA

2018 Feast of Flavors

RECIPE

BOOK



Our 2018 Welcome Week Feast of Flavors brought together cultural samples inspired by dishes from all over the world.

Enclosed are some of the recipes that were shared during this event. Try them out and give your taste buds a treat!



RECIPE



This recipe shall be known as **Rice Pudding**

From the kitchen of **Ricardo**

This recipe serves **unknown**



INGREDIENTS

4 cups milk

½ cup Arborio rice

(or other short-grain rice)

1/3 cup sugar

2 teaspoons cornstarch

¾ cups cream (35% cream)

1 teaspoon vanilla extract



DIRECTIONS

In a large saucepan, gently bring the milk and rice to a boil. Cover and simmer over low heat for about 30 minutes or until rice is tender.

Meanwhile, in a bowl, combine the sugar and cornstarch. Add the cream and combine with a whisk. Pour in the mixture of cooked rice and bring to a boil, stirring constantly.

Simmer for 1 minute, then add vanilla.

Transfer to a bowl and cover with plastic wrap directly on surface of the rice pudding. Let cool and refrigerate until completely chilled. Stir before serving.



RECIPE



This recipe shall be known as **Russian Tea Cakes**

From the kitchen of www.savingdessert.com

This recipe serves **48 cookies**

INGREDIENTS

2½ Cups powdered sugar

2 ¼ Cups all-purpose flour
(unbleached)

¼ teaspoon salt

1 Cup unsalted butter
(room temperature)

1 teaspoon vanilla extract

¾ Cups finely grated pecans
(measured after grating)

DIRECTIONS

Preheat oven to 400°F.

Line two baking sheets with parchment paper and set aside. Sift together ½ cup of the powdered sugar, flour, and salt. Add to large mixing bowl along with the butter, vanilla, and grated pecans. Mix on low with an electric mixer until the dough is starting to come together.

Increase speed to medium and blend until all ingredients are incorporated. Place the remaining 2 Cups of powdered sugar in a low-rimmed pie plate and set aside.

Scoop the dough and roll firmly into 1-inch dough ball. Place the cookies on the parchment lined baking sheet and bake for 10-12 minutes or until lightly browned on the bottom.

Once baked, immediately remove several cookies for the baking sheet using a small spatula and turn the carefully (turn to cover the bottom) If you mound the powdered sugar towards the center of the plate, this will help when you go to cover each hot cookie.

Working with one cookie at a time, gently turn the sugar until the entire cookies is covered. Remove to a wire rack to cool. Working quickly, repeat with the remaining hot cookies until all are coated.

Once cooked (about 1 hour) roll the cookies in powdered sugar again and store in an airtight container in a cool location.



RECIPE



This recipe shall be known as **Taiwanese Sausage Fried Rice**

From the kitchen of **Hisu Chin Bradford** This recipe serves **Yields 4 servings**



INGREDIENTS

- 1 ½ TBSP cooking oil
- 2 Taiwan sausage sliced thinly
- 4 green onions, chopped
- 3 scrambled egg (cooked)
- 2 cups white rice
- 1 cup frozen vegetables
(diced carrot, green peas, and corn)
- 1 TBSP black pepper
- 4 TBSP soy sauce
- 1TBSP sesame oil



DIRECTIONS

Cook the white rice the day before (or less than 2 hours) prior to stir frying. Let white rice cool in the refrigerator before stir frying.

The eggs should be cooked by scrambling and then set to the side for alter.

Put oil in the pan and cook the sausage at medium to high heat.

Add the carrot, green peas, and corn into the pan with the sausage cooking at medium to high heat.

Next heat the rice in the microwave for two minutes.

Take the rice out of the microwave and add to the pan while stir frying.

Add the chopped green onions and scrambled eggs, mixing the black pepper, before adding soy sauce and sesame oil.

Add soy sauce and sesame oil last and stir fry until the rice is soft.

(Note: Chicken, shrimp, ham, other sausage, beef can be substituted)



RECIPE



This recipe shall be known as **Tamales**

From the kitchen of **The Felter Family**

This recipe serves **Yields 12 - 15**



INGREDIENTS

Maseca Tamal

Crisco

Ground Chili Adobo

Beef Shoulder

Beef Broth

Baking Powder

Salt

Corn Husk



DIRECTIONS

Cover about 2 lbs. beef shoulder with water and cook in a crock pot on low for 8 hours. Keep broth (set aside), shred beef and sprinkle ground chili adobo (or seasoning of choice) on top, mix (set aside).

Soak Corn Husks in hot water for about 15 – 20 minutes.

While husks are soaking, put 2 cups Maseca Tamal, 1 tsp. baking powder, and 1 tsp. salt into a large bowl.

Using a fork, cut in 2/3 cups Crisco. Mix should look like wet sand.

Add 1 1/3 cups beef broth and mix thoroughly to make a soft dough. If dough is too dry, add small amounts of broth or water to make it more of a peanut butter looking consistency. Finished mix should only be slightly sticky.

Drain husks and pat dry. Spread masa evenly over each corn husk and add about a tablespoon of seasoned beef in the center.

Roll the husk, folding the end upward. Place in steamer.

Steam for approximately 1 ½ - 2 hours.



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Crisco

Ground Chili Adobo

Chicken

Chicken Broth

Baking Powder

Salt

Corn Husk



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RECIPE



This recipe shall be known as **Zesty Polish Kielbasa Slices** (Appetizer)

From the kitchen of **Mary Dohrman**

This recipe serves **Yields 4 dozen slices**



INGREDIENTS

- 1 lb fully cooked Kielbasa
(cut into ¼ inch slices)
- 1 jar (12 oz) apricot, peach, or
pineapple preserves
- 2 TBSP lemon juice
- 2 tsp Dijon mustard
- 14 teaspoon ginger



DIRECTIONS

In a skillet, brown sausage slices and set aside.

Add remaining ingredients to the skillet, cook over low heat for 2-3 minutes stirring occasionally.

Return sausage to pan, cook for 5-6 minutes until heated through.

Serve warm.