



## **FCS 321 Cultural Project Recipes**

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**Fall 2008**

## Recipe

### *Chicken with Cashew Nuts*

#### Ingredients:

250g Boneless Chicken  
50g Salted cashew nuts  
1 Carrot, peeled and diced ( 100g)  
1/4 Brown Onion, diced (50g)  
50g Green Bell Pepper, diced & seeded  
50g Baby Sweet corn, sliced  
2 Tbsp light Oyster Sauce\*  
1 Tbsp Light Soy Sauce\*  
1 tsp Black Pepper\*  
1 tsp Corn flour in 150ml Water

#### Method:

1. Remove skin and visible fat from the chicken. Cut into bite-sized pieces.
2. Marinade chicken pieces with seasoning ingredients.\*
3. Coat a non-stick frying pan with a thin layer of cooking oil. Heat.
4. Add in chicken & vegetables. Stir until chicken is cooked.
5. Add cashew nuts & corn flour to the mixture. Stir until the sauce thickens.
6. Remove from heat and serve.

Serves Two

## Cuban Sandwich Recipe

- 3 thin slices of ham
- 3 thin slices roast pork hot or cold
- 3 thin slices of Swiss cheese
- 3 slices of pickles
- 1/3 cut Cuban bread hard crust (or French bread)

You should be using fresh, crusty Cuban bread. Slice the bread open face so that both halves are still barely connected and spread mustard on both halves. Add the ham, and then the roasted pork. Add your Swiss cheese and then a few pickle slices. Make sure to spray your sandwich press with a little butter flavored Pam. Place the sandwich in a Cuban sandwich press and press down until the cheese is melted and the bread is slightly hard to the touch. When finished, slice the sandwich diagonally across the middle so that you have two triangle shaped wedges. Serves 1



Cuban Sandwich Picture courtesy of [OffTheBroiler.Com](http://OffTheBroiler.Com)



*Electronic References.* (2001-2008). Retrieved October 14, 2008, from <http://www.tasteofcuba.com/cubanrecipes.html>

## Baigan Bhartha

(This Indian recipe is a vegetarian delight, eggplant mashed and cooked with tomatoes, peas and spices. Enjoy cooking Indian !)

### **Ingredients:**

Eggplant (medium size)	1 ea.
Cooked green peas	1/2 cup
Finely chopped onions	1 ea.
Finely chopped tomatoes	1 ea.
Finely chopped green chilli	1 ea.
Red chilli powder	1/2 tsp.
<u>Garam Masala</u> Powder	1/2 tsp.
Turmeric Powder	1/4 tsp.
Vegetable oil	3 tbsp.
Salt to taste	1 tsp
Chopped green coriander leaves	for garnishing

### **Method:**

1. Brush eggplant with oil and roast it on a gas burner over medium heat.
2. Frequently turn the eggplant upside down, until fully roasted.
3. Once done, hold it under cold running water or in a bowl full of water. Cool it and peel off the blackened skin.
4. Mash the flesh.
5. Heat oil in a pan / kadhai . Add green chilli and onion and fry over medium heat until light golden brown.
6. Add red chilli powder, turmeric powder, garam masala and salt and stir. Add tomatoes and cook until tender.
7. Add green peas and mashed eggplant. Stir well. Fry for 5-7 minutes over medium heat.

Garnish with green coriander leaves and serve hot.

(Double recipe has been made)

<http://www.recipedelights.com/recipes/vegdisches/BaiganBhartha.htm>

## \*Japanese Kappamaki- Cucumber Rolls

10-15 min prep

Makes 8 rolls/ 8 servings

- 
- 4 sheets of nori (dried seaweed), cut in half
  - 4 cups sushi rice
  - 2 Japanese cucumber, cut into long sticks
1. Put a half-size nori on top of a bamboo mat (makisu).
  2. Spread about a half cup of sushi rice on top of the nori.
  3. Place cucumber sticks lengthwise on the rice.
  4. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder.
  5. Press the bamboo mat firmly with hands.
  6. Remove the sushi roll and cut it into bite-size pieces.



Kappamaki-Cucumber Rolls. About.com: Japanese Food. 27 Aug. 2008.

<<http://japanesefood.about.com/od/sushiroll/r/cucmberroll.htm>>

## Jewish Culture1

### Potato Latkes

#### Original

- 5 large potatoes, peeled
- 1 large onion
- 4 eggs
- 1/3 cup matzo meal
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/3 cup of oil for frying

#### Possible Changes

- 5 large potatoes, peeled
- omit onion**
- 1 egg, 2 egg whites**
- 1/3 cup matzo meal
- 1 tsp. salt
- 1/4 tsp. pepper
- Cooking spray**

Note: Check eggs for blood before using.

#### **PROCEDURE:**

- 1-Preheat oven to 425 degrees.
- 2- Grate the potatoes and onion into a colander, or use a food processor to grate, and transfer to a colander.
- 3- Let drain for 5-10 minutes. It helps to squeeze the liquid out with your hands.
- 4-Transfer to a large mixing bowl and add the remaining ingredients (except oil).
- 5-Heat oil in frying pan, then add mixture, 1 table spoon at a time, into frying pan. When golden brown, turn over and brown other side.

#### **(Alternative healthier version...changes in #5)**

- 5- Generously spray a nonstick baking sheet with cooking spray.
  - Make 20 patties and place onto baking sheet. Place the baking sheet on the bottom rack of the oven and bake for 10-15 minutes/golden brown.
- Remove from the oven onto serving tray.

#### **MAKES 20 LATKES**

Jewish Recipes. Retrieved on September 9, 2008 from the Web site:  
<http://jewishrecipes.org/>

## Jewish Culture2

### Banana Oatmeal Pancakes

#### Original:

- 1 very ripe banana
- 1 cup flour
- 1 tsp. baking powder
- ½ tsp baking soda
- 1 egg
- 1 cup buttermilk
- 1 tsp. sugar
- 2 tablespoons butter, melted
- ¼ cup oats

#### Possible Changes:

- 1 very ripe banana
- 1 cup flour
- 1 tsp. baking powder
- ½ tsp baking soda
- 1 egg
- **1 ½ cup Lactose Free milk**
- 1 tsp. sugar
- 2 tablespoons butter, melted
- ¼ cup oats

#### **PROCEDURE:**

- 1- Place all of the ingredients, but the oats, in a blender and process until just smooth. Pour into a large bowl. Stir in the oats.
- 2- Preheat a non-stick griddle pan or large non-stick skillet over medium heat.
- 3- Spoon the batter onto the prepared pan to form 3-inch pancakes. Cook on both sides until lightly golden.
- 4- Remove from pan and repeat with the remaining batter.

#### **MAKES 5 SMALL PANCAKES**

Jewish Recipes. Retrieved on September 9, 2008 from the Web site:  
<http://jewishrecipes.org/>

## Jewish Culture3

### Vegetable Hummus Pita Bread

#### **Ingredients:**

- 1/2 cup finely chopped green onions (**OMIT**)
- 1/2 cup finely chopped green pepper
- 3 tbsp. chopped fresh parsley
- 1 tbsp. sesame seeds
- 1 tbsp. low calorie mayonnaise
- 1/2 tsp. oregano
- 1/2 tsp. garlic powder
- 1/8 tsp. red pepper
- 1/2 tsp. mint flakes
- 1 can (15oz.) garbanzo beans (rinsed and drained)
- 4 (6 inch) whole wheat pita bread cut in half crosswise
- 1/2 cup (2oz.) Monterey jack cheese
- 1 medium tomato, cut into 8 (1/4 inch) slices
- 2 cups alfalfa sprouts

#### **PROCEDURE:**

- 1- Combine green onions, green pepper, parsley, sesame seeds, mayo, oregano, garlic powder, red pepper and mint flakes in a 1-quart casserole. Cover with plastic wrap and vent.
- 2- Microwave at HIGH for 3 minutes. Place this mixture and garbanzo beans in processor. Process 1 minute or until smooth. Spoon about 1/4 bean mixture (Hummus) into each pita half.
- 3- Top with 1 tbsp. cheese, cover with paper towels and microwave at HIGH for 1 minute.
- 4- Cut tomato slices in half. Open sandwiches and place 2 tomato slice halves and 1/4 cup alfalfa sprouts into each sandwich half.

#### **MAKES 8 SANDWICHES**

Jewish Recipes. Retrieved on September 9, 2008 from the Web site:  
<http://jewishrecipes.org/>



## **Jewish Culture4**

### **Bean Chowder**

#### **Ingredients:**

- 28 oz. can of tomatoes diced and pureed
- 2 oz. chopped carrot
- 15 oz. can red beans, rinsed
- 1 tbsp. chili powder
- 1/2 cup chili sauce
- 1/2 cup green pepper
- 1 cup chopped onion (**OMIT**)

#### **PROCEDURE:**

- 1- Heat tomatoes in a large saucepan.
- 2- Add remaining ingredients.
- 3- Bring to a boil, reduce heat and simmer one hour.

Tips: When cooking beans, any additional ingredients, such as acidic substances, such as lemon juice, vinegar, tomatoes, ketchup or wine, should be added at the end of the cooking time, since acid makes the beans firm.

You could add a packet of seasoning after the beans are tender, as adding it too soon can inhibit the cooking process.

#### **SERVES 2.**

Jewish Recipes. Retrieved on September 9, 2008 from the Web site:  
<http://jewishrecipes.org/>



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## LOW FAT FRENCH TOAST

### Ingredients:

- 8 slices of day-old sliced whole grain bread
  - ½ cup egg substitute
  - ¾ cup nonfat milk
  - 2 tsp vanilla extract
  - ½ tsp cinnamon

### Preparation:

- Combine egg substitute, milk, vanilla and cinnamon in a wide bowl or dish
  - Dip bread in egg mixture ensuring both sides are soaked
  - Heat griddle, sprayed with nonstick cooking spray, on medium-high
- Heat oven to 450 degrees and spray a cookie sheet with nonstick cooking spray
- Place bread slices on the cookie sheet and cook until both sides of bread are golden brown. 3 minutes each side

Serves 4

Citation:

Haynes, Fiona. "Low Fat French Toast." Low Fat Cooking. 28 Aug. 2008 <<http://www.about.com>>.

Mexican  
**LIME JALAPENO CHICKEN SALAD**

Serves 3 people

Adapted from "*Eating Well*"

¼ c. lime juice  
2 Tbsp. Canola Oil  
1 Tbsp. White Vinegar  
1 tsp. ground cumin  
¼ tsp. salt  
1 jalapeno, finely chopped  
2- 8oz. chicken breasts, trimmed of fat  
1- 12oz. bag baby greens  
1- 14.5 oz. can Black Beans, rinsed and drained  
½ c. Corn  
1 red pepper, slice in strips  
4 Tbsp. light Red Wine Vinaigrette

Instructions:

1. Whisk lime juice, vinegar, cumin and salt in a bowl. Stir in jalapeno. Place chicken in a shallow dish and pour marinade over it, turning to coat both sides. Cover and refrigerate for at least 1 our or overnight.
2. Preheat grill. Grill the chicken and cook until no longer pink inside. Let cool and slice crosswise.
3. In a large bowl, toss baby greens, black beans, corn, and red pepper together. Toss with red wine vinaigrette and divide into 2-3 servings on plates. Place chicken on the bed of salad greens and enjoy.

Reference:

Lime Jalapeno Chicken (June, 2005). *Eating Well*. Retrieved on August 27, 2008 from [http://www.eatingwell.com/recipes/lime\\_jalapeno\\_chicken.html](http://www.eatingwell.com/recipes/lime_jalapeno_chicken.html)

## THE PHILIPPINES

### Leche Flan

Preparation time: 30 minutes

Estimated cooking time: 1 hour

1 can (390g) evaporated milk

1 can (390g) condensed milk

10 egg yolks

1 teaspoon of vanilla extract or lemon essence

#### **Ingredients**

1 can (390g) evaporated milk

1 can (390g) condensed milk

10 egg yolks

1 teaspoon of vanilla extract or lemon essence

For the caramel:

1 cup sugar

3/4 cup water

#### **Cooking instructions**

In a saucepan, mix the sugar & water. Bring to a boil for a few minutes until the sugar caramelize.

Pour the caramelized sugar into aluminum molds - you can use any shape: oval, round or square. Spread the caramel on the bottom of the moulds.

Mix well the evaporated milk, condensed milk, egg yolks and vanilla by hand or blender.

Gently pour the mixture on top of the caramel on the aluminum molds. Fill the moulds to about 1 to 1 1/4 inch thick.

Cover molds individually with aluminum foil.

Steam for about 20 minutes OR Bake for about 45 minutes. Before baking the Leche Flan, place the moulds on a larger baking pan half filled with very hot water. Pre-heat oven to about 370 degrees before baking.

Let cool then refrigerate.

To serve: run a thin knife around the edges of the mould to loosen the Leche Flan. Place a platter on top of the mould and quickly turn upside down to position the golden brown caramel on top.

*[www.filipinofoodrecipes.net/leche-flan.htm](http://www.filipinofoodrecipes.net/leche-flan.htm)*

**Country: Italy**

**Project By: Leidys Lorenzo and Melody Sayers**

### **RECIPE: Tuscan Salad**

**Ingredients:**

8 ounces green beans, cut into 1 to 2-inch pieces (about 2 cups)	½ red onion, cut into slivers
1 head Romaine lettuce, torn	1 lemon, juiced
1 (15-ounce) can cannellini beans, drained and rinsed	¼ cup extra-virgin olive oil
½ cup pitted black olives	1 teaspoon kosher salt
	1 teaspoon freshly ground black pepper
	1 ounce shaved Parmesan (about ½ cup)

**Directions:**

Bring a medium pot of salted water to a boil over high heat. Add the green beans and stir. Cook for about 2 minutes, or until beans are slightly tender. Transfer the cooked green beans to a bowl of ice water and let cool for 3 minutes. Drain the green beans. In a large bowl, combine the green beans with the lettuce, cannellini beans, olives, and red onion. Toss to combine. Drizzle with lemon juice and olive oil. Sprinkle with salt and pepper and toss to coat. Top with shaved parmesan and serve.

**Recipe Summary:**

Difficulty: Easy

Yield: 6 servings

Prep Time: 15 minutes

Source: "Tuscan Salad" (July 2008). Retrieved September 1, 2008

<<http://www.foodnetwork.com/recipes/giada-de-laurentiis/tuscan-salad-recipe/index.html>>

#### **\*\* Tuscan Salad (modified) \*\***

**Ingredients:**

6 cup Fresh Romaine Lettuce-Chopped	2 tbsp Fresh Lemon Juice
8 oz Mature French Beans	¼ cup Extra Virgin Olive Oil
15 oz Cannellini Beans Canned	1 tsp Course Kosher Salt
2 ¼ oz Black Olives Pitted Canned Extra Large	1 tsp Ground Black Pepper
2 oz Fresh Sliced Red Onions	½ cup Low Sodium Parmesan Cheese-Grated

**Directions:**

Open and drain the can of mature French beans and stir. In a large bowl, combine the French beans with the lettuce, cannellini beans, olives, and red onion. Toss to combine. Drizzle with lemon juice and olive oil. Sprinkle with salt and pepper and toss to coat. Top with grated parmesan and serve.

**Recipe Summary**

Difficulty: Easy

Yield: 6 servings

Prep Time: 15 minutes

Source: "Tuscan Salad" (July 2008). Retrieved September 1, 2008

<<http://www.foodnetwork.com/recipes/giada-de-laurentiis/tuscan-salad-recipe/index.html>>

## Vietnamese Rice-Noodle Salad

### Ingredients: 4 servings

5 cloves garlic  
1 cup loosely packed chopped cilantro  
1/2 jalapeno pepper, seeded and minced  
3 tablespoons white sugar \*  
1/4 cup fresh lime juice  
3 tablespoons vegetarian fish sauce  
1 (12 ounce) package dried rice noodles  
2 carrots, julienned  
1 cucumber, halved lengthwise and chopped  
1/4 cup chopped fresh mint leaves  
4 leaves napa cabbage  
1/4 cup unsalted peanuts  
4 sprigs fresh mint

### Directions:

1 Mince the garlic with the cilantro and the hot pepper. Transfer the mixture to a bowl, add the lime juice, fish sauce or salt and sugar; stir well. Let the sauce sit for 5 minutes.  
2 Bring a large pot of salted water to a boil. Add the rice noodles; boil them for 2 minutes. Drain well. Rinse the noodles with cold water until they have cooled. Let them drain again.  
3 Combine the sauce, noodles, carrots, cucumber, mint and Napa cabbage in a large serving bowl. Toss well and serve the salad garnished with the peanuts and mint sprigs.

### **Modifications:**

➤ 1 Tb white sugar

PCNetCom.(1999-2000). Vietnamese Culture. Retrieved August 31, 2008, from

<http://www.ivietbusiness.com/vietnamese-culture.htm>