

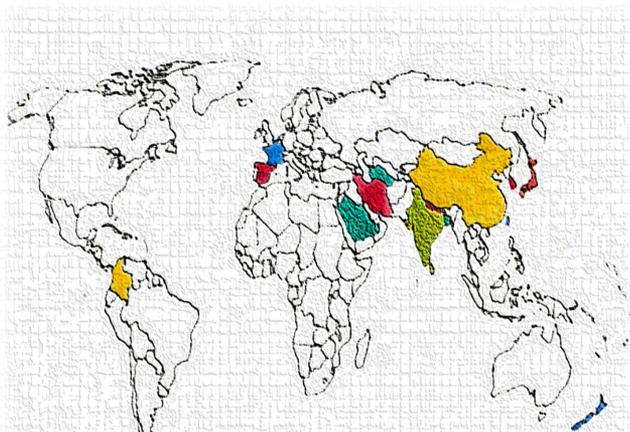




*The contributors from left to right, top to bottom:  
Bryanna Mickelson, Jenna Bishop, Avery Walcher, Lucy Considine,  
Hadley Jeffries, Kiley Myers, Christina Frost, Addy Hart,  
Anna Lopez, Ryann Schoene, Adrienne MacKenzie,  
Katheryn Goodrich (design & research), Abbie Coberly, Julia Gerbino,  
Katerra Skinner, Sarah Weidler, and Mollie Hand (Instructor)*

# 'Round the World Recipes

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## Arepas

- 1 cup corn flour
- 1 cup milk
- 1 cup water
- 1 spoon of butter
- ½ teaspoon of salt

Mix milk and water in pot in the stove over medium and add butter until melted. Add salt.

Add the flour into the mix and stir until mixed.

Form balls with the paste and put into a zip lock bag. Use a plate to flatten and create a circle.

In another pan, add butter and put the arepa into the pan

When it's brown, flip over until both sides are cooked.

Make 7 or 8. Can put butter or cheese on top.

There are lots of tropical foods in Colombia, and Angela said they are really refreshing to eat. A lot of times they are made into juices. She mentioned a fruit Waa-waa (spelled the way I heard it) can be found in Safeway.

Angela's city is two hours from the ocean, so they get a lot of really good seafood. People from the coast will move to Cali (her hometown) and bring their seafood cooking skills with them. One dish is called "caswala" It is a soup with shrimp or other seafood and lemon. They serve it boiling! Angela said you can see the bubbles when you get it. Some other seafood she enjoys is a dish of tilapia with rice and plantain chips with fresh-squeezed lemon. Green plantains change to yellow at home.

Another staple in Colombia are beans. Lots of beans are served with rice, avocados or meat. They serve really big portions, so you have to be really hungry to eat it all.

When Angela visits her grandmother, she makes something called empanadas, which is a corn tortilla (homemade) filled with meat and

potatoes, folded over and fried. Angela said whenever she and her family go over to her grandma's it's like a factory of grandma making empanadas and people eating them as fast as they can. Often the empanadas are eaten with guacamole, but they don't ever make guacamole with tomatoes. They just use avocado, lime, salt, and onions.

Angela misses her home food so much. She has more variety back home. Angela said hamburgers are made with something like crushed potato chips as a topping, adding that they are better on the streets at home. There are a lot of street vendors that serve masorca (corn on a stick with sour cream). She mentioned arepas, thick corn flour tortilla grilled with butter, cheese which can be filled with lots of things like meat or small eggs from a special bird. It's like a pita.

Instead of Santa Claus, the Holy Child (Jesus) brings presents at Christmas. Gifts are opened on the 24<sup>th</sup> at midnight. Turkey and potato salad are served. There's a parade with a lot of salsa dancing. People go out to celebrate with friends. Seafood from

# Colombia

*Abbie Coberly; Partner: Angela*

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the coast is served. Most of the country is Catholic. At Easter, they don't have Easter egg hunts.

Back in Colombia, high school students must take the same classes until the 11<sup>th</sup> grade when they can explore a different interest.

When I asked Angela what she'd want to bring here from Cali, she immediately said, "food." The plantains in the stores here are always green and never turn yellow, but back home they turn yellow when you take them home from the stores.

Bakeries are different back home, with lots of variety of breads. They sell things like cheese bread or a croissant with sausage stuffed inside (like "pigs in a blanket"). They are really cheap, \$2 can feed 8 people. When you go to a bakery, you ask, "What is warm?" And there is almost always something right out of the oven.

Going to a restaurant is meant for a special occasion like a graduation. It's common to look at the prices before entering a restaurant. Seafood restaurant menus don't generally have pictures, just descriptions. Other restaurant menus show a lot of pictures of the foods they offer. Some restaurants have a chef challenge where they challenge you to eat a very spicy dish, and if you eat it you get it for free.

For breakfast, Angela eats arepas with butter and eggs and grated

cheese. She has hot chocolate to drink. Breakfast is the most important meal for her.

Her favorite snack is fruit salad with mangoes, kiwis, bananas, and other fruits with a little condensed milk or some other binder.

For a cold, Angela drinks a lot of orange juice or some other citrus juice for the vitamin C in it and to help with a sore throat. In Colombia, people don't take many (or any) capsule vitamins because they eat a lot of fruit and vegetables to get those nutrients.

Another juice Angela likes is guava juice or mango juice. At home, she might make some of the citrus juices herself, but here she buys them at Walmart. In Colombia, one type of grape used for juice is small with seeds. The seeds are included in the juice and it gives it a funny texture. Angela said you have to drink it right away or it gets really bad.

When Angela saw a group of students on a tour of the campus, she mentioned that it is strange to see the parents with the students. In Colombia, once a person is 18, they are expected to live on their own right away. Going to college is something that parents will only be a part of when it comes to money. Angela did everything for herself at her college: registration, course planning, moving in.

## Cazuela de Mariscos (Colombian Seafood Stew)

1 tablespoon butter	1 can coconut milk
1 tablespoon olive oil	1/3 cup white wine
1/2 cup chopped green pepper	2 lbs jumbo shrimp, peeled and deveined
1/2 cup chopped red bell pepper	12 littleneck clams, scrubbed
1 cup chopped onion	2 lbs swordfish, cut into 1 inch pieces
2 minced fresh garlic cloves	1 tablespoon chopped fresh cilantro
1 cup grated carrot	1 tablespoon tomato paste
1 tablet fish bouillon	
1/4 teaspoon paprika	
4 cups heavy cream	

In a large saucepan over medium heat, warm the olive oil and butter.

Add the onions, red pepper, garlic, green pepper and carrots and sauté until tender and translucent, about 10 minutes, stirring occasionally. Add salt and pepper.

Add the cream, fish bouillon, coconut milk; bring to a boil. Add seafood and cover. Reduce heat and cook about 2 minutes until clams open. Remove from heat; discard any unopened shells.

Add the wine and tomato paste, simmer for 20 minutes

Garnish with fresh cilantro and parsley and serve hot.

Daniel is an outdoor enthusiast from Colombia. He enjoys taking trips to Yellowstone, the Tetons, Devil's Tower, and Rocky Mountain National Park. In Colombia, he and his wife would take trips to places like Machu Picchu and the Amazon forest.

He said while fast food is extremely popular in the United States, it is not as common in Colombia. Food prices are much, much lower in Colombia than they are in the United States. A \$12 meal at Washakie would only be about \$2-3 in Colombia.

The main difference in supermarkets is they offer a much wider variety of fruits in Colombia, which is a tropical climate. The produce section in a typical supermarket would be much larger than the one here with many different locally grown fruits and vegetables.

A common drink is made from a

pyramid of sugarcane boiled in water. After it is boiled down completely, you can add flavoring. Most commonly he adds lemon to make a sweet, lemon-flavored tea. You can purchase products to make this drink at Safeway in the imported food section. He said that by having things like sugarcane in the stores here, he is able to keep parts of his culture alive even though he is no longer in Colombia.

On holidays in Colombia there is often a lot of celebrations on the streets, and a lot of people go to eat street food, dance, and socialize. He said sometimes there is weirder things on the streets like fried bugs, but he tried to stay away from those portions of the street food because trying exotic things doesn't really interest him much. He likes breads, both fried and fresh, fruits, and fish and meat dishes. There are also desserts and plantains

and other traditional Colombian foods. Around Christmas, a dessert that is traditionally Spanish is served. They're called buñuelos. (See recipe below.)

He gave me some examples of foods: bandeja paisa, arepas, and ajiaco. Bandeja Paisa is a mixture of meat, sausage, fried plantains, a fried egg, refried beans, rice, avocado, and a small portion of salad. Arepas are a fried bread made with corn meal and served with cheese or sweetened milk drizzled across the top. Ajiaco is

a soup made of potatoes. Sometimes other vegetables are added like corn, and shredded chicken is also included sometimes. It's a creamy soup served with rice and a few slices of avocado mixed into the soup.

He lives about two hours from the ocean, so locally there is a lot of seafood sold, but there's a lot of exotic fruits since he's inland. This mixture of geographical locations results in pairing coconuts with seafood like in the recipe he shared.

## Buñelos

1 ½ cups shredded queso fresco  
½ cup white cheese, such as feta  
¾ - 1 cup corn starch  
½ cup sweet tapioca starch

¼ cup light brown sugar  
½ teaspoon baking powder  
½ - 1 teaspoon salt  
2 eggs  
1 tablespoon butter, softene  
Vegetable oil for frying

Mix the cheese, corn starch, sugar, salt, baking powder, butter, and eggs in a large bowl until well blended. Knead dough until it is smooth. It will be soft but should not be sticky; firm enough to shape into balls. Add more cornstarch if dough seems too wet. If the dough seems too dry or crumbly, add a small amount of milk (1-2 teaspoons at a time) until it is smooth.

Take about 2 tablespoons of dough and use the palms of your hands to shape dough into a very smooth balls.

Heat several inches of oil in a heavy pot to 325 degrees

Add the dough a few at a time and cook. They will sink to the bottom then rise and expand. Cook for 10-12 minutes or longer if needed, turning them occasionally, until they are very golden brown.

Drain on a plate lined with paper towels. Dust with powdered sugar if desired. Serve warm or at room temperature.

## Sardinas Fritas

fresh sardines    flour  
good olive oil    salt

Leave sardines out with salt for a couple hours to dry out a bit and wipe off excess liquid

Coat sardines with flour and a pinch of salt

Cook in a fry pan in hot oil (or an open fire on the beach!)

Eat with friends and serve with sweet red wine

Belen just moved to the United States from Malaga, which is a coastal city in the south of Spain. Belen talked about the fast pace and late party celebrations centered around Malaga. Since her city is on the Mediterranean coast, most of the typical food there revolves around fish. Two of the most famous dishes from her hometown include sardinas fritos (fried sardines) and sardines cooked on a fire straight out of the ocean on the beach.

One huge difference in eating culture here and in Spain are the times. In Spain, everything is pushed later. Compared to our three meals a day, Belen told me in Spain there is a light meal for breakfast, then the biggest meal of the day merienda at around 4:00, and finally a light dinner around 10:00 p.m.

When she arrived the first night, she wanted some quick food, but when she went out to find something, she realized there aren't any corner stores here. In Spain it's the norm to have a small grocery/necessity store on every corner, for every neighborhood. Grocery stores are much smaller, and they usually get the majority of their meats and cheeses from farmers in the area.

This makes food more expensive, but there is typically a higher standard in food quality in Spain. Portions in general are also much smaller. Your dollar goes much farther when purchasing food here compared to Europe. Surprisingly, this was something that really bothered Belen, as she told me she is forced to buy extra food that will eventually be wasted anyway since she is only feeding herself.

The culture in the south of Spain involves more physical contact, touching, hugging, etc. That's why many people coming to the United States from Spain find it difficult at first to adjust to the rather "cold" social aspect of our culture.

Belen had never experienced the buffet-style food that Washakie offers. Even when she went to university in Spain, she said that their food courts were never that big, and it really surprised her that there were so many options, especially for how small she thought our school was. She mentioned how there is a lot more diversity in food at Washakie. In Spain at the university the same stuff is served every day.

Usually if a Spaniard has a sweet treat, it's at the beginning of the day with their coffee rather than at the end of the day. Belen told me how weird it seemed to her that her friends offered to go with her to get ice-cream so late at night. In Laramie, she noticed that a lot of food is generally sweeter, whereas in Malaga they generally have spicier and salty foods.

Malaga is known for its sweet wine. Most kids in southern Spain are introduced to wine and other alcohol by families around the age of thirteen. When a couple or family goes out to drink, they usually take their children with them – and it isn't a big deal at all.

# France

Jenna Bishop

I talked with my French friend about her food culture. She explained they recently added a new small meal to their diet. Since they eat lunch at noon and do not eat dinner until around 8:00 pm, they tend to eat this extra meal right after school or work at about 5:00 pm. This meal is very small, more of a snack if anything. It's now becoming a tradition to have it daily.

The southern part of France is more prone to enjoying spicy food. They have very little spicy food in the middle or northern France.

Meal times are longer in France than they are in the United States. They rarely eat out and do not have many fast food restaurants. It's more common to cook meals at home.

A normal breakfast is cereal, but they commonly have hot chocolate for breakfast – not in a cup but rather in the breakfast bowl. They rarely eat eggs and do not have bacon for breakfast. They tend to have more carbohydrate-filled diet than we do in the United States with pastries, sugars, and breads. Cheese is a large part of the French diet.

# Saudi Arabia

Julia Gerbino; Partner: Daliza

## Balboosa

2 c. semolina flour	¼ cup milk or as needed
1/3 teaspoon baking powder	¼ cup whole almonds
1 cup sugar	1 cup water
1 cup flaked coconut	1 cup sugar
¼ cup butter, melted	1 tablespoon lemon juice
1 cup plain yogurt	

Preheat oven to 350 degrees. Grease an 8 inch square baking dish

In large bowl, mix semolina flour, baking powder, 1 cup sugar, coconut and butter. Add yogurt and milk; mix until moistened but not runny or liquid. If it is too dry, add more milk. Spread into greased dish, smoothing top as much as possible. Decorate with whole almonds

Bake for 40-45 minutes until golden brown. While basboosa is baking, combine water, sugar and lemon juice in small saucepan. Bring to boil and cook for at least 5 min.

When basboosa is done, pour syrup over it as evenly as possible. Place it back in the oven for about 5 minutes until the syrup is fully absorbed. Let rest for 20 minutes before cutting into pieces and serving.

Source: *allrecipes.com* Recipe: Felicia Manocchio; Used with permission.

# Saudi Arabia

*Julia Gerbino; Partner: Daliya*

Daliya is from the Middle East (Saudi Arabia). She has an extremely large family at home and its strange to her that people can be an “only child” which was interesting to me.

When I had first met her she was incredibly shy but has definitely turned a corner and has been interested in talking to me about where she came from as well as listening to me speak about where I am from. After we had introduced ourselves and I explained why we were meeting, the first thing she did was attempt to teach me how to write my name in Arabic. Long story short, I absolutely do not know how to write my name in her language at all.

She told me about how her parents would make the same food all of the time back home and there was not too much variety for her but here “there is a different type of food everywhere

you look.” She didn’t know if she would like the foods or if she should try them or not. They eat a lot of flat breads (“fakir” I think it was called). They have a wide range of spices that they use to make the foods a little different and there was a mixture of them that had a special name. I remember her saying her mother was one heck of a cook and she really enjoyed everything she made. Some of the other foods include dates, chicken, rice and yogurts.

She hadn’t eaten much processed food until she came to America and she said that “she has eaten way to many things that came out of a box packaged in a bag.” That was funny to me because most people don’t even think about it when we are eating processed foods because it is so normal to us.

# Iran

*Hadley Jeffries; Partner: Alimohammad*

## **Iranian Khoresh Fesenjan (pomegranate chicken stew)**

Heat olive oil in a large skillet over medium heat. Place chicken and onions in skillet, and cook 20 minutes, stirring occasionally. Mix in pureed walnuts, salt, pomegranate juice, and cardamom. Bring to a boil. Re-

duce heat to low, cover, and simmer for 1 1/2 hours, stirring occasionally. (If the sauce becomes too thick, stir in 1/4 cup warm water.) Mix in sugar, adjust seasoning, and simmer 30 minutes more

Ali is 31 years old and is studying computer engineering. He has a wife of three years and that was set up and arranged by his parents. He has a baby girl. It was pretty adorable how excited he was to be a dad. He probably showed me 20+ different pictures of his daughter.

Ali expressed how much he loves his wife’s cooking. He really misses food from his native land, but he knows his wife does her best to make their recipes as close to the norm as possible.

Ali has been raised in an Islamic household and carries out these values in his life. However, he did admit that he isn’t very consistent on the practice of his religion and worship time. I sympathized with him because he told me he has to deal with a lot of ignorant questions and discriminatory content like ISIS references with uneducated, immature boys at his school. It hurts my heart that Ali has to overhear people make “bomb jokes” when they learn that he is from Iran.

## **Joujeh (chicken) Kabab**

1 lb boneless skinless chicken breast

¼ cup olive oil

¼ cup fresh lemon juice

1/8 teaspoon cinnamon

3 garlic cloves, minced

Salt and black pepper to taste

1 green pepper, in 1 inch

3 onions, par-boiled, in 1 inch skewers

Combine oil, lemon, cinnamon, garlic, salt and pepper (marinade)

Remove all fat and membrane from chicken; cut into 1 inch cubes and combine with marinade (refrigerate 2-3 hours)

Let stand at room temperature 30 minutes before grilling

Thread skewers with chicken, onions and peppers

Grill or broil until golden; do not overcook

Serve with pita or over rice on plate

Atefeh is from Tehran, Iran. There is about nine million people in Tehran. She really thinks of the U.S. as her second home. This really makes me proud to be an American. I do not want to be known as the country that hates everyone.

Atefeh said immigration was a long and hard process. It took six months to get her visa. Some other people she knew didn't get accepted, and it was hard to witness. We never interrupted each other and never

judged each other's opinions.

Atefeh was born into the Muslim religion. She doesn't eat pork or drink alcohol. I love pork and would not be able to follow this rule, but I know it has to do with religion, and I accept that.

She spoke Persian (also known as Farsi) and learned English from Kindergarten on. I really wish we learned a second language that young. Language is an important aspect everywhere, and it would be nice to know a second language.

I'm a baker and love to bake everything besides bread. This is opposite with Atefeh. She makes bread daily. She said it took her a lot of different recipes and methods to find the best recipe.

She didn't know there was such a thing as cupcakes. In Iran everything was called muffins.

Despite the fact that people think Iranian dishes are spicy, Atefeh does not like strong spicy foods. She loves to add garnish to plates.

Atefeh believes the food will taste better if you cook with love. We both agree it's an honor to share food you make with others. It brings everyone together.

For holidays, they eat fancier food such as curry with rice and different kinds of kebabs. Noruz is a holiday in Iran, specifically their New Year (Noruz means new day in Persian). It begins on March 21 or the first day of spring. This holiday is related to Zoroastrianism and Parsiism. It's a 13 day celebration where people eat fresh, green foods.

# Iran

*Adrienne Mackenzie and Ryann Schoene*

*Tonight I attended a Sufi concert in which two musicians played traditional folk songs from the Middle East, particularly from Iran and Turkey. The Sufi music was beautiful. It had an almost hypnotic quality. One song was particularly appealing. I closed my eyes to focus.*

*There were also readings of ancient Persian poems and an explanation of the instruments used, and a brief history of the Sufi and their role in the Middle East. Surprisingly, the poems mentioned Jesus and references to Christianity and Judaism many times; I was unprepared because I was under the impression that the Sufi were Islamic. I learned tonight that although the Sufi are a group of Islamic mystics, they also have a great deal of respect for other religions. Jesus in particular is regarded as a Sufi hero or a "patron saint" of love, compassion, and kindness. I was stunned. In a day and age when almost all of what the media ever reports on in regards to the Middle East is hatred and violence, I was just amazed to find out the Sufi have passed down their way of life through literally thousands of years of strife. -- Adrienne*

*The performance was extremely powerful and had much gravity. Even though you didn't know what words were saying, you could feel what they were saying, and the songs gave you a sense of relaxation and spiritual connection. ... It was nice to be in an environment where people can all get together and forget about their differences, but come together in unity and all enjoy the same music. -- Jenna*

*One thing I particularly noticed was how calming (the singer) Amir Vahab's voice was. It created this feeling of peace in the room so the concert really made me feel relaxed. A lot of the topics that Amir addressed in his lyrics regarded peace and love for one another. It helped me remember to treat people more kindly and not separate each other because we all come from the same place. -- Ryann*

# Turkmenistan

*Sarah Weidler; Partner: Jennet*

## Islak Kek

*cake:*

3 eggs  
1 cup sugar ½ cup vegetable oil  
1 cup milk  
1 teaspoon vanilla  
2 cups flour  
3 tablespoons cocoa  
1 teaspoon vanilla  
2 cups flour  
3 tablespoons cocoa  
1 teaspoon baking powder  
Coconut shavings (optional)

*sauce:*

½ cup sugar  
1 cup milk  
½ cup vegetable oil  
2 tablespoons cocoa

Preheat oven to 350 degrees.

For cake: mix eggs sugar, oil, milk, and vanilla in one bowl. In another bowl, mix flour, cocoa, and baking powder. Add the flour mixture to the egg mixture. Bake the cake for approximately 30 minutes.

With 10 minutes remaining for the cake, begin making the sauce. For the sauce: combine sugar, milk & oil in the saucepan. Heat until ingredients are combined and then stir in the cocoa. Heat 'til sauce is slightly thickened and well-mixed. Pour sauce before serving.

# Turkmenistan

*Sarah Weidler; Partner: Jennet*

One of Jennet's favorite dishes is called "plov" or "palow" in Turkmen. It's a dish with rice and meat, typically lamb. She also told me about special steamed dumplings called "manty" (see recipe at end). One of the most interesting foods she told me about was frozen pork fat. In winter, people in Turkmenistan slice off a piece of frozen pork fat from the block (like cheese) and eat it with bread. It's supposed to keep you warm during the winter when you eat it.

Jennet is Islamic, specifically Quranic Muslim. She likes to find spiritual fulfillment through religion. Specific holiday foods are dograma. Dograma is a special dish made of bread pieces, onions, and meat. It's served on the Sacrifice Holiday, which is a holiday that celebrates Abraham and the sacrifice of his son. It is a religious holiday related to the Islamic religion, as nearly 80% of her country is Muslim. They celebrate by getting together in a large group and eating foods like dograma. It's less like a party and more like a feast. There are quite a few Russian Christians in the country as well because it was once settled by the Soviet Union and some of the Russian families remained in the country.

Her least favorite American food is

fast food. She does not understand why Americans eat so much unhealthy and gross food. She told me she always gets something without meat at McDonalds and gets funny looks for it.

Turkmenistan has organic and healthy foods. She dislikes that it is difficult to find naturally grown foods, meats, and even dairy products. Meats and dairy products in America often upset her stomach, as they are grown in a vastly different manner than in Turkmenistan.

One food Jennet is intrigued by are foods she called "half prepared" foods. I found out she was talking about frozen foods and meals which are very uncommon in Turkmenistan. She also found bottled water strange. She is shocked that people charge money for "plastic waste and water which should be free." Jennet is an environmental science major and concerned about the waste.

We discussed my home and garden and the chickens I raise. Jennet lives in the capital of Turkmenistan and doesn't have room for gardening. She told me rural farmers grow rice, beans and cotton.

A cake she likes to cook is called "islak kek" or "wet cake." She described it like a brownie.

## Dough:

4 cups flour (500 g.)  
1 teaspoon salt  
1 cup water, approx.. (200 mL)

## Filling:

2 lbs ground beef (1 kg)  
1 onion, minced  
4 potatoes, peeled and cubed  
4 tablespoons water  
Salt

Black and red pepper

## Yogurt Sauce:

1 ½ cup plain yogurt (200 g.)  
1 garlic clove, grated  
1 pinch dried mint  
1 pinch red pepper

## Manty (Steamed Dumplings)

To make dough, combine flour and salt in a bowl. Add the small amount of water at a time and knead until you have a hard dough. Divide the dough into 2 balls. Keep one covered while your roll out the other ball on a lightly floured surface to a thickness of about 2 mm (1/16 inch). Fold the sheet in a zig-zag manner and slice the strip into squares. Unfold each square, stack the strips on top of one another and slice into squares again. (Continued)

# Turkmenistan

*Sarah Weidler; Partner: Jennet*

*(Manty, continued)* Spread the square sheets and place about a tablespoon of the filling in the center of each square. To seal the dumplings, take two opposite corners of the square and pinch them together in the middle. Repeat with the other two corners and then pinch the adjacent corners together.

Fill the steamer pot with water and bring to a boil. Grease the steamer tiers with butter and place the dumplings in the steamer with a bit of space between them. Stack the steamer tiers on top of the boiling pot, close the lid and steam for 25-30 minutes.

Meanwhile prepare the yogurt sauce. Grate a clove of garlic over a bowl of yogurt. Add the dried mint and ground pepper and mix well.

When the dumplings are ready, transfer them to a serving dish and serve with yogurt sauce.

# India

*Ryann Schoene; Partner: Bratati*

## Patishapta

### *Filling:*

Grated Coconut (Narkel Kora):

3cups

Jaggery (Gur) or brown sugar: 1cup

Cardamom (Elaich): 1/4 teaspoon

### *Crepes:*

Wheat flour (Maida): 1cup

Seomlina (Suji): 1/2 cup

Rice flour (Chal guro): 1/2cup

Milk (Dudh): 1cup

Sunflower oil for frying

### *For the filling:*

In a wok heat the jaggery, as it start melting add the coconut

Put in the cardamom powder and stir till the coconut mixes well with the jaggery

Cook till the coconut feels sticky

Take out of flame and keep aside

### *For the crepes:*

Add all dry ingredients together and mix well

Pour the milk with constant stirring to avoid lump formation, the batter should be smooth and freely flowing (add excess milk if required)

Heat a frying pan (preferably non-stick) and pour in 1 tablespoon on oil, spread it with a kitchen paper

Take a small bowl of batter and spread it evenly on the pan to make a round shape, do it quick before the batter sets

Place the filling lengthwise at the center of the crepe

Fold the crepe from both sides and wait till it turns light brown

Bratati is from West Bangal in India. She told me that food in India is very different than the food in the states. Most of the food that she eats in India

are pretty spicy. She and her husband cook a lot of authentic Indian food at their home, and they have some friends who will go get them some

# India

*Ryann Schoene; Partner: Bratati*

spices to cook with from Indian stores in Denver.

What she likes in the U.S. is burgers. A lot of people in her country don't eat a lot of meat depending on their religion, but she still eats meat because "it was too good not to eat!"

Growing up, her first language was Bengali, but everyone around India learns English as children. This is because there are so many different languages across India. She told me it's more respectful to learn English than to learn other languages used in the country to avoid a sense of favoritism for other regions of the country.

She really likes how slow paced people are in Laramie and how there aren't too many people in one area. She finds it odd that we sometimes call our professors or teachers by their first names. It's pretty understandable to me that she would find that weird.

She also mentioned that people dress really different here.

One food she told me about was Chingri Maacher Malaikari. I looked it up on Google, and found out that in English it means "spicy Bengali Prawn Curry with Coconut." The food is cooked in coconut milk with a variety of mild spices and served with rice. She said it always makes the house smell really good when someone makes it.

Another food was Lunchi Aloor Dum. It is normally cooked for breakfast. Luchi is deep-fried flatbread made of wheat flour. Bratati said people eat them for other meals as well.

A popular dessert she told me about was Patishapta. This is a rice flour crepe with coconut and jaggery (cane sugar) filling. The crepe is then filled with typically whatever people want, so it's a chance to get creative!

# Bangladesh

*Adrienne Mackenzie; Partner: Faisal*

## Murgir Korma (chicken curry with eggs)

2 lbs chicken,  
1 cup onion, chopped  
3 tablespoon ginger, chopped  
3 tablespoon garlic, chopped  
3-4 red chili  
2 teaspoon turmeric powder  
½ cup mustard oil  
salt, according to taste  
6 boiled eggs, peeled (optional)

1. In a heavy bottomed pan, add all ingredients and marinate for 15 minutes to an hour.

2. Turn on stove and sauté for about 5-6 minutes, and cook covered

on low heat, stirring time to time to prevent burning.

3. Once chicken is tender and cooked through, add the boiled eggs. Add 2 cups of water and cook in medium heat for 4-6 minutes until gravy thickens to your desired consistency.

**Note:** Bengalis eat with their hand. Fair warning, this curry may stain your nails a bit yellow due to the turmeric.

*Source: withaspin.com; Recipe by Lail Hossain; Permission Sought 10/18/2016*

# Bangladesh

*Adrienne Mackenzie; Partner: Faisal*

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It surprised me to discover that many different genres of music are extremely popular in Bangladesh as well and most of the music listened to in Bangladesh is imported from the West. The sari is the traditional clothing of choice for women living in Bangladesh. For men, the kurta (a type of shirt) and the sherwani (a dress-like clothing) are customarily worn. Fashion is quickly becoming more western as well.

Faisal brought his wife, Munia, and an ethnic dish with him. His wife doesn't speak advanced English, but she was generally able to keep up with the conversation. The food was a spicy concoction of rice and chicken. There was definitely cinnamon and cardamom incorporated as well.

Children are taught to speak in Bengali and English from the very first day they enter the public education system. Also, public universities are generally more affordable in Bangladesh than in the U.S.

There have been people living in the Indian subcontinent for most of human history. Modern day Bangladesh can trace most of its culture to the Mughal Empire, which ruled in the area for about 4000 years before being usurped by the British colony in 1937, when Bangladesh and Pakistan were combined into one independent nation. Due to culture and economic strife, the people of Bangladesh revolted and split away from Pakistan in the early 1970s. Bangladesh is now its own country.

The government is largely based off the British system of governance. Bangladesh is one of the few nations in Southeast Asia that actively resists Russian influence in favor of American assistance. Unfortunately, the relationship between Bangladesh and the US has become somewhat strained due to

human rights abuses carried out by the Bangladesh government. (There is no freedom of the press; dissenters are often kidnapped, tortured, and/or killed; there's mass government corruption resulting in buying of votes; there's discrimination against Buddhists and Hindus.) The economy is based off agriculture and fabric. It produces all of its own food, but imports all technology. Most people do not use vehicles, they rely on public transportation with trains and boats.

Most of the people in Bangladesh are descendants from ancient tribes that possess similar racial backgrounds. There is very little racial tension. Faisal and his wife were surprised that America has had issues with racial tension because they view American diversity as a strength that should be celebrated.

Women's rights are a huge issue in Bangladesh. Islam tends to treat women as inferior to men, and culturally it is common for girls around the age of 14 or 15 years old to be given as child brides in arranged marriages. Thanks to Western influences and more widespread education, these trends are beginning to fade. An excellent example of this would be specific laws that have made it easier for women to divorce an abusive husband.

Today at lunch, Faisal and Munia covered many topics leading to many fascinating compare and contrast conversations about the U.S. and Bangladesh. Faisal mentioned that his wife greatly enjoys our lunches and her English has increased just from being with me once a week! I didn't realize I was having that effect on her.

Munia and I are going to have a "spa day" in which we decorate our hands with henna. I will also introduce her to nail polish.

Munia owns a sari, which is a type

# Bangladesh

*Adrienne Mackenzie; Partner: Faisal*

of outfit traditionally worn by Bengali women. It consists of a blouse, petticoat, and a 12-foot-long piece of decorative fabric that is draped over the first two garments. Bengali weddings are extremely ornate and typically last anywhere between three to seven days.

Faisal and his wife prepared several dishes. They were kind enough to reduce the spices commonly used because most Americans can't handle traditional Bengali foods. Rice, chicken, lamb, and boiled eggs were

served. Curry and cinnamon were used liberally in the food preparation. Tea is usually served with dinner in Bangladesh, but Faisal and Munia have developed a taste for Coke, so we drank that instead. Munia brought cookies from Bangladesh; she thawed some of them for us to try. The main ingredient in these cookies is evidently milk. They tasted like flour to me.

I love this service learning project! Not only have I learned so much, but I've also made new friends!

# Nepal

*Bryanna Mickelson; Partner: Roshan*

## Nepali Dal Bhat

4 tbsp olive oil  
1 cup yellow or brown lentils  
4 to 5 cups water (depending on consistency preference)  
1 cup chopped onions  
2 red dried chilis  
1/2 cup chopped tomato  
1 tsp turmeric  
1 tsp chili powder  
curry powder to taste  
salt to taste  
Wash lentils (soak for 10 min.)

Drain and bring to a boil in 4-5 cups water  
Add all spices (salt, turmeric, chili powder)  
Reduce heat, simmer (covered) for 20-30 minutes until lentils resemble the consistency of a porridge  
Stir fry the onions, tomato in separate pan  
Stir onions and tomato into lentils a few minutes before they're done.

Nepal is a small country sandwiched between China and India. The northern parts are influenced by Chinese culture, while the southern parts are more influenced by Indian culture. They eat a lot of rice, sometimes a curry like food, and something called dal.

Roshan noted how friendly Americans are. He said in his culture, people don't smile and not to strangers on the street. But in Nepal friendship is highly valued. It is not as casual like it is here.

The Nepal culture has 15 or more big festivals and at least 50 smaller

festivals. Each is a time off from work. In celebration of their main god, they smoke weed because this god is supposedly always stoned.

In Nepal, grades 1-10 are together and 11-12 is like college followed by more college. Roshan was surprised that K-12 was free education and college is so expensive in the U.S.

This was a very exciting experience for me to see other aspects of my own culture through someone else's eyes.

Roshan's wife ... didn't like the sweet and salty flavor combination.

In Nepal, arranged marriages are done. Couples don't meet until their

# Nepal

*Bryanna Mickelson; Partner: Roshan*

wedding night. Parents pick spouses for their children. Then traditionally they live with the husband's family, including extended family. Roshan and his wife were classmates and fell in love that way; they then went to their parents to arrange the marriage. Brides wear red in their wedding ceremonies, including a red saree and a bindi (red dot worn on the forehead of women). The ring his wife wore was red as well.

They are Hindu. There are 330,000,000 gods in their religion. They do some animalistic sacrifice of goats or sheep depending on the day and the god. They see cows as holy animals. They believe in reincarnation which is why they see divorce as such a taboo. When boys come of age, they get a sacred necklace they wear pretty much every day. It is required for them to get married.

## Nepali Basmati Rice

- 1 1/2 cups uncooked basmati rice
- 2 tablespoons vegetable oil
- 1 medium onion, peeled and finely chopped
- 2 cinnamon sticks (whole, approx 2 inches each)
- 2 whole cloves
- 1 bay leaf
- 4 ounces cashews (don't need to be whole)
- 2 ounces sultanas (golden raisins)
- 1 teaspoon salt

Wash the rice several times and let it soak for 30 minutes.

Drain the rice well in a sieve.  
Heat the oil in a skillet over

medium-low heat and cook onion until soft.

Add all ingredients & spices, (except salt) to the pan and stir fry for 2 minutes over medium heat.

Add 2 cups of water to the pan with salt and bring to a boil then cover tightly and turn the heat to low.

Simmer for 20 minutes, adding additional water during cooking, if necessary, until rice is tender and fluffy and all the water is absorbed. Remove bay leaf, cloves and cinnamon sticks before serving.

# China

*Jenna Bishop; Partner: Chen*

Chen used to live in a town about 15 minutes away from Shanghai, so he grew up with southeastern Chinese traditions. He explained that northern China has different traditions regarding food than the southern, particularly when it comes to flavoring. The northern part of China eats foods that are predominately salty in nature, whereas the southern Chinese eat foods that tend to be sweeter. I always assumed that all of China ate rice regularly, but

Chen said that northern China has a diet full of flour and things made from flour, and southern China is a region that consumes most of the rice.

Chen eats three meals a day at 7:20, noon, and 6:00 pm. He usually alternates between two meals throughout the week for breakfast. Porridge with cabbage is one of them. He takes pride in the fact that he does not repeat dinner or lunch meals more than once a week, even if it is a subtle change such

## Shanghai Chicken

2 boneless skinless chicken breasts  
2 tablespoons oil (I use cooking spray)  
2 cups celery, sliced diagonally  
2 cups fresh bean sprouts  
1 (5 oz.) can sliced water chestnuts  
1 10 <sup>3</sup>/<sub>4</sub> oz. cream of mushroom soup  
2 tablespoons soy sauce  
1 cup sliced green onion  
1 (2 ounce) jar sliced pimentos  
3 cups hot cooked rice  
1 (3 ounce) can chow mein noodles

Cut chicken into small cubes and sauté in oil until firm.

Stir in celery and sauté until crisp-tender, about 2 minutes.

Stir in next 6 ingredients, bean sprouts through green onions.

Bring to boil, reduce heat and simmer 2 minutes.

Serve over rice and top with noodles.

Source: *www.food.com*; Recipe: Chef PotPie; Used with permission.

as pork with carrots one day and pork with mushrooms another day. He goes to Panda Express if he is too busy to cook.

He does not like American food. He also doesn't like American Chinese food very well since it is different than authentic Chinese food. He has never tried sweet potatoes, but I plan on making him some to try.

One traditional meal that is a favorite is a mix of mashed potatoes with vegetables and beef. Another is lamb cooked a special way. He cooked it for

Americans, but they didn't like it since the tastes are so different that our food.

His diet consists of a lot of rice, pork, and vegetables. He shops one or two times a month in Denver to purchase the ingredients from a Chinese market.

His mother cooked for him in China. "I didn't start cooking for myself until I was in America, and for the first three months, I was very bad." He said that many people from other places in China don't like the food of his region because it is very greasy and sweet.

# Taiwan

## Oyster Omelets

<sup>1</sup>/<sub>4</sub> cup ketchup  
<sup>1</sup>/<sub>4</sub> cup rice vinegar  
1 tablespoon sugar  
1 tablespoon soy sauce  
<sup>1</sup>/<sub>2</sub> t. red miso paste  
1 teaspoon cornstarch  
<sup>1</sup>/<sub>2</sub> cup cold water  
Omelet:  
2 eggs  
<sup>1</sup>/<sub>4</sub> teaspoon salt  
Pinch ground white pepper

1 teaspoon sweet potato starch (see note above)  
<sup>1</sup>/<sub>4</sub> cup cold water  
1 tablespoon vegetable, peanut, or canola oil  
3 to 4 raw oysters  
1 scallion, chopped  
<sup>1</sup>/<sub>4</sub> cup celery leaves, roughly torn or chopped

Sauce: Combine first 4

ingr. in saucepan. Cook over med., stirring, until sugar dissolves, about 2 minutes. In bowl, whisk together cornstarch with <sup>1</sup>/<sub>2</sub> cup water. Whisk mixture into ketchup mixture and cook, stirring, until bubbling & thickened, about 1 minute. Remove from heat and set aside.

# Taiwan

*Shelby Galik; Partner: Fanny*

## *Oyster omelet, cont'd:*

Whisk omelet ingredients in a small bowl thoroughly. Heat oil in skillet over medium-high heat. Add the oysters and cook, stirring, for 30 seconds. Add the egg mixture and cook, pushing in the

edges occasionally and tilting the pan to let raw eggs run under the omelet, continuing to cook until most of the eggs are cooked but top surface is still moist. Pour sweet potato mixture over the eggs, letting it run across

the surface and spill over the edges slightly. Place the scallions and celery greens on top of omelet. Reduce heat to medium-low and cover the pan briefly to allow the greens to slightly wilt, about 1 minute.

Fanny told me she thinks Taiwan is a high-context country because they are not direct with each other and instead assume that the other person will understand what they're implying. We talked about how in America, there are rude questions like, "How old are you?" or "How much do you weight?" She was surprised about this because in Taiwan, there aren't any particularly rude questions you can ask someone.

She told me that Americans are much more independent because Taiwanese teenagers will often live with their parents and rely on them for most of or all of their lives. I asked what kinds of foods Taiwanese people usually eat, and if she knew of any geographic factors that influenced it, but she wasn't sure and said she just

eats what sounds good. She also didn't have a favorite meal, but she said that her favorite food is "Taiwanese food."

Fanny follows a mix of Taoism and Buddhism. She goes to a temple, uses incense, and worships gods and ancestors. There's a shrine for the ancestors, and they burn money to the gods. There are no dietary restrictions. She believes in paradise and hell. She goes to the temple at New Year. She also goes there before a big test to pray.

One dish is bawan. It literally means 'meat sphere'. They are a kind of large dumpling made from a gelatinous tapioca starch dough and stuffed with pork and vegetables, most commonly mushrooms and bamboo shoots. A common dessert is langyung (steamed sticky rice cake).

# South Korea

*Katerra Skinner; Partner: Byeong*

## **Kalbi**

5-10 lbs beef short ribs  
8 oz Memmi Noodle  
Soup Base by Kikkoman  
1 cup sugar  
5-6 Tbs. fresh ground pepper  
1/2 cup corn syrup  
1/4 cup sake  
1/4 cup sweet cooking rice wine  
1/4 cup plum extract

1/4 cup sesame oil  
5-6 Tbs. chopped garlic  
1 onion, peeled and cut into chunks  
1 Korean pear, peeled, cored, chunks  
Combine all ingredients and liquefy in blender. Set aside.  
Soak ribs in cold water for 1 hour to re-

move blood, changing the water once during the hour.

Drain ribs. Trim excess fat.

Soak ribs in blended marinade for 24 hours. (Quicker marinade time: 5-6 hours).

Grill meat

# South Korea

*Katerra Skinner; Partner: Byeong*

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“What does food mean to you?” I asked Byeong in one of our meetings. Family is one of the most important aspects when it comes to the Korean culture, and food plays a big part in bringing family together. Not only does food bring together family members, but it also brings together their country as a whole when it comes to holidays and other festivities.

Although now he lives in America, Byeong still embraces Korean cuisine—which is largely based on rice, vegetables, and meat. Living here, he has let go of some of the dining etiquette and table manners that he otherwise practiced at home.

If you are invited to a traditional South Korean’s house, it is typical to remove your shoes upon entering their house. Showing up 30 minutes late is totally okay and will not be taken into offence. The host will individually greet each guest, and pour drinks for the guests in their presence. After the meal, it is typical for the host to accompany the guests out, as it is seen as insulting to wish your guests farewell indoors. It is also not uncommon to receive a thank you note the following day after being invited to dinner.

When it comes to table manners, there are many things that could be seen as disrespectful to your host and his family. You must wait to be seated, for there could be a strict protocol that must be followed. Elders are always served first, and you must wait to start eating until they have already started doing so. Using chopsticks is the main way to eat, so of course they come with guidelines as well. Never point at someone with your chopsticks, and do not pierce your food with your chopsticks. If you are done, place your chopsticks on the chopstick rest, never across your rice bowl. It is a sign of disrespect to

have your chopsticks crossed when on the chopstick rest as well. You must finish everything on your plate, and always refuse the first offer of second helpings.

Usual Korean meals consist of rice and side dishes. Koreans have used various ingredients and developed different recipes. Therefore, there is a large variety of dishes and food from different regions and for different seasons. Gim-chi and other fermented sauces are representatives of Korean traditional food, and Koreans take much pride in them. For Koreans, rice is a staple food. Their typical side dishes are soups, pot-stews with various ingredients, cooked vegetables, salads, pickles, salted sea food, dried fishes, and steamed meat. Gimchi, paste or sauce, and salted sea food are always served. The uniqueness of Korean food is in the seasoning. For most of their food, Koreans use various kinds of seasoning made of soy sauce, scallions, garlic, sesame, sesame oil, pepper, and red pepper powder.

Koreans have also enjoyed drinking tea for a long time and developed their own tea ceremony. Through the ceremony people meditate and nourish their virtuous spirit. Tea must have a mild taste and scent, and those who enjoy tea say that there are five pleasures in tea drinking: the sound of water boiling, the warmth of the tea cup, its color, its taste, and its scent. Tea is good for making your mind clear, improving memory, preventing cancer, purifying the body, and lowering cholesterol. There are a lot of tea clubs in Korea, which develop the tea culture in Korea.

In my last meeting with Byeong, I asked him to email me a particular family recipe that he was fond of. He emailed me the recipe to a dish called Kalbi, which is a Korean barbecued beef. (See recipe previous page.)

## Niku-jaga

3 potatoes  
Thin slices of beef  
1 onion  
1 carrot  
Soup stock  
Salad oil  
Soy sauce  
Sugar  
Sweet sake  
Cooking wine

Let's peel and cut a potato in four parts. After that soak them in cold water. The next step is to slice the onions and carrots. Please cut thinly sliced beef to eat easily as well.

Put salad oil in a pan and stir-fry beef quickly until the color changes and then please add the vegetables. Next let's add soup stock, cooking wine, and sugar and stew foodstuffs

for about 3 minutes after frying up a little.

The final step is to pour soy sauce and sweet sake into the pan and cook them well. It is important to skim the scum from the soup during this stage. If almost all the soup evaporates, the food is ready to eat!

Let's drain the potatoes before putting them into the pan. The color of the dish will be beautiful by garnishing boiled green beans or snow peas with the plate. You can use thinly sliced port instead of beef. There is another recipe that we use noodle-like strips of konnyaku. Konnyaku is Japanese food made of a plant, water and milk of lime. The plant belongs to the family of Araccae.

Asami is from Saitami, Japan with a pAsami is an exchange student from Japan. She is from Saitami, a prefecture of Tokyo. She came to the University of Wyoming to learn more English, study geography, and see Wyoming's nature.

In Saitami there are many rivers including Shiba and Arakewa. Near

her hometown, there's a national park called Shibazakura Hills, where there are beautiful cherry trees. There are also many rice farms near her home and she sometimes misses the really yummy rice.

It was a pleasure getting to know Asami because of her kindness and the opportunity to learn about her culture.

## Japanese Beef Curry

300 grams beef (brisket is great, but you can also try short ribs or other cuts), cut into bite-sized cubes

Salt and pepper for the beef

2 1/2 tablespoons butter

400 g. onions, sliced as thin as possible

10 grams ginger, finely grated

2 cloves garlic, finely grated

1 large carrot, peeled and cut into wedges, rangiri style

1 large apple, peeled and coarsely grated

5 cups beef stock

1 tablespoon salt

300 g. new potatoes, peeled, diced

For Roux:

4 tablespoons butter

7 tablespoons flour

2 tablespoons curry powder (I use Japanese S&B curry powder, but a Madras curry powder is fine, too)

2 tablespoons garam masala

Season the beef with salt and pepper. Melt the butter in a stockpot large enough to hold 5 quarts of liquid, over medium heat. Add the onions, ginger, garlic, carrots and beef. Stir and cook for about 5 minutes until the onions become translucent and the beef browned. Add the ap-

ple, beef stock and salt, and simmer uncovered for 20 minutes, stirring occasionally.

Meanwhile make the roux. In a skillet, melt the butter over medium heat and add the flour. Stir, stir, stir, stir, stir until the butter and flour fuse and swell.

Don't stop stirring, or the roux will burn! After about 20 minutes or so, the roux will become the "color of a fox," as the say in Japan, a deep tan color. At this point, add the curry and garam masala, and cook and stir for 30 seconds, until the spices release their aroma. Turn off the heat. Add a ladleful or two of cooking liquid from the stock and mix into a paste.

Add the roux paste into the stockpot, and stir to combine. Add the potatoes. mer uncovered on low heat, stirring occasionally. Cook for about 1 hour, or until the beef becomes tender and the curry thick. Serve the curry with Japanese short grained rice on the side. Enjoy.

Shota spent three years living in San Jose, California, he lived in Iowa and spent his senior year of high school in Michigan. He played on the football team in both states, which was a hint to me that he is very Americanized. Alongside this to show how Americanized he is, he also called me and his friends, "dude," and uses slang when talking. I started to ask about food, and he said he loves Mexican food from living in California.

He was born and raised Shikoku, Japan, which is the smallest of Japan's major islands and he lived in Shikoku-

chuo-shi, Ehime. I asked him about recipe ideas, he mentioned: gyoza, tonkatsu, and yakitori.

His grandfather was an occupational hunter and often would hunt wild boar. He went on to explain that every new year's day, his family would have a big cookout and eat one of the wild boars that his grandfather would hunt. His grandmother would cook curry and he grew up eating it often.

Curry came to Japan through the British because it was a cheap way to feed troops and the Japanese spices added flavor to the dish very easily.

Nowadays, curry is a staple in the Japanese home. Shota explained its difference than other curries through the world, as it is thicker and sweeter than others. It also often has an extra depth of flavor that is unique. He told me that it often has big hunks of meat, lots of caramelized onions, carrots and

potatoes. He told me that Japanese curry is more like a hearty stew rather than a curry to Americans. Gyoza is a Japanese pan-fried dumplings which have always been some of my favorites. Shota agreed that he liked them as well.

## Japanese Gyoza (Dumplings)

1 package (or about 45) gyoza wrappers (or make Homemade Gyoza Wrappers)  
1½ Tbsp. oil for frying each batch of gyoza  
¼ cup water for frying each batch of gyoza  
1 Tbsp. sesame oil for frying each batch of gyoza

### *Filling*

10 oz (290 g) ground pork  
2-3 cabbage leaves  
1-2 green onion/scallion

2 shiitake mushrooms  
1 clove garlic, minced  
1 tsp. grated ginger  
Seasonings  
½ Tbsp. sake  
½ Tbsp. sesame oil  
1 tsp. soy sauce  
¼ tsp. salt  
Freshly ground black pepper  
Dipping Sauce  
1 Tbsp. rice vinegar  
1 Tbsp. soy sauce  
⅓ tsp. La-Yu (Japanese chili oil)

Microwave cabbage leaves for 1 minute and chop into very small pieces. Mince green onion and shiitake mushrooms as well.

Combine the meat and seasonings and knead the mixture with hands until the texture becomes sticky.

Add the rest of fillings and continue to knead.

Wrap the filling with gyoza wrappers

Heat the oil in a large non-stick frying pan over medium high heat. When the pan is hot, place the gyoza in a single layer, flat side down (in two rows or in a circular shape).

When the bottom of the gyoza turns golden brown, add ¼ cup of water to the pan.

Immediately cover with a lid and steam the gyoza for about 2 minutes or until most of the water evaporates.

Remove the lid to evaporate any remaining water. Add sesame oil and cook uncovered until the gyoza is nice and crisp on the bottom. Transfer to a plate. For the gyoza lined up in circular shape, place a serving plate on top of the pan and quickly flip.

For the dipping sauce, combine the sauce ingredients in a small plate and mix all together. Serve the gyoza with dipping sauce.

Dan has lived in Tauranga New Zealand for all of his life. He described his life in New Zealand to me. For what would be considered to be “high school” he went to an all-boys school called Tauranga Boys’ College. Tauranga is one of the main business centers in New Zealand and is much busier than what life here is like.

He talked about the variety of food options here, and that there is fast food on every corner. His friends started asking about cultural things in American, parties, and politics. Dan was saying how conservative Americans are, and that he has to watch his mouth a lot.

## New Zealand Birdseed Bar

- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup coconut
- 1 cup cashew nuts, chopped
- 1 cup sultana (white raisins)
- ½ cup butter
- ¼ cup honey
- ½ cup brown sugar

Heat the first four ingredients, one after another in a large frying pan, until toasted and lightly browned.

Mix with sultanas in a large bowl.

Heat butter, honey and brown sugar to the soft ball stage, then pour over mixture in bowl.

Mix well.

Press into pan so it is 2cm thick.

When nearly cold, cut into bars.

Store in airtight container.

Source: Food.com; Contributor: Jewellies Used with permission.

# Arapaho, Wyoming

## Making Chokecherry Gravy

Told by Mary Kate Underwood

(<http://www.colorado.edu/csilw/alp/stories/biine'eek.pdf>)

biine'eek.

Chokecherry gravy.

heetbiin... heet....

I will make.

heetniini be'eekei'inoo.

I will make gravy.

(See that's the short way.)

heetbe'eekei'inoo nuhu' biine'eek.

I will make chokecherry gravy.

Yihko'uyeinoo.

I go out and pick berries.

noh nii..., nec, noh ne'nii'sii'iheibi'i nuhu' biino.

And, water, then the berries are put into water to cook.

niini'cooti'i.

They taste good.

noh neh'eeno nii... nii... nihii heni-setei'i, ne'nii'noh'oowouhu' hi'in nihii 3o'ohoe.

And these, when they are ready, then that uhh flour is stirred into it.

Niinoh'oowouhu' 3o'ohoe.

Flour is mixed/stirred in.

# Arapaho, Wyoming

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he'ne'nii'... he'ne'nii'nisicih'i hi'ihi'  
niisi[s]c[oo'].  
Then they are sweetened with sugar.

ni'iinisicitootiini'.  
You sweeten it with [sugar].

noh ne'nii'noh'... noh'oowouhu'  
honoot bisiisete'i'.  
Then it is stirred until they're all  
done.

niikoote'i'.  
The are boiling.

ne'nii'iisete'i'.  
That's when it's ready/they're done.  
ne'nii'benoucebi'.  
then it is tasted.

Siihe'in..., woow heetnee'eesoo'.  
It will really be, Now it will be as it  
should be.

nih'ou..., maybe you, you uhh,  
he'iisni'iini nuhu' niisiscoo'.  
[If it's] bitter, maybe you would add  
some more sugar.

Wohoe'... wohoe'iisiini ceniini, 'oh  
ci'niinohkohu'.  
Maybe if it's not good, then more is  
added.

noh ne'nii'iini hi'be'eekootiini' nuhu'  
biino.  
And that's how you make gravy  
with these chokecherries.

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## 'Round the World Recipes *Notes*

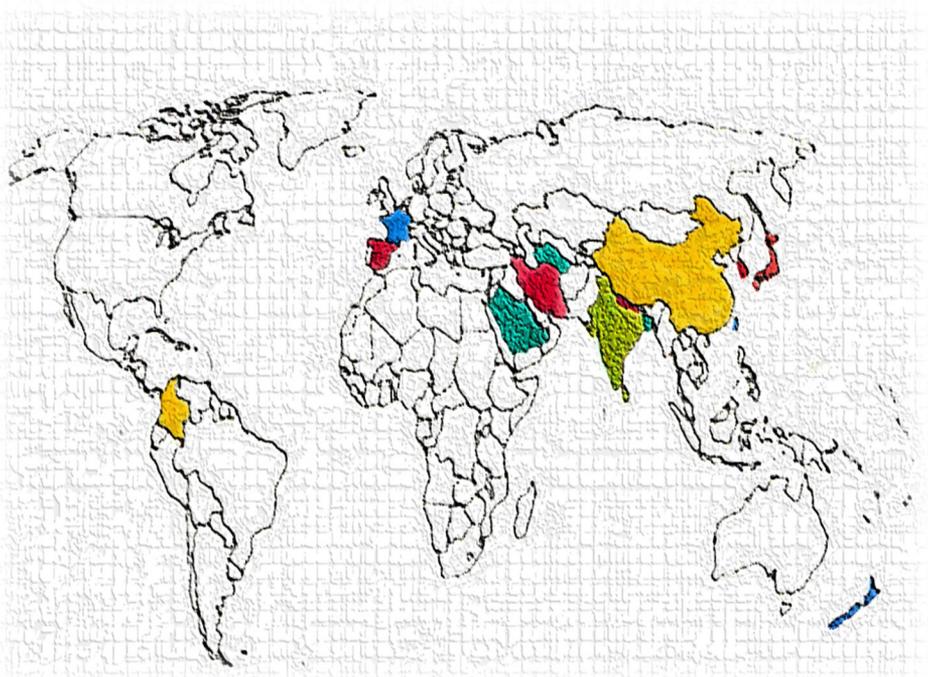
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*Join our class on a trip around the world through conversations, recipes, and reflections. All proceeds from this cookbook will be donated to Heifer International and the Laramie Interfaith Good Samaritan Community Pantry.*