

NOVEMBER
28-29.2018

FYS: Food,
Culture, and
Language Presents

International Bake Sale

ALL THE
PROCEEDS GO TO
THE KARMA FUND

Bake sale held in
the union
28th: 9-2 p.m.
29th: 1-5 p.m.



The students enrolled in the Fall 2018 class of Food, Culture, and Language are happy to present a collection of international recipes. Their first year seminar course contains a service learning component that consists of matching freshmen with international students as conversation partners.

Through conversations, students collected recipes and reflected on differences in culture and language in conversation logs. Then they formed committees to select recipes to cook or bake, organize and publicize a two-day international bake sale showcasing the recipes they collected. The six recipes for sale are starred below. They selected a beneficiary to receive the profits

from the sale. All proceeds benefit the Karma Fund, a University of Wyoming International Students and Scholars cause that assists international students with medical bills in times of need.

This class was made possible by a grant from the Service, Leadership, and Community Engagement grant which supplied the ingredients for the sale and the necessary publicity costs. We are grateful to Richard Riordan and SLCE for giving the students this wonderful opportunity to engage with diverse cultures and learn through experience.

Thank you for supporting this course, these students, and the Karma Fund. –Mollie Hand, Lecturer

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* recipes chosen for the November sale



EUROPE TO RUSSIA



Natillas (Spanish Custard) Submitted by Liv Chase; (Partner: Miguel Fernandez Berrocal, Spain)

- 1 liter of milk (better if it is whole)
- 200 grams of sugar.
- Liquid cream (a brik, although we will use less)
- 6 egg yolks
- The skin of half a lemon.
- 30 grams of cornstarch
- A vanilla bean (failing that it is worth vanilla sugar)
- 1 cinnamon stick
- Cookies (the one that we like)

Preparation

We will start by putting the egg yolks in a bowl next to the sugar and the cornstarch and with the rods of the blender we will beat everything at medium-low speed until we get a cream with smooth and homogeneous texture, without any lumps.

The cornstarch can be sifted with a sieve to make it finer, diluted well and does not generate lumps when coming into contact with a liquid.

In a saucepan, put the milk next to the cinnamon stick, the skin of the lemon and the vanilla pod. We will put it over medium heat and leave until it starts to boil, at that time we will lower the heat to the

minimum.

Leave a couple of minutes and remove the cinnamon stick, vanilla bean and lemon peel. We will pour the milk slowly into the container where we have the egg yolks with the sugar, the reason is that we do not want the eggs to be curdled by the heat, so in

addition to going slowly we will have to stir it.

When we have incorporated everything, we will put the saucepan on the fire, at minimum, and continue stirring until a cream of custard is created, but always trying that the cream does not boil. Once thick, we can remove the custard from the fire.

In this case we can serve them in two different ways, one is filling the containers with the custard and placing a cookie on top or throwing some custard, the cookie and putting custard on top, that is up to us.

Tips

For a maximum flavor, the vanilla bean can be opened in the can and remove the little pulp inside when it is cooking with the milk, but before incorporating the eggs and the sugar we must strain the milk to not find the remains, which are of black color and they are not pleasant.

I found it quite interesting as to how Miguel describes food, it is a great indicator as to how food is such a large part of his culture. -- Liv Chase

Polvorones de Canele (Cinnamon Cookies)

Submitted by Alexis Elliott; Partner: Juan Garica (Spain)

Ingredients

- 1 cup butter
- ½ cup confectioners' sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- 1 cup confectioners' sugar
- 1 teaspoon ground cinnamon

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a medium bowl, cream together 1/2 cup confectioners' sugar and butter until smooth. Stir in vanilla. Combine flour, salt, and 1/2 teaspoon of cinnamon; stir into the creamed mixture to form a stiff dough. Shape dough into 1-inch balls. Mix together 1 cup confectioners' sugar and 1 teaspoon cinnamon; roll balls in cinnamon mixture.

Bake for 15 to 20 minutes in preheated oven, or until nicely browned. Cool cookies on wire racks.

It was very interesting to learn about another culture and how they learn. I got to see things from another point of view that opened my eyes. -- Lexie Elliott



Mint Chocolate Macarons (France/U.S.)

Submitted by Taylor Turner; Inspired by course

- 1 3/4 cup plus 2 tablespoons (7 3/8 oz) confectioners' sugar
- 1 1/4 cup plus 2 tablespoons (4 3/8 oz) almond flour/meal (Don't use the kind that has been ground with the skins on)
- 4 large egg whites, at room temperature
- 1/4 cup sugar
- Green food coloring
- Chocolate Ganache:
 - 4 ounces semisweet or bittersweet chocolate, finely chopped
 - 1/4 cup heavy cream
 - 2 teaspoons unsalted butter
 - 1/2 teaspoon mint extract (or 1 tablespoon mint liqueur) – or to taste

To make the ganache:

In a medium sized pot heat the cream until just steaming, but not boiling. Turn off the heat and add the chocolate and butter. Shake the pot to make sure all the chocolate is submerged in the hot cream and allow to sit for about 3 minutes. Add the mint extract or liqueur and gently stir the ganache until it is completely smooth. Remove to a shallow container and allow to cool to room temperature. Can be made a day ahead. Leftovers can be refrigerated for a week or frozen for a month.

To make the macarons (2 dozen?):

Prepare 2 or 3 baking sheets with parchment paper, set aside

Prepare a Pastry Bag 18-in with a large round Pastry Tip, set aside

Sift together the confectioners' sugar and almond flour in a large bowl, set aside

Whip the egg whites on medium speed until foamy, about 1 to 2 minutes.

Add the sugar 1 tablespoon at a time with the mixer on medium. Add the green coloring.

Continue whipping the eggs until they are glossy and hold a stiff peak, about 5 to 8 minutes.

When you lift the whip out of the bowl it should hold a straight point.

Add about half of the flour mixture to the egg whites.

Using a rubber spatula fold in the flour.

Mix in the second half of the flour mixture, just until incorporated.

Fill the pastry bag about 1/2 full with the macaron mixture.



Kahleigh, Lilli, and Alannah pipe macaron mixture in prep for bake sale.

Holding the bag straight up and down, pipe the macarons so they are about the size of a quarter and 1/4-inch tall. They need to be about 1-inch apart, so they don't bake together. When lifting the bag up, be sure to release the pressure so they won't have a tall peak. If the macarons end up with a point, use a wet finger to smooth them down.

Tap the tray several times on the counter to flatten the macarons slightly and get any air bubbles to the surface. Let the trays sit, uncovered for about 30 minutes so the macarons form a bit of a skin on them.

As they are sitting, preheat the oven to 325° and position the oven racks in the top and bottom thirds of the oven.

Place the macarons in the oven and immediately reduce the temperature to 300°F. Bake until the meringue is puffed, but still pale. Switch the racks and continue to bake for a total of about 15 to 20 minutes. If you used a third sheet tray, you will need to preheat the oven back to 325° before you start to bake them. Reduce the temperature to 300° once they are in the oven. (This extra step helps them rise properly.)

Once the macarons are completely cooled, flip half of the them over and pipe on the ganache using a pastry bag and a small round pastry tip.

Sandwich them together.

My original conversation partner left the country before the semester ended, so this recipe is inspired by the textbook, Language of Food (Jurafsky, 2014).

-- Taylor Turner



Sharlotka Шарлотка (Apple cake)

Submitted by Lexi Mayo; Partner: Igor (Russia)

Ingredients

- 6 small Granny Smith Apples (or 4 large ones)
- 6 eggs
- 1 cup of sugar
- 1 cup of flour
- 1 teaspoon of vanilla extract
- ¾ teaspoon of baking soda mix with ¼ teaspoon of vinegar



Lexi, Em, Bailey, and Lexie prepare to make the Sharlotka. Right: Lexie displays the cake before cutting it.

Instructions

- Preheat the oven to 350F and grease a 9x13 baking pan (or you can use a 9 inch springform pan). Set aside.
- Peel, core and chop the apples. Set aside.
- Attach the whisk attachment to your stand up electric mixer (or handheld electric mixer). Beat the eggs and sugar on high for about 2 to 3 minutes, until light yellow, thickened and about triple its size.
- Lower the speed to low and beat in the vanilla and flour.
- Quickly mix the baking soda and vinegar and add it to the batter. Mix batter gently.
- Arrange the chopped apples on the baking pan. Then pour batter over the apples.
- Bake for about 30-35 minutes (or 55 to 60 minutes if using a cake pan).

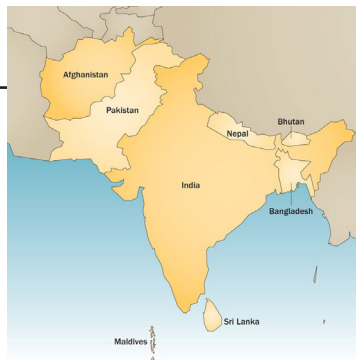
I learned that Igor loves to travel and loves food. For most of our conversations, we talk about food because it is a passion that we both share. --Lexi Mayo



SOUTH ASIA

Carrot Halwa (Carrot Rice Pudding)
Submitted by Alannah Gee;
Partner: Pooja Basnet (Nepal)

- 2 T. ghee or neutral cooking oil
 - 1 pound carrots, peeled and grated on the large holes of a box grater
 - 8 green cardamom pods, seeds only, crushed
 - 3 cups whole milk
 - 1 ¼ cups granulated sugar
 - ¼ cup raisins
 - Pinch saffron threads
 - ¼ cup pistachio nuts, coarsely chopped
- Heat the ghee or oil in a heavy, high-sided skillet or large saucepan. Add the crushed cardamom seeds and stir until fragrant, about 30 seconds. Add the grated carrots and fry for about 3 minutes.
- Add the milk and bring to a boil. Continue to boil,



stirring constantly, for 5 minutes. Reduce the heat to low and simmer uncovered, stirring occasionally to keep the milk forming a film or scorching on the bottom, about 1 hour. The milk should be reduced by over a third.

Add the sugar, raisins, and saffron and stir to combine. Increase the heat to medium and cook, stirring frequently, until the halwa is thick and glossy, 15 to 20 minutes. You can serve the halwa warm or cold. If serving warm, scoop into bowl, sprinkle with the pistachios, and serve. If serving cold, press the halwa mixture into small ramekins and chill. When ready to serve, flip out onto plates, sprinkle with the pistachios, and serve. Serves four

I learned that Nepal actually has very few desserts and carrot halwa or kheer rice pudding are some of the only ones. --Alannah Gee



Dal Fry – spiced Indian Lentil Soup

Submitted by Jessa Gegax;

Conversation Partner: Karan Sodhi (India)

1/3 cup red lentils masoor dal
1/4 cup petite yellow lentils yellow mung dal or use red lentils

3.5 cups water

2 tsp oil

1/2 tsp cumin seeds

1/2 tsp black mustard seeds

a generous pinch of asafetida omit if you do not have gluten-free asafetida to make gf

1 hot green chili finely chopped

1 cup chopped red or white onion

5 or more cloves of garlic finely chopped

1 inch of ginger finely chopped

1 tsp ground coriander

1/2 tsp turmeric

1/4 tsp or more cayenne/red chili powder optional

1 large tomato chopped small

1 tsp lemon juice

1 tbsp water

3/4 tsp or more salt

1/3 cup packed chopped cilantro

Wash the red and yellow lentils, drain. Combine in a saucepan with water over medium heat. Cook for 18 to 20 minutes or until yellow lentils are tender.

Indian Chicken Curry (Murgh Kari)

Submitted by Brenna Kosowicz;

Partner: Prayas Rath (India)

2 pounds skinless, boneless chicken breast halves

2 t. salt

1/2 cup cooking oil

1 1/2 cup chopped onion

1 T. minced garlic

1 1/2 t. minced fresh ginger root

1 T. curry powder

1 t. ground cumin

1 t. ground turmeric

1 t. ground coriander

1 t. cayenne pepper

1 T. water

1 can crushed tomatoes

1 cup plain yogurt

1 T. chopped fresh cilantro

1 teaspoon salt

1/2 cup water

1 t. garam masala

1 T. chopped fresh cilantro

1 T. fresh lemon juice

Sprinkle the chicken breasts with 2 t. salt.

Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken

Reduce heat to low and simmer.

Meanwhile make the tempering. Heat oil in a skillet over medium heat. when the oil is hot, add the cumin seeds and mustard seeds. Let them start to sizzle and pop. the cumin seeds should change color and get fragrant. Add asafetida, chili, onion, garlic, ginger and a pinch of salt. Cook until translucent. about 5 minutes. Stir occasionally.

Add coriander, turmeric, cayenne and mix well. Add tomatoes, lemon juice and a tbsp of water and mix. Cook until the tomatoes are saucy. Mash the larger pieces. About 6 minutes.

Add the cooked lentils to the skillet (or the skillet contents to the lentil saucepan).

Add salt and half of the chopped cilantro, and continue to simmer the soup for 3 to 4 minutes or until bubbling. Taste and adjust salt and spice. Add a dash of lemon juice if needed.

Garnish with cilantro and serve hot with rice or flatbread with a side of roasted veggies or Indian spiced vegetable side.

My partner told me that he continues to eat beef enough though it is against his religion. -- Jessa Gegax

breasts to a plate and set aside.

Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring. Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate. Pour 1/2 cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce. Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.

Cover the skillet and simmer until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Sprinkle with lemon juice to serve.

He doesn't eat beef because he views it as sacred. -- Brenna Kosowicz



Banglar Rannaghor (Rice pudding)

Submitted by Sami Lankutis;

Partner: Sashima (Bangladesh)

- 1/2 cup kalijeera rice
- 1 liter of whole milk
- 150 ml sweetened condensed milk
- 1 liter of whole milk
- 150 ml sweetened condensed milk
- 1/2 tsp cardamom powder
- 1 tsp ghee
- 5-6 raisins
- 10-12 pistachio and almond, blanched and sliced

Soak 1 cup rice in water for 30 minutes to 1 hour.
 Heat milk in a saucepan at medium heat. Bring it to a boil and reduce the milk to almost half, constantly stirring so it does not stick to the bottom.
 Drain water from the soaked rice and add it to reduced milk. Cook for 5 mins at low flame
 Using a blender, blend the mixture into a coarse/grainy texture. You can also blend the rice separately before adding to the milk.
 Add condensed milk, ghee (optional) & cardamom powder. Remove from flame & leave to cool.

She told me a lot of people probably would not like food from her country because it is very spicy, but she said she cooks her food with less spices in it than normal. This is a dessert recipe that she gave me, she said it is one of her favorites. -- Sami Lankutis

CHINA

Cranberry Cookies

Submitted by Jake Hays;

Partner: Chen Zhou (China)

Ingredients: 2 oz butter, flour 12 oz,
 2 eggs, dried cranberry, powdered
 sugar 4 oz.

Preparation: stir 2 eggs.

1. Heat the butter in a pot, and add the powdered sugar. Stir the fluid.
2. Add stirred eggs in 4 times. Mix them each time.
3. Add some cranberries. Mix them



4. Add flour and mix them. Pinch and twist them into a cylinder.
5. Freeze the "cylinder" for 30-60 min.
6. Cut the "cylinder" into pieces (like real cookies)
7. Bake the cookies for 15 min. Temperature: 350 F.

One interesting thing I learned about my conversation partner is that he and his family prefer to eat at home because food served in restaurants in China is not "clean." -- Jake Hays



Emmalee, Luke, Lilli, Andrea and Slade sell at the Wyoming Union.



Authentic Chinese Egg Rolls | Submitted by Lilliana Nieves-Martin; Partner: Lilian (China)

Ingredients:

- 4 teaspoons vegetable oil
- 3 eggs, beaten
- 1 medium head cabbage, finely shredded
- ½ carrot, julienned
- 1 (8 ounce) can shredded bamboo shoots
- 1 c. dried, shredded wood ear mushroom, rehydrated
- 1 pound Chinese BBQ or roast pork cut into matchsticks
- 2 green onions, thinly sliced
- 2 ½ teaspoons soy sauce
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon monosodium glutamate (MSG)
- 1 (14 ounce) package egg roll wrappers
- 1 egg white, beaten
- 4 cups oil for frying, or as needed

Heat 1 teaspoon vegetable oil in a wok or large skillet over medium heat. Pour in beaten eggs and cook, without stirring, until firmed. Flip the eggs over and cook for an additional 20 seconds to firm the other side. Set egg pancake aside to cool, then slice into thin strips.

Heat the remaining vegetable oil in a wok or large skillet over high heat. Stir in cabbage and carrot; cook for 2 minutes to wilt. Add bamboo, mushroom, pork, green onions, soy sauce, salt, sugar, and MSG; continue cooking until the vegetables soften, about

6 minutes. Stir in sliced egg, then spread mixture out onto a pan, and refrigerate until cold, about 1 hour.

To assemble the egg rolls, place a wrapper onto your work surface with one corner pointing towards you. Place about 3 tablespoons of cooled filling in a heap onto the bottom third of the wrapper. Brush a little beaten egg white onto the top two edges of the wrapper, then ... (conti'd page 8)

(egg rolls, from page 7) fold the bottom corner over the filling and roll firmly to the halfway point. Fold the left and right sides snugly over the egg roll, then continue rolling until the top corners seal the egg roll with the egg white. Repeat with remaining egg roll wrappers, covering finished egg rolls with plastic wrap to keep from drying out.

Heat about 6-inches of oil in a wok or deep-fryer to 350 degrees F (175 degrees C).

Fry egg rolls 3 or 4 at a time until golden brown, 5 to 7 minutes. Drain on paper towels.

She's been in two car accidents since being in Wyoming, so it is nice that our sale supports the Karma Fund for international student emergency relief.

-- Lilli Nieves-Martin



Em with Peter, Alannah and Emmalee all smile to attract customers to the bake sale.



Mooncakes

Submitted by Slade Raine;

Partner: Shixun Bai (China)

100 g. all purpose flour

60 g. golden syrup

½ tsp alkaline water

22 g. vegetable oil

Egg wash:

1 egg yolk and 2 tablespoons egg white

Filling:

420 g. Lotus seed paste (or red bean)

1 tablespoon Rose-flavored cooking wine

6 egg yolks

1. To prepare the Chinese mooncake dough use a large bowl, mix the golden syrup, alkaline water and oil well.
2. Sift in the flour. Use a spatula to combine all the ingredients. Don't over-stir.
3. Knead into a dough. Cover with film wrap and rest for 40 minutes.
4. Mix egg yolks with wine. If the salted egg yolks are homemade and freshly broken from the shells, you'll see the egg whites turn opaque after mixing with the wine a few minutes later.
5. Wipe the yolks dry with kitchen paper. Cut each into two halves. Set aside. Roll the lotus paste into a long tube.
6. Cut into 12 equal portions of 35 grams.
7. Roll each portion into a ball shape. Set aside and preheat the oven to 150°C.

MOONCAKE RECIPE: FOR THE EGG WASH

Whisk the egg yolk with the egg white. Sift through a fine sieve.

MOONCAKE RECIPE: MAKING THE FILLING

1. Divide the dough into 12 equal portions. Roll each portion into a small ball shape.
2. Cover a dough portion with a plastic film and roll into a thin disc. Then take a lotus paste ball and poke a hole in the middle with your finger.
3. Place the egg yolk inside and roll and shape into a ball. Wrap and seal the lotus paste ball with the dough disc.
4. Spray the mooncake mould and place the stuffed mooncake into the mould. Lightly press the mould handle, then remove the mooncake from the mould. Transfer the stuffed mooncake onto a lined baking tray. Repeat this step to finish the remaining dough and lotus paste.
5. Bake in the preheated oven for about 10 to 12 minutes. Brush the mooncakes with egg wash, at about five minutes, before removing from the oven. Continue to bake until the pastry turns golden brown.
6. Remove from oven and leave to cool on a wire rack. Store in an air-tight container. The pastry will become soft and shiny in one or two days: the mooncake recipe is ready to be enjoyed.

He is a very conservative republican he says, which was very interesting and intriguing because I am as well. He also loves Western stuff and rodeos. -- Slade Raine

Jake (sitting), Slade, and Lexie package the items for the bake sale.



Chinese Milk Bread

Submitted by Andrea Schmitt;

Partner: Kikai Peng (China)

Ingredients

2/3 c. (158 ml) heavy cream (at room temp.)

1 c., plus 1 T (total 250 ml) milk (at room temperature)

1 large egg (at room temperature)

1/3 cup (75 grams) sugar

1/2 cup (about 70 grams) cake flour, tap measuring cup to avoid air pockets

3 1/2 cups (about 500 grams) bread flour, tap measuring cut to avoid air pockets

1 tablespoon (11 grams) active dry yeast

1 1/2 teaspoons (7 grams) salt

Egg wash: whisk together 1 egg with 1 teaspoon water

Simple syrup (optional): 2 teaspoons of sugar dissolved in 2 teaspoons hot water

Instructions

In the bowl of a mixer, add ingredients in the following order: heavy cream, milk, egg, sugar, cake flour, bread flour, yeast, and salt. Use the dough hook attachment, and turn on the mixer to “stir.” Let it go for 15 minutes, occasionally stopping the mixer to push the dough together. If you’re in a humid climate and the dough is too sticky, feel free to add a little more flour 1/4 cup at a time until it comes together. If you don’t have a mixer and would like to knead by hand, extend the kneading time by 5-10

minutes.

After 15 minutes of mixing, the dough is ready for proofing. Cover the bowl with a damp towel and place in a warm spot for 1 hour. I proofed the dough in my oven (I had the oven on rapid proof for 5 minutes, turned the oven off, and then closed the oven door). The dough will grow to 1.5X its original size.

In the meantime, grease two baking vessels on all sides with butter. I used a standard loaf pan and a 9-inch round cake pan.

After the hour of proofing, put the dough back in the mixer and stir for another 5 minutes to get rid of air bubbles. Dump the dough on a lightly floured surface, and cut it in half. I made a loaf with one half of the dough by cutting it into 3 pieces and placing them in the loaf pan. With the other half of the dough, I cut it into eight equal pieces and made buns. Once shaped, let the dough proof for another hour.

Preheat the oven to 350 degrees F. Brush the risen dough with egg wash. Bake the loaves for 23-25 minutes. Remove from the oven and brush the buns with sugar water to give them a really great shine, sweetness, and color.

Chinese New Year is a very important holiday for the Chinese. They celebrate Chinese New Year with their families and attend festivals where dumplings are commonly served while they watch traditional performances such as the lion dance. Children also receive red envelopes during this holiday, which contain money. -- Andrea Schmitt



Jake, Liv, Jessa, Andrea, and Slade man the booth for the bake sale.



ASIA (PACIFIC ISLANDS)

Potstickers 鍋貼 GUŌTIĒ

Submitted by Emmalee Hoopes;

Partner: Yi-Yi Chou (Taiwan)

- 1 pound ground pork
 - 1 cup shredded green cabbage
 - 3 ounces shiitake mushrooms, diced
 - 2 cloves garlic, pressed
 - 2 green onions, thinly sliced
 - 1 tablespoon hoisin
 - 1 tablespoon freshly grated ginger
 - 2 teaspoons sesame oil
 - 1 teaspoon Sriracha*, or more, to taste
 - 1/4 teaspoon white pepper
 - 36 won ton wrappers
 - 2 tablespoons vegetable oil
 - Soy sauce, for serving
- In a large bowl, combine pork, cabbage, mushrooms, garlic, green onions, hoisin, ginger, sesame oil, Sriracha and white pepper.

To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the pork



mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.

Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and

crisp, about 2-3 minutes per side.

Serve immediately with soy sauce, if desired.

NOTES:

*Sriracha is an Asian-style hot chili sauce and can be found in the Asian section of your local grocery store.

To freeze, place uncooked potstickers in a single layer on a baking sheet overnight. Transfer to freezer bags.

I learned that in Taiwan the place where the children hold their chopsticks is said to show how far away the children will live after getting married. Holding the chopsticks close to the food means that the child will live closer to their parents. -- Emmalee Hoopes

Miso Soup

Submitted by Luke Loy;

Partner: Yudai (Japan)

- 1/2 cup dried wakame (a type of seaweed)
- 1/4 cup shiro miso (white ferm-soybean paste)
- 1/2 lb soft tofu, drained, 1/2-inch cubes
- 6 cups Dashi
- 1/4 cup thinly sliced scallion greens

Prepare wakame:

Combine wakame with warm water to cover by 1 inch and let stand 15 minutes, or until reconstituted. Drain in a sieve.

Make soup:

Stir together miso and 1/2 cup dashi in a bowl until smooth. Heat remaining dashi in a saucepan over moderately high heat until hot, then gently stir in tofu and reconstituted wakame. Simmer 1 minute and remove from heat. Immediately stir in miso mixture and scallion greens and serve.

Yudai told me how he is getting sick of the cafeteria food ("Too many hamburgers!"). If I were in his place, I would feel the same way. Here I still eat food I usually ate, but for him, it is a whole new style of food with few or no options of Japanese traditional food. -- Luke Loy



Sami and Lexi explain the choices to a customer at the bake sale.



Hoi-ko-ro (回鍋肉)**Submitted by Emily Brande;****Partner: Fumiko Ono (Japan)****Ingredients**

- 1/4 cabbage
- 2 small bell peppers
- 1 stalk of white Japanese onion
- 200g pork belly strips
- 1 clove of garlic
- 1T sesame seed oil
- For the sauce:
- 1T Japanese red miso
- 1T sugar
- 2t soy sauce
- 2t Chinese black bean paste (Ten-men-jan)
- 2t sake

Directions

1. Chop the cabbage and bell peppers into bite-size pieces. Cut the Japanese onion diagonally

the whole length down. Cut the pork into bite-size pieces. Smash the clove of garlic with the side of your knife (to bring out flavor) and then cut into slices or small pieces..

2. Combine the ingredients for the sauce.
3. Add oil and garlic to the pan and heat until the garlic gives off a strong scent. Do not brown or burn the garlic.
4. Add the pork and cook with lid on, just until the meat turns a slight brown. The meat should be cooked but not cooked to a crisp. Take lid off and add green bell pepper, cabbage and onion.
5. When the vegetables begin to soften, add the sauce mixture and toss around over heat until vegetables and meat are coated and flavor has soaked through..

Yields 4 servings w/ rice or 2 w/o

Fumiko makes this dish often for herself. -- Em Brande

Philipino Lumpia**Submitted by Kahleigh Williams;****Country: Philipeans**

- 1 tablespoon vegetable oil
- 1 pound ground pork
- 2 cloves garlic, crushed
- 1/2 cup chopped onion
- 1/2 cup minced carrots
- 1/2 cup chopped green onions
- 1/2 cup thinly sliced green cabbage
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon soy sauce
- 30 lumpia wrappers
- 2 cups vegetable oil for frying

Place a wok or large skillet over high heat, and pour in 1 tablespoon vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside. Drain grease from pan, leaving a thin coating. Cook garlic and onion in the same pan for 2 minutes. Stir in the cooked pork, carrots, green onions, and cabbage. Season with pepper, salt, garlic powder, and soy sauce. Remove from heat, and set aside until cool enough to handle.

Place three heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 1/2 inch space at both ends. Fold the side along the length of the filling over the filling, tuck in both ends, and roll neatly. Keep the roll tight as you assemble. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.

Heat a heavy skillet over medium heat, add oil to 1/2 inch depth, and heat for 5 minutes. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1 to 2 minutes, until all sides are golden brown. Drain on paper towels. Serve.

When I lived in Japan I had neighbors that used to make the best lumpia. -- Kahleigh Williams



Kahleigh and Taylor pose with Peter at the bake sale.



MIDDLE EAST



Humus ل ابدل

Submitted by Bailey Schupp;
Partner: Halim (Saudi Arabia)

1 (15-ounce) can chickpeas or
1 1/2 cups (250 grams) cooked
chickpeas

1/4 cup (60 ml) fresh lemon juice (1 large lemon)

1/4 cup (60 ml) well-stirred tahini

1 small garlic clove, minced

2 tablespoons (30 ml) extra-virgin olive oil

1/2 teaspoon ground cumin

Salt to taste

2 to 3 tablespoons (30 to 45 ml) water

Dash ground paprika, for serving

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.

Add the olive oil, minced garlic, cumin, and a

1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until

well blended.

Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and smooth; 1 to 2 minutes.

Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

Something interesting that I have learned about my partner is that he can speak Arabic, English, Spanish, and French. -- Bailey Schupp



From USA Sweatshirt clockwise: Lexie Elliott, Luke Loy, Emmalee Hoopes, Alannah Gee, Jake Hays, Lilli Nieves-Martin, Lexi Mayo, Liv Chase, Bailey Schupp, and Andrea Schmitt.





Brenna presents a check to Jessie Hughes at the International Students and Scholars Office. The bake sale earned \$218 for the Karma Fund.



From Mollie (standing with Peter) clockwise: Luke, Emmalee, Alannah, Jake, Lexi, Liv, Bailey, Andrea, and Lexie celebrate at the end of the semester.



International Bake Sale!



Spain, Russia, Taiwan, China and the United States.
Different parts of the same world.
Come experience foods from all of these countries!