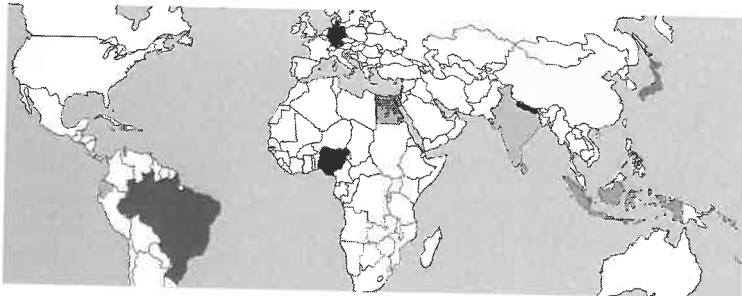




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Grace Huskey, Jenny Nielsen, Cara Snyder, Ted Kamenides,
Keaton Gray, Rio Spiker-Miller, Elisha Rivera, Alyssa Kremer,
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Ashley Ingerle, Annika Fox, Kylee Johnston, Emily Lamm,
Rachel Jorgensen, Erin Dennis. Absent: Kenna Willis (photo p. 4).***

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Appetizer

Kenna Willis

Note: Kenna was assigned a conversation partner who was unable to meet with her. This is an excerpt of her anticipation which mirrors how many students felt at the start of this endeavor.

I have yet not been able to meet with my conversation partner. I can't wait to delve into their culture, a culture I know so little about. I can't wait to learn about their foods and sports and friends. I think how other cultures act compared to ours is fascinating. I know that in Rwanda grown men who are best friends will hold hands as a sign of friendship where in other countries that would be frowned upon or mean something completely different.

I also want to learn how they view Wyoming and how we act socially. Do they like are food? Do they think the school is weird? What do they think of cowboy hats? I can't wait to ask them any

or all of the questions. My biggest fear at the moment is that I will ask to many questions or talk to much and freak them out.

I sometimes can be culturally insensitive despite my best efforts. I forget that not everyone comes from a loud, rambunctious, talkative family. I do, however, try to cautious of social norms. I hope they will teach me so of theirs so that I can be respectful of who they are and where they come from. I hate it when Americans travel places and make it all about them so even here I try to be conscious of their social norms as to make them as comfortable as possible. My favorite thing to learn about another place and culture is the kind of music they listen to.

Needless to say, I am very excited for the opportunity to learn who they are, where they come from and how their culture differs from ours and how it is affecting their life.



Ecuadorian Locro de Papas, recipe on p. 5



Brazilian Cheese Bread (Pão de Queijo), recipe on page 6

Locro De Papas (potato soup)

Melt 1 tablespoon butter and 1 tablespoon vegetable oil in a heavy soup pot. Add the chopped onion and minced garlic, and optional aji amarillo paste. Sauté onions over low heat until soft. While the onions are cooking, peel the potatoes and cut into 1-inch cubes. Set aside.

When onions are soft and golden, add 1 cup of the chicken stock.

Move mixture to blender; blend 'til you have a smooth puree. Set aside.

Add the potatoes to the soup pot along with 1 tablespoon butter. Sauté until potatoes are fragrant and just start to turn golden.

Add onion liquid back to the pot with the potatoes, along with another cup of chicken stock and 2 cups water.

Bring liquid to a simmer, season with salt and pepper to taste, and cook potatoes until they are very tender about 20-25 minutes.

Mash the potatoes thoroughly in the pot with a potato masher.

In a small bowl, whisk the egg together with the cream and milk. Whisk a cup of the hot soup mixture into the milk and cream, then add it all to the soup, whisking to blend.

Whisk in the grated cheese until melted. Season soup with salt and pepper to taste.

Serve soup hot, garnished with chopped avocado and crumbled queso fresco cheese.

Serves 6 generously



My conversation partner, Juan Diego Vintimilla, is a clinical psychology Exchange student from Ecuador. I have completely enjoyed all of the time that I have been able to spend with him. We often discuss the social differences and distinctions in non verbal cues between his culture and mine. Often times he describes his culture as a lot "warmer" in the sense that Ecuadorians tend to be extremely inviting, talkative and communicate almost as much by physical touch as they do language. One of my favorite moments was when Juan and I were sitting at a table in Washakie eating dinner with a few of his friends, one was an exchange student from Mexico and the other was an exchange student from Venezuela and we were all discussing family recipes in Spanish and how different ingredients in similar dishes are and how each person could have a different word for the same ingredient or way of cooking it. This demonstrated to me how much language and food go hand in hand in how a culture expresses themselves and why. The shared recipe is from Juan's family, and it is called "Locro de Papas."

Brazil

John Houghton; Partner: Students from Brazil



Mollie had been talking to a teacher from Brazil who was looking for American students to talk to her Brazilian students. I jumped at this opportunity and we have been messaging since then. Being able to talk to international students still living in their home countries is incredible.

This is the way that we build bridges and connections between countries, by being able to talk to each other candidly about differences and similarities between the two countries. We don't need to have a media spin on what we perceive a country to be like, we can talk to an actual native, and help them to improve their language skills.

Brazil is such an incredible country and a world hegemon. Since 2013 they held 3 of the world's largest gatherings in their city of Rio de Janeiro. They held World Youth Day, the largest gathering of young Catholics every 3 years, there were about 3 million present. Then they held the World Cup a year later and two years after that they hosted the summer Olympics. Brazilian food is so incredibly special, it encompasses so many cultures into one cohesive palate.

Brazilian Cheese Bread (Pão De Queijo)

Serves: 30; prep time:
10 min.; cook time:
20 min.

4 cups tapioca flour
1¼ cups milk
½ cup water
6 tablespoons oil
1½ cups grated parmesan cheese
1 cups shredded Mozzarella cheese
2 large eggs
2 teaspoons salt

Preheat oven to 400F, rack in the middle.

Combine milk, water, oil & salt in a saucepan & bring

to a boil over med-high.

Add tapioca flour to a bowl, once the milk mixture boils, pour it over the flour.

Using mixer, mix well. The texture will be fondant-like, really white and sticky. With the mixer still on, add eggs, one at a time.

Once eggs are incorporated, add the cheese, a little at a time.

The dough is supposed to be soft and

sticky. If it's too liquidy, add more tapioca flour. Don't overdo it or your cheese bread will be tough and not too gooey.

Wet your hands with cold water and, using a spoon, scoop dough to shape balls (ping pong ball size) Place on a baking sheet covered with parchment paper. Bake for 15-20 minutes or until golden and puffed.

Serve them warm!

Nigeria

Jenny Nielsen; Partner: Mbaegbu Molly Chisimdi

When getting in contact with Molly, we both exchanged basic information about ourselves (age, where we are from, and our grades). From initial conversation, Molly seems outgoing and excited about this program. I already have a preconceived admiration and respect for her ability to attend college out of the country and away from her friends and family. I can't imagine the difficulty of not only leaving the country you know to attend school, but doing so without your support system.

I'm more than excited to learn about Nigeria (Molly's home country) and the religion, politics, culture, food, and languages associated with it.

Upon meeting Molly, I instantly was consumed by her happy and positive persona.

Our conversation began with basic initial questions about Nigeria (which happens to be much larger than the "cities" in Wyoming) and Africa. She immediately began breaking away at my previous ideas of Nigeria and Africa as a whole and began helping me to instill new (and much more accurate) ones. I found that Nigeria has virtually none of the African animals you would expect and that Molly had only ever seen them in a zoo, much like many people from the States. She explained that Nigeria gets "cold" (mid 50s) but that she was nervous to experience a real winter because of all the warnings she received. Molly expressed her disappointment at countries in Africa that are unable to maintain peace.

[There are currently fifteen African countries involved in war, or are experiencing post-war conflict and tension. In West Africa, the countries include Cote d'Ivoire, Guinea, Liberia, Nigeria, Sierra Leone, and Togo.] Their struggles hit on a more personal level because she had seen the welcoming nature of the country prior to their inner tensions.

Nigerian Fried Eggs

Ingredients:

2 eggs
frying oil
salt
peppers
sausage



Instructions:

Slice sausage, peppers, and onion

Beat eggs until light and fluffy with a little bit of salt

Add onion, sausage, and peppers

When slightly brown add eggs

Cook / fry until finished



Germany

Grace Huskey; Partner: Pia Hofmann

When I meet with Pia the first thing we talked about was the recipe, she talked about how she really didn't make any traditional German dishes enough to remember the recipe because her mother or grandmother would make it. Although she cooked often in Germany it was not the traditional food because it would take too long to make, one thing she found herself making often was Chocolate Chip Muffins.



Chocolate Chip Muffins

3 cups of flour
1 cup of sugar
1 cup of oil
1 cup of soda (e.g. 7 up)
1 t. of baking powder
1 teaspoon of vanilla
4 eggs
chocolate chips
Combine ingredients
Pour into baking tin
Bake at 350 F for about 20-25 mins



We talked for a little while longer about food and how she missed German food, being able to cook, and the fact that food here in America is more expensive than it is in Germany. We then talked about grocery stores and tax, she pointed out that she is not used to having tax added on at the end of a purchase instead of it already being factored in to the price.

She talked about how strange it is that we pay tuition. She says in Germany you just have to pay for housing and food, which are both way cheaper in Germany and maybe some fees depending on the university (\$250 max). She also has been shocked by the amount of work American universities assign, she is not used to having homework, readings, quizzes, projects, multiple tests, and a final. She said that almost every class in Germany is only the final, and it doesn't matter if you go to class ever. She much prefers that to all the extra work because it gives her more free time, like this week most of the international student went to Yellowstone, but she had to stay study and work on group projects. We also talked about how many German students fail classes and don't care where as for many American students it is a big deal for us because that means we have to pay for the class again. She pointed out that many Germans enroll in classes just to get health insurance because they are only covered by their parents insurance till the age of 18 unless they are enrolled in college.

Egypt

Hannah Jankovsky; Partner: Ahmed Eltoukhy

Ahmed and I got to meet for the first time in the Union. He said the reason he came to UW is that his siblings went to school here, the weather was the hardest thing to get used to, and the reason he chose to be a conversation partner was so that he could meet more people.

The meal that he would want if he could have anything would be chicken that is roasted on coals underground with rice.

As someone who had never studied abroad, I was extremely curious to know about how often he went home and if he had any feelings of homesickness even after being here for a few months. I made sure to let him know that I knew it was a personal question if he didn't want to tell me I was just fine with that but he dove right in and said that yes, he did have a bit of homesickness and that he certainly missed his mother but having his siblings here in Laramie made the transition much easier. He is going back to Dubai over Winter Break to visit his mother and would be traveling with his siblings to his home. Ahmed shared a recipe his grandma used to make, so it is brings back memories for him to share it.



Koshari (Rice and Lentils)

2 tbs olive oil
1 cup medium grain rice
1 cup brown lentils
2 cups small macaroni
2 cups vegetable stock
1 garlic clove, quartered
1 tsp cumin
Salt to taste

For the Sauce:
2 tbsp olive oil
1 small onion, diced
finely
2 cloves garlic, finely
minced
1 can unseasoned tomato
sauce
¼ teaspoon red chile
flakes
1 tbs red wine vinegar
Salt & pepper to taste

Crispy Onion Garnish:
2 large onions, finely
sliced
Oil for deep-frying
1 can garbanzo beans



India

Micheal Chase Cochran; Partner: Digo

Digo talked about how even the closest friends here are still formal with each other. Now personally that is not the case for my group of friends; however, I can see where he is coming from. He says that in India all close groups of friends are much more informal, even in public settings than friendship groups are here in America. He noticed that too many people here get offended when a friend pulls their leg or tricks them. He says in India, friends never get offended by jokes or tricks.

Digo says we eat out much more here, but there are more open food markets and [fewer] restaurants in India. He said the food in India being distributed in the streets has much lower health quality than the food does here, and that the food is often left sitting out in the open; however, "it's very flavorful." Then he presented a family chicken curry recipe to me.

Chicken Curry

Slit slices of raw chicken (so curry flows into them).

Marinate the chicken in yogurt and vinegar

Cook it for one hour

Then fry an abundance of onions and peppers in masala for 15 minutes or until ready. (Fry in a pan with mustard oil.)

Blend all together and add salt when it's cooked and ready.

Add ghee if you like.

Nepal

Emily Lamm; Partner: Suweksha Shrestha

Sui and I talked about a specific food that was her favorite food in Nepal. It's called momo, they're Nepali dumplings. She said they were similar to pot stickers like the Chinese eat but their chicken is much more seasoned and spicy, and they are usually bigger too. Sui said that the chicken we eat here is very bland. In Nepal, they really season their

chicken when cooking it. And usually they twice-bake their chicken to make sure it has more flavor. They use lots of spices as a rub for their chicken to make that extra flavor. Momo isn't a simple recipe, but they're tasty!



Nepali Momo (Chicken and Vegetable Dumplings)

Ingredients:

- 2 lbs of chicken (breast & thigh)
- 1 white onion
- ½ cup chopped scallions
- 1 T. ground ginger
- ½ T grated garlic
- ½ T white pepper
- 1 T. cumin
- Salt to taste
- 3 T olive oil
- 1 ½ - 2 c. finely chopped cilantro
- 2 lbs tomatoes finely chopped

For sauce only:

- green chili, sesame seed

Preparing Stuffing:

In one big bowl, mix all the above ingredients. Make sure to thoroughly mix. Let it sit in refrigerator for 10-15 minutes.

Sauce:

1. Heat up oil
2. Add a little cumin seed
3. Add turmeric powder
4. Fry up 4 red chilies
5. Add 10-12 tomatoes, chopped
6. Add 2 green chilies
7. 3 T fried sesame seeds

8. Ginger or garlic paste 50-50
9. Cook until boiled
10. Add 1 c. green cilantro
11. Salt to taste
12. 1 t. garlic
13. Cook 3-5 more minutes
14. Grind it up
15. Let it cool

Dough:

- 4 cups flour
- 1 T oil
- Water as needed
- Pinch of salt

Fill and wrap however you want. Steam about 10 minutes. Serves 12.

Tomato

Radish Pickle

"For this heat oil in a pan add 7-8 fenugreek seed add chopped tomato salt turmeric and let it cook for 5min. Add medium chopped radish and it cook for 15 min. At last add coriander"

I googled what Fenugreek seed was, and it's a plant used for spice, herb, and vegetable native to South-east Asia



Katherine Hunley, Partner: Samiksha Shrestha

The first time I met Sam was in the Union on Wednesday, the 20th of September. I learned that she was from Biratnagar, Nepal, and not actually here as a student currently. Her husband is here at the university to get his PhD in Physics, and she's here as a dependant. However, she hopes to enroll here next fall to get her masters degree in nursing.

One of the biggest surprises about Wyoming for Sam was the cold and the wind, since the area of Nepal that she is from is very humid and warm. I could really relate to this, as I also come from a warm, humid climate. Sam has also never seen snow before, so I imagine the October snow was very exciting for her. I, while I have seen snow

before, have never seen it in the beginning of October. The earliest I've ever seen snow was halloween, since winter in North Carolina doesn't usually start until late December- early January. The idea of a 6 (ish) month winter season is unfathomable to me, especially as it's currently about 80 degrees back home.

I also learned that the standard Nepali diet is very similar to mine, mostly rice and lentil based. They also eat jackfruit, somewhat regularly. I have had jackfruit exactly once in my entire life, and thought it was okay, I was not a fan of the texture. It has a texture, that for lack of better words, resembles pulled pork. I can see why it has been used as meat substitute in some recipes. Typically, in Nepal she would have two meals, one in the morning and another in the evening.

China

Annika Fox; Partner: Ke Wen



Because Ke Wen doesn't feel super comfortable with his English, we'll decide on a topic beforehand to talk about and he'll often prepare a sheet of notes to share with me. I feel so lucky that he's so interested in developing a friendship with me, and is eager to teach me about his culture.

We've shared music, movies, and TV shows - and found that we have quite a bit in common! Each of us enjoy listening to classical/instrumental music while studying, as well as listening to music that is not in our first language. Ke likes to listen to American music, while I often put on French music while we are trying to multi-task. However, as far as American music goes, we have pretty different tastes! Ke is a fan of American pop music - particularly Taylor Swift. However, he also shared some of his favorite Chinese artists such as Jay Chou and Dong Zhen, as well as some others he didn't know the 'pīn yīn' for. Both reminded me of a kind of chill love song, maybe similar to Sam Smith in the English speaking world. After never have listened to chinese music before, I was surprised by how different that style of music is compared to western music (although I know that what I listened to was only the particular taste of one person). The music was similar, in a way, to what is imagined to be more "traditional" chinese music - without a lot of influence from western trends.

The American movies that Ke loved were pretty similar to some of the movies that I like. Some of his favorites were "Twenty Thousand Leagues Under the Sea," "Interstellar," "Gravity," "Avatar," "Guardians of the Galaxy," and "Captain America." There

are also a lot of Chinese movies that he enjoys such as "Ordinary World" and "Song of the Phoenix." He explained these to me as being more realistic, portraying real life for people along with Chinese traditions. For example, "Song of the Phoenix" includes the traditional culture of playing the suona horn. He said that the soundtrack included this and was very beautiful for the movie. Although, it's very different that American reality TV shows, he made sure this was clear to me!

I also learned that Ke is a lover of prose and poetry! He told me that he really likes to read the poetry of the Tang Dynasty and The Book of Songs from the Yuan Dynasty. However, he also likes a lot of modern poetry, the only pīn yīn he had to give me was Yu Qinyu's "Cultural Journey." I was also lucky enough to hear some of the poetry he wrote himself in Chinese, but I was honored that he read it to me! He told me about how comforting it was to write for him and how it was his way of expressing himself. I found it so interesting to learn this about him because, as a Ph.D. student of soil science, I had just imagined him to be more of a math and science brain, but he's not at all! I should learn to never, never make assumptions about people.

The coolest thing Ke Wen taught me over the course of a few short meetings was some of the basics of Chinese! I learned so much in such a short period of time it was crazy! But I absolutely loved learning about it! He started out with just explaining how Chinese characters came to be - and this surprised me, but it began as pure pictograms. He showed me how a drawing of a tree eventually became the character for tree (木) - and the sun, moon, mountains, and elephants. I also learned different "layers" of how Chinese characters are formed. There are compound ideograms, for example the word good (好) is made up of the character for woman (女) and children (子). There are also phono-semantic compounds, he taught me. Part of the character for water (水) can be seen in other words that are similar like stream (流), lake (湖), river (河), and slippery (滑). It's difficult to see the similarities on here, but the way that Ke wrote the characters made it very obvious. The same can be seen with different elements, except the common character is actually just the character for gold (金). For example, iron is 铁. In the way he wrote it, however, the first part resembled the character he drew for gold.

Even though the language barrier can be difficult at times, I have been able to learn so much from Ke. He taught me about the four different tones in Mandarin, traditional instruments, popular music, and poetry from ancient dynasties. I always find myself looking forward to talking with Ke!

Pari (Parizat Parhat) ... comes originally from a small village in China called Kashgar, which is located in the province Xinyiang in north-western China. However, she has lived most of her adult life in Shanghai.

Erin Dennis; Partner: Parizat Parhat

Chinese Noodles with Lamb

<i>Noodles:</i>	<i>Sauce</i>	Tomato paste	Fresh vegetables
Flour	Lamb	Chili paste	- Bell pepper,
Salt	Onion	Salt	green beans, bok
Egg	Tomatoes	Soy sauce	choy White pep-
Oil	Garlic	Chinese black	per, Sichuan
	Chinese celery	vinegar	

Make dough of flour, salt, water, and egg, kneading for 10-15 mins. Let rest covered for 1/2 to 1hr, making sure the dough does not dry out. Form it into a rectangular shape about 1cm thick and lightly brush with oil. (You might wonder about the point of resting dough with no yeast in it. It makes the dough easier to roll and stretch out later.)

Cut the dough into long pieces and roll them into a smooth cylindrical shape. You want these cylinders to be as smooth and regular as possible, because they will be stretched out into noodles and any imperfections will be magnified. Lightly oil a large round plate. Starting from the center, spiral the dough pieces over the entire plate. Lightly brush the coiled dough with oil. Then let these sit in the fridge covered in plastic wrap for at least 5-10 minutes.

"What is the purpose of the magic coil? After making laghman many times, I've concluded that it 1) Gives the initial round shape to the noodles, to be pulled out later, and 2) allows you to oil

them all at once, which is important so they don't stick later, and 3) allows you to conveniently store them in a stable state that won't easily dry out."

In this step I recommend you keep the dough coil in the fridge covered and work piece by piece, so the dough doesn't dry out. Take a dough piece and roll it between your fingers to round out any uneven spots. Pull out the noodle piece and make it into a loop, holding both ends in one hand. Dangling the dough down from the ends, spin the bottom so it twirls up and braids itself. Then holding both ends again, pull it out, waving it up and down, and smacking it against the table. Fold the dough over on itself again and repeat the twirling and pulling. (See picture #2.) The noodles should be thin by now - cut them so they're a reasonable length & untwirl them. Don't worry if they seem too thin; they will swell up when cooked.

Don't fret if you end up breaking noodles in the process - length won't matter after they're cooked (*cont'd p. 15*)

I asked her what the biggest difference between the people groups and she remarks immediately on social interaction. She said Americans are much more friendly and sociable towards strangers than the Chinese are. People will open doors, wave, smile, say "hello," while in China, that behavior is reserved for close friends. She also remarked however, that when celebrating

However, if your dough is constantly breaking, it could be mean it wasn't kneaded enough to begin with. After the noodles are finished, either cook them immediately or cover them with plastic wrap and store in the fridge – you don't want them to dry out.

Bring water to a rolling boil in a cauldron and lightly salt. Put in the noodles – don't worry if it appears like they have stuck together in a mass of dough. If the dough was oiled correctly in previous steps, they will come apart. Poke with some chopsticks to separate out the noodles as they cook. After the water has returned to a rolling boil for a few minutes, taste a noodle – it should be al dente with a nice firmness to it – drain the noodles and rinse them with cold water in a sieve. Plate the cooked noodles and keep them aside for the sauce.

Making Sauce

Prep: Slice the onions into half moons. Dice the garlic and celery leaves. Dice the tomatoes. Chop all the fresh vegetables into squares. Cut off the ends of the green beans and cut them into fairly small pieces (maybe 1/2 inch long). Optionally, marinate the meat with corn starch and soy sauce – this can help make it more tender.

Heat the wok to high heat, heat oil, then stir fry the meat over high heat. You will cook everything on high heat in one go. After the meat is nicely browned, add onions, cook till soft and golden brown, then add a splash of black vinegar.

Add 2-3 big spoons of tomato paste and 1 spoon of chili garlic paste, mixing everything well.

Add the celery, tomatoes, bok choy, bell pepper, green beans, and any other vegetables you want to add. Stir a bit after adding each vegetable.

Add some water or broth to make a sauce. After the water starts to boil, reduce to a simmer and put the meat back in if you removed it earlier. Add vinegar, soy, Sichuan pepper, and salt to taste. Finish it all off with some garlic, mix, and simmer a bit.

Dish the sauce over the cooked laghman noodles. Enjoy!



holidays, Americans prefer to celebrate in small groups within their family units, while in China, everyone celebrates together in mass parties in the streets. This flip-flop of social character is something that I find fascinating. Furthermore, Pari remarked on her impression of the American work ethic. She said when she first came to the country she expected Americans to fall under the stereotype of workaholics. Her views quickly changed, however. She said Americans compartmentalize work and are efficient so that they can enjoy time with their families on the weekends. This is much different apparently in China, where everyone is always working. She said, "America has taught me to enjoy life, and not to work so hard for financial gain." These two insights shocked me, as they were never something I had taken the time to think about before.

I discovered that China has the same basic meal structure as America: breakfast, lunch, and dinner. Pari diligently had porridge for breakfast every day, which reminds me of the American tradition of cereal. For lunch, she said she often had rice with carrots and lamb. I asked her to describe the meal more for me, but Pari said she couldn't because there is nothing in America to compare it to. Dinner was much the same, although she remarked that for her, dinner is a light meal while

in America, it is the grandest meal most of us eat during the day. She was most enthusiastic about the American tradition of dessert. She was very animated in saying, "It is too sweet; I cannot stand it." Apparently sweet treats like ours do not frequent Chinese dinner tables. These differences gave me some insight into the food culture of China, or at least a small portion of it.

Sept. 26, 2017 Well, today it snowed. Pari showed up bundled in at least four layers, teeth chattering. I couldn't help but laugh, as I was in a T-shirt, jeans and sandals, my sweatshirt slung over one arm. We looked at each other and laughed, both amazed at the other's attire.

Her home town is much warmer than Laramie. "We have snow," she said, "but not in September." She said most of the time, she could get away with wearing a light jacket until later December, where the weather turned cold for a month or so before returning to a milder climate. I watched her eyes grow wide as I described the upcoming temperature and wind in Laramie.

It is completely bewildering to her that we drink iced coffee. I learned that hot drinks are the majority of drinks served in China. Tea is a constant in their culture, but also, while we chill our water with ice cubes, Chinese people have the opposite. All water is drunk in a hot tem-

perature, including that provided in public buildings and shops. Now, she says she can't find hot water anywhere. She actually boils water and packs it in a thermos before leaving for class every morning. She finds our cool drinking fountains strange and unhelpful.

Similarly, the Chinese like to eat all of their food piping hot. Porridge in the morning is served hot, stew for lunch is served steaming, and leftover stew from lunch is reheated

and steaming again.

The concept of a cold-cut sandwich for lunch, my personal go-to, is disturbing and off-putting to Pari. She shook her head and said "I tried once; never again." We laughed at these differences, and she went on to elaborate why everything must be hot. "In China, it is believed that heat is good for the digestive system, especially in pregnant mothers. So, it is tradition that everything must be served hot."

Keaton Gray; Partner Chenchen Zhu

Chenchen's English name is Zoey, which I will call her by from now on. Zoey is from a small town in middle China but is in Wyoming studying sociology because the sociology department here at UW is a "sister school" with the University of Shanghai – which is where Zoey studied originally.

Zoey is learning how to cook because this is her first time living in an apartment with a fully functional kitchen, and she invited me over later this week to eat dinner!

One of the major things she had noticed was the difference in how Americans show love versus how the Chinese do. In China, they say "I love you" less, but Zoey feels like they show it more through

Mapo Beancurd | Mapo Tofu

Ingredients

- 1 lb. tofu (1 in. cubes)
- Salt
- 2 T vegetable oil
- 1 T pepper, garlic
- ½ lb. beef
- 2 T hot bean paste
- 1 T minced & peeled ginger
- ½ cup chicken broth
- 2 T soy sauce



Steps

- Make sauce by stirring together chicken broth, bean paste, & soy sauce
- Boil cut tofu in a pan with a small amount of salt. Set aside.
- Combine oil into a pan with pepper and garlic. Heat for 2 minutes
- Put beef into the pan or oil and cook until meat is no longer pink
- Add ginger and stir fry over moderate heat for 2-3 minutes
- Slowly add sauce and tofu to the stir fry

action, which is something I can see being true in my experience. Chinese is a much less verbal culture than here in the States.

We talked for a while about Chinese food (because it is one of my favorite types of cuisines). Zoey made multiple comments about how the food here – America – isn't as tasteful, as in spicy, as it is in China.

Oct. 5, 2017

Currently, they are celebrating their "mid-autumn festival" which is also known as their moon appreciation festival. The purpose of this annual festival is to appreciate the moon, give

thanks to the harvest, and get together with your loved ones. Zoey compared this holiday to the American Thanksgiving. Mooncakes are a special dessert eaten throughout China during this time. Mooncakes are round pastries that are commonly filled with either a sweet red bean paste or a sweet lotus seed paste, but can really be filled with anything. Zoey informed me that mooncakes filled with something sweet are more commonly eaten in the south of China, while in the north they prefer a salty filling. Some will even fill their mooncakes with meat.

There were many differences we found between school in America and school in China, but some things stood out to me more than others. One difference

Briley James; Partner: Tiantian Zheng



Shui Zhu Yu Pian Spicy Pork Dish

Preparation

Cut onion and cabbage

Cut pork (thin slices) – freeze first for easier cutting.

Mix together with egg whites and potato starch, rice wine, cooking oil, salt

Heat oil in pan and add onion and spicy bean paste & red pepper

When the oil turns red and smells good, add hot water to boil cabbage

Remove cabbage from water
Put pork in same pan. Boil 2-5 min.

Put pork on top of cabbage
On top, sprinkle small smashed pieces of green pricklyash and green onion and sliced spicy red pepper

Heat oil and pour on top.
Should be aromatic

Serve in single bowl family eats out of all together; broth is hot & meant to be sipped

Tian told me of was the expectations of college. She told me that due to the high intensity of classes in high school, college was easier classes with more time to "mess around." It seems a much more relaxed atmosphere without the pressure of "the test" which China's students are required to pass to get into college. The test determines which academic institutions you are eligible to attend if you can get accepted. If you don't pass, you have a year to learn more before your second shot, then you're done.

Tian described the high intensity of class [in high school] and the pressure to do well. It seems the focus is almost entirely on education. There are not many organizations or extra-curricular activities to join. Any sports are played as a fun get-together and not officially scheduled games against other

schools.

She told me one of her favorite meals and gave me the recipe. One of the key features of the dish is its spiciness. Tian said, "If your tongue isn't numb, it's not ready yet."

Many of the ingredients she is familiar with I have never heard of or have access to here. She described throughout that there is one bowl, the serving dish which is communal for the family. Here we each have our own plates that we fill from the serving bowl.

When Tian was describing the flavor of dishes to me, she was trying to find a comparison, but Panda Express didn't cut it. She was trying to find a similar flavor to something I might have tried, and it was near impossible. The flavors were just so different and Wyoming doesn't have the cultural influence that other places do.

Kylee Johnston; Partner YuYu Fan

My conversation partner is YuYu Fan, and she is from Shanghai, China. She is a junior at the University of Wyoming, but this is her first year here on campus. YuYu chose to come to Wyoming because her college in Shanghai does an exchange partnership with UW. She is studying sociology.

I asked YuYu about Chinese food culture and she said that when they have guests over, they will feed their guests until they are full, so if a guest cleans their plate, they will continue to give the guest food until the guest is full. They believe in being hospitable hosts when they have guests over at their home. She also said that they use chopsticks a lot and she finds them to be a very practical utensil.

We began talking about the different meals in our cultures, and YuYu thought that it was typical for Americans to eat hamburger with every meal. She said her breakfasts typically consist of a type

of porridge that is similar to oatmeal but they make it with rice and add vegetables, noodles and hot water to it. I also thought it was very interesting that in China, McDonalds is an expensive place to eat at so those who could afford to eat regularly at McDonalds were viewed as rich. I found this surprising because in America, McDonalds is viewed as a cheap and almost lower-class place to eat at and it usually has a bad reputation attached to it.

On September 22, 2017, my friend Cody and I met with both

Sweet and Sour Spareribs

Ingredients

1 pound spare ribs (cut into 1-1.5 inch sections)
2 Tbsp. cooking oil
30-35g mashed rock sugar
2 Tbsp. light soy sauce
2 Tbsp. cooking wine
3 Tbsp. black vinegar

Instructions

Cut ribs into 1 to 1.5 inch sections. Place in pot w/ cold water. Bring to boil. Continue cooking for 2-3 minutes after being brought to a boil. Transfer out and rinse under running warm water, set aside to drain.

Add cooking oil and smashed rock sugar into wok, heating over medium-low heat. Keep stirring until sugar melts and becomes a dark red color.

Add ribs into the sugar mixture and coat well. Add light soy sauce, cooking wine and black vinegar to mixture. Continue stir fry for 2 minutes and pour enough hot water to cover the ribs. Add ginger, green onion, and star anise.

Cover with the lid and simmer for 25 minutes over low heat. Stir once or twice during this process. Pick the ginger, green onion and star anise out during the later stage of the simmer.

Turn up the heat to high.

1 Tsp. extra black vinegar
1 star anise (optional)
3 ginger slices
4 green onion white parts
hot water as needed
½ Tbsp. white sesame seed (for garnishing)
Spring Onion (garnishing)



Keep stirring and stop when the sauce is almost adhered to the ribs. Be careful in the last few minutes, do not let ribs get overcooked.

Add extra 1 tsp. of dried black vinegar and sesame seeds. Combine well.

Garnish chopped spring onions before serving.

Notes

When stir frying the sugar color, use low heat and keep stirring. Remove the wok from heat if the temperature gets too hot.

The ribs should be drained completely before adding to the wok, otherwise the sugar color might splash out.

of our conversation partners together because we found out that YuYu and Cody's partner, Nana Oki, were friends and we thought it would be a lot of fun to meet as a group. Nana is from Japan and lives in a town that has a lot of natural hot springs throughout the city.

In Chinese culture, each year is represented by a calendar zodiac animal, so Nana was born in the year of the Rat and Cody, YuYu and I were born in the year of the Tiger.

YuYu was surprised that hunting and guns were such a big aspect of culture and life in Wyoming. Cody explained that many people in Wyoming had guns because a majority of Wyomingites lived in the country, were cowboys or worked on ranches. He also explained that a lot of people in Wyoming use guns for hunting in order to get meat and many people also use guns to shoot for sport as well (such as target and skeet shooting). I had no idea that people in Japan and China were not allowed to own or possess guns. YuYu thinks hunting is pretty interesting but she said it is something she would probably never do because she likes animals too much (and I agree with her!).

People in China cannot learn how to drive a car until they are 18. It is not as necessary since public transportation is more convenient. I explained that Wyoming is so rural of an area that we do not have many

forms of public transportation. We do not have a subway system, and although there are city buses, it is more convenient to drive a car because the city bus systems can be unreliable at times and traffic jams rarely ever happen in Wyoming. In China, cars are very impractical because there are so many people (like 1.3 billion) so traffic jams are a common occurrence. But the people who do have cars typically drive small compact cars because they are easier to maneuver around or electric Vespas (similar to mopeds), which is in contrast to Wyoming as most people either own an SUV or a truck because they function better in the winter. They were also surprised when Cody told them that in Wyoming, people can obtain their learner's permit at 15, a full license at 16, and in some special cases a person can obtain a hardship license before they reach 15 years of age.

There are a lot of parallels between China, Japan and the United States. We got onto the topic of the different playground games we played in elementary school, and YuYu said that they had a game almost exactly like "duck, duck, goose!" but they played it with a handkerchief and whoever the handkerchief was thrown at became 'it' and had to chase the person who threw the handkerchief. They also had a lot of the same cartoons in Japan and China that we had in the

United States. They had Scooby-Doo, Tom and Jerry, Phineas and Ferb, Spongebob and so many other cartoons as well.

YuYu asked Cody and I how to pronounce some words, such as the word "surface". We then began talking about how some words can be pronounced differently depending on what area of the United States a person lives in. For example, some people pronounce the word "creek" as "crick" and other words such as "pecan" and "water" are pronounced in different ways as well. We also talked about how in the West, people call "pop", "pop", but in the South, it is referred to as "coke" and in the North, it is referred to as "soda". YuYu and Nana both thought it was interesting that there are different words that all mean the same thing. We then told Nana and YuYu about some different types of American foods and showed them that Americans love to make ginormous foods, like hamburgers, for food competitions.

On October 8, 2017, I met YuYu at the Chinese Festival in the Union Ballroom for about an hour. I arrived at the ballroom and YuYu eagerly approached me with a plate full of food that she had dished up ahead of time for me. She filled the plate with a bunch of different foods because she wanted me to try a little bit of everything. I followed her and Nana

to the table they were sitting at and YuYu told me what some of the food was on my plate. I don't remember what any of the foods were called, but my plate had some white rice with peas and onions mixed with it, some chicken and sweet and sour sauce, and some meat - I don't remember what type of meat it was - but it too had a type of sweet and sour sauce on it. There were also some spring rolls, dumplings, noodles and moon cakes as well. All the food was delicious, and I was VERY full after dinner because I ate so much.

After we all finished our dinners, YuYu urged me to try a moon cake. She handed me a piece of food that looked like a round, beige pastry with some Chinese writing etched on the top of it. After taking a bite of it, I realized that it was filled with a yellowish jelly-like filling. When I asked YuYu was it was filled with, she said that it was typical for moon cakes to be filled with dates, lotus seed paste, sweet bean paste, or jujube paste. Most mooncakes consist of a thin, tender pastry skin that encloses a sweet, dense filling. Mooncakes typically have an imprint of Chinese characters on the top of the pastry that mean "longevity" or "harmony". They are a traditional Chinese delicacy that are typically eaten during the Mid-Autumn Festival.

My meeting with Zhenyu Yang went well after we got over the initial awkwardness. He has lived here a month, but I thought his English was surprisingly good. I asked him if he had practiced before moving here and he told me that they have to pass a test before being eligible to come to a university in America. He is from Jiang Su Province in east China. He wanted to learn more about American culture and what my friends and I would discuss whenever we would hang out.

At first I had a hard time understanding him and I could tell he had a hard time understanding me. There would be moments where neither one of us knew what the other was saying. Then there were times if we said something another way we would get what the other was trying to say. Like one time I said I watched something *a lot* and he looked confused but when I said *many times* he understood.

9/25/17 Zhenyu is an only child because there is a policy that is still in place that was made in the 1980s. He didn't really spend a lot of his free time at home and instead would spend in hanging out with classmates. In middle school he studied all the time because the level of competition was so high. I told him I barely studied for anything in middle school. I did study for tests in high school because the classes I was taking were harder and I actually cared what grades I got. Since there are so many people in China, he had to work hard to get into a university.

10/3/17 We talked about food and how he will cook Chinese food in his apartment since it has a kitchen. He told me that Kung Pao Chicken is a very popular dish in China.

Kung Pao Chicken

Ingredients

Chicken
Soy Sauce
Sesame Oil
Chile Paste
Vinegar
Brown Sugar
Green Onions
Garlic
Peanuts

Marinade:

Combine soy sauce, sesame oil and mix together. Add chicken and refrigerate.

Sauce:

Combine soy sauce, oil, Chile paste, vinegar, and sugar. Add green onions, garlic, and peanuts. In a skillet heat sauce slowly.

Cook chicken in a skillet and when done add it to the sauce.



Indonesia

Alyssa Kremer; Partner: Tilsa Aryeni

Tilsa is incredibly kind and polite. We discovered we are both attending the University of Wyoming based on the recommendation of a friend. We both also only knew one person here before we came to school this fall. I had to explain where Iowa was in relation to Wyoming because she had no idea, which is totally understandable. I would have no idea where any region in Indonesia is if she explained it to me.



Before she came to the United States, Tilsa thought of Americans as "undefeatable and strong." Now that she has been here for a little while, she said she continues to believe that Americans are indomitable, but she also now sees that Americans are also polite and sometimes soft in nature. When she wants to cross the street, cars will wait for her, whereas in her city in Indonesia, cars would never wait for pedestrians.

One difference between her diet at home and here is that she does not have real spicy foods anymore. Tilsa said when foods are labeled as "spicy" here, she does not find them spicy at all. She had not heard of salsa, so I suggested that she add the "hot" salsa to her diet if she wanted some spice. I did find it interesting, though, that spicy in the United States is mild in Indonesia.

I thought I had it rough being 13 hours away [from home], but Tilsa and others have it so much worse. I feel bad for Tilsa. I could not imagine leaving everything familiar to me. It would be incredibly hard to form connections with people when you are not confident speaking English and when it is so difficult to relate to others.



Ingredients:

1 Kg beef
800 mL coconut milk
50 g. tumeric
100 mL vegetable oil
4 candlenuts
12 cloves of garlic
300 g. red chili
250 g. onions
50 g. ginger
50 g. galangal
½ t. coriander
50 g. salt; 1 t. sugar
4 green cardamoms
1 ½ t. cumin; 10 cloves

Rendang - Beef

Cut beef into 4 cm. squares
Blend all ingredients except beef, coconut milk, tumeric and vegetable oil
Heat vegetable oil in wok
Add coconut milk and tumeric to wok
Add beef and remaining blended ingredients.

Cook on medium heat
Bring to a boil
Simmer over low heat
Add water from time to time when stew is about to dry
Cook until beef absorbs flavor and color turns dark brown
(Takes about 3 hours)
Serve with rice

Japan

Elisha Rivera; Partner: Yoshihiro Otani

Yoshihiro told me that people here are very friendly compared to Japan. He described people from his country as cold and uncaring. According to Yoshihiro, nobody looks out for each other. He also told me that there's a store about every 20 meters so it was strange for him when we only had a few and they were spread so far apart. To get a driver's license in Japan, you have to take classes, and it costs around \$3000.

Most people in Japan aren't very religious, but that Buddhism is the most common. They still celebrate all the holidays, including Christmas. They only have really small fake trees. The reason they don't have real Christmas trees is because their cars are so small; it isn't practical to transport a real tree. Also, their houses are small. The doorways are much smaller than ours here. He told me everything was smaller. He showed me a picture of the smallest laundry detergent I've ever seen. I wondered how that could last, but he said he only had to buy detergent once or twice a month because their washing machines are smaller.

Sanshoku Dango 3-Colored Shiratama Rice Dumplings *Ashley Ingerle; Partner Yuka Ibata*

Yuka said this was her favorite dessert growing up; it always brings back memories. While it's sweet, it's not like typical American desserts. Our desserts are much sweeter; to her, it is almost overwhelming.

250 g shiratama rice flour

6 tbsp sugar

220 ml water

1 tsp beetroot juice

½ tsp matcha powder

12 bamboo skewers

1. Add shiratama rice flour, sugar & water in a bowl and knead well until the dough is smooth & bouncy. Divide dough in 3.

2. Place 1/3 dough in bowl & add

matcha powder. Knead well 'til

dough turns an even light green.

3. Place another 3rd of dough in bowl & add the beetroot juice. Knead well 'til

dough turns light pink. The

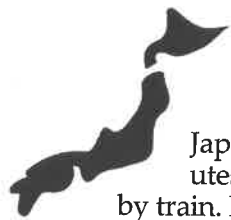
last third of the

mixture can be left white.

4. Shape the dough into 2cm diameter balls by rolling them between your palms. You should be able to make 12 dango balls of each color.

5. Cook the dango in boiling water for a few minutes until they float. Take the dango out of the boiling water and soak in cold water to stop them from overcooking.

6. Thread one of each color of the dangos onto skewers. Makes 12 skewers. Serve with green tea.



Yoshitomo

is from Saitama,

Japan – 40 minutes from Tokyo

by train. I asked him what schooling was like

in Japan, and he talked about how high school students either graduate from high school already having a job and 60% of Japanese students continue their education at universities.

Some of Yoshitomo's favorite Japanese meals include dashi soup (made with grinded fish, seaweed or kelp), soba (a popular type of Japanese noodle), natto (fermented soy beans) and tmago-yaki (Japanese omelet). These meals are very different than what I'm used to eating, but it was so interesting seeing him light up and explain the foods he grew up with.

He said the Japanese do not eat with their mouths open like Americans. He also said that the Japanese like to make a lot of noise when eating noodles

Cara Snyder; Partner: Yoshitomo Ichikura

Tmago-yaki (Japanese Omelet)

2 eggs stirred up (preferably extra large eggs)

1 teaspoon of soy sauce

A pinch of salt

1 teaspoon of sweet sake (sweet liquid with alcohol)

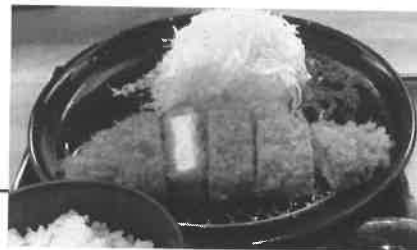
1/2 or 1/3 teaspoon of sugar

Grill and fold when cooked

(soba).

I mentioned how in class we discussed tempura, and I asked him what he thought about tempura. He replied that he very much likes tempura and he could order it whenever in Japan.

Yoshi said he really enjoyed visiting his parents' family sushi restaurant that they owned. He said he was basically raised there in the restaurant because he spent so much time there.



Tonkatsu (deep fried pork)

Ingredients:

2 pork chops

Salt

Pepper

Flour

1 egg

Panko

bread crumbs

Tenderize pork

(beat)

Add salt and

pepper to the pork

3 dishes for

flour,

egg, panko

After tender-

izing pork,

cover pork

with flour

thinly

Take off suffi-

cient flour, if

not pork will overcook

Pour the pork into the egg

Cover with Panko

Fry at 350 F

Fry for about

3-4 minutes

Take away

from the oil,

increase the temperature

of the oil

again

Take the pork

out, flip it

and put it

back in for

1-2 minutes

EAT!

My conversation partner, Nana Oki, is from a small Japanese town called Oita, about the same size as Laramie. She showed me pictures on my computer of her town and it is absolutely breathtaking. I really think it's so pretty. The pictures were so clear and the water looked so clean and untainted. I asked her if that's what it actually looks like and she said it really is that pretty. The houses in the background were made in the traditional Japanese style. I asked her if the houses actually were made in the traditional way and she said all of the houses look like that. The house she lived in was in the traditional Japanese style. The only building you live in that aren't made in that style are the apartment buildings.

She said she is shocked by how much freedom in classes we have here. She noted that people sit in chairs however they want and some people are allowed to call their professors by their first names. In Japan, you have to sit up straight and you're not allowed to lean back or put your leg up. You are also never allowed to eat or drink in the classroom or in the library, and you never ever call your professor by their first name. Also, in high school, you're not allowed to choose your own classes. The school officials will pick which classes you take.

She loves breakfast here. It's her favorite meal of the day. In Japan, they only have rice oatmeal or noodles for breakfast. Here in America we have so many options for breakfast. She said breakfast in Japan was so boring and she loves it here. There are so many options, and she thinks Washakie food is really good.

On the 29th, we had decided that after we were done talking with each other, we would go and get tickets to this Chinese

Dangojiru

First, boil the meat of a pig & stir fry. Chop some Japanese radish, carrots, and some Burdock root. Then, stir fry the vegetables and put them into a pot with water. Simmer until they get soft. This will get rid of some of the harshness of the vegetables. Mix the medium powder and water (made up of miso, soy sauce, and sweet sake) and knead them all together. They need to become soft like an earlobe. Let them rest for about 15 minutes. Put everything into the pot and stir them together.



dinner next week. It is called the US-China Innovation and Entrepreneurship Forum. Looking at the menu, there will be appetizers, entrees, and desserts.

It was national coffee day and they had a free event in the Union where you could go and drink coffee and eat doughnuts. At the coffee hour, they had some karaoke and they tried to get me over there and sing. I told them even though I play so many instruments, I am not a very good singer at all. I remembered karaoke is very popular in China and Japan and I asked them to confirm it. They both said "yes" excitingly. It is apparently very popular over in Asia. When people do karaoke in Asia, they don't really care if they are bad singers or dancers, and people find it super hilarious when people try to sing.

I'm excited to get to meet *Peyton Bomar; Partner: Kaoruko Sakamoto*
my partner, Kaoruko Sakamoto. When people come to Wyoming from other countries and big cities, I always wonder how they end up here. Although I love Wyoming and wouldn't want to live anywhere else, not many other people feel that way; they say there is nothing to do here. I wonder what Kaoruko thinks of it.

Sept. 10, 2017

I feel so bad because I can't pronounce her name at all. She said that I could call her Emily, for which I was grateful even though I felt bad that I couldn't say her real name. She and I are going to get along well, I think. I was so impressed with her English; I had almost no trouble understanding her, and she's only been here for about a month.

She said she's used to a lot more people, and she couldn't believe when I told her that there are a lot more people here than I'm used to. Another big difference between the two places is the number of people who know how to drive. She said she'd like to learn how to drive while she's here. She was amazed that we get to start driving at age 15.

Sept. 19, 2017

I didn't realize how many categories of "spicy" there were. What most Americans think of as "spicy" is nothing to an Asian. She said she got some noodles at the market that are the hottest kind of noodle that Asians like. I told her that I would be running around looking for milk if I tried something that hot. She just laughed at me. ...

She asked me how to pronounce several words. She was having trouble saying "vocabulary" – she would pronounce the "l" like an "r" sound. I had her say it more slowly with me, and she did

well when I broke it down some. She had me pronounce "chlorine" and "chronic" because the "h" was confusing her.

Oct. 16, 2017

[Kaoruko's] recipe is Takoyaki, where "tako" means octopus and "yaki" means grilled. She laughed at me as I tried to say the word, and she laughed at my face when I heard that it was octopus. She said in Japan, they eat anything and everything that comes from the sea. She asked me if I like that kind of stuff. I told her that I am a fan of fish, but not much else that comes from the ocean. She told me takoyaki is very famous in the south side of the country. She said there are some food stands that sell takoyaki in Osaka, which is the second capital city in the south side of Japan. She also said that you can switch the octopus center out with anything else, such as chicken.



Takoyaki

Equipment:

Bowl, whisk, skewers, takoyakiki (cupcake pans)

Ingredients:

flour, water, eggs, green onions, octopus

Toppings:

soy sauce, cheese, mayonnaise, green laver, Japanese brown sauce (Okonomiyaki sauce), Katsuobushi (dried bonito shavings), cheese

Directions:

Mix 1 2/3 cup flour, 2 1/2 cup water, and egg in a bowl until smooth

Chop green onions and dice octopus

Put oil inside cups of grill pan

Pour mixture into cup until full

Put 1 diced piece of octopus & some green onions into each cup (hole)

Turn takoyaki balls over with skewer in cups when they seem well heated

Serve plate with Okonomiyaki sauce, mayonnaise, green laver & Katsuobushi, salt, soy sauce, BBQ sauce, or cheese (as you prefer)



A melting pot takes heat and energy to create something new from the individual ingredients. Twenty-two students in the class gave over 176 hours of service to the project.

Students with partners pictured on page 31
Top Row: Cody Harris and Nana Oki (Japan);
Emily Lamm and Suweksha Shrestha (Nepal);
Alyssa Kremer and Tilsa Aryeni (Indonesia);
Yoshitomo Ichikura (Japan) and Cara Snyder;
Bottom Row: Kaoruko Sakamoto (Japan) and Peyton Bomar;
Kylee Johnston and Yuyu Fan (China);
Parizat Parhat (China) and Erin Dennis

Dessert

This cookbook was made possible by a grant from SLCE (Service, Leadership, Community Engagement). The mission of SLCE is to cultivate engaged global citizens through collaborative experiences and dynamic programs in service, leadership, and community engagement.

The proceeds of any sales will go to Sustain Hope. Sustain Hope incorporates community involvement, assessment, program design, and evaluation, to improve lives through community-initiated, sustainable solutions that utilize local resources in areas of agriculture, alternative fuels, water and sanitation. 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.





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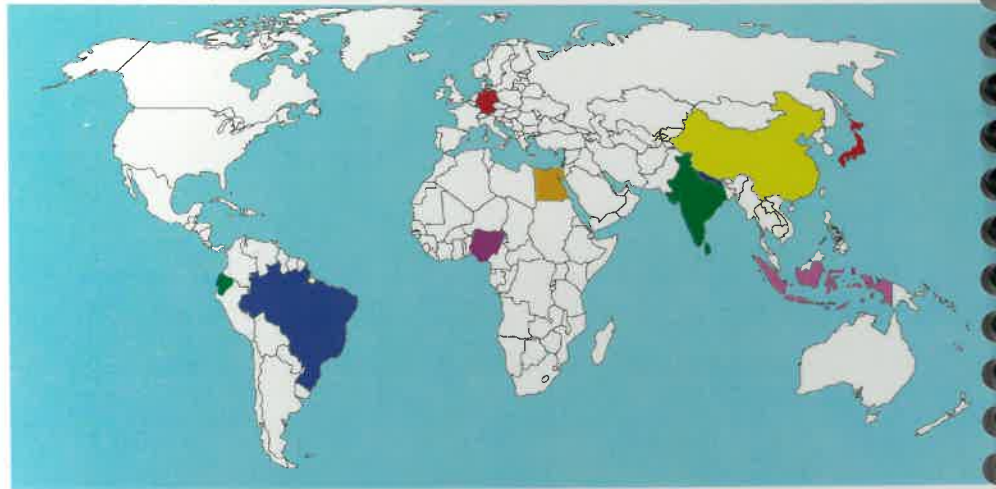
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Add some spice to your life with recipes from around the world, compiled by students in the First Year Seminar LANG 1101: Language, Food, Culture.

Each student was paired up with an international partner to share culture, food, and conversation.

All proceeds from the sale of this cookbook will be donated to Sustain Hope, a Christ-centered, best practice approach to improve lives through community initiated, sustainable solutions that utilize local resources in areas of agriculture, alternative fuels, water, and sanitation.

Canned goods collected at sale will be donated to Laramie's Interfaith Good Samaritan.



Melting Pot



Recipes brought to you by University of Wyoming
students and their international partners

LANG 1101 | Fall 2017 | Instructor: Mollie Hand

Cookbook made possible through a SLCE Grant.

All monetary proceeds to be donated to Sustain Hope.

Canned goods to be donated to Interfaith Good Samaritan

