

The Globalization of Food Culture

The AIB Cooking Book



Edited by

**Klaus
Meyer**

**Tunga
Kiyak**

**Mary Ann
von Glinow**

**Tomas
Hult**

The Globalization of Food Culture: The AIB Cooking Book

Edited by Klaus Meyer, Tunga Kiyak, May Ann von Glinow and Tomas Hult

Published by the Academy of International Business



Copyright

Recipes: © The authors, 2011

Photos: © The photographers, 2011

Introduction: © The editors, 2011

Front and back cover photos:

“Salmon with Cucumbers” and “Salmon on Ice”

by Rolando J. Soliz Estrada, with Marcelo Brum and Matheus Siluk, Brazil

The Globalization of Food Culture

The AIB Cooking Book

Edited by:

Klaus Meyer, Tunga Kiyak, Mary Ann von Glinow and Tomas Hult

Contents

Editors' Introduction

Part I: Small Dishes

Appetizers

1. **Salmon with Cucumbers**
From Brazil, by Rolando J. Soliz Estrada
2. **Queenslander's Grilled Prawn & Mango Salad**
From Australia, by Andre A Pekerti
3. **Brinjal (Aubergine) Chutney or Brinjal Dip (V)**
From India, by Melodena S. Balakrishnan
4. **Cake aux Olives – an Olive Cake from Provence (V)**
From France, by Gabriele Suder

Breakfast

5. **"Just Right" Porridge (V)**
From USA, by Lorraine Eden
6. **Akoori (V)**
From India, by Farok J. Contractor
7. **Ungspankaka (Oven Pancakes) (V)**
From Sweden, by Brenda Sternquist

#

Soups

8. **Heart-warming Mushroom Soup (V)**
From Unknown, by Andre A Pekerti
9. **Vegetable Soup of the Day (V)**
From Anywhere, by Klaus Meyer

Part II: Main Courses:

Seafood-based Dishes

- 10. Stir Fried King Prawns, Green Salads, and Cherry Tomatoes wrapped in Egg Net with Balsamic Dressing**
From Australia, by Ty Choi
- 11. Shrimp Moqueca**
From Brazil, by Maria Tereza Leme Fleury
- 12. Caribbean Shrimp and Avocado Salad**
From Puerto Rico, by Maribel Aponte-Garcia
- 13. Crucified Salmon**
From Finland, by Harry Lindell and Pia Polsa
- 14. Singapore Noodles**
From South East Asia, by Michael Sartor

Meat-based Dishes

- 15. Beef Olives with Red Cabbage and Roasted Brussels Sprouts**
From Germany, by Stefanie Paluch and Thomas Wittkop
 - 16. Pastelon de Vindaloo**
From Puerto Rico/India, by Dale T. Mathews
 - 17. Sri's Seekh Kabab**
From India, by Srilata Zaheer
 - 18. Pollo alla Cacciatora con Riso e Piselli: A Jamaican-Californian Interpretation**
From Italy, Jamaica & California, by Maggi Phillips
 - 19. Gold Mountain Chicken Noodle**
From Burma/Myanmar, by Htwe Htwe Thein
- #
- 20. "Kraut" Stew With Chestnuts and Smoked Pork Shoulder**
From Germany, by Jana Oehmichen and Alexander Schult
 - 21. Chilli with Beer and Bacon (V)**
From Canada, Wade and Jeremy McKenzie
 - 22. Fried Leek and Minced Meat**
From Germany, by Klaus Meyer

Vegetable-based Dishes

- 23. Imam Bayildi (V)**
From Turkey, by Dilek Zamantili Nayir
- 24. Chiles en Nogada (Stuffed Peppers in Walnut Sauce) (V)**
From Mexico, by Robert C. McNamee and Maria Marquez-Carrillo
- 25. Indian Courgette Latkes (V)**
From Euro-Asian Fusion, by Fiona Moore

26. Carrot Balls (V)

From China/Denmark, by Klaus Meyer

27. Spaghetti alla Norma (V)

From Italy, by Grazia D. Santangelo

28. Cauliflower Soufflé

From Central Europe, by Cordula Barzantny

29. Crêpes Bretonne (V)

From France, by Richard Hoffmann

30. Homemade Pizza Party (V)

From USA, by Mary Ann von Glinow

Part III: Desserts and Drinks

Desserts

31. Quick Coffee Cake (V)

From USA, by John Dilyard

32. Blackberry Jam (V)

From Brazil, by Rolando J. Soliz Estrada

33. Muscatel Mousse (V)

From Germany, by Thomas Wittkop and Stefanie Paluch

Drinks

34. Indonesian Fusion Avocado Smoothie

From Indonesia, by Andre A Pekerti

35. Mojito Colado

From Cuba/Puerto Rico by Maribel Aponte-Garcia

36. Ponche Navideño

From Mexico by Maria Marquez-Carrillo & Robert C. McNamee

37. Dad's Egg Nog

From England/USA by Richard Hoffmann

38. Rum Punch

From the West Indies by Betty Jane Punnett

39. Chai (Masala Tea)

From India by Farok Contractor

(V) = can be prepared as vegetarian dish without meat or fish.

Editors

Tomas Hult
Michigan State University, hult@bus.msu.edu, USA

Tunga Kiyak
Michigan State University, kiyaktun@bus.msu.edu, USA

Klaus Meyer
University of Bath, k.meyer@bath.ac.uk, UK

Mary Ann von Glinow
Florida International University, vonglino@fiu.edu, USA

Contributors

Maribel Aponte-Garcia
University of Puerto Rico, maribelapote Garcia@gmail.com, Puerto Rico

Melodena S. Balakrishnan
University of Wollongong in Dubai, MelodenaBalakrishnan@uowdubai.ac.ae, UAE

Cordula Barzantny
Groupe ESC Toulouse, c.barzantny@esc-toulouse.fr, France

Ty Choi
University of Wollongong, tchoi@uow.edu.au, Australia

Farok J. Contractor
Rutgers University, farok@andromeda.rutgers.edu, USA

John Dilyard
St. Francis College, jdilyard@gmail.com, USA

Lorraine Eden
Texas A&M University, leden@tamu.edu, USA

Maria Tereza Leme Fleury
Fundação Getulio Vargas-EAESP, mtereza.fleury@fgv.br, Brazil

Richard Hoffmann
RCHOFFMAN@salisbury.edu, UK

Harry Lindell
harry.lindell@nsn.com, Finland

Maria Marquez-Carrillo
Vivaro Corporation, USA

Dale T. Mathews
University of Puerto Rico's Rio Piedras Campus, dtmathews@vmail.uprrp.edu, Puerto Rico

Wade and Jeremy McKenzie
University of the West Indies, wade.mckenzie@shaw.ca, Barbados

Robert C. McNamee
Temple University, robert.mcnamee@temple.edu, USA

Fiona Moore
Royal Holloway, University of London, fiona.moore@rhul.ac.uk, UK

Dilek Zamantili Nayir
Marmara University, dznayir@marmara.edu.tr, Turkey

Jana Oehmichen
Karlsruhe Institute of Technology, oehmichen@ibu.uni-karlsruhe.de, Germany

Stefanie Paluch
Technical University of Dortmund, stefaniepaluch@aol.com, Germany

Andre A Pekerti
University of Queensland, a.pekerti@business.uq.edu.au, Australia

Maggi Phillips
Pepperdine University, margaret.phillips@pepperdine.edu, USA

Pia Polsa
Hanken School of Economics, pia.polsa@hanken.fi, Finland

Betty Jane Punnett
University of the West Indies, eureka@caribsurf.com,

Grazia D. Santangelo
University of Catania, grsanta@inict.it

Michael Sartor
University of Western Ontario, msartor@ivey.uwo.ca, Canada

Alexander Schult
Johannes Gutenberg -University Mainz, schult@uni-mainz.de, Germany

Rolando J. Soliz Estrada
Universidade Federal de Santa Maria, rolando@smail.ufsm.br, Brazil

Brenda Sternquist
Michigan State University, sternqui@msu.edu, USA

Gabriele Suder
SKEMA Business School, gabriele.suder@skema.edu, France

Htwe Htwe Thein
Curtin University, Perth, Vicki.Thein@cbs.curtin.edu.au, Australia

Thomas Wittkop
Thomas.Wittkop@bits-iserlohn.de, Germany

Srilata Zaheer
University of Minnesota, Szaheer@umn.edu, USA

Editors' Introduction:

International Business and the Globalization of Food Culture

The Academy of International Business brings together eminent educators and researchers from across the world, people who love engaging with cultures other than their own – to do business, to conduct research, or simply to enjoy the diversity of the world. A key means through which we explore cultures is food. Eating forms an essential part of many cultures, and sharing a meal with visitors from afar is an important ritual to lower the liability of foreignness, to facilitate business and the starting point for many wonderful friendships. Bringing together the unique experiences of AIB members, this book aims to share the joys of cross-cultural food exchange.

Food, Culture and International Business

Food is central to culture, and culture is central to international business. Wherever business people cross cultural boundaries to buy or sell products, to negotiate contracts, or to engage with local employees, they have to manage cultural differences. Appreciating differences in values and behaviours, and adjusting actions and expectations thus are important skills for international managers (Adler and Gundersen, 2007, Earley & Mosakowski, 2004; Stahl & Bjorkman, 2006). Cross-cultural management thus is a key area of research within the AIB. However, while shared meals often play a central role in the cross-cultural exchanges, few studies have explored the role of food culture in international business.

In many countries, shared meals are an important conduit for building relationships – in business as in private life. Many business transactions depend on trust and the exchange of tacit knowledge. Shared social experiences facilitate building trust and mutual understanding, and enable communication of sensitive or hard to explain information. Business people thus share business lunches, which in some cultures can become quite elaborate affairs. Local hosts may try to impress their guests with specialities from their local cuisine that guests to varying degrees appreciate.

Likewise, sharing drinks, especially alcoholic ones, is an important bonding exercise.

Reportedly, Russians don't do business with people unless they have been drunk together (Holden et al. 1998). The underlying issue is the need to build trust: once tipsy, people loosen their tongue and reveal their true character.

The challenges of cross-cultural management are in particular experienced by those staying abroad for longer periods of time, for example as expatriate managers (Collings & Scullion, 2009). Living in a host culture for an extended period of time, they often experience 'culture shock' and have to develop a constructive approach to dealing with personal pressures associated with being surrounded by an unfamiliar culture. Important aspects of this culture shock are the longing for familiar food, and the difficulties of adjusting to both the diet and the eating habits of the host culture. This challenge emerges even in host countries with a very rich food culture: A study by Jean Claude Usunier (1998) found that familiar food is what American expatriates in France missed most.

Research on expatriates has identified several techniques they use to cope with culture shock, including regular exercise, bonding with other expatriates, or meditation. Many expats like to immerse themselves in the host culture for their daily work, but retreat periodically into culturally

familiar settings, where sharing food from 'back home' helps overcoming home sickness as well as sharing experiences about the host country. For example, one of the editors regularly joined Danish Business Association when living in Hong Kong, meeting once a month in a restaurant that prepared traditional Danish dishes, Bixsemal and Pariserbøf, for the occasion.

Food products can also be source of international business. Early multinational trading companies, such as the East India Company, have

grown rich on the back of the trade in spices and tea (see "*Chai Masala Tea*"). Food is often culturally embedded and highly perishable products, which may inhibit its internationalization. However, modern day multinationals are producing and trading in branded foods, and reaching in markets across the world using a combination of global brands and locally adapted products under local brands (Meyer & Tran 2006).



Food, Culture and Cross-Cultural Classrooms

Teaching culturally diverse classrooms is one of the most fascinating aspects of being an IB scholar. (Boyacigiller et al., 2004). Students need to develop cross-cultural competences for the global economy to be at ease with a variety of different cultural settings, and to be effective in their international assignments. In fact, many business school classrooms themselves have become cross-cultural laboratories creating both challenges and opportunities to practice cross-cultural interfaces.

Sharing a meal is one of the most exciting ways of building bridges across cultures. Thus, international food festivals are a favourite of internationally diverse classrooms, especially among students studying far away from home.

Some meals naturally lend themselves to sharing the cooking experience, for example preparing an Indian or Chinese-style buffet. However, as "*Homemade Pizza Party*" shows, even traditional cooking can become a party experience.

Students develop their own approaches to dealing with the food aspect of culture shock. With tight budget constraints, fancy restaurants often are not an option. A fascinating phenomenon is students from East Asia learning to cook in England. The combination of missing familiar tastes and high prices of the unfamiliar and (at least in its student-cafeteria-version) not very popular English food drives students, not only female ones, to learn basic skills of their own cultural heritage. Many students lovingly prepare a

dish for their new friends – calling back home for advise as they may have never prepared a major meal before.

An Evolutionary Theory of Food Culture

With such rich qualitative data, we could not resist the temptation of some theorizing. Food culture emerges from our data – the recipes – as a highly dynamic construct that constantly evolves. New varieties are continuously generated by experimental learning and cross-cultural knowledge spillovers, while old varieties survive over centuries of handing down from one generation to the next. The dishes in this book not only show a rich variety of food cultures around the world, but they illustrate how food culture itself morphs in the most fascination ways.

The variety of foods in part reflects tangible differences such as the locally available ingredients and kitchen utensils. Thanks to international business, a wide range of ingredients and tools are now available at many places around the world. However, our recipes also reveal deeper cultural variations in the approaches to cooking: Some chefs, notably in continental Europe, focus on precision by using the exact measurements and step by step procedures of a traditional recipe (e.g. “*Beef Olives...*” and “*Imam Bayildi*”). Other chefs, notably in East Asia, pursue an idea that they recreate on every occasion to fit the context of the day, including fresh ingredients and the guests (e.g. “*Singapore Noodle*” and “*Gold Mountain Chicken Noodle*”).

With so much experimentation, it may be surprising that some of our recipes have a long history, having been handed down over the generations, such as “*Akoori*” from India, “*Crucified Salmon*” from Finland, “*Gold Mountain Chicken Noodle*” from Burma, “*Imam Bayildi*” from Turkey or “*Chiles en Nagoya*” from Mexico. Such traditional recipes may even be preserved far from their origins in communities based on migration decades or centuries ago, such as “*Ungspankaka Oven Pancakes*” and “*Dad’s Egg Nog*”.

References

- Adler, N. & Gundersen, A. 2007. *International Dimensions of Organizational Behaviour*, 5th edition, Cengage Learning.
- Boyacigiller, N.A., Goodman, M.E., Phillips, M.E. & Pearce, J.L., eds. *Crossing Cultures: Insights from Master Teachers*, Routledge.
- Collings, D.G. & Scullion, H. eds. 2009. Special Issue on ‘Global Staffing’, *International Journal of Human Resource Management* 20(6): 1249-1450.
- Earley, P.C. & Mosakowski, E. 2004. Toward culture intelligence, *Academy of Management Executive* 18(3): 151-157.
- Holden, N., Cooper, C.L., Carr J. 1998. *Dealing with the new Russia: Management cultures in collision*, Wiley.
- Meyer, K.E. & Tran, Y.T.T. 2006. Market Penetration and Acquisition Strategies for Emerging Economies, *Long Range Planning*, 39 (2), 177-197.
- Stahl, G.K. & Bjorkman, I. eds. 2006. *Handbook of Research in International HRM*, Elgar.
- Usunier, J.C. 1998. Oral pleasures and expatriate satisfaction: An empirical approach, *International Business Review*, 7(1): 89-110.

Photo

AIB Conference Reception, Rio De Janeiro,
Copyright © 2010 Academy of International Business

Many of our recipes have evolved over the time and under the confluence of different traditions, the result of generations of experimentation and knowledge sharing. For example “*Singapore Noodles*” is a dish that has evolved in many variations in South East Asia, yet our version was brought by a traveller to North America, where it was adapted to locally available ingredients.

At the other hand of the spectrum, we see the creativity of our contributors in developing their own ideas from inspiration attained at different locations, including “*Salmon with Cucumber*” a Japanese-influenced dish from Brazil, “*Stir Fried Prawns, ...*” from Australia and “*Indian Courgette Lakes*” merging European and Asian traditions. There seem to be few limits to human creativity when it comes to food – yet creativity and

experimentation taking place in a cultural context. Globalization appears to bring forth a 'global kitchen' that is characterized by the appreciation of diversity, co-existence, rich interfaces, and the creation of new varieties. This global kitchen creates many new opportunities, and it seems never to stand still. Building bridges across culture has been an inspiration to many of the contributing cooks, and we hope you will join them in enjoying their food, and venturing out to create your own.

About these Recipes

AIB members have been invited to tell us about their favourite dishes, and share their recipes. We received recipes from many of the 84 countries where the AIB has members. We wanted to find not only technical descriptions of recipes, but how people in different contexts – and travelling across contexts – engage with their food. Contributing authors thus tell what their dish means to them, and why they like to serve it to their guests. In this way, the recipes talk about people as well as food, people with rich experience across varieties of food cultures.

The recipes are expressions of the rich, diverse, creative, intellectual, analytical and globalization-embracing AIB community. None of the contributors is a professional chef; in fact most are business school professors. Most of the recipes are easy to replicate by academics with basic skills in cooking. They are presented with a common structure:

- **Abstract:** What is special about this dish, and when does the author like to serve it?
- **Theory:** What is the author's approach to cooking, and why do guests like this dish?
- **International Context:** What are the geographic origins of this recipe, and what traditions does it draw on?

US → RoW 1 ounce (oz) = 28 g 1 pound (lb) = 454 g 1 inch = 2.5 cm
RoW → US 100 g (gram) = 3.5 oz 1 kg (kilogram) = 2.2 lbs 10 cm (centimeter) = 3.9 inches

- **Ingredients:** List of ingredients, including quantities where appropriate.
- **Methodology:** A step by step description of the preparation of the dish.
- **Discussion:** serving suggestions or variations of the original dish.

While we have tried to fit all submissions into this common structure, we allowed much leeway to let the chefs' personality shine through. We also resisted the temptation of standardizing measurements and 'cooking language' as we expect AIB audience to have the cross-cultural competence to interpret and adapt recipes to their own local context. However, for those not familiar with US measurement, we include a conversion table for what the rest of the world (RoW) may find amusing abbreviations, 'oz' and 'lbs'.

Also remember that spoon- and cup-sizes vary, not just between countries but also within many kitchens. As we lack faith in the global standardization of everything, we recommend exercises of controlled and locally-informed experiments to identify the best local adaptation strategies for your dinner guests!

We hope this collection will provide AIB members with enjoyable reading about food cultures around the world, and offer inspiration for their own cooking, teaching and research!

Klaus Meyer, Bath, June 2011

Part I: Small Dishes

Appetizers

- **Salmon with Cucumbers**
From Japan, Thailand and Brazil, by Rolando J. Soliz Estrada
- **Queenslander's Grilled Prawn & Mango Salad**
From Australia, by Andre A Pekerti
- **Brinjal (Aubergine) Chutney or Brinjal Dip**
From India, by Melodena S. Balakrishnan
- **Cake aux Olives – an Olive Cake from Provence**
From France, by Gabriele Suder

Breakfast

- **"Just Right" Porridge**
From USA by Lorraine Eden
- **Akooi**
From India by Farok J. Contractor
- **Ungspankaka (Oven Pancakes)**
From Sweden/USA, by Brenda Sternquist

Soups

- **Heart-warming Mushroom Soup**
From Unknown, by Andre A Pekerti
- **Vegetable Soup of the Day**
From Anywhere, by Klaus Meyer

Salmon with Cucumbers

(from Brazil)

By Rolando J. Soliz Estrada

Abstract

This is a light dish that can be prepared quickly as a starter for lunch or dinner.

Theory

This dish is for great friends or colleagues for whom you have much appreciation. Participation in the kitchen should always be with great affection. Preparing a food like this is not only about preparing food – it about celebrating food, and your friends!

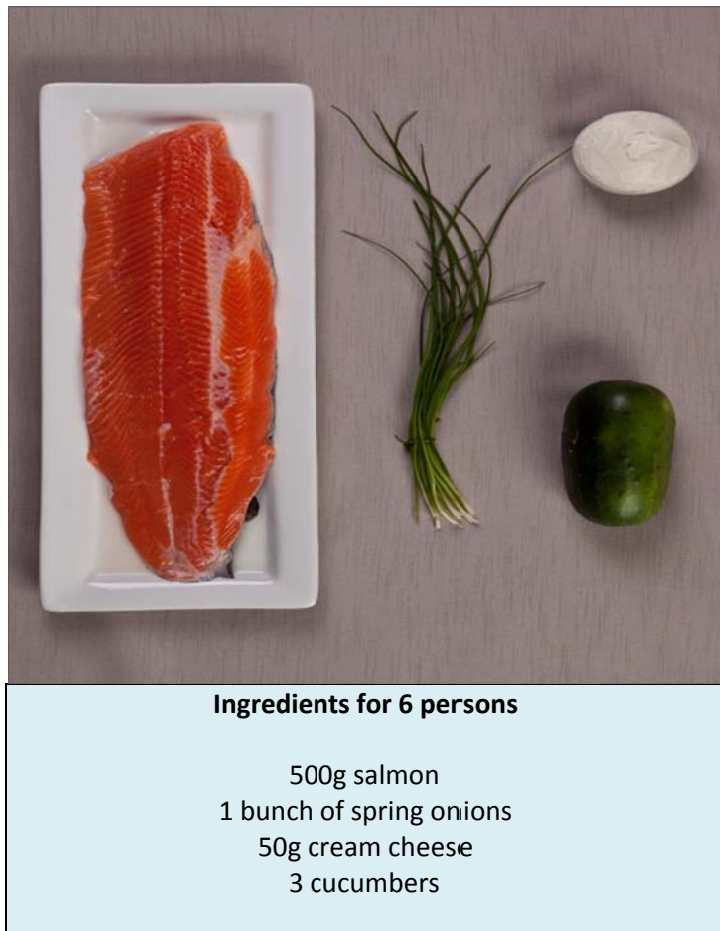
International Context

This dish follows the trend of Oriental food in Brazil, and has been inspired by visits to Japanese and Thai restaurants.

Methodology

You can present this dish in two ways: you either cut the cucumber into thin blades (see photo on the book's front cover), or you cut the cucumber into cylindrical pieces (see photo on the next page).

1. Wash the cucumber and slice it into thin blades or in cylindrical pieces.
2. Cut the bunch of spring onions into small pieces (about 2 mm).
3. Cut the salmon into very small pieces (about 5mm)
4. Mix salmon, spring onions and cream cheese.
5. Fill the salmon-mix into the cucumber, or wrap the thin blades around it.
6. Bon appetite!



Discussion

This dish should be served with a small cup of sake, or with a glass of dry white wine.



Photos: Rolando Soliz Estrada (Support – Marcelo Brum and Matheus Siluk)

Queenslander's Grilled Prawn & Mango Salad

(from Australia)

Andre A Pekerti

Abstract

This is a summer favorite in Queensland, Australia, when mangoes are a plenty and cheap. The "Shrimp on the Bar B" notion is a summer cultural icon of Australia. I have served it to friends who have visited in the summer and to my wife's friends.

Theory

As a multicultural individual I take a fusion approach. I've suggested adding one or two ingredients to change the flavor. The result is a refreshing, colorful and impressive dish, made special by the combination of the prawns, mangoes and salad.

International Context

If I recall correctly I read the recipe in a women's weekly magazine in a doctor's waiting room. I have collected many a recipe in this manner. It is an Australian summer recipe but the addition of coriander leaves (cilantro) draws upon Vietnamese and/or South East Asian traditions.

Methodology

1. Skewer prawns length wise with bamboo or metal skewers so it does not curl when grilled, or if you like the prawns curled grill, set aside
2. Prepare the salad dressing, mix the dressing ingredients in a bowl – large enough to toss prawns;
3. Pour half of dressing into a smaller bowl;
4. Prepare the salad mix in a separate bowl - large enough to toss salad and prawns;
5. Grill on barbeque, 2 min. on each side (until cooked);
6. Remove skewers from prawns and set aside;
7. Pour half of dressing (in the small bowl) over salad mix and toss;
8. Mix prawns in the remaining salad dressing;
9. Serve by placing the tossed salad as a base on a plate, then placing prawns on top of the salad;
10. You can drizzle the remaining dressing over the prawns in each plate.

Discussion

In the Southern hemisphere where the Christmas holiday takes place in the summer, this dish is a great Christmas dinner appetizer. As such it is a refreshing summer dinner entrée, or can be served as a light lunch with garlic bread.

You can add a little coriander leaves (cilantro) to the dressing and/or salad to give it a more South East Asian flavor.

Ingredients (to serve 4)

Prawns

2 large firm, but ripe mangoes (peeled)

24 Prawns (peeled)

Lime slices for garnish

Salad dressing

3 tablespoon of thinly sliced red onions/shallots

1/3 cup lime juice

1 -2 chilies or to taste depending how spicy one likes it (as some will know, you can remove the seeds to make it less spicy)

2 tablespoon fish sauce

1 teaspoon caster sugar

1/2 clove garlic crushed

Salad

2 cups salad greens, depending on what is available. But effectively it should be soft greens, i.e., not cabbage etc.

Thinly sliced red bell peppers

Slice mangoes to little finger width, 1/2 little finger length (1 cm x 3 cm)

Brinjal (Aubergine) Chutney or Brinjal Dip

(from India)

By Melodena S. Balakrishnan

Abstract:

This is a great vegetarian dish for working Moms and Dads to spend time with the kids making – makes an easy snack for appetizers in “high-brow fancy” parties as well as “let-your hair down” parties; works as a side dish for the main meal too and has a refreshing pick-me up tang when you want isolation and comfort food. It’s simple to make, dresses up well and seems to have great followers across the world – I saw variations from the Indian subcontinent to the Middle East.

Theory:

My approach to cooking is experimentation and trial and error...have fun and don't be afraid to personalize!

International Context:

This is an exercise in cross-cultural context since there are so many words that have to be re-interpreted into various contexts. I love it because I learnt of the dish first in India from an American expat who got it while living in Egypt. I widely popularized it in Taiwan where I lived. Later when I moved back to South India, I found this Indian variation. A year later, living in Dubai, I came face to face with the multitude of Arabic versions.

Incidentally I had a strong hatred for this vegetable till I found on my culinary adventures and with deep introspection that it was not the vegetable itself, but the form it was served that made all the difference. Now if only I can get over my fear of statistics the same way! Any volunteers?

For first timers the initial sample should be people who you trust to give an honest opinion. Once you have finished the pilot study use a convenience sample.

Methodology:

1. Smear brinjals with oil and roast on an open flame till soft skin turns black and begins to peel. Cool and peel skins off.
2. Mash pulp till smooth.
3. Add coconut, chilli, salt to taste. Mix well.
4. Heat oil in saucepan, when hot add curry leaves and mustard seeds (the seeds should pop).
5. Add onion and ginger and fry.
6. Add mashed brinjal and coconut and mix with salt to taste.
7. Turn off and add curd/yogurt. Check salt.
8. Garnish with coriander and chillies.

Ingredients

2 long thin brinjals (thin because they will uniformly roast without you burning your fingers!)

2 cups Curd or Yogurt (plain)

3 Onions (medium Indian red onions)

½ teaspoon Mustard seeds

3 curry leaves (optional)

½ cup coriander leaves

100 ml cooking oil

1 cup garded coconut: 1 cup (optional)

3 green chillies, grounded to a paste (optional)

2 cm ginger

Discussions:

You know you've done it right when your guests ask for more...At this point smile and say – it's intellectually copyrighted.

Cake aux Olives – an Olive Cake from Provence (from France) By Gabriele Suder

Abstract

This is a simple and straightforward recipe for fingerfood , that I serve at the occasion of an ‘aperitif’ or cocktail party, that always succeeds. The key to success: Only a few ingredients simply mixed together and left in the oven without further ado. Sliced or cut into cubes, served cold.

Theory

My guests and I love this recipe for several reasons, in particular, because thanks to its simplicity, it allows for knowledge-sharing – and transfer activities. Indeed, I have become familiar with its variables and dependents thanks to my neighbor, a local lady with a deep experience in the quantitative and qualitative of decade-long research assuring great results. My guests like it for the taste, of course, and the variety of contexts and formulas it can potentially adapt to.



Photo: Caroline Suder

International Context

This recipe is French, and, more specifically from the South; ‘despite’, ‘due to’ or ‘because of’ my German nationality and British tastes, it has become a favorite for me, my family and friends, no matter if from here or there or anywhere.

Like internationalization in a market grouping, the blending of a diversity, upon the principles, by choice, of functionalism or federalism of its elements, allows for efficiencies and risk reductions that underpin the fundamental values of this recipes’ success, in its perception by the consumer as well as in realistic outcomes. It is therefore a beautiful metaphor for political and economic integration, and Single Market effects.

Methodology

1. Now this is an easy one: Mix all ingredients.
2. Pour the smooth dough that you have now obtained into a long narrow baking tin/loaf pan.
3. Bake for 40-45 minutes in the (pre-heated) oven (200°C).

Once again, when well-prepared and good recruitment of co-workers made, the organization is assured to run smoothly, the efficiency at its best, the result optimal and all reviewers are happy!

Discussion:

You should count with a preparation time of 15 minutes and a cooking time of 40 minutes. The 'cake aux olives' will be golden – brownish on top. Cut slices or dices for your 'aperitif' or cocktail party as fingerfood when cold.

As a variation, you might like to try different kinds of cheeses in this, or add pine kernel. I very much like it with Roquefort cheese, or with Parmesan cheese.

Ingredients

250 g flour
4 eggs
salt & pepper
100ml oil
100ml dry white wine
200g of green olives
200g ham
150g grated cheese
1 teaspoon of baking powder

“Just Right” Porridge
(from USA)
by Lorraine Eden

Abstract

This recipe should serve one person for breakfast for five days (Monday-Friday) or two people for three days. The porridge will keep in the refrigerator for up to five days.

Theory

This porridge is named after the story, *“Goldilocks and the Three Bears”*, where Goldilocks kept looking until she found the “just right” bowl of porridge for her. I started making this porridge some years ago using the recipe on the McCann’s Steel Cut Irish Oatmeal can, and adjusted it over time through experimentation. Feel free to experiment yourself. This is my normal breakfast in the cold-weather winter months (along with coffee, of course).

Methodology

1. Mix all ingredients in a casserole dish.
2. You can also add in other grains along with the steel rolled oats (e.g., bran, flax, Red River Cereal). Just make sure to add liquids in the proportion 4/1 to your dry ingredients.
3. Put a lid on the casserole and let this sit on the counter for 2 hours to soften the oats. Then cook either one of two ways:
 - Cook slowly in a microwave at a setting no higher than 6 out of 10 (or it will boil over) for about 20 minutes until thick and creamy (stir with a spoon from time to time to check consistency).
 - Or if you have a rice cooker, mix all the ingredients directly in the rice cooker, let it sit for 2 hours and then follow the rice cooker’s directions for making porridge (about 15 minutes).

Ingredients
1 cup steel rolled oats (do not substitute – use only steel rolled oats – I prefer McCann’s Steel Cut Irish Oatmeal but Quaker now has steel rolled oats too -- or buy in bulk in a health food store)
4 cups of liquid (I use 2 cups filtered water and 2 cups skim milk)
1 cup dried cranberries and/or raisins 2-3 teaspoons cinnamon Pinch of salt
(Optional sweetener) ¼ cup maple syrup, pancake syrup or brown sugar or other sweetener – you don’t really need it – I use zero-calorie maple syrup.

Once done, store the porridge in the refrigerator.

The next morning, cut one pie-shaped wedge from the porridge and place it in a soup bowl. Add more milk to taste and mash up the porridge with the milk. Then reheat in the microwave for up to 90 seconds on high (until it starts to boil). The bowl will be hot, so be careful not to burn yourself. Grab a spoon and enjoy your breakfast!

Akoori
(from India)
Farok J. Contractor

Abstract

Akoori is a Favorite Parsi Breakfast or Lunch Dish.

International Context

The Parsis of India are refugees who fled to India in the 8th or 9th Century CE. Today numbering less than 65,000 in an Indian population of 1.2 billion, their cuisine reflects a unique sub-culture that blends Indian elements with their pre-Islamic Persian heritage. Far from abstemious, Parsis, like the French or Italians will fondly recall a good dish for days.

Most Parsis are followers of Zarathushtra (birth circa 1300 – 1700 BCE), who espoused a monotheistic religion that spread to Persia before Islam, under the Achemenids (550 – 330 BCE). Later, Parsis fled to Western India to escape the strictures of militant Islam. They have lived quietly in India for some eleven or twelve centuries, leavening India and the world with international trade and entrepreneurship (for example, the Tata Group which makes everything from Jaguars to the Nano car, to Tetley Tea, to TCS which is one of the world's leading IT, outsourcing and consultancy services companies) and contributions to art and music (e.g. Zubin Mehta and Freddie Mercury).

Methodology

Preparation of Ingredients: 5 – 8 minutes;

Cooking: 15 – 20 minutes

The entire dish is cooked over a low flame

1. Chop tomatoes as finely as possible without pulping.
2. Wash and chop coriander leaves.
3. Chop onions fine and cook in a 12 inch diameter skillet (a glass lid is preferred) with the ghee or butter, until onions are at least translucent but not dark brown.
4. Empty eggs into a large bowl, adding salt, pepper, turmeric, curry powder, and milk. Then whip mixture with fork until blended.
5. While onions are cooking, add chopped chillies, garlic and ginger. Stir frequently to make sure onions do not brown too much. (Add optional pre-cooked potato, meat or fish at this stage).
6. Towards the end of the onions being cooked, add the chopped tomatoes and continue cooking for another 2 to 5 minutes. Empty egg and spices mixture into skillet and continue to cook. Add chopped coriander (cilantro) leaves. Stir continuously. Turn burner off before the egg mixture thickens. Do not allow any part of the egg mixture to harden. Strive for a pudding like consistency no thicker than loose scrambled eggs.

Ingredients
(for 2 hungry, or 4 abstemious, persons)

6 eggs
2 small onions
3 small tomatoes (any vine-ripened gourmet variety like Campari)
1 cup fresh coriander (cilantro) leaves
1 – 2 green chillies finely chopped with seeds removed
¼ cup cream or ½ cup whole milk
1½ tablespoons ghee or butter
½ to 1 teaspoon garlic paste or ½ pod chopped garlic
½ to 1 teaspoon ginger paste or ginger powder
½ teaspoon curry powder (or 1 teaspoon paprika as an ersatz substitute)
¼ teaspoon turmeric
½ teaspoon coarsely ground pepper
½ teaspoon salt or salt to taste

Optional: Potatoes or meat or fish -- very finely chopped (smaller than 8 mm or 5/16 inch in size on all three dimensions) and precooked.

Serve straight or on pieces of toast!

Ungspankaka (Oven Pancakes)

(From Sweden)

By Brenda Sternquist

Abstract:

I grew up in a Swedish Lutheran community in South Dakota. My great grandfather homesteaded our family farm 141 years ago. This recipe comes from a cookbook that the Dalesburg Lutheran Church put together. I serve it for breakfast whenever I have an overnight guest. It is delicious and simple. Serve it warm with butter and syrup.

Theory:

People love things that go up. This pancake gets beautiful big bumps of air so it is decorative as well as delicious. My approach to cooking is to keep it simple so that I can enjoy my guests.

International Context:

Rural Swedish community in South Dakota that has retained its ethnic heritage.

Methodology:

Put all the ingredients into a blender and hit go. Just blend long enough to wet the ingredients. Pour into a greased pan and Bake 15-20 minutes at 400 degrees. It serves 4 people if you have only 2 just cut it in half and bake it in a 9X9 baking dish.

Discussion:

People will be begging for the recipe.

Ingredients

4 eggs
2 cups milk or milk and cream combination
2 tablespoons butter
1 ¼ cups flour
2 teaspoons sugar
1 teaspoon salt

Heart-warming Mushroom Soup

(from: Unknown)

By Andre A Pekerti

Abstract

This is a heart-warming yet fancy mushroom soup. I have served this to my best friends, family, colleagues, and professors to thank them for their support in my career. I've served it as an entrée to a three course dinner during winter, and as a main meal to vegetarian friends.

Theory

Even though as a multi-cultural individual I take a fusion approach to my cooking, I have not modified this recipe at all, with the exception of the serving suggestion. In short it says "you are special!" It is also one of the few mushroom soup recipes where one gets practically a whole mushroom in each spoonful.

International Context

I must admit, I cannot recall where I got this recipe from. What I do recall is, it was when I was waiting for the result of my PhD thesis. I was experimenting with some recipes to help reduce my anxiousness. I think it has Italian traditions.

Methodology

1. Do not wash the mushrooms. Clean mushroom tops with a damp cloth;
2. Break off stalks and chop mushroom stalks, roughly, set aside;
3. Slice the mushroom tops relatively thin, about 4 mm;
4. Heat olive oil on medium heat, sauté the mushroom stalks and spring onions for 10 minutes – stir occasionally, then add garlic and cook for another 5 minutes;
5. Cool the mushrooms stalks and spring onions, place in food processor and puré, but not too fine, you want some texture left;
6. Reheat saucepan and butter then cook the stalk mixture for 3 minutes;
7. Add the beef broth and Worcestershire sauce, whisk and bring to a boil;
8. Add the sliced mushroom tops, and then bring to a boil;
9. Mix the two tablespoons of flour with water until it is all diluted, add to soup while stirring, then simmer for 15 minutes;
10. Add salt to taste (If you make your own beef broth, you should taste and season with salt accordingly before you simmer for 15 minutes, however, if you use a supermarket pre-made beef broth you may not need salt);
11. Lightly beat the 4 egg yolks and mix in the parsley, then add the mixture into the soup while stirring.
12. Add the wine, just bring to a boil then turn off heat, serve immediately.

Ingredients (as entrée for 6 persons)

1 ½ lb Button Mushrooms (750 grams)
1 cup of chopped spring onions (about a bunch)
1 clove of garlic – chopped and crushed
3 tablespoons of olive oil
3 tablespoons of butter
4 cups of beef broth (If pressed for time you can use the pre-made supermarket liquid version)¹
2 tablespoons of plain white flour
2 tablespoons of finely chopped parsley
4 egg yolks
1 tablespoon of Worcestershire sauce
Fresh ground pepper
¼ cup of red wine, or more to taste if you like 😊
Grated fresh Parmesan cheese
Crispy bacon rashers (optional)

Results/Discussion

Sprinkle with approximately 1 tablespoon of Parmesan cheese for each serving. You can also add crispy bacon rashers. Serve with grilled or toasted bread of your choice.

You can change the beef stock to vegetable stock and serve it as a vegetarian soup, if the vegetarian person eats egg. The color of the soup will not be as deep, but it is still divine.

Serve as entrée or light meal.

Vegetable of the Day Soup

(from anywhere)

By Klaus Meyer

Abstract

My approach to preparing soup is very ad hoc, quite literally driven by what I have in the fridge – or what is freshly available at the local supermarket. I hope this recipe will stimulate your creativity.

Theory

I like to serve my guests a warm vegetable soup before dinner (or afterwards, for Chinese style dinner). However, I don't have a specific recipe for preparing a soup; you will rarely get the same soup twice at my place. Preparing a soup really is about understanding the ingredients available, and finding ways to combine matching tastes. Yet, the ingredients vary with the season – and whatever leftovers I have. This makes the task of writing a recipe a bit of a challenge.

International Context

My approach to preparing soup is informed by the experiences of a traveller rather than any particular location. Once upon a time, I was in my kitchen preparing a meal for a friend when she hinted that she might enjoy a soup. So, I improvised with the ingredients at hand, and made use of chicken stock powder from an exotic looking glass. The rest was a success, and so I have been serving soups ever since. Remember, that "exotic" is a relative term; the chicken soup from my home town might look exotic to you, if your home town is far away!

Methodology

1. Cut the vegetables in bite-size bits
2. Cut meats in smaller than bite-size bits.
3. Fill your pot about 1/3 full with water and bring to boil,
4. Add spices and chicken stock powder.
5. Add those vegetables that need to cook longest, like carrots, parsnips, leeks along with meats and nuts, and let it cook for a while.
6. Add vegetables that need less long cooking times, and continue cooking. Taste the soup and add spices according to your preferences.
7. Add fresh herbs like parsley, and let it cook for a few seconds longer.
8. Serve hot.

Ingredients

Three to Five Types of vegetables, enough to fill the soup pot about half full.
Small pieces of seafood or meat (optional)
Nuts or seeds (optional)
Spices, such as salt, pepper, anise, chilli
Chicken stock (powder)
Fresh herbs such as parsley, coriander, chives or thyme

Discussion

Variations on the theme are numerous, including

- a. Using fresh chicken or beef stock is better than powder from the supermarket, but my experiences with commercial products are fine.
- b. I prefer to combine different vegetables, but that means I need small portions of lots of different vegetables – not ideal if 'economies of scale' is your first priority when shopping.
- c. You don't need much meat to give the soup a slightly meaty taste, so one sausage or 50g of fresh bacon can go a long way.
- d. The idea of adding nuts or seeds is to add something crunchy to the soup, as pure vegetable soups can be a bit 'mushy' on the tongue.

The photos illustrate variations of the theme.



Mixed vegetable soup with, among other, carrots, mushrooms, Chinese cabbage and cucumber



Broccoli and (Frankfurter) sausage soup with fresh herbs



Cauliflower and broccoli soup, one of my favourite combinations.



Mixed seafood soup with tofu, cucumber and celery



Prawn and cauliflower soup with parsley

Photos: Klaus Meyer

Part II: Main Dishes

Fish & Seafood Dishes

- **Stir Fried King Prawns, Green Salads, and Cherry Tomatoes wrapped in Egg Net with Balsamic Dressing**
From Australia, by Ty Choi
- **Shrimp Moqueca**
From Brazil, by Maria Tereza Leme Fleury
- **Shrimp Cuisine**
From Puerto Rico, by Maribel Aponte
- **Crucified Salmon**
From Finland, by Harry Lindell and Pia Polska
- **Singapore Noodles**
From South East Asia, by Michael Sartor

Meat-based Dishes

- **Beef Olives with Red Cabbage and Roasted Brussels Sprouts**
From Germany, by Stefanie Paluch and Thomas Wittkop
- **Pastelon de Vindaloo**
From Puerto Rico/India, by Dale T. Mathews
- **Sri's Seekh Kabab**
From India, by Srilata Zaheer
- **Pollo alla Cacciatora con Riso e Piselli: A Jamaican-Californian Interpretation**
From Italy, Jamaica & California, by Maggi Phillips
- **Gold Mountain Chicken Noodle**
From Burma/Myanmar, by Htwe Htwe Thein

#

- **"Kraut" Stew With Chestnuts and Smoked Pork Shoulder**
From Germany, by Jana Oehmichen and Alexander Schult
- **Chilli with Beer and Bacon**
From Canada, Wade and Jeremy McKenzie

- **Fried Leek and Minced Meat**
From Germany, by Klaus Meyer

Vegetable-based Dishes

- **Imam Bayildi (V)**
From Turkey, by Dilek Zamantili Nayir
- **Chiles en Nogada (Stuffed Peppers in Walnut Sauce) (V)**
From Mexico, by Robert C. McNamee and Maria Marquez-Carrillo
- **Indian Courgette Latkes (V)**
From Euro-Asian Fusion, by Fiona Moore
- **Carrot Balls (V)**
From China/Denmark, by Klaus Meyer
- **Spaghetti alla Norma (V)**
From Italy, by Grazia D. Santangelo
- **Cauliflower Soufflé**
From Central Europe, by Cordula Barzantny
- **Crêpes Bretonne (V)**
From France, by Richard Hoffmann
- **Homemade Pizza Party**
From USA, by Mary Ann von Glinow

Stir Fried King Prawns, Green Salads, and Cherry Tomatoes wrapped in Egg Net with Balsamic Dressing

(from Australia)

By Ty Choi

Abstract

Feel the sweetness of juicy prawns and smoothness of egg nets (warmth of Thai) with crunchiness of green salads with cherry tomatoes dressed in tangy balsamic dressing (thrill of Italian). This dish is perfect as a starter to tantalise those taste buds.

Theory

Australia is a vibrant and multicultural country where global citizens (migrants and tourists) harmoniously melding each other by inducing their skills, experiences, cultures, customs and good practices to shape a new and distinct culture of its own.

Likewise, Australians have displayed noticeable skills in creating new dimensions in culinary culture where different cuisines are cleverly integrated in a way of keeping their traditions but yet distinctively unique at the same time. In addition to well established food culture based on our heritage of early settlers from UK (particularly Anglo Saxons), both Mediterranean and Asian cuisines play major roles in shaping what's called 'Modern Australian' cuisine of today.

Noticeably but not surprisingly, both Italian and Thai cuisines which this dish is inspired from are widely infused into Australians' dining culture reflecting multiculturalism of modern Australia. Hence, this dish is an exemplar of modern Australian cuisine – aka the eclectic theory of modern Australian cuisine.

Ingredients for 4 servings

King Prawn Fillings

- 12 king prawns (medium to large size)
- 20 g oyster sauce
- 5 ml Thai/Vietnamese fish sauce
- 2 cloves of garlic (crushed)
- 10 ml Japanese rice wine for cooking (Mirin) (may be substituted white wine if not available)
- 10 g sugar

Balsamic Vinegar Dressing

- 30 ml balsamic vinegar
- 30 ml olive oil
- 1 sprig fresh oregano
- 1 sprig fresh thyme (may be substituted by pre-mixed Italian herb from your local grocery store)
- 5 g sugar
- Juice from half of fresh lime
- Salt and pepper to taste



Green Salads

- Handful (30 g – 50g) of baby spinach leaves
- Handful (30 g – 50 g) of baby rocket leaves
- 1 sprig coriander (only leaves)
- 50 g cherry tomatoes (cut in half)
- 50 g cashew nuts (crushed in large pieces)

Egg nets

- 4 eggs

International Context

I have been inspired to create this recipe from a dish I have tried in Thailand where they made a small roll (finger sized) of marinated chicken and coriander which was wrapped in egg net (egg omelette made like a fish net). I then substituted chicken to prawn because I thought to add more texture to the dish as well as juiciness and sweetness. I then extended simple coriander leaves to a mixture of green salads with cherry tomatoes that add more crunchiness to the dish when chewing in mouth. While Thai people dip their egg net rolls in Thai dressing (thick soy based sauce) which is sweet and salty, I blended balsamic dressing to add tanginess and sweetness into the food so it is more mouth-watering.



Methodology:

1. Strain the eggs and set it aside.
2. Prepare balsamic vinegar dressing by mixing olive oil, oregano, thyme, lime juice, sugar, salt and pepper. *(Photo 1, previous page)*
3. Peel the skin, trim the head and tail off from the prawns.
4. Heat the wok with a dazze of olive oil until it is about to smoke.
5. Stir fry prawns with crushed garlic, oyster sauce, fish sauce, sugar and rice wine until prawns are cooked. *(Photo 2)*
6. Set cooked prawns aside in a bowl or plate and cool them at room temperature.
7. Mix baby spinach, rocket and coriander leaves with cherry tomatoes. Sprinkle crushed cashew nuts. Set these aside in a bowl. *(Photo 3)*
8. To prepare the egg nets, heat olive oil in a non-stick pan at low heat.
9. Dip silicone pastry brush in the beaten egg and drizzle the mixture over the pan in multiple directions to form a fishing net pattern. *(Photo 4)*
10. Transfer the egg net from the pan to a plate. Repeat this until you make 4 egg nets.



11. Place green salads with tomatoes on the center of the egg net. Arrange stir fried prawns on a bed of green salads. *(Photo 5, next page)*
12. Flip the egg net while folding each end of the egg net towards the middle keeping the prawns in positions.
13. Drizzle balsamic vinegar dressing over the egg net then garnish with crushed cashew nuts to serve. *(Photo 6)*



Results

You can slice finished egg net in three to four pieces then use a fork, spoon or chop sticks to enjoy. Feel the tangy balsamic dressing greeting your taste buds followed by the crunchiness of mixed green leaves. As soon as you reach on those succulent juices of smoky prawns, you will soon sense 'What a mouthful of pure indulgence'.

Enjoy!



Shrimp Moqueca

(from Brazil)

Maria Tereza Leme Fleury

Abstract

Moqueca is a typical Brazilian dish, from the Baiana cuisine. It is usually made with shrimps but it can also be done with fish or crab. In Bahia, it is made with dendê oil, a yellow oil extracted from a palm tree.

Theory

Fresh shrimps are best served with fresh coconut!
A main course on a leisure lunch is best served with caipirinha!

International context

This recipe is from Bahia. Salvador, Bahia was the first capital of Brazil. It is a beautiful city, with a colonial "baroque" architecture, full of music, beautiful beaches and good food. The use of dendê oil is typical from the baiana cuisine.

Methodology

1. Crush garlic, with salt and add to shrimp. Let stand 15 minutes.
2. Make a marinade from onion, lemon juice, parsley tomato paste and pepper.
3. Mix in the dendê oil and the raw shrimp.
4. Grate the coconut.
5. Add 1 cup hot water to the residue and extract thin milk.
6. Add thin milk to the shrimp mixture and cook over a low flame, about 5 to 10 minutes.
7. Serve with rice that has been cooked in coconut milk.

Ingredients

½ garlic clove,
½ or more teaspoon of salt,
1 kilo of fresh shrimp, cleaned,
1 medium onion crushed,
juice of 1 lemon
1 tablespoon of chopped parsley
2 tablespoons of tomato paste,
pepper Tabasco: mild: ½ teaspoon, hot: 1 teaspoon,
2 tablespoons of dendê oil,
1 large grated coconut.

Discussion

It is a tasty dish, served as the main course. If you like spicy food, add more Tabasco pepper to your serving.

Caribbean Shrimp and Avocado Salad

(from Puerto Rico)
By Maribel Aponte-Garcia

Abstract

This easy to prepare dish has become my 'trademark' at family gatherings and special occasions when we have guests for dinner. It blends Caribbean and South American culinary traditions.

Theory

The clue to preparing this dish is in how you cook the shrimp and in the timing and order in which you mix the ingredients. I recommend you use a stainless steel pan and good quality olive oil. Guests and family members like this dish because shrimps are tender, absorb the mixture of lime juice and olive oil and the sweet touch of onions, and blend well with the texture and flavor of fresh avocados.

International Context

This dish is a variation of Puerto Rican cuisine tradition where seafood (shrimp, lobster, conch, octopus, among others) is cooked and mixed with olive oil, vinegar, onions, tomatoes, and green peppers. I have been exposed to this tradition since childhood when my family toured through the island and we stopped at traditional kiosks to enjoy typical meals. My other two influences in designing this recipe were a Puerto Rican friend who taught me how to prepare the shrimp recipe with avocado, and an Ecuadorian friend who taught me how to prepare *Ceviche*. I integrated their teachings, experimented with different ways to cook the shrimp and to combine ingredients.

Ingredients

Uncooked large Shrimps (1.5 lb.)
1 large onion (purple)
Two large avocados (ripe)
Juice of 2 limes
Four tablespoons of capers
Olive oil (good quality) (up to one cup)
Cilantro (¾ cup of leaves)



Methodology

1. Thaw frozen large shrimp (do not use microwave).
2. Season shrimp with salt (to taste).
3. Chop onion in long strips.
4. Pour olive oil in stainless steel pan (enough to cover bottom) and heat.
5. Place shrimps in hot olive oil. Shrimps must lie flat in pan. Do not stack them up because then cooking process will be uneven.
6. Once shrimps turn pink, turn. Repeat. Do not leave cooking station unattended as shrimps can overcook in a matter of seconds. This is the most important step in preparing this recipe for if shrimp are overcooked, it will spoil the experience.
7. Set aside cooked shrimps in another bowl (not plastic). If not, shrimps will overcook with heat from pan. Add chopped onions as heat from shrimps will contribute to soften these a little and flavors will interact and merge better.
8. Wait until shrimps are at room temperature.
9. Add olive oil to taste and lime juice. If you add lime juice while shrimps are still hot, flavor will vary.
10. Add capers and cilantro.
11. Mix salad.
12. Cut avocados in small cubes.
13. Add avocados and mix gently (so you don't end up with guacamole).

Discussion

This dish can be served as an appetizer, accompanied with crackers or bread, or as a main dish. My family likes it best when served with white rice and fried green plantains.



Photos: Zoila I. Álvarez-Aponte

Crucified Salmon

(from Finland)

By Harry Lindell and Pia Polsa

Abstract

This dish is special because it is blazed in an open fire nailed in a piece of wood and draws on what the nature can give you. As the open fire approach is not always possible there are a way to improvise in a city environment in an oven instead of an open fire, however the end result both looks, feels and tastes a bit different. Thus, being adaptable to both pure nature and city life both ways the dish is truly multicultural and metropolitan. We serve it to our guests from all over the world and it has been appreciated by Finns, Chinese, Australians of Croatian origin, Ghanaians, Nigerians, and young children of both Italian and Chinese origin, to name the few.

Theory

This dish is not only about eating and drinking but the entire experience starts with preparing the open fire and sitting around it and waiting for glowing embers to welcome the crucified salmon. In addition to nature around cooking is also an aesthetic experience as the dish on the piece of wood rounded with embers is beautiful.

International Context

This dish is a traditional Finnish dish that my grandmother used in her youth. She crucified whitefish. Finnish nutrition is very much based on fish particularly in the West coast. We have started to prepare and develop the old recipe to our taste over ten years at our summer cottage in the Finnish archipelago under open fire and later on having an adaption in our city house.

Methodology for Open Fire

1. Prepare a piece of untreated wood to nail the fish on. The size of the wood should be 35-40 cm high, 20 cm wide and about 25-30 mm thick.
2. Prepare the fish. Remove all the bones from the fish. Score the thickest part of the flesh to help the fish grill evenly.
3. Mix salt, rosé pepper and juniper berries or black/lemon pepper together and grind them together making sure that some texture is left. Grind them in a mortar with pestle or by using a spice or coffee grinder.
4. Sprinkle the spice mix over the salmon.

Ingredients
1 kg size of fresh salmon filet
1,5 tea spoon mountain or sea whole salt
According to taste 2-4 tea spoon whole rosé pepper,
Fresh juniper berries
(If no juniper berries are available use 0,5 tea spoon
whole black or/and lemon pepper)
For oven version only:
Enough fresh dill and parsley to cover the entire fish.



5. Nail the salmon to the wood with wooden or metal nails.
6. Start to blaze in front of open fire where the distance to fire is roughly 30 to 40 cm (see *Photo 1*). This process requires close attention and the wood piece needs to be turned upside down from time to time.
7. After roughly 40 to 50 minutes the Crucified Salmon is ready to be served.

As the fire may be affected by wind the exact cooking time cannot be determined, however, blaze the fish until the flesh is crispy and well done. When the fish oil comes out from the Crucified Salmon the flesh should be well done.

Methodology for Oven

1. Turn the oven to 180 degrees of Celsius. Do not turn the grill on yet.
2. Prepare the fish. Remove all the bones from the fish. Score the thickest part of the flesh to help the fish cook evenly.
3. Mix salt, rosé pepper and black/lemon pepper together and grind them together making sure that some texture is left. Grind them in a mortar with pestle or by using a spice or coffee grinder.
4. Sprinkle the spice mix over the salmon.
5. Cut fresh dill and parsley into small pieces with knife or scissors.
6. Sprinkle the spice mix of fresh dill and parsley over the salmon.
7. Move the salmon to the oven plate.
8. Turn the oven off and change it to the grilling mode.

Grill the salmon in the oven about 40 to 50 minutes until it is crispy and well done.

Discussion:

The Crucified Salmon is served with cooked potatoes and white dry white wine. If possible it should be eaten outside by the lake or ocean. At home in the city environment we enjoy grilled salmon often with homemade sauce (see *Photo 2*).



Singapore Noodles

(from South East Asia)
By Michael A. Sartor

Abstract

When guests drop by unexpectedly, Canadian tradition might call for the impromptu preparation of a homemade pizza with fresh ingredients and accompanied by cold beer to share over conversation (or a hockey game on the television). If you can identify with this last minute entertaining dilemma, I have the perfect alternative for you.

Theory

This is a great dish to prepare either with friends or, ahead of their visit. Everyone can pitch in while chatting over a drink. With a couple of knives and some cutting boards, your guests can help to slice and dice your way to serving dinner.

International context

My wife and I were inspired to add this dish to our repertoire of dinners that we use to entertain friends after our experiences backpacking through South East Asia as university students. On a shoestring budget, we frequently found ourselves dining from noodle stalls where a handful of fresh ingredients tossed into a hot pan were the perfect accompaniment to the sights, sounds and aromas that surrounded us in foreign lands. Variations on this dish are widely available throughout Asia (notwithstanding the name of this dish). It became our staple while traveling.

Methodology

Eleven easy steps that can be completed in less than ten minutes:

1. Warm the oil in a large wok or stir fry pan. Toss in the mushrooms, ginger, turmeric and fresh red chillies and stir fry for 30 seconds. The combined ingredients will appear very dry in the wok at this stage.
2. Toss in the prawns (shrimp) and continue to stir fry for 1 minute, until the prawns start turning pink from the heat.
3. Add the smoked bacon (pancetta) and cook for no more than 1 minute.
4. Toss in the bean sprouts, along with the julienned fresh red pepper and carrot, then stir fry for 1 minute.
5. Sprinkle the cooked shredded chicken and mix well throughout, continuing to warm the dish for another 30 seconds.
6. Add the drained vermicelli

Ingredients (for 4-6 persons)

500 grams (18 ounces) dried vermicelli rice noodles, pre-soaked in hot water for 10 minutes and then drained

4 tablespoons groundnut oil, peanut oil or canola oil
2 tablespoons freshly grated ginger root
1 fresh red chilies, deseeded and finely chopped (use 2 if you prefer you dish hotter)
10 fresh shitake mushrooms, sliced
2-3 tablespoons turmeric
350 grams (12 ounces) raw tiger prawns (shrimp), shelled and deveined
200 grams (8 ounces) diced smoked bacon (pancetta)
2 fresh red peppers, deseeded and julienned
2 handfuls of bean sprouts
2 handfuls of julienned carrot
200 grams (8 ounces) cooked chicken breast, shredded
2 teaspoons crushed dried chilies
4 tablespoons light soy sauce
4 tablespoons oyster sauce
2 tablespoons clear rice vinegar or cider vinegar
2 eggs, beaten
dash of toasted sesame oil
5 spring onions, trimmed and julienned lengthways

- noodles and continue stir frying for 2 minutes as you mix the noodles into the dish.
7. Mix the crushed dried chilies, vinegar, oyster sauce and soy sauce together in a small bowl. Pour this mix of seasonings into the pan.
 8. Pour in the beaten eggs and stir the entire dish for approximately 1 minute, until the egg is fully cooked.
 9. Drizzle in the toasted sesame oil to season.
 10. Toss in and mix the julienned green onions (spring onions) and remove the wok from the heat.
 11. Serve immediately and enjoy!

Discussion:

Fresh ingredients tossed in a hot pan, with good friends and some laughs – the only thing missing is a cold beer (preferably your favorite Asian variety – Tiger, Bintang, Singha, Angkor, Tsingtao, San Miguel...)...which will help to relieve the heat from both the fresh and dried chilies!

Beef Olives with Red Cabbage and Roasted Brussels Sprouts

(from Germany)

By Stefanie Paluch and Thomas Wittkop

#

#

Abstract

The dish is quite easy to prepare and we usually serve it in the winter months with a cold beer or heavy red wine.

#

Theory

This dish can usually be prepared in advance and when guests arrive everything is already finished. So nobody has to be in the kitchen while the others already enjoy their aperitifs.

#

International Context

This main course can be regarded as traditional South German dinner, a composition of several delicacies that Germany is known for, e.g. red cabbage ("kraut"). It has a long family tradition and was usually prepared on Sundays when the whole family was having dinner together.

We have tested this receipt in various contexts around the world; we cooked it in France and in Canada and our friends found it is delicious everywhere in the world. We presume the recipe can be prepared in other countries as well.

Methodology

1. Cut the flank steak into very thin filets; about 1/4 inch thick and 10-12 cm wide (photo 1).
2. Generously spread none side of each filet with mustard to taste. Place bacon, onions and pickle on each filet (photo 2).
3. Form into a roll, and string or toothpicks to hold it together. This is called roulade (photos 3 to 5).



#

#

Ingredients

For the roulades ("beef olives")

- 6 beef roulades (thin steaks)
- 1 Onion,
- sliced Mustard, to taste (ca. 16 ounces)
- (dill-)pickled gherkins
- 6 slices rasher bacon Pepper and salt

For roasted Brussels sprouts:

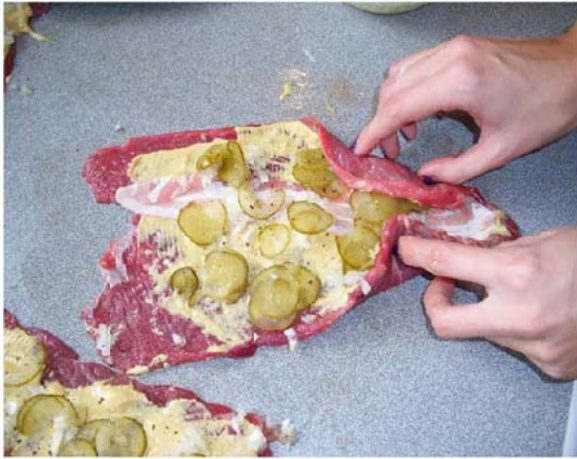
- 1 1/2 pounds Brussels sprouts
- Bacon (cubes or slices)
- 3 tablespoons olive oil Salt and pepper
- Nutmeg

#

For the red cabbage:

- 1/2 red cabbage,
- shredded 1 small onion,
- sliced 2 rounded tablespoons sugar
- 1 teaspoon mustard seed
- 1-2 bay leaves
- 4-5 juniper berries
- 1-2 cloves
- 1 apple
- Salt and pepper

#



4. Heat a skillet over medium heat and melt butter or olive oil. Place the roulades in the butter and sauté until browned.
5. Pour in 2 to 3 cups of water and add beef stock (powder); stirring to dissolve the bouillon cube. Simmer the roulades for about an hour.



While the roulades simmer it is time to prepare the side dishes.

#

6. Trim ends and remove yellow leaves from the Brussels sprouts.
7. Boil the Brussels sprouts for 6 minutes add some salt in the water (photo 6).
8. Heat a skillet over medium high heat. Add oil, and bacon and the Brussels sprouts and roast until browned. Season with salt, pepper and nutmeg to taste.



9. Heat a skillet to medium heat. Add oil and onion and sauté 2 minutes. Add cabbage and sauté it under constant turning until it wilts, about 3 to 5 minutes.
10. Sprinkle sugar over the cabbage and add the apple turn again. Season with mustard seed, bay leaves, juniper berries, cloves, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally. Add some red wine if you like ☺

Serve with potatoes, potato dumplings, or rice.



Pastelon de Vindaloo
(from India/Puerto Rico)
By Dale T. Mathews

Abstract

This dish is a hybrid that I concocted myself. I serve it to my guests as well as make it for myself. The fragrances that waft through the atmosphere draw people into my kitchen where the conversation begins; and the latter only ceases when the eating commences.

Theory

I love to cook complex Indian curries. Curry is the quintessential globalized cuisine. From the arrival of the Moguls and Portuguese in India to the “discovery” of the Americas (where tomatoes and chillies were encountered), you can weave a tale of the world around Indian cuisine and its numerous ingredients. Originating from and currently living in Puerto Rico, I am sometimes considered (unjustifiably, I believe) an oddball because I eschew local foods in favor of what is considered “exotic”. However, I have roots in the West Indies where curry is consumed with great frequency. This dish allows me to bridge the gap, so to speak, with my Puerto Rican friends because it combines local ingredients with an actual Portuguese-Indian curry.

International Context

The recipe for the meat portion was given to me by Indian students I met while pursuing my doctorate in southern England. It was there that I actually learned how to cook in general, and to cook Indian curries in particular. I think I offended some students by saying something to the effect that “we eat curry all the time in the West Indies”. They gently admonished me, impressing upon me that “curry” was not just one thing, or much less a single sachet of spice that one could buy at a grocer. They then endeavored to teach me about the rich complexity of their cuisine and how to cook a number of curries. They also provided me with many detailed recipes upon my departure. This dish consists of a ground “vindaloo” meat

portion, sandwiched between two layers of pureed (mashed, actually) vegetable consisting of boiled green banana and boiled tannia (<http://www.hort.purdue.edu/newcrop/1492/tannia.html>).

Ingredients

A dozen green bananas
Half a dozen tannia corms.
1 ½ - 2 lbs of ground pork or poultry
½ cup vinegar
4 Tablespoons of mustard oil (or corn oil)
1 large onion finely chopped.
4 - 8 cloves of garlic finely chopped
1 ½ - 2 inches of ginger grated finely
Strained or chopped tomatoes (the equivalent of
2 medium tomatoes)

First set of spices

3-5 cloves
1 brown (or black) cardamom
1 inch cassia bark, or cinnamon
1 ~ teaspoon cumin seeds
1 ~ teaspoon fenugreek seeds
½ teaspoon of asafetida

Second set of spices

3 – 9 dried red chilies, depending on your "heat
tolerance" threshold.
3 green cardamoms
1 ~ teaspoon of black mustard seeds
½ ~ teaspoon of black cumin seeds
2 – 4 bay leaves

Third set of spices

1 ½ ~ teaspoons of turmeric
1 ~ teaspoon chili powder, again depending on
your "heat tolerance" threshold.
1 ~ teaspoon ground cumin.

Vindaloo comes from central and south-western coastal India, where the Portuguese influence was paramount. The vegetable “mash” which sandwiches the vindaloo preparation has its origins in Puerto Rico with the tannia, in particular, being native to our region.

Methodology

Preparing the ground meat

1. Pulverized or ground the first set of spices in a coffee grinder.
2. Mix the powdered spices with the vinegar and leave for about 10 minutes. Then mix these spices with the ground meat and leave to marinate overnight or for a couple of hours.
3. Heat the oil to medium and put in the second set of (whole) spices. Cook for about five minutes (carefully, as the whole spices will become quite recalcitrant and try to leap out of the pan!!); then put in the onion, ginger and garlic base. Cook for a further 10 – 15 minutes and then add the tomatoes, minced meat with its marinade and the third set of spices (including salt to taste). Cook for another 10 – 15 minutes (depending on the type of ground meat – more for red meat, less for poultry). Once fully cooked, let it cool...

Preparing the banana/tannia dough or “mash”

4. The biggest ordeal is the peeling of the green banana and the tannia, which can be done a number of ways. It is easiest to boil the bananas in their skins, just snipping off either end and making a surface cut down one side of each before plunging them into boiling water. The skins will turn brown and start to peel after boiling for half an hour (for help with this, see http://www.jamaicatravelandculture.com/food_and_drink/green_banana.htm). The tannias must be washed and scrubbed before peeling. Although we peel the tannia corms with our fingernails, I recommend that the novice use a knife instead. Boil these separately from the bananas (they should take less time).
5. Boil all the vegetables until tender.
6. When done, mix them both in a big metal bowl with salt to taste and mash them together adding a bit of water as necessary to reduce the chunks as much as possible. You should end up with a semi-smooth “dough” containing as few lumps as possible.
7. Line the bottom of a standard 13 x 9 inch glass casserole with a relatively thin layer of the dough to form a sort of bottom-layer “pie crust” upon which you place the cooked ground meat vindaloo.
8. After spooning the meat over the first layer of the green banana/tannia mash, carefully add the rest of the mash on top of the dish. You should end up with a “pie” consisting of a layer of ground vindaloo sandwiched between two layers of green banana/tannia mash (the second layer of mash should come up to the rim of the casserole (it won’t boil over).
9. Pop the casserole in the oven at 375 - 400 degrees for about 45 minutes. You will be surprised at the outcome.

Discussion

When done the top will look a golden brown and the inside will be bubbling. Once cooled, you can cut and parcel it out as though it were pieces of cake (it won’t run or disintegrate into a mess). If you made the dish very hot (with many chilies), you might want to accompany it with a raita or a yoghurt drink. Aside from the taste, I love this dish for two essential reasons: (1) It gets better with time, so you can leave it in the fridge and feast on it all week long and instead of spoiling, it simply gets better and better; (2) It is a self-contained meal!

I must apologize not only for the complexity of this dish, but for the likelihood that you will be unable to obtain some of the ingredients. Although I haven’t tried it, you could likely substitute green bananas with another starchy vegetable like cassava, potatoes or yams (the African, NOT the sweet variety). If you cannot obtain tannia, you might find taro which is very similar to it.

Sri's Seekh Kabab (From India) Srilata Zaheer

Abstract

Seekh kababs are street food in Hyderabad, usually grilled on a charcoal fire on two feet long skewers. I grill or broil them on short bamboo skewers and serve them as a main course with Naan bread and a tomato salad or a raita; or make the ground meat mixture into meatballs which I serve either as an appetizer (with toothpicks, and a sauce – tamarind-date or mint chutney or any other sauce), or as a main course doused in a bottle of tamarind-date sauce, which can be eaten with any starch.

International Context

Seekh kebabs came to India from Persia and Central Asia and took on their uniquely Indian flavor with the heat and spicing “kicked up a notch” (Lagasse, 2006). According to Husain (2009), the Indian Emperor Akbar had a Minister for the Kitchen, Hakim Humam, in the late 1500s, supervising an international staff of chefs from Persia, Afghanistan, and all over Central Asia and reporting directly to the Prime Minister in the imperial court (Fazl, 1604).

Theory

Has to be quick, delicious and appealing to a wide audience. My version softens the intensity just a tad and speeds up prep time.

Methodology:

Preparation time 10 minutes.

Grilling time 12 minutes.

1. Put everything (except skewers) directly into a food processor. Grind, stopping and mixing frequently with a spatula, until everything is well mixed and ground fairly fine. The ground meat should be thick, sticky and not too moist.

You can refrigerate at this point for up to 1 day if needed.

Robustness check: Also a good idea at this stage to make a small meat ball or two, grill for 8 minutes and taste for salt, sourness and heat (can up the salt/cayenne and add a squirt of lime before forming the meat on the skewers, if need be).

Forming meat on skewers

2. Wash hands.
3. Put a little vegetable or olive oil in a saucer.

Ingredients (for eight 5-inch kababs, feeds four)

- 1 lb. extra lean ground beef or lean ground lamb
- 1 slice brown or white bread (day old is better)
- 1 egg
- 1 heaped teaspoon ground garlic (or 5 peeled garlic cloves)
- 1.5 inches by half inch by half inch piece ginger, peeled and coarsely chopped
- 6 Mint leaves, rinsed
- 6 stalks (half a bunch) cilantro, rinsed, stalks and all (but chop off roots if any)
- 2 green Serrano chilies (one if less heat desired)
- Half teaspoon cayenne powder (optional)
- Half teaspoon garam masala powder (not the end of the world if you don't have it)
- 1 tablespoon tomato sauce (optional)
- Juice of half a lime
- Salt to taste (1 to 1.5 level teaspoon, depending on saltiness of salt)
- Pinch sugar
- 8 bamboo skewers, soaked in water for 30 minutes

4. Dip fingers/palm in oil, take a handful of ground beef, knead and shape into an ovoid, insert skewer thru, shape into long cylinder around skewer tapering meat at ends so it sticks to the skewer, using a little oil to smoothen surface. Repeat with all the ground meat.

You could also freeze it up to three months at this point if needed.

5. Turn oven broiler or grill to high. Once it is hot, grill 7 minutes on one side, 5 minutes on the other, about 4 inches from the heat.
6. Baste with butter. Serve with lime wedges. Decorate with sliced onion rings and mint leaves.

Discussion

As a variation, you could serve the dish as meatballs: Dispense with skewers, make into meatballs. Grill for 8 minutes. Serve with tamarind date sauce or mint chutney or any other sauce (variation thanks to Beth Quinn).

Enjoy!

Acknowledgements

This recipe has been presented to multiple research audiences. Comments and suggestions, particularly from Zaheer family members, are gratefully acknowledged. I thank reviewer Beth Quinn for her innovative meatball variation. All errors are my own.

References

- Fazl, Abu'l (1604), *Ain-i-Akbari*, translated by H. Blochmann and H. S. Jarrett (1907), Baptist Mission Press, <http://persian.packhum.org/persian/main?url=pf%3Fauth%3D7%26work%3D002>
- Hindustan Times (2009), "Lunch with Akbar, dinner with Jahangir (but not with Aurangzeb)", <http://blogs.hindustantimes.com/my-daily-bread/2009/02/26/lunch-with-akbar-dinner-with-jahangir-but-not-with-aurangzeb/>
- Husain, Salma (2009), *The Emperor's Table: The Art of Mughal Cuisine*, Lustre Press.

Pollo alla Cacciatora con Riso e Piselli: A Jamaican-Californian Interpretation (from Italy) Maggi Phillips

Abstract

Pollo alla Cacciatora con Riso e Piselli is presented here. The recipe is an interpretation of the classic Italian dish by the author — a Jamaican by heritage, Californian by birth and primary residence, and Italian by marriage.

Theory

Though the cacciatore can be accompanied by polenta, pasta, couscous, spaetzle, or the like, the author prefers to serve it with white rice and green peas. These side dishes are both complementary in flavor and patriotic in their visual appeal, as will be evident in the culinary rendering of the Italian flag presented in the *Discussion* section below.

International Context

The dish considered in this manuscript, *Pollo alla Cacciatora* (trans. *hunter's style chicken*), is a traditional Italian chicken stew.¹ It is known in English more colloquially as “Chicken Cacciatore.” Here it is presented *con Riso e Piselli* (trans. *with rice and green peas*) in a variation on the Italian classic recipe as interpreted by the author, a Jamaican-Californian with an Italian passport.

This dish is a family favorite in the author’s tri-national household. It is cooked not for any special occasion, rather eaten on cool autumn nights in Santa Monica, cold winter evenings in Milano, and even for suppers at sunset on the veranda in Bluefields, Jamaica.

Ingredients are widely available and easily substitutable.

Methodology:

1. Prepare the ingredients, displayed in photo 1. A particular joy are the herbs from the author’s own garden!
2. Heat 1/4 cup of olive oil in a large pot in which you plan to cook the cacciatora (Pot 1). Heat the other 1/4 cup of oil in a large pot or skillet (Pot 2). Using both pots, brown the chicken in the oil in a single layer. When the chicken is browned, transfer it all to Pot 2. Remove Pot 2 from heat and cover.

Ingredients (for 6 to 8 persons)

1/2 cup olive oil
5-6 lbs. chicken, skinned and cut into pieces
(breasts, thighs, drumsticks, and wing drumettes
are best)
3 thick slices bacon, coarsely diced
2 large garlic cloves, minced
1 large onion, chopped
1/3 lb. fresh mushrooms, peeled, sliced thick or
coarsely chopped
leaves from 3-5 stalks Italian parsley, chopped
2-3 sprigs oregano, chopped
4-5 large basil leaves, chopped
black pepper, freshly ground
1 cup dry white wine or light red wine
2 large (28 oz.) cans peeled Italian tomatoes,
drained and very coarsely chopped
1 small (6 oz.) can tomato paste, slightly thinned
with a little juice from the canned tomatoes
white rice, 6-8 cups cooked
3 cups green peas, cooked

¹ Readers conducting their own literature review will find evidence of and/or relevant arguments for the traditional status of “hunter’s stew” in Italian cuisine in *Il Cucchiaio d’argento* 1950, Bozzi 1975, Rombauer *et al.* 1997, and Curti & Fraioli 2007.

3. Over medium-high heat, sauté garlic and bacon in juices in Pot 1 for about 2 minutes. Add onions and continue to sauté until onions are transparent. Lower heat to medium. Add mushrooms and cook until softened, stirring and scraping pan bottom often.
4. Transfer chicken, pan juices, and Pot 2 scrapings into Pot 1, making sure to mix them with the vegetables and bacon.



5. Sprinkle herbs and pepper over chicken mixture. Add tomatoes, tomato paste mixture, and wine. Stir well to mix, then bring to low boil.
5. Cover and simmer for 40-50 minutes, turning once or twice.

Discussion and Suggestions for Presentation:

While cacciatore is cooking, prepare white rice and cook green peas. When the chicken has finished cooking and is infused with the sauce, the dish can then be presented in a nationalistic pastiche, as shown in Figure 2, transferred to a serving dish, or served directly from the pot.

Concluding Recommendations:

Though cacciatora is often served with a light red wine, it might also be served with a chilled, dry white wine. The author, in another fit of Italian patriotism, recommends a tasty Italian white, e.g., Vernaccia di San Gimignano, Pinot Grigio, or Verdicchio. Pollo alla Cacciatora can be refrigerated and reheated -- in fact, it tastes even better the next day!



References:

Bozzi, O.P. *Vecchia Milano in Cucina*. Milano: Martello, Giunti, 1975.

Curti, L., & Fraioli, J.O. *Trattoria Grappolo: Simple Recipes for Traditional Italian Cuisine*. Salt Lake City: Gibbs Smith, 2007.

Il Cucchiario d'argento, Italy: Editoriale Domus, 1950 (trans. English, *The Silver Spoon*, New York: Phaidon Press, 2005).

Rombauer, I.S., Becker, M.R., and Becker, E. *Joy of Cooking* (Rev. ed.). Scribner, 1997.

Photos: Maggi Phillips.

Gold Mountain Chicken Noodle

(from Burma/Myanmar)
by Htwe Htwe Thein

Abstract

This dish is authentically a Burmese dish (unlike other dishes popular in street eateries that tend to be based on other ethnic groups). This dish is often served for lunch on special occasions.

Theory

Try out this recipe only if you are a qualitative researcher as it is vital that you enjoy the cooking processes, stay with the sauce mixture to watch carefully how it is developing and be open to listen to the sizzles and go with the flow to see where it takes you!!

For this dish at every step, there are short cuts and alternatives. It depends on the kind of researcher you are – outcome oriented (then you use short cuts and alternatives) or the type who enjoys the process of researching and writing. It takes time, but the outcome might receive the highest recognitions (like a publication in top journal like JIBS)!

I am a throw-in-whatever-amount kind of cook (Burmese cooking allows for that kind of casualness), but as a guide here are the ingredients and approximate measurements. All of these should be varied according to taste.

International Context

Burmese recipes are little known internationally, and this dish provides a much-needed introduction and contribution to the cookbook literature.

Methodology

Marinate the chicken

1. Cut the chicken breasts into very small cubes. I cut them into strips first and then cut them again. As small as it can be, without mincing the meat.
2. Add in salt, turmeric, paprika and fish sauce. (Beware of the smell of the entire house, so use fish sauce sparingly!).
3. Let rest to marinate.

Preparing the curry mixture

4. Heat up the oil until fairly hot and fry the onions first. Caramelising the onions takes time (be patient) and frequent stirring is required. Make sure you keep the heat to medium.

Ingredients for the Curry

500 grams of chicken breast
Pinch of salt,
1 heaped teaspoon each of turmeric and paprika,
3 table spoons of fish sauce

2 large white/brown onions
(The more onions you use, the more gravy and sweetness it creates; I like quite a bit of gravy and use 2 onions, but as a downside you have to use more oil for frying which is less healthy)

1/2 cup of oil for frying
(don't panic about this amount of oil, this generosity with oil is for Burmese, who like their curries immersed in oil- the more oil you use the better the curry!!!)

1 heaped teaspoon of Chilli
(powder or chopped wet chilli from a jar)
1 table spoon (or more) chopped or crushed garlic and ginger.

(I have on occasion used ready-made ingredients from supermarkets, but true Burmese cooks prefer to prepare their own ingredients from scratch)

80ml of coconut cream
(for the curry and a bit of leftover can be heated up and go on the table as part of the garnishes)

Fresh rice or egg noodle, medium thickness
(you can also use Japanese Udon noodle but to be authentic, use rice noodles)

5. When onions reduce down, add garlic and ginger and keep cooking/stirring (listening carefully to what the data is telling you without imposing preconceived ideas).
6. When the mixture starts to brown and becomes fragrant, add ground wet chilli (in a jar from a supermarket) or dried chilli powder and keep stirring till cooked and fragrant (your preliminary themes have emerged and you have begun to theorise how the dish is going to look and taste).
7. Add marinated chicken to the mixture and stir for a long time until all the chicken is separated (not lumpy) and coated with the sauce. Keep under a low heat. There is no need to add water, but frequent and long stirring is necessary until the chicken gels with the sauce.
8. Add coconut cream and stir to make sure the mixture absorbs the coconut and is well coated in it. It is ready when the water evaporates and oil oozes out. When the curry sends out a scent of coconut oil, you have reached the saturation point and your curry is ready.

Serving the dish

9. Prepare the garnishes of a separate dish (see top of photo) for your guests to add themselves.
10. Optional garnish: In a hot frypan, put in a handful of chickpeas and stir until fragrant and grind them in a blender/mixer until near power, some like it a bit gritty, this really gives the nutty flavour to the final noodle dish and also binds together, but it is hard to make and I often don't use it, unless I am cooking for the Burmese, then it is a must!
11. Prepare the noodles and serve in a large bowl.
12. Spoon a generous portion of the curry mixture (including a spoonful of the oil in the curry) onto the noodles.

Ingredients: Garnishes

Coriander
Spring onions
White cabbage, cut very thinly
Limes (can use lemons)
Fish sauce
Fried crispy noodles
(You should be able to find these at your local Asian grocery store. If possible choose small, thin crispy noodles)
Optional: Chickpeas

To serve in traditional style, place garnishes on the table and let your guests decide how much of each they would like to add. Ask your guests to mix all the curry and garnishes through the noodles before eating. Alternatively, you can add a pinch of all the garnishes just before you serve the dish.

Discussion

You should vary the amount of ingredients (be casual and be Burmese) every time you cook this dish. Use a theoretical sampling approach in terms of being led by emergent themes and they will tell you what to add next and how much and for what purpose. There is no hard and fast rule regarding the measurements (remember the limits of quantitative data!).

Stay with the dish by stirring frequently, by mulling over the sauce, while keeping the heat low so as not to impose preconceived ideas.

Most of all, enjoy the process (like a true qualitative researcher)!



Photo: Htwe Htwe Thein

"Kraut" Stew With Chestnuts and Smoked Pork Shoulder (from Germany)

By Jana Oehmichen and Alexander Schult

Abstract:

This hot stew with fresh vegetables is a solid and healthy main course that vitalizes body and soul on cold and rainy winter days. The main ingredient of this dish is savoy cabbage (Kraut) which is not only eponymous for Germans (Krauts) but also makes this traditional German meal very tasteful and enjoyable for the international research community (ready to eat within two hours).

Theory

Especially when the winter time is approaching a hot stew with fresh vegetables can serve as a solid and healthy main course that vitalizes body and soul on cold and rainy days. This dish also provides an incentive to leave the office for a hiking trip through the golden fall on one of the last sunny days in autumn when one of the ingredients (chestnuts) can even be gathered in the forest.

#



Ingredients (for 4 persons main course)

1,500 g savoy cabbage
1,000 g smoked pork shoulder (*German "Schäufele"*, alternatively use roasted pork loin ("*Kasseler*") or bacon)
300 g bacon in bite-sized cubes
200 g chestnuts
20 g pork lard (*alternatively butter*)
5 carrots
4 potatoes
3 onions
1 clove of garlic
500 ml chicken stock
300 ml white wine
1 bay leaf
5 peppercorns
Nutmeg
Salt
Pepper (powder)

#

International Context

The main ingredient is savoy cabbage. Germany is known for its focus on cabbage ("Kraut"), with the persistent that everyone in German would eat sauerkraut (also a cabbage dish) all the time.

To promote the food related qualities of this vegetable besides its eponymous characteristics we present this recipe to the international research community and hope to inspire you for a traditional German dish.

Methodology

1. Boil the chestnuts for 15 minutes. Rinse with cold water and peel off the outer layer.
2. Wash, peel and cut cabbage, onions, carrots and potatoes in bite-sized pieces.
3. Heat the pork lard in a big pot.
4. Add 2/3 of the bacon and fry for 2 minutes.
5. Add onions and fry for 2 more minutes until golden brown.
6. Add potatoes, carrots and cabbage and fry for another 5 minutes.
7. Add white wine, chicken stock, the chestnuts, the whole clove of garlic, the bay leaf and the peppercorns. Boil on low heat for 10 minutes.
8. Cut pork shoulder into 2 to 4 pieces and add to the stew. Let boil for 1 more hour. Stir from time to time.
9. 15 minutes before end add the other pieces of bacon. Season to taste with salt, pepper and nutmeg.



Discussion

Arrange in a soup bowl and add parsley on every plate. Serve with a dry German red wine e.g. from Palatinate region. The leftovers can be reheated the next day. They even get a little bit better when being allowed to infuse overnight.

#

Photos: Helge Weber, Karlsruhe

Chili with beer and bacon

(from Canada)
Wade and Jeremy McKenzie

Abstract

This global classic can be dressed up or down to meet any budget but obviously as with any dish the fresher and better the inputs, the more love and adoration you will receive from family and friends.

Theory

One attribute I think is great about this dish is it may even be better as a leftover and I have never been a big fan of leftovers. So make a big pot and have all your friends, family and colleagues over on July 1 and join us in a celebration of Canada day. Cheers.

Methodology

Meat and beans are the heart of this dish so you can choose any meat you like. I have made this for my Indian friend who only eats chicken and have also done it with seafood. Tuna chilli is awesome. My favourite is to grill a nice tenderloin roast medium rare and cut it up. A great all purpose seasoning without too much salt is a Greek seasoning that they have at Safeway in Canada. Add a bit of fresh ground pepper and your set.

If you really want to impress buy a bag of kidney and whatever other beans you like, I've tried them all and never had a bad one, mix them up and soak them over night and then bake them the next day for an hour adding or subtracting whatever you like. Some suggestions follow. You can also buy a can of kidney beans but you still need to bake them. But I encourage you to make the extra effort on the beans. It is well worth it.

1. Bake the beans with one of the sauces.
2. Add the meat.
3. Add any of the other suggested ingredients.
4. Serve with some warm garlic bread.

To serve, with hot chillies I would recommend a nice lager. If you make it mild as I prefer it goes beautifully with a hearty cabernet. I hope you enjoy preparing and serving this dish. Pretty sure your family and friends will approve.

Ingredients

Core

Meat (any you like)
Seasoning for the meat
Beans

Optional inputs

Bacon, of course
Sun dried tomatoes.
Garlic, Peppers and more fresh ground pepper.
Fresh mushrooms although I have to admit I like the canned whole ones too. If they are fresh, put them in at the end, after you bake the beans.
Worcestershire sauce.
Chillies and chilli powder – but beware how hot your guests can take it.
Beer, of course but can be substituted by red wine.
Celery, lots of fresh herbs, basil, thyme, parsley, cilantro or whatever you can find,
Spinach helps the health rating,
Asparagus, another healthy favourite.
Onion, I like the red ones.
Fresh tomatoes, lots.

Sauces

Barbeque sauce for a 'western' flavor,
chipotle for a bit of Latin flavor,
curry chilli for my wife as she loves curry, or
red wine vinegar, just a cap or 2

Topping to serve

Grated cheese, I like parmesan or a nice old cheddar. Corn with salsa and sour cream for Mexican impression.

Fried Leek and Minced Meat (from Germany) By Klaus Meyer

Abstract

This is a simple to prepare dish that my grandfather used to prepare for us when we were children. Curiously, some of my guests think it is of Chinese origin, which it is not.

Theory

My grandfather had a handful of dishes that he used to prepare when we as children were visiting, and my grandmother was still at work. He would use a large pot, while I use a wok, and probably he would cook the vegetables a bit longer than I do. Yet, the essence of the dish is still the same.

Methodology

1. Cut the leeks in about 3mm wide rings
2. Fry the minced pork in the wok under constant stirring until brown
3. Add the leeks and stir fry the mixture
4. Add salt, pepper and other spices to taste
5. Add raisins and $\frac{1}{4}$ cup of water, reduce the heat and let boil for a few minutes until leeks are slightly tender
6. Add parsley or other fresh herbs (optional)
7. Serve

Ingredients

250 g minced pork (or other meat)
2-3 leeks
25g raisins
Salt and pepper
Fresh parsley (optional)
Cooking oil

Vary quantities according to taste!



Photos: Peng-Yu Li

Imam Bayildi
(from Turkey)
Dilek Zamantili Nayir

Abstract

Imam bayildi is an eggplant slashed down the middle and stuffed with onions, garlic, and tomatoes and then simmered in olive oil to cover. Imam bayildi is also popular in Bulgaria, Albania and Greece.

Introduction

A long time ago there lived a Turkish imam, well known for his appetite and his love of good food. One day he surprised his friends by announcing his engagement to the beautiful young daughter of a rich olive oil merchant. At this stage, the imam's friends were not aware of her abilities as a cook. Part of her dowry was a consignment of the very finest olive oil. The wealthy merchant gave the groom twelve huge jars of the prized oil, each as big as a man.

Following the wedding, the daughter quickly revealed her talents as a Turkish cook and every day prepared a special dish for her new food-loving husband. Stuffed aubergine in olive oil was his absolute favorite, and so he asked his wife to make it for him every night as the centrepiece of his dinner. Being a good wife, she did as she was told, and made the delicious dish twelve days in a row.

On the thirteenth day, however, when the imam sat down to dinner, his favourite aubergine dish was starkly absent. The imam demanded to know the reason for its disappearance. The bride replied, "My dear husband, I cannot make your favourite dish anymore, for we have no more olive oil. You will have to buy some more." The Imam was so shocked by the news that he fainted. And so ever since that day, his favorite dish has become known as 'Imam Bayildi', (the imam fainted)."

(<http://www.petersommer.com/turkey-travel-country>)

Theory

The name supposedly derives from a tale of a Turkish imam, who swooned with pleasure at the flavor when presented with this dish by his wife, although other accounts suggest he fainted at the cost of the ingredients – i.e. the extravagant use of olive oil (Karam and Keatinge, 1961). Others say he swooned at its delightful flavor. Both will seem just as likely when you try this excellent recipe.

A Turkish proverb casts light on another interpretation: Imam evinden ash, olu gozunden yash cikmaz (No food is likely to come out of the imam's house and no tears from a corpse). Perhaps the meaning is that the stingy imam, when presented with a dish so generous, certainly was delighted, or fainted from delight (Arsel, 1996). The

verb BAYIL-MAK has 2 meanings in Turkish.

1. Fainted, 2. to enjoy something very much. The two meanings listed in the dictionary, although separate, are not incompatible: to faint, swoon, be enraptured all indicate being swept off from normal functioning and transported or "rapt" into what one might call another dimension - this could be caused by actual loss of consciousness or by extreme pleasure (Speake and LaFlaur, 2010). So, the imam must have been swooning with gustatory pleasure.

Ingredients

4 to 6 small eggplant (about 1 1/2 pounds)
Salt and pepper (to taste)
10 tablespoons extra virgin olive oil
2 medium-size onions, cut lengthwise and thinly sliced
6 large garlic cloves, chopped
1/2 pound ripe tomatoes, chopped
1/4 cup finely chopped fresh parsley leaves
2 tablespoons chopped fresh dill
1 teaspoon sugar
2 tablespoons fresh lemon juice
1/4 cup water

Methodology

1. Peel off strips of the eggplant skin at 1-inch intervals to make a striped effect. Cut off the stem portion, then cut each eggplant in half lengthwise (Photo 1).
2. Make a deep lengthwise slit along the flesh side of the eggplant, making sure you don't puncture the skin. Cut a very small portion of the skin side of the eggplant to make a flat section so the eggplant can sit correctly in the skillet later. Salt the flesh and set aside, flesh side down, on some paper towels for 30 minutes to leach the eggplant of its bitter juices. Dry with kitchen paper.
3. In a large skillet, heat 1/4 cup of the olive oil over high heat and once it's smoking, fry the eggplant, flesh side down, until golden brown, about 4 minutes. Remove from the skillet to drain on some kitchen paper. (Alternatively, you may grill the eggplants, which reduces the fat they absorb).
4. In the same skillet, add the remaining oil and heat over medium-high heat, then cook the onion and garlic until soft and yellow, for about 5 minutes, stirring frequently so the garlic doesn't burn (Photo 2).
5. Transfer the onions to a medium-size bowl and mix well with the tomatoes, parsley, dill, sugar, salt to taste, and a few tablespoons of the cooking oil (Photo 3).



6. Arrange the eggplant halves in a large skillet or casserole with the slit side up. Gently open the slit so that they can accommodate as much of the stuffing as possible. Season the eggplant with salt, then stuff each one so that the stuffing fills the slits and is spread to cover all the flesh (Photo 4).
7. Sprinkle the lemon juice over the eggplant. Pour any remaining sauce or juices, along with the water, into the skillet, cover, and cook over low heat until the eggplant is soft, about 50 minutes, adding water to the skillet if it is getting too dry. Let the eggplants cool in the skillet and serve whole at room temperature.



Discussion

- Other possible additions to the stuffing: chopped parsley, chopped dill, currants, cooked rice, toasted pine nuts, a pinch of allspice.
- There is a debate about whether it's necessary to salt aubergines or not in order to drain out any bitterness. Modern varieties are apparently less bitter than they used to be, and if you choose small and very fresh ones there is probably no need to bother salting them.
- You might boil the aubergines in water with 1 teaspoon salt for 5 minutes. This will prevent them from absorbing too much oil.



***I would like to finish this recipe with an anecdote of my parents:
The first time my mother made this dish for her fiancé, he said
“... I don't know about the imam, but I certainly fainted (I certainly was delighted...)...”
A few weeks later they were married!***

References

- Arsel S. 1996. *Timeless Tastes: Turkish Culinary Culture*. Istanbul: Divan.
- Karam M. K. and Keatinge M. 1961. *Food from the Arab World*. Khayats, Beirut.
- Speake J. & LaFlaur M. 2010. *The Oxford Essential Dictionar of Foreign Terms in English*. Oxford University Press.

Chiles en Nogada (Stuffed Peppers in Walnut Sauce)

(from Mexico)

By Robert C. McNamee and Maria Marquez-Carrillo

This is one of the most traditional Mexican dishes and is often called the “National Dish of Mexico” in part because it is served around Mexican Independence Day (September 15th). Both pomegranates and walnuts are seasonal ingredients which makes this a wonderful autumn dish.

International Context

The recipe was obtained through many years of cajoling by my wife’s father and is said to have been passed down through generations of familial matriarchs going back to the original chefs in Puebla, Mexico (although we cannot verify the legitimacy of that claim). This recipe is time consuming to prepare but this is part of the enjoyment—my wife’s whole family used to sit down together for an evening of peeling walnuts—this dish really captures the proud, hard-working spirit of Mexico.

Methodology

“Nogada” Walnut Sauce

1. Remove nuts from hard shell, soak in water for 30 minutes. If walnuts are fresh, the skin should be soft and easy to remove. The walnut should end up completely white and free of any brown skin. If the skin is left on it will give the sauce a bitter flavor and will spoil its pure white color. You can peel the walnuts in the days before you plan to serve this dish, since it is quite time consuming. To prevent the peeled walnuts from turning black, leave them submerged in a container of cold water and refrigerate. We advise against the use of any “tactics” to make the peeling easier (e.g., although boiling makes almonds quite easy to peel, boiled walnuts will turn purplish and ruin the pure white of the sauce). Just be patient, find your Zen moment, relax with a glass of wine, or invite an army of walnut peelers over.
2. Place the walnuts, cheese, and Mexican cream in a blender. Blend until a rich, creamy texture is achieved. If the sauce is too thick you can add some milk to make it thinner. Add nutmeg (enhances the nutty flavor) as well as salt and pepper to taste.

Ingredients for Walnut Sauce

(Serves 6 people)

60 fresh walnuts peeled and crushed
12 Ounces of Mexican cream
250 grams of fresh or aged cheese
Salt and pepper to taste.
¼ teaspoon nutmeg

Ingredients for Stuffing

1 large garlic clove
¼ onion, finely chopped
300 grams of ground pork
300 grams of ground beef
50 grams of almonds, peeled and chopped
(boil for 3 minutes to loosen the shell)
50 grams of chopped raisins
50 grams of chopped crystallized pineapple
Salt and pepper to taste.
Olive oil
Tooth picks

Stuffing

3. In a large saucepan, put a tablespoon of olive oil and sauté the onion and garlic, when transparent, add ground beef and pork and cook until meat has browned. Add almonds, raisins, and crystallized pineapple, salt and pepper to taste. Add a cup of water and let it boil until the water dries out and the meat is cooked through.

Peppers

4. Roast the poblano peppers over an open flame on all sides until the skin turns black (you can use metal thongs or chopsticks to turn the peppers over). Place roasted peppers in a plastic bag and cover them with a damp towel. Let them “sweat” for 10-15 minutes (this makes the skin much easier to remove). Remove the roasted skin, slice an opening in one side carefully so you don’t cut the other side of the pepper. Take out the seeds (you can also remove the veins of the peppers to make them less spicy).
5. Stuffing the peppers: Place each pepper in the palm of your hand with the stem facing away from you and the opening facing up. Take as many spoonfuls of the stuffing as needed to fill the pepper with it. Close the opening with a tooth pick to keep the stuffing inside during the battering process.



Batter Preparation

6. Separate egg yolks from whites and save the yolks. Whisk egg whites until stiff. Carefully fold in the yolks and a pinch of salt.



Pepper Ingredients

12 large poblano peppers

Ingredients for Batter

6 eggs

All-purpose flour

Salt to taste

The necessary vegetable oil for frying

Ingredients for Serving

2 red pomegranates shelled and pitted

7. Heat vegetable oil in a frying pan. Roll peppers in flour until they are covered. Pass them through the egg mixture making sure they get fully coated. Place in frying pan, turning till the batter is cooked to a golden brown color on all sides.

To serve

8. Place the stuffed peppers on your serving dish. Cover them with the white walnut sauce and sprinkle the pomegranate seeds over them. The dish should show the green, white, and red of the Mexican flag!

Discussion

Enjoy!!

Photos: The authors.

Indian Courgette Latkes

(from Asian-European Fusion)
Fiona Moore

Abstract

This is an elegant and tasty vegetarian main course which is inexpensive and easy to prepare. It is a combination of Madhur Jaffrey's recipe for courgette bhajis, and my mother's recipe for latkes (Jewish potato/onion fritters). As such, it blends Asian and Northern European cooking traditions to produce a genuinely international dish; my guests enjoy the unusual, but logical, combination of flavours and textures which result.

Theory

As a postdoctoral fellow determined to live a sustainable vegetarian lifestyle on a limited budget, I discovered the original version of this dish in Jaffrey's *Eastern Vegetarian Cooking*. Being an incorrigible meddler with recipes, however, I rapidly found myself simplifying, altering, and adding eggs and flour before ending up with a version of the dish which I and my family liked. I usually serve this dish when we have company visiting, though it can also be a good morale-boosting supper when the autumn nights begin to draw in (and, coincidentally, the garden produces an abundance of courgettes!).

Methodology

Preparing the latkes

1. Chop the chilli and coriander as fine as possible, reserving some coriander leaves for garnish.
2. Grate the courgettes and the onions together.
3. Place on a cheesecloth and squeeze to drain out as much liquid as possible.
4. Combine grated vegetables in a bowl with the chilli, ginger root, coriander, egg, flour, pepper and salt, mixing until you have a soft, sticky batter; if needed, add more flour.

Preparing the sauce

5. Mince the garlic finely and chop the onion coarsely.
6. Heat the oil in a saucepan and fry the onion and garlic until soft.
7. Add the spices and cook for two minutes more or until aromatic.
8. Add the tomatoes, bring to the boil, reduce heat and simmer for 10-20 minutes, stirring occasionally; if the sauce thickens too much during this time, add a little water.
9. Meanwhile, heat the rest of the olive oil in a heavy, ideally cast-iron, skillet.
10. Drop tablespoonfuls of the batter into the oil, fry until golden brown on one side, then flip over and fry until the other side is golden brown.

Ingredients (for four persons)

For the latkes:

- 2 medium-sized courgettes (or one large one)
- 1 large onion
- 1 green chilli
- 1 tablespoon grated/minced ginger root
- small bunch fresh coriander (or 1 teaspoon dried)
- 1 large egg
- 2 tablespoons flour
- ½ teaspoon pepper
- ¼ teaspoon salt
- 2 tablespoons olive oil (for frying)

For the sauce:

- 1 tablespoon olive oil
- 1 medium-sized onion
- 1 clove of garlic
- ½ teaspoon chilli powder
- ½ teaspoon turmeric
- ½ teaspoon cumin seeds
- 1 teaspoon garam masala
- (please note: increase or decrease quantities of spices if you want a hotter or milder curry)
- 1 tin tomatoes
- ¼ cup cream

11. Drain on a piece of kitchen paper, then keep the finished latkes warm in the oven until all have been prepared.

When the latkes are done, take the saucepan off the heat, stir in the cream, and heat through without allowing to boil.

Discussion

To serve, divide the latkes between four shallow dishes, pour the sauce over them and garnish each dish with a few coriander leaves. Although this is not essential, it is nicest when accompanied with basmati, coconut or pilau rice, or, if you prefer, naan bread.

References

Jaffrey, M. 1981. *Eastern Vegetarian Cooking*. London: Arrow

Carrot Balls (from China/Denmark) By Klaus Meyer

Abstract

This vegetarian dish is quite popular among my vegetarian friends who find it an exciting new way of using familiar ingredients.

Theory

This dish brings out the best of the carrot, combined with coriander according to taste. It needs a bit of preparation and practice, but it is bound to delight your guests. Since it is of Chinese origins, I serve it along with other Chinese dishes, but it would suit an Indian style dinner table just as well.

International Context

I learned this dish from a Chinese friend resident in Denmark,² and supposedly it originates from Northern China. However, similar dishes seem to exist in other parts of the world. For example, if you add some curry powder, the dish blends in with an Indian-style dinner. In Denmark, where carrots are a staple food, my friends liked it because it did something new with a familiar ingredient.

Methodology

Preparation

1. Grate the carrots *very* finely
2. Cut spring onions and ginger *very* small
3. Cut coriander *very* small
4. Mix the flour and corn flour in a bowl, and mix with a little water into a dough-like substance using as little water as possible. Add carrots, spring onions, ginger, pepper, coriander and salt, and mix well to create the dough.
5. Let the dough rest for about 20 minutes

Ingredients (for 2 person main course)

250g carrots
70g flour
20g corn flour
½ bunch coriander (according to taste)
spring onions
1cm ginger
salt, pepper
oil for deep frying

² I thank Wei Zeng Thalbitzer for sharing the original recipe with me, which has evolved since.

Note that the proportions of carrots, flour and corn flour are important to get the substance of the dough right. The other ingredients should be varied according to taste, feel free to experiment.

Deep Frying

1. Take a spoon full of the carrot-mix, and make a small ball in your hand.
2. Heat the oil in the wok to very high temperature. Place the balls in the very hot oil and fry them until they become brown and golden. Remove them from the wok.
3. Place the ball on a suitable dish or kitchen paper to let the oil drop off.



Discussion

This dish needs a bit of practice. Two issues are critical: the carrot-dough needs the right sort of substance, if it is too wet you won't be able to form balls; if it is too dry the balls will fall apart. When preparing the dough, I am always surprised how much liquid comes out of the carrots. If it is too much, add a bit more flour ... carefully.

The second issue is, like for all deep-fried dishes, to ensure you let the frying oil drop off before serving the dish. When using the wok for deep frying, I use a special rack attached to the wok that allows the oil to drop back into the frying pan. Also, a spoon with little holes is quite useful for removing these balls from the frying pan, as illustrated on the first photo. An alternative approach is to rest the fried chicken balls on kitchen paper for a few minutes before transferring them to the serving dish.

Extensions

The carrot balls can also be eaten cold the next day – a nice variation of your lunch box! In fact, it is in this way I ended up sharing the recipe with a vegetarian colleague, who then made it one of her frequent dishes.



Photos: Klaus Meyer

Cauliflower soufflé

(from Central Europe)
By Cordula Barzantny

Abstract

I particularly like this dish because it is rather easy to obtain the ingredients in many countries and it can be adapted to various cooking and eating habits as well as some religious requirements. It is also very affordable and does not need any eccentric ingredients and not too much time to prepare. I serve this dish whenever good cauliflower is available on local farmers' markets and I would not have time to prepare a several courses menu.

Theory

My guests particularly like this dish since it offers an original taste around the cauliflower. It is not very difficult to prepare and while it is baking in the oven (35 minutes), you have time to set your table and clean your kitchen... It offers many nutritive ingredients all in once and needs less than one hour for preparation before entering the oven for final cooking of about 35 minutes. The recipe can also be adapted to various requirements, i.e. you may substitute the ham against poultry meat or even prepare it without any meat as a somewhat vegetarian version, if you do not want to mix dairy products and meat.

International Context

Since my student times I really like this dish. Its recipe was given to me by a (male) student fellow when I was studying for my first degree at Berlin Institute of Technology (TUB). I have cooked in many occasions and countries I have lived in and I have shared the recipe ever since. The dish draws somewhat on a Central European tradition (cauliflower cabbage based) with a French (soufflé) touch. Since it is very affordable because it does not need any eccentric ingredients, providing for the cooking of this dish is also possible with a small student budget.

Methodology

1. Pre-cook the cauliflower in the salted water for 12 minutes. Strain the cauliflower and divide it into smaller flowers for future use.
2. In a bowl mix the cooked ham sliced into smaller quarters with the liquid cream and the egg. Add pepper for taste. Add the raw ham also sliced into small cubes.
3. Prepare a cooking dish or glass ware that can get into the oven, butter the form prior to filling in half of your ham cream mix.
4. Dispose the small cauliflower parts in the dish and pour over the rest of the ham cream mix.
5. In a small saucepan on the stove with low heat melt 3 tablespoons of butter and stir the flour, add the milk in small portions while mixing well until the sauce gets creamy. Remove from the heat.
6. Separate three eggs into yolk and white. Mix the grated Emmentaler cheese with the egg yolks, then add to the saucepan.
7. Whip your egg whites in a separate bowl and then mix them carefully into the sauce.
8. Pour this cheesy cream sauce over the cauliflowers and cover well all flowers.
9. Bake the dish in the oven heated at 200 degrees Celsius for approximately 35 minutes.

Ingredients

1 big cauliflower
2 l. of water
1 tablespoon of salt
250 gr. cooked ham
250 ml liquid cream
1 Egg
Black pepper
125 g raw (smoked) ham
1 tablespoon of butter
3 tablespoons of butter
3 tablespoons of (wheat) flour
125 ml milk
3 Eggs
50 gr. Emmentaler cheese, grated

Discussion

When the soufflé is baked golden the dish is ready; the photo shows the finished dish coming out of the oven. It can be served alone or with a fresh green salad on the side.

Enjoy!

Photo: Cordula Barzantny



Spaghetti alla Norma (from Italy) By Grazia D. Santangelo

Abstract

This is an easy and tasty traditional dish of Catania in Sicily whose name is related to Opera!

Theory:

This dish can be enjoyed with friends for lunch or for a night spaghetтата. Traditionally, it is a summer dish, but nowadays can be cooked all over the year as all ingredients are typically readily available.

International Context:

Spaghetti alla Norma is the traditional dish of Catania where Vincenzo Bellini, the famous Italian opera composer, was born in 1801. The dish is named after one of the most famous Bellini's composition *La Norma*.

Methodology

The tomato source

1. Peel the tomatoes and chop them into a large frying pan.
2. Peel the clove of garlic and add into the frying pan together with salt.
3. Let the tomatoes cook into a source. Once ready, add a drop of olive oil and the basil leaves.

Ingredients (for four persons)

½ kilo of ripe tomatoes
1 dark eggplant
(may be substituted by 2 small green zucchini)
1 clove of garlic
400 gr. of spaghetti
A couple of leaves of fresh basil
Olive oil
Salt

The eggplant (when using zucchini, slice the zucchini and start from number 3 below)

1. Slice the eggplant and put the slices one over the other into a large salad bowl. Fill it with water, add salt on top and let them rest for 5 minutes.
2. Remove the water from the salad bowl and put the eggplant slices into a colander (a kitchen bowl with holes used for draining food).
3. Warm up the olive oil in a large frying pan. When the olive oil is hot, carefully put a number of eggplant slices into the pan so to cover the frying pan bottom. To uniformly fry the eggplant slices, turn them from side to side.
4. When ready, remove the eggplants slices from the frying pan and put them into a plate covered with kitchen paper that can absorb some of the olive oil. Put the other eggplant slices into the fry pan and keep going until you have fried all of them.
5. Cook the spaghetti in boiling salted water and once they are ready put them first into a colander and then into a spaghettiera (very large salad bowl).
6. Mix spaghetti with the tomato source
7. Serve by placing the fried eggplant slices on the spaghetti and decorate with grated cheese and fresh herbs (see photo).



The original recipe requires to add grated *ricotta salata* on top (which is NOT the well-known ricotta cheese, but a relatively dry ricotta cheese made in Catania, which, however from my googling I have found out that can be purchased also in specialized Italian food shops: good luck!).

Serve with Nerello Mascalese wine and BUON APPETITO.

Crêpes Bretonne **(from France)** **By Richard Hoffman**

Abstract

A French country cuisine classic. Found all over France, Brittany is the true home of the crêpe. In the US crêpes are mainly served as dessert, but they can also be served as a main dish. We usually have them for breakfast or when hosting students after their program in France.

Theory

The method described here is borrowed directly from my mother and grandmother who were from Brittany. Crêpes Bretonne are uncomplicated, delicious, and filling.

International context

Many countries have a thin pancake such as Hungarian palacsintas or Norwegian lefse, but the French crêpe has the broadest appeal in the USA since the GIs discovered them in WWII. My mother was a war bride from Brittany near the city of Brest. She would make us crêpes especially for lunch on a cold winter's day. Crêpes conjure up memories of family and comfort food.

Methodology

Mixing

1. In a large bowl, using a mixer, beat eggs until blended.
2. While mixing, gradually add milk and then the salt do not over mix, just blend the ingredients
3. Cover the bowl and let stand for ½ hour, afterwards test the batter, it should just coat the spoon, if too thick add more milk.

Ingredients (for 12-15, 5 inch or 6-7, 12-13 inch crêpes)

2 whole eggs
1 cup of sifted flour (white or buckwheat)
1 cup of milk
1/2 teaspoon of salt

Cooking

4. The best cooking surface is a cast iron griddle that holds heat well; these cannot be used on ceramic cook tops so I use a good coated 12 -13 inch omelette pan.
5. Heat the pan on medium high heat, back off if too hot.
6. Take a stick of *real* butter and generously coat the entire pan.
7. Fill a soup ladle or large spoon full of batter
8. Take the pan off the burner and while holding the pan in one hand, pour the batter in the middle of the pan
9. Quickly work the batter, by moving the pan in a circle at an acute angle so the batter coats the entire bottom of the pan. Pour any excess batter back into the batter mix.
10. Place the pan on the heat, when little holes appear, then turn over and cook for about 20 seconds more.
11. Take the crêpe off the pan by first folding it half and then in half again, place in a platter in a warm oven, and go to the next one be sure to coat the pan with butter for each crêpe.

Fillings

Fillings can be added once you turn over the crepe the first time or you can cook them a little less and add fillings after all crepes are cooked and reheat them on a buttered pan.

Crêpes can be filled with either salty or sweet ingredients depending on the meal or event. For main course, choose hearty/salty fillings, for desserts select sweet ingredients – there is little limit to imagination:

- Simple salty ingredients include: ham, cheese, egg, or a combination thereof, but let your imagination go. Buckwheat (sarrasin) flour is also a good choice for salty crêpes.
- Sweet ingredients include jam, fresh fruit, ice cream, nutella, or sugar; best with white flour (froment) crêpes.

Examples of Fillings

Salty
ham,
cheese,
egg, and/or
Buckwheat (sarrasin) flour

Sweet
jam,
fresh fruit,
ice cream,
nutella, or
sugar

Discussion:

A well-cooked crêpe is fairly evenly browned on the first side and white with brown freckles on the second side. For salty crêpes, I prefer to fold them once or twice and serve. For Sweet crêpes, I tend to roll them with the filling inside and sprinkle with powdered sugar. Bon appétit!

Homemade Pizza Party

(from USA)
By Mary Ann von Glinow

Abstract

This is a healthy dish, not one rolling in oil, as is so often the case with delivery pizzas. And, its fun to do, and what's more you can have a friendly Pizza Competition among friends if you have at least 2 ovens (or if not, time to wait while the next batch are cooking). A word of warning--the competition can get nasty, where some "friends" try to win the pie tasting by either raiding your refrigerator for ingredients (they were supposed to bring their own unique ingredients), or turning up the heat when no one is watching, so that your pie crusts burns. What ends up at the finish, however, is a friendly pizza tasting competition, with your friends voting on the best pizza of the evening!

Theory

The theory isn't complicated, but it does depend on context. I like to use what I like, but everyone can put their unique taste buds to the test here. I had some Cajun friends who loaded up with spicy sausages, some Jamaican friends that loaded it with jerk sauce, and some California friends who loaded it with sprouts and fresh pineapple.

International Context

I think pizza hails from Italy initially, but everyone knows that American pizza has taken on vastly new proportions i.e., all white, no red sauce, green, etc.

Methodology

I tell friends that I will provide the basic ingredients, and that they need to bring whatever they want to make their pizza unique and prize-worthy. I provide pie crusts (Boboli makes a nice thin-crust pie), pizza sauce, (again, Boboli has individual sauces sufficient for one pizza), fresh mushrooms, onions, tomatoes, fresh garlic, red bell peppers and shredded mozzarella cheese. I also have the regulars: sea salt, pepper, crushed red pepper, and parmesan cheese topping. Each pizza can serve 2 people if you cut it in half (once it is cooked), or if you're a single person, you'll have great leftovers, that may be even better the next day.

I assemble all the basic ingredients, and as the people come in, I get a chance to see what they bring, to spice their pie up. Some go for a lot of meat. I don't, and thus what you'll see below are my "special ingredients" that do not include meat, but I'll discuss more variations including meat in the discussion section.

Here is what I put on my pizza: start with the thin crust, smooth the tomato sauce over that. Put the "heavy" ingredients down first, with the lighter ones higher up. I dice or slice onions to cover the pie liberally. I generally put red bell peppers (slivered, not diced) on next, followed by an ear of fresh corn (cut right off the cob). I then put jalapeno peppers (very small pieces, almost minced) and lots of fresh garlic (sliced thinly or minced). I then put chunks of marinated artichoke hearts (these come

Ingredients: Host's Starter Pack

Pizza pie crust,
Pizza sauce
Fresh mushrooms,
Onions,
Tomatoes,
Fresh garlic,
Red bell peppers,
Shredded mozzarella cheese

Sea salt,
Pepper,
Crushed red pepper, and
Parmesan cheese topping

Guest's Contributions

As they come...

pre-marinated in a jar) and occasionally I'll put slices of hearts of palm. Depending on my mood, I may put a few "blobs" of tomato sauce that has already been prepared for spaghetti. I then cut a nice ripe tomato fairly thinly, and put the tomato around the pie. I then put sliced mushrooms on toward the end. I probably add more garlic for a kick. Then I put on the shredded mozzarella cheese (I am liberal here), and then top it off with spicy crushed red pepper. Sometimes I'll add some more seasonings from the spice department, but this is the basic pie.

You will have preheated the oven to 400 degrees, and the pie goes onto a pizza pan holder (you may want to put aluminium foil over the pan, just for ease of cleaning afterward), or a pizza stone, and follow the Boboli directions. It usually says 8-10 minutes, but depending on how "thickly" you have loaded it up, it might take a bit longer. Four hundred degrees is quite hot, so keep checking on your pie. Remove when you can stick a toothpick in and it comes out cleanly, but be careful not to burn yourself if there are multiple pizzas in the ovens. Once out of the oven, let it stand for a bit before cutting into it, particularly if there is to be a taste testing by the group.

Discussion

If this is a group affair, I would recommend about 6-8 people, depending on how many are doing their own pie. I can easily fit 4 pies into my 2 ovens (I have an upper and a lower oven). So, you may end up sharing your "side" of the pie with someone who has different tastes. Watch out for the margins!

Here is what I have discovered over the years. People get VERY CREATIVE when it comes to their pizzas. Some are meat lovers. They load it up with pre-cooked meats such as Canadian bacon, leftover sirloin or rib-eye, spicy sausages, BBQ chicken or even ham from a package (processed honey ham for example). Some throw on some pulled pork, along with the BBQ sauce. I have also seen folks bring seafood: crab meat, shrimp and scallops. As for veggies, I have seen just about everything. Some folks load up strictly on veggies (spinach, collard greens, artichoke hearts, asparagus tips, sprouts, cilantro, etc.) and others add fresh citrus such as pineapple or mango. (One of the coolest ones was a BBQ Chicken, with a lot of cilantro, pineapple, mango, hot red peppers and garlic). One friend even went trolling through my olive oils and found a truffle one that he added liberally to his topping. So,... almost anything goes. At the end, it is always interesting to see who votes for which pizza. It is really rare that there is a real winner... but hey, the fun is in the process, and I think the real takeaways are creative new ways to make the average pizza really shine a la Mama Mia!

Desserts

- **Muscatel Mousse**
From Germany, by Thomas Wittkop
- **Quick Coffee Cake**
From USA by John Dilyard
- **Blackberry Jam**
From Brazil, by Rolando J. Soliz Estrada

Drinks

- **Indonesian Fusion Avocado Smoothie: Refreshing and *Coffee Lovers Version***
From Indonesia, by Andre A Pekerti
- **Mojito Colado**
From Cuba/Puerto Rico by Maribel Aponte-Garcia
- **Ponche Navideño**
From Mexico by Maria Marquez-Carrillo & Robert C. McNamee
- **Dad's Egg Nog**
From England/USA by Richard Hoffmann
- **Rum Punch**
From the West Indies by Betty Jane Punnet
- **Chai (Masala Tea)**
From India by Farok Contractor

MUSCATEL MOUSSE

(From Germany)

By Thomas Wittkop and Stefanie Paluch

#

Abstract

This dessert is the easiest dessert I ever made, and I think even people with no passion for cooking will be able to replicate it. It can be served for many occasions. You do not need much time and the ingredients can be found in almost every household.

#

Theory

I have seen the recipe on TV and almost immediately tried it. Now it became a kind of standard dessert but be careful with kids, it has a lot of alcohol!

Muscatel is a rich, sweet dessert wine created from the Muscat variety of grape, which are grown in both black and white colors. Muscatel wine can therefore range from golden to amber to pale amber-red, yet always with a musty flavor typical of the muscat grape.

[<http://www.drinksmixer.com/desc1071.html>, accessed Nov 15/2010].

#

International Context:

This dessert is just delicious and can be easily adapted to different cultural or international contexts. Just exchange the muscatel to a local sweet white wine or a late-harvest wine and you will be perfectly fine.

Ingredients (for 4 persons)

Yolk of 5 eggs
40 g sugar
200 ml muscatel
Twist of lemon Fruit for decoration



Methodology

1. Whisk the eggs, sugar, lemon, and muscatel.
2. Put the mixture in a hot bain-marie and stir until light, fluffy and creamy.
3. Add some fruits for decoration.

#

Discussion

It's just yummy.....

#



Photos: Thomas Wittkop

Quick Coffee Cake

(from USA)

John Dilyard

Abstract

This is a breakfast cake I make for the holidays. It is special because it is made only a few times during the year, mostly during the cooler months. I started making it many years ago, when my kids were young, and it brings back nice memories.

Theory

My approach to cooking is to keep things basic and comforting. I believe you do not have to use fancy or exotic ingredients to make wonderfully tasting food. Infusing the cooking with love and care makes it taste better, too.

International Context

This is pretty much an American dish which I picked up from a traditional cookbook. It probably draws on a farming tradition to have something warm and hearty in the morning.

Ingredients

1 cup sugar
1 ¼ cups white flour
2 teaspoons baking powder
4 tablespoons butter
1 egg, slightly beaten
½ cup milk
1 tablespoon sugar
½ tablespoon cinnamon

Methodology

1. Preheat the oven at 375°
2. Butter the bottom of an 8 inch square pan or dish.
3. In a large bowl, mix the 1 cup sugar, 1 ¼ cups flour, and 2 teaspoons baking powder (photo 1).
4. Blend well with a large spoon (photo 2).
5. Slice the 4 tablespoons butter into smaller pieces and work it into the sugar, flour and baking powder mixture, using your fingers. Blend until the mixture resembles coarse meal.
6. Add the ½ cup milk and the egg and blend until smooth. Do not over blend as the mixture will get sticky.
7. Spoon the mixture into the pan or dish, completely covering the bottom (photo 3).



- Mix 1 tablespoon sugar and $\frac{1}{2}$ tablespoon cinnamon, and sprinkle the mixture evenly over the top (photo 4).



- Bake for 20 - 25 minutes. The coffee cake is done when a toothpick inserted in the middle comes out clean (photo 5).



Discussion

When done, the top of the coffee cake is a warm brown and it has a delightful cinnamon smell.

Let the coffee cake cool and then serve on a small plate; butter is optional (photo 6). Serving with coffee or tea is suggested but not necessary.



Photos: John Dilyard .

Blackberry Jam

(from Brazil)

By Rolando J. Soliz Estrada

Abstract

This recipe can be to make a dessert, to accompany a duck or for breakfast croissants.

International Context

This recipe is inspired by my memories of child in Bolivia, and jelly made in the Rio Grande do Sul, Brasil.

Methodology

1. Clean the blackberries, crush 500g of blackberries in a blender, reserving the other 1000g.
2. In an iron pot, put the sugar, the crushed blackberries from the blender, and the juice of the lemon, and boil for 30 minutes.
3. After 30 minutes of boiling, add the remainder of the blackberries and boil for about 15 minutes.
4. As it cools, run to the nearest bakery and buy freshly baked bread, make tea, and invite your friends!

BON APPETIT!

Ingredients (for 1.500 g)

1,500 g blackberry
750 g Sugar
1 Lemon





Photos: Rolando J. Soliz Estrada

Indonesian Fusion Avocado Smoothie

(from Indonesia)

Andre A Pekerti

Abstract

This is a childhood favorite of mine, thus a sentimental favorite, it also can be found in most local restaurants in Indonesia. This recipe offers two versions, both refreshing and great for a summer afternoon drink or pre-dinner summer drink. The *coffee lovers version* can be tweaked to be a dessert. I've made this when I lived in Indonesia, Southern California, New Zealand and still make this here in Queensland, Australia when avocado is in season. I've served it to my PhD supervisor (a long time ago), colleagues – all like both versions.

Theory

As a multi-cultural individual I take a fusion approach. I must admit, this dish is an acquired taste, it requires some re-framing to drink avocado. However, this is also the appeal to guests. I have found that most who know my multicultural background have been polite enough to try it when I serve it, but delightfully love it. I have modified it to my taste and guests over the years. In short, it is a refreshing exotic drink.

International Context

I've made the recipe as I went along, simply because I loved it as a kid and still love it. I think it is uniquely Indonesia; at least I am not aware of any other culture (thus far) that drinks avocado in this manner. However, as a disclaimer, I have modified this recipe to my taste over the years.

Methodology “Refreshing Version”

1. Cut avocado in half, throw away seed, and scoop out the flesh;
2. Remove gritty bits – some avocados have gritty bits, but the rest are perfectly fine;
3. Place the flesh in a blender or deep bowl if using a hand blender;
4. Add all other ingredients;
5. Blend until all ice cubes are crushed and the drink is the consistency of a smoothie.
6. If it is too thick for your taste, add water.

The color of the drink should be a wonderful lime green. Serve in a tall glass with a straw.

Ingredients “Refreshing”

1 ripe avocado, but not mushy
4 tablespoon of caster sugar
1 cup of ice cubes
3 tablespoons of lime juice

Methodology “Coffee Lovers Version”

Follow the same steps as above. However, in the final step, instead of ice water, use milk to adjust consistency.

The color of the drink should be a *dark olive green*.

Ingredients “Coffee Lover”

1 ripe avocado, but not mushy
4 tablespoon of condensed milk
1 cup of ice cubes
A shot of coffee (cooled down)

Discussion

Serve in a tall glass with a straw. Again it is still a refreshing summer afternoon drink; a wonderful alternative to afternoon coffee.

I have tweaked this *coffee lovers* recipe to make ice cream. If you want to try this, make a thicker drink (in step 6) and whip an extra 2 minutes. Then immediately place in a bowl that is freezer safe and freeze immediately. It should form an ice cream consistency within 1 to 2 hours. To serve, take a solid metal spoon and scrape the top of the ice rather than scoop. You'll find that it will scrape to the consistency of a sorbet.

Mojito Colado

(from Cuba/Puerto Rico)
By Maribel Aponte-Carcia

Abstract

This is a simple and refreshing drink that is delicious with or without rum. I serve it to my family and friends as a special treat.

Theory

The clue to preparing this drink is obtaining fresh red mint and mixing the ingredients in the order specified below.

International Context

This recipe draws on the Cuban *Mojito* and the Puerto Rican *Piña Colada* recipes. Back in the 1970s, I visited Cuba on occasion of the International Youth Festival and was able to watch bartenders preparing authentic *mojito* at the *Bodeguita del Medio* in Old Havana.

I created this recipe some years ago, thinking about alternative ways to



share with my children a non-alcoholic version of the *mojito* experience. I thought of bringing the cream of coconut ingredient of the *piña colada* to the *mojito* in order to substitute the rum. Of course, adults can add rum to this recipe for a delicious drink.

Methodology

1. In blender, crush ice cubes and red mint with a little bit of cream of coconut. Do not include all liquids because then ice cubes will not crush into little pieces.
2. Pour rest of cream of coconut and lime juice.
3. Add rum if preferable.
4. Blend well.

Ingredients (for 5 persons)

Lime juice 8 ounces
Cream of coconut 7 ounces
Red mint leaves 1 cup
Rum (optional) ½-1 cup (I prefer the Barrilito brand)
Ice cubes 3 cups

Discussion

Two photos on the next page illustrate how to serve the drink with a little bit of decoration.



Photos of Mojito Colado: Zoila I. Álvarez-Aponte

Ponche Navideño

(From Mexico)

Maria Marquez-Carrillo & Robert C. McNamee

Abstract

This is a wonderful hot fruit punch served during Posada time in Mexico. Posadas are celebrated for the 9 days before Christmas but this punch is great all winter long. Ponche Navideño thus is best translated as Christmas or holiday-season fruit punch.

Methodology

1. Fill a large pot with water and set to boil.
2. Add tejocotes and cook until are tender.
3. Take them out of the water and save the water.
4. Peel and remove pits from tejocotes and place back in the pot.
5. Add the rest of the fruit, the tamarinds or Jamaica flowers, and the cinnamon sticks.
6. Let simmer until the liquid becomes a nice brandy-brown color and all the fruit is soft.
7. Add panela or brown sugar to taste.
8. You might have to add more water as it simmers and stir occasionally.

Ingredients

- 1 Gallon of water – to add as needed
- 3 Apples – pitted and sliced
- 20 Prunes – pitted and cut into quarters
- 5 Guavas (guayaba) - sliced
- 2 Dozen tejocotes (substitute 250 grams of dried apricots or plums)
- 4 Sticks of sugar cane – peel skin off and break in small thin sticks
- 2 Cinnamon sticks
- 100 Grams of peeled tamarind (substitute fist of Jamaica flowers)
- 1 Stick of panela (substitute 1 cup of brown sugar) – modify to taste

Discussion

To serve, place a spoon full of fruit in each glass/cup and fill with the hot punch. If you would like an extra kick, add some rum or brandy to taste.

DAD'S EGG NOG
(from England/USA)
By Richard Hoffman

Abstract and context

This drink is an old Christmas season classic. It is special because first, real egg nog (with alcohol) is an endangered species. Secondly, it represents one of the Christmas traditions in my family.

Theory

Unlike my father, I use an electric mixer to combine the ingredients; he and I used to do it all by hand. My guests like this egg nog because it actually tastes good (not like the store-bought one with artificial flavorings) and has a bit of a kick to it.

International context

Egg nog has its origins in Europe especially England and made its way to the colonies where we substituted brandy for more readily available ingredients such as rum from the Caribbean. In 1980 when I was on my first overseas assignment, my father passed away. Since then I have maintained his egg nog tradition in our family. Dad's recipe is based on those found in colonial Maryland where his family settled in the 18th century.

Methodology

1. Warm milk, do not scald. This helps increase the shelf life (mom's contribution).
2. Separate egg yolks, place whites in a separate bowl.
3. In a large bowl beat egg yolks until pale yellow.
4. Add the sugar and mix well.
5. Combine the alcohol into a 2 cup capacity measuring cup easier for pouring in the next step.
6. Pour a little alcohol into the milk egg mixture slowly mixing all the time. Gradually add the alcohol and continue mixing until all the alcohol is added. The constant mixing in this step is important because the alcohol could curdle the eggs and make for lumpy egg nog and we don't want that!
7. Finally, mix in the milk and then the cream. Voila, egg nog.

Ingredients
8 egg yolks
½ cup sugar
1 quart milk
1 pint table cream
6 oz bourbon
3 oz Madeira
6 oz dark rum

Keep refrigerated. Will keep for a couple of months.

Discussion

Best served chilled in a 6 oz punch glass and sprinkle with fresh grated nutmeg. Goes great with fruit cake! If you are serving it for a party, place in punch bowl with nutmeg on top; some folks whip up the egg whites and fold them in. This is fine if the nog will all be consumed at one event; raw egg whites do not have much of a shelf life. I use the egg whites to make meringues that are great with ice cream.

Cheers, and here's to you dad!

RUM PUNCH
(From the West Indies)
Betty Jane Punnett

Abstract

Rum Punch was the traditional drink of the West Indian planter, but now it's enjoyed by all. Visitors always ask for 'rum punch' when they come to visit and friends in the north want me to make it to remind them of the tropics and their visits to us in the Caribbean.

Theory

The traditional recipe is simply, one of sour, two of sweet, three of strong, four of weak.

International Context

Most West Indians don't drink rum punch on a 'regular' basis. It is most likely to be served on Sunday, before a traditional 'Sunday Lunch', the large meal served on Sunday around 2 pm. Sunday lunch is usually a roast (beef, chicken, lamb/mutton, pork) with lots of 'ground provisions' (green bananas, eddoes, tannias, yams, breadfruit), peas and rice, and other vegetables (pumpkin, green beans, eggplant, callaloo); followed, of course, by cakes, ice cream, fresh fruit salad.... Rum punch is also likely to be served on special occasions.

Methodology

Typically for five people, I would do the following:

1. Mix three ounces of freshly squeezed lime juice, six ounces of sugar, and ten ounces of water; make a syrup by heating.
2. When it cools, add ten ounces of amber rum, a couple of splashes of Angostura bitters and freshly grated nutmeg.

This is a bit stronger than the traditional recipe, but I then pour it over lots of ice. It is also a bit less sweet, and you can adjust the sweetness to suit your preference.

Your rum punch should look rather like a dark lemonade, the angostura bitters adds a nice reddish color, and combined with the freshly grated nutmeg, lime and rum, the smell is enticing.

Discussion

You can serve rum punch anytime, and think of us in the sunny Caribbean. It's refreshing when it's hot, and warming when it's cold. Enjoy!

Ingredients

For 1 drink:

- ½ oz. of sour (say lime juice),
- 1 oz. of sweet (say sugar),
- 1 ½ oz. strong (definitely rum),
- 2 oz. of weak (say water, although I like sparkling water)

For a punch bowl for party:

- 5 oz. sour,
- 10 oz. sweet,
- 15 oz. strong,
- 20 oz. weak.

Chai (Masala Tea)

(From India)

By Farok Contractor

*The Little Bush that Sparked Early FDI, A Revolution,
A (Shooting) Trade War, One Civil War, Continuing Ethnic Tensions, and
a Leading Globally Traded Commodity*

Abstract

There is no one recipe for “chai.” The version here is as people in the western Indian state of Gujerat like to drink it. You can vary the spice mix, and the fat content of the milk to your own taste.

Theory

Chai should be made with the highest quality loose black tea. I prefer a brand called Society Tea (found in ethnic Indian stores) or Twining’s English Breakfast. Indian grocery stores may have reasonable substitutes as well, like Taj Mahal or Wagh Bakri³ tea brands.

International Context

This recipe takes you back to the roots of a popular drink around the world, the historical roots of which are introduced on the next page.

Methodology

You can buy pre-mixed Chai Masala (powdered spice mix) from an Indian grocery store or make your own mix as shown below.

1. Combine all the ingredients and bring the mixture to a low boil. Continue to heat so that the liquid is barely simmering for two minutes. (A strong or rolling boil is not recommended).
2. Turn off heat source and allow the mixture to sit for one to six minutes depending on how strong you like your tea.

Unlike the rather insipid liquid offered by Starbucks, Indian tea is drunk strong -- but that depends on your taste. Strain and enjoy.

Grinding Your Own Chai Spice Mixture

In a coffee grinder or blender grind the ingredients to a fine powder and store in an airtight container or zip-lock baggie.

Ingredients for 4 Cups

2 cups water
2 cups “2 % fat” milk
4 rounded to heaping teaspoons of loose black tea
1 teaspoon of Chai Masala
A 12 inch lemongrass sprig cut into a few pieces
(optional)

Ingredients Chai Spice Mixture

(for 16 cups of tea, you can scale up as you wish)

Seeds from 16 Cardamom Pods
1 teaspoon Cinnamon powder
1 teaspoon dry ginger powder
12 Peppercorns (or ½ teaspoon of pepper)
4 cloves
½ teaspoon of nutmeg

Discussion

As you sip your chai, you may reflect over the blessings and suffering that tea has brought to the world, as told on the next page (Adapted with permission from Contractor, F. 2011 “How a Soothing Drink Changed Fortunes and Incited Protests: Tea’s history reveals globalization’s best and worst sides – trade, prosperity, migration and war,” *Yale Global* , 9 March 2011).

³ An unusual brand name, it literally means Lion Lamb, signifying strong black tea with a dulcet taste.

A Short History of the International Business of Tea

What do Tamil refugees who fled the just-concluded civil war in Sri Lanka, or the grieving widows of policemen killed in the Indian state of Assam by Bodo⁴ terrorists, or Chinese nationalists still smarting over occupation of parts of China by Western powers, have in common with Sarah Palin? A little bush, called *Camellia Sinensis* that originated in the southernmost provinces of China such as Yunnan. Little do they realize that each refreshing cup they imbibe also represents the darker aspects of globalization and human history.

Until 350 years ago, tea was a relatively rare libation, consumed only by a few Buddhist monks, or Chinese and Japanese aristocrats. It was more or less unknown to the rest of the world, although small shipments may have made their way -- as curiosities or medicine -- along the Silk Road to India and the Middle East.

The first bulk exports were made by the Dutch who transshipped Chinese tea from Java to Holland starting in 1606. Newfound prosperity and a rising middle class in Holland comprised the first large scale market for tea in the 17th Century. But it remained little known in the rest of Europe or in the UK (which today has the highest per-capita consumption) until Catherine of Braganza, a Portuguese princess arrived to marry Charles II of England. Stepping ashore at Portsmouth, in 1662, after a difficult Channel crossing, Catherine asked for her favorite drink. But none was available. The nonplussed English offer her a glass of ale instead, which did little to settle her stomach. But the court sets the fashion and tea drinking spread among the English nobility. Only the rich could consume it since, based on mercantilist principles, UK tariffs were punitively high, ranging at one time as high as 119 percent *ad valorem*.

The high tariffs were also needed to fund the Franco-English war that began in the American colonies in 1754 and then spread to Europe and to India, with fighting as far east as Indonesia. The American patriots (some call them ruffians led by Samuel Adams) who threw the cargo of British imported tea into Boston harbor, were protesting high tariffs on tea – a trade then monopolized by the East India Company. Tea drinking, considered unpatriotic, declined in America but increased steadily in popularity in the UK.

By the late 18th Century, the British faced a mercantilist dilemma. The supposedly “inscrutable” Chinese who were the sole suppliers of tea to world, refused to import much from the West. The Chinese trade surplus, had to be financed in silver and bullion shipped out from England, in exchange for the Chinese monopoly product. High UK tariffs did not help, as this only induced more tea being smuggled, than imports obtained through official channels. Finally, the East India Company had an idea. In addition to trade, it initiated FDI (Foreign Direct Investment) in opium grown on the Deccan plateau of India. But this opium was not for Indian consumption but intended as an export to China. Naturally, the Chinese government was horrified, and prohibited this import, only to have the British declare

war, insisting that Chinese tea be exchanged for Indian opium, and not for specie. One of many cases of “gunboat diplomacy” it won Hong Kong for the British and the right to sell opium to the Chinese, but the memory rankles to this day in the minds of many educated Chinese.

Meanwhile, Robert Bruce (yes, he was a Scotsman who lies buried in the Indian town of Tezpur) discovered a variety of the tea bush in the Himalayan foothills of Assam (a state in Northeast India then populated by Tibeto-Burmese tribes). This proved to be a close substitute for the Chinese cultivar. India’s tea exports supplanted those of China by the 1860s. But this came at a huge cost in human suffering.

In the heedless fashion that was common in the colonial era, the indigenous population being content in its own culture and unwilling to work as plantation labor, the British moved tens of thousands of indentured laborers from other poorer states in India to work the tea estates in Assam. There followed traders, railroad workers and other enterprising Indians who took over, and displaced the Tibeto-Burmese indigenes. These ethnic tensions and conflicts have culminated in separatist movements and terrorism that simmers beneath the surface in Northeast India to this day.

The highlands of Ceylon (today’s Sri Lanka) also proved salubrious to the tea bush. Not many of the proud, and relatively well-off, Sinhalese population deigned to work as plantation labor. The British imported tens of thousands of Tamils from India to work in their tea and rubber FDI companies – directly contributing to the just-concluded civil war that has left nearly 100,000 dead, hundreds of thousands injured, and millions of refugees.

From Ireland, to Palestine, to Guyana, to Fiji, to China, Assam and Sri Lanka, labor migrations induced by British colonialism has left a legacy of ethnic tension, conflict and tears. But we may be too harsh in our judgment using the narrower ethical lens of the 21st Century. We can rejoice that our global standards today are higher, thanks to the globalization of ideas. The same globalization that still causes *angst*, also contributed to world prosperity. Trade and FDI have lifted literally billions into a middle class status (and tea into one of their favorite beverages). When the history of the 19th and 20th Centuries is written in future millennia, all the wars, terrorist incidents and conflicts will be reduced to footnotes but one salient fact will be recorded – the emergence of the bulk of humankind from agrarian backwardness to productivity, from ignorance to enlightenment, and from poverty to a middle class status, as a result of globalization. Companies from nations such as China or India have emerged to rival multinationals from the West.

The natives had their revenge in the year 2000. In an acquisition redolent with symbolism for the future, the UK’s leading tea company, Tetley Tea, was taken over (in a “reverse” FDI) by the Tata Group based in India.

⁴ The Bodos are one of many Tibeto-Burmese indigenous tribes living in India’s northeast.

