



Dorchester Youth Academy's
Cultural Kitchen Cookbook



Featuring tasty recipes from our cultures around the world!

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American Chop Suey *D'Andre*

Ingredients:

1 1-pound box elbow macaroni
1 medium onion, chopped
olive or vegetable oil
1 pound lean ground beef
Salt and pepper
1 28-ounce jar pasta sauce
1/4 cup, plus garnish, grated Parmesan cheese

Directions:

1. Cook the pasta according to the package directions. Sauté the onion in a little of the oil, then add the meat and cook over medium-high heat until done.
2. Drain the grease from the pan, then add salt and pepper to taste.
3. In a large saucepan, combine the sauce, the 1/4 cup of cheese, and the beef mixture and bring to a simmer. Add the pasta, turn off the heat, and let it set for 5 to 10 minutes before serving.
4. Finally, garnish individual portions with the additional grated cheese. Serves 8.



Chicken Montpelier

Marylou

Ingredients:

1 box Near East rice pilaf
1 can cream of chicken soup
1 1/3 cups water
5 pieces of boneless chicken
Breadcrumbs for the top

Directions:

Mix rice, chicken soup and water together. Pour into casserole dish.
Place chicken pieces on top of rice mixture.
Sprinkle bread crumbs on top of the chicken.
Bake covered with aluminum foil at 350F for around 1 hour. Remove foil and let cook 15 more minutes.



All-In-One Fiesta Stew Pot *Blanca*

Ingredients:

3 tbsp all-purpose flour
½ tsp ground cumin
½ tsp chili powder
½ tsp garlic powder
¼ tsp ground cinnamon
1 ½ lbs lean beef cut into 1 inch cubes
1 can beef broth
6 small white potatoes, peeled and quartered
2 medium sweet potatoes, peeled and cubed
1 medium green pepper, cut into strips
1 medium red pepper, cut into strips
1 medium onion, slivered
1 can tomatoes with green chilies
1 can tomato sauce
2 tbsp honey
2 granny smith apples, cut into cubes
1 can dark red kidney beans, drained
2 tbsp chopped parsley
Shredded cheddar cheese
Black olives, for garnish

Directions:

1. Combine flour, cumin, chili powder, garlic powder and cinnamon in bowl. Add beef cubes and toss with a fork to coat.
2. Heat oil in a large, heavy pot over medium-high heat. Brown the beef on all sides. Return beef to pot. Add beef broth. Cover and simmer over medium heat until tender, 30 minutes.
3. Add potatoes, peppers, onion, tomatoes, tomato sauce and honey. Cover and simmer until potatoes are tender, about 30 minutes.
4. Add apples and kidney beans. Cover and let simmer until the apples are tender, about 15 minutes. Add chopped parsley. Serve in bowls with cheddar cheese and olives to garnish.



Homemade Pasta *Italy*

Ingredients:

1 cup of unbleached flour
extra flour for rolling
1 egg
1 Tbsp olive oil
water

Directions:

1. Make a well in flour add in egg, oil and water to form ball. Knead.
2. Roll in a ball and chill for 10 min
3. Roll out ball as thin as possible with rolling pin. Roll up into log.
4. Cut into thin strips
5. Boil in salted water for 2-3 min

Homemade Gravy

Ingredients:

2 cloves of garlic
1 yellow onion
2 large carrots
1 bay leaf
1tbs dried oregano
1 large can of crushed tomatoes
1 small can tomato paste
parsley
basil
olive oil
salt & pepper
Parmesan cheese

Directions:

1. Sweat garlic, onion and carrot until soft
2. Add in bay leaf and oregano
3. Add both cans of tomatoes. Let simmer for 20 min
4. Add chopped parsley and basil, salt & pepper and olive oil to taste
5. Mix with pasta and cheese and serve



Homemade Pizzas

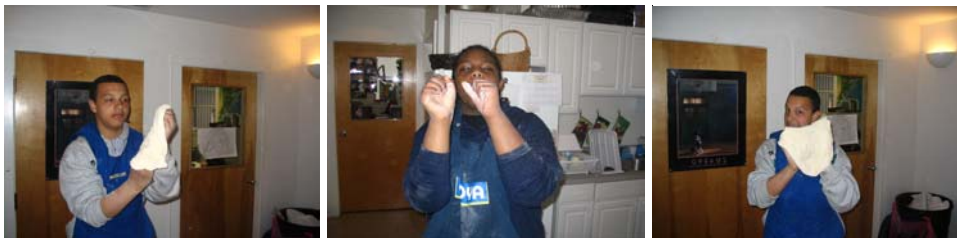
Isiah

Ingredients:

Pizza dough
Tomato sauce
Pepperoni
Jimmy Dean sausages
Green peppers
Onion
Mozzarella cheese
Hot pepper flakes (lots of them!)

Directions:

Take dough out of refrigerator ahead of time so it's room temperature.
Put a bit of flour down on the table and coat the dough with flour. Flatten the dough, and stretch it to make a thin, circular crust. Use your fists to help stretch the dough.
When dough is of appropriate size, put on greased baking sheet and make a crust, if desired.
Spread tomato sauce on dough. Add cheese and any toppings desired.
Bake at 400F until crust begins to brown, about 15 minutes.





Rice and Beans

Emanuel: Puerto Rico

Ingredients:

Rice
Oil
1 ½ packs sazon seasoning (orange)
1 jar recadito
2 cans red kidney beans
Adobo seasoning
Water

Directions:

Heat vegetable oil in a large pot. Add recadito and sazon seasoning and let simmer.
Add red kidney beans. Let cook.
Wash the rice. Add rice to pot along with water. Cover pot, let simmer (low heat) until the rice has absorbed all of the water and the rice is soft.



Tacos

Craig/Bobby

Ingredients:

Ground beef
Taco seasoning
Tomato sauce
Water
Tomatoes
Lettuce
Cheese
Salsa
Taco shells

Directions:

Cook the ground beef in a frying pan until browned. Drain the liquid using a colander.
Add water, taco seasoning and tomato sauce and let the meat simmer for at least an hour until it absorbs the liquid.
Chop the tomatoes and lettuce.
Place taco shells on baking sheets and warm in the oven until the shells sweat.
Prepare taco as desired.



Vietnamese-style Crepes

Billy: Vietnam

Ingredients:

3 eggs
1 ½ cups spring roll flour (or all purpose flour)
2 Tbsp sugar
1 ½ cups milk
Basil leaves
Swiss cheese, grated
Tomatoes
Onion
Chicken or beef
Mushrooms

Directions:

1. Make the crepe batter by mixing in a large bowl the eggs, flour, sugar and milk. Whisk until smooth.
2. Chop mushrooms, onion, tomatoes, basil and chicken. Cook chicken in frying pan, season. Sauté other vegetables in frying pan.
3. Heat a lightly-oiled frying pan. On medium heat, add some batter. Cook on each side until lightly brown.
4. When crepe is nearly done, add whatever fillings you would like (chicken, vegetables, cheese) on one half of the crepe, and fold the other half over. Let cook until cheese has melted.



Betty's Chocolate Chip Cookies
Beth (Anna's mom)

Ingredients:

1 cup Crisco (vegetable shortening)
1 cup soft margarine
1 ½ cups white sugar
1 ½ cups brown sugar
3 eggs
3 tsp vanilla
5 cups flour
1 ½ tsp baking soda
1 ½ tsp salt
18 oz chocolate chips

Directions:

Cream Crisco, margarine and sugars together in a large bowl. When well mixed, add eggs and vanilla and stir thoroughly. Add baking soda, salt and flour one cup at a time. Lastly, add chocolate chips. Bake at 375F for 8-10 minutes. Remove from baking sheet and let cool.



Chocolate Potato Cake

Ingredients:

½ lb butter
2 cups sugar
4 eggs
3 oz unsweetened chocolate, melted
1 cup mashed potatoes
1 tsp cinnamon
¼ tsp nutmeg
2 cups flour
1 tsp baking soda
1 cup sour milk (1Tbsp lemon juice, rest of cup fill with milk)

Directions:

Cream butter. Gradually beat in sugar, eggs, melted chocolate, mashed potatoes, cinnamon and nutmeg. Mix flour with baking soda, and add that mixture alternately with the sour milk. Pour into greased pan. Bake at 350F for 30 minutes or until toothpick inserted comes out clean.

Frosting:

6 Tbsp soft butter
½ cup cocoa powder
2 2/3 cup powdered sugar
1/3 cup milk
1 tsp vanilla

Mix butter and cocoa powder together. Then alternate adding the powdered sugar and milk. Add vanilla.



Scandinavian Ebleskivers

Anna: Sweden

Ingredients:

3 eggs, separated
2 cups buttermilk
2 Tbsp sugar
½ tsp salt
2 cups flour
1 tsp baking powder
1 tsp baking soda

Directions:

Beat egg whites until stiff. Set aside.
Beat egg yolks. Add everything else, blend. Fold in egg whites.

Preheat pan over low heat. Melt a bit of butter in one section of pan; use pastry brush to grease all depressions. Fill each just to the top with batter. Using a toothpick, start turning each ebleskiver (in sequence around the pan), lifting perhaps ½ inch of cooked part above the top of the pan. Keep turning—perhaps 4 or 5 times all together. The object is to make a sphere, but not to close the opening so quickly that there is still runny batter inside. Better to have completely baked “cups” than gooey spheres.

Serve warm with butter and lingonberry jam, and/or whipped cream.

Whipped Cream:

1 cup heavy cream
¼ cup sugar

In a bowl, beat heavy cream with a whisk or electric mixer until stiff. Add sugar and mix in. Chill in refrigerator until ready to serve.



Pear and Dried Cherry Clafouti *Blanca*

Ingredients:

¼ cup all-purpose flour
½ cup dried cherries or raisins
1 large pear, peeled
¾ cup whole milk
¾ cup heavy cream
2 large eggs
1 teaspoon vanilla extract
¼ cup sugar
Pinch of salt

Directions:

1. Preheat oven to 400F. Butter a 10 inch tart dish and then dust with flour.
2. Peel and cut pear lengthwise into thin slices. Place in bottom of baking dish.
3. In a large bowl, blend milk, cream, eggs, vanilla, sugar, flour and salt until smooth.
4. Pour batter over pears. Place cherries or raisins on top.
5. Bake until golden and set, about 25 minutes. Let cool 15 minutes before serving.



Rice Krispie Treats

Ingredients:

3 tablespoons butter or margarine
1 package marshmallows
6 cups Rice Krispies

Directions:

Melt butter in large saucepan on stove. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until completely coated. Using a buttered spatula or waxed paper, press mixture into a large rectangular baking dish coated with cooking spray. Cut when cool.