



Charlestown High's 2007 Cultural Kitchen Cookbook



Featuring recipes from around the world



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Tortilla Española *Spain*

Ingredients

- 5 large potatoes, peeled
- 6 eggs, beaten
- 1 onion chopped
- Salt to taste
- 2 tbsp. canola oil

Directions

- Slice potatoes into thin slivers no wider than 2mm.
- Heat oil in a large skillet, once hot add the sliced potatoes and onions, cook until soft NOT brown, and cover to cook faster.
- In a large mixing bowl combine eggs, salt and cooked potato mixture.**
- Pour mixture back into skillet, you may need to use a smaller pan. You must have a larger sturdy plate that will fit over the skillet!
- Cook for 2 minutes or until the edges of the egg mixture are cooked.
- Loosen the tortilla with a spatula place a plate on top of the pan and flip the tortilla onto the plate so the cooked side is up
- Slide the tortilla back onto the pan cooked side up, and continue to heat for another 2 minutes.
- Flip the tortilla back onto a clean plate, serve hot or cold

** For a more exciting tortilla add spinach, and mushrooms!



Charoset
Israel

Ingredients

- 4 apples, chopped
- 1 ½ cups walnuts, chopped
- 2 tsp. cinnamon
- 2 tbsp. honey
- Matzos crackers

Modify quantities as desired...

Directions

- Chop the apples into small cubes.
- Chop walnuts into small pieces
- In a large bowl mix all ingredients together, or use food processor to get a more paste-like consistency.
- Serve over matzos crackers.

** Charoset represents the mortar the Hebrew slaves used to assemble the Pharaoh's bricks in Egypt over 3,000 years ago. It is often served with romaine lettuce or horseradish to symbolize the bitterness of slavery. Charoset is one of the seven Seder plates served during the first 2 nights of Passover.



Guacamole, Salsa and Home-Made Tortilla Chips *Mexico*

Guacamole

Ingredients

- 3 Avocados
- ½ onion chopped
- 4 cloves garlic, minced
- ¼ cup fresh cilantro
- ½ tomato, chopped
- Salt, to taste

Directions

- Remove avocado pit, mash avocados
- Combine all ingredients add lime juice and salt to taste
- Refrigerate or eat immediately

Tortilla Chips

Ingredients

- Corn or flour tortillas
- Olive oil or cooking spray
- Pinch of salt

Directions

- Pre-heat oven to 300 degrees
- Lightly brush tortillas with salt, oil or cooking spray
- Bake for 5 minutes, or until golden brown
- Slice and enjoy with guacamole and salsa

Salsa

Ingredients

- 1 clove garlic
- 2 Serrano peppers
- 2 tomatoes, chopped
- ½ onion, chopped
- Juice of 2 limes
- Salt, to taste

Directions

- Combine all ingredients in bowl
- Add salt and lime juice to taste
- Refrigerate for one hour



Veggie Filipino Spring Rolls; Lumpia
Philippines

Ingredients

- ½ onion chopped
- 3 cloves garlic, minced
- 1/2 cup carrots Julienne
- ½ cup mushrooms chopped
- Soy sauce
- 2 eggs
- 1 package veggie sausage meat
- Spring roll wrappers
- 2 cups oil for frying

Directions

- Combine chopped onions, carrots, garlic, mushrooms, 1 egg, 2 Tbs soy sauce, and veggie sausage into a large bowl.
- Mix together using your hands; get messy!
- Separate spring roll wrappers.
- Place wrapper in front of you in a diamond shape, place a spoonful of meat mixture in the bottom third of the wrapper.
- Tightly roll together, fold in the edges as if you are wrapping a present once there are only 4 inches of the wrapper remaining.
- Wisk egg and use your fingers or pastry brush to seal the spring roll, using the egg as glue.
- Fry in oil until brown and crispy.

**Ground beef may be substituted for the veggie sausage, but it must be cooked and cooled in advance!



Potato Kugelis
Molly: Lithuania

Ingredients

- 2 lbs potatoes, peeled
- 9 oz bacon, chopped
- 2 eggs, beaten
- 2 onions, grated
- 1/3 cup sour cream
- salt and pepper to taste

Directions

- Pre-heat oven to 350 degrees
- Grate potatoes and place in strainer to remove most of the liquid
- Fry bacon
- In a large mixing bowl combine potatoes, bacon, and half of the bacon grease; the bacon fat helps disperse potato starch evenly
- add onions, eggs, sour cream, salt and pepper; mix well
- pour mixture into a medium baking dish, bake until the top is well browned (about one hour)
- Top with sour cream if desired



Bajan Rice and Stew
Kamal: Barbados

Ingredients

- 8 oz. Stew beef
- 1 large carrot, peeled and sliced
- 2 medium potatoes, peeled and quartered
- 2 tbsp. Bajan seasoning
- ¼ tsp. Seasoned salt
- 1 Tbsp. gravy browning
- 2 Tbsp. Tomato ketchup
- 5 cups water
- 2 Tbsp. vegetable oil
- 2 cups long grain rice soaked in water for 2 hours
- ½ cup pigeon peas soaked in water overnight, if possible use the canned variety and then you will need 1 cup
- 1 oz. salt pork
- ½ tsp. Thyme

Directions

For the Stew

- Wash and cut beef into bite sized pieces then rub with the Bajan Seasoning and tomato ketchup
- Heat oil in a skillet and stir fry the meat for 10 minutes
- Pour in the gravy browning and cook for another 5 minutes
- Add the water, cover and simmer for 30 minutes
- Stir in carrots and potatoes, adjust the seasonings with a little seasoned salt, and add a little more water if necessary
- The meat should be tender after 45 minutes of cooking but if not cook a while longer

For the Rice

- Place the peas, salt pork and thyme in a pan with 4 cups water and bring to a boil
- Reduce heat and simmer for 30 minutes or until peas are tender
- Wash and drain rice, add to the pan
- Pour in enough water to be just level with the rice and peas mixture
- Bring to a boil, then reduce heat to its lowest level cover and simmer for about 20 minutes



Platanos con Salami
Angelica: Dominican Republic

Ingredients

- 3 plantains
- 1 roll of salami
- 3 Tbsp oil
- Salt, to taste

Directions

You can either boil or fry the plantains

Boiling:

- Cut off the ends of the plantains, slice the skin open lengthwise and peel off the skin
- Cut each plantain in half
- Place the plantains in a medium size pot of boiling water
- Add about 1 tsp of salt to the water
- Boil until soft
- Serve with butter!

Frying:

- Peel plantains following above directions
- Slice each plantain widthwise on a slight diagonal so each piece is about ¼ inch thick
- Pour 3 Tbsp oil into a pan and heat on low-medium
- Once hot add the plantain slices, cook until golden and then flip
- Once each side is cooked remove slices from the pan
- Squish each slice with a cup and place back in the frying pan
- Place plantains on a plate with paper towels to drain some of the oil
- Lightly salt

Salami:

- Slice into ¼ inch wide pieces
- Using the oil from the plantains fry the salami until dark
- Drain on paper towels and enjoy!



Spaghetti Salad
Jasmine: Family Recipe

Ingredients

- 2 packages of thin spaghetti
- Black olives, pitted
- 2 bags of crumble cheese
- 2 tomatoes
- 3 cucumbers
- 3 bottles of Italian dressing
- 2 bottles of McCormack's salad supreme seasoning

Directions

- Boil the spaghetti
- Cut cucumbers into squares
- Cut the tomatoes in little squares
- After the spaghetti is done put it in a big pan or bowl
- Mix all the ingredients; pour the salad dressing and mix in the seasoning
- Let sit in the fridge to get cold
- If it is dry when you remove it from the fridge add some more salad dressing



Cultural Kitchen is Hostelling International Eastern New England Council's signature youth outreach program. Along with many other educational programs Cultural Kitchen helps to fulfill the mission statement, "To help all, especially the young gain a greater understanding of the world and its people." For more information on hostelling and Cultural Kitchen check out the website, <http://www.usahostels.org/>



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