



Harbor Point 2008 Cultural Kitchen Cookbook



Enjoy our tasty treats from around the world!



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Dear Harbor Point Cultural Kitchen Participants,

Thank you for spending your Monday afternoons cooking with Megan and myself. I loved learning how to prepare your favorite dishes and games. You all displayed excellent culinary skills which will only improve. Keep practicing and try new things! I hope this cook book serves you well in the future!

Best Wishes,



Baklava

Ingredients

- 1, 16 ounce package of philo dough
- 1 pound chopped walnuts
- 1 cup butter
- 1 tsp. cinnamon
- 1 cup sugar
- ½ cup honey
- ¾ cup of water

Directions

- Pre-heat oven to 400 degrees.
- Melt butter.
- Chop nuts, in a small bowl mix nuts, cinnamon and 1 Tbsp sugar.
- Layer filo dough and cinnamon mixture, using a pastry brush to lightly cover with melted butter after each layer.
- Cut into squares and place in oven, cook at 400 degrees for 35 minutes, or until golden brown.
- In small saucepan heat water, remaining sugar, vanilla extract, and honey.
- Once it begins to boil reduce heat to a simmer for 5 minutes, turn off heat and let it cool down.
- Pour mixture over baklava immediately after it comes out of the oven.
- Let baklava cool for at least 15 minutes before serving!



Lumpia; Filipino Spring Rolls
Philippines

Ingredients

- 1/2 onion chopped
- 3 cloves garlic, minced
- 1/2 cup carrots Julienne
- ½ cup mushrooms chopped
- Soy sauce
- 2 eggs
- 1 package veggie sausage meat. You can use cooked ground beef if you would like.
- Lumpia wrappers, you can find these in any Asian market
- 2 cups oil for frying

Directions

- Combine chopped onions, carrots, garlic, mushrooms, 1 egg, 2 Tbs. soy sauce and fake meat into a large bowl.
- Mix together using your hands, get messy!
- Separate wrappers.
- Place wrapper in front of you on a plate, 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.



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!



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.



Shrimp Etouffee
Megan, Louisiana

Ingredients

- 1 medium onion- white or yellow
- 2 green onion stalks
- 3 cloves garlic
- ¼ chopped celery
- 3 Tbsp oil
- 2 Tbsp flour
- 3 1/2 cups water
- 1 Tbsp Worcestershire sauce
- Louisiana Hot Sauce
- 1 tsp salt
- 1 lbs (about 3cups) raw shrimp 40-50 count
- 2-3 cups long grain white rice

Directions

- In a large skillet brown onions and green onions in 1 Tbsp oil.
- Add garlic and celery in until tender.
- Add shrimp and sauté until they start to turn orange.
- Make roux separately. In a small pot add flour to 2 Tbsp oil and stir constantly over medium high heat until lightly brown.
- Add roux to skillet.
- Add water, salt, and Worcestershire sauce slowly, stirring.
- Simmer uncovered 25 min or until desired consistency stirring occasionally.
- Prepare rice according to directions. Serve over rice.



Fried Okra
Megan, *Louisiana*

Ingredients

- 1 pound okra
- ½ tsp Cajun seasoning salt
- 1 ½ cups buttermilk
- 2 cups self-rising corn meal (you can add 1 tablespoon of baking powder and ½ tsp. of salt for every cup of corn meal used if you do not have self-rising corn meal)
- Vegetable oil

Directions

- Wash okra and drain well.
- Remove tip and stem end; cut into ½ inch slices.
- Sprinkle with seasoning salt; add buttermilk, stirring until well coated.
- Let stand 15 minutes, then drain.
- Dredge in corn meal.
- Cook in hot oil until brown, drain on paper towels.



Patelitos
Nelise, *Puerto Rico*

Ingredients

- 1 pound ground beef
- 1 packet sazón
- Adobo
- ¼ onion diced
- 1 clove of garlic minced
- Goya empanada dough
- Sliced cheese
- 2 Tbsp. oil

Directions

- In a sauce pan cook beef, season with sazón and adobo.
- Add chopped onion and minced garlic.
- Separate defrosted dough rounds and place a spoonful of cooked meat and slice of cheese in each round.
- Fold the dough in half forming a semi circle with the meat inside.
- Seal the edges with a fork.
- Cook in pan with 1 Tbsp. oil, flip over to make sure both sides are golden brown.



Wrap Sandwich *Sone*

Ingredients

- Sliced turkey, or ham
- Shredded cheese
- Lettuce
- Chopped tomatoes
- Chopped cucumbers
- Your favorite dressing
- wraps

Directions

- Combine all ingredients in the middle of the wrap, adding as much or as little as you want.
- Tightly roll up the bread, slice in half if you wish.
- Enjoy!



Curry Chicken
Kahlil, Jamaica

Ingredients

- 2 pounds chicken breast
- 1 tsp. lemon juice
- ½ onion
- ½ green pepper or red pepper
- ¼ hot pepper
- ½ tsp. seasoned salt
- ½ tsp. black pepper
- ½ tsp. all purpose seasoning
- 1 tsp. curry powder

Directions

- Wash chicken breast in the lemon juice and water.
- Cut up chicken in small pieces.
- In a bowl combine all ingredients ensuring that the curry powder is evenly distributed all over the chicken.
- Put 2 tablespoons of olive oil in a pot and let it heat for 20 seconds.
- Put the chicken breast in the pot.
- Cover pot and let simmer 10-15 minutes.
- Add ½ cup of water.
- Cover pot and let cook 15-20 minutes.
- Enjoy!



Mashed Potatoes
Tete, Family Recipe

Ingredients

- 8 large potatoes
- Roughly $\frac{1}{4}$ cup of milk
- $\frac{1}{4}$ cup of butter
- Salt
- Pepper

Directions

- Peel potatoes and chop into pieces roughly 2 inches thick
- Bring a large pot of water to boil and add potato chunks. Once potatoes are soft remove from the heat and strain water.
- Using a blender, forks, or masher, mash potatoes.
- Add butter, milk, pepper, salt, or any other seasonings to taste.
- Enjoy as a side-dish or by itself!



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.* Hostelling International has had hostels in Boston, the Cape, and Islands for 25 years. For more information on hostelling and Cultural Kitchen check out the website, <http://www.usahostels.org/>



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Whole Foods Market is thrilled to be sponsoring Cultural Kitchen's sessions for Boston area youth. There's no better way to understand a foreign culture than by learning about and *tasting* its' cuisine! We look forward to seeing you in our stores!

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