

Park Kennedy Cookbook

A COLLECTION OF
RECIPES FROM
CULTURES IN KP



Kennedy Park Cookbook

A collection of recipes from you, for you!

“Food is not rational. Food is culture, habit, craving and identity.” – Jonathan Safran Foer



Hello! We are the CHEETA project, a Youth Empowerment Program aiming to unite residents of Kennedy Park. We've made a cookbook which we hope will help people in the Kennedy Park community get to know and learn more about each other's cultures. We loved talking to everyone in the community and learning about their cultures. We hope you enjoy the recipes!

Happy cooking!

-Jennifer, Mlaz, and Nazik

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together." -Guy Fieri



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كسر (Kisra)

Sudan

This is a dish from Sudan, generally eaten with stews and soup. This flat crepe like bread is simple and easy to make.

Ingredients:

- Sorghum flour
- 2 to 3 cups of water



Directions:

- Mix the sorghum flour and leave in a cool, dry place to ferment for 14-24 hours. Once the mixture is fermented, heat a flat circular hot plate. Pour half a cup of the mixture onto the hotplate and spread out evenly with a crepe utensil or a gargariba.



Cambodian Fried Rice TERENCE CARTER

Cambodia

Cambodian fried rice can be eaten as street food, as a meal with your family. Or when you need something fast and easy.

Ingredients:

- 150 g Siem Reap sausages quartered lengthwise and sliced
- 4 eggs beaten
- 80 g carrot diced finely
- 80 g french beans diced finely
- 3 garlic cloves minced
- 1 tbsp sugar
- 1 tbsp soy sauce
- 1 teaspoon salt
- 4 cups cooked rice separated
- 1/4 cup spring onions sliced
- 1 tbsp oyster sauce optional
- 1 tsp sesame oil optional



INSTRUCTIONS

- 1) Heat a little vegetable oil in a wok on medium high and add the Siem Reap sausages. Stir the sausage pieces until they get a little colour. Remove the sausage pieces and set aside, leaving the oil.

- 2) Add the eggs to the wok and swirl around to make an omelette. When the omelette is just cooked through, remove from the wok, allow to cool a little and slice into bite-sized pieces.
- 3) Add a little oil and cook off the carrots and beans until they've softened a little and then add the garlic and fry for one minute.
- 4) Over high heat, add the sausage pieces back into the wok. Add the rice, sugar, salt and soy sauce and stir-fry until all the rice has been incorporated into the mix and has taken on a little color.

Cambodian style chicken rice

Cambodia

Everyone likes chicken and rice, but here's a twist.

- Ingredients: 4 cups cooked brown rice prepared in advance
- 2 lb chicken breast
- 4 oz fresh ginger
- 2 tbsp fish sauce
- 1 tbsp avocado oil
- 1 tbsp garlic chili sauce optional

Instructions

- 1) Cut the raw chicken breasts into bite-size square shapes.



- 2) Peel the ginger to remove the skin and chop it into small bits. To make the ginger taste milder or to make it more kid-friendly, grate it instead.
- 3) In a large frying pan, saute the chicken and ginger in avocado oil. Stir frequently to allow browning on each side. The chicken must be fully cooked before moving to the next step.
- 4) Add the fish sauce (and optionally the garlic chili sauce) and stir immediately to distribute the flavors evenly.
- 5) Add in the cooked brown rice. If the latter is cold from prior cooking, reheat it in the microwave before adding. Stir gently and thoroughly.



سلطة الأسود (Salad Aswad)



Sudan

Salad Aswad is a dish enjoyed by many in Sudan and combines vegetables and peanut butter to make a hot meal eaten alongside bread

Ingredients:

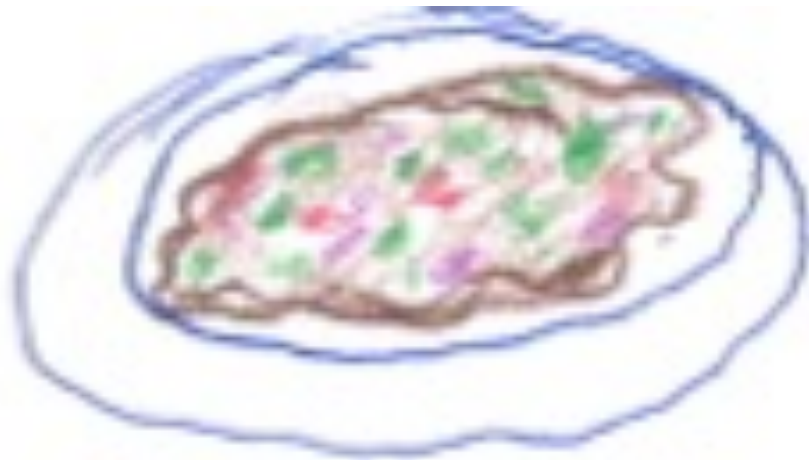
- 1 aubergine 1lb, diced.
- 2 medium tomatoes.
- 1 green onion diced.
- 1 teaspoon lime juice.
- 2 teaspoon peanut butter.
- Water to liquefy peanut butter
- Oil for frying



Instructions:

- 1) Shallow fry the aubergine in oil and keep stirring until it is golden brown, set aside.
- 2) Dice the tomatoes, put in a food processor or blender, and pulse.
- 3) In a saucepan bring the tomato sauce to a gentle boil.
- 4) With a fork, mash the aubergine, then add to the simmering tomato sauce.
- 5) Add lime juice and garlic, stir and remove the pan from heat.

- 6) Liquefy the peanut butter in some water and add to the previous mixture.
- 7) Add the diced green onion and mix well.
- 8) Chill in your fridge and serve with pita bread.



Baklava

Sudan



A dish adopted in Sudan but originating from the ottoman empire. This dish is mostly eaten for special occasion like Eid or weddings.

Ingredients

- 3 cups peanuts, finely chopped*
- 1 ½ cups sugar
- 1 teaspoon ground cinnamon
- ¾ cup butter, melted
- 20 sheets (14x9-inch rectangles) frozen phyllo dough, thawed
- ¾ cup water
- 3 tablespoons honey
- 2 inches stick cinnamon



1) Preheat the oven to 325°F. In a medium bowl stir together peanuts, 1/2 cup of the sugar, and the ground cinnamon; set aside.

2) Brush the bottom of a 13x9x2-inch baking pan with some of the melted butter. Unroll phyllo dough. Place one sheet of phyllo in the prepared baking pan. (While you work, keep the remaining phyllo covered with plastic wrap to prevent it from drying out). Brush the phyllo sheet generously with some of the melted butter. Layer four more phyllo sheets in the pan, brushing each sheet with melted butter. Sprinkle with about 1 cup of the nut mixture. Repeat layering phyllo sheets and sprinkling with

nut mixture two more times, brushing each sheet with melted butter.

3) Layer the remaining five phyllo sheets on top of filling, brushing each sheet with melted butter. Drizzle with any remaining melted butter. Using a sharp knife, cut layers into 32 to 48 diamond-, rectangle-, or square-shape pieces.

4) Bake for 35 to 45 minutes or until the top is golden brown. Cool slightly in a pan on a wire rack.

5) Meanwhile, in a medium saucepan stir together the remaining 1 cup sugar, the water, honey, and stick cinnamon. Bring to boiling; reduce heat. Simmer, uncovered, for 20 minutes. Remove stick cinnamon. Pour honey mixture evenly over slightly cooled baklava; cool completely.

Tip: Make the task easier by using your blender to finely chop the nuts in batches.



Pho (Vietnamese Noodle Soup)

Vietnam

Pho originated in northern Vietnam during the 1880's. Pho is now enjoyed by many and is a sort of comfort food.

Ingredients:

- Chicken/beef broth
- Yellow onion and fresh ginger
- Spices: coriander, cloves fish sauce, hoisin sauce, soy sauce, red chili paste, cinnamon, salt, and pepper.
- Use thin rice noodles
- Meat: you can use chicken, pork, or shrimp
- Beef pho- sirloin steak, flank steak, brisket, or round eye, seasoned with salt and pepper
- Chicken pho- 1-2 boneless skinless chicken breast, sliced very thinly and seasons with salt and pepper
- Pork tenderloin- 1 lb seasons with salt and pepper and seared in a little bit of oil, over high heat, at the beginning until browned on both sides (10 minutes) allow to rest while broth cooks and cut into very thin slices
- Shrimp- raw, shell removed



Garnishes

- Green onion
- Fresh jalapeno
- Fresh herbs (cilantro, basil, mint)



- Fresh bean sprouts
- Lime wedges
- Sriracha hot sauce

Directions

- 1) Place a dry pot over medium heat add the onion halves and ginger pieces and cook for 4 minutes
- 2) Add the broth, water, coriander, cloves, fish sauce, hoisin sauce, chilli sauce, chili garlic paste, cinnamon stick and a pinch of fresh cracked salt and pepper to the pot bring to a slow boil, then reduce heat and simmer for 30 minutes or more
- 3) Prepare the thin rice noodle according to package instructions once soft drain and set aside
- 4) Ready the garnishes in individual small bowls for serving: cilantro, basil, green onions, bean sprouts, lime wedges and sliced chillies



Now add meat

- 1) Add desired meat 1-5 minutes before broth is done cooking (2-3 minutes for thinly sliced pork and and 1-2 minutes for thinly sliced steak and shrimp)

Assemble

- 1) Add cooked rice noodles to individual bowls and ladle hot broth over noodles. Pile high with you favorite garnishes

Dolma

Iraq

The word dolma comes from the ottoman topkapi empire, but this dish has been a staple food in middle eastern cuisine for centuries.

Ingredients

- 8 oz grape leaves 1 jar, preserved grape leaves
- 1 1/2 cups rice white, cooked
- 1 Tbsp olive oil
- 1 onion medium, diced
- 2 Tbsp pine nuts
- 1/4 c currants dried
- 1/4 tsp allspice
- 1 Tbsp mint fresh, chopped
- 1/2 c parsley fresh, chopped
- 3/4 c water
- Sauce
- 2/3 c olive oil
- 1 tsp sugar
- 4 Tbsp lemon juice, fresh squeezed

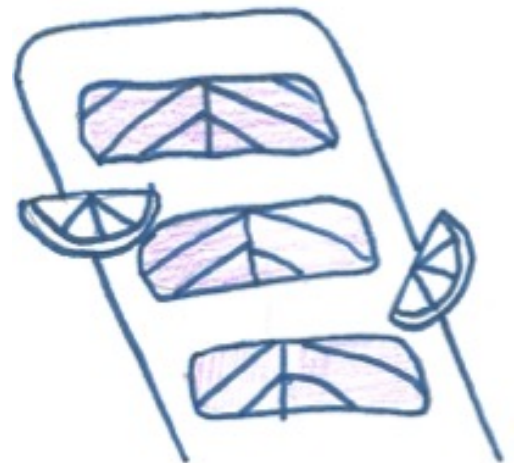


Instructions

1. Make rice according to package instructions. Cool to room temperature before using.

To make the sauce:

- 1) Mix olive oil, sugar and lemon.
- 2) In a bowl place cooked rice, currants, mint, parsley, and allspice. Mix well.
- 3) In a small skillet saute the onions and pine nuts in the olive oil until onions are translucent. Remove from the skillet and add to the rice mixture. Mix well.
- 4) Rinse grape leaves and pat dry.
- 5) Place the leaf flat on a large cutting board.
- 6) Place a heaping teaspoon of the rice mixture near the bottom of the leaf.
- 7) Fold the bottom of the leaf over the rice, and bring the sides inwards following the guide you created.
- 8) Roll tightly to form a cigar shape.
- 9) Place the seam side down in a skillet lined with the grape leaves.
- 10) Pour olive oil sauce mixture and water over the dolmas, and weigh down with a plate.
- 11) Cover and cook on low for about 50 minutes.
- 12) Allow the dolmas to cool in the pan.
- 13) Transfer to a serving platter and refrigerate for about 2 hours before serving.



Bamya



Iraq

Bamya is a middle eastern stew containing okra and meat, bamya originates from turkey but is also in the middle east and some parts of northern Africa.

Ingredients:

- 2 tablespoons olive oil
- 1 onion diced
- 2 cloves garlic
- 1 pound (450g) okra fresh or frozen
- 2 bay leaves
- 1 teaspoon ground cumin
- $\frac{1}{3}$ teaspoon ground turmeric
- 1 litre vegetable stock
- 1 can diced tomatoes
- $\frac{1}{2}$ teaspoon salt



Instructions

- 1) Start by cutting the tips off using a small knife, then wash the okra and drain well.
- 2) Heat olive oil in a large pot, then saute a diced onion until it's soft and translucent.
- 3) Add the washed okra to the pot, and saute for a few minutes. Add a crushed garlic to the pot and cook until fragrant.

- 4) Add bay leaves, ground cumin and saffron. followed by vegetable stock to cover the okra, and cook for 20 minutes until the okra is cooked.
- 5) Add a can of diced tomatoes, or fresh sliced tomatoes. And cook for 15 more minutes. In the last 5 minutes of cooking, add salt.
- 6) Serve warm over white rice



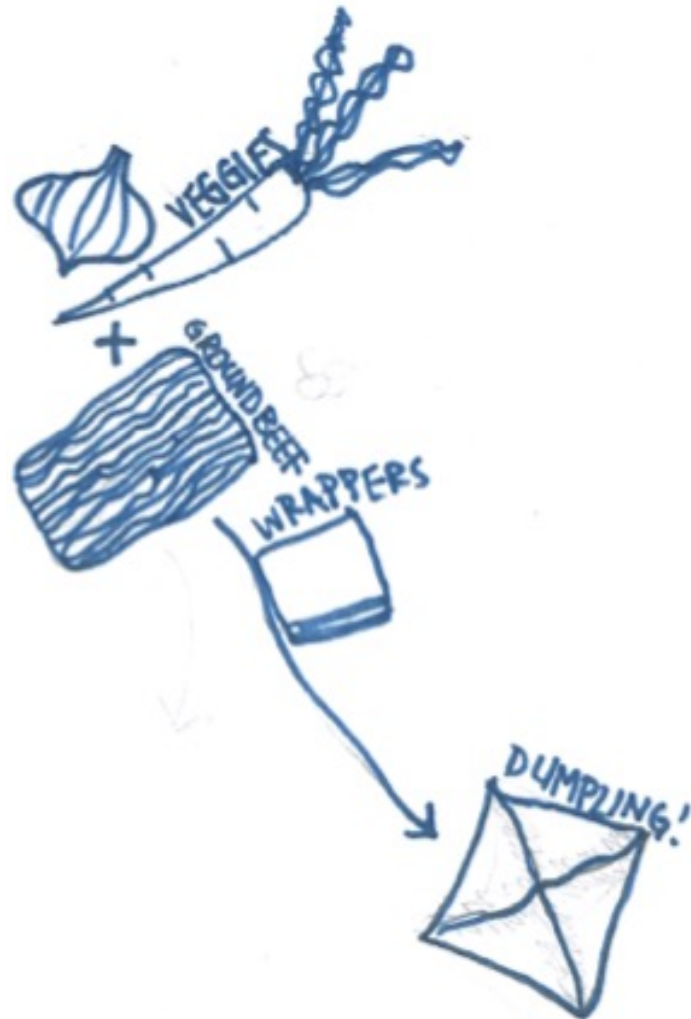
Mantu

Afghanistan

Mantu is believed to have originated in the Mongol Empire, but because of trade this food has been incorporated into many cuisines.

Ingredients

- ¾ cup Yogurt, plain, low fat, 12 grams protein per 8 ounce
- 1 teaspoon Mint Leaves-Raw
- 2 cloves Garlic, raw
- 1 pound Beef, ground, regular, (approximately 27% fat), raw
- 1 ½ cups Onions, raw
- 1 cup Water, municipal
- 1 Carrots, raw
- ¾ teaspoon Salt, table
- 1 teaspoon Spices, pepper, black
- 1 ½ teaspoons Spices, coriander seed
- ½ teaspoon cumin, ground
- 26 eaches Wonton wrappers (includes egg roll wrappers)
- 1 tablespoon Tomato products, canned, paste, with salt added
- ⅛ teaspoon dried red pepper flakes
- 2 tablespoons Water, municipal
- ½ cup Peas, split, mature seeds, raw
- ⅛ teaspoon dried red pepper flakes



- 1 teaspoon Coriander Seed ASTA
- ¼ teaspoon cumin, ground
- 1 cube Soup, chicken broth cubes, dehydrated, dry
- 1 ½ cups Water

Instructions

- 1) In a small bowl, stir together yogurt, mint, and garlic. Refrigerate.
- 2) In a large skillet over medium heat, cook ground beef and onions until meat is browned, stirring occasionally to crumble; drain fat. Stir in 1 cup water, carrot, salt, black pepper, 1 ½ teaspoons coriander, and ½ teaspoon cumin; simmer uncovered for 30 minutes or until water evaporates.
- 3) Lay out wonton wrappers on aluminum foil. Mound two large spoonfuls of beef mixture in the center of one wrapper. Dip a finger in water and trace it around all four edges. Lay a second wonton wrapper on top of the first, and press on all edges to seal. Roll up the edges to create a round, hat-shaped ravioli. Repeat, making 13 ravioli.
- 4) Place ravioli in a steamer and steam for 40 minutes.
- 5) Meanwhile, mix together the yellow split peas, 1/8 teaspoon red pepper flakes, 1 teaspoon coriander, 1/4 teaspoon cumin, chicken bouillon, and 1 ½ cups of water in a saucepan. Bring to a boil, then simmer over medium-low heat for about 45 minutes, or until it reaches a thick slurry-like consistency.
- 6) Meanwhile, in the large skillet, mix remaining beef mixture with 2 tablespoons water, tomato paste, and 1/8 teaspoon red pepper flakes. Simmer over low heat until liquid has evaporated, about 10 minutes.
- 7) To serve, spread yogurt on a serving plate. Top with ravioli, and top again with split pea mixture. Finally, top with tomato and beef mixture. Serve immediately.

Middle Eastern Chicken Kebabs

Lebanon

Ingredients

- 1 cup plain whole milk Greek yogurt
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 1/2 teaspoon cumin
- 1/8 teaspoon cinnamon
- 1 teaspoon crushed red pepper flakes (reduce to 1/2 teaspoon if you don't like heat)
- Zest from one lemon
- 2 tablespoons freshly squeezed lemon juice, from one lemon
- 1-3/4 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 5 garlic cloves, minced
- 2-1/2 pounds boneless skinless chicken thighs, trimmed of any excess fat and cut into large bite-sized pieces
- 1 large red onion, cut into wedges
- Vegetable oil, for greasing the grill

Instructions



- 1) In a medium bowl, combine the yogurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon zest, lemon juice, salt, pepper and garlic.
- 2) Thread the chicken onto metal skewers, folding if the pieces are long and thin, alternating occasionally with the red onions. Be sure not to cram the skewers. (Note: You'll need between 6-8 skewers.)
- 3) Place the kebabs on a baking sheet lined with aluminum foil. Spoon or brush the marinade all over the meat, coating well. Cover and refrigerate at least eight hours or overnight.
- 4) Preheat the grill to medium-high heat. To grease the grill, lightly dip a wad of paper towels in vegetable oil and, using tongs, carefully rub over the grates several times until glossy and coated.
- 5) Grill the chicken kebabs until golden brown and cooked through, turning skewers occasionally, 10 to 15 minutes. Transfer the skewers to a platter and serve.

Sukuma (African Braised Kale with Tomatoes)

South Sudan

Sakuma is a dish eaten in South Sudan. It is eaten during special occasions. **Ingredients:**

- 1 pound kale
- 2 medium tomatoes, about 1/2 pound
- 1 large white onion, about 1 pound
- 1 tablespoon peanut oil
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1 1/2 teaspoons kosher salt
- Freshly ground black pepper
- 1 lemon, juiced, about 3 tablespoons



Instructions

- 1) Chop the kale into rough 1-inch pieces, including the ribs. Roughly chop the tomatoes. (If desired, reserve about 1/4 cup fresh tomato pieces for garnish.) Peel and dice the onion.
- 2) Heat the oil in a large, deep pot, or a large wok. When it is hot, add the onion and cook for about 8 minutes over medium-high heat,

stirring frequently. When the onion is getting soft, stir in the cumin, coriander, and turmeric. Stir in the tomatoes and cook for about 2 minutes.

- 3) Add the greens one handful at a time, stirring constantly to coat them with the onions, oil, and spices. When they have all been added, sprinkle the salt and a generous amount of fresh pepper over them and stir.
- 4) Pour in 1 cup water. Cover the pot and turn the heat down to medium. Cook for 10 to 20 minutes, or until the greens are tender to your taste. (I like mine fairly toothsome, so I only cook them for about 10 minutes.)
- 5) Remove the lid, turn off the heat, and toss the greens with the lemon juice.



Carne Asada

Guatemala

Carne Asada was the first dish to be made into tacos, they first arrived in 1500, wrapped in a tortilla topped with guacamole and lime among other things.

Ingredients:

- 1/2 cup chopped fresh cilantro leaves
- 1/3 cup olive oil
- 1/4 cup reduced sodium soy sauce
- Juice of 1 orange
- Juice of 1 lime
- 4 cloves garlic, minced
- 1 jalapeno, seeded and diced
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds flank steak



Directions:

In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and 1 teaspoon pepper; set aside 1/2 cup of the mixture in the refrigerator until ready to serve.

- 1) In a gallon size Ziploc bag or large bowl, combine steak and remaining cilantro mixture; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade.
- 2) Preheat the grill to medium high heat. Using paper towels, pat both sides of the steak dry; season with salt and pepper, to taste.
- 3) Add steak to grill, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest for 5 minutes.
- 4) Thinly slice steak against the grain and serve with reserved 1/2 cup cilantro mixture.



Tamales

Guatemala

Ingredients:

2 tablespoons Crisco® Pure Canola Oil

- 1 medium red bell pepper, chopped
- 2 (14 1/2 oz.) cans of diced tomatoes with garlic and onion, undrained
- 1 cup chicken broth
- 2 dried ancho Chile peppers, seeds removed and chopped
- 1/4 cup pumpkin seed kernels (pepitas), toasted
- 2 tablespoons sesame seeds, toasted
- 2 tablespoon white vinegar
- 2 teaspoons sugar
- 1 whole cinnamon stick
- 1 pound of boneless of pork tenderloin, cut in half lengthwise and thinly sliced
- 4 teaspoons salt, divided
- 1/2 teaspoon pepper
- 1/2 cup golden raisins
- 12(10 inch) squares fresh or frozen



leaves, thawed, trimmed

- 4 cups of water
- 2 cups instant corn mesa flour
- 1 cup rice flower
- 1 cup rice flower
- 1/4 cup crisco all-vegetable shortening
- 1/4 cup capers, drained
- 36 small pimiento-stuffed green olives
- 1 large red bell pepper, twinkly sliced into 24 strips

Directions:

- 1) HEAT 1 tablespoon of oil in a medium saucepan over medium heat. Add chopped red pepper; cook 5 minutes or until tender. Add tomatoes, chicken broth, ancho chile peppers, pumpkin seeds, sesame seeds, vinegar, sugar and cinnamon stick. Bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes. Remove cinnamon sticks and discard. Pour the sauce mixture into the blender container. Cover and process until smooth.
- 2) HEAT remaining 1 tablespoon oil in a large skillet over medium heat. Add pork; season with 1 teaspoon salt and pepper. Saute pork for 2 to 3 minutes or until browned on all sides. Remove from heat. Stir in 2 cups sauce mixture, raisins and capers. Cover and chill remaining sauce mixture.
- 3) HEAT water in a medium saucepan until warm. Add masa flour,

rice flour, shortening and remaining 1 tablespoon salt; whisk until blended. Cook over medium-high heat, stirring constantly, until the dough is very thick and pulls away from the side of the pan, about 5 minutes.

4) PLACE each banana leaf square, dull side up, on a 14-inch sheet of foil. Place a heaping 1/3 cup dough in the center of the first banana leaf; spread into a 4 x 3-inch rectangle. Top dough with 3 olives, 2 red pepper strips and 1/3 cup meat mixture. Fold in all sides of banana leaf to enclose filling in a rectangular shape. Wrap in foil. Repeat to make 11 additional tamales.

5) REMOVE basket from steamer pot. Fill the pot with about 2 inches of water. Cover and bring to a boil over high heat. Arrange tamales in layers in a steamer basket. Place the basket in a steamer pot. Cover; reduce heat to medium-low and cook 1 to 1 1/4 hours or until dough is set, adding additional boiling water to pot as needed. Let wrapped tamales stand 10 minutes before serving. Remove foil.

Unfold banana leaves to open. Warm remaining sauce, if desired, and serve with tamales.



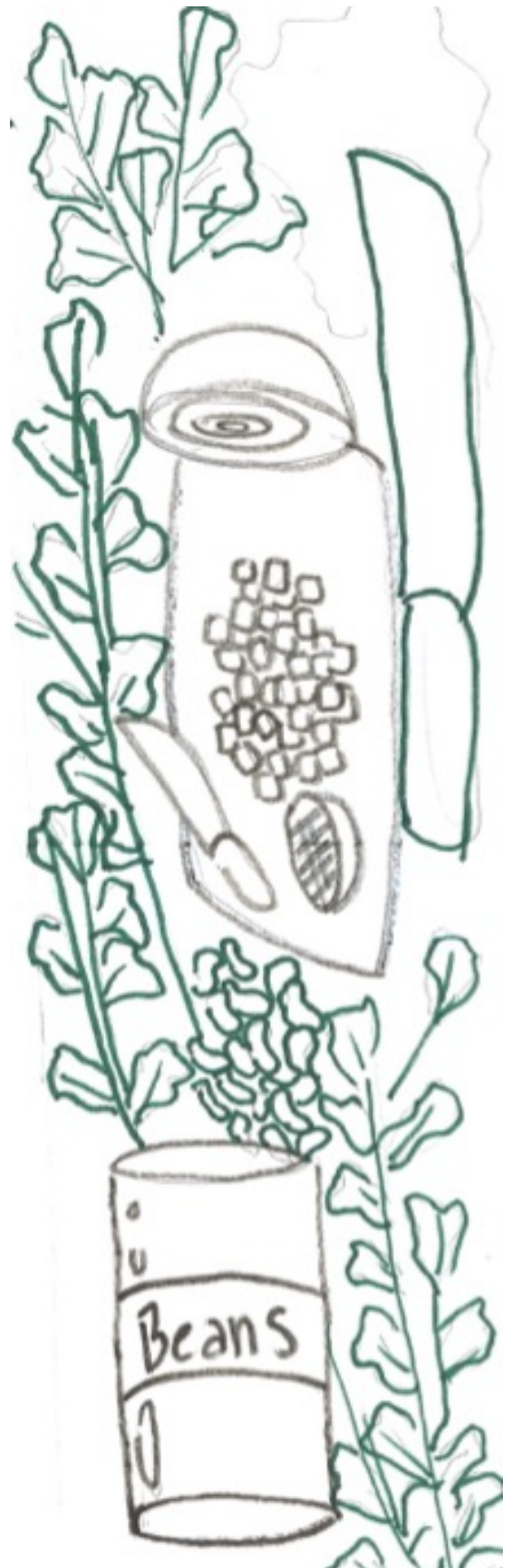
Rice and Beans

Puerto Rico

Puerto Rican cuisine can be found in many other countries, try your hand at simple rice and beans.

Ingredients: 1 pound dry pinto or pink beans, sorted and damaged beans removed (about 2 cups dried beans), soaked overnight for 6-8 hours, no longer

- 6-8 cups water or vegetarian broth
- 1-2 bay leaves
- For the sofrito (for the beans):
- 2 teaspoons olive oil
- ½ cup finely diced yellow onion
- ½ cup finely diced green bell pepper
- ¼ cup finely diced cilantro
- 2 cloves garlic, minced
- ½ cup no salt added tomato sauce
- 3 teaspoons (2 packets) Sazon Culantro y Achiote* (see note in recipe for how to make your own)
- ⅛ teaspoon adobo (or just a pinch)
- 1 (15 oz) can Goya Green Pigeon peas** (see note in recipe for a sub)
- 3 cups water



- 2 cups basmati white rice



Directions:

- 1) Soak the beans and bay leaf for 6-8 hours in 6-8 cups of water or broth; you want about 1 inch of liquid on top of the beans. I recommend soaking your beans for no more than 8 hours. You can soak at room temperature.
- 2) After you soak the beans, bring beans to boil for 1-2 minutes, then reduce heat to low, cover and simmer gently for 1-2 hours or until beans are tender and soft. The last half hour that your beans are cooking you can begin to make your sofrito (see below), or once the beans are done cooking you can turn the heat off and allow the beans to sit while you cook your sofrito. It's just up to your advancement level of cooking and preference. **REMOVE THE BAY LEAF BUT DO NOT DRAIN THE BEANS.** The liquid is essential to the recipe!
- 3) How to make Sofrito (for 1 pound beans): Sofrito in Spanish means sauce -- very traditional in many of the main staple foods in Puerto Rico: Add oil to a medium skillet and place over medium heat. Once oil is hot, add in onion, green pepper, cilantro and garlic. Saute until onions are translucent and green peppers soften, about 3-5 minutes. Bring heat to low and add tomato sauce, sazón and simmer for 2-3 minutes until sauce comes together. Add your sofrito to the beans (remember you were not supposed to drain the beans) and simmer uncovered over medium low heat for 20-30 minutes, stirring

occasionally, so that the spices infuse with the beans. After that, turn the bean off and cover so that they keep the heat while you finish making everything else. They should stay hot enough for an hour or so.

- 4) While the beans are simmering with sofrito, start making the rice: Add oil to a medium pot and place over medium heat. Once oil is hot, add in onion, green pepper, cilantro and garlic. Saute until onions are translucent and green peppers soften, about 3-5 minutes. Bring heat to medium-low and add tomato sauce, sazón and adobo and simmer for 2 minutes until sauce comes together. Next add in the entire can of pigeon peas (with the liquid -- DO NOT DRAIN) and 3 cups water, and bring to a boil. Once it boils, stir in 2 cups of rice, cover, reduce heat to low and simmer for 20 minutes or until rice is tender.
- 5) Once beans and rice are done, taste both and adjust seasonings as necessary, including adding more salt.
- 6) How to serve: add rice and beans to a bowl with extra sauce from the beans, garnish with cilantro and a few avocado slices.



Ethiopia

Injera

Injera is a national dish of ethiopia and eritrea, spongy in texture it can be served alongside anything of your choosing

Ingredients

- 1 1/2 cups ground teff
- 2 cups of water
- Salt, to taste
- vegetable oil, for the skillet

Instructions

1) Mix ground teff with the water and let stand in a bowl covered with a dish towel at room temperature until it bubbles and has turned sour; This may take as long as 3 days, although I had success with an overnight fermentation; The fermenting mixture should be the consistency of a very thin pancake batter.

2) Stir in the salt, a little at a time, until you can barely detect its taste.

3) Lightly oil an 8 or 9 inch skillet (or a larger one if you like); Heat over medium heat.

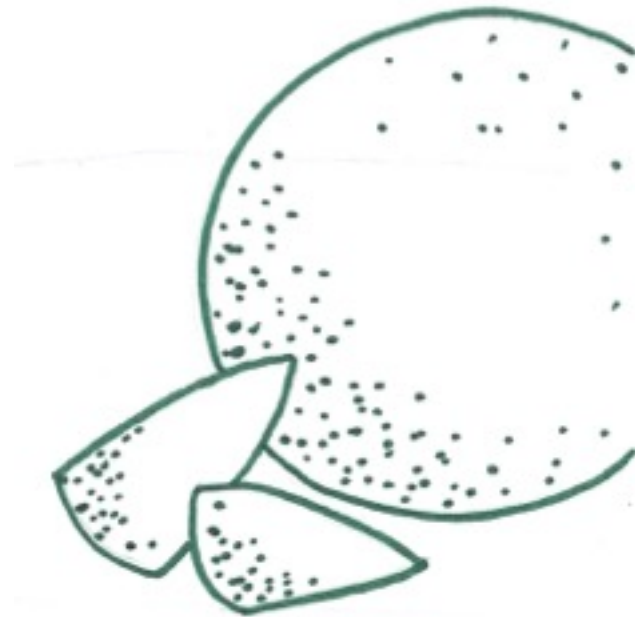
4) Pour in enough batter to cover the bottom of the skillet; About

1/4 cup will make a thin pancake covering the surface of an 8 inch skillet if you spread the batter around immediately by turning and rotating the skillet in the air; This is the classic French method for very thin crepes; Injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes, but less than you would for a flapjack pancakes.

5) Cook briefly, until holes form in the injera and the edges lift from the pan; Do not let it brown, and don't flip it over as it is only supposed to be cooked on one side.

6) Remove and let cool. Place plastic wrap or foil between successive pieces so they don't stick together.

7) To serve, lay one injera on a plate and ladle your chosen dishes on top (e.g., a lovely doro wat or alicha). Serve additional injera on the side. Guests can be instructed to eat their meal without utensils, instead using the injera to scoop up their food.



Ghormeh abizi



Iran

This is an Iranian herb stew and is considered the national dish of Iran.

Ingredients: 1/2 cup vegetable oil

- 2 pounds fresh herbs (8 bunches parsley, 8 bunches Persian leeks, 2 bunches cilantro, 2 bunches fenugreek, 1 bunch spinach), chopped medium fine
- 1 large white onion, chopped medium fine
- 1 garlic clove, minced
- 1 teaspoon ground turmeric
- 1 pound beef or lamb, cut into medium chunks
- 2 cups cooked red kidney beans
- 1 1/2 tablespoons ground black pepper, plus additional as needed
- 1 tablespoon salt, plus additional as needed
- 6 dried Persian limes, 2 holes poked on opposite sides of each
- Serving suggestion: basmati rice



Directions:

- 1) Heat a large skillet over medium heat; add 1/4 cup vegetable oil to warm. Add chopped herbs and saute until slightly darker but not

black, about 10 minutes. Remove the herbs from the heat and set aside.

2) Heat a large saucepan or pot with a lid over medium-high heat; add remaining 1/4 cup vegetable oil to warm. Add chopped onion and minced garlic and saute until golden brown, about 5 minutes. Add the turmeric and chunks of meat. Continue to saute until meat is browned on outside and the juices have begun to render, creating a thin sauce in the pan, 5 to 7 minutes. Add the sauteed herbs and fold into the meat/onion mixture. Add kidney beans, black pepper, salt, dried limes and 10 cups water. Bring to boil, then reduce heat to medium-low, cover and let simmer, making sure to check water level throughout cooking time, until the meat is tender enough to shred with a fork, 4 to 5 hours. (It's important not to let the top get dry; add water if necessary.) Season with salt and pepper to taste. Serve with steamed basmati rice.



Falafel

Jordan

Falafel's origins have yet to be agreed upon, but a common theory is that it originated in Egypt and found its way to the middle east.

Ingredients:

- 1 pound (450 grams) chickpeas soaked in water overnight (not cooked)
- 1 onion
- 2 cloves garlic
- ½ green chili
- ½ cup parsley
- 1 tablespoon ground cumin
- 1 teaspoon baharat spice mix
- 2 teaspoons ground coriander
- 1 teaspoon salt
- ½ teaspoon baking soda or baking powder
- sunflower or corn oil for frying
-



instructions:

- 1) In a blender, chop all of the falafel ingredients (except for the baking soda) until you get a smooth consistency.

- 2) Chill the mixture in the fridge for 15 minutes. Then take it out and fix in the baking soda.
- 3) Heat the oil in a wok or a dutch oven, let it reach 170-180°C (340-350°F) then create a ball shape falafel and drop them in the hot oil. Fry every 4-6 falafels at once.
- 4) Don't step away while frying the falafel as they can burn easily and make sure that the temperature of the oil is consistent. When they're ready, dry them on kitchen towels so that the excess oil is absorbed. Serve warm.

To make the tahini sauce (tartoor dip)

- 1) In a small bowl, add tahini with water and mix using a spoon. The tahini will absorb the water. Then add lemon juice, and whisk. This is when the sauce will brighten up. Mix in garlic, and add salt. Add more water if the sauce is too thick.

Notes

- Only add the baking soda 5 minutes before frying. If you don't have baking soda, you can use baking powder instead. Don't skip this ingredient as it helps your falafel become airy and soft rather than tough and dense.
- If you plan on freezing the falafel mixture, don't add the spices

or the baking soda.

- If your falafel starts falling apart while frying, it means that your oil isn't hot enough.
- Fry 4-6 pieces together at most at a time.
- You can change the amounts of the seasonings used if there is a particular taste that you like.

Somali Goat Meat Recipe

Somalia

Goat meat is a staple in Somalia, so there's many meals you can make from it, this one seems to be a favorite.

Ingredients:

- 2 lbs goat meat
- 1 large onion
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1/4 cup fresh cilantro leaves
- 2 tablespoons ghee or 2 tablespoons butter
- 1 tablespoon olive, voil
- 1 green pepper
- salt
- pepper
- 1/2 teaspoon cumin powder
- 3 crushed cloves
- 4 crushed cardamom pods
- 1/2teaspoon cinnamon
 - 1/2 lemon

- 1 banana

Directions:

- 1) Wash and strain goat meat.
 - 2) In a large pot boil the goat meat in water, add about 1 tbs salt for 2 hours or until the meat is tender.
 - 3) drain meat and save goat stock later for rice if desired.
 - 4) Add olive oil to the skillet once oil is hot add the strained goat meat and fry for 2 minutes.
 - 5) Add onions and green pepper stir to fry together 3 mins * don't let the onions and pepper get mushy they need to stay firm and still have a vibrant color.
 - 6) Add cumin, cloves, garlic paste, ginger paste, cinnamon, cardamom, ghee, and salt and pepper to taste. stir for 1 minute.
 - 7) Add cilantro and squeeze juice from lemon for flavor -- not too much lemon mabey like 1 tbs from the 1/2 lemon. Stir.
- Serve and enjoy with yellow spiced somali rice and fresh banana.

- 1) Heat olive oil in a large skillet over medium heat. Add onions, leek and garlic, and cook, stirring until the onions are transparent. Add ground beef, and cook until about halfway done. Season with cumin, cardamom, salt and pepper. Mix well, and continue cooking until beef has browned.
- 2) In a small dish or cup, mix together the flour and water to make a thin paste. Using one wrapper at a time, fold into the shape of a cone. Fill the cone with the meat mixture, close the top, and seal with the paste. Repeat until wraps or filling are used up.
- 3) Heat the oil to 365 degrees F in a deep-fryer or deep heavy pot. There should be enough oil to submerge the wraps. Fry the Sambusa a few at a time until golden brown. Remove carefully to drain on paper towels.



Basbousa

Sudan

This cake is eaten on special occasions, bring out the recipe for a special celebration!

Ingredients:

- 1 cup semolina flour
- 1 cup yogurt
- 1 cup sugar
- 1 cup butter
- 2 tablespoons baking powder
- 2 beaten eggs
- **Syrup ingredients**
- 3 cups sugar
- 1 cup water 1 teaspoons vanilla
- ½ lemon or ½ lime
- 1 cinnamon stick



Directions

- 1) Mix together semolina flour, sugar, and baking powder into a bowl
- 2) Melt butter and add into mixture

- 3) Add yogurt and mix well
- 4) Add eggs and mix well
- 5) Beat mixture for 2 minutes until there are no lumps
- 6) Pour into a 9x13 inch pan
- 7) Bake in middle rack oven for 45 minutes
- 8) While cake bakes prepare syrup:
- 9) Mix 3 cups sugar and one cup water into a pot and put it on the stove on high heat add cinnamon and vanilla stir well
- 10) Squeeze half a lemon into mixture then drop the lemon in there
- 11) Mix well, let boil for one minute, remove from heat
- 12) After cake is a golden color (after 45 minutes), remove from oven, and let cool for about 5 minutes
- 13) Pour syrup over the whole cake, let cool. Cut and serve



Mashi (Stuffed peppers)

Sudan

Stuffed peppers can be found anywhere North America, India, Spain. But come down to North Africa and let us show you our specialty

- 3 large zucchinis cut in half and pitted
- 4 cored sweet peppers
- 4 cored small indian aubergine
- 2 pounds of ground beef (vegan alternative: brown lentils)
- 3 cups long grain rice, cooked two bunches of dill, finely chopped
- 1 large spanish onion
- Diced five cloves
- Diced two cans tomato paste
- 1 large can crushed tomatoes
- 2 cups of water
- ¼ cup of vegetable oil
- 2 teaspoons of salt
- 1 teaspoon of black pepper
- 1 teaspoon all spice
- 1 teaspoon ground coriander
- 2 diced green chillies (optional)



Directions

- 1) In a large pot on high heat saute onions in vegetable oil until clear and then add ground beef (or Lentils) and brown
- 2) Add the inside of the cored vegetables, and chillies. Stir and add salt pepper all spice coriander and 4 cloves of garlic.
- 3) Lower heat and let simmer for 5 minutes. Add dill and tomato paste and let simmer for another five minutes uncovered
- 4) Add cooked rice and gradually combine
- 5) Set stuffing aside ad preheat oven to 370 degrees
- 6) In a large bowl combine crushed tomatoes, water, final clove of garlic and season with salt and pepper to taste
- 7) Stuff vegetables with rice mixture and lay in an oven safe baking dish
- 8) Pour crushed tomato mixture over stuffed vegetable and cover with foil
- 9) Bake for 45 minutes
- 10) Remove foil and bake for an additional 30 minutes



Local Food Stores & Markets in Portland

Portland Farmers Market

456 Congress St.

Open Weds 7 am – 1 pm

Winter Farmers Maine

631 Sevens Ave,

Whole Foods Markets

2 Somerset Street

Sun Oriental Market

88 Congress

Rosemary Market & Bakery

695 Forest Ave

Veranda Asian Market

945 Congress 21 Chestnut Street unit 102

Hong Kong Market

945 Congress

21 Chestnut Street

Peace Food Market

21 chestnut street

Pats Meat Market

484 Stevens Ave

Vientiane market

157 Noyes st

Mellen Street Market

79 Mellen St

Fresh Approach

155 Bracket St

Makkah Halal Market

39 Vannah Ave

African Supermarket

44 Washington Ave

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