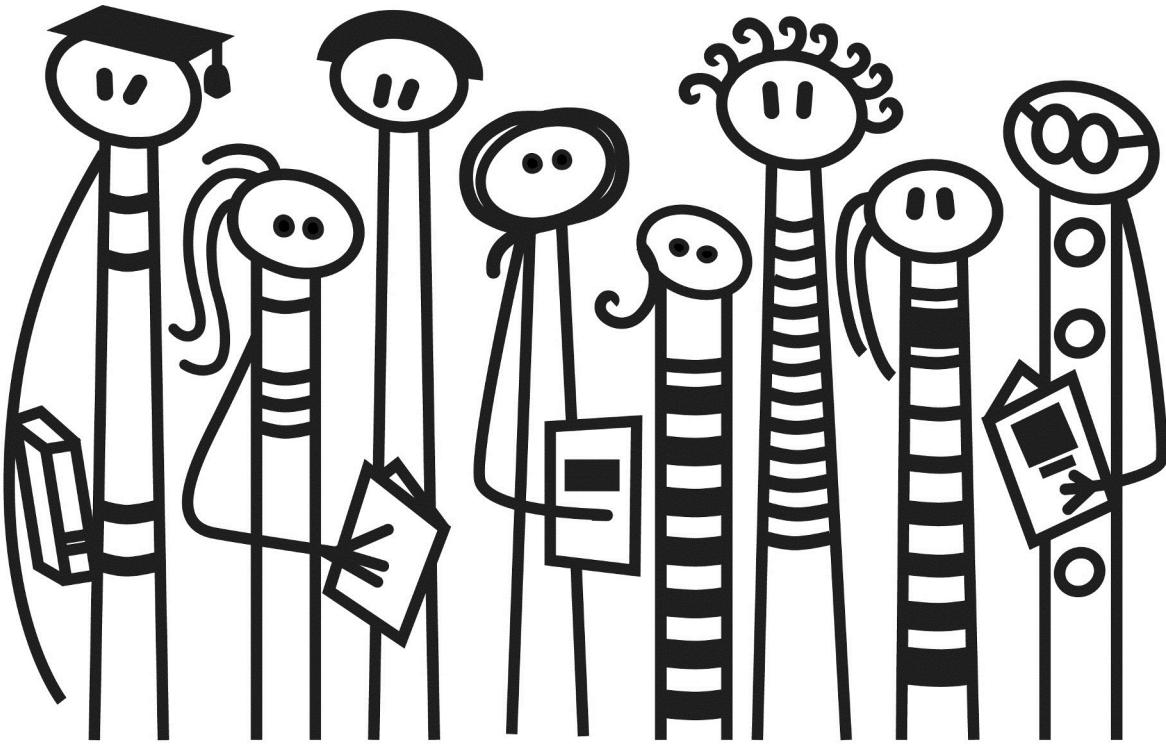


Community Cookbook





Literacy Source

Education, Equity, and Opportunity For All



The World Meets at Literacy Source

Literacy Source is a community based (non-profit) school where adults from all around the U.S. and the world come to learn to read, write, and develop other fundamental skills. This year we have students from more than 70 countries speaking 64 different languages.

One of the most important aspects of teaching at Literacy Source is valuing the knowledge, experience, language, and cultures that students bring (as key in the learning process). We look to develop curriculum and projects that draw on student expertise and backgrounds, and which lead to equitable, multicultural classrooms. Our goal is to help students be successful and to contribute to their communities, while maintaining their connections to their origins.

The World Eats at Literacy Source

At Literacy Source, while learning and practicing together, we share culture, personal stories, and of course, food. This past summer, classrooms worked together to create a book of recipes to share. Students worked in multi-level groups to discuss, research, and write about food from their cultures. They wrote down some of their favorite recipes, and at the end of the summer we had a cooking event at the Lake City Community Center where some of the recipes were prepared by the students. After an afternoon of cooking together, everyone shared in the evening feast! Students, families, volunteers and staff ate each other's food, talked about the significance of the dishes they shared, and celebrated!

You are holding the book of recipes and stories created as a result of this project. Enjoy!

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Acknowledgements

No project is possible without the help of many people.

The Literacy Source students who participated in this cookbook project worked hard! For the entire summer quarter of 2019 they worked together in cross-class and cross-level groupings to share with each other their knowledge and experience about food and cooking. Together, they wrote recipes and stories about what the dishes mean to them. At the end of the term they cooked many of the dishes and produced a beautiful community potluck.

We'd like to give a big shout out to all the Literacy Source volunteer and staff instructors who worked with small groups of students throughout the summer to facilitate this project. We all learned a lot from this project and enjoyed creating it together.



Thanks also to the Cookbook Planning Team: Taiko Aoki-Marcial, Marisa Parshotam, Maddison Brumbaugh, Leslie Handley, and Cat Howell. A special thanks to Taiko and Maddi. Taiko was the instructional lead for the project. She introduced the idea (building off of work done at The International Institute of Minnesota by Stacy Dietrich Varney and Emily Hipps) and managed the curriculum and the cross-class instructional groups. Maddi put in countless hours designing, formatting and organizing the publication of the cookbook.

Thanks to all of our wonderful cooking day volunteers who did set up, grocery runs, prep cooking, kitchen cleaning, dishwashing, first aid, and many other tasks! You really made the event possible.

We'd also like to thank our neighbors in Lake City who helped with the cooking day: Lake City Community Center for the cooking and potluck space, Srijan Chakraborty at Hunger Intervention Program for lending cooking supplies, and Roger Sands at North Helpline for providing lots of staple ingredients.

And last but not least, thanks to our wonderful photographers, Eric Frommer and Zheng Cui, who captured many beautiful moments.

Map of Recipe Origins



Literacy Source

Our Mission

Literacy Source partners with adults working to gain skills and education to create new opportunities for themselves, their families, and the community.

Our Vision

We envision an inclusive and equitable society providing education and opportunities for all adults.

Our Values

Lifelong Learning: We believe that all adults can learn and grow.

Equity: We create equal access to education because systemic injustices and oppression lead to unequal opportunities and barriers to participation.

Inclusion: We foster an inclusive and multicultural space in which all cultures, traditions, social identities, and ways of knowing are respected and welcomed.

Collaboration: We seek out the knowledge and experience of our community and work with others on shared goals.

Integrity: We are honest and accountable to each other and our community.

Celebration: We believe learning is fun and empowering and deserves to be celebrated alongside the community we're building together.

Soups, Salads, and Small Dishes



Cloves of garlic being prepared using a mortar and pestle

Photo taken at Literacy Source cooking event

Ceviche

From Mexico, by Sayci

My mother used to make ceviche every time that we asked for it, but not on a daily or weekly basis. I have loved seafood since I was in my childhood. "Mmm" that sour taste. . .

I started to add green hot peppers and some other ingredients after I emigrated to the United States. I made changes on this special dish as time went by, all working on my flavor for my own pleasure of taste. It makes me proud to say, "Never before have I tasted something like it." I had tried several other "look-alikes" ceviche dishes in normal houses and also in restaurants. I'm not minimizing other people's cooking or preparing food choices, or tastes, I'm just talking about my own personal achievements with that BIG taste on a big screen that says "I just love it!" "I like it!"

Ingredients

2 lbs. white fish (snapper, mahi mahi, dorado etc.)
3 limes
1 lemon
salt to taste
pepper to taste
2 red onions
2 serrano peppers
1 jalapeño (or more to taste)
2 ripe vine tomatoes

Directions

1. Cut fish fillets, the smallest as can.
2. Only once, this is the base, the amount of fish is the first and last.
3. Cut lemons in half and limes too.
4. Squeeze and add citrus to the fish meat.
5. Add salt.
6. At this point start tasting it.
7. Leave it for about an hour.
8. Taste it again.
9. Add salt or pepper to taste.
10. Cut red onion the finest as possible and add to the fish too.

Ceviche (continued)

From Mexico, by Sayci

11. Then do the same with serrano and jalapenos.
 12. Try to get the evenest and hottest at the same time.
 13. Taste it again.
 14. Add any of the ingredients on top if needed.
 15. Wait one more hour.
 16. Then at last get some ripe red vine tomatoes, cut them the finest as can.
 17. Be careful.
 18. Add the cut tomatoes.
 19. Taste it again and add anything if needed. It will change from juicy to dry in the process. The fish absorbs first and then releases.
-

Chapati

From India and Pakistan, by Nasreen and Gurmeet

Chapati is a simple dough. It has 4 ingredients. Indian people eat chapati every day.

Ingredients

2 cups wheat flour

1 tsp. salt

1 Tbsp. oil

1 cup water

Directions

1. Take a big bowl and pour all the flour on it and add salt on it and gradually add water in it until the powder become the dough. Add oil to give the finishing and cover the dough for 5 mins.
 2. Then take small portion of it and roll them with roller in which way they become a flat sheet (round shape).
 3. Slowly take out the sheet and put it on the stove or fry pan and move it and flip until done.
-

Guacamole

From Mexico, by Norma

In Mexico all people love guacamole. The guacamole is eaten at any time, any day, any month. It is a popular dish throughout Mexico and the United States. The guacamole is simple. The main ingredient is avocado.

Ingredients

4 avocados
½ white onion
4 lemons
1 bunch of cilantro
1 Tbsp. salt
3 tomatoes

Directions

1. Chop the onions, tomatoes, and cilantro. Small.
2. Crush the avocados.
3. Mix crushed avocado with onion, tomato and cilantro.
4. Add the juice of 3 lemons, salt and mix.
5. Accompany with chips.



Mantou

From China, by Ze Hui, Jun Xia and Jun Hua

This recipe is from North China. You eat it for breakfast, lunch or dinner. Our moms taught us how to make steamed bread when we were young.

Ingredients

4 cups flour
2 tsp. yeast
2 tsp. baking powder
2 tsp. sugar
1 ¼ cup warm water

Directions

1. Mix all the dry ingredients.
2. Add the water.
3. Knead the dough.
4. After an hour make the dough into a log.
5. Cut the dough in small parts.
6. Put it in a steamer.
7. Let it sit for 15 minutes.
8. Steam for 20 minutes on medium high.

Ingredient Highlight: Berbere



Berbere (ber-Berry) is an Ethiopian spice blend that is a key ingredient in the cuisines of Ethiopia and Eritrea. It is a spice mixture usually made of chili peppers, garlic, ginger, basil, korarima (a spice that grows wild in Ethiopia), rue, ajwain or radhuni, nigella, and fenugreek.

Full of both flavor and heat, this spice is not for the faint of heart. Every Ethiopian cook has their own version of this blend. Some versions include the lesser known spices like nigella seeds, ajwain, and korarima, and some don't. Whatever the version, it is always a bright red, spicy-smelling, flavorful seasoning blend. It is fantastic as a rub for meat, poultry and fish, and as a seasoning for stews, soups, grains and vegetables.

Miso Soup

From Japan, by Taiko

Miso soup is a staple Japanese food. Japanese American families like mine make miso soup often. It's perfect for cold weather as well as a great comfort when you're sick. Miso soup is filled with delicious umami warmth.

Ingredients

For the dashi broth:

- 1 sheet of *kombu
- 1 cup of *bonito flakes
- 6 cups of cold water

For the miso soup:

- $\frac{2}{3}$ cup of miso paste
- $\frac{1}{4}$ cup of wakame seaweed
- 1 cup medium firm tofu cut into small cubes
- 2 thinly sliced green onions

Directions

1. Put the cold water and kombu in a pot and bring to a boil.
2. Remove from the burner.
3. Add the bonito flakes.
4. Let sit for a few minutes.
5. Strain the broth to remove the bonito and kombu.

To make the soup:

1. Put the dashi broth in a pot on the stove on high.
2. Add the wakame seaweed and tofu.
3. Bring to a boil then turn off the heat.
4. Stir in the miso until it dissolves.
5. Pour into individual bowls and sprinkle with sliced green onion to serve.

Makes 4 - 6 servings

Red Lentil Soup

From the United States, by Judy

I ate this soup the first time at a friend's house. She is a good cook and likes to make recipes from all over the world. I thought it was tasty, healthy, easy to make, and a good vegetarian dish. The apricots give it a sweet flavor that is a little different from most soup recipes. It goes well with pita bread and a fresh green salad.

Ingredients

3 Tbsp. olive oil
1 large onion
2 cloves garlic
5 - 6 ounces dried apricots
1 ½ cups red Turkish lentils
5 cups chicken broth
1 14.5 ounces can chopped tomatoes (plain, no spices)
½ tsp. ground cumin
½ tsp. dried thyme
salt
pepper
1 Tbsp. lemon juice

Optional:

chopped parsley
plain yogurt

Directions

1. Chop onion and garlic.
2. Chop apricots into small pieces.
3. In a large soup pan, heat oil. Add in onion, garlic, and apricots. Stir and cook about 12 minutes until the apricots are soft and the onions are translucent.
4. Add lentils and chicken stock. Bring to a boil.
5. Turn down heat, put a cover on the pan, and simmer for 30 minutes.
6. Stir in tomatoes, cumin, and thyme. Add salt and pepper to taste. Cook 10 minutes.
7. Add lemon juice and simmer for 2 - 3 more minutes.
8. Serve. Some people like to put chopped parsley or a collop of plain yogurt on top of each bowl.

Makes 6 - 8 servings

Zucchini Potato Soup

From New Zealand, by Leslie

I learned this recipe from a friend when we were living in New Zealand. Every time I make it I am reminded of our adventurous time there.

Ingredients

olive oil – enough to sauté onions
1 large chopped onion
2 tsp. dry mustard
3 large or 4 medium zucchinis, chopped
3 medium potatoes, chopped (Yukon Gold type potatoes)
3 cups of chicken broth
 $\frac{1}{4}$ cup of grated parmesan cheese
 $\frac{3}{4}$ cup of sour cream

Directions

1. Sauté onions in oil for 2 minutes, add mustard and continue cooking until onions are soft.
2. Add zucchinis and potatoes and continue cooking for an additional 5 minutes.
3. Add chicken broth, bring to a boil, then simmer until the vegetables are tender (about 15 minutes).
4. Remove from heat and blend soup until smooth.
5. Stir in cheese and sour cream.
6. Salt and pepper to taste.
7. Reheat without boiling.

Main Dishes



Literacy Source Students Aicha and Karima with their Moroccan Chicken and Couscous

Ajiaco

From Colombia, by Laura and Dora

The Ajiaco is a traditional soup from Bogota, Colombia. This recipe is used for special days like birthdays, Christmas, New Year, etc. On October 21 the district's tourism institute rewards the best Ajiaco Santafereno.

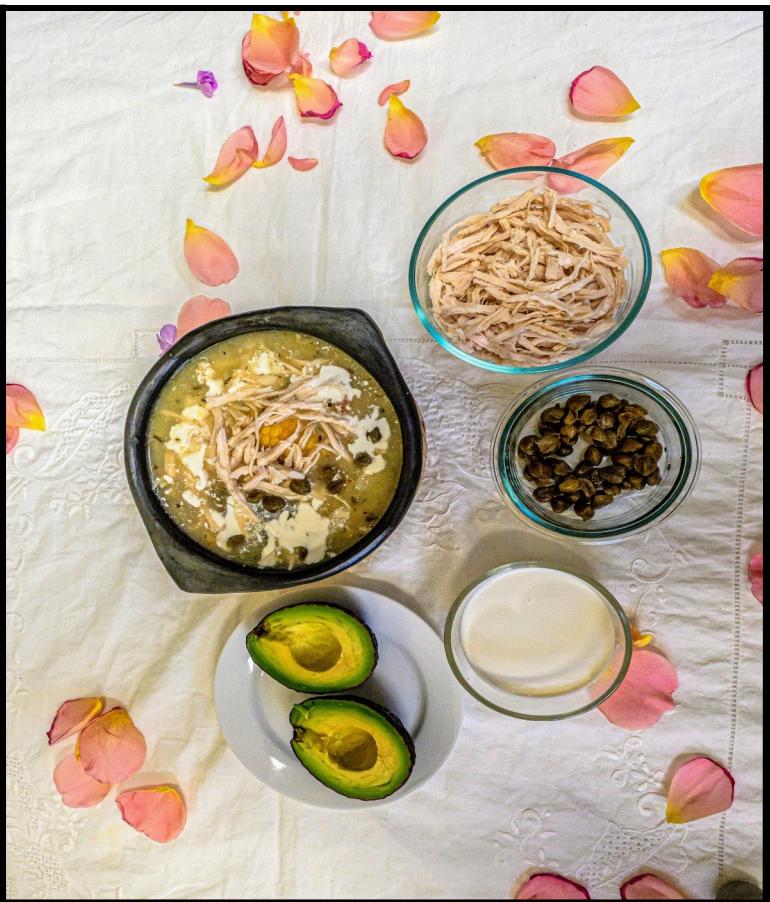
Ingredients

3 chicken breasts, skin removed
12 cups water
3 ears fresh corn, cut into 2 pieces
 $\frac{1}{4}$ tsp. salt
pepper to taste
 $\frac{1}{3}$ cup of *guascas
3 long onions (green onions)
2 garlic cloves, minced
3 Tbsp. chopped cilantro
2 cups Idaho potato
3 medium white potatoes, peeled and sliced
3 medium red potatoes, peeled and sliced
3 medium yellow potatoes, sliced
1 cup heavy cream to serve
1 cup capers to serve
3 avocados sliced to serve

Directions

1. Make chicken stock by boiling chicken in water with spices, onions, pepper, cilantro and garlic for 25 minutes.
2. Remove the chicken from the stock.
3. Peel potatoes and slice them thinly.
4. Add the Idaho potatoes to the stock and cook for 20 min.
5. Next add the red potatoes and cook for 20 min.
6. Last add the yellow potatoes and cook for 10 min.
7. Chop the corn on the cobs into three pieces and place in the stock with the potatoes and cook simmer until the yellow potatoes dissolve.
8. Add the guascas in the soup.
9. Shred the chicken breast and put it in a bowl.
10. Serve the ajiaco with pieces of the corn and chicken, heavy cream, avocados and capers to taste.

Makes 6 - 8 servings



Arroz con Pollo

From Uruguay, by Maria

Chicken and rice is from Uruguay. It is dinner. The main ingredient is chicken. The main flavor is salty. This dish is served in Christmas. I learned to make this with my mom. When I prepare this dish, I remember my family, my country. This dish is a classic in my country.

Ingredients

1 cup rice
1 cup water
1 lb. chicken
2 cloves of garlic
 $\frac{1}{2}$ Tbsp. oil
1 tsp. salt
1 Tbsp. parsley
 $\frac{1}{2}$ Tbsp. oregano
1 small onion
1 bell pepper

Directions

1. Chop pepper, tomatoes, parsley and onion.
2. Cut the chicken in medium size pieces.
3. Fry the chicken in oil.
4. Add onion, tomatoes, garlic, parsley and spices (oregano, black pepper).
5. Add the rice and mix.
6. Add water, cover, and simmer until rice is cooked.



Baleadas

From Honduras, by Gloria

Baleada is traditional food the Hondurans use in breakfast and dinner. The main ingredient is flour. They have good flavor. My mom taught me how to make this when I was ten years old.

Ingredients

2 cups flour
1 Tbsp. baking powder
1 Tbsp. salt
1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup oil
1 cup water

Side Ingredients

1 cup beans
4 eggs
1 cup cheese
1 cup cooked meat of your choice
1 cup sour cream
sliced avocado

Directions

1. Mix dry ingredients in a bowl.
2. Add flour, water, egg and milk.
3. Knead until smooth and not sticky.
4. Make into 8 balls.
5. Let wait 20 minutes.
6. Make the balls into flat tortillas.
7. Cook the tortillas on medium heat.
8. Cook each side for about 1 minute.
9. Put on the fillings you like.

Makes 8 servings

Bariis Iskukaris

From Somalia and Ethiopia, by Leyla, Bedluu, and Fatuma

This dish is a spiced rice dish from Somalia. It's most often eaten with lamb meat.

"I like to eat it as a change from injera. We always eat injera with meals in Ethiopia, so when I want to mix things up, I make this instead. It doesn't have to be a special occasion to make it, just anytime."

"I learned from my family and friends. The taste depends on the person who makes it. If done well, it is delicious!" -Bedluu

Ingredients

- 7 chicken thighs
- 2 onions chopped
- 1 tsp. whole black pepper
- 1 tsp. cardamom
- 1 tsp. clove
- 1 Tbsp. turmeric
- 2 bunches of coriander (cilantro)
- 1 Tbsp. cumin
- 1 zucchini
- 3 tomatoes
- 1 red, 1 green and 1 yellow bell pepper
- 1 bulb garlic
- 5 cups of rice
- 7 Tbsp. paprika (1 for each chicken thigh)

Directions

1. Chop 2 onions.
2. Chop 3 tomatoes.
3. Chop 1 red bell pepper, 1 yellow pepper, and 1 green pepper.
4. Chop 1 bulb of garlic.
5. Chop 2 bunches of coriander.
6. Mix the spices together
7. Cover the 7 pieces of chicken thighs with the spices mix.
8. Heat oil in pan and cook the chicken.
9. In the same pan cook the onions.
10. Add the tomatoes and peppers.
11. Add the rice and water.
12. Simmer until rice is cooked.
13. Serve with the chicken.



Many Literacy Source students brought family members and loved ones to cook and share dishes with each other during our community cooking event.

Borscht

From Ukraine, by Galyna and Valeriy

Almost the entire population of Ukraine prepares food for the family at home.

Therefore, each family has its own recipe of the widespread borscht dish. I will write how my mother cooked borscht for our family:

Her borscht was beautiful, reddish and pleasant to smell. It was always very tasty with a little sourness. Usually, borscht is served for lunch, but I know that my friend eats borscht every day at five in the morning for many years. And his wife wakes up at three in the morning and cooks fresh borscht for him. Borscht is a high-calorie dish and consists of many ingredients. It's delicious, has a pleasant smell, looks beautiful. Borscht cooking time is from 2 to 3 hours. Mandatory ingredients are: at least two types of meat (beef, pork with the bone-in, veal, lamb, etc.), beans, tomato paste, red beets, lard, garlic and other spices. Tomato paste and beets give borscht a red color. Various seasonings give borscht a pleasant smell. Fresh meat with mashed lard and garlic gives borscht a special taste. It's necessary to follow the correct sequence of adding all the ingredients to boiling borscht . Salt and spices are added to the borscht at the end of the cooking time. Some people add sour cream to a bowl with borscht. I personally don't like it because borscht immediately loses its special smell.

Ingredients

1 lb. pork meat	3 potatoes (small)	1 Tbsp. lard
½ head of cabbage	½ lb. dried kidney beans	2 Tbsp. vegetable oil
1 red pepper (medium)	2 onions (medium)	2 tsp. tomato paste
1 carrot (medium)	2 tsp. sugar	3 liters of water
2 beets (small)	1 ½ Tbsp. salt	
2 cloves of garlic	2 bay leaves	
½ lb. parsley and dill		

Borscht (continued)

From Ukraine, by Galyna and Valeriy

Directions

For the broth:

1. Pour water into the pan and add the beans.
2. Put the pan on the stove and cook over medium heat for 1 hour.
3. Add the meat sliced into pieces.
4. Close the lid, cook another 1 hour.
5. Then add potato cut into 8 parts, $\frac{1}{2}$ of the salt and bay leaf and cook for 20 minutes on medium heat under the lid.

For cooking the borscht dressing:

7. Cut 2 onions into the small cubes.
8. Pour vegetable oil and lard in a hot pan.
9. Fry the onion in this fat until golden brown, stirring constantly.
10. Add half the carrot and all the beets chopped on a coarse grater and simmer for 5-10 minutes.
11. Chop the garlic finely and add to the dressing and tomato paste.
12. Mix, reduce heat to minimum and simmer 5 minutes.
13. Add sugar and 100ml of broth.
14. Mix, remove from heat and let sit 30 minutes.

Then:

15. Chop the cabbage thinly.
16. Cut the red pepper in half rings.
17. Grate the carrots on a coarse grater.
18. Add everything to the cabbage and send to the broth pan.
19. Simmer for another 20 minutes.
20. Add the borscht dressing, remaining salt, cook 10 min.
21. Add parsley, dill and cook another 2 min.
22. Borscht is ready!
23. It has a sweet sour tint.
24. Eat hot borsch for lunch with the addition of sour cream and garlic bread.

Each family has its own options for cooking borscht.

Bulgogi

From Korea, by Hee Joo and Soon Ja

Bulgogi is a favorite food of the world. Bulgogi is slightly salty. In Korea bulgogi is expensive.

Ingredients

1 lb. pieces of beef cut thin
5 garlic cloves, minced
1 carrot cut thin
3 mushrooms, sliced
 $\frac{1}{2}$ cup sesame oil
3 Tbsp. sugar
 $\frac{1}{2}$ cup soy sauce

Directions

1. Mix soy sauce, brown sugar, sesame oil, garlic in a bowl.
2. Marinate the beef and carrot and mushroom in the mixture overnight.
3. Heat oil in a pan.
4. Cook in single layers on both sides.

Makes 6 servings

Carnes en su Jugo

From Mexico, by Sergio

This recipe was born by accident in Guadalajara. It is common that when people are invited over to eat that they bring many extra people. Then the mother of the family would cook a stew with 3 different types of meat. She cooked what was necessary to feed all the many extra people who arrived. How did she feed so many people, you ask? She smiled and went to toast some tomatillo and put more water and some extra vegetables in the pot. She would add finely chop meat and some freshly cooked beans and finally they would all eat with a big smile.

Ingredients

1 ½ lb. of beef
2 packets bacon
1 lb. tomatillo
1 onion
2 serrano peppers
2 Tbsp. chicken bouillon
3 lemons
1 garlic tooth
a few cloves
1 gallon of water or as needed
2 pinches of salt
1 bunch of cilantro
pinto beans

Directions

1. Put in a pot chopped beef in squares with a little oil. Let it cook in its own juice.
2. Roast the tomatillos on the grill.
3. Once roasted, blend with ½ onion, 1 garlic tooth, 2 tablespoons of chicken bouillon and 2-3 cloves.
4. In a casserole, brown the bacon, chop into small pieces.
5. Remove excess fat from bacon with a paper towel.
6. Mix everything in the meat pot: Bacon, sauce, some cilantro branches, 2 pinches of salt and water to taste.
7. Cook for 20 minutes and ready for serving.
8. Before serving add lemon, fine minced serrano peppers, and fine minced cilantro.
9. Ready and tasty.

Cabbage Rolls

From Ukraine, by Tetyana

Cabbage roll is a very simple recipe. I learned how to make it from my parents, and it reminds me of childhood. It is a savory dish.

Ingredients

1 head of green cabbage
1-2 Tbsp. oil
 $\frac{1}{3}$ cup of finely chopped onion
 $\frac{1}{2}$ cup finely chopped carrots
2 small tomatoes with seeds removed, finely chopped
2 lbs. ground beef
 $\frac{1}{2}$ cup cooked rice
2 eggs, beaten
1 tsp. salt
 $\frac{1}{2}$ tsp. black pepper
sour cream

Directions

Prepare the Cabbage:

1. Put cabbage in boiling water for 5 minutes.
2. Scoop out and run under cold running water.
3. Peel away the soft leaves from the outside and set aside.
4. Return cabbage to boiling water for a few minutes and repeat the process until you have enough leaves (20 - 25 depending on their size)

Make the Filling Mixture:

1. Sauté chopped vegetables lightly in oil until softened, cool.
2. Put the ground beef in a large bowl.
3. Add eggs, rice, chopped vegetables and spices.

Stuff the Cabbage Leaves:

1. Scoop 1-2 spoonfuls of the mixture onto the center of a cabbage leaf.
2. Fold the thick end of the leaf over the meat.
3. Fold in the two sides until they almost meet in the middle, then roll up.

Put cabbage rolls to boil.

Serve with sour cream.

Channa Masala

From India and Pakistan, by Gurmeet and Nasreen

Channa Masala is spicy. The recipe is vegetarian. People eat for parties and for guests.

Ingredients

2 cans chickpeas
4 cloves of garlic minced
1 onion
2 big tomatoes
3 green chilis
 $\frac{1}{2}$ tsp. turmeric
1 tsp. *garam masala
1 tsp. cayenne pepper
1 small piece of ginger
minced
1 tsp. cumin seeds
 $\frac{1}{2}$ bunch of cilantro
chopped
 $\frac{1}{3}$ cup of oil

Directions

1. Take a big pot.
2. Heat oil.
3. Add garlic, salt, turmeric, garam masala, cayenne pepper, ginger, cumin seeds, and cilantro.
4. Chop green chili, tomatoes and onion.
5. Add to pot and mix.
6. Drain the water from the chickpeas and add them to the mix.
7. Cook 25 to 30 minutes.
8. Mix them nicely and turn off the stove and channa masala is ready!

Chicken Biriyani

From India and Pakistan, by Gurmeet and Nasreen

Chicken biriyani is a little spicy. In India people eat it sometimes, not every day.

Ingredients

5 yellow onions
5 big tomatoes
3 chicken breasts
10 green chilis
1 Tbsp. salt
1 tsp. black pepper
1 cup oil
4 cup basmati rice
 $\frac{1}{2}$ tsp. turmeric
2 cinnamon sticks
4 cardamom pods
10 cups water
1 tsp. *garam masala
4 cloves garlic
1 small piece ginger (~1 inch)
 $\frac{1}{2}$ bunch cilantro

Directions

1. Boil 4 c. rice and 10 c. water to cook the rice.
2. Cut the chicken.
3. Slice the onion.
4. Chop the peppers, tomatoes, garlic, cilantro and ginger.
5. Put a tall pot on the stove and put in 1 c. oil. Put all vegetables, spices and chicken in the pot.
6. Cook for 30 minutes.
7. When finished, add chicken mixture to rice.
8. Eat!

Chilaquiles

From Mexico, by Anacila, Maria, Javier, Guadalupe, Betty, and Sayci

Chilaquiles is my favorite food for breakfast on the weekends. The main ingredient is leftover tortillas and fresh cheese. My mom used to collect tortillas during the week and made chilaquiles on Saturday or Sunday. This dish can be served on any day of the week and any time, all day long.

Ingredients

3 guajillos peppers
1 tomato
3 "chile de arbol"
1 clove of garlic
 $\frac{1}{4}$ onion
10 Guerrero tortillas
1 cube of Knorr suiza caldo de pollo (chicken bouillon)
salt to taste
1 *fresh cheese Mexicano
sour cream (small container of Daisy)
*epazote
carne azada (beef for 3 people)
oil mazola

Directions

1. Cut the tortillas.
2. Fry the tortillas.
3. Soak the peppers.
4. Liquefy the peppers, garlic and onion.
5. Fry the sauce.
6. Put the chips in the sauce.
7. Put the epazote at the last.
8. Cook the beef.
9. Add the carne azada or sunny-side up.
10. Serve the chilaquiles with sour cream and sprinkle cheese on top.

Makes 3 servings

Chilis Rellenos

From Mexico, by Sergio

This recipe for stuffed poblanos peppers was born in Guadalajara, Jalisco, Mexico. In Guadalajara we have different types of peppers and women in the past were inventing different dishes to satisfy the men who fought for the revolution. My grandmother told stories about how much they had to cook every day. Once they had to cook 200 stuffed chiles mainly to welcome the new priests who arrived in the town. Since then people do it as a welcome tradition. All people enjoyed the dish. So delicious. Sometimes the peppers are very spicy, but still the children eat them. This recipe was passed from generation to generation. In this way it came to me. It is also a way to welcome my family and visitors to my house. It's a lot of work, but it's worth tasting.

Ingredients

6 poblanos peppers

1 lb. Mexican fresh cheese

5 eggs

½ cup flour

1 bottle oil

Directions

1. Put the 6 chiles in a pan and turn them for an even roast.
2. Once roasted, deposit them in a plastic bag and wait a few of minutes, remove all skin and get the seeds out from inside.
3. Fill chiles with fresh cheese.
4. Beat the egg whites then add the yolks one by one.
5. Sprinkle chiles with flour
6. Coat with previously beaten eggs.
7. Fry in oil on medium high heat one by one on both sides until golden brown.
8. Put them in paper towel to absorb the excess oil.

Chilis Rellenos (continued)

From Mexico, by Sergio

Sauce Ingredients:

8 tomatoes
1 onion
2 Tbsp. chicken bouillon
1 gallon of water or as needed
2 pinches of salt
A little garlic

Sauce Directions

1. Roast the tomatoes in the grill, after blend with salt, water and a little of garlic.
2. Cut onion into thin slices.
3. Put inside a pot, grated onion, previously blended tomato sauce, add the fried chiles and 2 tablespoons chicken bouillon, simmer about 12 or 15 minutes.
4. Ready to serve accompanied by some tortillas.



Makes 6 servings

Classic American Meatloaf

From the United States, by Judy

This is a recipe for a classic American dinner food, which I learned to make from my mother. Meatloaf is often served with mashed potatoes or another potato dish, a cooked vegetable, and a salad. Some people also serve with a dark gravy. It is tasty, filling, and not too expensive. If meatloaf is left over after the meal, it keeps well in the refrigerator and can be heated up for another meal. I like to slice it and put in a sandwich. I also like it fried with eggs for breakfast. People all over America like meatloaf.

Ingredients

1 lb. ground beef
1 egg
 $\frac{1}{3}$ cup catsup
 $\frac{1}{2}$ cup oatmeal
 $\frac{1}{2}$ medium onion
1 Tbsp. Worcestershire sauce
 $\frac{1}{4}$ tsp. ground pepper
 $\frac{1}{2}$ tsp. sage or thyme
Salt

Note: some people like to use different spices instead of sage or thyme.

Directions

1. Preheat oven to 350 degrees
2. Beat the egg in a little bowl.
3. Chop the onion into small pieces.
4. Pull the ground beef apart into little chunks and put into medium size mixing bowl.
5. Add all the other ingredients. Add several shakes of salt. Stir well.
6. Shape the mix into a long rounded loaf about 2 – 3 inches high down the middle of a 8 x 8 inch or 9 x 9 inch baking pan. Leave space on both sides of the loaf.
7. Bake 1 - $\frac{1}{4}$ hour until crusty brown on top.
8. Remove from oven, pour off extra grease, and let sit about 5 minutes. Cut into pieces and serve. Some people like to put catsup (ketchup) on their piece.



The Literacy Source community cooking event was an enjoyable and delicious occasion!



Dolma

From Iraq/Kurdistan, by Samera, Siwa, and Suaad

Dolma is a delicious dish for dinner. Dolma is an Arabic plate. It is not the simple plate. It's sour and salty.

"Dolma is traditional dish. I make dolma once in a month. It is hard to make." -Samera

"My mother made and we helped her." -Suaad.

"This dish is for special holidays. I learnt to make it from my mother. While I cook a dolma I usually think about my mom. I love her and I miss her, because she lives in Iraq. I used to cook with my sisters, family. I have very nice memories." -Siwa

Ingredients

2 pounds rice
3 pounds halal ground beef
1 cup oil
2 tsp. salt
2 tsp. citric acid
1 can tomato paste
1 small bottle of pomegranate molasses (to taste)
1 dill
1 parsley
1 lb. onion
1 bulb garlic
8 tomatoes (not too big)
8 small eggplants

Ingredients, cont.

4 small bell peppers
8 small zucchini
1 jar of grape leaves
3 cups water

Directions

1. Prepare the ground beef.
2. Peel the onions and chop the onions small.
3. Chop tomatoes small.
4. Prepare the garlic and chop to small pieces.
5. Mince the dill and parsley after chop them small.
6. Mix them all together.
7. Rinse the rice.
8. Add the rice to the mix.

Dolma (continued)

From Iraq/Kurdistan, by Samera, Siwa, and Suaad

9. Add the spices, salt, citric acid, pomegranate molasses and tomato paste.
10. Add oil and meat and mix them all together.
11. Clean the vegetables.
12. Take out the inside of the eggplants, zucchini.
13. Add the inside of the vegetables to the meat and rice mix.
14. Fill the vegetables and grape leaves with the mix.
15. Put them in the order to the deep pan:
16. First the eggplant and zucchini, then the peppers and finally the grape leaves.
17. Press down.
18. Boil the water separately.
19. Pour hot water to the pan.
20. Cook 1.5 hours on the stove.



Makes 10 servings

Doro Wat

From Ethiopia and Eritrea, by Asema, Okbai, Kiros and Yodit

We have this special dish on holidays or when we have special guests. It's also common food.

"When my mother cooked the chicken she added 12 eggs. The chicken they got from the farm." -Kiros

"I feel special when I eat it." -Okbai

"My mom taught me to make it a long time ago." -Asema

Ingredients

3 lbs. chicken thighs cut into 1 inch pieces

2 Tbsp. fresh lemon juice

2 Tbsp. *niter kibbeh

2 Tbsp. extra virgin olive oil

3 cups yellow onions, finely minced to a chunky puree in food processor

½ cup Tej Ethiopian honey wine or white wine mixed with 1 tsp. honey

3 Tbsp. butter

1 Tbsp. finely minced garlic

Tbsp. finely minced ginger

¼ cup Ethiopian *berbere

1 cup chicken stock

4 hard-boiled eggs with holes poked in them

Directions

1. Place the chicken pieces in a bowl and pour lemon juice over.
2. Let sit at room temperature for at least 30 minutes.
3. Heat the niter kibbeh along with the olive oil in a Dutch oven.
4. Add the onions and sauté covered over low heat for 15 minutes, stirring occasionally.



Doro Wat (continued)

From Ethiopia and Eritrea, by Asema, Okbai, Kiros and Yodit



5. Add the garlic and 1 tablespoon butter and continue to sauté covered for another 20 minutes, stirring.
6. Add berbere and 2 tablespoons of butter.
7. Cook covered over heat for another 30 minutes.
8. Add the chicken broth, salt and wine and boil.
9. Reduce the heat, cover and simmer for 25 minutes, stirring.
10. Add the boiled eggs and simmer on low heat for another 15 minutes.
11. Cut the eggs and put them with the Doro Wat.
12. Serve with injera or rice.

Dumplings

From China, by Ze Hui, Jun Xia and Jun Hua

Dumplings are from North China. You can eat for lunch or dinner. It is savory. We eat it any time of year, but also during new years and other holidays. Our moms made the dumplings. Our families eat them together.

Ingredients

2 cups flour
1 lb. ground beef
 $\frac{1}{4}$ onion
1 lb. Chinese cabbage
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
1 Tbsp. oil

Directions

1. Mince 1 lb. beef.
2. Cut and chop 2 lb. Chinese cabbage.
3. Chop the onion and ginger.
4. Mix the 1 egg, 1 tsp. salt, 1 Tbsp. oil.
5. Mix the 2 lb. flour.
6. Roll the flour.
7. Make the dumplings.
8. Pour 2 cups water into the pot.
9. Boil 12 minutes.
10. Is ready.





Fanxi Chao Dan

From China, by Wei Jin and Xin Fen

This dish is for breakfast, lunch and dinner. It is salty and a little sour and sweet. Our parents taught us at a young age to make it. It reminds us of childhood. Most Chinese people can make this dish.

Ingredients

5 eggs
5 tomatoes
2 green onions
1 tsp. salt
1 Tbsp. oil
1 tsp. chicken essence

Directions

1. Cut the tomatoes and green onions.
2. Break 5 eggs.
3. Mix the eggs.
4. Add 1 tsp. salt to the eggs.
5. Add 1 Tbsp. oil to a pan.
6. Pour the eggs in the pan.
7. Add the tomatoes.
8. Stir fry for 2 minutes.
9. Add 1 tsp. chicken essence.
10. Add green onions.



Fessenjoon

From Iran, by Famina

I like Fessenjoon because of its taste— not too sour, not too sweet. We eat this food especially in Winter because it has walnuts, which have a lot of healthy energy. They are high in healthy cholesterol! Also, there are pomegranates in it, which provide many antioxidants. You have the option of using any kind of meat you want in this recipe, so it's also a good source of protein. Overall, it is quite healthy!

Ingredients

- 1 lb. walnut powder
- 3 medium quince
- 2 lbs. chicken or beef or duck meat
- 1 big onion, chopped
- 1 cup pomegranate sauce
- 4 cups rice
- 1 tsp. salt
- 1 tsp. turmeric
- 1 cup canola oil

Directions

1. Heat canola oil.
2. Fry chopped onion in hot oil.
3. Turn heat down to low and add turmeric and salt.
4. Remove the mixture from heat, add some water and cook meat well into mixture.
5. Cook walnut powder and grated quince.
6. Mix all ingredients, add pomegranate sauce, and cook for 30 minutes on low heat.
7. Boil water and cook rice in water.
8. Serve prepared sauce with rice.

Makes 4 - 6 servings

Fried Rice

From Korea, by Sun-Hwa

When I was child, my mother made some food. It had a good smell and it was a little noisy to make. My mother was cleaning, chopping and slicing. We waited quietly for the food and we were very hungry. We ate it and shared it. Also we talked and laughed. I have many special memories about that. I haven't forgotten any of the special memories associated with Korean holidays and food.

Ingredients

2 cups regular rice
a handful of green beans
2 carrots
green onion
1 regular onion
½ cup beef
½ cup pork
1 Tbsp. sesame seeds
1 tsp. sesame oil
1 tsp. vegetable oil

Directions

1. Cook rice as usual.
2. Cut all vegetable into small pieces, all the same size.
3. Cut the beef and pork in same size pieces.
4. Cook beef and pork in wok with 2 oils, on high heat, stirring all the time.
5. Add rice, vegetables and sesame seeds to the wok. Continue cooking and stirring frequently until vegetable color looks good.

Makes 4 - 6 servings





Gidey and Kahsay made Genfo / Ga'at together at the community cooking event.

Genfo / Ga'at

From Ethiopia and Eritrea, by Lemlem, Gidey, Mamit, Wellesh

This dish is called Genfo in Ethiopia and Ga'at in Eritrea. You eat it for breakfast. The main ingredient is flour. It has a hot flavor.

Our moms teach us how to make. When we are babies our moms raise us feeding us ga'at.

Ingredients

4 cups barley flour
½ tsp. cardamom
8 cups water
½ tsp. salt
¼ cup *berbere spice
½ cup *niter kibeh
(clarified butter)

Directions

1. Boil the water.
2. Lower the heat.
3. Add flour slowly.
4. Stir the flour.
5. Make a hole in the middle.
6. Melt the butter and mix berbere.
7. Pour the butter and spice into the middle.



Makes 8 servings

Guoqiao Mixian

From China, by Zheng

"Crossing the Bridge Noodles" is a traditional Yunnan food. They are small hot pot rice noodles from South China. The taste is hot, fragrant and a little salty.

Ingredients

1 package vermicelli style
medium rice noodles

1 egg

½ cup chives

½ cup parsely

1 cup crispy pork meat

2 ham slices

1 ½ Tablespoon soy sauce

1 Teaspoon chili oil

2 pieces of cooked fish
(optional)

½ cup *dry skin tofu

1 cup green beans

½ Teaspoon salt

½ bowl chicken stock

Directions

1. Put dry rice noodles in cool water for two hours.
2. Put soft rice noodles in boiling water.
3. Boil on medium for about 10 minutes.
4. Take out the rice noodles.
5. Put in cool water to reserve for later.
6. Preheat wok to 365 degrees.
7. Put in oil and sauté minced garlic and meat while putting in soy sauce.
8. Boil chicken stock.
9. Put in the cooked meat and noodle together for 1 minute.
10. Put all the extra ingredients in the bowl.
11. Pour all of the soup into the bowl and mix all of the ingredients together.

Get ready to eat.

Note: Be careful if it's too hot.

Hmbasha / Kitcha

From Ethiopia and Eritrea, by Grasela, Lemlem, Kahsay, Medhin, Birhane, Wellesh, Gidey and Mamit

This dish is called Hmbasha in Ethiopia and Kitcha in Eritrea.

Ingredients

6 cups flour
8 cups water
 $\frac{1}{2}$ cup sugar
1 tsp. salt
2 Tbsp. yeast
 (Optional)
1 Tbsp. black sesame seeds
1 tsp. cardamom

Directions

1. Mix and flour, water, salt, sugar, yeast.
2. Knead the dough for 10 to 15 minutes.
3. Put dough in a bowl and let rise for 1 to 3 hours.
4. Heat oven 450 degrees farenheit.
5. Put dough in a circle baking pan.
6. Put in oven.
7. After 10 minutes, turn over.
8. Bake for 30 minutes.
9. Remove from oven.
10. Wait 10 more minutes to eat.

Makes 10 servings

Jiaozi with Beef

From China, by Jun Xia, Zhi Hui, Jun, Su Hua, Ze Hui, Zheng

These beef dumplings are from North China. You can eat for lunch or dinner. It is savory. We eat it any time of year, but also during new years and other holidays. Our moms made the dumplings. Our families eat them together.

Ingredients

2 cups flour
¾ cup warm water
1 lb. ground beef
¼ onion
1 lb. Chinese cabbage
1 tsp. salt
½ tsp pepper
1 Tbsp. oil

Directions

For the filling:

1. Mince 1 lb. beef and put it in a large bowl.
2. Cut and chop 2 lb. Chinese cabbage add it to the bowl.
3. Chop the onion and ginger and add.
4. Mix in the 1 egg, 1 tsp salt, 1 Tbsp. oil.

For the dough:

5. In a bowl mix the 2 cups flour with the warm water slowly.
 6. Mix the dough until it comes together.
 7. Take the dough out onto the counter and knead until smooth.
 8. Cover the dough in a bowl with plastic and let sit at least 15 minutes.
 9. Roll the dough and cut into circles.

 10. Make the dumplings.
 11. Pour 2 cups water into the pot.
 12. Boil 12 minutes.
- It is ready.

Jiaozi with Pork and Winter Melon

From China, by Ze Hui and Junxia

This recipe is from North China. You eat it for breakfast, lunch or dinner. The main ingredient is pork. It is salty. You can eat it every day.

Ingredients

2 lbs. flour
2 cups water
2 tsp. baking powder
1 lb. ground pork
1 lb. *winter melon
1 Tbsp. ginger
2 Tbsp. chopped green onion
salt to taste

Directions

1. Mix the flour and water and baking powder.
2. After an hour it should be soft.
3. Roll the flour very thin.
4. Take off skin and the seeds from melon.
5. Cut it into large slices.
6. Boil a pot of water.
7. Put winter melon slices into boiling water and cook for 2 minutes.
8. Chop into small pieces.
9. Mix the pork, onion, salt, ginger and melon.
10. Wrap the minced meat in the dough.
11. Fry the dumplings or steam for 20 minutes.
12. Serve hot.



Jollof Rice

From Nigeria, by Grace

Jollof rice can be spicy when you put more peppers. People in Nigeria eat Jollof rice often on Sundays. If you have a party or you want to make big food for your family, you can make a big stew of Jollof rice.

I cooked with my mom in our house. All my children know how to cook Jollof rice.

Ingredients

2 big purple onions
2 yellow bell peppers
*Maggi spice
2 green or red spicy peppers
1 lb. fresh shrimp
2 cups rice
1 tsp. curry powder
2 tomatoes
 $1\frac{1}{2}$ tsp. minced garlic
2 Tbsp. vegetable oil
salt to taste
8 ounces green beans

Directions

1. Boil 2 cups of rice in 4 cups of water until cooked but firm.
2. Slice onion and peppers and garlic.
3. Wash and cut tomatoes.
4. Cut the green beans into 1 inch pieces.
5. Grate the ginger.
6. Put a different pot on the stove.
7. Put in oil.
8. Put in onions, garlic, tomatoes and ginger.
9. Add curry powder
10. Add shrimp.
11. Stir and cook until done.
12. Pour in 1 cup water.
13. When it boils, put in rice.
14. Steam green beans and add.

Kotlet

From Iran, by Famina

Kotlets have very good taste and very good smell! They are a source of hydrocarbons from the potato and protein from the meat and egg. The taste is so good! When I came home from school as a child and the house would smell of kotlet, it helped build my appetite for lunch. I learned how to make it from my mother and I make it for my daughter when I visit her in Montreal. She loves it and shares it with her friends, who love it, too!

Ingredients

1 lb. potatoes, cooked and
grated

1 lb. ground beef

2 eggs

1 medium onion

1 tsp. cinnamon

½ tsp. salt

1 tsp. turmeric powder

1 cup canola oil

100 grams flour

Directions

1. Cook potatoes and grate them.
2. Grate onion. (Take the water of onion.)
3. Mix grated potato, onion and ground beef.
4. Add eggs , then mix and knead until well combined.
5. Add salt and spices to the mixture.
6. Divide the mixture into small round shapes, then flatten them slightly on a surface of flour.
7. Heat the oil over medium heat, then fry pieces on both sides.
8. Serve with tomato, pickles and cilantro as sides.

Makes 6 servings

Kouskous

From Morocco and Egypt, by Ilham, Karima and Magda

"The main Moroccan dish most people are familiar with is couscous, the old national delicacy. All people in North Africa cook it. This dish consists of couscous (wheat grain), meat or chicken, onion, tomato, pumpkin, carrot, parsley, cabbage. For spices we need salt, turmeric, ginger, black pepper." - Ilham

Ingredients

2 lbs. lamb meat
2 lbs. semolina couscous
half a pumpkin
3 turnips
3 carrots
4 tomatoes
2 onion
some parsley
2 cups oil
2 Tbsp. ginger
1 Tbsp. black pepper
2 Tbsp. salt
1 Tbsp. cinnamon
2 Tbsp. turmeric
1-2 Tbsp. tomato paste

Directions

1. Place a large, heavy-bottomed pot over medium heat.
2. Stir in the ginger, salt, turmeric, cinnamon, oil, chopped onion and some chopped parsley.
3. Saute the meat with the onion and the spices then add water and close the pot for about 3 minutes.
4. Add vegetables to the pot (like pumpkin, carrot, etc.) and cook until tender.
5. Steam the granules of semolina and rub them by hand. Repeat 3 times.
6. Mix the granules of semolina with the meat and vegetables and serve the mixture.

Lomo Saltado

From Peru, by Gloria and Estela

Stir-fried beef is from Peru. It is lunch and dinner. The main ingredients is meat. The flavor is bittersweet.

"I serve the dish anytime. I learned to make the dish my husband. When I prepare this dish I remember my country." -Gloria

Ingredients

2 lbs. beef (fillet mignon)

1 cup oil

1 lb. sliced onion

2 cloves garlic minced

3 tomatoes sliced (regular size)

1 bunch cilantro

1 bag of fries cooked hot

1 pinch black pepper

2 Tbsp. soy sauce

1 Tbsp. vinegar

2 tsp. salt

1 tsp. cumin

3 cups cooked white rice

Directions

1. Season the meat with cumin, black pepper, 1 tablespoon of soy sauce, half of the garlic, salt.
2. Heat half the oil in a large pan.
3. Brown the meat 5 to 6 minutes and set aside in a bowl.
4. In the same pan heat the oil and add the onions.
5. Cook until soft.
6. Add tomato and rest of garlic and cook 5 to 7 minutes.
7. Add 1 tablespoon soy sauce and vinegar and stir.
8. Cook another minute.
9. Add the cooked hot fries and mix.
10. Add the cilantro.
11. Serve with rice.



Ingredient Highlight: Chilies



Poblano chilies

Chilies (known also as chilis, chiles, peppers, or chili peppers) come in many varieties and are a common ingredient in many dishes all over the world. They were originally native to South America, but spread globally as people travelled to and from that continent. They caught on especially well in many Asian countries like China and Thailand, and continue to be a common ingredient in those cuisines today.

Many dishes use specific types of chili peppers to give them particular flavors. In this cookbook, for example, there are recipes from Mexico with poblanos, guajillo, pasilla, and serrano chilies, from Thailand with bird or “bird’s eye” chili peppers (also known as “Thai chilies”), and from India and Pakistan with green chilies.

Green and red “sweet” peppers are non-spicy variants of the same plant.

Misr Wot

From Ethiopia and Eritrea, by Genet

My mother loved to cook Misr Wot. She cooked simple but delicious sauce (wot) for lunch and dinner. It is a traditional wot recipe for Eritreans and Ethiopians from a long time ago. Misr recipes have different ingredients. Many Eritrean and Ethiopian cook this dish at fasting time. During fasting time they don't eat eggs, meat (beef), milk, yogurt, chicken, fish, or pork. Misr Wot is vegetarian.

Ingredients

- 1 cup red lentils
- 3 onions, chopped
- ½ cup oil
- 1 Tbsp. *berbere (or more, to taste)
- 4 cloves fresh garlic, chopped
- 2 small tomatoes, chopped and skins removed
- 1 tsp. salt (to taste)
- 1 tsp. ginger, peeled and chopped
- 4 cups water

Directions

1. Heat oil in pot, add onions and cook on low for 5-10 minutes.
2. Heat water in separate pot to boiling, drop in tomatoes 1-2 minutes until skin starts to come off. Remove from heat/water, cool and peel, then chop into small pieces.
3. Add tomatoes and berbere to onions, cook 2 minutes.
4. Add garlic and ginger, cook additional 2-3 minutes.
5. Wash/rinse lentils until the water runs clear.
6. Add lentils and water to the other ingredients.
7. Heat to boil, then turn heat down to low to cook.
8. Add small amounts of water while cooking to keep lentils from sticking.
9. Cook everything until lentils are completely cooked through and disintegrating (about 1 hour).
10. Salt to taste.

Mole Poblano

From Mexico, by Natalia

Mole poblano is lunch not dinner. The main ingredient is chicken and chili. The main flavor is normal. This dish is served in different occasions specials to holidays and birthday. I learned to make this dish with my friend Guadalupe. When I prepare this dish, I remember my family. This dish was prepared from my ancestors.

Ingredients

2 pieces of tortilla	2 garlic heads
1 cup of oil	2 onions
3 chicken breasts	½ lb. pasilla chilis
1 lb. of sesame seeds	1 lb. mulato chilis
1 lb. of almonds	½ lb. raisins
½ lb. of other nuts of choice	1 Tbsp. of cinnamon
½ pack of *"Maria" cookies	1 Tbsp. of coriander seeds
2 lbs. of *plantains	1 Tbsp. anise
1 Tbsp. clove	1 Tbsp. of salt
1 Tbsp. pepper	

Mole Poblano (continued)

From Mexico, by Natalia



Directions

1. Boil the chicken with water, garlic and onion until cooked through.
2. Set aside.
3. Heat half the oil and fry onion, almond, nuts, plantain, sesame, cookies, chili, garlic, tortilla, raisins and all the spices until golden brown.
4. Put it all in the blender and blend until smooth.
5. Heat the rest of the oil in a pan and add the chilis.
6. Place the chiles in a saucepan with water.
7. Boil, then simmer.
8. Save the water.
9. Fry the blended mix with all of the chiles.
10. Put everything in the blender.
11. Blend until smooth again.
12. Add water if needed.
13. Return mix to the pan.
14. Let it simmer and put salt.
15. Add cooked chicken to mole.
16. Serve and sprinkle sesame seeds.
Accompany with Mexican rice.

Moro de Guandules Verdes con Coco

From the Dominican Republic, by Christiana

Rice with pigeon peas and coconut is from The Dominican Republic. It is lunch. The main ingredients is rice. The flavor is like salty. This dish is served in different occasions. I learned to make dish with my mother. When I prepare this I remember my country. This recipe is important to share with the family.

Ingredients

1 ½ lbs. of rice
2 cans green coconut milk
4 cups *guandules (pigeon peas)
5 garlic cloves
¼ cup of soy sauce
⅛ cup of oil
⅛ cup of cilantro
3 Tbsp. tomato sauce
1 tsp. salt
1 Tbsp. oregano
1 onion
4 cups water
1 sweet pepper, cubed

Directions

1. Cut the onion and cilantro.
2. Cut the pepper.
3. Mash the garlic.
4. Sauté these ingredients with half the oil salt and oregano.
5. Pour in the soy sauce.
6. Add the rice and sauté a little.
7. Pour the guandules, coconut milk and water.
8. Stir until water is evaporated.
9. Turn off the heat.
10. Cover and leave half an hour.
11. Stir in the rest of the oil.
12. Serve and eat.
13. You can accompany with meat or whatever you want.

Makes 6 - 8 servings



Muossaka

From Bosnia and Herzegovina, by Monia

This is a popular food from Bosnia and Herzegovina.

Ingredients

4 pounds potato
1 ½ cups ground beef
oil for the pan
salt and pepper
4 eggs
2 cups milk
1 cup sour cream
some flour

Directions

1. Peel and slice the potatoes and season them.
2. Fry the meat separately.
3. When meat is done, put two layers of the potatoes on the bottom of a casserole dish, then put the meat on top and then put two more layers of sliced potatoes on top of meat.
4. Mix together the eggs, sour cream, milk, salt and pepper and a couple spoons of flour.
5. Pour the sauce over the top.
6. Don't cover entirely.
7. Bake for 45 minutes.



Samera, a Literacy Source student

Nopales Salad

From Mexico, by Guadalupe

The cactus is original of Mexico. It's a plant considered as vegetable and fruit. It grows wild all year round in the north and center of Mexico. It also represents the symbol on our flag. The cactus is very important for Mexicans because it is part of our daily diet.

These can be prepared in many different dishes such as breakfast with eggs, salads, for dinner with meats, fish, etc. and it is very easy to cook. Boil them, roast and also raw for juices.

Cactus are low in calories and have a high fiber content, vitamins and minerals such as vitamins A, B, C, and E, magnesium, calcium, potassium and 95% water. They also help stabilize the blood sugar concentration and also high in antioxidants and those are very healthy.

"In my childhood I learned to cook them watching my grandmother, and I liked roasted with lemon." -Guadalupe

Ingredients

- 1 lb. of cactus
- 2 medium onion
- 6-8 tomatoes
- 1 tsp. garlic minced
- 2-3 serrano peppers
- 1 Tbsp. olive oil
- 1 Tbsp. salt
- ½ Tbsp. black pepper
- ½ cup shaved cheese
- 2 Tbsp. cilantro
- 1 lemon juice
- 1-2 avocados

Directions

1. Wash and clean the cactus.
2. Cut cactus in dices and boil with a ½ small onion and 1 teaspoon of garlic and salt for 15 minutes or until soft.
3. Cut the onions, tomatoes and serrano peppers in dices and put together in a bowl.
4. Add the cooked cactus and olive oil and mix.
5. Add the shaved cheese, black pepper, cilantro and lemon juice.
6. On the top add the avocado in slices.
7. Serve.

Makes 6 - 8 servings



Olivie

From Ukraine, by Tetyana

Olivie is a traditional dish in Ukraine. It is very tasty and filling. It is an everyday dish. It reminds me of home.

Ingredients

6 big or 8 medium russet potatoes
4 medium carrots
6 eggs
1 lb. kielbasa (pork sausages)
1 small jar pickles (sour not salty)
1 can green peas
2 ½ cups classic mayo
2 small onions
1 apple

Directions

1. Boil potatoes and carrots until tender.
2. Boil eggs.
3. Remove from water and cool.
4. Dice cucumbers, pickles and kielbasa.
5. Chop onion, apple and dill.
6. Dice cooked potatoes, carrots and eggs.
7. Mix potatoes, carrots, eggs, cucumbers, kielbasa, onion, apple and dill.
8. Rinse green peas.
9. Add green peas.
10. Add mayo.
11. Add salt and pepper to taste.
12. Chill in the fridge before serving.
13. Sprinkle dill and parsley.
14. Decorate with apple.
15. Serve.

Makes 8 - 10 servings

Ingredient Highlight: Injera



Injera (in-JAIR-uh) is an East-African flatbread that's a primary component of many meals. It's eaten every day by most East Africans, and is so central to life that it's officially the national dish of Ethiopia, Eritrea, and Somalia.

Injera is a spongy sourdough made of the naturally gluten-free teff flour. The flour, water and a fermentation starter are mixed together and the dough is fermented for two to three days before being cooked into wide, flat pancake shapes.

In addition to being part of the meal, injera serves as the serving dish and the eating utensil. Stews are doled out onto the porous top of a serving of cooked injera. Diners eat by ripping off bits of other pieces of injera to scoop up bites with their right hands. When everything, including the saturated bottom piece of injera, is consumed, the meal is over.

Pad Thai

From Thailand, by Jojo (Natthaya)

My sister she liked to cook foods. She cooked every Thai food deliciously. And she and my friend taught me to cook recipes, for example Pad Thai. We cooked when we met at the weekend. Pad Thai is everyday dish that is a popular food from Thailand.

Benefits of Pad Thai highlights the nutritional value of Pad Thai. It is a single dish that provides high energy proteins from hard tofu, dried shrimp, peanuts and beansprouts.

Ingredients

- 8 ounces flat rice noodles
- 3 Tbsp. oil
- 3 cloves garlic
- 8 ounces uncooked shrimp, chicken or extra -firm tofu, cut into small pieces
- 2 eggs
- 1 cup fresh bean sprouts
- 1 red bell pepper (thinly sliced)
- 3 green onions (chopped)
- ½ cup dry roasted peanuts
- 2 limes
- ½ cup fresh cilantro (chopped)

Directions

1. Cook noodles according to package instructions, just until tender.
2. Rinse under cold water.
3. Mix the sauce ingredients together.
4. Set aside.
5. Heat 1½ tablespoons of oil in a large saucepan or wok over medium-high heat.
6. Add the shrimp, chicken or tofu, garlic and bell pepper. The shrimp will cook quickly, about 1-2 minutes on each side, or until pink.
7. If using chicken, cook until just cooked through, about 3-4 minutes, flipping only once.
8. Push everything to the side of the pan.
9. Add a little more oil and add the beaten eggs.

Pad Thai (continued)

From Thailand, by Jojo (Natthaya)

For Sauce:

5 Tbsp. brown sugar

3 Tbsp. fish sauce

1 Tbsp. low-sodium soy
sauce

2 Tbsp. rice vinegar

1 Tbsp. Sriracha hot sauce

2 Tbsp. creamy peanut
butter

10. Scramble the eggs, breaking them into small pieces with a spatula as they cook.
 11. Add noodles, sauce, bean sprouts and peanuts to the pan (reserving some peanuts for topping at the end).
 12. Toss everything to combine.
 13. Top with green onions, extra peanuts, cilantro and lime wedges.
 14. Serve immediately!
-

Panes con Pollo

From El Salvador, by Erlinda and Caugdy

Bread with chicken, "panes con pollo," is a popular food in El Salvador.

Ingredients

4 chicken breasts
1 Tbsp. Worcestershire sauce
1 Tbsp. chicken bullion seasoning powder
Salt and pepper
1 cup of water
1 Tbsp. butter or oil

For the sauce:

10 tomatoes cut in quarters
1 onion cut in quarters
½ a green pepper cut in quarters
*Relajo spice mix (to taste)
Salt and pepper

For the sandwiches:

4 to 6 baguettes
mayonnaise
1 head of lettuce
A bunch of watercress
4 marzano tomatoes
2 cucumbers
4 radishes
Escabeche (pickled vegetables)
Curtido (Salvadorian coleslaw, see pupusa recipe for instructions)

Directions

1. Season the chicken with salt and pepper.
2. Fill a pot with water, make sure to only use 1 cup of water.
3. Cook medium heat.
4. Turn over, make sure that the chicken is cooked all over.
5. When it is cooking add Worcestershire sauce and chicken seasoning powder to taste.
6. When it is done take chicken out.
7. Save the liquid for the sauce.
8. Fry the chicken in a little oil or butter on both sides.

Panes con Pollo (continued)

From El Salvador, by Erlinda and Caugdy

9. Put the liquid, tomatoes, onion, green pepper and relajo spice mix in a blender and blend until liquid.
10. Add sauce to the chicken and cook for a little in the sauce.
11. When the chicken is ready you can put in the bread with mayonnaise and vegetables like, lettuce, tomato, cucumber, radish, watercress.
12. Add salsa on top.

Makes 4 - 6 servings

Pondu

From the Democratic Republic of Congo, by Eugene

You can buy frozen cassava leaves at Hong Kong Market, already chopped small.

Buy red palm oil at the African market. Makes a good lunch. Serve with rice in a bowl. Eat with your hands.

Ingredients

1 Tbsp. salt

½ kg. frozen *cassava leaves

½ liter red palm oil

¼ kg. smoked fish, broken into small pieces

1 bunch green onions, tops chopped

1 clove garlic, grated or crushed

2 or 3 sticks celery, chopped

2 liters water

optional: 1 hot pepper, chopped small

Directions

1. Boil 2 liters water.
2. Add 1 tablespoon salt, cassava leaves, oil, smoked fish, green onions, garlic, celery, hot pepper (optional).
3. Boil for 1 hour. Add water as needed.
4. Serve hot, with rice.



Family and friends came together to celebrate at the Literacy Source community cooking event! Pictured here are Literacy Source student Grace Agwu, Gloria Ekpo, and Desiree Agwu.

Poulet Yassa

From Senegal, by Mireille

Poulet yassa is a dish that is made in West Africa. I learned to make it in Senegal with one of my friends. Her name is Fama. I lived in Senegal for 2 years, and once I got Poulet Yassa at restaurant and loved it. So I called my friend and asked her if she could show me how to make it. Poulet yassa is easy to cook. I love cooking it here in summer.

Ingredients

5 limes
5 Tbsp. vegetable oil
5 onions
2 bouillon cube
3 pounds chicken thigh
1 cup water
1 habanero pepper
6 cups cooked rice

Directions

1. In a bowl grate 3 limes zest.
2. Add 5 limes juice.
3. Add 2 tablespoons oil, plus bouillon cubes.
4. Cut the onions.
5. Rub the mixture into the chicken.
6. Cover and let marinate in the refrigerator overnight.
7. Strain the chicken, reserving the marinade juice and onions separately.
8. Preheat the grill over high heat.
9. Grill the chicken pieces, turning once. Set aside on a platter.
10. Heat the remaining 3 tablespoons oil in a large pot over medium heat.
11. Add the reserved onions and cook covered until caramelized.
12. Add the grilled chicken and juice.
13. Serve with rice.

Makes 4 - 6 servings



Pozole

From Mexico, by Guadalupe and Norma

The pozole is traditional in the month of September. On September 15, the Independence day of Mexico, the pozole is popular.

Ingredients

- 1 whole chicken
- 2 liters of water
- 2 medium cans of white corn
- 1 tsp. oil
- ½ of garlic head
- ½ Tbsp. salt
- 3 onions
- 1 lettuce
- 1 avocados
- 4 lemons
- 1 handful radish
- ⅓ cup oregano
- 2-3 bay leaves

Directions

1. Cut the chicken and put in a pot with 2 liters of water with a ½ of onion and 2-3 cloves of garlic and salt.
2. Boil until is cooked.
3. Take out the chicken, the onion and the cloves of garlic and save the water.
4. Shred the chicken, chop the onion, lettuce and radish.
5. In a pot on medium heat add to the water you saved.
6. Put the cans of white corn, but first rinse the corn.
7. Add the 1 tsp oil, 2-3 cloves of minced garlic and cook for 10-15 minutes or until the corn is soft.
8. Add the chicken and reduce the heat and add the bay leaves.
9. To serve, put in a bowl the soup.
10. Everybody can add some chopped onion, lettuce, a pinch oregano, juice of lemon and 1 slice of avocado.

Makes 4-6 servings

Literacy Matters!

The inability to read, write, or do math is a major determining factor in severely limiting employment, advancement, economic security, and basic quality of life.

Low literacy and/or English language skills prevent too many adults from getting, keeping, and advancing in jobs, supporting their children's learning, and ultimately fully participating in the community.

In Washington State, 1 in 6 adults lack the basic skills needed to get a livable-wage job.

44 million adults in the U.S. are not able to read well enough to read a simple story to a child.

Nearly half of all adults at the lowest literacy levels are living in poverty.

Low literacy's effects cost the U.S. \$225 billion or more each year in non-productivity in the workforce, crime, and loss of tax revenue due to unemployment.

Source: ProLiteracy, 2018

Pupusas

From El Salvador, by Silveria, Erlinda, and Gaudy

"Pupusa is special food in El Salvador. This food is so delicious, you can eat any time. When made, pupusas need different filling. I love pupusas because they are delicious and I learned with my family. You serve on any special holiday. The most interesting filling the pupusa is loroco with cheese."

"My first pupusa was not round, it was square. I was sad but my mother told me keep trying and trying and it will be better. " -Erlinda

Ingredients

For the dough:

4 cups corn flour masa
harina
2 tsp. salt
3 cups cold water

For the curtido (coleslaw):

½ a cabbage
1 small onion
2 carrots
4 cups water
1 cup vinegar
1 Tbsp. oregano
salt

Directions

Make the curtido:

1. Mix the cabbage, onion, and carrots.
2. Pour the boiling water over the vegetables.
3. Mix it.
4. Wait 10 minutes and take the water out.
5. Add vinegar, oregano and salt.
6. Keep it in the refrigerator.

Make the pupusas:

1. Mix the masa harina and salt, then add the water.
2. Use your hands to mix until it's together and smooth.
3. Fill a small bowl with some oil for your hands.
4. Make a small ball of dough.
5. Make the ball flat.

Pupusas (continued)

From El Salvador, by Silveria, Erlinda, and Gaudy

Things you can use for filling:

cooked beans

shredded cheese

loroco (edible flower)

fried pork

shredded zucchini

6. Put your filling in the middle.
7. Fold the dough over to cover the filling.
8. Use your hands to make it flat again.
9. Heat a pan medium.
10. Use a little oil.
11. Cook the pupusas on two sides for a 2-4 minutes.
12. Serve together with the curtido.

Makes about 18 pupusas

Samgyetang

From Korea, by Hee Joo and Soon Ja

Samgyetang is a food that everyone can cook. You eat samgyetang a lot on Sambok day in Korea. If you eat samgyetang you get more energy.

Ingredients

1 small whole chicken
5 garlic cloves
1 piece ginseng
 $\frac{1}{2}$ cup rice
1 tsp. salt
5 cups water

Directions

1. Wash the chicken inside and out.
 2. Put the garlic, ginseng and rice inside the chicken.
 3. Put the water and salt in a large pot.
 4. Add the chicken.
 5. Boil for 20 minutes.
 6. Turn the heat down to medium and cook until chicken is done— about 30 minutes.
-

Shiro Wat

From Eritrea and Ethiopia, by

Gebrebrhan, Birhane, Grasela, Medhin, Kahsay, Senait, Tesfalem

Shiro is from Ethiopia and Eritrea. The main ingredients are garbanzo beans and peppers. The flavor is mild.

"We eat shiro when we fast from meat." -Grasela

"My family taught me to make." -Kahsay

Ingredients

1 cup *shiro powder

2 tomatoes

1 onion

2 or 3 Tbsp. *berbere

2 cloves garlic

1 Tbsp. oil

½ tsp. salt

4 ¼ cups water

1 or 2 green chili

Directions

1. Chop onion and tomato and garlic and pepper.
2. Fry onion and tomato in oil.
3. Add water and heat.
4. Add shiro powder.
5. Add garlic.
6. Add green chili.
7. Mix.
8. Cook 30 minutes.

Makes 4 servings

Som Tum

From Thailand, by Jojo (Natthaya)

Som Tum is a type of food that I like very much. I learned to make it from my parents and sister. This dish is very practical in Thailand, that's why we cook everyday for lunch. Som Tum is a food that is rich in vegetables-- for example, green papaya, green beans, carrots, tomatoes, garlcs, chilis, lime, etc. When I have friends come to visit we like to cook Som Tum together.

Ingredients

- 1 clove garlic, peeled
- ¼ tsp. salt
- 1 Tbsp. dry-roasted peanuts, more for garnish
- 3 fresh bird chilies
- ½ tsp. dried shrimp
- 2 Tbsp. fresh lime juice
- 1-2 Tbsp. fish sauce
- 2 plum tomatoes or 1 large round tomato or 8 grape tomatoes
- ½ lb. green beans, cut into 4-inch pieces
- 1 small to medium green papaya

Directions

1. In a blender or mortar, blend or pound garlic, salt, peanuts, chilies, sugar and shrimp (if using) into a paste.
2. Transfer to a large bowl and add lime juice and fish sauce.
3. Use a spoon (or the mortar) to lightly crush tomatoes and green beans (if using), then add to bowl and mix lightly.
4. Peel and coarsely grate or shred papaya, discarding seeds and inner membrane. There should be up to 6 cups.
5. Add papaya to bowl and lightly but thoroughly toss together.
6. Taste for seasoning.
7. Mound in a bowl. (If desired, line bowl with lettuce leave beforehand.)
8. Sprinkle with peanuts and serve.

The Significance of Sharing Food

Sharing a meal with someone, eating and drinking together behind the same table – is one of the most important manifestations of sociality in all cultures. Eating together confirms a sense of belonging and being part of a community.

Offering food to a stranger, no matter how plain, is part of hospitality in most cultures. Dinners spent together create and recreate families, friendships, and business relations. Assuring social relationships through food can happen both around the dinner table at home and at feasts where those who do not eat together every day can meet up.

In many countries, mealtime is treated as sacred. In France, for instance, while it is acceptable to eat by oneself, one should never rush a meal. A frenzied salad muncher on the Metro invites dirty glares, and employees are given at least an hour for lunch.

In many Mexican cities, townspeople will eat together with friends and family in central areas like parks or town squares. In Cambodia, villagers spread out colorful mats and bring food to share with loved ones like a potluck. Dining together can radically shift people's perspectives: It reduces people's perceptions of inequality, and diners tend to view those of different races, genders, and socioeconomic backgrounds as more equal than they would in other social scenarios.

Cooking as a family or with friends and loved ones brings us together because we are able to share our culture and heritage through food and give each other nourishment. Coming together and sharing a meal is the most communal and binding thing in almost every place in the world. Being able to make a dish and share it with the people you love is a universal concept because it is at the root of our survival. We all have to eat, and being able to learn how to make a recipe from your mother is one of the oldest traditions of humankind. It feels good to learn and hone a technique from your parents and pass it down to your kids. This idea of carrying on the legacy and sharing recipes that have been in our family for generations is something that is so incredibly special. My first memories of food are with my Gramms and Mom in the kitchen, learning about our family traditions through dishes that have been passed down, and I am so excited to share these with my daughters.

Food is also a great vehicle for sharing culture with people from different backgrounds.

"To eat is a necessity, but to eat intelligently is an art," said the 17th-century writer François de La Rochefoucauld. What "intelligence" means in the context of eating is debatable. There are those who obsess over their food—where it is sourced, if it is organic, the nebulous desire for culinary "originality"—who are known in the U.S. as "foodies" and in France as generation Le Fooding, both of which are the hipsters of cuisine, moneyed and sometimes fussy. However, this does not seem quite like "intelligence" as de La Rochefoucauld meant it.

Perhaps to "eat intelligently," one needs only to eat together. Although it would be nice to eat healthily as well, even take-out makes for a decent enough meal, psychologically speaking, so long as your family, roommates, or friends are present.

-Judy Kuguru, Case Manager at Literacy Source

Suqaar

From Somalia, by Zahra, Mohamed, and Khalif

Suqaar is a specialty of Somalia. It is a common food. Suqaar is a salty dish. You eat it at lunch time. You cook it with beef, tomatoes and carrots.

"My sister taught me how to cook this. I remember when I lived in Kenya my friends came to me and they ate with me." -Zahra

Ingredients

- 2 lbs. diced beef
- $\frac{1}{3}$ cup vegetable oil
- 3 potatoes, chopped
- 2 red onions, chopped
- 4 carrots, chopped
- 3 garlic cloves, minced
- 1 Tbsp. salt
- 1 Tbsp. cumin
- 2 tomatoes
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 Tbsp. basil

Directions

1. Turn stove on to medium.
2. Get a large pot.
3. Pour $\frac{1}{2}$ cup oil.
4. Chop 2 red onions until lightly brown.
5. Add 2 lbs. diced beef (thumb sized pieces).
6. Add 3 chopped fresh tomatoes and stir until tomato skin disappears.
7. Wash and peel 3 potatoes chop to thumb size pieces.
8. Wash and peel 4 carrots and chop to thumb size pieces. Stir.
9. Add 2 pinches cumin spice.
10. Add 5 cloves of garlic chopped into mini pieces.
11. Add 5 branches of washed chopped cilantro.
12. Add 2 chopped green chilis.

Tom Yum Goong

From Thailand, by Jojo (Natthaya)

Tom Yum Goong is another popular food from Thailand, and my father made it as a special meal for dinner. I learned to make it from my parents and sister. Tom Yum Goong has a spicy, sour and salty taste. When I cooked first time to my husband he liked very much.

Ingredients

2 cups of water
1 stalks of lemongrass, cut into 3 inch strips
3 big slices *galangal
6 *lime leaves
6 Thai chilies
6-10 straw mushrooms
8-10 shrimp
2 Tbsp. chili paste with soya oil
2 roma tomatoes
 $\frac{1}{4}$ tsp. salt
3 tsp. fish sauce
 $3 \frac{1}{2}$ Tbsp. lime juice
4-5 shallots (small)
7 Tbsp. evaporated milk
handful of cilantro

Directions

1. In a pot, bring 2 cups of water to boil.
2. Then add salt.
3. Add lemongrass, kaffir lime leaves, chilies, shallots, mushrooms, chili paste with soya oil and boil.
4. Stirring the melted chili paste.
5. Add fish sauce, evaporated milk and shrimp.
6. Boil until the shrimps are cooked.
7. Dish out, add lime juice and serve hot.
8. (If you add lime juice too early, the soup might turn bitter.)

Tortillitas de Camarones con Nopales

From Mexico, by Javier

My mom loved to make shrimp powder patties with cactus leaves. This is a traditional dish for lent, but my mom used to make it all year long. The main ingredient is shrimp powder. Second ingredient is cactus leaves. Together with the rest of the ingredients make a delicious combination between salty patties and juicy cactus leaves. The other ingredients make an explosion of flavor in your mouth that is unforgettable.

Ingredients

*shrimp powder from dry shrimp

5 eggs

2-3 cups already cut up tender cactus leaves

8 chile guajillo

2 chile ancho

½ yellow onion

1 chicken bouillon cube

Corn tortillas

Corn oil

Directions

Prepare the cactus:

1. Put 1 cup of water add cut up cactus leaves, 2 garlic cloves whole, ¼ of onion, 8 stalks of cilantro, 1 tsp. of salt.
2. Cook for 15 minutes.

To make the sauce:

1. Boil 1 clove of chopped garlic, ¼ of chopped onion, 10 stalks of cilantro chopped very fine, 1 cup of water and 8 chili guajillos and 2 chili anchos for 12 minutes.
2. Put it in blender with 1 cup of water and 1 clove of garlic and 1 spoon of salt and 1 pinch of oregano..
3. Peel 1 potato cut in cubes.
4. Put 3 spoon of olive oil in a pan and fry with 1 pinch of salt.
5. Add the strained cactus leaves without the cilantro stalks and the onion.
6. Strain the chili sauce and add to the cactus leaves.

Tortillitas de Camarones con Nopales (continued)

From Mexico, by Javier

To make the patties:

1. Whisk the whites of 4 eggs then add the yolks and whisk again.
2. Add the 2 packets of shrimp powder and mix.
3. Heat a cup of oil to medium in a pan.
4. Spoon enough mixture to make medium circles into the pan.

Finally, add the cooked tortillas to the cactus and sauce mixture and cook on medium heat for 10 more minutes.

Serve with warm corn tortillas.



Makes 4 servings

Tostada de Pollo

From Mexico, by Beatriz

This dish is from Mexico. It is for lunch or dinner. The main ingredient is chicken. It has a good taste and flavor of chicken. It is served any day but is more traditional when there is a party, festival, Christmas, New Year. I learned by seeing what the dish has.

Ingredients

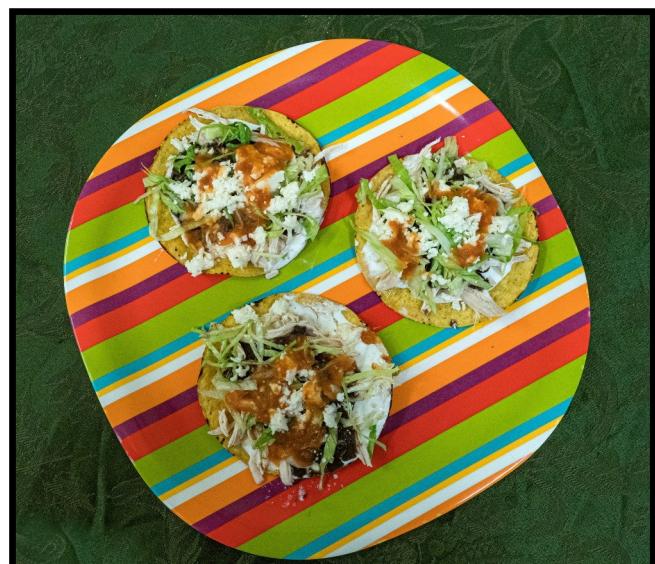
2 chicken breasts
1 package tostada shells (guerrero)
1 onion chop
1 garlic clove chopped
 $\frac{1}{2}$ head lettuce
1 pinch salt
1 pinch pepper
1 container sour cream
1 can black beans
1 container Mexican fresh cheese

Directions

1. Boil the chicken in the water for 30 minutes with onion and garlic and salt and pepper.
2. Drain the chicken.
3. Remove the bone and shred the chicken.
4. Wash and chop the lettuce.
5. Open and heat the can of beans.

Assemble the toast in this order:

Toast, 1 tablespoon beans, small handful chicken, 1 tablespoon sour cream, some lettuce, sprinkle on a little cheese.



Ingredient Highlight: Nopales



Nopales, in cooking, are the pads of the Prickly Pear Cactus. These pads can be purchased at most Latin American grocery stores.

You prepare nopales much like any other vegetable. Remove the thorns and the "eyes" with a vegetable peeler or a small paring knife. Wash the pads well with cool water and peel or trim off any blemished or discolored areas. Slice the pads in long slices or in pieces or leave whole, depending on the dish you will prepare.

Once prepared, these pads can be eaten raw or cooked, or used in just about any way imaginable. They are a very common ingredient in Mexican cuisine, as they are very nutritious and have been growing plentifully in Mexico for many generations.



Literacy Source History

We were founded in 1986 as The Literacy Action Center at St. John Lutheran Church. We provided free tutoring in adult basic education (ABE) and skills.

In 1990 we moved to the basement of the Greenwood Public Library, and for 11 years we offered 1:1 tutoring in ABE and ESOL and Talk Times there.

In 2001 we became a separate non-profit, Literacy Source in Fremont, offering classes and tutoring.

In 2016 we moved to our current Lake City location!

Desserts



Literacy Source students and friends: Xin Fen, Ze Hui Zhang, Jun Xia, and Zheng Cui

Apple Cake

From Russia, by Rita

I went to visit my friend. She treated me to tea with apple cake. It was good tasting. I asked for a recipe. After three months, I went to visit and brought her an apple cake according to her recipe. She liked it.

This recipe I use when my younger daughter and grandchildren come to visit me. Recently my oldest daughter and grandchildren came from Houston. I treated them with apple cake. They really enjoyed it. They took the recipe with them to Houston. This recipe is easy to make, and apple cake is very tasty.

Ingredients

1 stick of butter (soften)
¾ cup brown sugar
2 eggs
1 cup flour
½ tsp. vanilla
1 tsp. baking powder
1 large or 2 medium green ("Granny Smith") apples, sliced
Small amount of lemon juice from supermarket
Cinnamon mixed with sugar (1 part cinnamon to 2 parts sugar)

Directions

1. Preheat the oven to 300 degrees F.
2. Blend together butter and sugar.
3. Add two eggs and blend 2 min.
4. Add flour with vanilla and baking powder and blend 1-2 min.
5. Grease a bundt pan with butter, and add a little flour.
6. Put ½ of the cake mixture in the bottom of the pan.
7. Arrange ½ of the sliced apples on the mixture.
8. Drizzle the lemon juice over the apples and cinnamon with sugar on the top.
9. Put other ½ of the cake mixture on the top of the apples.

Apple Cake (continued)

From Russia, by Rita

10. Arrange second half of the sliced apples on the mixture.
11. Drizzle the lemon juice over the apples and cinnamon with sugar on the top.
12. Put it in the oven and bake for about 30 min.
13. Increase oven temp. to 350 degrees F and bake for another 30 min.



Apple Dumplings

From the United States, by Maddi

When I was young, my great-grandmother would wake me up to get ready for school. In the chilly mornings of fall and winter when I left my warm bed to meet her in the kitchen, we would sit and eat together in the dim calmness. Sometimes she would warm up an apple dumpling for my breakfast. My favorite way to eat apple dumplings has always been to get them quite hot and then pour cold milk over them to cool them down and make the crust a little soggy!

Ingredients

Crust

2 cups flour
 $\frac{2}{3}$ cup lard or $\frac{3}{4}$ cup butter
2 tsp. baking powder
about $\frac{1}{2}$ cup milk
1 tsp. salt

Center

8 -10 Mackintosh apples,
peeled and cored
 $\frac{1}{4}$ - $\frac{1}{2}$ cup cinnamon
 $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ Tbsp. butter per apple

Filling

1 cup sugar
1 cup water
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. nutmeg
4 Tbsp. butter

Directions

To make the crust:

1. Sift flour, salt, and baking powder together.
2. Use a cheese grater to grate frozen butter into the mixture, or scoop the lard into the mixture.
3. Mix until even, but don't overwork your dough!
4. Add only as much milk as it takes to form dough; that's about a half cup.
5. Lay flour out on a flat surface, then plop your dough down and squish it out a bit with your hands. Add flour to your rolling pin or on top of the dough to keep it from sticking and then roll out the dough to about $\frac{1}{4}$ in thick.

For a shortcut, you may use Pillsbury pastry dough instead of making your own crust.

Apple Dumplings (continued)

From the United States, by Maddi

To make the center:

1. Wrap the dough around the apples, leaving the tops open. Pinch off or cut the dough to form it. You may not be able to cover all your apples, depending on their size and how efficient you are with your crust.
2. Mix cinnamon and sugar together in equal parts, or with more or less of each ingredient, depending on how much you like cinnamon.
3. Drop a $\frac{1}{2}$ Tbsp. pat of butter and a tablespoon full of cinnamon-sugar mixture into the empty center of each of the apples.

To make the filling:

1. Boil water, then add the cinnamon, sugar and nutmeg.
2. Stir constantly until the mixture reaches boiling temperature again.
3. Add the 4 Tbsp. of butter and again stir until the mixture boils.
4. Before the filling gets a chance to cool and congeal, carefully ladle the very hot liquid filling into the open tops of all the dumplings, until they're full. After you've filled them all up, pour the remains over the dumplings. Some people then pinch the dough shut (as shown here), but it's not necessary.
5. Bake at 350 degrees F. for 30 minutes.



Allow to cool a bit, then enjoy!

Carrot Cake

From the United States, by Caroline

This is a favorite birthday cake in our house ever since we discovered it from a friend about 20 years ago. It is so easy and comes out perfectly every time. It is extra delicious decorated with fresh blueberries with a little grated carrot soaked in pineapple juice sprinkled on top for some color.

Ingredients

Cake:

2 cups flour
2 tsp. baking powder
1 ½ tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
1 ¾ cups of sugar
1 ½ cups of vegetable oil
4 eggs
2 cups of grated carrot
½ cup of chopped walnuts
1 can crushed pineapple
(drained, SAVE JUICE FOR ICING!)

Icing:

1 lb. cream cheese (room temperature)
½ cup of butter (softened)
2 tsp. vanilla
2 ½ cups of powdered sugar
3 Tbsp. pineapple juice

Carrot Cake (continued)

From the United States, by Caroline

Directions

1. Preheat oven to 350 degrees.
 2. Grease and flour two 9" cake pans or one 9 x 13" pan
 3. Stir together flour, baking powder, baking soda, salt, cinnamon.
 4. In another bowl, stir together sugar and oil.
 5. Beat eggs and stir in to the oil and sugar. Add drained pineapple, walnuts and carrot.
 6. Stir in dry ingredients.
 7. Pour into pan (s) and bake for 45 mins. Or until a toothpick comes out clean.
 8. Cool on wire rack for 15 mins. before removing from pan.
 9. ICING: Cream butter and cream cheese. Add vanilla. Beat in sugar. Scrape side of the bowl then beat again. Add juice to taste and spreading consistency, then mix.
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Orange Zest Chia Seed Pudding

From the United States, by Taiko

This is a delicious creamy pudding similar to tapioca. It's sweet, healthy and filling. Chia seeds are filled with great health benefits, they are rich in omega-3 fatty acids, fiber, protein, calcium, phosphorus and zinc. This dessert is a rich, tasty treat for everyone, vegan or otherwise!

Ingredients

4 cups hemp milk (or other milk of preference)

2 tsp. orange zest

½ tsp. vanilla extract

3 Tbsp. agave syrup (more or less for sweetness to taste)

¾ cup chia seeds

honey to drizzle on top

ripe sliced bananas to put on top

Directions

1. In a bowl combine the milk, orange zest, and vanilla extract and agave.
2. Taste and add more vanilla and agave to taste.
3. Whisk in the chia seeds.
4. Cover the bowl and refrigerate overnight.
5. Before serving stir to break up any clumps.
6. Top with sliced bananas and drizzled honey.

Makes 4 servings

Puff-Puff (Beignets)

From the Democratic Republic of Congo, by Bibi

I love puff puff, I learned to make it from my grandmother. She was a cook. She used to make the puff puff for breakfast or just between meal. The taste depends on the ingredients you use; coconut, banana, peanut, pudding. . . It is not traditional anyone can make it.

Ingredients

3 ½ cups flour
¾ cup Sugar
Oil for deep frying
½ Tbsp. salt
2 ¼ tsp. yeast
2 cups water
other ingredients depend
on your taste

Directions

1. Mix salt, sugar, water, and yeast .
2. Set aside for 5 minutes
3. Add flour let sit 1 to 2 hours.
4. Heat enough oil to deep fry.
5. Drop balls of dough into the oil.
6. Fry until golden brown on both sides.
7. Take out and put on paper.
8. Serve with sugar and other ingredients.



Sanwin Makin

From Burma, by Carolina

This semolina pudding dish is pronounced "sinamakin", my Indian grandmother used to make for us when we were children, she learned it when she and her family lived in Burma. We loved it so much it became our birthday cake growing up. She stopped making it as she got older as the stirring became too much— it's a work out! The cake is traditionally served in Burmese tea shops, I was delighted to try the real thing when we visited Burma a couple of years ago.

Ingredients

1 cup of fine semolina
3 cups of thick coconut milk
1 cup of sugar
4 oz. ghee or butter
Pinch of salt
 $\frac{1}{4}$ tsp ground cardamom
3 eggs, separated
2-3 Tbsp. toasted sesame seeds

Directions

1. Put the semolina in a large, heavy saucepan and stir in coconut milk gradually, keeping the mixture free from lumps.
2. Add the sugar, put over medium heat and bring to boil, stirring all the time.
3. When mixture boils and thickens add a small amount of ghee or butter at a time and continue cooking until mixture becomes very thick and leaves the sides of the pan.
4. Add salt and cardamom, mix well.
5. Beat in the egg yolks, one at a time, then stiffly beat the egg whites and fold in.
6. Turn mixture into a buttered 9-inch cake pan or ovenproof dish and smooth the top.
7. Sprinkle toasted sesame seeds liberally on top.
8. Bake at 325F for 45 mins.- 1 hour or until well risen and golden brown. Cool in dish and cut into diamond shaped pieces. Serve as a snack or dessert.

Sour Cream Pound Cake

From the United States, by Cat

I first ate this cake as a child at my great-Aunt's house. Every year in December, she would invite my family and the families of all my dad's brothers and sisters out to eat Sunday dinner. We'd go to a fancy restaurant - the only fancy restaurant I remember from my childhood. Many of my first cousins were there. But what I most remember is that after lunch, we'd go back to Aunt Beck's house where she'd have "goodies" for dessert. She had been baking for a month, and had all kinds of cookies and cakes. My favorite cookie was orange balls, and my favorite cake was sour cream pound cake.

When I was a child, my mom also made sour cream pound cake, using Aunt Beck's recipe. The recipe calls for a "jigger" of bourbon. We had a jigger measure in the kitchen drawer, and used it only for this recipe. Now, I ask for sour cream pound cake for my birthday cake. This year, my daughter baked me a sour cream pound cake, using the recipe I got from my mom. My husband had to look up the measurement of a jigger online because we don't have a jigger measuring cup in our kitchen utensils. This makes me happy to see how several generations of my family have enjoyed this cake, both baking it and eating it on special occasions.

Ingredients

1 cup sour cream
½ lb. butter
3 cups sugar
6 eggs
3 cups cake flour
¼ tsp. baking soda
1 tsp. water
1 jigger bourbon

Directions

1. Cream butter, add sugar.
2. Add eggs, one at a time.
3. Sift together the flour and baking soda.
4. Add to the butter, alternating in 3 batches with the sour cream.
5. Stir in the water and the bourbon.
6. Grease a tube cake pan.
7. Bake 1 ½ hours at 350 degrees.

Makes 24 servings

Strawberry Pizza

From the United States, by Leslie

All of our best "family recipes" are ones we've been taught by other family members or good friends – this one is no exception.

Ingredients

Crust:

$\frac{2}{3}$ cup of sugar

$\frac{1}{2}$ cup of butter softened
to room temperature

1 egg

$\frac{1}{2}$ tsp. baking power

1 $\frac{3}{4}$ cup of flour

Filling:

3 cups of cleaned
strawberries cut into large
pieces

(You can use any berries or
combination for this recipe:
blueberries, raspberries,
blackberries, etc.)

Topping:

$\frac{3}{4}$ cup of brown sugar

$\frac{1}{3}$ cup of melted butter

1 cup of flour $\frac{1}{2}$ tsp.
powdered cinnamon

Directions

1. Make this recipe in an 8-10" spring form pan or tart round.
2. Preheat oven to 375 degrees.
3. Cream the first 4 topping ingredients together, then slowly add in flour until all mixed together.
4. Press the crust into the bottom and $\frac{1}{2}$ " up the sides of the pan.
5. Spread the filling ingredients onto the bottom crust.
6. Gently mix all the topping ingredients together with a fork. It will be crumbly. Spoon the topping mixture across the top of the berries.
7. Bake at 375 degrees for 30 minutes.

Great served warm with vanilla ice cream!

Index of Noted

*Ingredients

Berbere (Pages 7, 32-33, 41, 53, 77) is an East African spice mixture and can be found at African grocery stores or purchased online.

Bonito flakes (Page 8) are tiny bits of dried, smoked fish. Packages of them can be found at almost any Asian grocery store.

Cassava leaves (Page 68) are relatively difficult to find in the U.S., so people often substitute spinach. Fresh cassava leaves are poisonous; they must be boiled to become edible.

Dry skin tofu, also known as dried bean curd or tofu sticks, (Page 42) can be found in most Asian grocery stores.

Epazote (Page 25) is an herb which can be found in Latin American grocery stores.

Galangal (Page 81) is a root-like spice, similar but not the same as ginger. There are four different types, but at least one type can be found at most Asian grocery markets.

Garam masala (Pages 23, 24) is a common type of seasoning used in Indian and Pakistani dishes. It can be purchased at many international markets or spice stores, and is often found in the “international sections” of U.S. grocery stores.

Guandules or Pigeon Peas (Page 56) are a nutritious legume that can be found in most grocery stores in the US.

Guascas, or Gallant Soldier, (Page 12) is a Colombian herb that can be purchased in its dried form in some Latin American grocery stores or online.

Lime leaves (Page 81) are the Asian equivalent of Bay leaves in the U.S. They can be purchased in most grocery stores in the U.S., online, or in almost any Asian grocery market.

Kombu (Page 8) is edible kelp and can be found in various forms in almost all Asian grocery stores.

Loroco (Page 75) is a plant whose flower buds are used in cooking some Salvadoran recipes. It can be found at some Latin American grocery stores, or online.

Index of Noted *Ingredients

Maggi spice (Page 47) is a unique and immensely popular global brand of flavoring. It can be bought in most grocery stores in the U.S. that are near large metropolitan areas.

"Maria" cookies (Page 54) are thin, dry, round, slightly-sweet cookies that are very roughly equivalent to U.S. graham crackers. They can be found in virtually any Latin American grocery store, or the Latin section of U.S stores.

Mexican queso fresco or "fresh cheese" (Page 25) is a soft, mild, slightly salty cheese that can be found in the refrigerated section of any Latin American grocery store.

Niter kibbeh (Pages 32, 41) is like spiced ghee, in that it is clarified butter with many spices simmered in and then strained out. It can be purchased at African grocery stores.

Plantains (Page 54) are a starchier cousin of the banana. They can be found in many produce sections of stores in the U.S. that are near large metropolitan areas., and almost all produce sections in Latin American grocery stores.

Relajo spice mix (Page 66) is a particular blend of nuts, seeds, and spices. It can be purchased online or made at home.

Shiro powder (Page 77) is a mixture of ground beans and spices that can be purchased at African grocery stores or online.

Shrimp powder (Page 82) is ground dried shrimp. It can be purchased online or at some Latin American grocery stores or seafood markets.

Winter melon or ash gourd (Page 45) is a nearly tasteless melon that's used in quite a few Asian dishes. It can be found in most Asian supermarkets.

Chilies / Peppers (see Page 52)

Many types of chilies are used in recipes in this book. The best way to try to find the specific type you're looking for is to write it down (maybe even print a picture) and search in a grocery store based on the country of origin of the recipe.



Thank you to the many Literacy Source students and supporters who came to our community cooking event. We're sorry we couldn't use every picture we took. If you were at the event and want access to the photos of yourself or your dish, please see a Literacy Source instructor or staff member.



