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Introduction

Shared food [...] open[s] countless doors of service and ministry.
[...] [R]emember that inviting someone to share a simple meal in
your home carries a message of offered friendship that spans all
cultures and times.
–Beth Koehler

To Mommy, who introduced me to exotic cooking. Whether that is ethnic cooking, gluten-free cooking, or just plain old comfort food cooking, you are always up for the challenge, but you always kept in mind that the result should taste good! We do not sacrifice flavour or texture for 'authenticity' or 'health'.

Part I

Western Food

Chapter 1

Appetizers

1.1 Finger Food

POTATO SKINS

- 12 new potatoes
- 2 Tbsp butter, melted
- 1 tsp Dijon mustard
- coarse salt
- $\frac{3}{4}$ cup grated cheese
- 8 slices bacon, cooked crisp and crumbled
- Garnish: sour cream, sliced onion greens

Cut potatoes crosswise into thirds. Use the 2 ends for potato skins and save the middle slices in water for future use. Preheat oven to 425F. Whisk together butter and mustard. Halve each potato piece and hollow out, leave $\frac{1}{4}$ inch shells. Immediately toss the halves in the mustard mixture. Roast, cut side down, on a lightly oiled baking sheet, until nicely browned, 20-30 minutes. Sprinkle with coarse salt. Turn the potatoes upright and cover with grated cheese. Sprinkle with bacon. At this point, potatoes can be held at room temp for up to 2 hrs before serving. Return potatoes to oven and bake until hot, about 5 minutes. Garnish with sour cream and onion greens.

GORGONZOLA AND HAZELNUT STUFFED MUSHROOMS

- 1 lb fresh whole mushrooms
- $\frac{1}{3}$ cup crumbled gorgonzola cheese
- $\frac{1}{4}$ cup fine bread crumbs
- $\frac{1}{4}$ cup chopped hazelnuts
- $\frac{1}{4}$ cup finely chopped red bell pepper
- 4 med green onions, chopped
- $\frac{1}{2}$ tsp salt

Heat oven to 350°F. Remove stems from mushroom caps. Reserve caps. Finely chop enough stems to measure $\frac{1}{2}$ cup. Discard remaining stems. Mix chopped mushroom stems and remaining ingredients in small bowl until well blended. Spoon into mushroom caps, mounding slightly. Place in ungreased pan. Bake 15-20 minutes or until thoroughly heated. Serve warm.

BEEF AND SPINACH ROLL-UPS

- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ tsp garlic powder
- 2 spinach flavoured tortillas
- 1 cup fresh spinach
- $\frac{1}{4}$ lb thinly sliced cooked roast beef
- $\frac{3}{4}$ cup shredded cheddar cheese
- 1 med tomato, chopped

Mix mayonnaise and garlic powder in small bowl. Spread mixture evenly over tortillas. Top tortillas with layers of spinach, beef, cheese and tomato. Roll up tightly. Trim ends from rolls. Cut each roll into 12 slices. Secure with toothpicks. Serve immediately or refrigerate until serving.

Chapter 2

Main Meals

Chapter 3

Dessert

CHOCOLATE LAVA CAKE

- 5 Tbsp salted butter
- 1 cup chocolate chips
- 2 Tbsp almond flour
- 1 Tbsp (heaping) cocoa powder
- $\frac{1}{8}$ tsp sea salt
- 2 large eggs
- 2 large egg yolks
- 3 Tbsp sugar
- $\frac{1}{4}$ tsp vanilla extract

Melt butter and chocolate chips in a double boiler. Combine almond flour, cocoa powder, and salt in a small mixing bowl. In a large mixing bowl whisk eggs, sugar, and vanilla. Fold in chocolate. Sift in dry ingredients. Butter four 4-oz ramekins and fill with chocolate mixture. Refrigerate for 30 minutes. Place ramekins in hot water bath and bake at 425°F for 15-18 minutes. Let cool for 10 minutes.

Part II

African

Chapter 4

Ethiopian

QUICK INJERA

- 2.5 c Krusteaz buttermilk pancake mix
- 2.5 c warm water
- 1 tsp yeast
- 1 Tbsp vinegar per cup of batter

Whisk the pancake mix, yeast, and warm water together in a large bowl. Cover and let it sit at least 30 minutes. It should grow frothy and bubbly over this period. Preheat the oven to 400F. Add vinegar just before cooking. Spray a large pizza pan (14+) with a very generous amount of cooking spray, and pour half the batter out in concentric circles starting at the outer part. Cook on a middle rack for 10-12 minutes or until cooked all the way through and dry to the touch in the center. Note: thicker injera is more likely to break apart when bent, so always err towards making it too thin.

NITER KEBBEH

This can be made ahead and stored in a covered container in the fridge for months.

- 1 lb margarine
- 4 Tbsp onion, finely chopped
- 1 $\frac{1}{2}$ Tbsp garlic, pressed
- 2 tsp fresh ginger, finely grated
- $\frac{1}{2}$ tsp turmeric
- 4 green cardamom pods, crushed
- 1 cinnamon stick
- 3 whole cloves
- $\frac{1}{8}$ tsp ground nutmeg

Slowly melt the margarine in a medium sized saucepan over low heat. Add the other ingredients and simmer uncovered on the lowest heat for about 20-30 minutes. Do not let it brown. Strain the mixture through a double layer of cheesecloth, discarding the spices. Refrigerate until set.

BERBERE

- 1 tsp ground ginger
- 1 Tbsp pressed garlic
- $\frac{1}{2}$ tsp ground cardamom
- 2 Tbsp salt
- $\frac{1}{2}$ tsp ground coriander
- 3 Tbsp dry red wine
- $\frac{1}{2}$ tsp fenugreek seeds
- 2 cups paprika
- $\frac{1}{4}$ tsp ground nutmeg
- 2 Tbsp ground hot red pepper
- $\frac{1}{8}$ tsp ground cloves
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{8}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground allspice
- 1 $\frac{1}{2}$ cups water
- 2 Tbsp finely chopped onions
- 2 Tbsp oil

In a heavy 3 qt saucepan, toast the ginger, cardamom, coriander, fenugreek, nutmeg, cloves, cinnamon and allspice over low heat for a minute or so, stirring constantly until heated through. Remove pan from heat and let spices cool 5-10 minutes. Combine the toasted spices, onions, garlic, 1 Tbsp of salt and wine. Blend in electric blender to make a paste. Combine the paprika, red pepper, black pepper and remaining Tbsp of salt in saucepan and toast over low heat for a minute, until heated through, shaking the pan and stirring the spices constantly. Stir in the water, $\frac{1}{4}$ cup at a time, then add the spice-wine mixture. Cook over lowest possible heat for 10-15 minutes. Pack tightly into a jar or crock. When cooled to room temperature, pour oil over to make a film at least $\frac{1}{4}$ inch thick. Cover and refrigerate until ready to use. If you replenish the film of oil on top each time you use the berebere, it can be kept in the refrigerator for 5-6 months.

QUICK BERBERE

- 1 tsp cumin seed
- 1 tsp coriander
- 1 tsp ground ginger
- 1 tsp ground cardamom
- 1 tsp ground fenugreek seed
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp cloves
- 1 tsp onion powder
- $\frac{1}{4}$ tsp allspice
- 2 Tbsp cayenne
- 2 Tbsp paprika
- 1 tsp salt
- 1 tsp black pepper

Roast spices in 300F oven for 10 minutes. Bottle and store. Will last about a year.

DORO WAT

- One 2- $\frac{1}{2}$ lb. chicken, cut in 8 serving pieces
- 2 tablespoons salt
- 2 onions, finely chopped
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ cup niter kebbeh

- 3 cloves garlic, minced
- 2 tablespoons paprika
- 1 tsp finely chopped ginger root
- $\frac{1}{4}$ cup dry red wine
- $\frac{1}{4}$ teaspoon ground fenugreek
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ teaspoon ground cardamom
- $\frac{1}{8}$ teaspoon ground nutmeg
- 4 hard-boiled eggs
- $\frac{1}{4}$ cup berebere
- freshly ground black pepper

Rinse and dry the chicken pieces. Rub them with lemon juice and salt. Let sit at room temperature for 30 minutes. In a heavy enamel stew pot, cook the onions over moderate heat for about 5 minutes. Do not let brown or burn. Stir in the niter kebbeh. Then add the garlic and spices. Stir well. Add the berebere and paprika, and saut for 3-4 minutes. Pour in the wine and water and bring to a boil. Cook briskly, uncovered, for about 5 minutes. Pat the chicken dry and drop it into the simmering sauce, turning the pieces about until coated on all sides. Reduce the heat, cover, and simmer for 15 minutes. Meanwhile, piece the hard-boiled eggs with the tines of a fork, piercing approximately $\frac{1}{4}$ " into the egg all over the surface. After the chicken has cooked, add the eggs and turn them gently in the sauce. Cover and cook the doro wat for 15 more minutes. Add pepper to taste. *I like to double the sauce part when I make this dish.

MINCHET ABISH

- 1 lb ground beef
- 1 clove garlic, crushed
- 1 large red onion, chopped small
- a few whole cloves
- 2 Tbsp berebere sauce
- $\frac{1}{4}$ tsp grated ginger
- $\frac{1}{4}$ cup Niter Kebbeh (spiced butter)
- $\frac{1}{2}$ tsp ground cardamom salt and pepper

Brown onions in a little of the Niter Kebbeh but do not fully cook. Add meat and a little more Niter Kebbeh. Brown. Add remaining ingredients. Fry until brown and dry (at least one hour).

T'IBS WE'T

- 1 lb beef, cut into strips
- $\frac{1}{8}$ tsp cumin
- 1 med red onion, chopped
- $\frac{1}{8}$ tsp cloves
- 1 cup niter kebbeh
- $\frac{1}{8}$ tsp garlic, pressed
- 2 Tbsp berebere
- $\frac{1}{8}$ tsp black pepper
- $\frac{1}{4}$ tsp cardamom
- $\frac{1}{4}$ cup red wine
- $\frac{1}{4}$ tsp ginger
- 1 cup water

Cook the onions in the niter kebbeh. Add berebere and $\frac{1}{4}$ cup water. Stir. Brown beef in a separate pan. Add the meat to the onions and stir. Add

wine, water, spices and salt. Simmer uncovered at low heat for 20 minutes or until sauce has the right consistency. The sauce will reduce as it cooks. (Note: although the recipe calls for 1 cup of niter kebbbeh, I suggest reducing that to $\frac{1}{2}$ cup.)

YEGOMEN KITFO

- 200 grams cottage cheese
- 1 Tbsp Niter Kebbeh
- 1 clove garlic, pressed
- $\frac{1}{8}$ tsp ground cardamom
- salt pepper to taste
- 1 bunch collard greens, chopped
- 1 medium onion, chopped
- 1 Tbsp niter kebbbeh

Mix cottage cheese, first amount of niter kebbbeh, garlic, cardamom and salt and pepper. Set aside. Wash greens. Chop coarsely. Heat niter kebbbeh in saucepan. Add onion, chopped greens and some salt. Saut until onion turns clear and stems have softened. Cook with lid until to allow greens to steam. Add a small amount of water if necessary. Just before serving, add the cottage cheese mixture.

MISR WAT

- 1 cup red lentils
- 4 Tbsp niter kebbbeh
- 1 small onion, chopped
- 4 cloves garlic
- 2 tsp ginger, minced
- 2 Tbsp paprika
- 2 Tbsp berebere
- 1 tsp turmeric
- 1 tsp fenugreek
- 1 small tomato, cored and chopped
- salt to taste

Rinse lentils under cold running water. Drain. Heat butter of medium heat. Saut onions about 10 minutes, until golden brown. Add garlic and ginger. Saut about 30 seconds. Add lentils, tomato and 3 cups water. Simmer 45-50 minutes, until lentils are soft. Add spices and salt.

YEMISIR WET

- 1 cup brown lentils
- 3 c boiling water
- 1 onion, finely chopped
- 1 clove garlic, minced
- c. Niter kebbbeh
- 1 Tbsp berbere
- 1 tsp ground cumin
- 1 Tbsp paprika
- 2 cups tomatoes, finely chopped
- cup tomato paste
- 1 cup vegetable stock or water
- salt and pepper to taste

Simmer lentils in water for about 30 minutes or until lentils are tender. Saut onions and garlic in butter. Add spices and saut a few more minutes. Add tomatoes and tomato paste and simmer for 5 to 10 minutes. Drain lentils and add with 1 cup of vegetable stock or water. Season with salt and pepper.

YATAKLETE KILKIL

- 6 small potatoes, peeled and cut in chunks
- 4 carrots, peeled and cut length-wise
- $\frac{1}{2}$ lb green beans (trimmed ends)
- 3 Tbsp niter kibbeh
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 Tbsp ginger, peeled, minced
- $\frac{1}{2}$ tsp cardamom or nutmeg (opt)
- salt and pepper to taste

SHIRO

- $\frac{1}{2}$ onion, finely minced
- 2 tsp olive oil
- $\frac{1}{4}$ tsp minced garlic
- 1 tsp shiro powder

Soften onion in oil. Add garlic. Add water. Bring to boil. Sprinkle shiro into water, while whisking continually, so that it doesn't clump. Should be consistency of creamy hummus. Add 1 Tb of berebere spice if shiro powder mix is unspiced.

ETHIOPIAN VEGETABLE STEW

This is not an original Ethiopian recipe as far as I can tell, but it sure tastes good and it was called Ethiopian Vegetable Bowl.

- $\frac{1}{4}$ cup vegetable oil
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- 3 large onions, chopped
- $\frac{1}{2}$ teaspoon ground turmeric
- 4 large carrots, cubed
- $\frac{1}{2}$ teaspoon ground black pepper
- 4 large potatoes, cubed
- $\frac{1}{4}$ head cabbage, chopped
- 1 teaspoon ground cloves
- 2 cups tomato puree
- 1 teaspoon fenugreek seeds
- 2 cups water
- 1 head garlic, minced
- salt and pepper to taste

Heat the oil in a large skillet over medium-high heat. Stir in the ginger, turmeric, black pepper, cloves, fenugreek, garlic, and one teaspoon salt. Continue to stir until the spices and garlic are well coated in oil, about 30 seconds. Stir in the onions; cook, stirring, until translucent, about 5 minutes. Add the carrots, potatoes, and cabbage; cook, stirring frequently, until the vegetables

begin to soften, about 3 minutes. Stir in the tomato puree and the water. Continue to cook over very low heat, until vegetables are soft and the tomato sauce thickens, about 30 to 40 minutes. Taste for seasoning and add additional salt and pepper, if needed.

SPINACH LENTILS Not an Ethiopian dish, but can be made Ethiopian. Use niter kibeb instead of vegetable oil. 1 $\frac{1}{4}$ pounds fresh or frozen leaf spinach 1 cup dried lentils, washed and drained 1 medium-size onion, peeled 1 tsp salt 5 tbsp. vegetable oil 1 tsp ground cumin 2 cloves garlic, peeled and minced $\frac{1}{8}$ tsp ground black pepper Cut spinach leaves crosswise into $\frac{1}{2}$ -inch-wide strips. Cut each root into 2 to 3 pieces. If using frozen spinach, cook according to directions, drain and chop coarsely. Cut the onion into fine half rings. Heat the oil in a heavy, wide, casserole-type pot over a medium flame. When hot, put in the onion and garlic. Stir and saut for 2 minutes. Now put in the lentils and 3 cups of water. Bring to a boil. Cover, lower heat and simmer about 25 minutes or until lentils are just tender. Add the spinach leaves and roots, salt and cumin. Stir to mix and bring to a simmer. Cover and simmer another 10 to 15 minutes or until spinach is tender and well-mixed into the lentils. Stir gently a few times during this period. Put in the black pepper and mix again. Added by Katrina.

Part III

Mediterranean

Part IV

Asian

Chapter 5

Indian

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