

GLOBAL TEACHING PARTNERS  
PRESENTS

# Global Holiday Cookbook



A TASTE OF THE HOLIDAYS FROM AROUND  
THE WORLD



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# Message from the Author/s

Global believes in honoring contributions from each culture and an important part of many cultures comes in the sharing of different foods. During holidays especially, we find that this is a cherished time where many people cook to show their love and appreciation for others.

As a small token of our appreciation we would love to share our Global Holiday Cookbook with you! This cookbook is a compendium of special holiday recipes shared by our Global teachers and staff.

It is our hope that you and your families have a wonderful holiday season!

Merry Christmas and Happy Holidays from the Global Teaching Partners Team!





# Colombia

*"Libertad y Orden"*  
*"Liberty and Order"*





# THREE MILKS RICE PUDDING

## Ingredients

- 1 cup long-grain white rice washed
- 2 cinnamon sticks
- 2 cups water
- 2 cups whole milk
- 1 cup evaporated milk
- 1 - 12 oz can sweetened condensed milk
- 1 cup heavy cream
- Pinch salt
- 1 ½ tablespoons vanilla extract
- ½ cup of sugar

## Steps

1. In a large saucepan over high heat, combine the rice, water and salt and bring to a boil.
2. Add the cinnamon sticks and reduce the heat to medium-low and cook uncovered, stirring once or twice, until the rice is tender, 30 to 35 minutes.
3. Remove the cinnamon sticks.
4. In a medium bowl mix together the whole milk, evaporated milk, heavy cream, vanilla, sugar and condensed milk.
5. Pour the mixture over the rice, stir, and reduce the heat to low.
6. Cook for about 20 minutes more stirring occasionally.
7. Set aside to cool slightly or refrigerate.
8. The rice pudding can be served warm, at room temperature, or cold.
9. To serve: Spoon the rice pudding into bowls.

*Recipe by: Andrea Ramirez*



# Costa Rica

"Pure Vida"

"Pure Life"



# TAMAL DE CERDO

*Traditionally in Costa Rican Christmas gastronomy lies in dishes made with banana leaves and a base of cornmeal dough, which contain various stews that make it a main dish par excellence. This is a recipe of a very succulent pork tamal. We have it for breakfast , lunch and dinner during the whole month of December.*



## Ingredients

- 3 lbs of shelled corn
- 3 lb pork rib
- ½ pound butter
- ¼ lb. bacon
- 4 cups of chicken broth
- ¼ pound carrot
- 4 garlic cloves
- ¼ pound rice
- 5 large sweet chilies
- ½ pound peas
- 2 large onions
- Worcestershire sauce, pepper, cumin, achiote and salt to taste

## Steps

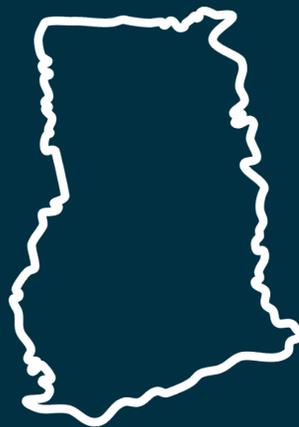
1. Firstly, the meats are marinated with salt, pepper and cumin, garlic and onions and left in a saucepan. The next day they are put with enough broth to cook until they are soft; then they are removed. from the fire
2. Secondly, in a separate pot, cook the corn for approximately 25 minutes, then drain, shell and grind, adding cumin and pepper, butter and broth, stirring everything very well, all this is cooked, stirring constantly until it boils, then it is removed from the heat. Note: reserve a little for later use in the stew.
3. Thirdly, stir with onion, chili and ground garlic (to taste) and put in a pot together with butter and achiote; Put over medium heat and cook for approximately 15 minutes. At this point, add the dough that was reserved to thicken and make the stew.
4. Fourthly, the tamales are prepared in the following way: spread out on the table some banana leaves (previously cooked and cut to measure approximately 20x20 cm), enough for a tamale, placing a ball of dough on them. spread with your hand and on this little pieces of meat, rice, stew, carrot, bacon chili and other ingredients wrapping all this very well in the leaves and sealing them with kitchen thread.
5. Finally, put the tamales in a pot with boiling water, leaving them on the fire for two hours.

*Recipe by: Marianela Bejarano Molina*



# Ghana

*"Freedom and Justice"*





# GARI AND BEANS STEW

*Gari and Beans, well known as "Yorke gari", "Gobe" or "Red red" is a delicious, affordable, simple and popular meal in Ghana. It is very common in the southern parts of Ghana and mostly eaten as lunch. "Gobe" is served with gari (roasted coarse cassava) ripped plantain, avocado and even white rice as sides. It is eaten all year round. Enjoy this homemade recipe from my family's kitchen.*

## Ingredients

- 1 cup black eyed beans
- 3 medium size tomatoes
- 2 large onions
- 1/4 garlic
- 1 small ginger
- Red pepper, quantity as required
- 1/4 palm oil
- Momoni (salted fish) optional
- 1 smoked/grilled mackerel, flaked
- 1/4 cup gari
- 1/2 cup vegetable oil
- Salt
- Avocado

## Steps

1. Soak beans overnight. Wash and cook until soft and tender. Add salt when cooking. Set beans aside.
2. Wash and blend 1 onion, garlic, ginger, pepper and tomatoes. slice the other onion and set aside.
3. Wash and remove ripped plantain peels, cut ends, slice them slightly, season with a pinch of salt and set aside.
4. Pour palm oil into saucepan, add Momoni and half of sliced onions. Cook until tender.
5. Add the blended onion, garlic, ginger, pepper and tomatoes. Cook until thickened.
6. Add smoked mackerel and cook for 2 minutes. Add a pinch of salt. Add cooked beans. Taste and adjust for salt.
7. Fry ripped plantain in vegetable oil.
8. Serve cooked beans with ripped plantain, gari and avocado.

*Recipe by: Hannah Amankwah*

# GHANAIAN FUFU

*Much as Ghana is credited to being fufu's homestay, it's coming to be dates back to the 16th century. Portuguese traders from Brazil introduced fufu to Africa and when it landed in Ghana, ancestors named it 'fufuo'. Fufu is an excellent accompaniment to any soup or stew, especially those of West African descent, such as light soup, groundnut soup, palm nut soup, green vegetable soup and more. The word "fufu" is derived from the Twi language spoken in Ghana and Ivory Coast, meaning "mash" or "mix,". Fundamentally, fufu refers to the slightly sour, spongy dough made from boiled and pounded starchy food crops like plantains, cassava and yams – or a combination of two or more – in a very large mortar with a pestle. As the Ashanti People of Ghana say, "A man has not eaten a day unless he has eaten fufu." Fufu has low cholesterol levels and is rich in potassium and fiber. The resistant starch in it aids in digestion by providing beneficial bacteria in the gut and reduces inflammation too.*

## Ingredients

- 3 tubers of Cassava
- 4 "fingers" of plantain
- 5 cups of water

## Steps

1. Peel the skin of the cassava and plantain with a peeler or a knife.
2. Cut the peeled cassava and plantain into small cubes.
3. Place the cassava and plantains into a large pot, and fill with enough water to cover and boil them to be cooked.
4. Pound them using mortar with a pestle to get the required texture.
5. Serve with soup.

*Recipe by: Richard Donkor*





# Honduras

*"Libre, Soberana e Independiente"*  
*"Free, Sovereign and Independent"*





# ESTOFADO SURENO

*This recipe is a tradition in different towns specially for weddings, birthdays and all celebrations. Usually it is different in many regions like in Comayagua, the town were I grew up, they prepare with vegetables, different kinds of species and sweet beef broth, but in San Antonio del Norte, La Paz the town of my parents, they prepare different, without vegetables but instead it is accompany with white rice, and potato salad. Estofado is very know in Honduras and is a part of our gastronomy for special events. This recipe has been passed down from my great grandmother, grandmother and my father, who really enjoys cooking and he gives this special taste. Also my mom is a great cook but she likes with less ingredients, my dad loves to put more ingredients and leave the meat for a whole day so it gives a really delicious taste.*

## Ingredients

Stew:

- 4 pounds of beef (tenderlion or brisket)
- 1/2 cup pineapple vinegar (or apple vinegar)
- 1 tablespoon black pepper
- 1 tablespoon cummings
- 1 tablespoon salt
- 1/2 cup of oil
- 1 cup of chopped onion
- 1 tablespoon of tropical seasoning (achiote in my home country)
- 1/2 cup of chopped bell pepper (chile morron or chile verde in Honduras)
- 1 cup of water
- 1 pound of sausage (homemade)
- white rice
- \*optional: ingredients for potato salad

Sausage:

- 1 pound of pork ground meat
- 1/2 teaspoon black pepper
- 1/2 teaspoon cummings
- 1/4 cup of vinegar
- 1/2 tablespoon salt
- 1 cup of chopped potatoes (tiny pieces)

## Steps

1. Cut the meat in twelve pieces, every pound must give us 3 pieces because when it is cooked is reduce its size.
2. With a knife make a hole to introduce the sausage (be careful) Once you finish cutting the meat wash it with clean and dry with paper towel, no water has to be in it.
3. Put the meat in a bowl, and add the grind black, pepper, cummings, onion, bell pepper, salt and half of the vinegar. Leave it for no less than 6 hours if it is day before will be more delicious. While you leave it the next step is prepare the sausage. Add all the ingredients to the ground pork: vinegar, salt, cummings, black pepper and the chopped potatoes (this is the stuffing that we will use inside the beef)
4. Put this stuffing inside every piece of meat.
5. After the 6 hours put oil in a pot seal every piece of meat in the oil then add a cup of water, cover with a lid.
6. Wait from 2 hours to 3 hours using low temperature (no oven needed) when it is dry you need to add more water from two to three cups, depend of how juice you like.
7. When the beef is soft it is ready to eat.
8. Prepare potato salad and white rice.
9. Ready to eat.

*Recipe by: Erica Acosta*

# TAMALES

*One of the most famous Honduran dishes, characterized by uniting culture and traditions and for being very typical during this Christmas season are the Tamales. In every Honduran family tamales are a must, when you visit a family member, friend or neighbor during this holiday season they are always welcomed with a warm tamale and a cup of coffee in most homes. I miss tamales very much but we have made some here in the States and they have loved them very much. I learned how to make Tamales with my husband and we love to cook together for Christmas. eve.*

## Ingredients

- 2 ½ lb corn flour
- 1 ½ cup of lard
- 2 large onions
- 3 large green chiles
- 1 ½ bunch of cilantro
- 8 cloves garlic or to taste Salt and pepper to taste Water
- 2 lbs. chicken meat
- ½ lb of prepared masa
- 1 large tomato
- 2 teaspoons achiote
- 2 cups half cooked rice
- 2 cups stuffed olives
- 3 large potatoes, cut into cubes
- 1 can of peas
- ½ cup chickpeas
- 1 cup raisins (optional)
- Banana leaves for wrapping

## Steps

1. For the meat, it is seasoned if possible one day in advance, this seasoning must be liquefied, add salt, pepper, tomato, chili, onion, garlic and achiote. Cooking the meat is optional since it will be cooked while the tamales are cooking.
2. For the dough, in a bowl add the corn flour and season it with 1 onion, 1 chile, 1/2 coriander, 3 cloves of ground garlic, salt, pepper and lard. Optionally you can add juice from the meat that has been cooked for the same tamales, add water and then cook over low heat until the dough has a hard and manageable consistency. Mix at all times to avoid sticking or burning.
3. To wrap, make use of the banana leaf, which must be previously cooked and cut into squares, in some places make use of external polypropylene to reinforce the tamale and prevent it from overflowing.
4. To prepare the tamale, place a layer of polypropylene, then one or two layers of banana leaf, add a ladle of tamale dough, adding little by little the ingredients, meat juice, rice, cooked potato, raisins, olives, meat. Then wrap it and close it, avoiding overflowing, and finally tie it. For cooking, boil over high heat for 3 hours in a pot covered with banana leaves and water, leaving a good base at the bottom to avoid burning.



# TORREJAS EN LECHE

## Ingredients

- 1 White bread
- 1 can of condensed milk
- 1 can of evaporated milk
- 1 liter of whole milk
- 6 white eggs
- 2 Cinnamon sticks
- Raisins
- 4 spoons of vegetable oil

## Steps

1. Cut the bread in slices.
2. Beat egg whites until stiff.
3. Turn on the mixer to medium speed and beat until soft peaks form, then beat on high until stiff peaks form. Then add the yolks and continue mixing.
4. Put a hot cake pan to heat with one spoon of oil, let it heat to low temperature.
5. Put the bread slices into the mix of egg (you must put the bread in the mix one a time and immediately put on the pan, cook every side until it get light brown. While you prepare the bread, boil the whole milk with the cinnamon.
6. Turn off the stove and add the evaporated and condensed milk, stir add the bread one by one and add the raisins.
7. Boil for three to five minutes. You can serve hot or cold. Enjoy!

*This is a recipe that every home preparare during Christmas or New Year's Eve. It is a recipe people prepare all around Honduras.*

*It is delicious!*

*Recipe by: Erica Acosta*





# Jamaica

"Out of Many One People"



# CURRIED CHICKEN

*Curry is an intricate part of the Jamaican culture, history, and cuisine. In the 17th century, curry and other spices were brought to Jamaica by the East Indians. Curry powder is made from ground turmeric, coriander seeds, cayenne, ground ginger, and many other spices. Curry is now one of the most popular spices in Jamaica and is used on various types of meat. As long as it is meat, it can be curried (curried goat, shrimp, chicken, crab, and even pork). This dish is special to my family, and we eat it quite often. Almost 12 times per year, my family has gatherings for birthday parties and other celebrations. Curried chicken is always part of the meal at these gatherings. Eating curried chicken allows me to feel as if I am in Jamaica. It makes me feel like my entire family was here. Years ago, my grandmother taught my mother how to prepare curried chicken. Then, my mama taught my aunts how to cook it. Pretty soon, my mama taught me and my siblings how to cook curried chicken. It has been passed down from generation to generation. I am excited to make this delicious dish, share this recipe, and spread our culture to new people.*

## Ingredients

- 2 chicken breasts
- 1/4 cup oil
- 1 cup water
- 1 tomato chopped
- 1 onion, chopped
- 2 tablespoons of curried powder
- 1/2 glove garlic, chopped
- 1 pinch of thyme
- 2 slices hot pepper, optional (scotch bonnet pepper)
- Salt to taste

## Steps

1. Cut chicken breasts into 1.5 inches cubes.
2. Brown (fry) curried powder, onions, garlic, tomato, thyme, and pepper in oil in a frying pan or pot for 2 minutes.
3. Add chicken and brown (fry) for five minutes.
4. Finally add water, lower heat, cover and simmer for 20 minutes.



*Recipe by: Veronica Ford Johnson*

# JAMAICAN HAM

*Outside of religious observations and personal preferences, Jamaicans love their pork! It is customary for many families to bake ham for Christmas. Each family has its own recipe as new things are added to suit the tastebuds of the consumers. Therefore, the following recipe is not hard and fast. Some folks use ginger, some remove the cherries and yet others have their own unique way of preparing ham to their liking.*

## Ingredients

Ham:

- 1 whole ham (leg/shoulder cut)
- tin or can of pineapple rings/slices
- honey
- cloves
- cherries

Glazing Sauce

- 1 1/2 cup (250 mL) Honey
- 1/2 cup (125 mL) Pineapple juice (from canned pineapple)
- Liquid from jar of cherries
- 1/4 tsp (1 ml) Ground Cloves

## Steps

1. Place ham (with mesh cloth still on) in a large pot. Cover with water, add 1 tsp (5 mL) of whole cloves and bring to a boil. Cover pot, reduce heat and simmer on low for 1-2 hours.
2. Remove mesh cloth from ham and trim fat.
3. Score fat in a diamond pattern and stud with cloves.
4. Dress ham with pineapple slices. Hold pineapple in place with 1 or 2 Maraschino cherries and toothpicks placed in the centre of each pineapple.
5. Bake ham in a 350 F (180°C) oven for 15-20 minutes while preparing the glaze.
6. Remove ham from oven and glaze with half the sauce. Place back in oven for 10 minutes. Remove ham and glaze with remaining sauce and place back in the oven for 10 more minutes to set the glaze.
7. Remove ham from oven, cool, slice and serve.



*Recipe by: Tiekena McKoy-Harriet*



# JAMAICAN SORREL DRINK

*Sorrel is a Jamaican flower which grows abundantly on the island. The flower of this plant is used popularly during Christmas time in Jamaican households. We use this special flower to make a drink, cakes, alcoholic beverages, medicine and deserts. As a drink it is served on ice, sorrel retains the flavors of the holiday season – cinnamon, all spice, fresh ginger. For those who wish, rum sends it over the edge for a truly relaxing holiday season. This special flower can be found in African markets dried or even in the Americas.*

## Ingredients

- 2 cups whole, dried sorrel (a.k.a. dried hibiscus)
- 2 inches ginger, sliced in thin for flavor, or chopped/grated for stronger flavor.
- The peel of 1 orange
- 2 cinnamon sticks/ 3 cinnamon leaves
- 4 to 6 pimento seeds (for favor)
- 6 cups water 2 cups of sugar (add until desired taste is reached)
- Jamaican fruit wine or Jamaican white rum (optional)

## Steps

1. Add all ingredients to a pot, cover and bring to a gentle simmer. About 10 minutes.
2. Then, simmer for another 30 minutes to extract all the spiced goodness.
3. Cool and refrigerate overnight for strongest flavor.
4. Strain, mix with ice, water and rum.
5. Enjoy a taste of goodness.

*Recipe by: Christina Ellis*

# SALTED MACKEREL 'RUNDUNG'

*Salt mackerel rundown (rundung) is an "old time" Jamaican recipe still popular to this day. The sweet coconut milk balance out the saltiness of the mackerel, infused with flavor from the scotch bonnet pepper, pimento and thyme. I always love salt mackerel one of my favorite dish love spicy also and infusing this dish with coconut milk could not taste any better.*

## Ingredients

- Salted Mackerel
- Bell pepper
- Scallion
- Thyme
- Coconut
- Onion
- Scotch bonnet pepper
- Garlic
- Pimento
- Lime juice

## Steps

1. Prepare the Mackerel: First, wash the salted mackerel with lime juice. To reduce the salt, wash at least two times. Put to boil for 10 to 15 minutes, which softens the mackerel for the next step and helps reduce more of the salty taste. Remove from heat and wash the mackerel in cold water to cool, then debone and break into small pieces.
2. Sauté the Aromatics: Add the onion, garlic, scallion and bell pepper to a saucepan and sauté for about 3 minutes.
3. Making the Sauce: Add the coconut milk, thyme, pimento (allspice), and scotch bonnet pepper. Cover the pan and cook for about 10 minutes. Around this time, the coconut milk will turn into a custard-like creamy sauce.
4. The Final Step: Add the mackerel pieces to the coconut sauce and cook for another 10 to 15 minutes until the sauce reduces and thickens.

*Recipe by: Christine Burrell*





# Nicaragua

"En Dios Confiamos"  
"In God We Trust"





# VIGORON

*El Vigoron is a very popular street food in Nicaragua. You can find it in any part of the country. It is very cheap, quickly and easily prepared. It is served in a banana or almond leaf. Some Nicaraguans believe that it's nicer when you eat it with your fingers. Often you will find this dish in Nicaragua served as appetizer but you can also eat it as a main dish or as a snack from street food vendors. This dish is served in family/friends reunions. It is famous throughout Nicaragua, however its production is greater in Granada, a colonial city in Nicaragua where it was invented. This recipe is one of our traditional unique dishes.*

## Ingredients

- 2 pounds of cassava, peeled and chopped
- Water
- Half a cabbage
- 1/2 cup black vinegar
- Onion chopped to taste
- 2 diced tomatoes
- Salt to taste
- 2 pounds of crispy fried pork skin
- Banana or leaves

## Steps

1. In a pot, boil water.
2. Make the yucca (cassava) peeled and in pieces and add salt to taste. Wait for the cassava to burst for at least 20 minutes.
3. Then, make the salad. Start by making small strips of cabbage. In a bowl, mix the cabbage with the diced tomato together with the onion. Once you see that little color of all the mixtures, add salt to taste and vinegar. Once ready, proceed to mix again.
4. Serve it in banana leaves. First, ensure there is a good ration of cassava, then overflow a bit of crispy fried pork skin and put the salad with some chili on the top.
5. Then, it's ready to eat.

*Recipe by: Darlene Romero*



# *Northern Ireland*

"Éire go, Deo"  
"Ireland is Forever"



# FIFTEENS

*Fifteens get their name from the fact that you include 15 of each ingredient in the recipe. When you go to someone's home in Northern Ireland to visit you are almost always offered a cup of tea and a 'wee bun'. Fifteens are the perfect wee bun to serve up for both kids and adults alike. This sweet treat is sure to bring a smile to everyone's face.*

## Ingredients

- 15 Digestive Biscuits (hard to get in USA, can find in International aisle of Harris Teeter)/ Can substitute with 15 Graham Crackers
- 15 Marshmallows
- 15 Cherries (I use from Cherry Pie Filling with the sauce drained off)
- Sweetened Desiccated Coconut
- 1 Can of Condensed Milk

## Steps

1. Crush Digestive pieces and place in a bowl.
2. Chop 15 marshmallows and 15 cherries into the bowl.
3. Add a sprinkling of desiccated coconut to the bowl.
4. Mix together with one can of condensed milk.
5. On a sheet of parchment paper, turn out mixture and mold into a long sausage shape.
6. Cover and place in the refrigerator for at least 8 hours.
7. Cut into traybake slices to serve to friends with tea.

*Recipe by: Amy Corwin*





# IRISH CHAMP

*Champ is a staple in most Northern Ireland homes. This is partly because potatoes are served with almost every meal. This version of potatoes is almost like a hug for the belly and perfect for a cold, rainy night in Ireland.*

## Ingredients

- Potatoes
- 250 ml milk
- 1/2 bunch green onions
- 1 tbsp. butter
- Salt
- Pepper

## Steps

1. Boil some potatoes - Quantity will depend on the amount of people you are feeding.
2. While your potatoes are cooking, melt some butter in a saucepan. When the butter is melted reduce heat to a simmer and add milk and green onions. Add salt and pepper to taste.
3. Drain and mash your potatoes. When mashed, pour milk/butter/green onion mixture over potatoes. Stir until smooth, creamy texture.
4. Enjoy.

*Recipe by: Amy Corwin*



# Philippines

*"Maka-Diyos, Maka-Tao, Makakalikasan at Makabansa"  
"For the Love of God, People, Nature and Country"*



# LUMPIANG SHANGHAI (FILIPINO SPRING ROLLS)

*Lumpia was introduced to the Philippines during the pre-colonial period by ninth-century Chinese traders. It is named after its resemblance to the generic Chinese cuisine spring roll. Lumpiang shanghai is a flavourful Filipino style spring roll made of a rice or a flour dough wrap that is stuffed with meat (most often ground pork, beef or chicken) vegetable and spices rolled into thin cylindrical shape and fried to golden perfection. Its a staple in many local celebrations like weddings, fiestas, holiday gatherings and even regular dining, often served as finger food. Lumpiang shanghai is a famous dish that is loved by many both Filipinos and other nationalities. This recipe is a hit to every Filipino gathering. It brings us together and revive relationships with one another. This is my mom's recipe for many years that has been passed down to me. A dish that I will treasure and will become part of my family's tradition, roots and culture.*

## Ingredients

- 1 pound ground chicken, pork or beef
- 1/2 cup green onions, finely chopped
- 1/2 cup minced yellow onion
- 1 medium carrot, peeled and minced
- 1/2 cup Chinese celery or regular celery, cut into thin lengths then finely minced
- 1/4 cup parsley minced
- 1 clove garlic, peeled and minced
- 1 tablespoon soy sauce
- 1 teaspoon salt to taste
- 1/2 teaspoon ground black pepper to taste \* 5" 25 pieces spring roll wrappers
- 1 large egg \* Cooking oil for frying (Peanut oil, Vegetable oil, Olive oil)

## Steps

1. Combine ground meat, carrot, onion, celery, garlic and parsley in a bowl. Mix well.
2. Add egg, ground black pepper and salt. Continue to mix until the ingredients are well blended.
3. Put 1 to 1 1/2 tablespoons of meat mixture over a piece of lumpia wrapper. Wrap and roll to secure the mixture. Continue this step until the mixture is completely consumed.
4. Heat oil in a cooking pot in low to medium heat. Deep fry the lumpia until it turns golden brown. Remove from the pot and place in a plate lined with paper towel.
5. Transfer to a serving plate. Serve with sweet and sour sauce. Share and enjoy!



*Recipe by: Eden Cayamanda*

# LUMPIA

*Filipinos love food. Cooking is one of a Filipinos' love language. Filipinos love to cook, feed, and host in almost all kinds of gathering. Lumpia has been a staple delicacy in every Filipino household on numerous occasions and holidays like Christmas, Birthdays, Fiestas, Wedding, etc. In every occasion, Filipinos all over the world serve lumpia to their family members and guests. It has been introduced to the Filipinos by the Chinese immigrants. Lumpia can be served as an appetizer, main course, or snack. It has a light and crunchy wrapper with savory meat filling inside. It can be paired with sweet chili sauce or banana ketchup. Over time, Filipinos have developed their own version that best suits Philippine savory taste and colorful culture.*

## Ingredients

- Lumpia wrapper
- Cooking oil

### Filling Ingredients:

- 1 1/2 lbs ground pork
- 2 pieces onion minced
- 2 pieces carrots minced
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 cup parsley chopped
- 1 1/2 teaspoons salt
- 1 tablespoon sesame oil
- 2 eggs

## Steps

1. Combine all filling ingredients in a bowl. Mix well.
2. Scoop around 1 to 1 1/2 tablespoons of filling and place over a piece of lumpia wrapper.
3. Spread the filling and then fold both sides of the wrapper. Fold the bottom. Brush beaten egg mixture on the top end of the wrapper. Roll-up until completely wrapped. Perform the same step until all mixture are consumed.
4. Heat oil in a cooking pot. Deep fry lumpia in medium heat until it floats.
5. Remove from the pot. Let excess oil drip. Serve. Share and enjoy.

*Recipe by: Jill Marcelo*





# TIYULA ITUM (BLACK SOUP)

*Tiyula itum in Tausug or "black soup" is a Filipino braised beef or goat soup or stew dish originating from the Tausug people. The dish is characteristically black due to the unique use of charred coconut meat. The name of the dish refers to the black, gray, or greenish color of the broth which is the result of the use of charred coconut meat. It is related to the tinola and nilaga dishes of other Filipino ethnic groups. Tiyula itum is culturally important among the Tausug people and is sometimes characterized as "Food for the Royalty". It is commonly prepared in special occasions like weddings and during Hari Raya festivities.*

## Ingredients

- 1 kg beef brisket, cubed
- 1/2 cup grated coconut meat 4 stalks lemongrass, white section only pounded
- 3 birds eye chillies, finely chopped 4 cups beef stock
- 1 thumb sized ginger, thinly sliced 1/2 thumb sized turmeric, thinly sliced
- 6 cloves garlic, minced
- 3 pcs shallots, thinly sliced
- Salt
- Freshly ground black pepper
- Oil

## Steps

1. Place coconut meat on an aluminium lined baking tray. Place in the oven on the highest grill setting, cook until burnt. It should be black burnt, let it cool then place in a food processor to make into powder.
2. Season beef with salt and freshly ground black pepper.
3. In a pot heat oil then brown beef pieces on all sides, in batches. Remove beef pieces then set it aside.
4. In the same pot add oil if needed, then sauté garlic, shallots, ginger, turmeric, chillies and burnt coconut powder.
5. Add the beef back together with the lemongrass then pour the beef stock. Bring to a boil then simmer for 1 1/2 hours in low heat.
6. Season with salt and freshly ground black pepper then serve.

*Recipe by: Matthew Misamis*



# *United States*

*"Land of the free, home of the brave"*



# AWESOME BABY BACK RIBS

*I love Ribs!*

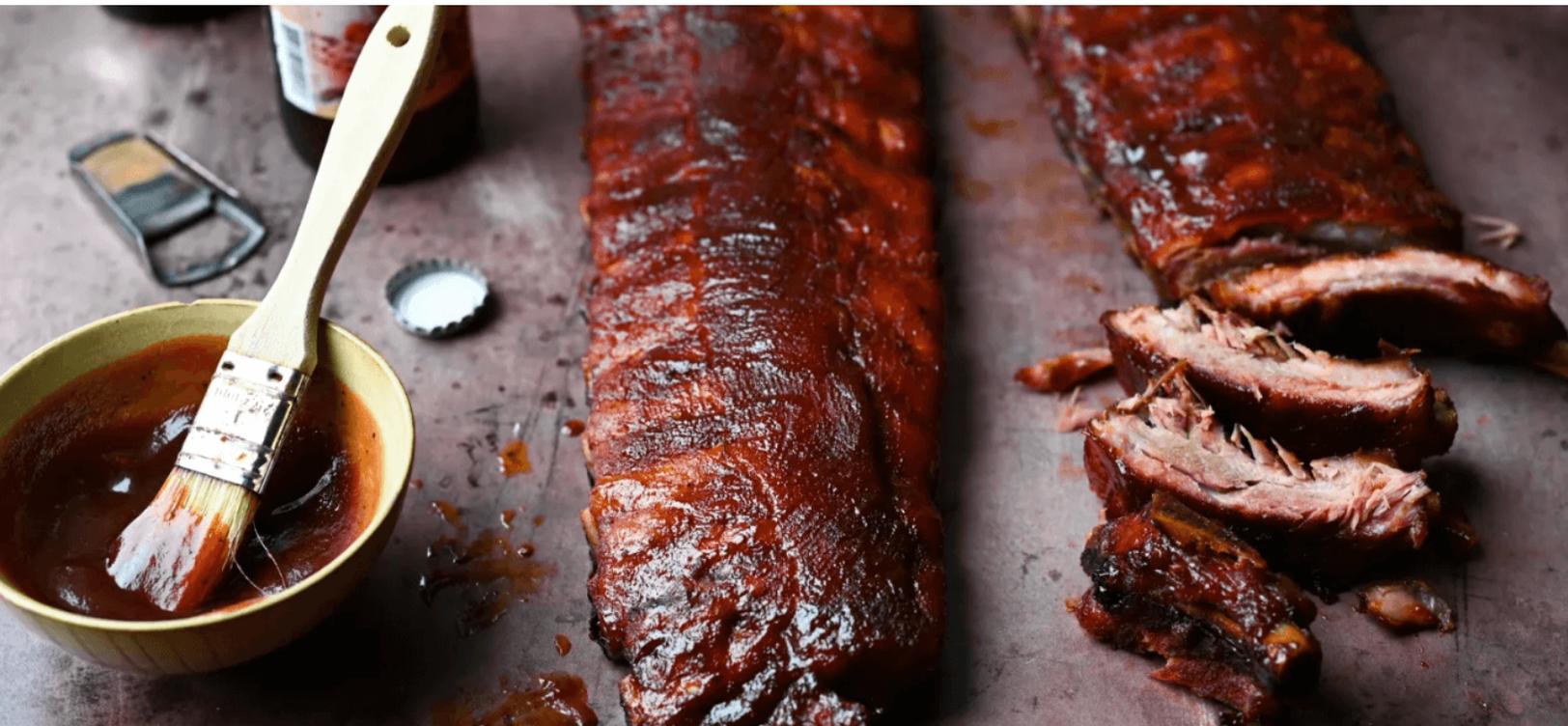
## Ingredients

- Baby Back Ribs: I usually cook 1 rack bought at your local grocery (feeds 2 - 4)
- Spice Rub: Mixture of sugar, salt, smoked paprika, garlic powder, onion powder, oregano, dry mustard, oregano, cayenne pepper and old bay. Use your imagination. I do not set limits on the amount of rub or lack thereof.
- Barbecue Sauce: Sweet Baby Ray's or something similar

## Steps

1. Always remove the membrane that is on the underside of the ribs. Using a dull knife, loosen the membrane around one of the end bones, scraping it away from the ribs. It should all peel off in one piece (maybe). This allows the spice rub to penetrate and char the meat. Keeping the membrane on will make the ribs tough and too chewy.
2. Next, preheat your oven at 200 degrees. Spread the spice rub on both sides of the ribs and let them sit for 20 minutes or so. Using a paper towel, spread olive oil in a semi deep pan. Place the ribs in the pan and cook for two hours, then flip the ribs and cook for another two hours. The olive oil will keep the ribs tender and moist.
3. Once out of the oven, place the ribs on an outdoor propane or charcoal grill for approximately 20 minutes at medium heat. After approximately 10 minutes, flip the ribs and base the cooked side with BBQ sauce evenly. After about another 10 minutes, repeat the basing with BBQ sauce until the ribs are covered with BBQ sauce and they are lightly charred. After a few minutes of cooling, slice the ribs between each bone and grub on those ribs!

*Recipe by: Nathan Tomasini*



# CINNAMON ROLL APPLE PIE

*I found this recipe a few years ago and it just screams HOLIDAYS - Cinnamon Rolls merging with Apple Pie. Always gets a great response from friends and family!*

## Ingredients

- 5 Granny Smith Apples
- 2 Cans Cinnamon Rolls (Pillsbury Grands)
- ⅓ Cup Granulated Sugar
- ¼ Cup Brown Sugar
- Small Pinch of Salt
- 1 Teaspoon Cinnamon
- 1 Tablespoon Cornstarch
- 1 Teaspoon Vanilla Extract (Optional)

*Recipe by: Ricky Sampson*

## Steps

1. Preheat oven to 350 degrees
2. Spray a pie dish with nonstick oil
3. Clean, Peel, and Cut the Apples into thin slices and place in a bowl.
4. Add Granulated Sugar, Brown Sugar, Cinnamon, Corn Starch, small pinch of salt, & Vanilla Extract to Apples and stir until mixed.
5. Cut each Cinnamon Roll in Half and roll out until thin. (Use flour to keep from sticking)
6. Layer half of the Flattened Cinnamon Rolls to the bottom of the pie dish to create a bottom pie crust.
7. Add the mixed Apples to the Bottom Pie Crust.
8. Layer the remaining flattened cinnamon rolls on top and pinch edges and any holes together with your fingers to make a closed pie crust.
9. Cover with Aluminum Foil and bake for 35 Minutes
10. Remove Aluminum Foil and bake for an additional 10 Minutes Uncovered
11. Remove from the oven and allow the pie to rest and cool for a few minutes.
12. Drizzle with Cinnamon Roll Icing and serve Warm





# HASHBROWN CASSEROLE

*This classic casserole is a recipe that I learned from my wife, whose family has traditionally made for the holiday season. It is a perfect item for any meal of the day, and involves my favorite things about American southern cuisine; carbs, cheese, and the need to make everything into a casserole. To me, it is a perfect comfort food, it can be easily and cheaply made, and is a perfect dish to bring to a potluck, so it is really perfect way to comfort those loved ones who might be going through hard times and need a pick-me-up. I hope to continue making this recipe for years to come.*

## Ingredients

- 2 lbs hashbrowns (can make your own or use frozen)
- 1/2 cup of butter (easiest if you leave this out to soften beforehand)
- 1 can of cream of chicken soup
- 1 pint of sour cream
- 1/2 cup of chopped onion
- 1/2 cup of bread crumbs
- 2 cups of cheddar cheese
- Salt and Pepper to taste

## Steps

1. Preheat oven to 350.
2. Mix all the ingredients together Spread evenly in a greased casserole dish.
3. Top it with bread crumbs.
4. Bake for about 45 minutes, or until it becomes browned on top.

*Recipe by: Davis Long*

# "JOYFUL" THANKSGIVING BREAKFAST CASSEROLE

*We all have fond memories from our childhood of special holiday traditions especially revolving around Thanksgiving and Christmas. Two sacred holidays that call for us to pause and give thanks for our many blessings, while gathering with friends and family that we adore. Sometimes all it takes is a taste or a smell to take you right back to that moment; that special memory. As a child, it was not uncommon to wake up at the crack of dawn on either holiday to the sweet savory aroma of this Breakfast Casserole. This recipe has been altered to perfection over the years, but it always take me back to knowing that with each morning.....there will be JOY and we give THANKS for all things!*

*Recipe by: Leanne Ervin*



## Ingredients

- 2 lbs. sage or maple sausage
- 2 Granny Smith apples (diced)
- 1 yellow onion (diced)
- 1 tsp. chopped fresh sage
- 12 eggs
- 2 cups whole milk
- 1/2 cup half-n-half
- salt & pepper to taste
- 6 cinnamon raisin English muffins; cut in chunks
- 2 1/2 cup grated white cheddar cheese
- 2 tbsp parsley

## Steps

1. Brown sausage and drain.
2. Cook diced apples and onions in skillet 2-3 mins.
3. Mix eggs, milk, half-n-half, sage, salt & pepper.
4. Layer in a buttered/greased baking dish starting with English muffins on the bottom. Add 1/2 sausage, apple & onion mix and cheese. Repeat layers.
5. Evenly pour egg mixture over dish.
6. Top with cheese.
7. Cover with plastic wrap. Refrigerate overnight (best, but can chill to set).
8. Remove plastic wrap and cover with aluminum foil.
9. Bake 350\* for 35 mins. Uncover continue to bake until golden brown (~10 mins).
10. Sprinkle with parley and serve.

# JUST LIKE MIKE'S FARM – MAC AND CHEESE

*Mike's Farm is Onslow County's original agricultural tourism farm offering lots of seasonal memories including hayrides, light shows, pumpkin picking and food galore. Once you turn down the driveway, you are greeted with decorations and the sights of the holidays. Mike's Farm has been featured in Our State Magazine and NC Eat & Play. Their restaurant serves country style food, and this recipe is one of our family favorites.*

## Ingredients

- 1 cup Duke brand mayonnaise
- 1 cup of sour cream
- 2 cups of grated sharp Cheddar cheese
- 2 cups of Mozzarella cheese
- 1/2 cup Ritz cracker crumbs
- 1 3/4 cups of elbow macaroni
- pasta
- 1 medium size onion

## Steps

1. Preheat the oven to 350 degrees Fahrenheit.
2. Boil the 2 cups of elbow macaroni according to package instructions which may include adding salt to the water. Also boil with medium sized onion minced up in the water.
3. Drain the macaroni and set aside.
4. Mix the Mozzarella cheese, Cheddar cheese, sour cream, and mayonnaise together.
5. Stir in the boiled and drained macaroni with the cheese mixture and pour it into a baking dish.
6. Sprinkle the top of the contents of the baking dish with the 1/2 cup of crushed Ritz cracker crumbs.
7. Cook the macaroni and cheese mixture for 30 minutes at 350 degrees F and until cheese is melted.
8. Remove the dish from the oven, cool, serve and enjoy!



*Recipe by: Susanne Long*

# KLAAS' OLIBOLLEN

*Oliebollen is a traditional Dutch doughnut that is made every New Year's Day. The process to make this Dutch delicacy is lengthy, labor-intensive, and "stinks" up the whole house, so my Mom rarely made this for my family growing up. However, we went to Canada (where my Mom's side of the family lives) every year, typically for summer or Christmas. For the years that we went up to Canada for Christmas and stayed through the New Year, my uncle would make us fresh Oliebollen. Since the process of making them is pretty much an all-day affair, I have many fond memories of helping to make Oliebollen, "testing" out some of the first batches, and enjoying time spent with family.*

## Ingredients

- 1.5 packages of dry yeast
- 2.5 tbsp white sugar
- 1/2 cup warm water
- 4.25 cups (or 1.5 lbs) of unsifted hard flour (regular flour is okay) 1.5 tsp salt
- 1/3 cup mashed potatoes
- 3 eggs
- 19 oz warm milk
- 8 oz currants, raisins, and mixed peel (this can be omitted, but the traditional recipe includes these items)
- Grated rind of 1/2 lemon (this can be omitted, but the traditional recipe includes these items) Powdered sugar (for dipping the Oliebollen into)
- Oil of your choice (enough to fill a deep pot)

## Steps

1. Soak currants or raisins in warm water for about 30 minutes. Dissolve yeast in 1/2 cup warm water with 1.5 tbsp of sugar
2. Mix dry flour with remaining sugar and salt
3. Add mashed potatoes, eggs, warm milk, and yeast mixture to flour. Mix and beat until it becomes a smooth and elastic batter.
4. Let rise until it becomes 2 times the original volume. (Suggestion: place covered pot in a sink-full of warm water)
5. Punch batter down by stirring. Let the batter rise a bit more.
6. Drain currants or raisins and press gently dry, and fold into the batter. At the same time, add the lemon rind and mixed peel. (If the mixed peel contains syrup, rinse the syrup off first.)
7. Let the batter rise again.
8. Fill a deep fat fryer with oil and heat to about 375 degrees. Spoon out batter with ice cream scoop or drop into oil by a spoon. To check for doneness, break one open. If the doughnuts turn to brown, reduce the heat.

**\*\*Important: Make sure all ingredients are warm. You may place eggs into warm water before breaking.**



*Recipe by: Jordan VanBeek*



# PINEAPPLE CASSEROLE

*This recipe was given to me by my mother. Our family makes this recipe for Thanksgiving and Christmas.*

## Ingredients

- 2 (20-oz.) cans pineapple chunks in juice, drained (reserve 6 Tbsp. juice)
- $\frac{1}{3}$  cups sugar
- 5 tablespoons flour
- 1 cup shredded Cheddar cheese
- $\frac{1}{4}$  cup butter, melted
- 1 sleeve Ritz crackers, crushed

## Steps

1. Preheat oven to 350°F. In a medium size bowl, combine sugar, flour, and reserved pineapple juice. Add pineapple chunks and toss well to combine. Spoon pineapple mixture into 8x8-inch casserole dish and top with shredded cheese.
2. Combine crushed Ritz crackers and melted butter. Spread Ritz cracker topping evenly on top of pineapple mixture.
3. Bake at 350°F for 30 minutes, or until bubbly.

*Recipe by: Leigh Austin*

# SAVORY CRESCENT CHICKEN SQUARES

*Handed down from Rebecca's family, this is a favorite for us today. We always double the recipe. It's a great way to use up leftover chicken.*

*Recipe by: Nathan Tomasini*



## Ingredients

- 3 oz softened cream cheese (I add a tad more)  
2 tablespoons melted butter
- 2 cups cooked chicken, chopped or shredded
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons milk
- 1 tablespoon chives or onion (I use onion powder)
- 1 tablespoon chopped pimento (I go heavier on these)
- 8 oz can of Pillsbury Quick Crescent Rolls top with 1 tablespoon melted butter and sesame seeds

## Steps

1. Blend cream cheese and butter. Stir in rest of the ingredients. Separate crescent rolls. There are 8 in a can. For larger entrees only separate into 4 sections, or for smaller servings, separate into 8. I do 8, and gently pull at the triangle to make it bigger to fully wrap all the contents inside.
2. Spoon mixture onto the center of each dough and pull the corners of the dough to the center of mixture and pinch together to seal all in side.
3. Brush tops with butter and dip in sesame seeds.
4. Bake at 325 on ungreased cookie sheet 20-25 minutes until golden brown.



# SWEET POTATO FLUFF

*I loved when my mom switched from making glazed sweet potatoes to making sweet potato fluff. The sugary pecan topping made the sweet potatoes seem more like dessert than a vegetable. She usually made sweet potato fluff as a side dish at Thanksgiving and Christmas.*

## Ingredients

### Sweet Potato Mixture

- 3 cups cooked mashed sweet potatoes
- 1/2 stick melted butter
- 1/2 cup milk
- 1 Tsp vanilla
- 1/2 Tsp salt
- 1 cup sugar
- 2 eggs

### Pecan Topping

- 1/2 stick melted butter
- 1/2 cup self rising flour
- 1 cup chopped pecans
- 1 cup brown sugar

## Steps

1. Preheat oven to 350 degrees F Prepare sweet potato mixture by combining sweet potatoes, melted butter, milk, vanilla, salt, sugar, and eggs.
2. Transfer to a 2 quart dish.
3. Prepare pecan topping by mixing butter, flour, pecans, and brown sugar with a fork.
4. Sprinkle topping over sweet potato mixture.
5. Bake uncovered for 30 minutes.

*Recipe by: Jennifer Hawkins*



# SWEET POTATO PIE

*Sweet potatoes and yams have traditionally been used in many southern African American households as a staple in the kitchen, especially around the holiday season. Yams and sweet potatoes are typically easy to grow in the southern states and have the ability to be stretched to feed large groups of people. During the holiday season, many African American households interchange sweet potatoes in place of pumpkin in pies, for some of the very reasons listed above and because they tend to raise a note of natural sweetness to the dish. Sweet Potato Pies have since become a tradition during the holidays, particularly around Thanksgiving, Christmas, and Easter.*

*This recipe is one that has been passed down from my grandmother, to my mother and now to me. It is my hope that this recipe will remain in our family for years to come.*

## Ingredients

- 3-4 medium sized sweet potatoes
- 3/4 cup of white sugar
- 3/4 cup of brown sugar
- 1 1/2 teaspoons of vanilla
- 1 1/2 teaspoons of cinnamon
- 2-3 dashes of nutmeg
- 2 eggs
- 1 stick of unsalted butter (preferably room temperature)
- 1/4 cup of heavy whipping cream
- Splash of orange juice
- 2-4 frozen pie shells

*Recipe by: Ashley McRae*

## Steps

1. Cook sweet potatoes whole. They can be cooked in the oven or boiled in water with the skin on. (If boiled, cooking time will vary between 35-50 minutes depending upon size of potatoes). To test doneness, poke with a fork. Potatoes should slide in and right off without any force.
2. Pre-heat oven to 375. While oven heats, poke frozen pie shells with a fork around the sides and bottom. Once oven reaches temperature, pop in the pie shells for about 5 - 8 minutes then remove. Shells should still look slightly doughy and should not be cooked to doneness.
3. Let sweet potatoes cool to touch and then peel off skin. Be sure to also take off any discolored areas on the orange fleshy part of the potato.
4. With an electric mixer, blend sweet potatoes approximately 2 minutes to help to remove strings.
5. Slowly add in butter, white sugar, brown sugar, butter, cinnamon, vanilla and nutmeg. Once well incorporated, add whipping cream and a splash of orange juice. Taste mixture and add additional seasonings to your liking.
6. Then, add in eggs, mixing until mixture is smooth and well blended. Spoon mixture into precooked pie shells as evenly as possible.
7. Cook pies for approximately 35-45 minutes. Take out to let cool.
8. Enjoy warm, chilled, with whipped cream, ice cream or just plain!

# SWEET POTATO SURPRISE CAKE

*We looked forward to this cake every year for the holidays at my Grandmother's house. We have a family cookbook of generational photos and recipes that is a priceless resource for memories!*

## Ingredients

Cake:

- 1 1/2 cup cooking oil
- 2 cups sugar
- 4 eggs separated
- 1 1/2 cups grated raw sweet potatoes
- 1 cup chopped nuts
- 2 1/2 cups sifted cake flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla

Frosting:

- 1 large can evaporated milk
- 1 cup sugar
- 1 stick of butter
- 3 egg yolks
- 1 teaspoon vanilla
- 1 1/3 cup flaked coconut

## Steps

Cake:

Combine oil and sugar, beat 'til smooth. Add egg yolks, beat well. Add hot water. Add dry ingredients. Stir in potatoes, nuts, and vanilla. Beat well. Beat egg whites 'til stiff and fold into mixture. Bake in 3 greased 8 inch layer pans at 350 degrees for 25-30 minutes. Cool and frost.

Frosting:

Combine milk, sugar, butter, egg yolks and vanilla in sauce pan. Cook over medium heat about 12 minutes, stirring constantly, until mixture thickens. Remove from heat and add coconut. Beat until cool and of spreading consistency.

**\*Side note for flour substitution tips:**

**For a cake-flour substitute, remove two tablespoons of flour per cup of plain flour and substitute 2 tablespoons of cornstarch. To make self-rising flour from plain flour, add 1 1/2 teaspoons baking powder, 1/2 teaspoon salt per 1 cup of flour.**





# Venezuela

*"Dios y Federación"*  
*"God and Federation"*





# HALLACAS

*Recipe by: Susana Martinez*

*The hallaca is a traditional dish from Venezuela, my country, that looks like a tamal, though different in flavor, texture, ingredients and cultural significance. It consists of corn dough stuffed with a stew of beef, pork, or chicken and other ingredients such as raisins, capers, and olives, fresh onion rings, red and green bell pepper slices. Hallacas are folded in plantain leaves, tied with strings, and boiled. The dish is traditionally served during the Christmas season and has several regional variants. It has been described as a national dish of Venezuela. Characteristic of the hallaca is the delicate corn dough made with consommé or broth, and lard colored with annatto. Banana leaves give a floral and grassy flavor to the hallacas, you can buy them either fresh or frozen at Latin or Asian markets.*

*My family made hallacas for Christmas holidays for generations. But my grandma Emma used to be the expert leading the making of this wonderful recipe in her household. My grandma always prepared the guiso (stuffing) with my mom's help. They used to cut up all the meats and condiments to mix them together and make the filling with hours of cooking on the kitchen stove. Then, the next day, the family members reunite to put all the ingredients together and build the hallacas, having each member a different task:*

*My grandma used to be the one scooping of vibrant orange achiote-stained masa dough onto banana leaves, then passed them around the table to get them filled. After my grandma also added a spoonful of guiso; she passed the hallaca to the "decoration" station, where my brother added olives, capers, raisins, onion rings and bell pepper strings. Finally, each hallaca gets wrapped up in the fragrant leaves by my mom to finally pass them to me to tie them up with twine like a tiny present, ready to boil for a late Christmas and New Years' Eve dinner. With my grandma's guidance we used to make around 100 at a time. This scaled-down version of her recipe makes just under 20, enough for a big dinner plus leftovers you can freeze for another day.*

*My grandma is not around anymore, but I want to keep her memory alive sharing and making this wonderful recipe passing her legacy to the next generation. Because Christmas and hallacas will always have my grandma Emma's flavor.*

# HALLACAS

CONTINUED...

## Ingredients

Makes about 20:

### GUIZO

- 1½ cups extra-virgin olive oil
- 3 Tbsp. plus 1½ tsp. achiote (annatto) seeds
- 2 lb. boneless beef chuck roast
- 2 lb. skinless, boneless chicken breasts
- 2 lb of boneless pork chops or pork loin
- 2 tsp. salt
- 3 garlic cloves
- 1 6-oz. can tomato paste
- 1 medium onion, chopped
- 1 large red bell pepper, seeds and ribs removed, coarsely chopped
- 1 large green bell pepper, seeds and ribs removed, coarsely chopped
- 1 bunch scallions, coarsely chopped
- 1 bunch cilantro, coarsely chopped
- ¼ cup (packed) light brown sugar

### DOUGH

- 1-kg package P.A.N. precooked cornmeal
- 2 Tbsp. Diamond Crystal or 1 Tbsp. plus ½ tsp. kosher salt
- 5 cups of chicken broth - Annatto seeds melted and cooked with oil

### ASSEMBLY

- 3 1-lb. packages fresh or frozen, thawed banana or plantain leaves - ¼ cup extra-virgin olive oil
- ½ cup drained capers
- ½ cup pitted green olives
- ½ cup raisins
- 1 cup raw onion cut into rings
- 1 cup red bell pepper strings
- String to tie them up



# HALLACAS

CONTINUED...

## STEPS

### GUISO:

Step 1: Cook oil and achiote seeds in a small saucepan over medium-low heat until oil turns deep orange, about 10 minutes. Strain into a heatproof jar and let cool. Measure out ½ cup achiote oil for making filling; set remaining 1 cup oil aside for making dough.

Step 2: Bring beef, chicken, 1 Tbsp. Diamond Crystal or 1¾ tsp. Morton kosher salt, and 12 cups water to a boil in a large pot over medium-high heat. Reduce heat to medium-low and let simmer until cooked through, about 30 minutes. Transfer beef and chicken to a cutting board and let sit until cool enough to handle. Pour 8 cups cooking liquid into a heatproof pitcher or large measuring glass; set aside. Discard any extra liquid.

Step 3: Cut beef, chicken and pork into ½" cubes; place back into pot (cooking the meat before you chop it means that you can cut the pieces finer and more evenly). Blend tomatoes, garlic, and tomato paste in a blender until smooth; scrape purée into pot with meat. Blend onion, red and green bell peppers, scallions, cilantro, and ½ cup reserved cooking liquid in blender until smooth and add to pot. Add brown sugar and ½ cup reserved achiote oil. Pour in remaining 7½ cups reserved cooking liquid. Bring to a boil, then reduce heat to medium-low and simmer until meat is tender and liquid is slightly reduced, about 40 minutes. Drain meat in a colander, season lightly with salt, and let cool.

### DOUGH:

Step 4: Meanwhile, mix cornmeal, salt, reserved 1 cup achiote oil, and 8 cups water in a large bowl with your hands until dough is smooth, spreadable, and no large lumps remain, 5–7 minutes. Press a sheet of plastic wrap or parchment paper directly onto surface of dough; let rest at least 30 minutes or up to 1 hour.

### ASSEMBLY

Step 5: Wash and pat banana leaves dry. Carefully remove any center stems with kitchen shears, avoiding breaking through the leaf, then cut into 14x10" rectangles. Mix oil and 1 cup water in a medium bowl (it needs to be big enough to dip your hands into). This will help to keep the dough from sticking to your hands. Working one at a time, place a banana leaf on a surface so the veins in the leaves run horizontally. Dipping your hands in oil mixture as you work, place ¾ cup dough in center of leaf and spread out with your fingers into a ½"-thick rectangle, leaving a 1" border near the vertical edges and a space on both horizontal edges. Place ¾ cup guiso into center of dough. Top with 5 capers, 2 olives, and 8 raisins.

Step 6 Take top and bottom edges of leaf and bring up toward each other so edges of dough meet and enclose filling. Pull both sides of banana leaf together snugly toward the upper edge of hallaca to seal and fold over toward you to make a tube. Fold remaining 2 side ends toward the center to make a small package.

Step 7 Place package, fold side down, on another banana leaf and wrap up again. Wrap once more in a third leaf to hold everything together, then tie closed with kitchen twine. (Make sure package is compact, the leaves are not ripped, and hallaca is not leaking.) Repeat with remaining dough, filling, and banana leaves.

Step 8 Place as many hallacas as will fit into a clean large pot, pour in water to cover, and bring to a boil. Reduce heat and simmer, turning hallacas halfway through, until plumped and firm, about 35 minutes. Repeat with remaining hallacas. Do ahead: Hallacas can be made 1 week ahead. Let cool, then cover and chill, or freeze up to 3 months. To reheat, cook in a pot of simmering water (make sure hallacas are submerged), partially covered, until warmed through, 10–15 minutes if chilled, 25–30 minutes if frozen.

*Recipe by: Susana Martinez*



# PAN de JAMON de VENEZUELA

*In Venezuela, this slightly sweet bread stuffed with ham, bacon, olives, raisins and cream cheese, is especially popular at Christmas time. The bread dough is rolled up around the fillings into a log. Once baked, the bread can be sliced into attractive spirals. Pan de jamón makes a nice meal paired with soup, salad or hallacas (which are the typical Christmas Venezuelan meal). Use green olives, thinly sliced deli ham, bacon, and raisins for the traditional filing. Sliced cream cheese would make a nice addition as well.*

## Ingredients

- 1/2 cup warm water
- 1 tablespoon rapid rise yeast
- 3 1/2 cups all-purpose flour
- 4 ounces (8 tablespoons) unsalted butter, softened
- 1 ounce (2 tablespoons) unsalted butter, melted
- 1 large egg
- 1/2 cup milk
- 3 tablespoons sugar
- 1 teaspoon salt
- 1/2 pound smoked ham, very thinly sliced
- 1/4 pound bacon strips
- 1/2 cup raisins
- 1/2 cup sliced olives
- 1 large egg yolk

*Recipe by: Susana Martinez*

# PAN de JAMON de VENEZUELA

CONTINUED...

## STEPS

1. Gather the ingredients.
2. Place the warm water in the bowl of a stand mixer. Sprinkle the yeast over the water and let stand for 5 minutes.
3. Add 1 cup of the flour, the butter, and egg, and mix well using the dough hook attachment.
4. Add the softened butter and another cup of flour and mix well.
5. Add the remaining ingredients and knead until smooth, adding a bit of extra flour if the dough is too sticky. When well kneaded, the dough should be soft, shiny, and smooth.
6. Place the dough in an oiled bowl. Cover with plastic wrap, set in a warm location, and let rise until doubled in bulk, about 30 minutes.
7. Divide the dough in half. On a lightly floured surface, roll half of the dough into a large rectangle about 10 x 12 inches.
8. Brush the dough with 1 tablespoon of the melted butter. Place the bacon strips over the dough and half of the ham slices, leaving a 1-inch border all around.
9. Sprinkle half of the raisins and half of the olives around over the ham.
10. Tightly roll up the dough lengthwise starting with the long edge, sealing the last part of the dough to the roll with some water. Place roll, seam side down, on a parchment-lined baking sheet, and tuck the ends under slightly. Repeat with the other half of dough.
11. Mix the egg yolk with a teaspoon of sugar and brush the mixture onto the rolls with a pastry brush.
12. Lightly cover the rolls with oiled plastic wrap and let rise in a warm place for about an hour.
13. Bake bread at 350 F for 30 to 40 minutes, until golden brown. 15. Remove from oven, and let it cool slightly before slicing.



*Recipe by: Susana Martinez*



# Zimbabwe

*"Unity, Freedom, Work"*





# DOMBOLO

*This is traditional hearty meal, especially for cold winter seasons. It is a meal traditionally for many southern african countries though they use different names for the dish. It has the ability to feed large groups of people and can be prepared with different types of meat, chicken, beef or tripe. Some low income households can also use it as a substitute for bread since it is fairly cheap and easy to prepare. The dish was passed down to me from my grandmother to me and it has been part of our family tradition.*

## Ingredients

- 1.5 cups flour
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon yeast
- 2 or less cups warm water (dough must be soft but not too soggy)

## Steps

1. Mix flour, salt, sugar in a bowl. Gradually pour the warm water to mix the dough in a bowl.
2. Mix the ingredients and knead until its firm.
3. Cover your bowl with a plastic, and a cloth.
4. Put it outside in the sun or next to a warm stove for about 45 minutes so that it can rise.
5. Cook your meat/chicken (boiling) and put small dough balls inside and let it simmer for about 30 minutes.(do not put too much water in your boiling meat not to drown the dough).
6. Check if done by poking with a fork or knife. The fork must come out clean after poking if the dough is done.
7. Now it's ready to be served with your meat, chicken, beef stew or tripe and vegetables.

*Recipe by: Chris Maregedze*



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