

BELLEVUE CENTER

ETHNIC COOKBOOK

AND

ACTIVITIES

RUSSIA

Russian Food & Cuisine - Main Courses & Recipes

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Main courses are eaten at the dinner (afternoon meal) and at the supper (evening meal). Most often they include meat (beef, chicken, fish) or vegetables and are served with various garnishes and dressings.

Main Courses:

Omelets - usually eaten in the morning

Sausages – usually served two sausages with ketchup

Chops (kotlety) – made of various kind of meat in various regions

Pelmeny – (on the photo) the small balls of minced meat covered with the pastry

Vareniky – it looks like pelmeny however inside the pastry there is no meat but berries, potato or curds

Steak (otbivnaya) – beef and pork ones are most popular

Beef stroganov – pieces of beef prepared with cream sauce

Kiev style chicken (kotleta po-kievsky) – the special type of chicken chop with butter inside

Potato with mushrooms - favourite countryside meal



Pelmeni. (Photo from Kuking.Net)

Russian Cuisine: Main Courses Recipes —

Abbreviations: ea - Each, tb - Table spoon, sm - Small, c - Cup, ts - Tea spoon, lg - Large. Recipes courtesy of RusCuisine.Net

Meal:

Beef Stroganoff recipe

Ingredients : 1 kg beef (boneless), 4 tb flour, 4 tb ketchup , 150 g sour cream , 2 c broth , 1 tb flour pounded with butter , 1 ea onion salt to taste ,pepper

Method:

Chop the meat long wise fibers (fibres) and beat the pieces a little. After that cut the pieces into stripes 2 cm long and 1/2 cm wide. Season and roll them in flour. Fry chopped onion in the pan and when it is gold brown, put the stripes there. Fry on hot heat until the meat is light brown.

Make a sauce: fry 1 tb flour pounded with butter for few minutes, add sour cream, ketchup, salt. Pour the sauce over meat and stew on a low heat during 15-20 minutes. Don't let sauce to boil, otherwise the meat will be hard.

Snack:

Strawberries Romanoff

Ingredients: strawberries, orange juice, grated orange peel, whipped topping

Method:

Cut strawberries in 1/2 and throw into large bowl.

Add 1/4 cup fresh orange juice

Add 2 teaspoons of grated orange peel

Top with whipped topping

*You may add almonds or other nuts

Carrots and Raisins

Ingredients: 2 large carrots, 1/4 cup raisins, 3 tablespoons sour cream, 2-3 teaspoons of sugar

Method:

Place raisins in a small amount of water, so they plump a little. Grate carrots on a smallest part of your grater.

Combine Carrots, sour cream and raisins (out of water) and sugar.

AFRICA

African cuisine

From Wikipedia, the free encyclopedia



[Ful Medames](#), one of [Egypt](#)'s national dishes, served with sliced [eggs](#) and [vegetables](#).

African cuisine is a generalized term collectively referring to the [cuisines](#) of [Africa](#). The continent of Africa is the second largest landmass on Earth, and is home to hundreds of different cultural and ethnic groups. This diversity is also reflected in the many local culinary traditions in terms of choice of ingredients, style of preparation and [cooking techniques](#).

Traditionally, the various cuisines of Africa use a combination of locally available [fruits](#), [cereal grains](#) and [vegetables](#), as well as [milk](#) and [meat](#) products. In some parts of the continent, the traditional diet features a preponderance of milk, [curd](#) and [whey](#) products. In much of [Tropical Africa](#), however, cow's milk is rare and cannot be produced locally (owing to various diseases that affect livestock). Depending on the region, there are also sometimes quite significant differences in the eating and drinking habits and proclivities throughout the continent's many populations: [Central Africa](#), [East Africa](#), the [Horn of Africa](#), [North Africa](#), [Southern Africa](#) and [West Africa](#) each have their own distinctive dishes, preparation techniques, and consumption [mores](#).

Meal:

African Style Broccoli

Ingredients: 4 1/2 cups broccoli florets, 2 1/2 cups cauliflower florets, 1 1/2 cups carrots (diagonally sliced), 1 tablespoon canola oil, 1 teaspoon salt, 1 teaspoon ground ginger, 1/2 teaspoon ground cumin, 1/2 ground coriander, 1/2 teaspoon freshly ground nutmeg, 1/2 teaspoon crushed red pepper flakes, 1 cup sour cream, 2 tablespoons cider vinegar, 1 tablespoon mild honey, 1/2 cup thinly sliced green onion, 1/2 cup toasted pine nuts or peanuts (if no allergies)

Method:

Steam first 3 ingredients, covered, 2 minutes. Rinse broccoli mixture under cold water; drain well

Combine oil, salt, and next 5 ingredients in a small skillet, cook over medium heat 2 minutes or until lightly browned, stirring constantly.

Combine spice mixture, sour cream, vinegar, and honey in a bowl, whisk well. Add to broccoli mixture, toss well to coat. Stir in green onions just before serving, and sprinkle with nuts.

Snack:

Apple crisp

Ingredients: 4 large baking apples, peeled and sliced. 3/4 cup brown sugar, 1/2 cup of flour, 3/4 cup oatmeal, 3/4 teaspoons cinnamon, 1/2 cup reduced fat margarine

Method:

Heat oven to 350 degrees and spray a baking pan with non-stick cooking spray

Place apples into pan

Mix sugar, flour, oatmeal, and cinnamon in a bowl, place on top of apples

Drop dots of margarine on dry mixture.

Bake for 25 minutes

IRELAND

Irish food is known for the quality and freshness of its ingredients. Most cooking is done without herbs or spices, except for salt and pepper. Foods are usually served without sauce or gravy.

The staples of the Irish diet have traditionally been potatoes, grains (especially oats), and dairy products. Potatoes still appear at most Irish meals, with potato scones, similar to biscuits or muffins, a specialty in the north. The Irish have also been accomplished cheesemakers for centuries. Ireland makes about fifty types of homemade "farmhouse" cheeses, which are considered delicacies.

Soups of all types, seafood, and meats also play important roles in the Irish diet. Irish soups are thick, hearty, and filling, with potatoes, seafood, and various meats being common ingredients. Since their country is surrounded by water, the Irish enjoy many types of seafood, including salmon, scallops, lobster, mussels, and oysters. However, meat is eaten more frequently at Irish meals. The most common meats are beef, lamb, and pork. A typical Irish dinner consists of potatoes (cooked whole), cabbage, and meat.

Irish stew has been recognized as the national dish for at least two centuries. A poem from the early 1800s praised Irish stew for satisfying the hunger of anyone who ate it:

*Then hurrah for an Irish Stew
That will stick to your belly like glue.*

Bread is an important part of Irish culture. Fresh soda bread, a crusty brown bread made from whole-wheat flour and buttermilk, is a national dish of Ireland. Irish bakers don't stop with soda bread, however. They bake a wide variety of other hearty breads and cakes.



Meal: ***Irish Omelet***

Ingredients: Eggs, mashed potatoes, 1 teaspoon lemon juice, 1 tablespoon fresh chives, 2 teaspoons butter, salt and pepper

Method:

Separate the eggs and beat the yolks.

Add the mashed potato to the yolks, mixing thoroughly

Add the lemon juice, chives, and salt and pepper.

Whisk the egg whites until stiff, fold the egg whites into the mixture.

Melt the butter in a non-stick skillet over medium heat.

Cook the omelet until golden (3-5 minutes)

Run under the broiler to finish and puff the omelet

Snack: ***Irish Soda Bread***

Ingredients: 1/2 cup white sugar, 4 cups all-purpose flour, 2 teaspoons baking powder, 1 teaspoon baking soda, 3/4 teaspoon salt, 3 cups raisins, 1 tablespoon caraway seeds, 2 eggs (lightly beaten), 1 1/4 cups buttermilk, 1 cup sour cream

Method:

Preheat oven to 350 degrees. Grease a 9 inch round baking or cake pan

In mixing bowl, combine flour (reserve 1 tablespoon) sugar, baking powder, baking soda, salt, raisins, caraway seeds.

In a small bowl, blend eggs, buttermilk and sour cream.

Stir the liquid mixture into flour mixture just until flour is moistened.

Knead dough in bowl about 10 to 12 strokes.

Dough will be sticky.

Place dough in the prepared skillet or pan and put down.

Cut a 4x3/4 inch deep slit in the top of the bread.

Dust with reserved flour

Bake for 65 to 75 minutes. Let cool and turn bread onto a wire rack

SCOTTLAND



To say that food and drink is at the very heart of Scotland would be an understatement. More than just a night out, Scottish food and drink is the very lifeblood of Scotland's the country's fabric, culture and economy.

With our rolling, rural hillsides, clear coastal waters and lush, fertile lands, Scotland produces some of the best, and most sought after, natural produce in the world. From mouth-watering Aberdeen Angus steaks, to world-renowned sea-food such as wild trout, salmon, oysters and langoustines, not to mention our water of life – whisky – the Made in Scotland stamp has become synonymous with taste and quality. Even our cheese gives the French a run for their money!

Produce

Scottish producers now grow 3,200 tonnes of raspberries and 21,500 tonnes of strawberries each year. Beef is worth more than £569m per year which is more than fruit, dairy and poultry combined.

Seafood

Scotland's 16,000km coastline is home to thousands of species of fish and shellfish. In 2010, exports of fish accounted for over 59% of total exports in Scotland. Exports of fresh Scottish salmon alone in 2011 were valued at £341m. Scottish lobsters are currently used in over 20 Michelin starred restaurants in Tokyo.

Dairy

1,118 million eggs are produced annually, as well as 1,092 million litres of milk. There are more than two dozen cheese-makers across Scotland, ranging from large Cheddar creameries to smaller artisan and farmhouse cheese-makers. Scottish Cheddar accounts for 70-80% of total output and the main creameries are located at Locherbie, Stranraer and Campbeltown and on the islands of Bute, Arran, Islay, Mull, Gigha and Orkney.

Oatcakes

Scotland is famous for naturally healthy oat-based products such as porridge and oatcakes - the latter being first produced as far back as the 14th century when Scottish soldiers would carry a sack of oatmeal which they would moisten and heat on a metal plate over a fire when they were hungry. Today, they are commonly enjoyed as an accompaniment to soups, or after dinner with cheese and chutney.

Haggis

Scotland's national dish, haggis, is a savoury pudding containing sheep's heart, liver and lungs, minced with onion, oatmeal, suet, spices and salt, traditionally encased in the sheep's stomach, although nowadays most haggis is prepared in a sausage casing. It is traditionally served with neeps and tatties (turnip and potato), particularly when served as part of a Burns supper. However, haggis is also enjoyed all year round with other accompaniments such as black pudding.

Tablet

Tablet is a medium-hard sugary sweet made from sugar, condensed milk, butter and vanilla essence, boiled to a soft-ball stage and allowed to crystallise. It dates back to the early 18th century.

Meal:

SCOTTISH EGGS

Ingredients: Hard-boiled eggs, Sausage, 2 tablespoons minced parsley, 1/2 teaspoon ground sage, 1/4 teaspoon pepper, 1/4 cup flour, 2 eggs (beaten), 1/2-3/4 cup breadcumbs, vegetable oil

Method:

Peel hard-cooked eggs, make sure they are well chilled
Combine sausage, parsley, sage and pepper in large bowl, mix well
Press meat mixture evenly around eggs, keeping the oval shape
Sprinkle eggs with flour, coating lightly all over
Dip into beaten egg, then roll in bread crumbs to coat
Pour oil into large heavy saucepan, to fill 1/2 full
Heat oil to 350 degrees
Cook egg until meat is well-browned
Drain, cool, refrigerate, slice to serve

Snack:

Cranberry Orange Scones

Ingredients: 1 1/2 cups all-purpose flour, 1/4 cup sugar, 3 teaspoons baking powder, 1/4 teaspoon salt, 1/4 cup butter, 1/2 cup dried cranberries, 2 teaspoons grated orange rind, 1/2 cup buttermilk, 1 egg, 1 cup powdered sugar 2-3 tablespoons orange juice

Method:

Pre-heat oven to 400 degrees
Mix together flour, sugar, baking powder, and salt in bowl
Cut in butter with a pastry blender or fork mixture resembles coarse crumb
Stir in cranberries and orange peel
In a small bowl, mix buttermilk and egg
Add to dry ingredients all at once, stirring until mixture is moistened
On floured board, knead gently a few times
Form into patty on an ungreased cookie sheet, cut into 8 wedges do not move it
Bake at 400 degrees
Mix together powdered sugar and orange juice into glaze to drizzle over scones

MEXICO

The history of Mexican food is a long and diverse one. It is believed that authentic Mexican food might have been derived from the Mayan Indians. They were traditionally nomadic hunters and gatherers. Corn tortillas with bean paste were a common food item; but they also ate wild game, tropic fruits, and fish.

In the mid 1300's, The Aztec Empire was thriving, and though the Mayan food staples were still in use, chili peppers, honey, salt and chocolate found its way into their cooking. Some of the wild game, such as turkey and duck, had now become domesticated.

In 1521 Spain invaded Mexico. Spanish foods had the most influence on the Mexican cuisine. They introduced new livestock, such as sheep, pigs and cows. They brought with them dairy products, and garlic as well as many different herbs, wheat and spices. It was at this time that the Mexican people saw the assimilation of many other cuisines including Caribbean, South American, French, West African and Portuguese. Because of this Mexican foods today are diverse, yet dishes to vary from region to region.



Meals:

Bean and Butternut Tacos with Green Salsa

Ingredients: Salsa-8ozs tomatillos, 2 garlic cloves, 1 jalapeno pepper, 1/4 cup sliced white onion, 1/2 ripe avocado, diced, 3 tablespoons chopped fresh cilantro, 1/4 teaspoon salt, freshly ground pepper to taste

Method: Salsa-

Bring a pot of water to a boil
Remove husks from tomatillos and rinse, cook until soft 5-8 minutes
Toast garlic cloves, jalapeno, and onion in a skillet over medium heat until browned, fragrant and soft 5-7 minutes
When cool, peel garlic. Remove the jalapeno stem and remove seeds
Combine the tomatillos, garlic, jalapeno, onion and avocado in a blender or food processor. Process until smooth. Stir in cilantro, salt and pepper.

Ingredients: Tacos-4 cups diced (1/2 inch) butternut squash, 3-4 small red chiles, 2 cloves garlic (unpeeled, smashed and left whole), 1 tablespoon extra-virgin olive oil, 3/4 teaspoon dried oregano, 1/2 teaspoon salt, 1/4 teaspoon cumin seeds, 1/2 teaspoon ground toasted cumin seeds, 2 cups cooked pinto beans(drained), 1/2 teaspoon chili powder, freshly ground pepper to taste, corn tortillas, 1/2 cup fresh cilantro leaves, 1/2 cup finely shredded and chopped red or green cabbage, 8 teaspoons crumbled queso fresco or feta cheese

Method: Tacos

Pre-heat oven to 400 degrees
Put squash in a medium bowl
Finely snip chiles into small pieces, put in bowl
Add garlic, oil, 1/2 teaspoon oregano, 1/4 teaspoon salt and whole cumin seeds, toss to coat. Arrange in a baking sheet in a single layer
Bake until beginning to brown and soft (20-25 min.)
Peel and chop garlic and pour into squash
Combine beans in a small saucepan with remaining 1/4 teaspoon oregano, 1/4 teaspoon salt, ground cumin, chili powder, pepper.
Heat over medium heat 10 minutes.
Warm tortillas until soft or pliable
Divide the squash and fixings evenly among the tortillas

CARIBBEAN ISLANDS

Food plays a central role in family life and traditions in the islands. Cooks spend days preparing menu offerings for holidays, festivals, and special family gatherings. The cuisine of the Caribbean is like a cultural patchwork quilt. Each “patch” or dish represents the plentiful bounty of the islands' lush tropical vegetation, combined with the one or more diverse groups of people that have lived there, including the original Carib and Arawak Indians, followed by the Spanish, British, French, and Dutch settlers, as well as Africans, who have had a profound influence on the food and cultural traditions of the islands. Later followed Indian and Chinese settlers, and travelers from the United States.

Meals:

Jamaican Chicken with Mango Salsa Recipe

Ingredients: 1/2 teaspoon Jamaican Jerk Seasoning, 1/2 teaspoon salt (divided), 4 6-ounce skinless, boneless chicken breasts, cooking spray, 1/4 cup minced fresh cilantro, 1/4 finely chopped red onion, 1 tablespoon chopped fresh mint, 1 teaspoon brown sugar, 2 teaspoons fresh lime juice, 1/4 teaspoon black pepper, 1/4 crushed red pepper, 1 (16 ounce) jar sliced peeled mango, drained and chopped

Method:

Heat a large non-stick skillet over medium-high heat.

Sprinkle seasoning and 1/4 teaspoon of salt evenly over chicken

Coat chicken with cooking spray

Add chicken to pan, cook 4 minutes on each side or until done

Salsa

Combine 1/4 teaspoon salt, cilantro, and remaining ingredients.
Serve salsa with chicken

Snack

Tropical fruits with Pistachios and Coconut

Ingredients: 16 slices ripe mango, pineapple and/or papaya, 4 teaspoons “lite” coconut milk, 2 tablespoons chopped pistachios

Method:

Cut fruit into slices

Drizzle coconut milk

Sprinkle with pistachios

AMERICAN CUISINE

The **cuisine of the United States** refers to food preparation originating from the [United States of America](#). [European colonization of the Americas](#) yielded the introduction of a number of ingredients and cooking styles to the latter. The various styles continued expanding well into the 19th and 20th centuries, proportional to the influx of immigrants from many foreign nations; such influx developed a rich diversity in food preparation throughout the country.



Side Dish:

Franco American Apple Slaw

Ingredients: granny smith apples, red onion, carrots, maple syrup(2tbs per 4 servings), lemon juice (1 tbs per 4 servings), mayonnaise (2 tbs per 4 servings), whipping cream (2tbs per 4 servings), Dijon mustard (2 tsp per 4 servings), celery seed

Method:

Cut apples, onions and carrots into julienne(match stick)
Combine remaining ingredients (except celery seeds) to make dressing
Toss the apples, onions and carrots into the dressing
Chill for at least an hour
Remove from fridge 20 minutes before serving

Breakfast breads:

Zucchini bread

Ingredients: 4 jersey fresh eggs, 1 cup oil, 1 1/2 tsp baking soda, 1tsp cinnamon, 2 cups jersey fresh (grated) zucchini, 1tsp vanilla, 2 cups sugar, 3 1/2 cups flour, 1 1/2 tsp salt, 3/4 tsp baking powder, 1 cup chopped walnuts, 1 cup white raisins (optional)

Method:

Beat eggs and sugar.
Add oil
Combine sifted dry ingredients in a separate bowl
Add it to first mixture with zucchini and vanilla
Add walnuts and raisins
Pour into two greased pans, lightly floured
Bake 55 minutes at 350 degrees

SWEDEN

Top ten Swedish foods to remember

Published: 11 Jul 11 16:11 CET | [Print version](#) | [Double click on a word to get a translation](#)

While Sweden is not exactly known around the world as a destination of culinary excellence, there are some juicy Nordic morsels that leave exiles pining for a taste of home, food blogger Maia Brindley Nilsson discovers.

Räkor (Swedish shrimp) had me hooked from my first visit to Sweden in 1998. I raved about the divine little crustaceans so much that every successive trip my husband's family made sure my first and last meal in Sweden included plenty of "räkor".

Princesstårta (Princess cake) is another food I fell in love with on my first trip to Sweden. The thin layer of vibrantly green marzipan crowned with a pink rose conceals the dome of fluffy cream resting on a minimal layer of fruit filling, custard, and sponge cake. There is the frozen version at IKEA, but nothing beats princess tårta from a good bakery. Not even home made.

Nyponsoppa (wild rose hip soup). The somewhat syrupy, slightly grainy consistency can be a little off-putting at first but the earthy, sweet flavor of wild rose hips is unique.

Kanebullar (cinnamon buns). There is an omnipresence of "kanelbullar" in Sweden. You can even find them 'fresh baked' at petrol stations. But unless you are having a "kanelbulle" craving emergency it's worth seeking out a proper bakery.

Varmrökt lax (smoked salmon) is salmon candy in my opinion. Slow-smoked over alderwood, the skin turns a glorious golden color with moist and perfectly pink meat below. It's such an easy meal served cold with a little romsås (crème fraiche-based caviar sauce) and boiled potatoes or flaked into some spinach pasta with cream sauce.

Filmjolk (processed soured milk) seems to make an appearance in every household and kids gobble it up at school snack times. Even though it's a cow milk-based product with a consistency like cultured buttermilk, kefir and yogurt, the taste is unique because it's fermented by a different bacteria. I prefer mine with a drizzle of home made elderberry syrup and muesli.

Jordgubbar (Swedish strawberries) are a seasonal favorite and I love the excitement and hype that comes with their arrival.

The berries are a justified source of pride among Swedes and the summer wouldn't be the same without them. The abundance of light and the cool nights in the Swedish summer make for sweet berries that have people lining up at stands to purchase the ruby gems.

The annual harvest is around 15 million kilogrammes, equating to 3-4 liters per person in Sweden. I undoubtedly polished off my 4 liters well before Midsummer.

Speaking of rubies and berries, **lingonberries** have to be on any self-respecting list.

There are myriads of lingonberry flavored foods in Sweden, from sparkling water to chocolate, but the real treat is the fresh lingonberries you can find in supermarkets in the early fall. Or better still, pick them yourself in a misty Swedish forest.

My personal favourite iteration is **raggmunk** - the grated, fried potato cakes mounded with crispy fried bacon and a scattering of lingonberries.

Another seasonal favorite is **semlor** buns (fastlagsbullar in [Skåne](#)).

Although the creamy buns are associated with Easter I for one like the fact they begin to appear shortly after Christmas. This is frowned upon by some Swedes, similar to the disdain people feel when Christmas decorations go up in September, but you will hear no complaints from me.

Finally there is **spettekaka ("Cake baked on a spit")**, my regional favourite in Skåne in southern Sweden. The literal translation of "spit cake" certainly doesn't do it justice. They are artworks in their own right taking hours to make as ribbons of meringue-like batter bake as they are piped onto a rotating spit. I love the delicate outcroppings that precariously support thin strands of hardened frosting.

Meals:

Pannkakor-Swedish Pancakes

Ingredients: 2 eggs, 1 1/4 cups plain wheat flour(not self-raising), 2 1/2 cups milk, 1 tsp salt, butter for frying

Method:

Mix eggs, flour and salt.

Add the milk, a little at the time, and whisk to a smooth batter

In a hot skillet, add one tsp butter and just as much batter to cover the bottom

Fry pancakes on both sides until golden brown

Serve hot with whipped cream and jam.

HISPANIC INFLUENCES

Traditional Hispanic food is full of flavor and a variety of textures: crunchy; chewy; gooey; and stringy. The most popular Hispanic foods are derived from rice and vegetables and use a flavor base called sofrito to season their dishes and soups. Sofrito is a mild tomato base that is a staple in traditional Hispanic food cooking methods. Many restaurants carry some form of Hispanic food on their menus, such as rice-filled enchiladas, tacos, nachos or flan



Meals:

Stewed Chicken

Ingredients: 1 1/2 lbs of chicken, 1 med onion diced, 1 green pepper diced, 1 red pepper diced, 1 garlic clove, 1tbs of olive oil, 1 pkg of sazón w/achiote, adobo with pepper, 1 8oz can of tomato sauce, 1 8oz can of corn strained with water

Methods:

Heat oil in skillet

Season chicken with adobo

Cook in skillet until brown

Add onions, peppers, garlic, and tomato sauce

Cook for 5 minutes on medium heat

Add canned corn

Add the pkg of sazón

Fill empty tomato sauce can with water and pour it in.

Cover and cook for 30 minutes or until meat is falling off bone

Serve over white rice

Snacks:

Blueberry-Banana Batido

Ingredients: 1 ripe banana peeled into chunks, 1/2 cup frozen blueberries, 1 tbs of sugar, 4 ice cubes, 1 cup of vanilla yogurt or buttermilk

Methods:

Combine banana, blueberries, sugar, ice cubes, and yogurt in blender until smooth

Serve in a small cup

