



Culinary Institute
of America

**GLOBAL CULINARY
TRADITIONS
FOR FOOD TECHNOLOGISTS**



CIA Consulting
The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'.

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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

TABLE OF CONTENTS

GENERAL INFORMATION	7
COURSE DESCRIPTION	7
GENERAL CLASS SCHEDULE	9
DAY ONE: THE ASIAN KITCHEN.....	10
THE TECHNIQUES OF ASIAN FOOD PREPARATION.....	11
<i>Basics of Preparation</i>	11
DAY ONE TEAM PRODUCTION RECIPES	16
DAY TWO: THE SOUTHEAST ASIAN KITCHEN.....	35
ASIAN FLAVOR DYNAMICS	36
<i>Key Principles and Ideas</i>	36
THE THAI TABLE	38
THE VIETNAMESE TABLE.....	40
DAY TWO TEAM PRODUCTION RECIPES.....	43
DAY THREE: INDIAN CUISINE	70
COOKING TECHNIQUES	71
TRADITIONAL SPICES AND THEIR ROLE IN INDIAN CUISINE.....	77
CHUTNEY.....	82
MEALS	83
DAY THREE TEAM PRODUCTION RECIPES	88
DAY FOUR: TAPAS, MEZZE, AND THE SMALL PLATES OF THE MEDITERRANEAN	115
DAY FOUR TEAM PRODUCTION RECIPES	117
DAY FIVE: LATIN FLAVORS.....	150
DAY FIVE TEAM PRODUCTION RECIPES.....	151
APPENDIX.....	181
GLOSSARY OF SPICES AND AROMATIC INGREDIENTS	181
INDIAN INGREDIENTS AND GLOSSARY.....	197

GENERAL INFORMATION

COURSE DESCRIPTION

Unravel the mysteries behind the culinary traditions of distant lands, from North and Southeast Asia to South America to the Mediterranean Basin. In this five-day course, you will:

- Explore how dynamic flavors come alive by utilizing fresh aromatic ingredients to create exotic regional dishes.
- Learn the role of specialty ingredients and understand strategies for working with spices to add complexity and depth of flavor to recipes.
- Understand why, in today's foodservice arena, traditional flavors and flavor combinations continue to form the backbone of popular gastronomy.

Today's changing table reflects the immigration statistics of the late 21st century, when the U.S. saw waves of new arrivals from many countries from all over the world. They opened markets, launched restaurants, and started farms to accommodate the needs of their communities. Moreover, adventuresome Western chefs—chefs who had never tried these exotic foods or traveled to the far corners of the earth—began to explore.

Clearly, the Asian, Mediterranean, African, and Indian influence on American palates is part of the timeless fusion that has characterized cooking since cooking began. But lately, the blending of East and West seems to be on fast-forward, with ingredients, techniques, and chefs moving in many directions.

For Western cooks with open minds, the possibilities for professional growth are enticing. The booming tourist business in other countries brings job opportunities in hotels and resorts. Those who can't relocate can build skills at home by working with or learning from the Asian chefs who have made reputations here—people like Neela Paniz in Napa, Mai Pham in Sacramento, Susanna Foo in Philadelphia, or Arun Sampanthavivat in Chicago.

Asian Flavors and the American Professional Kitchen should help you make sense of these new influences and incorporate them, as appropriate, into your own operations. We hope, in the days that follow, to broaden your awareness, challenge your palate, and strengthen your cooking skills. Only you can judge what your customers and your staff are ready for.

As you listen to the instructor and participate in tastings and hands-on sessions, we encourage you to think, as the management consultants say, "outside the box." It's all too easy to say, "That won't work in my kitchen" or "I can't get the product" or "My customers won't eat that." Instead, think about how you can make these ideas work for you, and how you can adapt them to improve your business.

Most Western foodservice operators who hope to succeed with global-inspired concepts have to grapple with some predictable issues, such as:

Training: Where will you find staff that have the skills, or can learn the skills, to execute a variety of flavors? Cooks need to have their palates trained, too. A good training program might incorporate ingredient tastings, and some cultural instruction so cooks understand the traditions behind the dishes they are making.

Authenticity: How true must you be to the classic version of a dish? Is it important to seek authenticity, or should marketability be your guide? Chinese customers may want the complete steamed fish, head and all, but can your Western customers handle that? How can you adapt a dish for the mass market without losing its essence?

Availability of product: Adding these exotic elements to your menu may mean developing new suppliers, exploring mail-order sources, or persuading existing suppliers to expand their lines. It may mean establishing direct relationships with farmers to grow produce you can't otherwise get. Or it may mean adapting dishes to work with ingredients you can reliably get.

Educating your customer: How do you share your own enthusiasm for global flavors with your customers, who may find some of the dishes and ingredients unfamiliar or even strange? Perhaps you will need to recast your menu or retrain your staff to convey more information; perhaps it makes sense to offer tasting portions so guests can try a new dish at little risk.

Presentation: What ideas can you borrow from these countries to enhance your food presentation? At Asia Nora, Nora Pouillon serves curries on a traditional Indian thali, a round tray with individual containers for chutney, rice, dal, and so forth. The thalis add drama to the dining room and enhance the eating experience. Could you serve a dish from a bamboo steamer or directly from a clay pot? What global aesthetic elements can you incorporate in your tabletop?

GENERAL CLASS SCHEDULE

Lecture Room or Area

- Introductory remarks, discussion of course objectives
- Day-by-day course plan and distribution of course materials (day one only)

Lecture: Chef PowerPoint presentation focusing on ingredients, cooking or baking principles, equipment notes, background on recipes to be prepared, historical and cultural notes, discussion, and Q & A.

Break

Menu Review: Preview recipes to be prepared in that session, get team assignments, and tour the kitchen with a CIA faculty member (Day One only).

Demonstrations and Hands-On Production

One to two demonstrations in the kitchen as appropriate to highlight ingredients, techniques, flavor, or cooking/baking principles

Plating: One arranged plate of each recipe will be set aside for presentation and critique at the end of each production period.

Kitchen Cleanup and Daily Review

- All classes and instructors gather for a family meal
- Evaluation of plating
- Discussion of dishes produced
- Final clean-up
- Question and answer period
- Assignments for the next day

DAY ONE:

THE ASIAN KITCHEN

LEARNING OBJECTIVES

By the end of this class session, you should be able to ...

- Identify key ingredients from the Asian pantry
- List the flavor profiles for China, Japan, and Korea
- List the steps in the preparation of a stir-fry
- Prepare a dashi
- Assemble the ingredients for kimchee

LEARNING ACTIVITIES

Lecture/discussion
Demonstrations
Hands-on production
Product evaluation

KEY TERMS

Flavor profile
Regional cuisine
Stir-fry
Dashi

INSTRUCTOR DEMONSTRATIONS

Assembling and preparation of a stir-fry
Preparation of dashi
Preparation of preserved cabbage (i.e., kimchee)

THE TECHNIQUES OF ASIAN FOOD PREPARATION

Flavor

The ingredients selected for each recipe must be compatible in flavor or offer appealing flavor contrasts. The method of cooking and optimum cooking time of each ingredient must be carefully considered to preserve the individual flavors and flavor combinations.

Texture

The ingredients must also be selected to offer interesting and pleasing texture variations. The cooking time of each ingredient must also be considered to maintain the appropriate texture. As most Asian dishes are composed of several major ingredients, it is important to consider eye appeal and select ingredients that offer color contrast. A variety of shapes and colors increases the attractiveness of the dish no matter which cuisine it is.

Nutrition

It is necessary to ensure that adequate amounts of nutrients such as proteins, carbohydrates, vitamins and minerals are included. Many Asian dishes are combinations of a protein such as meat or fish and vegetables and are accompanied by rice or noodles, offering nutritional balance.

Because of the attention paid to these basic menu elements, Asian food is highly appreciated for its delicate and sometimes distinctive flavors, its attractiveness, texture variation, and nutritional value. In composing a complete menu, the same care and attention must be given to the compatibility and contrast of the combination of courses as is given to the individual dishes.

BASICS OF PREPARATION

While many of the cooking methods used in the preparation of the ingredients are like those used in European or American cuisines, there are additional techniques typical only to Asian culinary art. A person knowledgeable in basic western food preparation who acquires these additional techniques can become accomplished in the food preparations.

Mise en Place

All ingredients must be in a cooking-ready state before the actual cooking takes place. Any dehydrated foodstuffs typically used in Chinese cuisine, such as dried mushrooms, must be re-constituted well in advance of cooking. Vegetables, meats, fish and seasonings must be cut into the appropriate size and shape for each dish. All ingredients are usually cut into bite-size pieces to enable the diner to use chopsticks. The pieces should be cut as required by the individual recipe, keeping in mind that a uniform cooking time of each ingredient is desirable. Also, many dishes have a short cooking time which leaves little time for last-minute preparations.

Cooking Time

As mentioned previously, to preserve the appearance, flavor, texture, and nutritional value of Chinese dishes, cooking time is often very short. To achieve the best results, it is imperative that recommended cooking times be adhered to. All dishes should be prepared to order and served immediately. Only the *mise en place* should be completed before the arrival of guests to prevent possible overcooking. In this case, it is better to have the guest wait for the food than the food wait for the guest.

Cutting Methods

Most ingredients used in combination dishes are cut bite-sized either through mincing, dicing in various sizes, slicing, shredding, or the rolling cut.

COOKING METHODS

In reviewing these methods, consider the Asian cooking techniques vs. the Western style (American) we are accustomed to. Apply substitutions to these methods to conform to a conventional kitchen. The basic cooking methods used in Asian cuisine are classified and described in the following section. Variations or combinations of any of these methods are explained in individual recipes.

FAT COOKING METHODS

Deep Fat Frying

This is done in deep fat similar to making French fried potatoes. The oil is heated and maintained at 375°F and the food is fried in small amounts.

Dry Heat Methods

1. Shallow frying

The amount of oil used is less than that used in deep fat frying. The food is placed in hot oil over high heat and cooked for a short period of time while stirring rapidly.

2. Cooking with Oil

Similar to shallow frying but uses warm oil over medium heat. Add food and cook until done without adding water.

3. Searing with Oil

Same as shallow frying but for a shorter time. Place the food into a colander to drain.

4. Stir-frying or Sautéing

Use a small amount of oil over high heat. Cook various ingredients of the dish together for a short time until they are done and serve. This is the most widely known method of Chinese cooking. The components of the dish are sliced, diced, or shredded for fast cooking.

5. Crisp Browning

Pour a small amount of oil in a pan over medium heat. Brown food thoroughly on one side; this becomes crispy while the other side remains soft and tender.

6. One-side Browning

This method is same as above, but it does not require turning over. As a result, one side becomes crispy while the other side remains soft and tender.

7. **Roasting**

The Chinese method of roasting is similar to the rotisserie method where the food item is hung inside a pre-heated oven and roasted crisp on all sides.

MOIST HEAT METHODS

1. **Steaming**

Place food items with various spices and seasoning in a pottery bowl. Steam over a large amount of water maintained at the boiling point until food is done. The natural juices, drawn from the food while steaming, will remain in the bowl. For this method, it is necessary to employ a special Chinese bamboo or metal steamer. A double boiler is not a substitute for a steamer.

2. **Boiling and Stewing**

Place food in large amount of water, stock, or soup and bring to a boil. Add enough cold water to interrupt the boiling, return to a boil, and cook until food is done. Another similar method is to cook over high heat to boiling, then turn down heat, and simmer until done. In this method, the cold-water step is omitted. If soy sauce is added, this method is called "red cooking" because the soy sauce gives the food a reddish color.

3. **Boil-Steaming**

Cook food in boiling water until it is almost done. Wash with cold water to remove any scum. Place in deep dish with the desired amount of liquid and seasonings. Cover with aluminum foil and steam as described above under "steaming" until fork tender.

4. **Scalding**

Drop slices of raw food in boiling soup over high heat. When soup returns to a boil, the food is ready to eat along with the soup.

5. **Hot Dipping**

Boil water, stock, or soup over high heat. Dip in slices of raw food and take out when desired doneness is reached. The food is then served with a variety of sauces.

6. **Assembling**

Combine raw and cooked foods together in a small amount of water, stock, or soup. Cook over medium heat until done and thicken the liquid.

7. **Stewing**

Raw food is immersed in a pot with 3 to 4 times the amount of liquid. Simmer over low heat until the food is tender, and the soup has reached the desired thickness.

8. **Medium Simmering**

Same as boil-steaming, described above, including the cold-water wash. Some liquid with seasoning is added to the par-boiled food and simmered until done.

9. **Slow Simmering**

Place food in a large amount of soup stock or water in a special pot over low heat and simmer slowly to yield a clear broth and tender food. Salt is added to taste when cooked. The pot must never boil, or the broth will be cloudy.

10. **Special Braising with Spices**

Put cinnamon sticks and anise in a small cheesecloth bag. Place in a pot with large pieces of raw meat or poultry. Add rock candy, sherry, soy sauce, and water and cook until the

meat is done. The resulting sauce is saved for further use. After each subsequent cooking, the sauce becomes richer and more flavorful. It is important to bring the sauce to a boil before each use to prevent spoilage.

OTHER PREPARATION METHODS

Smoking

Place special wood shavings with brown sugar or tea leaves in a pan. Put the cooked food to be smoked in a pot or on a wire rack above it. Heat the bottom pan until the wood chips begin to smoke. Cover the pan and continue the smoking process until the desired flavor is reached or as indicated in the recipe. This process should be conducted in an area with adequate ventilation.

1. Pickling

Most pickling is done by immersing the foodstuff in a brine or marinade of vinegar, sugar, and salt. Sherry is sometimes added as well, replacing a portion of the vinegar.

2. Salting

A large quantity of seasoned salt is rubbed in the food item, which is then hung up to dry.

3. Mixing

This method is similar to tossing a salad and is usually done for a Chinese salad or some pre-cooked food with seasonings at the table.

4. Blanching

Submerge a coated meat into a hot fat. Stir and cook until meat is set. Remove. Drain and reserve for final recipe preparation.

5. Slurry

A combination of cornstarch and water to use as a thickening agent (i.e. lié).

HOW TO CUT VEGETABLES AND SEAFOOD FOR TEMPURA

One of the delights of tempura is the interesting shapes that the food takes on during frying. You can take some liberties in how you prepare the vegetables but be sure that they're cut so that they'll be tender inside just when the batter is crisp and golden. Here are some suggested cutting techniques. Remember to dry all ingredients thoroughly before dunking them in the tempura batter.

Zucchini and Yellow Squash

Cut a sharp angle to make elongated ovals, ½-inch thick, or cut in lengthwise wedges, 3 to 4 inches long.

Bell Peppers

Core and seed, remove all pith, and cut lengthwise into strips ½-inch wide.

Shiitake Mushrooms

Remove stems and fry the caps whole or cut out a decorative star on top.

Green Beans

Trim ends and fry whole.

Sweet onions

Before peeling, cut into rings 1-inch thick; then pull off outer layer of skin.

Eggplant

Cut in half lengthwise, cut half moons ¼-inch thick; sprinkle lightly with salt and let sit for 20 minutes to purge bitter juices; rinse and pat dry.

Asparagus

Trim off all of the woody base with a decorative bias cut

**Sweet Potatoes and Celery Root
Carrots and Parsnips**

Peel and cut into batons, ¼ by 2-inches.

Cut on a sharp angle to make elongated ovals, ¼-inch thick.

Lotus Root

Cut in coarse sections to reveal the beautiful seed pod pattern, ¼-inch thick.

Shrimp

Peel and devein, leaving on the tail (and head, if you like); season with salt and pepper just before dipping in batter.

Squid

Cut into rings; season with salt and pepper just before dipping in batter.

DAY ONE

TEAM PRODUCTION RECIPES

TEAM ONE

Wonton Soup
Stir-Fried Chicken with Glazed Walnuts
Grilled Pork Ribs with Honey Sauce
Steamed Rice

TEAM TWO

Miso Soup
Noodles in a Pot
Yakitori
Steamed Rice

TEAM THREE

Korean Green Onion and Shrimp Pancakes
Braised Beef Short Ribs
Stir-Fried Sweet Potato Noodles
Steamed Rice

TEAM FOUR

Tempura
Grilled Beef with Miso
Spinach with Sesame Dressing
Steamed Rice

WONTON SOUP

Yield: 50 wontons

Ingredients	Amounts
Water	2 qt.
Spinach, stems removed, tightly packed	2 cups
Fresh ginger, finely chopped	$\frac{3}{4}$ tsp.
Garlic clove, finely chopped	1 ea.
Pork, diced	$\frac{3}{4}$ cup
Dark sesame oil	$\frac{3}{4}$ tsp.
Soy sauce	4 tsp.
Ground black pepper	$\frac{3}{4}$ tsp.
Salt	1 tsp.
Wonton wrappers	50 ea.
Egg, beat in a bowl lightly	1 ea.
Oil	1 Tbsp.
Scallion	1 Tbsp.
Ginger	1 tsp.
Chicken stock	3 qt.
Black soy sauce	1 oz.
Salt	to taste
Ground black pepper	to taste
Spinach	4 oz.
Ham, fine julienne	3 oz.
Eggs, lightly beaten	2 ea.

Method

1. Bring the water to a rapid boil. Add the spinach and cook for 1 minute. Drain in a colander and rinse quickly in cold water to prevent overcooking. Gently wring out the spinach in your hands to eliminate excess water.
2. For the filling, in a food processor, combine the cooked spinach, ginger, garlic, pork, sesame oil, and soy sauce. Process for about 30 seconds; the mixture should not be so finely ground that it loses all its texture. Adjust the seasoning with salt and pepper to taste. Reserve.
3. For the wontons, brush the surface of the wrapper with the beaten egg. Place a teaspoon of filling in the middle of each wrapper. Fold the wonton in half, away from you. Press firmly on the outside of the wrapper to seal the filling inside. Take the 2 corners nearest to you and bring them together so that the wonton curls around like

tortellini. Moisten the corners with a little beaten egg and pinch them together. Allow the wontons to dry for about 20 minutes.

4. For the soup, heat the oil in a sauté pan over medium-low heat. Add the scallion and ginger and sauté until the onion is translucent.
5. Add the chicken stock. Bring it to a boil. Add the soy sauce, salt, and pepper.
6. Add the dried wontons. Cook until the wontons are cooked through, about 3 minutes.
7. For the garnish, blanch the spinach in boiling water for 30 seconds. Rough cut.
8. Make a thin omelet with the beaten egg. Fine julienne. Garnish the soup with the spinach, egg, and ham.

Note: To make the wontons in advance, cook them for 3 minutes in boiling water with a tablespoon of peanut oil (to prevent them from sticking). Drain them in a colander. Rinse them with cold water, drain well, and wrap them tightly in plastic wrap. Finished wontons can be kept in the refrigerator for up to 2 days and in the freezer for several weeks. To serve, cook the wontons in boiling salted water for 2 minutes, drain, and add to the soup.

Source: Adapted from *Splendid Soups* by James Peterson

STIR-FRIED CHICKEN WITH GLAZED WALNUTS

Yield: 4 portions

Ingredients	Amounts
Glazed Walnuts (Recipe follows)	½ cup
Chicken breasts, boneless and skinless	1 lb.
Egg white	1 ea.
Salt	1 tsp.
Asian sesame oil	1 tsp.
Cornstarch	2 tsp.
Peanut oil or water	1 cup
Peanut oil	1 Tbsp.
Garlic, coarsely chopped	2 tsp.
Fresh ginger, coarsely chopped	1 tsp.
Scallions, finely chopped	2 Tbsp.
Shaoxing rice wine or dry sherry	2 Tbsp.
Light soy sauce	1½ Tbsp.
Salt	to taste
fresh ground black pepper	to taste

Method

1. Make the glazed walnuts the day or night before.
2. Cut the chicken breasts into 1-inch cubes. Mix the chicken with the egg white, salt, sesame oil, and cornstarch in a small bowl, and refrigerate for about 20 minutes.
3. Heat a wok until it is very hot. Add 1 cup of peanut oil. When the oil is very hot, remove the wok from the heat and immediately toss in the chicken pieces, stirring vigorously to keep them from sticking. As soon as the chicken pieces turn white, in about 2 minutes, quickly drain the chicken and all the oil in a stainless-steel colander set in a bowl. Discard the oil.
4. Wipe the wok clean and reheat it until it is very hot, and then swirl in 1 tablespoon of peanut oil. Toss in the garlic, ginger, and scallion and stir-fry for a few seconds. Now toss the drained chicken, the rice wine, and the soy sauce in the wok and stir-fry the mixture for another 2 minutes. Season with salt and pepper to taste. Toss in the glazed walnuts, give the mixture several stirs, and serve at once.

Source: Easy Family Recipe from a Chinese-American Childhood by Ken Hom

GLAZED WALNUTS

Yield: 4 portions

Ingredients

Amounts

Shelled walnuts	½ lb.
Granulated sugar	¼ cup
Peanut oil	1½ cups

Method

1. Bring a medium-sized pot of water to a boil. Add the walnuts and cook for about 10 minutes to blanch them. Drain them in a colander or sieve and Pat dry with paper towels.
2. Spread the walnuts on a baking tray. Sprinkle the sugar over the walnuts and roll them around in it to cover them completely. Place the tray in a cool, drafty place to dry for at least 2 hours, preferably overnight.
3. Heat the oil in a wok to moderate heat. Working in batches, fry the walnuts for about 2 minutes, or until the sugar melts and the walnuts turn golden. Watch the heat to prevent burning.
4. Remove the walnuts from the oil with a slotted spoon or strainer. Lay them on a nonstick tray or rack to cool. (Do not drain them on paper towels; the sugar will stick when it dries.)
5. Store the glazed walnuts in a sealed glass jar for about 2 weeks.

Note: Glazed walnuts are commonly served with cocktails as appetizers or stir fried with chicken or shrimp.

Source: Easy Family Recipe from a Chinese-American Childhood by Ken Hom

GRILLED PORK RIBS WITH HONEY SAUCE

Ingredients	Amounts
Pork ribs	4 lb.
Hoisin sauce	1 cup
Oyster sauce	1 cup
Sugar	½ cup
Soy sauce, dark	2 tsp.
Star anise	½ tsp.
Bay leaves	½ tsp.
Cardamom	½ tsp.
Spring onion	1½ Tbsp.
Ginger, fresh	1 Tbsp.
White wine	1 cup
Chiang King vinegar (black vinegar)	1½ Tbsp.
Dry red chile	½ tsp.
Light soy sauce	1½ Tbsp.

Method

1. Cut the pork ribs into 4-centimeter-long pieces. Deep-fry the ribs at 180°C for 3 to 4 minutes.
2. In a wok, stir-fry the spring onion, ginger, star anise, bay leaves, chile, and cardamom. Add the pork ribs, wine, water, soy sauce, vinegar, pork rib sauce, seafood sauce, and sugar into the mixture. Braise the ribs on low heat.
3. Once the pork ribs are fully cooked and all liquid is reduced, remove from heat, cool down the ribs, and transfer to a plate.

Source: Yue Liang Fu, Wen Ying Jin, and Ming Hou Shan, as presented at the Worlds of Flavor International Conference & Festival. Published with permission of the author. All rights reserved.

MISO SOUP

MIRSOSHIRU

Yield: 1 portion

Ingredients	Amounts
Miso soup	
Dashi	1 cup
Miso, red, white or a mix of both	1 Tbsp.
Miso soup with pumpkin	
Pumpkin, kabocha	½ lb.
Dashi, unseasoned	2 cups
Mirin	1 Tbsp.
Soy sauce	1 Tbsp.

Method

1. For the miso soup, in a small bowl, mix the *miso* with a small amount of tepid *dashi* until smooth and dissolved. Bring the remaining *dashi* to a boil. Lower the heat to a simmer and stir in the miso. Do not boil once the *miso* has been added or it will lose flavor.
2. For the miso soup with pumpkin, cut the pumpkin or squash in half. Scoop out and discard the seeds and fibrous pulp. Cut the flesh and rind into quarters, and then into wedges about 2-inches long and 1-inch wide. If using kabocha pumpkin, peel away all but a few strips and bits of the green peel to create a camouflage-like pattern. The slight peel will keep the pumpkin from disintegrating as it simmers.
3. Place the pumpkin in a medium saucepan with the broth, mirin, and soy sauce. Simmer until the pumpkin is tender but still firm enough to hold its shape, 15 to 20 minutes.

Note: Try the following miso variations or experiment with variations of your own. The possibilities are endless. However, keep the ingredients simple. You want to accent the flavor of the miso, not cover it up. For 4 cups of *dashi* add:

Tofu and Seaweed: Soak ¼ oz. dried *wakame* seaweed for 20 minutes in tepid water to refresh. Trim off any tough stems if present. Coarsely chop. Add 4 oz. finely diced tofu and the *wakame* to the soup after *miso* has been added and simmer until heated through.

Scallion, Potato, and Seaweed: Soak ¼ oz. dried *wakame* seaweed for 20 minutes in tepid water to refresh. Add ½ lb. peeled, diced potato to *dashi*. Cook until tender. Stir in *miso*. Add refreshed *wakame*. Simmer briefly. Garnish with minced scallion just before serving.

Carrot, Daikon, and Shichimi: Add 2 oz. grated carrot and ½ lb. grated daikon to the *dashi*. Simmer until the vegetables are tender, 3 to 4 minutes. Stir in the *miso*. Sprinkle in the *shichimi* (7 spice blend) to taste.

Source: Chef Drew Spangler

NOODLES IN A POT

Yield: 4 portions

Ingredients	Amounts
Udon noodles, dried	1 lb.
Shrimp, medium	4 ea.
Cake fish paste (kamaboko) (Optional)	1 ea.
Shiitake mushrooms, dried	4 ea.
Trefoil stalks	12 ea.
Primary Dashi (Recipe follows)	4-6 cups
Eggs	4 ea.
Sugar	2 Tbsp.
Mirin	2 Tbsp.
Dashi	1 2/3 cups
Soy sauce	3 Tbsp.
Mirin	2 Tbsp.
Sugar	1 tsp.

Method

1. Boil noodles as directed on package or follow directions above. Rinse well under cold water to remove surface starch.
2. Clean, shell, and devein shrimp, but leave tails attached. Poach in court bouillon. Cut kamaboko into slices about ¼-inch thick. If using fresh shiitake mushrooms, just trim stems and notch caps with a decorative cross. If dried mushrooms are used, soften and trim, then notch caps, and simmer in the same mushroom seasoning liquid. (If mushrooms are very large, cut in half.) Wash trefoil and pat dry.
3. Prepare noodle broth. Keep at a simmer.
4. For the mushroom seasoning liquid, combine the dashi, soy sauce, mirin, and sugar in a sauce pot. Bring to a simmer. Add the mushrooms and simmer until the liquid is almost totally reduced. Drain.
5. Place 1 shrimp, 2 slices kamaboko, 1 shiitake mushroom, and 2 to 3 ounces cooked noodles in large udon bowl. Pour hot noodle broth over. Garnish with 3 stalks of trefoil.

Source: *Asian Ingredients* by Bruce Cost

PRIMARY DASHI

Yield: 1 quart

Ingredients	Amounts
Water, cold	1 qt.
Giant kelp (<i>konbu</i>)	1 oz.
Dried bonito flakes (<i>hana-katsuo</i>)	1 oz.

Method

1. Fill a medium-sized soup pot with 1 quart of cold water and add kelp. Heat, uncovered, until boiling. Important: Kelp emits a strong odor if it is boiled, so remove konbu just before water boils.
2. Insert your thumbnail into the fleshiest part of the kelp. If it is soft, sufficient flavor has been obtained. If tough, return to pot for 1 to 2 minutes. Keep from boiling by adding approximately $\frac{1}{4}$ cup of cold water.
3. After removing the konbu, bring the temperature down quickly and immediately, and add the bonito flakes. No need to stir. Bring to a full boil and remove from the heat at once. If the bonito flakes boil for more than a few seconds, the stock becomes too strong, a bit bitter, and is not suitable for use in clear soups. If you make this mistake, the stock can instead be used as a base for thick soups, in simmered foods, etc.
4. Allow the flakes to start to settle to the bottom of the pot (30 seconds to 1 minute). Remove the foam, then filter the dashi through a cheesecloth-lined sieve. Reserve the bonito flakes and kelp for secondary dashi.

Source: *Japanese Cooking, "A Simple Art"* by Shizuo Tsuji

YAKITORI

Yield: 4 portions

Ingredients	Amounts
Chicken livers	2/3 lb.
Chicken legs, boneless and skinless	2 lb.
Bell peppers, small	8 ea.
Onions, long	5 ea.
Yakitori Sauce (Recipe follows)	
Ground sansho pepper	to taste
Seven-spice mixture (shichimi)	to taste

Method

1. Cut the livers in half, wash well, and drain.
2. Cut the chicken meat into 1-inch pieces.
3. Seed the peppers and cut into 1-inch squares. Clean long onions (or leeks) and cut crosswise into 1-inch lengths.
4. Use disposable 8-inch bamboo skewers made especially for yakitori and available at oriental provisions stores, or short stainless steel kebab skewers.
5. Thread ingredients on skewers, making the varieties indicated above. Arrange on a platter.
6. Grill over the hottest coals. You can rest skewers on a conventional grill, but the sketch shows a setup with bricks that allows the cook to turn the skewers without burning fingers.
7. Put the skewers over the coals without salting. Grill, turning every few minutes, until the juices begin to flow out. Brush with yakitori sauce or dip kebabs into sauce and continue grilling. Baste or dip a second time. If you dip food into the sauce let excess sauce drip back into its pot so it does not drip into the fire and cause flare up.
8. Do not overcook, or food will be dry.
9. As the kebabs are finished, transfer to a serving platter. Allow guests to help themselves. Let guests sprinkle on some fragrant sansho pepper powder or seven-spice mixture (shichimi), as preferred.

Note: if using an oven broiler instead of a charcoal fire for yakitori, cut the chicken in somewhat larger chunks, because the broiler temperature is lower than charcoal and small pieces will become dry.

Source: Japanese Cooking "A Simple Art" by Shizuo Tsuji

YAKITORI SAUCE

Yield: 3 1/3 cups

Ingredients	Amounts
Bone of chicken leg	1 ea.
Sake	1 1/4 cups
Mirin	1/2 cup + 2 Tbsp.
Rock sugar	5 1/2 oz.
Dark soy sauce	2 cups
Tamari sauce	3 Tbsp.

Method

1. Remove the meat from the bone. Grill or roast the bone until crisp but not scorched.
2. Combine the sake, mirin, rock sugar, soy sauce, and tamari in a medium-sized saucepan. Stir well. Add the grilled chicken bone. Simmer over low heat, stirring frequently until the rock sugar is dissolved. Continue to simmer until the sauce is reduced by 20 percent.
3. Remove from the heat and allow it to cool to room temperature. Strain. Discard the bone. Tightly seal in a bottle and refrigerate.

Note: If you dip skewers into sauce during grilling instead of basting, reheat the sauce after every use and simmer for a few minutes to cook out moisture given off by the grilled foods. Allow it to come to room temperature and strain before storing. If this step is skipped, moisture from the grilled foods can sour the sauce.

Source: *Japanese Cooking "A Simple Art"* by Shizuo Tsuji

KOREAN GREEN ONION AND SHRIMP PANCAKES

Yield: 4 pancakes

Ingredients	Amounts
Soy sauce	3 Tbsp.
Cilantro, finely chopped	2 Tbsp.
Green onion, finely chopped	1 ea.
Rice wine vinegar	1 Tbsp.
Sugar	1 tsp.
Toasted sesame oil	1 tsp.
Grated ginger	1 tsp.
Egg, large, whole	3 ea.
Egg, large, white	4 ea.
Flour	1½ cup
Vegetable oil	2 1/3 Tbsp.
Water	1 cup
Rock shrimp	¼ lb.
Green onions, trimmed, quartered lengthwise, cut into 3-in. lengths	10 ea.
Zucchini, trimmed, fine julienned	1 ea.
Carrot, peeled, fine julienned	1 ea.
Fresh chives, minced	¼ cup

Method

1. For the dipping sauce, combine the soy sauce, cilantro, green onion, vinegar, sugar, sesame oil, and ginger. Reserve at room temperature.
2. For the pancakes, beat the eggs and egg whites together with a fork.
3. Whisk in the flour, 1 tablespoon of oil, and the water. The batter should be smooth and medium thick. Let the batter rest for 20 minutes.
4. Heat 1 teaspoon of oil in a nonstick skillet over medium-low heat. Pour out approximately ½ cup of the batter into a 6- to 8-inch circle. Top with ¼ of the rock shrimp, green onions, carrots, zucchini, and chives.
5. Spoon about ¼ cup of the batter over the pancake to fill the spaces between the vegetables. Allow it to cook until the egg mixture has begun to set, 3 to 5 minutes. Flip the pancake and cook the other side. Press with a spatula to ensure that the batter cooks through.
6. Repeat with the remaining batter.

BRAISED BEEF SHORT RIBS

KALBI JIM

Yield: 8 portions

Ingredients	Amounts
Mushrooms, oak, dried	8 ea.
Beef short ribs, bone-in, 3-in. lengths	4½ lb.
Mirin	1½ cups
Soy sauce, light	¾ cup
Onion, 2" pieces	6 oz.
Ginger, peeled and lightly crushed	1½ oz.
Garlic cloves, chopped	6 ea.
Daikon, oblique or disk	12 oz.
Carrots, cut on bias, 1½-in. lengths	12 oz.
Jujube, Chinese red dates	6 Tbsp.
Kosher salt	2 tsp.
Ginkgo nuts, canned	¾ cup
Sesame oil, toasted	2 tsp.
Egg, separated	3 ea.

Method

1. Rehydrate the shiitake mushrooms in cool water overnight or in warm water the day of service. Cut off the entire stem and discard. Decant mushroom rehydration water to cook beef in. Cut caps into halves.
2. Blanch short ribs, add mirin, soy sauce, onions, ginger, garlic, and reserved mushroom infused water to just cover the ribs.
3. Bring mixture to boil then immediately lower to simmer. Simmer for at least 2 hours or until fork-tender, skimming scum as it accumulates. Occasionally stir meat to keep moist.
4. After the first hour, stir in daikon and mushrooms. Simmer for 30 more minutes. Add carrots and dates. Simmer until the meat is fork tender. Discard the crushed ginger.
5. Taste the simmering liquid. You are trying to achieve a slightly sweet and salty taste that is fairly intense. Adjust the seasoning with soy sauce and sugar.
6. Stir in the ginkgo nuts and sesame oil, cook until heated through. Before serving, remove the crushed ginger.
7. For each portion, serve two ribs and some carrots, daikon, and dates.
8. For the garnish, prepare a thin omelet made with yolk and whites separately. Cut into bite-sized diamonds.

Note: cooked chestnuts can be substituted for the ginkgo nuts.

STIR-FRIED SWEET POTATO NOODLES

JAP CHAE

Yield: 5 portions

Ingredients	Amounts
Mushrooms, oak, dried	10 ea.
Mushrooms, wood ear, dried	1 oz.
Noodles, sweet-potato	18 oz.
Scallion, trimmed, thinly sliced	3 ea.
Soy sauce, light	½ cup
Sesame oil, dark/toasted	1 Tbsp.
Sugar	2 Tbsp.
Vegetable oil	½ cup
Onions, thinly sliced with the grain	6 oz.
Garlic cloves, minced	8 ea.
Pepper, red bell, julienne	4 oz.
Cabbage, green, ¼" chiffonade	10 oz.
Carrot, julienned	6 oz.
Kosher salt and ground black pepper	as needed
Eggs, beaten lightly	5 ea.

Method

1. Re-hydrate the shiitake mushrooms in cool water overnight. Cut off the entire stem and discard (or use for stock). Cut caps into 1/8-inch-wide strips. Reserve re-hydration water to moisten noodles during cooking process if necessary.
2. Re-hydrate the wood ear mushrooms. Trim off hard nodules, cut into 1/8-inch-wide strips.
3. Pour boiling water over the noodles, covering them by at least 2-inches. Soak until re-hydrated and elastic, 8 to 10 minutes. Drain, rinse with cool water, reserve.
4. Whisk together scallions, soy sauce, sesame oil, and sugar.
5. Heat the oil in a wok, stir-fry the onions and garlic until aromatic.
6. Add mushrooms, peppers, cabbage, and carrots, and stir-fry until vegetables are almost cooked through. Add the noodles, stir-fry until heated through.
7. Add the soy sauce mixture, season with salt and pepper, and toss well. If mixture appears dry, use shiitake rehydration liquid to moisten lightly. Transfer to serving plate.
8. For the garnish, make an omelet with the beaten eggs. Julienne.

TEMPURA

Yield: 6 portions

Ingredients	Amounts
Eggplant, small	1 ea.
Dashi	1 cup
Mirin	1/3 cup
Soy sauce, light	1/3 cup
Daikon, grated	1 cup
Ginger, grated	2 tsp.
Egg yolk	1 ea.
Water, ice cold	2 cup
Baking soda	1/8 tsp.
Flour	1 cup
Cornstarch	2/3 cup
Shrimp, raw, shelled, deveined	1 lb.
Flour	1/2 cup
Snow peas, fresh or frozen	12 ea.
White mushrooms, cut in half	6 ea.
Sweet potato, medium, peeled, sliced into 1/4-in.-thick rounds	1 ea.
Vegetable oil	

Method

1. Peel the eggplant, leaving occasional 1/2- inch wide strips of purple skin to add color to the finished dish. Cut the eggplant in half lengthwise, then cut into 1/4- inch thick slices. Wash in cold water, pat thoroughly dry with paper towels, and set aside.
2. For the dipping sauce, combine the dashi, mirin, and soy sauce in sauce pot. Bring it to a simmer. Remove from heat. Add the daikon and ginger.
3. For the batter, combine 1 egg yolk with 2 cups of ice-cold water and 1/8 teaspoon of baking soda in a large mixing bowl. Sift in the flour and cornstarch and mix well with a wooden spoon. The batter should be somewhat thin and watery and run easily off the spoon. If it is too thick, thin it with drops of cold water. Ideally, the batter should be used shortly after being made, but it may wait if necessary for no longer than 10 minutes.
4. Preheat the oven to 250°F. Heat the oil until it registers 375°F on a deep fat thermometer.
5. Since tempura must be served hot, the most practical way to cook tempura is to divide the ingredients into individual portions. Place them on separate sheets of wax paper so

that a complete serving composed of 3 shrimp, 2 snow peas, 2 mushroom halves, 3 ginkgo nuts, or slice of sweet potato, can be fried at a time and kept warm in the oven while the remaining portions are being fried.

6. Dip the shrimp in the flour and vigorously shake off the excess.
7. Dip one piece of food at a time into the batter, twirling it around to coat it, then drop it into the pan. Fry only 6 to 8 pieces of food at a time. Turn the pieces with chopsticks or tongs after one minute, and fry another minute, or until they take on a light gold color.
8. Drain on paper towels, arrange a serving of food on an individual plate or in a basket and keep warm in the oven for no longer than 5 minutes. Skim the oil, check the temperature of the oil, and fry the remaining portions.
9. Accompany each serving of tempura with a small dish of dipping sauce.

Source: *Japanese Cooking "A Simple Art"* by Shizuo Tsuji

GRILLED BEEF WITH MISO

Yield: 4 portions

Ingredients	Amounts
Tenderloin or fillet of beef	1 lb.
Zucchini, medium	1 ea.
Red Miso Dressing (Recipe follows)	4 Tbsp.
Poppy seeds, toasted	2 ½ tsp.
Vegetable oil	1 Tbsp.
Watercress sprigs	4 ea.

Method

1. Cut the beef into ½-inch by ½-inch pieces.
2. Peel the zucchini, slice in half lengthwise, and then cut into ½- inch half moons.
3. Skewer 2 pieces of beef on a pair of skewers, sprinkle lightly with salt, and grill over high heat until the surface of the meat has browned, then turn and grill the other side.
Remove the skewers and spread a generous amount of red miso sauce on each piece.
4. Line a shallow baking pan or ovenproof casserole with aluminum foil and arrange the beef in the bottom. Place under a very hot broiler until the miso begins to brown slightly.
Remove and top with poppy seeds.
5. Heat the oil in a frying pan over medium heat and sauté the zucchini. When tender, season with salt and pepper, and remove from heat.
6. Arrange the beef and zucchini in serving dishes. Garnish with a sprig of watercress.

Source: *Japanese Cooking "A Simple Art"* by Shizuo Tsuji

RED MISO DRESSING

Yield: 1 cup

Ingredients

Amounts

Red miso	3/4 cup
Sugar	2 Tbsp.
Soy sauce, light	2 tsp.
Dashi	3 Tbsp.

Method

1. In a small bowl, blend the miso, sugar, and soy sauce.
2. Cream the miso mixture with the dashi.
3. Keeps for 1 month refrigerated.

Note: sake or mirin can be substituted for the dashi. The dressing may also be flavored with toasted and ground sesame seed or sansho pepper powder.

Source: *Japanese Cooking "A Simple Art"* by Shizuo Tsuji

SPINACH WITH SESAME DRESSING

Yield: 4 Portions

Ingredients	Amounts
White sesame seeds	4 Tbsp.
Sugar	1 tsp.
Soy sauce, dark	2 tsp.
Dashi	3 Tbsp.
Fresh spinach, washed, parboiled	1 lb.
Salt	to taste

Method

1. Toast the sesame seeds. Place them in a mortar and crush with a pestle.
2. Add sugar. Stir with the pestle.
3. Add the soy sauce and dashi. Mix with speed and strength, almost a whipping action, to blend well.
4. Taste and add more sugar, if necessary. Mix thoroughly.
5. Chop the parboiled spinach into 1½-inch lengths. Add the spinach to the dressing in the mortar. With a very light touch, use the pestle to mix the spinach and dressing. The spinach should be very slightly bruised to allow the sesame dressing to penetrate. Do not crush.
6. Season with salt to taste.
7. Serve the spinach portioned into the center of 4 small, deep dishes. Serve at room temperature.

Source: Japanese Cooking "A Simple Art" by Shizuo Tsuji

DAY TWO:

THE SOUTHEAST ASIAN KITCHEN

LEARNING OBJECTIVES

By the end of this class session, you should be able to ...

- List the flavor profiles for Vietnam and Thailand
- List key ingredients used in Southeast Asian cuisine
- Identify a variety of herbs used in Southeast Asian cuisine
- Describe the concept of layering flavors, texture, and temperatures
- Prepare a curry paste

LEARNING ACTIVITIES

Lecture/discussion
Demonstrations
Hands-on production
Product evaluation

KEY TERMS

Flavor profile
Nuoc mam
Nuoc cham
Nam pla
Curry paste

INSTRUCTOR DEMONSTRATIONS

Nuoc cham
Summer rolls
Thai curry paste

ASIAN FLAVOR DYNAMICS

KEY PRINCIPLES AND IDEAS

Here are several principles and ideas that create the flavor dynamics and distinctive, appealing character of the Asian table. Some of these concepts overlap but are worth listing separately for emphasis.

1. **The Role of Rice.** Rice plays an important role at the Asian table. All meals are built around rice, or rice-based foods such as rice noodles or rice dumplings or rice cakes. It is served at all times of the day. At breakfast rice soup or rice noodle soup is often served; at lunch and dinner, steamed rice is an integral part of the overall meal. Usually long-grain, and sometimes medium-grain or sticky rice is served. Because rice is neutral tasting, other accompanying foods – especially dipping sauces - are often assertively seasoned.
2. **Layering Distinctive Flavors.** Unlike the Western approach of blending and harmonizing sauces or creating flavors through slow reduction cooking, the Asians prefer to achieve this balance through layering of flavors. Key ingredients will be found in various forms within the same dish. A rich roasted chile paste may be added to a dish initially, but in the finish, a fresh hot green chile maybe added to add another level of heat and flavor. In Vietnam, textures and temperatures are also layered. Keeping tastes and textures separate and distinct in a finished dish is very important.
3. **Toppings and Garnishing.** Roasted peanuts, fried shallots, and scallion oil are among the many toppings used to finish rice, noodle, salad, and soup dishes. These toppings are not only garnishes but an integral part of the overall flavor dynamic of the dish. In Thailand, garnishes are elaborately carved from vegetables and fruits. Used artistic display pieces.
4. **Hot and Cold.** Whereas in Western cooking dishes tend to be either hot or cold, in Asian cooking, when many dishes are served, quite often, a hot and cold component will be served simultaneously. This juxtaposition produces a delightful contrast.
5. **Many Dishes on the Table.** With some exceptions – such as one-dish bowls prepared by street vendors - dishes are usually not eaten by themselves, but with other dishes that make up a meal. Here the flavor dynamics work in the context of an entire meal. Instead of trying to balance the flavors in each dish, the goal is to balance the meal by carefully selecting complementary dishes. For this reason, all the dishes need to be served at once.
6. **Meat and Fish in Small Quantities.** Meat and fish, which are expensive, are typically eaten in small quantities – and their flavors are developed in a way that can enrich and

extend the savory quality of the entire meal. This often means dishes are highly seasoned, with fish sauce and aromatics like lemon grass and ginger.

7. **Regional Differences**. Regional variations in flavors generally fall into those of the South, the Central and the North. This will vary from country to country, but inevitably, the influences of their bordering neighbors, agriculture and environment will influence the cuisine of the region.
8. **Less Seasonal Variation**. Because of its position in the tropics, seasonal variation is less of a factor in understanding Southeast Asian cuisine, although some ingredients do have seasons (e.g., local fruits).
9. **Soup as Beverage**. Soup typically functions as a beverage in Asian meals, as well a savory dish. It's almost always present at a family meal. The soup, which is usually a clear broth, is ladled into a small bowl with rice or it is sipped at the end of the meal as a finish to the meal.

THE THAI TABLE

"At the Thai table ... no matter how refined, delicate, or complex dishes may be, they are merely accompaniments to the rice."

-David Thompson

It is hard to overstate the importance of rice in Thai culture and cuisine. The Thais revere this grain, which is the foundation of the country's agriculture. Instead of saying grace at the start of a meal, children are taught to put their palms together and bow toward their empty plate at the end of a meal to give thanks to the Rice Mother. Thais frown on wasting rice and will rarely leave any grains on their plate.

Thailand has the fifth-largest amount of land under rice cultivation in the world and is the world's second largest exporter of rice. An estimated 16 million Thais are rice farmers. Thais eat 370 pounds of rice per capita a year—about a pound per day. Jasmine rice, a long-grain aromatic rice, is preferred in much of the country, although glutinous rice (sweet rice) is common in the north.

In Thailand, rice is not an accompaniment to a meal; it is the center of it. The other dishes—soups, curries, salads, relishes—accompany the rice and are subsidiary to it. Thais typically begin a meal by spooning a large portion of rice onto their plate. Then they spoon a small portion of, say, green curry onto their rice, mix it in and eat it before moving on to something else. Throughout the meal, they will go back and forth among the dishes until their appetite is satisfied. Thais eat with fork and spoon, not chopsticks, using the fork to transfer food onto the spoon.

Thailand's distinctive cuisine reflects the influence of two neighboring countries: China and India. The Chinese, who were Thailand's first settlers, contributed the wok, the stir-fry method, and the technique of balancing sweet, tart, hot, and sour flavors. India introduced many spices and bequeathed a taste for curries, although Thai curries have their own flavor profile and texture. Thai curries are typically soupier and more herbaceous than Indian curries.

Every traditional Thai cook owns a mortar and pestle and uses it daily. Wooden mortars are used for softer ingredients, as when making green papaya salad. Stone mortars stand up to the heavy pounding required when making curry pastes with fibrous ingredients like lemon grass, galangal, and ginger.

Most Thai food ranges from hot to incendiary. The heat comes from a variety of fresh and dried chiles as well as chili sauce. The familiar Sriracha sauce, an all-purpose table condiment, is made in Thailand and is as commonplace there as Tabasco is in the American South. Roasted chili paste (*nam prik pao*) also adds heat to soups and stir-fries. Americans sometimes find Thai food impossibly hot because they don't eat it as Thais do, with a great deal of rice.

The tartness in Thai cooking usually comes from lime juice or tamarind. Thais are fond of sour flavors--the well-known hot-and-sour prawn soup being a good example of how deftly they balance sour with hot, salty, and sweet. The sweet element often comes from palm sugar or *nam prik pao*, which contains sugar. For saltiness, Thai cooks turn to fish sauce, soy sauce, bean sauce, or shrimp paste. Lemon grass, galangal and kaffir lime are the "holy trinity" of Thai herbal seasonings, the aromatic foundation of many curries.

KEY INGREDIENTS:

rice (jasmine rice, sweet rice)
cellophane noodles,
coconut milk
bean curd
eggplant
mushrooms (fresh and dried)
tomato
bok choy
bamboo shoots
baby corn
mango
papaya
pineapple

durian
lime
banana (leaves, blossom and fruit)
tamarind
chiles
ginger
lesser ginger (kra chai),
galangal
shallots
lemon grass
fresh turmeric
cilantro (including the roots)
Thai basil

holy basil
makrut lime (leaves and rind)
pandan leaf
mint
palm sugar
bean paste
shrimp paste
fish sauce
oyster sauce
soy sauce
chili sauce.

THE VIETNAMESE TABLE

A long, narrow country shaped like an elongated S, Vietnam can truly lay claim to a “lean cuisine.” Many of its most famous dishes are simmered in broth or grilled. The many fresh salads are sauced with lime juice, fish sauce, and sugar—rarely with oil. The ubiquitous dipping sauces are likewise oil free. In its heavy reliance on rice and noodles, herbs and greens, with small amounts of meat and fish, it is a resoundingly healthful cuisine.

Vietnam acknowledges several influences on its table—most notably, China, Thailand, India and France. The earliest settlers came from China, and China ruled Vietnam for 10 centuries, until 938 A.D. This long occupation explains why the Vietnamese eat with chopsticks and stir-fry many dishes, and why they developed a taste for soy sauce, bean curd, noodles, and ginger. From India by way of Thailand comes the Vietnamese interpretation of curry. Vietnamese curries are lighter and less spicy than their Indian or Thai counterparts, relying on coconut milk, curry powder, and chili paste, rather than the laborious pounding of herbs and spices.

France ruled Vietnam for a century, until 1954, and that European country’s fingerprint can be seen in the Vietnamese fondness for drip coffee (always with milk) and the presence of baguettes, baguette sandwiches, and French pastries in the cafés. Vietnamese cooks in colonial French households mastered *boeuf bourguignon*, giving it a local twist with the addition of star anise and Asian basil. The baguette sandwiches may look French, but inside them is pork pâté flavored with fish sauce and cinnamon, with a garnish of pickled vegetables and cilantro.

Author and Sacramento restaurateur Mai Pham, who was born in Vietnam, points to three distinguishing characteristics of her native country’s table: the presence of fish sauce in almost every dish; the lavish use of herbs; and the common practice of wrapping hot foods, especially grilled foods, in lettuce and/or rice paper and enhancing the resulting package with a dipping sauce.

Fish sauce (*nuoc mam*) is Vietnam’s salt. A savory splash goes into every stir-fry and marinade, into soups and noodles. It is the basis of *nuoc cham*, the tangy condiment and dipping sauce that is always on the table. Other common condiments include chopped roasted peanuts, scallion oil, fried shallots, sliced chiles, and chili sauce. “Much of the creation of flavor happens at the table,” writes Pham, as diners spoon these condiments into noodles or noodle soups, along with masses of fresh herbs.

Herbs are used so plentifully that they are essentially thought of as greens. Cilantro, mint, Asian basil, saw-tooth herb, and *rau ram* (Vietnamese cilantro) are among the most favored for tearing into soups and noodle preparations. Many Vietnamese dishes arrive with a “table salad” of leaf lettuce, bean sprouts, cucumbers, and herb sprigs. The diner tucks a piece of grilled meat or crisp fried spring roll into the lettuce leaf along with the other raw vegetables and herbs, then dips this “taco” into *nuoc cham* or peanut sauce.

Rice dominates the Vietnamese table and agriculture. Steamed rice, rice noodles, steamed rice cakes and rice-flour crepes are all part of the repertoire. *Goi cuon*, the popular salad roll, features rice vermicelli tucked inside a rice-paper wrapper, with bean sprouts, herbs, shrimp, and pork. Hanoi's beef noodle soup, *pho*, a common breakfast or lunch in Vietnam that's finding many fans in the U.S., showcases rice noodles in an aromatic, ginger-infused beef broth.

KEY INGREDIENTS:

Rice	tomato	lime
rice paper	lemon grass	ginger
rice noodles	banana blossoms	garlic
fish sauce	green mangoes	shallots
herbs	pineapple	fresh chiles
bean sprouts	lotus root	chili paste
mushrooms	peanuts	coconut milk.
cucumber	tamarind	
eggplant	shallots	

THE MAGIC ELIXIR OF SOUTHEAST ASIA: FISH SAUCE

At the top on your shopping list for Thai ingredients should be the magic elixir that does wonders to most Thai dishes: fish sauce, or in Thai, *năm bplah*. It is a brew made by fermenting anchovies in sea salt and water. Not only is it an essential ingredient in finished dishes, it appears as a condiment on the dining table at nearly every meal, by itself or mixed with chillies and sometimes lime juice. A prime source of salt in the Thai diet and rich in protein, B vitamins and minerals, this clear brown liquid is to Thai cooking what soy sauce is to Chinese and Japanese cooking.

If you are new to Thai cooking, please do not shy away from this very important sauce just because the first time you smell it you may be overcome with disgust. When used in cooking, its fishiness lessens dramatically as it dissipates and blends in deliciously with aromatic flavor ingredients. If its odor does not diminish, you may consider switching brands because some are markedly stronger while others are mild and more likable to the uninitiated. Most Thais prefer a sauce with a mid-range of fishiness but keep a couple of varieties on hand for various purposes. For instance, an uncooked dipping sauce for the table fares better with a milder sauce, whereas rich curries, spicy soups and seafood dishes are enhanced by a stronger blend.

Most fish sauces come in large 24-ounce bottles, there is little reason to look for anything smaller, unless you are planning to cook at your friend's house or wish to treat yourself with Thai food on your camping trip. The large bottle may seem like an endless supply, but if you cook Thai food with any regularity, you will find it empties quickly. Besides, it is inexpensive at less than a dollar and a half per bottle. Fish sauce does not need to be refrigerated after opening. Keep the cap snapped tightly as exposure to air can turn the sauce darker in color and evaporation can intensify its saltiness. If you use your fish sauce very rarely, salt will eventually crystallize on the bottom of the bottle, but it should still be fine to use. The sea salt in fish sauce preserves it indefinitely.

Source: *It Rains Fishes* by Kasma Loha-unchit

DAY TWO

TEAM PRODUCTION RECIPES

TEAM ONE: VIETNAM

Crispy Spring Rolls with Table Salad and Ginger-Lime Dipping Sauce

Sizzling Saigon Crepes

Hanoi Rice Noodles with Grilled Pork

Marinate Chicken Tikka for Day Three

TEAM TWO: THAILAND

Miang Kum

Thai Green Papaya Salad

Steamed Fish Fillet in Curry Mousse

Marinate Tandoori Chicken for Day Three

TEAM THREE: MALAYSIA

Chicken Laksa

Black Pepper Scampi

Satay with Peanut Sauce and Pineapple Sambal

TEAM FOUR: CAMBODIA

Green Papaya Salad

Fried Corn Cakes

Five Spice Chicken with Dates

CRISPY SPRING ROLLS

Yield: 25 pieces

Ingredients	Amounts
Bean thread noodles, dried	1 oz.
Tree ear mushrooms, dried	1 Tbsp.
Onion, minced, squeezed dry	1 ea.
Carrot, peeled, grated, squeezed dry	1 ea.
Green onions, sliced thin	3 ea.
Egg	1 ea.
Fish sauce	2 Tbsp.
Garlic, minced	½ Tbsp.
Salt	¼ tsp.
Sugar	2 tsp.
Ground black pepper	½ tsp.
Crabmeat	½ lb.
Ground pork	½ lb.
Thin spring roll wrappers	15 ea.
Cornstarch	2 Tbsp.
Water	1/3 cup
Vegetable, oil	as needed
Table Salad (Recipe follows)	1x recipe
Ginger-Lime Dipping Sauce (Recipe follows)	2/3 cup

Method

1. Soak the dried bean thread noodles in hot water for 30 minutes. Drain. Cut into ½-inch pieces.
2. Soak the dried tree ear mushrooms in hot water for 30 minutes. Drain. Trim the stems and chop.
3. In a large bowl, combine the bean thread noodles, mushrooms, onions, carrot, and green onions. Set aside.
4. In another large bowl, beat the eggs then add the fish sauce, garlic, salt, sugar, and black pepper. Add the crabmeat and pork and using a fork, break up the meat so it is thoroughly mixed with the seasonings. Add the noodle mixture and mix well. Set aside.
5. In a small saucepan, combine the cornstarch and water. Bring it to a boil, stirring often to prevent sticking. If it is too thick, add more water. This is the "glue" to seal the edges of the wrapper.
6. Cut the wrappers in half diagonally. You will have two equal size triangles. Starting with the longest side towards you, place about 2 tablespoons of filling on the bottom area of the triangle. Using your fingers, mold the filling into a cylinder 2 inches long and 1 inch

wide. Fold the 2 sides of the wrapper in and roll to enclose. Dab a little cornstarch mixture along the edges (do not over glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them.

7. To fry, heat a large wok or fry pan. When hot, add enough oil in to completely cover the spring rolls. The rolls should float and not touch the pan. Heat the oil to about 325°F.
8. Working in batches, carefully place the rolls into the oil. Do not crowd the pan or place the rolls on top of each other. Fry the spring rolls for about 3 to 4 minutes on each side, turning often until they are nicely brown and crisp. If they brown before that, reduce the heat as the oil is too hot.
9. Remove the cooked spring rolls from heat and drain on paper towels. Serve immediately with dipping sauce and table salad.

Source: *The Best of Vietnamese & Thai Cooking* by Mai Pham

TABLE SALAD

Yield: 4 portions

Ingredients	Amounts
Red leaf lettuce, head, leaves separated	2 ea.
Cucumber, julienne	½ ea.
Bean sprouts	2 cups
Fresh mint sprigs	6 ea.
Fresh Thai basil sprigs	6 ea.
Fresh purple basil sprigs (Optional)	6 ea.
Fresh cilantro sprigs	10 ea.

Method

1. Arrange all the ingredients in attractive rows on a large platter.
2. To eat, tear off a piece of lettuce large enough to wrap and top with some cucumber, bean sprouts, and herbs. Add a piece of meat or whatever you are serving and roll into a small cylinder. Dip in sauce and enjoy.

Note: This platter usually consists of whole-leaf lettuce, mint, cucumbers, bean sprouts, other greens, herbs such as mint, basil, purple basil, and cilantro, and soaked rice paper. If serving rice paper, immerse in warm water (about 100°F) and then fill with above ingredients and accompanying meals.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

GINGER-LIME DIPPING SAUCE

Yield: 2/3 cup

Ingredients	Amounts
Garlic cloves, sliced	2 ea.
Fresh Thai Bird	2 ea.
Fresh ginger, very finely minced	2 Tbsp.
Fish sauce	1/4 cup
Fresh lime juice, preferably with pulp	2 Tbsp.
Water	1/4 cup
Sugar	4 Tbsp.

Method

1. Place the garlic, chilies, chili paste, and ginger in a mortar. Pound with a pestle into a paste.
2. Transfer to a mixing bowl. Add the fish sauce, lime juice, water, and sugar. Mix until well blended.
3. To store, transfer to a glass jar and cover with a tight lid. If refrigerated, it will keep up to 3 weeks.

Note: Tangy, spicy, and cleanly flavored, this sauce is great with steamed chicken or duck, or with pan-fried fish and grilled meats.

Source: Chef Mai Pham

SIZZLING SAIGON CREPES

BANH XEO

Yield: 4 large crepes

Ingredients	Amounts
Rice flour	2 cups
Coconut milk, unsweetened	½ cup
Water	2 1/3 cups
Turmeric, ground	1 ½ tsp.
Sugar	1 tsp.
Salt	½ tsp.
Curry powder	½ tsp.
Scallions, cut into thin rings	3 ea.
Vegetable oil (Divided)	5 Tbsp.
Mushroom, white	2 cups
Onion, yellow, thinly sliced	½ cup
Pork shoulder, thinly sliced	4 oz.
Shrimp, raw, medium, peeled, deveined	12 ea.
Bean sprouts	4 cups
Vietnamese dipping sauce (Recipe follows)	1 ½ cups
Table Salad (Recipe follows)	1x recipe

Method

1. For the batter, place the rice flour, coconut milk, water, turmeric, sugar, salt, curry powder, and scallions in a bowl. Stir well to blend. Reserve.
2. For the filling, heat 1 tablespoon of the oil in a sauté pan over medium-low heat. Add the mushrooms and lightly sauté. Drain.
3. Heat 1 tablespoon of the oil in a large nonstick skillet over high heat. Add ¼ each of the onion, pork, and shrimp and stir until fragrant, about 15 seconds.
4. Whisk the reserved batter and ladle about 2/3 cup into the skillet. Swirl the skillet so the batter completely covers the surface.
5. Neatly pile about 1 cup bean sprouts and ½ cup of mushrooms on one side of the crepe, closer to the center than the edge. Reduce the heat slightly, cover the pan and cook until the edges pull away from the sides of the pan, about 5 minutes.
6. Turn down the heat to low. Uncover and cook until the crepe is crisp and the chicken and shrimp are done, 2 to 3 minutes. Slip a spatula under the crepe to check on the bottom of the crepe. If it is not brown, cook for another minute or two.

7. Lift the side of the crepe without the bean sprouts and mushrooms and fold it over the covered side of the crepe. Using a spatula, gently slide the crepe onto a large plate. Wipe the pan clean and make the remaining crepes in the same way. Be sure to oil the pan before beginning the next crepe.
8. Serve with the Vietnamese Dipping Sauce and Table Salad. To eat, tear a piece of the banh xeo and wrap with lettuce or mustard leaves and herbs. Roll it into a packet, then dip it into the sauce.

Note: Chicken breast can be substituted for the pork shoulder.

VIETNAMESE DIPPING SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Thai bird chile, sliced into thin rings (Divided)	3 ea.
Garlic clove, sliced	1 ea.
Sugar	3 Tbsp.
Water, warm	2/3 cup
Lime juice, fresh	1 ½ Tbsp.
Fish sauce	5 Tbsp.
Carrots, finely shredded	2 Tbsp.

Method

1. Place 2/3 of the chiles and all the garlic and sugar in a mortar. Pound it with a pestle into coarse, wet paste.
2. Transfer to a small bowl. Add the water, lime juice, and fish sauce. Stir well to dissolve.
3. Add the carrots and the remaining chiles. Set aside for 10 minutes before serving.

TABLE SALAD

Yield: 4 portions

Ingredients	Amounts
Red leaf lettuce, leaves separated	2 hd.
Cucumber, julienne	½ ea.
Bean sprouts	2 cup
Fresh mint sprigs	6 ea.
Fresh Thai basil sprigs	6 ea.
Fresh purple basil sprigs (Optional)	6 ea.
Fresh cilantro sprigs	10 ea.

Method

4. Arrange all the ingredients in attractive rows on a large platter.
5. To eat, tear off a piece of lettuce large enough to wrap and top with some cucumber, bean sprouts, and herbs. Add a piece of meat or whatever you are serving and roll into a small cylinder. Dip in sauce and enjoy.

Note: This platter usually consists of whole-leaf lettuce, mint, cucumbers, bean sprouts, other greens, herbs such as mint, basil, purple basil, and cilantro, and soaked rice paper. If serving rice paper, immerse in warm water (about 100°F) and then fill with above ingredients and accompanying meals.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

HANOI RICE NOODLES WITH GRILLED PORK

BUN CHA HANOI

Yield: 4 portions

Ingredients	Amounts
Scallions, sliced into thin rings	2 ea.
Shallot, minced	1 ea.
Fish sauce	1 Tbsp.
Caramel sauce or brown sugar	1½ tsp. or 1 tsp.
Salt	¼ tsp.
Freshly ground black pepper	½ tsp.
Vegetable oil	1 Tbsp.
Pork tenderloin, sliced thin across grain	½ lb.
Ground pork	½ lb.
Yellow onions, chopped	¼ cup
Dried bun (rice vermicelli), small, cooked until soft but still firm, 4-5 minutes, rinsed, drained	2/3 lb.
Table Salad (Recipe follows)	
Vietnamese dipping Sauce (Recipe follows)	3 cups

Method

1. Combine the scallions, shallot, fish sauce, caramel sauce, salt, and pepper in a bowl and stir to blend. Divide the marinade equally between 2 bowls. Add the oil and sliced pork to one bowl and toss to evenly coat the meat. Let marinate for 20 minutes. In the second bowl, add the ground pork and onions and mix well. Shape the ground pork into patties about 2 inches wide and ½ inch thick. Set aside until ready to cook.
2. Set the dining table with a platter of noodles and the table salad. Divide the dipping sauce among 4 small bowls. Provide each guest with a bowl of sauce and another bowl.
3. Preheat a grill or broiler to high heat. Grill the pork slices and pork patties until the meat is done and the edges are nicely charred on both sides. (You can also cook the pork in a skillet. Transfer to a serving plate.
4. To eat, place a few slices of pork and pork patties in the bowls of dipping sauce and let them marinate for a few minutes. Invite guests to serve themselves by placing the noodles, herbs, lettuce, and meat in their bowls and drizzle some sauce on top.

TABLE SALAD

Yield: 4 portions

Ingredients	Amounts
Red leaf lettuce, leaves separated	2 hd.
Cucumber, julienne	½ ea.
Bean sprouts	2 cup
Fresh mint sprigs	6 ea.
Fresh Thai basil sprigs	6 ea.
Fresh purple basil sprigs (Optional)	6 ea.
Fresh cilantro sprigs	10 ea.

Method

5. Arrange all the ingredients in attractive rows on a large platter.
6. To eat, tear off a piece of lettuce large enough to wrap and top with some cucumber, bean sprouts, and herbs. Add a piece of meat or whatever you are serving and roll into a small cylinder. Dip in sauce and enjoy.

Note: This platter usually consists of whole-leaf lettuce, mint, cucumbers, bean sprouts, other greens, herbs such as mint, basil, purple basil, and cilantro, and soaked rice paper. If serving rice paper, immerse in warm water (about 100°F) and then fill with above ingredients and accompanying meals.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

VIETNAMESE DIPPING SAUCE

Yield: 3 cups

Ingredients	Amounts
Thai bird chile, sliced into thin rings (Divided)	6 ea.
Garlic clove, sliced	2 ea.
Sugar	6 Tbsp.
Water, warm	1 ½ cup
Lime juice, fresh	3 Tbsp.
Fish sauce	½ cup
Carrots, finely shredded	4 Tbsp.

Method

7. Place 2/3 of the chiles and all the garlic and sugar in a mortar. Pound it with a pestle into coarse, wet paste.
8. Transfer to a small bowl. Add the water, lime juice, and fish sauce. Stir well to dissolve.
9. Add the carrots and the remaining chiles. Set aside for 10 minutes before serving.

MIANG KUM

Yield: 3 to 4 portions

Ingredients	Amounts
Coconut, shredded	1½ cups
Sugar	1 cup
Coconut sugar	½ cup
Water	¾ cup
Shallot, sliced	¼ cup
Ginger, fresh, sliced	¼ cup
Galangal, sliced 1-in. diameter	5 ea.
Shrimp paste	2 tsp.
Water	¾ cup
Ground dried shrimp	¼ cup
Fish sauce	2 Tbsp.
Spinach leaves, large, washed, dried	as needed
Shallot, small diced	¼ cup
Fresh ginger, small diced	¼ cup
Peanuts, unsalted, roasted	¼ cup
Lime, sliced thin, cut into wedges	¼ cup
Dried shrimp, small, washed, dried	¼ cup

Method

1. Preheat oven to 325°F.
2. For the dipping sauce, toast the shredded coconut on a sheet pan in the preheated oven until golden brown and crisp, about 15 minutes. Stir occasionally to ensure even toasting. Reserve.
3. In a small pot, combine the sugar, coconut sugar, and water. Stir to dissolve the sugar. Bring it to a boil and turn the heat down to low. Reduce to make a thick syrup, about 10 minutes.
4. Preheat oven to 375°F.
5. In a piece of foil, wrap the shallot, ginger, galangal, and shrimp paste. Toast in the preheated oven for 30 minutes. Transfer to a blender.
6. Add the reserved toasted coconut and water. Purée until the texture is smooth.
7. Add the puréed mixture, dried shrimp, and fish sauce to the syrup. Mix well. Cook over medium heat until the sauce becomes thick, 8 to 10 minutes. Cool until well-chilled.
8. Place the dipping sauce in the center of a serving platter. Arrange the spinach leaves, the shallot, ginger, peanuts, lime, and dried shrimp in separate mounds around the sauce.

9. To eat, take a leaf, place the ingredients you would like in it, and drizzle the sauce on top. Wrap up the leaf and eat in one bite, allowing all the disparate flavors to be enjoyed at the same time.

Source: Chai Siriyarn, as presented at the 2008 Worlds of Healthy Flavors Retreat.
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THAI GREEN PAPAYA SALAD

SOM TUM THAI

Yield: 4 portions

Ingredients	Amounts
Green papaya	3 cups
Fish sauce	2 Tbsp.
Palm sugar, or light brown sugar	¼ cup
Lime juice, freshly squeezed	¼ cup
Garlic cloves	2 ea.
Thai bird chiles, chopped	3 ea.
Dried shrimp, small size, washed, dried	2 Tbsp.
Long beans, cut into 1-in. pieces	½ cup
Cherry tomatoes, halved	8 ea.
Peanuts, roasted	¼ cup
Cabbage wedges	as needed
Long beans, fresh, cut into 2-in. pieces	as needed

Method

1. Peel and cut the papaya in half lengthwise. Scoop out the seeds and discard. With a Japanese mandolin or box grater, shred the papaya into long, 1/16-inch-wide strands.
2. For the dressing, in a small bowl, combine the fish sauce, palm sugar, and lime juice. Stir to combine. Reserve.
3. In a mortar, place the garlic, chiles, and dried shrimp. Pound with a pestle until they are broken down. Add the long beans and pound again. Add the shredded green papaya and tomatoes and pound to bruise the vegetables slightly and release their juices.
4. Pour the reserved dressing over the vegetables. Stir to mix well, pounding the papaya gently with a spoon to bruise.
5. Stir in the roasted peanuts. Mix well. Adjust the seasoning to taste.
6. Transfer to a serving platter. Drizzle with any remaining dressing. Serve with cabbage wedges and fresh long beans.

Note: Green beans can be substituted for the long beans. Broiled fresh prawns can be substituted for the dried shrimp. Marinate the prawns in the dressing and place on the papaya.

Source: Chai Siriyarn, as presented at the 2008 Worlds of Healthy Flavors Retreat

STEAMED FISH FILLET IN CURRY MOUSSE

HOR MOK

Yield: 4 portions

Ingredients	Amounts
Vegetarian Red Curry Paste (Recipe follows)	1/3 cup
Fish paste (Optional)	1/3 cup
Peanuts, roasted, ground	1 Tbsp.
Rhizome powder	1 Tbsp.
Egg	1 ea.
Fish sauce	1/4 cup
Palm sugar	2 tsp.
Ground white pepper	1/2 tsp.
Paprika powder	1/2 tsp.
Makrut lime leaves, very finely sliced	4 ea.
Coconut milk (Divided)	3 cups
 Cabbage, shredded	 4 cups
Sweet basil (<i>horapha</i>)	2 cups
Snapper fillet, sliced	1 lb.
 Coconut milk	 1/2 cup
Rice flour	1/2 Tbsp.
Water	1 Tbsp.
green onion, very finely sliced	as needed
Cilantro, very finely sliced	as needed
Makrut lime leaves, very finely sliced	as needed

Method

1. For the curry sauce, in a large sauce pot, place the curry paste, fish paste, peanuts, rhizome, egg, fish sauce, palm sugar, white pepper, paprika, lime leaves, and 1/2 the coconut milk. Stir to combine.
2. Add the remaining coconut milk a little at a time. Keep stirring until the curry sauce turns thicker, about 7 to 8 minutes. Reserve.
3. Steam or parboil the shredded cabbage halfway. Reserve.
4. Divide the cabbage and basil into 4 portions each.
5. Divide the fish into 4 portions.
6. Fill 4 ramekins with the portioned cabbage and basil. Place the sliced fish on top. Ladle the curry sauce over the fish until about 1/2-inch from the top. Steam for 15 to 20 minutes.

7. For the topping, in a saucepan, heat the coconut milk.
8. In a small bowl, whisk together the rice flour and water. Add it to the coconut milk. Stir well and bring it to a boil. Remove from the heat and set aside.
9. Put about 2 tablespoons of coconut topping in each ramekin. Garnish with the green onion, cilantro, and lime leaves.

Note: salmon, rock cod, or sea bass can be substituted for the snapper. Brown sugar can be substituted for the palm sugar. Banana leaves can be fashioned into containers with toothpicks and substituted for or placed into the ramekins.

VEGETARIAN RED CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chiles, dried, small red	½ cup
Chiles, dried New Mexico or guajillo peppers, stemmed, cut into several pieces	8 ea.
Coriander seeds	1 Tbsp.
Cumin seeds	1 tsp.
White peppercorns	½ tsp.
Garlic cloves, thinly sliced	6 ea.
Shallots, thinly sliced	3 ea.
Lemon grass, thinly sliced	2 Tbsp.
Galangal, 1/8" slices	1 Tbsp.
Lime zest	1 tsp.
Kaffir lime leaves, chopped	3 ea.
Cilantro root, finely chopped	1 Tbsp.
Kosher salt	1 tsp.

Method

1. Soak the dried chile peppers in hot water for 15 minutes. Remove from water and set aside.
2. Combine coriander, cumin, and peppercorns in a small skillet. Toss over medium heat until fragrant, about 5 minutes, stirring frequently. Cool. Grind to a fine powder.
3. In a blender, add the rest of the ingredients and add the spice mixture. Purée until a smooth paste forms, about 3 to 5 minutes. Add ¼ cup water to facilitate blending.
4. Whisk together all the batter ingredients until smooth, transfer to bain marie.

CHICKEN LAKSA

Yield: 4 portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Coconut milk	3 cups
Chicken stock	3 cups
Chicken breast or thigh, shredded	13 oz.
Salt and black pepper	to taste
Rice ribbon noodles, dried, cooked in boiling water, drained	6½ oz.
Bean sprouts, loosely packed, straggly tails discarded	1½ cups
Eggs, hard-boiled, sliced	2 ea.
Firm tofu, fried and sliced	6½ oz.
Cilantro leaves, fresh, chopped	2 Tbsp.
Scallion, chopped	2 Tbsp.
Red chili, medium, finely julienne	1 ea.
Lemon or lime, quartered	1 ea.
Dried shrimp, small, soaked in hot water to soften, then drained	2 Tbsp.
Shallots, chopped	8 ea.
Garlic cloves, chopped	4 ea.
Galangal, finely chopped	2 Tbsp.
Turmeric, fresh, finely chopped	2 Tbsp.
Candlenuts, chopped	6 ea.
Red chiles, large, sliced	5 ea.
Lemon grass stems, sliced	2 ea.
Dried shrimp paste	1 ½ tsp.
Fish sauce	3 tsp.
Coconut cream	½ cup
Red chiles, large, seeded, chopped	6 ea.
Shrimp paste, toasted, dried	1 tsp.
Lime, small, fresh, cut into wedges	4 ea.

Method

1. For the laksa paste, process the dried shrimp until finely shredded. Add the shallots, garlic, galangal, turmeric, candlenuts, chiles, large, lemongrass, dried shrimp paste, fish sauce. Process until coarsely ground.

2. Add the coconut cream. Process to a smooth paste. Set aside.
3. Heat the oil in a large saucepan and add laksa paste. Then stir-fry over low-medium heat until fragrant, 4 to 5 minutes. Slowly add the coconut milk, stirring, then add the chicken stock. Bring to a boil, lower heat and simmer uncovered, 10 minutes.
4. Add chicken and simmer until just cooked. Taste and add salt and freshly ground black pepper to taste.
5. For a quick chili sambal, process the red chiles together with the shrimp paste to form a smooth paste. Divide between 4 small bowls and add a small green lime to each for squeezing into the sambal to taste.
6. To serve, divide the noodles between 4 large bowls. Top with chicken soup and garnish each serving with some of the bean sprouts, egg slices, tofu, cilantro, and scallion. Serve with lime wedges and chili sambal to meld the flavors.

Note: To reduce the richness of the soup, use only $\frac{1}{4}$ cup coconut cream in the laksa paste.

Source: *Tropical Asian Cooking*.

BLACK PEPPER SCAMPI

KETAM LADA HITAM

Yield:

Ingredients	Amounts
Oil, vegetable	3 cups
Blue crabs, cleaned, cut in ½	4 lb.
Butter or low-fat margarine	4½ oz.
Ginger, peeled and chopped, ¾" piece	1 ea.
Garlic cloves, diced or puréed	5 ea.
Sambal oelek	1 Tbsp.
Oyster sauce	2½ Tbsp.
Soy sauce, light	2 Tbsp.
Soy sauce, dark	1 Tbsp.
Palm sugar	1 Tbsp.
Sumatran black pepper, pounded	3 Tbsp.

Method

1. Heat the oil on high heat in a wok. Deep fry the crab until the shells turn bright red. Drain and keep warm.
2. In a wok over high heat, melt the butter. Add the the ginger, garlic, and sambal oelek. Sauté until aromatic.
3. Add the oyster sauce, soy sauces, palm sugar, and pepper. Lower the heat to medium and bring to a simmer.
4. Add the fried crab, stirring to coat it with the sauce, and cook until heated through.
5. Serve piping hot with steamed rice.

Note: Mud crabs, lobster, shrimp, or balmain bugs can be substituted for the blue crabs. For lobster, clean and cut in half. For shrimp or balmain bugs, clean and prepare.

Source: *Makan-Lah: The True Taste of Malaysia* by Carol Rajah

SATAY WITH PEANUT SAUCE AND PINEAPPLE SAMBAL

Yield:

Ingredients	Amounts
Chicken, breast, 1¼-in. diced	8 oz.
Shrimp, raw, medium, peeled, tail intact	13 oz.
Vegetable oil	3 Tbsp.
Shallots, finely chopped	6 ea.
Garlic cloves, finely chopped	5 ea.
Ginger, fresh, finely chopped	1 Tbsp.
Turmeric, finely chopped	2 tsp.
Lemon grass stems, very thinly sliced	3 ea.
Honey	2 tsp.
Salt	1 tsp.
Vegetable oil	2 Tbsp.
Shallots, finely chopped	3 ea.
Garlic cloves, finely chopped	2 ea.
Red chiles, large, finely chopped	2 ea.
Dried shrimp paste, toasted	½ tsp.
Kaffir lime leaves	2 ea.
Fresh ginger, finely chopped	1½ tsp.
Palm sugar, finely chopped	2 Tbsp.
Tamarind pulp	1 Tbsp.
Warm water	¼ cup
Sugar	1 Tbsp.
Salt	1 tsp.
Freshly ground black pepper	to taste
Water	1 cup
Peanuts, dry-roasted, skinned, finely ground	¾ cup
Vegetable oil	2 Tbsp.
Garlic cloves, sliced	5 ea.
Shallots, sliced	4 ea.
Red chili, large, sliced	1 ea.
Red or green bird's-eye chili, sliced	1 ea.
Pineapple, fresh, finely diced	6½ oz.
Dried shrimp paste, toasted, crushed	1 tsp.
Salt	½ tsp.
Sugar	½ tsp.

Bamboo skewers, soaked in water as needed

Method

1. For the marinade, heat the oil in a small pan. Add the shallots, garlic, ginger, turmeric, and lemon grass. Stir-fry over low heat until fragrant and cooked, about 8 minutes. Cool, then blend to a smooth paste.
2. Transfer to a bowl and stir in honey and salt. Set aside to cool, then stir in the chicken pieces and shrimps and marinate in the refrigerator for 3 to 4 hours.
3. For the peanut sauce, soak the tamarind pulp in the $\frac{1}{4}$ cup warm water, then squeeze and strain to obtain juice.
4. Heat the oil in a saucepan and stir-fry the shallots, garlic, chiles, shrimp paste, lime leaves, and aromatic ginger over low-medium heat until fragrant, about 4 minutes. Add the palm sugar, tamarind juice, sugar, salt, pepper, and water, stirring well. Add the ground peanuts, bring to a boil and simmer, stirring from time to time, until the sauce has thickened, about 15 minutes. Discard the lime leaves and transfer sauce to a serving bowl.
5. For the pineapple sambal, heat the oil in a saucepan and add garlic, shallots, and chiles, 4 to 5 minutes. Add the pineapple and stir-fry for 5 minutes, then stir in shrimp paste, salt, and sugar, mixing well. Remove from heat, cool, then process until smooth. Transfer to a serving dish.
6. Thread the marinated chicken pieces and shrimps on bamboo skewers. Cook over very hot charcoal, turning to cook and brown all over, 10 to 12 minutes.

GREEN PAPAYA SALAD

SOM DTÂM THAI

Yield: 8 portions

Ingredients	Amounts
Green papaya, julienned	4 ½ cups
Long beans, blanched, cut into 1 ½-in. lengths	2 cups
Carrot, julienned	1 ea.
Cherry tomatoes, large, cut in half	12 ea.
Thai chilies, cut into 3-4 pieces	12 ea.
Garlic cloves, cut into 3-4 pieces	8 ea.
Dried shrimp, small	2 Tbsp.
Tamarind juice	¼ cup
Limes, juiced	2 ea.
Fish sauce	3 Tbsp.
Palm sugar	2 ½ Tbsp.
Roasted peanuts, unsalted, chopped	¼ cup

Method

1. In a small saucepan over low heat, place the water and palm sugar. Stir to dissolve the sugar. Reduce to a thick syrup. Use as needed to balance the sour flavor of the salad.
2. Divide the ingredients into 3 or 4 batches. Make each batch as follows: Using a deep clay mortar with a wooden pestle, pound the garlic and Thai chilies together until pasty. Add the dried shrimp and pound lightly to bruise. Spoon in the tamarind juice and some of the lime juice, fish sauce, and palm sugar syrup. Stir to mix, then toss in the long beans. Pound a few times before adding the julienne green papaya and carrot.
3. Stir to mix, then pounding with one hand and stirring with the other, bruise the vegetables lightly and mix them with the flavorings and seasonings. Taste and adjust as needed with more fish sauce, lime juice, or palm sugar to the desired flavor combination. Add the tomato pieces at the end, stir and bruise lightly to blend in with the rest of the salad. Transfer to a serving plate and sprinkle with peanuts.

Source: Dancing Shrimp: Favorite Thai Recipes for Seafood by Kasma Loha-unchit

FRIED CORN CAKES

POAT CHIEN

Yield: 12 cakes

Ingredients	Amounts
Corn ears	3 ea.
Coconut, unsweetened, shredded	3 Tbsp.
Unsweetened coconut milk	1/3 cup
Rice flour, glutinous	1/4 cup
Sugar	2-3 Tbsp.
Salt	1/4 tsp.
Vegetable oil	2 Tbsp.

Method

1. With a very sharp knife, make several passes across the kernels of the corn until you're down to the bare cob, then scrape against the cob to get out the milky starch. (If using a mandoline or other scraper, pass the cob back and forth over the cutting blades several times.) You should have 2 1/2 to 3 cups.
2. Combine the corn, coconut, coconut milk, rice flour, sugar, and salt in a bowl, stirring and pressing the corn with the back of a spoon to release as much of the starchy liquid as possible, about 5 minutes.
3. Heat the oil in a skillet over medium-high heat. For each cake, spoon about 1 tablespoon of batter into the skillet and cook until well browned, 3 to 4 minutes per side. Drain on paper towels. Serve hot.

Source: *The Elephant Walk Cookbook* by Longteine De Monteiro

FIVE SPICE CHICKEN WITH DATES

Yield: 4 portions

Ingredients	Amounts
Dried lotus seeds	1/3 cup
Dried shiitake mushrooms	1/2 oz.
Bean thread noodles,	4-5 oz.
Vegetable oil	5 Tbsp.
Garlic clove, smashed	2 ea.
Ground pork (Optional)	1/4 lb.
Sugar	1/4 cup
Mushroom soy sauce	3 Tbsp.
Fish sauce	2 Tbsp.
Salt	2 tsp.
Shallots, large, sliced in half	3 ea.
Chinese red dates	15 ea.
Five-spice powder	1 1/2 tsp.
Dried shrimp, medium (Optional)	1/2 oz.
Garlic, clove, whole	10 ea.
Cornish hen, 3 lb. ea., split in half	2 ea.
Salt	1/2 tsp.
Freshly ground pepper	1/2 tsp.
Vegetable oil	3 Tbsp.
Broth, chicken	2 cups
Scallions, cut into 1-in. pieces	2 ea.
Cilantro sprigs	as needed

Method

1. Soak the dried lotus leaves in warm water for at least 1 hour, or overnight. Drain.
2. Soak the dried shiitake mushrooms in 1½ cups warm water until spongy, about 30 minutes. Drain, reserving 1 cup of soaking water.
3. Soak the bean thread noodles in warm water for 10 to 15 minutes. Drain.
4. For the stuffing, in a small saucepan, boil the soaked lotus seeds in water to cover until soft but not mushy, about 30 minutes; drain and set aside.
5. Slice the soaked mushrooms into 1-inch pieces and set aside, along with the 1 cup reserved soaking liquid.
6. Cut the bean thread noodles into 2-inch pieces and set aside.
7. In a large skillet, heat the oil over high heat and fry the smashed garlic cloves until golden brown, 5 to 10 seconds.

8. Add the pork (if using), breaking it apart as it cooks for 1 to 2 minutes.
9. Stir in the sugar, soy sauce, fish sauce, salt, shallots, dates, five-spice powder, dried shrimp (if using), garlic, the cooked lotus seeds, mushrooms, and noodles. Cook for about 5 minutes, until the flavors have melded.
10. Transfer the stuffing to a bowl and deglaze the skillet with the reserved mushroom liquid; set the liquid aside.
11. Sprinkle the hen halves with the salt and pepper. In a large skillet, heat the oil over high heat, add the hens, without crowding (you may need to dry them in two batches), and cook until golden brown on both sides, about 6 minutes altogether. Arrange 2 of the hen halves in the bottom of a large pot, cover with half the stuffing and repeat with a second layer of chicken and stuffing.
12. Deglaze the skillet with 1 cup of the broth or water; add to this the reserved cup of mushroom deglazing liquid, along with the remaining cup of broth or water. Pour all 3 cups of liquid over the chicken and stuffing, swirling the pot to distribute the flavors. Bring the liquid to a boil, reduce the heat and simmer, partially covered, until the Cornish hens are tender, 40 to 45 minutes.
13. Transfer to a serving dish. Garnish with the scallions and cilantro.

Source: *The Elephant Walk Cookbook* by Longteine de Monteiro and Katherine Neustadt

DAY THREE:

INDIAN CUISINE

LEARNING OBJECTIVES

By the end of this class session, you should be able to...

- Identify and list key ingredients used in the cuisine of India
- Prepare spices for the preparation of a masala
- Prepare a variety of masalas used in the cuisine of India
- Use a tandoor oven to bake naan bread
- Describe the purpose of a tadka

LEARNING ACTIVITIES

Lecture/discussion
Demonstrations
Hands-on production
Product evaluation

KEY TERMS

Spice
Ghee
Masala
Tandoor
Tadka
Naan

INSTRUCTOR DEMONSTRATIONS

Masalas
Naan
Use of tandoor oven

COOKING TECHNIQUES

Bhun-na, or roasting, is a process that has many interpretations in India, and is regarded very differently from the technique used in the west. The term roast is translated as the quick browning of the item in question. It generally refers to the use of dry heat and no addition of fat. Whole lentils, flours, whole spices, and nuts can all be roasted. When meats are roasted it is common to use additional fat. A tava or griddle is placed on the fire and heated. The items are then put into the pan and tossed quickly to get a light brown color. Quite often an item is roasted and then used as a garnish.

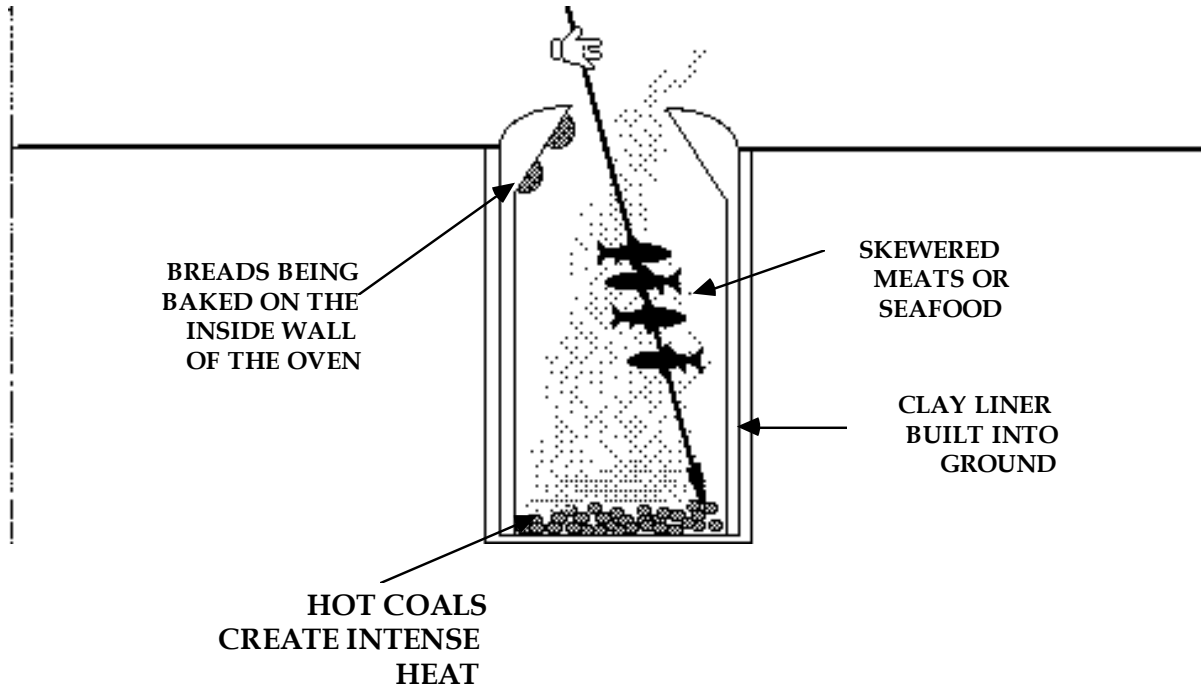
Dum is another expression that is commonly used, meaning breath. Certain meat, fish, and rice dishes are prepared this way to enhance their flavor. The process of Dum is a form of steaming without the addition of extra moisture, relying on the natural moisture of the product itself. After particular dishes have been cooked using other cooking techniques, like shallow frying, a lid is placed over the pan and sealed very tightly during the last half hour of the cooking time. This maintains the moisture, retains nutrients and allows the flavors to soften considerably.

The age-old tradition of **Biryani**, cooking meat and rice together, has been passed down through the centuries by word of mouth. This preparation takes great skill so that neither the meat nor rice will be overcooked or undercooked. This series of dishes, for there are many, are usually flavored with saffron and spices - creating a most wonderful aroma and flavor.

Another process that is unique to Indian cuisine is the use of **Baghar**, **Turka**, or **Chonk**. The sizzling sound created from these techniques is very common to the Indian kitchen. Each of these terms relates to a form of fried garnish that accompanies a meal. Oil will be heated in a karchi or pan and a selected spice or spices are quickly fried using high heat. These are then added to the dish just before serving. Chonk would be interpreted as adding a garnish, though not necessarily at the last minute. Here it would not be an uncooked ingredient.

A large part of Indian cooking takes place in the authentic **tandoori oven**. This clay-lined steel vessel is heated from a fire of charcoal on the bottom. Fleeing Hindu refugees from the northwest and the Punjab areas came with few possessions and clothes and only brought their cooking pots and tandoori. An enterprising family set up their tandoori and cooked chicken which had been marinated in a mildly spiced orange-red colored yogurt and spices. They then placed the chicken on long thin steel skewers in the tandoori oven to cook. The flavor had an earthy essence from the charcoal and the chicken was very tasty. This was a whole new way of cooking and now has become a common technique. Almost anything can be cooked in a tandoori oven, from fish, poultry, bread, and vegetables. As time has progressed, tandoori cooking has become a heritage to Indian cooking.

THE TANDOORI OVEN



ACCOMPANIMENTS

Bread is the richest accompaniment to an Indian meal. The common varieties are **chapati**, **phulka**, and **roti**. These are made mostly from whole wheat flour, salt, and water. Ghee, or oil, is sometimes used to make the dough more pliable and flavorful. This will vary slightly throughout the regions of India.

There are many kinds of Indian roti, or bread. Most are unleavened, are usually made from whole-wheat flour and, with one exception, are round and flat. The most commonly eaten roti is the chapati. Some breads are made on a griddle; others are stuffed and fried. Some are thrown on hot cinders so that they puff up. There are the exceptions: the leavened, flat breads. Naan, for example, is a leavened, flat bread made with yeast, or baking powder, and cooked in a tandoor, a clay oven. Paratha, a fried bread, is rolled out and folded a number of times so that when it is cooked it is layered and crisp. It is often stuffed with spicy vegetables or minced meat.

In the North cornmeal is used to make a popular bread called maki ki roti, traditionally eaten with mustard greens. Other flours made from millet, barley and chickpeas are also used regionally to make chapatis of various kinds. In South India, where rice is the staple food, bread is made from rice flour, and toddy, the fermented juice of coconut palm, is used as leavening.

A variety of shredded or puréed vegetables cooked with spices will also be added to the dough in different regions. Maize, millet, or chickpea flour (called besan) can also be made into dough. Breads are cooked in a variety of ways - in the deep tandoori oven clay walls, or by placing a kraai, or wok, over the top of the oven to form a griddle, or by steaming and then baking the bread wrapped around a skewer in the oven. Most of the baking takes place on the initial contact with the heat and then turned to complete the process. Ghee, or butter, is then quickly applied to the cooked bread, and it will then be placed back to the heat, which allows the bread to puff up and crisp slightly. Breads are invariably eaten hot - that is not to say that they do not taste great when eaten cold.

Griddle fried and deep-fried breads, such as **parathas**, are normally reserved for special occasions as oil is a fairly expensive item in India. The dough for this type of bread has a richer, smoother texture. Milk can also be added to increase the richness of this dough. Once these breads have been fried, then hot ghee is spooned into them so they are crispy on the inside as well as outside.

Dals, lentils, or bean purées are another common dish or accompaniment in Indian cuisine and have evolved over the centuries. The generic term dal can mean a variety of things. Dals can be made differently each day without fear of becoming repetitious, and they certainly will add a seasonal variety. The vegetarian sector of Indian cuisine utilizes them greatly as a protein source.

Rice is a major staple to Indian cuisine for over half of its population. There are many ways for it to be cooked, changing only with the different regions of the country. Careful attention to the shape, color, aroma, age, taste, and cooked texture is given to the rice. It is graded with these considerations in mind. Polished white rice is the most commonly eaten variety, with brown and unpolished rice being favored by more people in the rural areas of the country. Polished short-grain rice is used more extensively in the Southern and Eastern cuisines. The grain has a fuller and more oval shape to it with a chalky color. It tends to become more glutinous when cooked, whereas the long-grain rice becomes more separated and fluffy after being cooked. More than half of the short and medium-grain rice eaten in India is parboiled first.

Rice, such as the fragrant basmati variety that grows on the foothills of the Himalayas in the North, accompanies every dish. It is a vital component of each meal, used to absorb the spicy, liquid vegetable and legume curries that are commonly eaten. Another ubiquitous dish is dal, a blend of legumes and spices that offers a valuable source of protein in this predominantly vegetarian region. While dal is the word for split peas, the term is applied to all legume dishes of this type. Among the most common are those made from Egyptian lentils (masoor), black-eyed peas (lobia), and mung beans (moong). Lentils are also an important ingredient, with such dishes as sambar (lentils with vegetables) and rasam (lentils with garlic) that are prepared daily and seasoned with different spices to give them variety. Dhansak is a dish that combines meat with lentils and is served with brown rice; dosas are lentil and rice pancakes. Another characteristic of the South is the use of small amounts of

roasted or fried split peas to impart a nutty flavor to dishes. Basmati is the recommended of the long rice varieties. It has a long even shape with pointed kernels and a faint buttery, nut-like flavor and aroma. It is pale yellow to creamy milk white in color.

Meats/ Poultry

There are many different ways of cooking meat. Besides curries, there are kormas, braised meats that are cooked in yogurt or cream and sometimes in both. There are kebabs of various kinds and bhoona, sautéed, and baked meat. Koftas are spicy meatballs that may be plain or stuffed and served either dry or in a curry sauce. Roasted meats include those cooked on a spit in a tandoor.

Indian chickens, although they are small and scrawny, are very tasty. Indians have many delicious ways of cooking chicken, from the lightly seasoned dishes of the North to the spicier, coconut-flavored curries of the South. Chicken cooked in a tandoor is a northern dish which is now eaten all over India. The chicken is marinated in spices and yogurt, threaded on a spit and cooked in a clay oven. The result, a succulent bird with a dry crusty surface, is difficult to achieve in a modern oven.

Duck and goose are also eaten in India, but not as commonly as chicken. Game birds are a delicacy and teetur, partridge, is a special favorite.

Seafood

India boasts a coastline of over two thousand five hundred miles. The Arabian Sea, the Indian Ocean and the Bay of Bengal ride its shores, providing thousands of varieties of fish. It is no wonder, then, that the people of the coastal areas have such a large repertoire of seafood dishes.

Prawns and shrimp, from the smallest and tastiest shrimp to the gigantic prawns which can weigh one pound each, are used in curries, baked with spices or grilled. On the west coast, in Goa and Kerala, they make them into the liveliest of curries. In Bengal they cook them with mustard and yogurt or coat them in a spicy batter and fry them until crisp. In Bombay, prawns are cooked with onions, tomatoes, green chiles, raw sugar, and cumin, or they are minced with fresh herbs, mixed with spices and made into patties.

The incomparable Indian pomfret with its fine, firm flesh is cooked in as many ways, too. It is often stuffed with a mixture of onions, coriander leaves, green chiles, garlic, and fresh ginger, which is fried with a paste made of turmeric, cumin, tamarind, and red chiles. The fish is then wrapped in a banana leaf and baked, steamed or fried. The banana leaf imparts an unusual flavor which is lost when foil replaces it in a modern kitchen.

Mention must be made, too, of bombil, a fish better known as Bombay Duck. Caught in large quantities, these small almost transparent fish are dried in the sun and provide a cheap form of protein. In the West, Bombay Duck is best known as an accompaniment for curries, but in India it is made into many dishes both in its dried and fresh forms.

Oils

Apart from spices, other ingredients also influence the flavor, varying in their use from region to region. There are many kinds of oils that add another dimension of flavor to the ingredients. In Southern India, ground nut oil is widely used, giving a nutty flavor. In the coastal areas, where coconuts grow in abundance, coconut oil is used along with coconut milk to give the distinctive flavor of the South. In Bengal, a state that is crisscrossed by waterways, fish is widely available and much consumed. Mustard oil is used here too, imparting characteristic flavor to the regional cuisine. In Kashmir, it is sesame oil that gives a distinctive flavor to the local cuisine. Ghee, which is butter clarified to the point where it contains no milk solids, is used instead of the oil found in many Northern dishes and has a special nutty flavor of its own.

Thick, creamy buffalo-milk yogurt (dahi) is made daily in most kitchens. It is the basis of the classic yogurt, mint, and cucumber salad, raita, which is served with spicy main dishes. The yogurt adds richness to sauces and tones down the fire of spices, resulting in a creamy sauce such as the kind found in the meat or fish kormas. Dahi is also used for making lassi, a refreshing, cooling drink that can be either sweet or savory. Sometimes the seasonings are simply salt and black pepper (lassi namkeen); but rose water, sugar, and fruit can also be used.

Cheese

Chenna is a kind of soft cheese made in the home for use in sweet and savory dishes. For example, in the sweets rasgulla and sandesh, or the savory mattar paneer (cheese with peas). Chenna is made by adding vinegar and water to milk and bringing it to a boil before straining the milk through cheesecloth.

The cheese forms the basis of many other sweets, for which Bengal is a particularly famous center. Other ingredients commonly used in sweets are pistachio nuts, almonds, raisins, and coconut. Rice is combined with milk—in zafrani chawal, and in rice pudding made with rice and milk, like that familiar to many American children—and yogurt, which can be combined with saffron and sugar to make a creamy dessert. Flavorings, apart from sugar, of course, are cardamom pods and rose water, which give a delicate fragrance to the sweets.

Rather than being made in the home, sweets are generally bought from market stalls. Sweets have always been bought in the bazaars, and they hold a special importance on all occasions of celebration or religious festival. Halwas of every kind, based on milk and then sweetened and flavored with coconut, almond or pistachio, are sold in numerous shops by the professional sweet makers, the Halwais.

Source: The Encyclopedia of Herbs, Spices and Flavorings

Sweets

Made by special sweet makers, the Halwais, Indian sweets are eaten as an afternoon or evening snack, often accompanied by a savory tidbit. They are also essential at all religious and festive occasions.

The professional sweet-makers, or halvais as they are called, keep the secrets of their trade strictly within the family and hand them down from father to son. Although there are many large chains of shops selling sweets which are neatly and hygienically wrapped in paper or arranged in glittering pyramids behind glass, there are even more small family businesses. These tiny, open-fronted shops look out on busy streets and the halvai squats in front, stirring the milk, which simmers in a large, wide-mouthed pan beside him.

Most Indian sweets are made from milk which is simmered until it condenses into a thick mass called mawa. The mawa is then cooked with sugar and such flavorings as coconut, almond, pistachio, or kewra, a perfumed flower essence.

Other milk sweets, and these are more frequently made at home, are known as kheer. Semi-liquid, they usually contain rice, ground rice, vermicelli, and sago or almonds. Kheer is flavored with cardamom, garnished with nuts and often covered with thin edible silver or gold leaf.

Milk is also made into a cottage cheese called chenna. First mixed with a little flour, the chenna is shaped into small balls which are then simmered and served in syrup to make rasgulla, the most famous of this type of sweet.

There are also sweets which are made not from milk but from wheat flour, gram (chickpea) flour, semolina, or corn flour. In this category are jelly-like Karachi halva, made from corn flour, and suji halva, made from semolina.

Barfi

A sugary, fudgelike sweet with a crumbly texture, sometimes called Indian fudge. Plain barfi is light brown; bright green pistachio-flavored barfi is called pista, and almond flavored barfi, called badam, is a deep brown.

Jaggery

A product made with great pride from the sugar. Sugar cane juice is placed in large cast iron pots which are fired with wood from beneath. The juice is stirred for hours until it is thick enough, and then poured in another set of containers to mold and set. Jaggery is an important sweetening agent in the diets of the vegetarians. It is used to sweeten lentils and Kadhi, which is a soup of chickpea flour and yogurt.

Halwa

A distant relative of Middle Eastern halvah, this can be made with nuts or vegetables. Habshi halwa is made with pistachios, cashews, and almonds; gajar halwa, made from carrots, is orange.

Jalebi

Crisp, orange squiggles of batter, these are deep fried and then immersed in a syrup flavored with saffron.

Laddu

These are bright yellow balls made from ground almonds, pistachios, and chickpea flour.

Sindhi Halwa

This is cut into squares or diamonds from a large two-colored slab; the green layer is flavored with pistachios and the yellow layer with almonds.

TRADITIONAL SPICES AND THEIR ROLE IN INDIAN CUISINE

Spices have lured men and ships around the world. Explorations have been created with the ever-seeking quest to find what has come to be considered the more exotic flavors derived from the use of these spices. These precious cargoes have formed a king's ransom, with the value placed on them. Venetians, Genoans, Portuguese, Dutch, and the British have all played a major role in the gathering of knowledge and the availability of these flavor creators. Within Indian cuisine there are several spices that form the base of many of the flavors.

Ajowan is related to the parsley family. The seeds are used as a spice and are red to brown in color with a light stripe. The seed is available in either whole form or ground. When crushed, the seeds have a sharp pungent, acrid aroma - very similar to the herb thyme. Even though it is harsh, it is not unpleasant; the lingering flavor left with the palate is quite mild and soft. The flavor is very close to cumin and caraway. Native to India, ajowan is used extensively throughout Indian cuisine. It is used mainly in the savory dishes such as breads, samoosas, crisply fried snacks, and dishes created from lentils and chickpeas or chickpea flour, known as "besan." Europeans use it as a substitute for the herb thyme.

Amchur is a spice created from the unripe fruits of the mango tree. This is a tropical evergreen that has been in India for over four thousand years. The tree tends to reach great age and size and will yield a great amount of fruit. Unripe mangoes are first peeled, sliced and then dried in the sun until the slices turn a light golden color. The slices are either used whole or ground to a fine powder. Amchur is a major ingredient in the making of many of the chutneys and pickles. When amchur is used with other Indian spices it helps the other spices become more distinctive without becoming overpowering. The enzyme, papain, found

in mangoes also enables amchur to be used as a tenderizer. Amchur is often used to tenderize mutton and firmer animal proteins, creating a more pleasing texture in the foods. Amchur has its own taste and aroma to add to the foods - when used with vegetables, lentils, legumes, poultry, and fish dishes, it has a light sweet and sour flavor with a delicate earthy, tree-bark aroma. When used with a meat-based dish, such as mutton, the flavor and aroma are almost hidden.

The name **cardamom** comes from the Greek, meaning spice plant. There is a uniqueness to the aroma and flavor of cardamom to which nothing else has any comparison. Barbosa, from the 1500's, was the Portuguese navigator who claimed that this spice was to be found on the Malabar coast, in southwest India. Cardamom is a member of the ginger family with a distinctive aroma and flavor, not unlike menthylptus and eucalyptus. The plant has a small yellow green flower like an orchid. The flower is followed by the fruit which is known as the greater cardamom. This is very light in color and hollow with a blunt triangular shape about an inch long. Pods are gathered before they are ripe and are then dried in the sun, which bleaches them. The pods are usually left unopened to preserve the aroma and flavor. When the pod is opened there are three cells, and each cell will have two rows of seeds. These seeds are a dark reddish-brown color. This is called lesser cardamom. Black cardamom is shaped like a beetle - very dark in color at first, then lightening with age.

Cardamom, in conjunction with ajowan, are probably the most widely used spices in Indian cuisine. It is primarily used with dals, biryanis, pillaus, and curries. It is also ideal to use with desserts as it has a sweet aromatic flavor. Cardamom can be found in the moist forest regions of southern India, Sri Lanka, and Guatemala. It grows both cultivated and wild. Cardamom can be bleached to a creamy white color in the sun or in a curing chamber with smoke from charcoal. This process allows the moisture to evaporate and then the seeds can be removed through a winnowing process. In Europe and America, it is common to find decorticated cardamom.

Cinnamon is another of the more commonly used spices. It comes from an evergreen tree belonging to the Lauraceae family, found in Sri Lanka and the Malabar coasts. It can also be found in South America and the West Indies, where it is cultivated. At one time in history, it carried a higher value than gold. It was also used by Egyptians extensively for embalming kings. Later, it became the most profitable spice for Dutch East Indies companies to trade.

It is harvested during the wet season to maintain moisture. The shoots are cut very close to the ground, then peeled with a semi-circular blade called a gonakokatha. Then the shoots are rubbed with a brass rod called a urachi, which loosens the bark. The bark is then split with a knife, known as a talana kokatha, and finally peeled. After four or five days of drying, the thin bark is tightly rolled into quills and dried further in indirect sunlight. Sulfur is used to bleach these quills of cinnamon, which then gets graded. The thinner, more consistent the bark, the higher the grade. Cinnamon is used throughout Indian cuisine for its subtle flavor.

Tamarind, native to tropical East Africa, has been cultivated in India for hundreds of years. It is also grown in the Caribbean and many other parts of the tropics as well. The sour brown juice extracted from the pods lend an acidity to foods -almost a lemon like flavor. The pods have dark brown seeds which normally are removed before processing. It is sold as a fibrous, dark, sticky pulp. The pods can also be partially dried and then pressed into rectangular cakes, which are rehydrated in warm water before being used. Because of the acidity in tamarind, its shelf life is quite long but it is recommended to be stored in the refrigerator. Tamarind is used rather like a lemon or lime is used in European cooking. It is commonly found in relishes, chutneys, savorys, stews, and sauces. Fish dishes are highlighted with tamarind.

The heart of all Indian cooking is masala, the combination of spices and herbs which gives each dish its individuality. It may be a mixture so mild and delicate that a sensitive palate is subtly aware of the different spices, or it may be so strong and sharp that a tiny taste brings tears to the eyes. The ability to mix and choose the correct spices for each dish is the mark of a good cook; to display virtuosity is the sign of a great one.

Today, spices are used mainly for flavoring, but in the old days they were also used as preservatives and for their medicinal properties. Spices are also used to make food more attractive, by providing color. Turmeric, which makes food yellow, is used to color rice and such white vegetables as potatoes. Coriander leaves and green chiles make the famous green curries of the South, while red chiles give the Goan curries of the west coast their vivid color.

Spices are ground on a flat, rectangular stone with a stone rolling pin, or in a circular, shallow, stone mortar. Great care is taken of the stone and it is regularly resurfaced by itinerant stone workers. The high-pitched banging sound of the stone being chipped is one of the earliest memories of an Indian childhood.

Masalas may be either wet or dry. Wet masalas, which must be used immediately, are ground with vinegar, water or coconut milk and form the base of all the spicy dishes cooked in the coastal areas of South India. Dry masalas, which do not have to be freshly ground each day, are more commonly used in the North.

The combination of spices is endless and each cook follows his own taste and regional preference. There is only one proviso, the end product—the curry, korma, or raan—must be a perfect blend of all the spices, with no one spice so strong as to dominate the dish, unless, of course, the cook particularly wishes it to do so.

Over a hundred spices are known to Indian cooking. Fortunately, most of the important ones are available in the West, in Indian, and Pakistani food shops, and in some of the larger supermarkets. The basic spices for making Indian food are: haldi (turmeric), a hard yellow root which is ground into powder and, because of its appetizing flavor, can be used alone as well as in combination with other spices and herbs; zeera (cumin seed), a sharp-tasting spice

which may be bought whole or powdered; dhanya (coriander seed), a delightful spice, also available whole or powdered, which adds both flavor and aroma to a dish; methi (fenugreek), a powdered seed used in small quantities because of its strong and distinctive flavor; soonf (fennel seed), used in cooking and also chewed after meals as a digestive; kesar (saffron), the most expensive spice in the world, made from the stamens of the crocus blossom. Several thousand blossoms are used to make an ounce of saffron, but, fortunately, one pinch of good saffron is all that is required to flavor and give aroma to a whole bowl of rice.

Javitri (mace), jaiphal (nutmeg), elaichi (cardamom), laung (clove), and dalchini (cinnamon), are also commonly used, as is black, white, and red pepper. Additional distinctive flavors are provided by rai (mustard seed), khus khus (poppy seed), a white variety, not to be confused with the grey-black poppy seeds used in Western cooking, and til (sesame seed).

There is also that combination of ground spices called garam masala. No two recipes for making it are the same, but it usually contains black pepper, cardamom, cinnamon, clove, and cumin seed. Garam masala is generally sprinkled over a dish before serving or stirred in just before the end of the cooking time.

Chiles are essential to most Indian cooking. Green and red when fresh, a brownish-red when dried, they can be mild or fiery hot and must be used with discretion. The seeds are the most pungent part of the chili and may be removed and discarded before the chili is used. Chiles must be handled with care because the juice is strong enough to make the skin tingle and the eyes burn. Hands must be thoroughly washed after handling chiles.

Even more commonly used as flavorings are garlic and onions, which also give body to a dish. Such fresh herbs as hara dhanya (coriander leaves), pudeena (mint), kari patha (curry leaves), and tulsi (sweet basil) are used in many dishes and to make chutneys and sauces.

Besides vinegar and lemon juice, the most commonly used souring agent is imli (tamarind). A bean-like seed pod, imli is sold dried or in pulp form. Before the pod is used it is soaked in hot water for an hour, strained and the pulp pushed through the strainer. Only the pulpy water is used. The seeds and pod are discarded. Anardana (pomegranate seed) and amchur (dried mango powder) are also used to add piquancy to Indian food.

FLAVORINGS

Most dishes are seasoned by blending a combination of whole or freshly ground spices. The combinations are infinite, with each cook having a personal preference, though the basic principle is to make the masala so that no one flavor dominates the mixture.

There is a whole philosophy attached to the use of spices that has been handed down through the generations and that, subconsciously at least, every Indian cook applies. This goes beyond simply the flavor they impart, important though this is. Spices are considered to have medicinal properties: garlic, for instance, is good for the circulation of the blood;

turmeric is an antiseptic and is often sprinkled on fish before frying. Asafoetida is a pungent resin, derived from the rhizomes of a species of fennel, which helps the digestion; it is often combined with difficult-to-digest legumes. Ginger root is another digestive that is often paired with lentils and other legumes.

Garam masala means “warm blend of spices,” and these are usually highly aromatic, made with spices that are believed to warm the body. For this reason, they are traditional in the more temperate regions of the North.

Masalas can be wet or dry. The latter type, more typical of the North, usually includes bay leaf, cardamom, cinnamon, ginger, mace, and nutmeg, all of which are considered warm spices. They are blended with ghee or sprinkled over a dish just before serving to add fresh aroma and flavor. The wet masalas of the South may contain freshly ground chiles, ginger root, or onions, particularly in the hotter blends, which help the body to lose heat.

Another classic combination of spices is panch phoran, a Bengali blend of whole spices—cumin, fennel, nigella, fenugreek, and spicy radhuni seeds (black mustard seeds)—customarily used to flavor lentil and vegetarian preparations. Tarka is a combination of hot oil and spices, such as chiles and cumin seeds, which is often used to add interest to simple dal dishes.

Cumin, available in white or black varieties, is one of the most commonly used spices throughout India. Other popular spices and seasonings include coriander seeds, which are ground and used in meat and vegetable dishes; mango powder, made from dried mango fruit, which is used to impart a sour tang; tamarind, made from the pulp of pods soaked in hot water, also sour in flavor; and curry leaves, from the curry tree, which flourishes in many home gardens in the south.

Saffron and turmeric are favored throughout the country. Turmeric has a pungent flavor and imparts a characteristic yellow color to foods. Much more precious is saffron, the golden spice made from the dried stamens of a type of crocus found in Kashmir, most often used to imbue rice dishes with a subtle fragrance and color.

Fresh flavorings are used, too. Hot green chiles give a special spicy tang to many dishes, and fragrant fresh cilantro leaves are used both as a flavoring and a garnish. In southern Indian cuisine, fresh grated coconut and coconut milk are added to many dishes, lending a sweet, delicate flavor to fish and vegetable stews, and salads.

CHUTNEY

GENERAL INFORMATION

Chutney: A sweet and sour condiment, made of fruit and/or vegetables, cooked in vinegar with sugar and spices, until it has the consistency of jam. The word is a corruption of the Sanskrit chatni, meaning to lick. Chutneys may contain exotic fruits as well as temperature ones. Some are reduced to a purée, others remain recognizable pieces of their ingredients; all are characterized by a syrupy and sometimes highly spiced juice which coats the ingredients.

Few Indian meals are served without the traditional fruit or vegetable chutneys. Unlike Western chutneys, they often are not cooked but are more like relish salads and are notable for their fresh flavors. They can be mild or very hot. Chutneys sold in this country come from England, India, France, and all over the U.S.; they're made with everything from mangoes and bananas to apples and cucumber.

Source: *Condiments*, by Kathy Gunst

Sesame Chutney: Often served at breakfast, this combines sesame seeds with cilantro leaves, mint, chiles, and tamarind.

Tomato Chutney: A sweet and-sour chutney made from tomatoes flavored with gingerroot, chiles, and often the spice mixture panch phoran.

Coconut Chutney: Eaten in the South, this combines chickpeas, flavored with freshly grated coconut, and ground spices.

Raita: This is a mild yogurt mixture, usually made with cucumber, which is meant to offset the heat of curries.

Ginger Relish: A commonly eaten spicy mixture of gingerroot, garlic, green chiles, and coconut that is said to aid digestion.

Mango Chutney: A sweet fruit chutney to enhance the flavor of meat dishes.

Cilantro Chutney: This is a very popular chutney made daily in many homes, blending fresh cilantro with oil, mustard seeds, and asafoetida, eaten in small quantities with meals or served as a dip.

Lime Pickle: A delicious, tangy, strong pickle in which the limes are marinated in spices and oil for several days until soft.

Onion Relish: A simple side dish of raw onions, finely sliced and tossed with lemon juice and paprika.

Source: *The Sauce Bible*

Very spicy food helps the body perspire and thus lose heat, making it popular in this warm region. The fiery vindaloo—a Goan dish in which spices soaked in wine and vinegar are added to meat—is perhaps the most well-known example.

The magnificent exotic fruits that flourish in this hot climate add a rich dimension to the diet; red bananas are eaten as a nutritious snack, and mangoes may be pulped into juice and mixed with milk and nuts to provide a delicious and refreshing drink. Another use for the abundant supply of bananas involves banana leaves, which can be used as plates.

In the most southerly states, freshly roasted and ground coffee is the popular drink, while farther north the natively grown teas, such as Assam are preferred.

Different areas use different ingredients. Buttermilk, for example, is a vital part of Gujarati cooking, as are gingerroot, chiles, and coconut. In Maharashtra, a primarily agricultural area with a long coastline, fish is a common ingredient and its flavor is enhanced by the coconuts from the palm groves that cover much of the state.

From here comes “Bombay duck,” which is not of the quacking variety at all. It is actually the name given to dried fish that is a popular seasoning. It comes from a fish that is native to the waters around Bombay, whose local name is bommaloe macchli. After being caught, these fish are filleted and hung on frames to dry. In its dried form, Bombay duck can be added to curries, or pickled, or served as a snack with aperitifs.

In the fertile coastal strip that comprises the state of Kerala, coconut-scented fish dishes are prevalent, and the availability of coconuts, also grown here in great quantity, has given rise to the use of coconut oil in the local cuisine.

MEALS

Traditionally, food in India is not eaten with a knife and fork: custom dictates that the right hand be used to pick up food, with the help of the rice or bread that is always served with it. Northern Indians use their fingertips, but the less formal manners that prevail in the South permit the use of the whole hand. It is taboo to use the left hand for eating, because it is considered unclean.

An ordinary meal consists of a rice dish (or bread in the North), a lentil dish, a vegetable, a meat, and a chutney. There are no separate courses, and even the dessert, if there is one, is served at the same time as the other dishes. Food is served in small dishes that are placed

on a thali, a round metal tray given to each guest. Women serve the guests and the men of the household, and all sit on small mats on the floor.

In the South, the customary replacement for the thali is a banana leaf. These leaves are also used at formal events, such as wedding banquets, when a slice of lime will be salted and placed on a tender young banana leaf and served as a condiment.

Religious customs also dictate etiquette in the dining room. A purifying ritual that dates from 1500 B.C., the Vedic period of Hinduism in Southern India, is traditionally carried out on the rice that accompanies each meal. This involves a ceremony of combining rice with ghee. Rice is considered the most important ingredient in the meal and will be served with each course. In an Orthodox Hindu household, the guests will not be allowed in the kitchen since this is considered unclean. Orthodox families will not eat out in public for the same reason. Other religious restrictions include separate dining quarters for men and women, and the prohibition of alcoholic drinks. India's regional cooking is also influenced by the staple food of the area. In the North, where wheat grows, the food is dryer and the sauces thicker than in the South, where rice is the staple diet. This is because Indians eat with their fingers, and with the help of a chapati, flat, unleavened whole-wheat bread, it is easier to pick up dry food. The more liquid curries are better eaten with rice, which is more absorbent. Climate, too, plays its part and the south, with its heavy rainfall, grows an abundance of vegetables that make the vegetarian cuisine varied and exciting.

Most of India's large population are Hindus. They never eat beef because they regard the cow as sacred. Although the majority is vegetarian, especially those people who are members of the higher castes, there are exceptions. Influenced by long years of Muslim rule, the Brahmans of Kashmir, for example, eat mutton. The Brahmans of Bengal and the Saraswat Brahmans of Mangalore eat fish because it is plentiful, cheap, and delicious. Other than the large Muslim minority there are the smaller minority communities, which include the Catholics of Goa, the Syrian Christians of Kerala, the Parsees and Jews of the west coast, and the reformed Hindu community of Jains, each with its own distinctive cuisine.

India is the land of home cooking because restaurants are unable to compete with private homes in the quality of the ingredients used and the care taken in the preparation of each dish. Indians, therefore, rarely eat in restaurants and when they do it is to eat food which is not traditionally made at home. Consequently, a visitor to Bombay, for example, interested in tasting authentic local dishes, may very likely find it impossible.

The brightly lit, air-conditioned restaurants in Bombay serve, besides Chinese and European food, the inevitable tandoori dishes of the north, while suburban restaurants often serve idli and dosa, the rice flour breads of the south. To taste the subtly spiced vegetarian food of the Gujaratis, the more robust food of the Maharashtrians and the exciting, spicy Goan or Parsee dishes, one would have to dine at a private home in Bombay.

Prior to India's Independence in 1947, and the industrial and economic expansion which followed, when cities were less crowded and life more leisurely, the average middle-class family not only ever ate in a restaurant, they never bought commercially prepared foods. Great pride was taken by the women in making pickles and preserves at home. Spices were ground and mixed in accordance with old family recipes. Wheat for chapatis was ground into flour in a chakki, two massive stones, and one on top of the other, turned by two servants who squatted on the floor facing each other. Butter was churned from rich, creamy, buffalo milk, while ghee (clarified butter), the best and preferred cooking medium, was invariably made in the home.

Today, the wide variety of commercial pickles and chutneys available in Indian shops shows that fewer women have time to make their own. Itinerant spice-grinders stand on street corners pounding spices in giant mortars, throwing the heavy pestle with skill and ease, making passersby sneeze as the finely powdered spices fly in the air.

The middle-classes have moved from their spacious bungalows into modern flats, and there is no longer space for the grain mill, nor spare hands to turn it. Instead, grain is taken to the neighborhood mill—a small kholi, a room with a motor-driven mill—where, for a penny, it is ground into flour. Ghee, when it is used, is now bought at a dairy but, because it is so expensive, most households use the cheaper vanaspati, a hydrogenated vegetable fat.

There are, however, some foods, particularly sweets, which have always been bought in the bazaar. Sweets have always held a special place in India's social and religious life. Every joyous occasion, every holiday, every arrival and departure, a new job or baby, an examination passed or a prize won is celebrated with sweets. Bright yellow, crumbly chickpea, flour, and sugar balls called laddus, creamy white, smooth fudge-like peras, halvas of every kind, some made with milk and vegetables, others with cornflour or semolina, and those syrup-laden, golden pretzel shaped confections called jellabies, are all so delightful to eat and so tedious to make, that most Indians leave the job to the professionals.

Other foods rarely made in an Indian home, and if they are they never taste as exciting, are the spicy, salty, sweet-and-sour snacks sold in special shops or by street-sellers. These snacks may be just hot roasted channa, chickpeas, kurmari, puffed rice, or the tastier panipuri, little dough puffs filled with a peppery liquid. But best of all is that special and most delicious of all Indian snacks, bhel-puri, a mixture of crushed crisp dough puffs, chopped onion, hot chiles, sour-sweet chutneys, potato, lentils, puffed rice, and fragrant coriander leaves.

At lunchtime and in the evenings, street-sellers set up their huge baskets of snacks on the pavements. Small earthenware pots containing glowing charcoal keep the chickpeas hot. Old newspaper, cut into rectangles and deftly twisted into cones, is the only wrapping. Gay little stalls with striped awnings are set up in the evenings on Bombay's beaches, where thousands come to stroll and to escape the heat of the city. Most of the stalls serve their specialties on leaves. The more expensive ones, however, provide plastic plates and spoons for those who do not wish to dirty their fingers.

The long tradition of vegetarianism in India, the abundance and variety of vegetables, the choice of spices and the methods used in cooking have combined to produce a unique and distinctive vegetarian cuisine.

The commonest, simplest and most delicious way of cooking vegetables, known as bhujia in the north and foogath in the south, is to fry them with spices. There is no sauce and the dish can be surprisingly pungent.

Vegetable curries are made from one or more vegetables. A dish of puréed vegetables, delicately spiced, is called bharta. Mashed vegetables are shaped into patties or balls, fried, and eaten dry or added to a curry sauce. Sambal, a South Indian specialty, is a mixture between a relish and a salad and can be served hot or cold. Raita is a North Indian salad made from yogurt to which vegetables or fruit and seasonings are added. It is served as a cooling contrast to hot and spicy dishes.

No Indian meal is complete without a dhal of one kind or another. Dhals, pulses, or lentils are a tasty and inexpensive source of protein and are the most important part of a vegetarian diet. There are nearly sixty varieties of dhals in India. The most common ones, such as moong, both green and yellow, masoor, Egyptian lentils, channa, split peas, tur, pigeon-pea, lombia, black-eyed peas, rajma, and red kidney beans, are all available in the west.

Since the advent of modern methods of egg farming in India, "vegetarian", or unfertilized, eggs are slowly being accepted and eaten by Indian vegetarians. For those who do eat meat in India, meat usually means mutton. Very little beef is available, and pork is eaten mainly by the Christian communities on the west coast.

In a middle-class Indian home, the main meal of the day usually consists of two or three vegetable dishes, one of which will be dhal, a meat or a fish dish, if the household is not vegetarian, together with yogurt, pickles, and chutneys. Chapatis or rice, sometimes both, are also served. A sweet is often included and eaten with the other dishes, rather than afterwards as is the custom in the West.

All the food is put on the table at the same time. Each person eats what he or she wishes, combining the different dishes to suit individual taste. Generally, the meal is eaten off thalis, large, round trays made of brass, stainless steel or, for grand occasions, silver. On the thalis

are placed a number of small matching bowls called katoris. These are filled with the various dishes. The rice is placed in the middle of the thali itself, and the chutneys, pickles, and such side dishes as pappadums, vegetable fritters, and fried chiles, to one side.

In South India, banana leaves often replace thalis. They are cheap and since each is used but once, hygienic. Even in modern Indian cities, such as Bombay, banana leaves are used, particularly when hundreds of guests have to be served at a wedding banquet or a reception.

In traditional Indian homes, guests and the men of the family eat first, the women later. The food is put on the thalis by the woman of the house or by the servants. The diners never help themselves to food because they eat with their fingers, using only the right hand.

No Indian meal is complete without paan. Paan is betel leaf, spread with lime paste and wrapped around chopped betel (areca) nut and mixed spices to make a small triangular wad which is chewed as a digestive and mouth freshener. In the old days, the preparation of paan after dinner was an elaborate ritual performed by the woman of the house. Today, although it is still frequently prepared by her, it is as often bought already prepared from a shop.

Paan is the perfect ending to a good Indian meal which, well-cooked, perfectly balanced and beautifully served, is a pleasurable experience.

Source: *The World Atlas of Food*,

DAY THREE

TEAM PRODUCTION RECIPES

TEAM ONE

Chicken Tikka Masala
Murgh Samosa
Coriander and Cashew Chutney

TEAM TWO

Tandoori Chicken
Paneer and Paneer Puffs Stuffed with Spinach
Naans
Mint Chutney

TEAM THREE

Rice Flour Dosas with Mustard Seeds and Black Pepper
Prawn Curry and Sweet Saffron Pilaf
Red Chile Chutney

TEAM FOUR

Pork Vindaloo
Coconut Rice
Aloo Paratha
Walnut and Yogurt Chutney

SUPPLEMENTAL RECIPES

Vegetable Samosas
Naans
Spicy Indian Slaw
Green Chutney
Cucumber Raita
Brown Lentils with Tomatoes
Tamarind and Date Chutney
Carrot Poriyal

CHICKEN TIKKA MASALA

Yield: 4 portions, with rice

Ingredients	Amounts
<i>Marinade</i>	
Cumin seed	2 Tbsp.
Coriander seed	2 Tbsp.
Paprika	2 Tbsp.
Mango powder (optional)	1 tsp.
Chili powder (optional), or to taste	1 tsp.
Red food coloring (optional)	1 pinch
Lime juice (preferred) or lemon juice	1 ea.
Yogurt, good, thick	10 oz.
Salt	to taste
Chicken, diced	1½ lb
Garlic cloves, chopped, or to taste	3-6 ea.
Onion, large, very finely chopped	1 ea.
Chicken stock or water	as needed
Oil or ghee, for frying	as needed

Method

1. *For the marinade:* Grind the spices and mix with marinade ingredients.
2. Immerse chicken in marinade and refrigerate for 24 hours.
3. Heat oil in a frying pan, skillet, or wok until very hot.
4. Stir fry chicken vigorously for about 5 minutes (you may need to do it in 2 batches, depending on the size of your pan).
5. Remove chicken and keep warm.
6. Fry onion and garlic until just browning and return chicken with any remaining marinade, plus stock, plus more spices, if you think the sauce needs it. An extra teaspoon of cumin and coriander may "lift" it a little.
7. Simmer until chicken is cooked and sauce is nice and thick.

Source: Chef Rhoda Yee

MURGH SAMOSA

Yield: 8 samosas

Ingredients	Amount
<i>Spicy chicken filling</i>	
Usli ghee	1½ Tbsp.
Garlic, minced	1 tsp.
Scallions, chopped	1 cup
Potato, boiled, peeled, cubed	1 ea.
Chicken breast, boneless, skinless, cubed	¾ lb.
Carrot, finely grated	½ cup
Garam masala	2 tsp.
Coarse salt	to taste
Lemon juice	2 tsp.
<i>Samosa dough</i>	
All-purpose flour	1 ½ cup
Nigella seeds	¼ tsp.
Baking soda	1/8 tsp.
Warm water	6 Tbsp.
Usli ghee	3 Tbsp.
Plain yogurt	2 Tbsp.
Coarse salt	½ tsp.
Corn starch, for dusting	
Cornstarch dissolved in 3 Tbsp. water	2 Tbsp.
Peanut oil or corn oil, for frying.	

Method

1. *To prepare the filling:* Heat a large frying pan over medium-high heat. Add the ghee, garlic, scallions, potato, chicken, and carrot. Cook, stirring occasionally, for 7 minutes, or until lightly fried. Stir in the garam masala, salt, and lemon juice. Cool. (The filling may be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)
2. *To prepare the dough:* Combine the flour, nigella, if using, and baking soda in a large bowl. Whisk together the water, ghee, yogurt, and salt in a measuring cup until blended. Add to the dry ingredients and stir until the dough comes together. Gather into a ball. Turn the dough out onto a floured work surface and knead until elastic, about 5 minutes. (The dough may be prepared 1 day ahead. Wrap tightly and refrigerate. Bring to room temperature before continuing.)
3. Line a cookie sheet with plastic wrap, dust lightly with cornstarch and set aside. Divide the dough into 8 pieces. Shape each piece into a ball. Place 1 ball between the palms of

your hands and press to flatten to a 3 inch round. Place on a floured work surface. Using a rolling pin, roll out the dough to a 6 inch round, lifting and turning frequently and dusting the work surface with flour as necessary to prevent sticking. Cut the round in half. Brush half of the straight edge of a half round with the cornstarch mixture. Form a cone by folding the second half of the straight edge over the first half and pinch the seam to seal. Hold the cone with the open end up. Stuff with ¼ cup of filling. Brush 1 side of the open end with the cornstarch mixture. Pinch the open sides together to enclose the filling. Place the samosa on the cookie sheet and refrigerate. Repeat with remaining dough balls, cornstarch mixture, and filling.

4. Heat the oil in a deep fryer to 375°F. Add some samosas without crowding and cook until golden, turning occasionally, about 4 minutes. Using a slotted spoon, transfer to paper towels; repeat with remaining samosas.
5. Mound the samosas in a small, shallow basket and serve immediately.

CORIANDER AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Fresh coriander leaves	1 cup
Hot chili pepper, with seeds	1 ea.
Lemon juice	2 Tbsp.
Cashew nuts, unsalted	½ cup
Cumin, ground	½ tsp.
Plain yogurt	½ cup
Salt	1 tsp.
Pepper	1 tsp.

Method

1. Combine coriander, chopped chili, and lemon juice in a food processor. Pulse to form a paste.
2. Add the nuts slowly, then the cumin.
3. Pulse in the yogurt, salt, and pepper. Adjust the seasoning as desired.

TANDOORI CHICKEN

Yield: 4 portions

Ingredients	Amounts
Chicken drumsticks and/or breast pieces (skin removed)	12 ea.
Yogurt, plain (or 2 cups of buttermilk)	1 cup
Red chile powder	1½ Tbsp.
Coriander powder	2 Tbsp.
Garlic powder, fresh ground is best	1 Tbsp.
Ginger powder, fresh ground is best	1 Tbsp.
Cumin powder	1 Tbsp.
Garam masala powder	½ Tbsp.
Salt	2 Tbsp.
Lemon juice, fresh, for garnish	as needed

Method

1. For the marinade, take a wide and deep bowl about 12 ½ inches wide and deep enough to hold all the chicken pieces. Add the yogurt plus one cup water, or the buttermilk with no water, into the bowl. Add all the spices into the bowl and stir to form a homogeneous mixture. Now add the chicken pieces into the mixture, so that they are all covered with the paste/mixture. Cover the bowl with a lid and let it stand for 6 hours. If you plan to marinate for 12 to 15 hours, put it in the refrigerator. The longer it marinates, the better it will absorb the spices and the tastier it will be.
2. When you are ready to grill the chicken, apply melted butter to the chicken pieces with a brush or spoon all over and you are ready to grill the chicken on the barbeque in the normal fashion. Turn over the chicken pieces when they look brownish red in color, or darker if you prefer it well done.
3. Lemon juice sprinkled on the cooked chicken also adds to the flavor, if you wish.

Note: Garam masala powder is available at any/all Indian grocery stores. If you like tandoori hot and spicy, add one tablespoon extra of red chile powder, coriander, garlic, ginger, cumin, and garam masala.

Source: The Professional Pastry Chef by Bo Friberg

PANEER

Yield: 3/4 pound

Ingredients

Amounts

Milk	½ gal.
Buttermilk	1 qt.

Method

1. Rinse a 4-quart saucepan and while it is still wet, pour the milk into it. (Using a wet pan helps prevent the formation of a skin on the pan during cooking). Bring milk to a boil.
2. Remove from heat and pour in the buttermilk, stirring continuously. The solids will separate from the liquid, or whey.
3. Drape a colander with a fine, clean muslin cloth (not cheesecloth, because it is too porous) so that the ends hang over. Pour the mixture into the cloth, gather up the ends and twist them together firmly to force out excess whey. Place the tightly wrapped package on a slightly convex surface (such as an upside-down plate, bowl or pan) so that the remaining whey can drain away and put a plate or flat pan on top. Weight the plate or pan with something heavy, such as a can, and let the paneer sit for about 30 minutes (unless directed otherwise by a specific recipe).
4. The resulting paneer will have a texture similar to firm farmer's cheese. It can be diced or sliced, as needed.

Source: *The Bombay Café Cookbook* by Neela Paniz

PANEER PUFFS STUFFED WITH SPINACH

Yield: 24 portions

Ingredients	Amounts
Vegetable oil	1 tsp.
Mustard seeds	¼ tsp.
Garlic clove, minced	1 ea.
Ginger, peeled, minced, ½" piece	1 ea.
Spinach, fresh, washed thoroughly, stems removed	½ lb.
Cayenne pepper	½ tsp.
Roasted cumin, ground	½ tsp.
Salt	¼ tsp.
Paneer (let set for 20 minutes so it does not become too firm)	¾ lb.
Flour	2 tsp.
Shallots, minced	1½ Tbsp.
Green serrano chile, small, minced	1 ea.
Fresh cilantro, minced	1 Tbsp.
Salt	½ tsp.
Nonstick cooking spray	

Method

1. In a small skillet with a lid, heat the oil over high heat. Tilt the pan to form a pool and carefully add the mustard seeds. Cover at once to avoid splattering. After a few seconds, uncover and add the garlic and ginger. Sauté for 1 minute, until slightly browned.
2. Add the spinach leaves, stirring in a handful at a time. Add cayenne, ground cumin, and salt. Cover and cook over low heat for 10 to 15 minutes, until spinach is cooked through, and liquid has almost evaporated. Cool to room temperature before proceeding.
3. To make paneer puffs, place the paneer in a mixing bowl. Add flour and knead thoroughly, using fingers. Mix in the remaining ingredients.
4. Preheat oven to 350°F. Spray two mini muffin pans with cooking spray.
5. Take a scant tablespoon of paneer mixture and form it into a ball. Place in a muffin cup and using thumb or knuckle, make an indentation in the middle. Place about ½ to 2/3 teaspoon spinach filling in the indentation. Cover the filling with about ½ teaspoon of paneer mixture. Fill the remaining muffin cups in the same manner.
6. Spray tops of puffs lightly with cooking spray and bake for 10 to 12 minutes, until the tops have puffed and browned lightly. Loosen edges with a sharp knife. Remove from the pans and serve immediately.

Source: *The Bombay Café Cookbook* by Neela Paniz

NAANS

Yield: 20 portions

Ingredients	Amounts
All-purpose flour, white	6 lb.
Salt	2 Tbsp.
Sugar	2 Tbsp.
Eggs (Optional)	2 ea.
Milk (Optional)	1 cup
Yogurt, plain (Optional)	1 cup
Butter	½ cup
Yeast	1 Tbsp.
Water to knead flour	as needed

Method

1. Mix all ingredients together in a bowl.
2. Add water and knead thoroughly. Make a smooth dough and keep aside for several hours in a warm place.
3. Divide the dough into equal parts and shape them into tennis size balls.
4. Brush a little oil on top of each dough ball and cover with a piece of cloth for at least 15 minutes.
5. Flatten each dough ball like a pancake by tossing and slapping with both hands.
6. Put the flattened bread on the tandoor pad and stick it on the wall of tandoor.
7. Remove with the tandoori tools when a little brown. Garnish with butter and serve.

Source: Rohit Singh

MINT CHUTNEY

Ingredients	Amounts
Fresh green coriander (cilantro)	1 lb.
Fresh mint	3 oz.
Green chiles	1 oz.
Garlic	1 oz.
Pomegranate seeds	4 Tbsp.
Cumin seeds	2 Tbsp.
Salt	

Method

1. Wash the fresh coriander, mint, green chiles, and garlic. Drain well.
2. Make a fine paste of the pomegranate seeds and cumin seeds.
3. Add the garlic, grind to a paste, and then add fresh coriander and mint. Grind to a paste. Remove to bowl, add salt, and mix well.

Source: Manjit Gill

RICE FLOUR DOSAS WITH MUSTARD SEEDS AND BLACK PEPPER

Yield: 8 portions

Ingredients	Amounts
Flour	1 cup
Rice flour	1 cup
Cayenne pepper	1/8 tsp.
Onion, peeled, chopped	1/2 cup
Coconut, fresh, grated	1/4 cup
Salt	1 1/4 tsp.
Plain yogurt	1 cup
Vegetable oil	7 Tbsp.
Whole black mustard seeds	1 tsp.
Black peppercorns, coarsely ground	1 tsp.

Method

1. In a food processor or blender, place the white flour, rice flour, cayenne, onion, coconut, salt, yogurt, and 3/4 cup water. Blend until smooth and pour into a bowl.
2. Heat 1 tablespoon of oil in a small skillet or pot over a medium flame. When hot, put in the mustard seeds. As soon as the mustard seeds begin to pop (almost immediately), pour the seeds and oil over the batter. Add the black pepper and mix thoroughly.
3. See that you have everything you need for making the pancakes: A 7-to 8-inch, nonstick skillet, a cup containing oil, a teaspoon, a rounded soup spoon for spreading out the batter, and a 1/3 cup measuring cup. You also need a plate to hold the pancakes and a second plate that you can invert over the first to keep the pancakes warm and moist.
4. Set the skillet over medium-low heat. Dribble 1/2 teaspoon of oil onto it. When the skillet is hot, pick up 1/3 cup of batter and plop it right in the center of the skillet. Immediately put the rounded bottom of a soup spoon very lightly on the blob of batter and using a gentle but continuous spiral motion, spread the batter outward. You should end up with a pancake 6 to 7 inches in diameter (the thinner the better). Dribble 1/2 teaspoon of oil over the pancake and another teaspoon just outside its edges. Cover and cook for 3 1/2 to 5 minutes or until the pancake has turned a reddish gold color and the bottom is slightly crisp along the edges. It may not color uniformly. Remove the cover and turn the pancake over. Cook the second side uncovered until it, too, has developed reddish gold spots, about 4 minutes. Remove with a spatula and keep on the nearby plate. Cover with the second inverted plate. Repeat for the remaining pancakes.
5. If you wish to reheat these pancakes, cover them well in aluminum foil, and place them in a 400°F oven for about 15 minutes.

Source: World of the East Vegetarian Cooking by Madhur Jaffrey

PRAWN CURRY

JHEENGA SHORWEDDAR

Yield: 8 to 10 portions

Ingredients	Amounts
Ghee (clarified butter)	$\frac{3}{4}$ cup
Onions, chopped	2 ea.
Coconut, finely chopped	$\frac{3}{4}$ cup
Ginger, grated	3 Tbsp.
Green chiles, chopped	6 ea.
Salt	
Sugar	3 tsp.
Cloves, ground	$\frac{1}{4}$ tsp.
Cardamom	$\frac{1}{2}$ tsp.
Bay leaves	7 ea.
Cumin, ground	1 tsp.
Turmeric	2 tsp.
Cayenne	1 tsp.
Garlic cloves	5 ea.
Lemon juice	to taste
Sour cream	1 cup
Fish stock	1 pt.
Yogurt	1 cup
Arrowroot to bind	as needed
Shrimp, 21-25 count, shelled	60 ea.
Ghee (clarified butter)	2 oz.
Fried onions	$\frac{1}{2}$ cup
Toasted coconut	$\frac{1}{4}$ cup

Method

1. Sauté onions with butter until golden brown, drain onions, and set aside.
2. Add coconut, ginger, and green chiles to the remaining ghee and fry gently for 3 minutes, add the remaining items except shrimp and arrowroot and cook for 5 minutes.
3. Adjust consistency with arrowroot.
4. Sauté shrimp in hot ghee, add to sauce, and simmer very briefly.
5. Sprinkle with hot fried onions and toasted coconut.

SWEET SAFFRON PILAF

ZARDA

Yield: 6 to 8 portions

Ingredients	Amounts
Basmati rice	2 cups
Saffron threads	1 tsp.
Ghee	4 Tbsp.
Cloves, whole	10 ea.
Green cardamom pods	8 ea.
Cinnamon stick	1 ea.
Golden raisins	¼ cup
Sugar	¼ cup
Salt	1¼ tsp.

Method

1. Wash basmati rice until the water runs clear.
2. Place the rice in a bowl, add 4 cups cold water, and let soak for ½ hour. Drain the rice, reserving the water and set aside.
3. Place the saffron threads in mortar and grind to a powder. Add 2 tablespoons water and continue mashing until thoroughly dissolved. Set aside.
4. Heat the ghee over medium heat in a heavy-bottomed pan. When it is hot, add the cloves, cardamom, and cinnamon, and fry until they are lightly browned and puffed, about 1 minute. Add rice and fry until the rice is thoroughly coated with the ghee and begins to brown, about 3 minutes, stirring constantly to prevent burning.
5. Add reserved water, saffron water, raisins, sugar, and salt, and stir well to keep the rice from settling. Bring to a boil. Lower the heat and simmer partially covered for 10 minutes or until most of the liquid is absorbed and the surface of the rice is filled with steamy holes.
6. Cover the pan tightly, reduce heat to the lowest setting. Let the rice steam for 10 minutes and turn off the heat. Now let it rest undisturbed, covered, for 5 minutes. Do not stir the rice during these final 15 minutes of steaming and resting, as the grains are still very moist and fragile at this stage. The rice remains warm for 20 minutes if left covered. Uncover and fluff the rice with a fork before serving.

Source: *Classic Indian Cooking* by Julie Sahni

RED CHILE CHUTNEY

Yield: ½ cup

Ingredients

Amounts

Red chiles	6-8 ea.
Garlic cloves	4 ea.
Cumin seed	½ tsp.
Husked roasted channa	½ cup
Salt	
Water	

Method

1. Process all ingredients to make a paste. Add enough water to make the chutney a pourable consistency.
2. Add salt to taste.

PORK VINDALOO

Yield:

Ingredients	Amounts
Pork, shoulder, boneless cut into 2" cubes	2¼ lb.
Olive oil	½ cup
Salt	1½ tsp.
Red wine vinegar	6 Tbsp.
Jaggery	2 Tbsp.
Chicken or pork stock	3 cups
<i>Spice paste</i>	
Red chiles, hot, dried	4-10 ea.
Paprika, bright red	1 tsp.
Cinnamon stick, 3" piece, broken into smaller pieces	3 ea.
Cloves	10-15 ea.
Black peppercorns	½ tsp.

Method

1. Grind all the spices in a clean coffee grinder.
2. In a bowl, toss spices with pork cubes and let marinate in dry rub for 30 minutes.
3. In large, deep stainless steel pot, sauté pork in olive oil until the cubes are golden brown.
4. Add red wine vinegar and stock and let pork pieces simmer until they are tender, about 40 to 50 minutes.
5. Serve in a platter with other Indian dishes.

Note: A dish of Portuguese ancestry, vindalho (or vindaloo as it is known throughout the world) got its original name for two of its main seasonings: vinho or wine (actually wine vinegar) and albos or garlic. This dish has now been thoroughly Indianized with the use of enormous amounts of dried red chiles brought, ironically enough, from the new World, as well as cumin, ginger, and peppercorns. It is generally served with the local "red" rice, plain white rice, or a Basmati rice pilaf. A simple salad of tomatoes, lettuce, and cucumber, dressed with lemon juice and salt, may be served on the side.

Source: Adapted from Madhur Jaffrey.

COCONUT RICE

Yield: 8 portions

Ingredients	Amounts
Basmati rice	4 cups
Coconut oil	6 Tbsp.
Arbol chiles	14 ea.
Chana dal	1 Tbsp.
Urad dal	1 Tbsp.
Brown mustard seeds	2 tsp.
Curry leaves	25 ea.
Salt	2 tsp.
Asafoetida	¼ tsp.
Fresh coconut, grated	3½ cup
Cilantro, chopped	4 Tbsp.

Method

1. Wash the rice in several changes of water, until the water runs clear. Cover well with water and soak for 30 minutes. Drain. Put the rice in a saucepan and cover with 5½ cups water. Bring to the boil. Cover tightly, turn the heat to very low, and cook gently for 25 minutes.
2. Meanwhile, heat the oil in a medium-sized saucepan or wok over medium-high heat. When hot, add the chiles, chana dal, urad dal, and mustard seeds. Stir and fry until the chiles darken and the dals turn reddish. Add the curry leaves, salt, asafoetida, and the coconut. Stir and fry over high heat for a minute or so, then turn the heat down and cook gently until the coconut is a light reddish brown and quite crisp. Turn the mixture out onto a large wide dish, spread out and allow cooling.
3. When the rice is cooked, take it out of the pan, and spread it evenly over the coconut mixture. As soon as it is cool enough to handle, mix the two together gently. Garnish with the fresh cilantro and serve.

Source: *Flavors of India* by Madhur Jaffrey

ALOO PARATHA

Yield: 4 portions

Ingredients	Amounts
Whole wheat flour	2 lb.
Salt	1 Tbsp.
Water, to knead flour	as needed
Potatoes, large, boiled, mashed	2 ea.
Oregano seeds	½ Tbsp.
Coriander seeds, roasted	½ Tbsp.
Pomegranate seeds, roasted, cracked	1 Tbsp.
Cumin powder, roasted	½ tsp.
Coriander, fresh, chopped	as needed

Method

1. Mix the flour and salt in a bowl. Add the water and knead well, make a smooth dough and keep aside for 10 minutes.
2. Divide the dough into 8 or 10 equal parts, roll and flatten with your palms. Cover the dough balls with a piece of cloth.
3. For the stuffing, combine the potato, oregano seeds, coriander seeds, pomegranate seeds, cumin powder, and fresh coriander.
4. Take 1 dough ball and softly shape it like a soup bowl with both hands.
5. Place a handful of mashed potato stuffing in the "dough-bowl" and seal it.
6. Flatten the dough ball with your hand then slowly spread with a rolling pin.
7. Heat and brush the griddle with little oil and place the bread on it. Put 1 or 2 spoonfuls of oil around it and turn. Cook the other side also in the same manner.

Source: Rohit Singh

WALNUT AND YOGURT CHUTNEY

Yield: 2½ cups

Ingredients

Amounts

Walnut halves or pieces	2 cups
Garlic cloves	2 ea.
Serrano chiles	3 ea.
Plain yogurt	1 cup
Salt	½ tsp.

Method

1. Place the walnuts, garlic, and chiles in the bowl of a food processor and process until the mixture has the consistency of chunky peanut butter.
2. Add ½ cup of yogurt and blend. Taste for salt and adjust, if necessary. Add remaining yogurt if a thinner consistency is desired.

Source: *The Bombay Cafe* by Neela Paniz

VEGETABLE SAMOSAS

Yield: 24 Portions

Ingredients	Amounts
Flour	2½ cups
Salt	1 tsp.
Water	1/3 - 1 cup
Vegetable oil	¼ cup
Vegetable oil	3 Tbsp.
Coriander seeds	½ tsp.
Cumin seeds	1 tsp.
Onion, medium, minced	1 ea.
Ginger, 1"piece, peeled, minced	1 ea.
Green serrano chile, minced	1 ea.
Coriander, ground	1 Tbsp.
Cayenne pepper	1 tsp.
Potatoes, large-size, boiled, peeled	3 ea.
Green peas, cooked	½ cup
Salt	1 tsp.
Cilantro, chopped	1 Tbsp.
Flour	¼ cup
Water	2 Tbsp.
Vegetable oil, for deep frying	

Method

1. For the wrappers, sift the flour and salt together in a mixing bowl. Add the water, one-third of a cup at a time, mixing with your fingers, until a soft, pliable dough forms. Cover and set aside for about 15 minutes.
2. Divide dough into 6 equal parts. Roll each part into a ball, dredge it in flour, and flatten into a 3-inch disk. Roll each disk into a 6-inch circle, dredging in flour as needed.
3. Place one disk on a work surface. Brush some oil on it and place the next disc on top of it. Brush oil on this one and continue until the last one is placed on top. Do not brush oil on the top of the last disc. With the heel of your palm, flatten and press down the layer of discs. Then roll out the "pattis" to a 12- to 14-inch round, about 2/3 of an inch thick—paper thin.
4. The cooking process is very rapid. Heat a large griddle, and carefully place the stack of wrappers on the griddle. Toast the bottom layer until lightly cooked, turning the disk rapidly in a circular manner with your hands (this ensures even cooking). Flip the disks

that now the bottom is on top. The top layer will have begun to separate around the edges; gently peel this layer off and place it on a cool surface. Flip the disk again and peel the next layer. Flip again and repeat the process until all 6 wrappers have been cooked. This process should take no more than 5 minutes. Do not make crispy.

5. Place the cooked wrappers on top of each other and cut into quarters. From each quarter, cut a half-oval shape, wasting as little of the wrapper as possible. You will have 24 half-ovals. (They can be refrigerated or frozen at this point, tightly wrapped in plastic wrap and foil. The leftover scraps can be deep-fried for wonderful samosa chips.)
6. For the filling, heat the oil in a medium-sized saucepan or skillet. Add the coriander and cumin seeds. When they stop sizzling, add the onions and brown well for about 15 minutes. Stir frequently and reduce the heat slightly if the onions begin to burn. When the onions are well-browned, add the ginger and chiles. Sauté for a minute and then stir in the coriander and cayenne. Cook for another minute or so, until all the spices are well-blended. Remove from heat and allow cooling.
7. With your hands, crumble the boiled potatoes into a mixing bowl. Stir in the peas and the spice mixture. Add the salt and taste for seasoning. Add the cilantro and mix well. The filling should be lumpy.
8. To assemble the samosas, make a paste with the flour and water. (If using frozen wrappers, make sure they have been defrosted.) On a large, heated griddle or skillet, warm the wrappers just lightly so they will be flexible enough to fold without cracking.
9. Take one wrapper at a time. Place on a clean workspace with straight edge facing you. Fold the right-handed corner two-thirds of the way toward the middle. Place your index finger just to the right of the point and fold the left-hand corner over it, so that a little flap overlaps. Make sure the bottom point has been enclosed in this fold, to prevent the filling from leaking out. You should have a shape resembling an ice-cream cone.
10. Holding the cone as you would an ice cream cone, with the higher, rounded edge away from you, fill the cone with a heaping tablespoon of the potato-pea mixture. Stuff it down towards the pointed end, but not so firmly they you force the point open. Dip your index finger into the flour paste and run it along the side flap. Press the side closed. With a little more paste, run your finger around the semicircular top edge and fold the edge over towards you. Seal it by pressing firmly. You should have a plump triangular samosa. Repeat with the rest of the wrappers.
11. On a tray or plate, set the samosas aside, standing on edge. Allow them to dry completely. (You can refrigerate the dried samosas, uncovered for up to 2 days.)
12. When ready to serve, fill a karhai or deep saucepan, with about 3 inches of oil. Heat over high heat until hot but not smoking. To test, drop a samosa wrapper scrap into the oil; if it rises quickly to the surface and sizzles, the oil is ready. Reduce to medium-high to maintain the temperature. Carefully drop 6 to 8 samosas into the oil and fry, turning once, for about 2 minutes. Serve with Tamarind and Date Chutney or any chutney of your choice.

Source: *The Bombay Café* by Neela Paniz

NAANS

Yield: 20 portions

Ingredients	Amounts
All-purpose flour, white	6 lb.
Salt	2 Tbsp.
Sugar	2 Tbsp.
Eggs (optional)	2 ea.
Milk (optional)	1 cup
Yogurt, plain (optional)	1 cup
Butter or olive oil	½ cup
Yeast	1 Tbsp.
Water to knead flour	as needed

Method

1. Mix all ingredients together in a bowl.
2. Add water and knead thoroughly. Make a smooth dough and keep aside for several hours in a warm place.
3. Divide the dough into equal parts and shape them into tennis-size balls.
4. Brush a little oil on top of each dough ball and cover with a piece of cloth for at least 15 minutes.
5. Flatten each dough ball like a pancake by tossing and slapping with both hands.
6. Put the flattened bread on the tandoor pad and stick it on the wall of tandoor.
7. Remove with the tandoori tools when a little brown. Garnish with butter and serve.

Source: Rohit Singh

SPICY INDIAN SLAW

Yield: 12 portions

Ingredients	Amounts
Ginger, ½-in piece, peeled, grated	1 ea.
Lime juice, from about 1 lime	2 Tbsp.
Citrus vinegar	1 Tbsp.
Sugar	3 Tbsp.
Chaat masala	1½ tsp.
Toasted cumin	½ tsp.
Cayenne pepper	1/8 tsp.
Kosher salt	1 Tbsp. plus 1 tsp.
Cracked peppercorns	½ tsp.
Scallions, thinly sliced	18 ea.
Jalapeño, seeded, deveined, finely chopped (Optional)	1 ea.
Cherry or grape tomatoes, halved	1 pt.
Cilantro, fresh, finely chopped	½ cup
Mint leaves, fresh, finely chopped	2 Tbsp.
Green cabbage head, halved, cored, finely sliced	1 ea.
Peanuts, roasted, chopped	½ cup

Method

1. Whisk the ginger, lime juice, vinegar, sugar, chaat masala, toasted cumin, cayenne pepper, salt, and cracked pepper together in a large bowl.
2. Add the scallions, jalapeños, tomatoes, cilantro, and mint leaves and toss to combine.
3. Add the cabbage and toss with your hands, making sure to coat it thoroughly with the other ingredients.
4. Sprinkle with the peanuts and serve immediately, or cover with plastic wrap and refrigerate for up to 4 hours, sprinkling with the peanuts just before serving.

Note: White wine vinegar can be substituted for the citrus vinegar.

Source: Suvir Saran, as presented at the 2008 Flavor Summit.
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GREEN CHUTNEY

Ingredients	Amounts
Cilantro, bunch	1 ea.
Green chiles, to taste	5 ea.
Mint, if desired	
Peanuts, roasted, skinned	$\frac{3}{4}$ cup
Cumin seeds	$\frac{1}{2}$ tsp.
Salt	
Tamarind or lime juice	

Method

1. Pulse the cilantro in a food processor with the chiles, mint, peanuts, and cumin seeds. Add tamarind, lime juice, and enough water to make the chutney a pouring consistency.
2. Season with salt to taste.

Source: Niloufer Ichaporia King

CUCUMBER RAITA

Yield:

Ingredients	Amounts
Cucumber, peeled	10 oz.
Plain yogurt	1 cup
Mint leaves, chopped	¼ cup
Lime juice, fresh	2 Tbsp.
Kosher salt	1 tsp.
Canola oil	1 Tbsp.
Black mustard seeds	1 Tbsp.
Cayenne	to taste

Method

1. Slice the cucumber in half lengthwise; scoop out the seeds with a spoon.
2. Cut the cucumber into ¼-inch dice.
3. Transfer to a bowl; add the yogurt, mint, lime juice, and salt. Stir to combine.
4. Heat a skillet over medium heat; add the oil.
5. When very hot, add the mustard seeds; cook until they pop.
6. Add the seeds to the yogurt mixture; stir to combine.
7. Taste and season with cayenne.

Source: *Seductions of Rice* by Jeffrey Alford and Naomi Duguid

BROWN LENTILS WITH TOMATOES

MASALA WALE SAABAT MASOOR KI DAL

Yield: 8 portions

Ingredients	Amounts
Brown lentils	1½ cup
Olive oil	2 Tbsp.
Cumin seeds	1 tsp.
Onion, small, diced	1 ea.
Ginger, peeled, minced, ½" piece	1 ea.
Serrano chiles, minced	2-3 ea.
Tomatoes, diced	2 ea.
Coriander, ground	1 Tbsp.
Cayenne pepper	½ tsp.
Turmeric	¼ tsp.
Salt	1 tsp.
Cilantro, chopped	½ Tbsp.
Fresh lemon juice	as needed

Method

1. Pick over, wash, and soak the lentils in water to cover for at least 30 minutes.
2. Heat the oil in a karhai or wok over medium-high heat. Add cumin seeds. When they stop sizzling, add the onions and brown them lightly, stirring frequently for 3 to 4 minutes. Add the green chiles and ginger and stir-fry for 2 to 3 minutes.
3. Add the tomatoes and continue to cook, mashing the tomatoes with the back of a wooden spoon, for 5 to 10 minutes or until thick. Add the coriander, cayenne, and turmeric and mix well.
4. Drain the lentils and add them to the saucepan, along with 4½ cups of water and the salt. Bring to a full boil, reduce the heat, and cover. Cook for 35 to 40 minutes or until the lentils are tender. Using the back of a wooden spoon, mash some of the lentils so that the mixture forms a thick soup.

Note: The dal can be made in advance. When ready to serve, heat through and stir in the chopped cilantro.

TAMARIND AND DATE CHUTNEY

Yield: 4 cups

Ingredients	Amounts
Tamarind pulp	½ lb.
Dates, pitted	½ lb.
Cumin, ground, roasted	2 Tbsp.
Asafoetida	a pinch
Ground black pepper	2 tsp.
Cayenne pepper	2 tsp.
Black salt	3 tsp.
Salt	1 tsp.
Sugar, amount used depends on the sweetness of the dates	¾-1 cup
Jaggery	6 oz.

Method

1. Pour 3 cups of boiling water over the tamarind pulp and allow them to soak overnight. In another bowl, pour 1 cup of boiling water over the dates and allow them to soak overnight also.
2. Break up any lumps of soaked tamarind by kneading with fingers. Then force tamarind pulp through a fine sieve into a non-reactive saucepan. Scoop out the pulp remaining in the strainer and replace in soaking bowl. Knead again while adding a little hot water and repeat the straining procedure to get all the tamarind. Follow the same procedure with the dates.
3. Add remaining ingredients and cook over medium heat until the jaggery melts, stirring frequently. Reduce heat to low and simmer for about 10 minutes. Check seasoning and adjust for sweetness.

Source: *The Bombay Café* © 1998 Neela Paniz

CARROT PORIYAL

Yield: 6 portions

Ingredients	Amounts
Carrots, medium	1 lb.
Usil ghee	3 Tbsp.
Black mustard seeds	½ tsp.
Fresh kari leaves	7 ea.
Green chillies, seeded, sliced	2 ea.
Fresh coconut, grated	4 Tbsp.
Lemon juice	to taste
Kosher salt	to taste

Method

1. Peel the carrots. Grate them using the coarse blade of the grater or finely shred them.
2. Heat the ghee in a frying pan over medium-high heat. When it is very hot, carefully add the mustard seeds and curry leaves. Keep a pot lid handy since the seeds may splutter and splatter. When the seeds stop spluttering and turn gray, add the chillies and stir rapidly for a moment or two, and follow at once with the grated carrots. Fry the carrots briefly to remove the raw taste (about 5 minutes), stirring constantly to prevent burning. Turn off heat, sprinkle with salt, and mix. Add the grated coconut. Mix thoroughly. Cool slightly, transfer to a serving dish.
3. Prior to serving, remove the kari leaves, adjust seasoning, and fluff shreds.

Source: *Classic Indian Cooking* by Julie Sahni

DAY FOUR:

TAPAS, MEZZE, AND THE SMALL PLATES OF THE MEDITERRANEAN

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Define the key terms
- List the flavor profiles of Spain, Greece, and North Africa
- Describe the traditions of tapas and mezze
- Identify specialty ingredients from the Mediterranean

LEARNING ACTIVITIES

Lecture/discussion
Demonstrations
Hands-on production
Product evaluation

KEY TERMS

Tapas
Mezze
Small plates
Brik
Tortilla Española

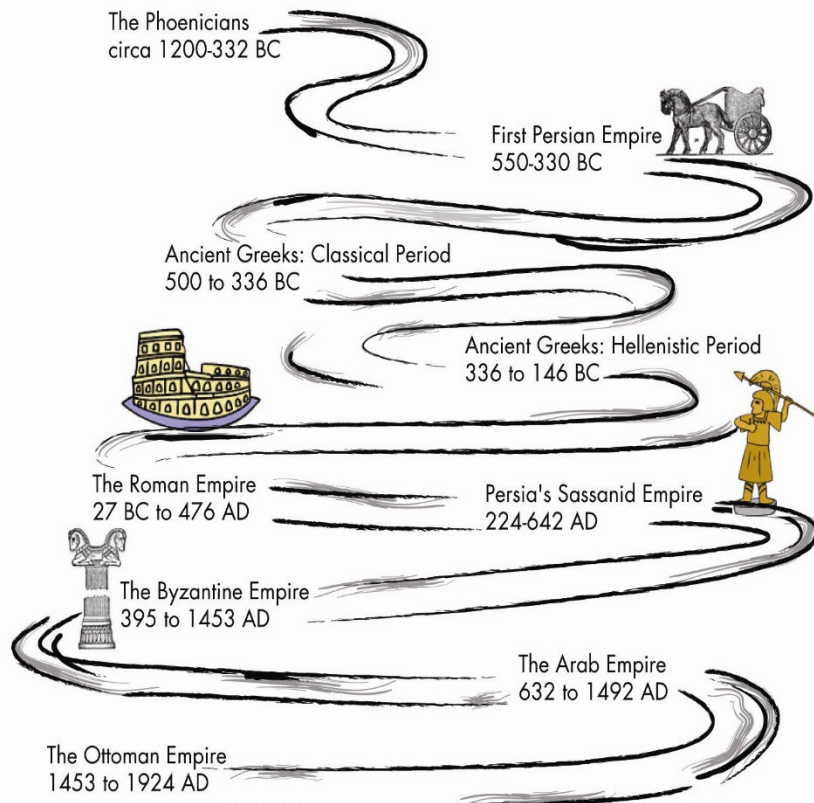
INSTRUCTOR DEMONSTRATIONS

Product identification

The Mediterranean Basin



Major Mediterranean Civilizations and Empires



DAY FOUR

TEAM PRODUCTION RECIPES

TEAM ONE

Tortilla Española and Romesco Sauce
Cod Fritters
Sherry-Cured Salmon with Mint, Honey, and Sherry Vinaigrette

TEAM TWO

Spicy Minced Beef Kebabs with Hot Chickpea Purée
Turkish Grilled Eggplant Sandwich with Spicy Red Pepper with Walnut Purée
Hummus bi Tahini and Baba Ghanoush

TEAM THREE

Rolled Borek
Moroccan Baked Fish
Steamed Aubergines in a Tomato and Coriander Sauce

TEAM FOUR

Onion Soup Gratinée
Pan-Roasted Cod with Provençal Fava Bean Ragout
Crispy Sautéed Potatoes

SUPPLEMENTAL RECIPES

Potato Gnocchi with Browned Butter and Sage
Garlic and Saffron Mayonnaise
Stuffed Grape Leaves
Pita
Chickpea Fritters
Greek Spinach Pie
Phyllo, Honey, and Walnut Pastry
Chicken Filled Pastry
Mushrooms in Garlic Sauce
Xocopili Hot Chocolate & Churros
Salt Cod Fish Fritters with Garlic and Olive Oil Sauce

TORTILLA ESPAÑOLA

Yield: 6 portions

Ingredients	Amounts
Olive oil	$\frac{3}{4}$ cup
Potatoes, cut into $\frac{1}{8}$ " slices	5 ea.
Onion, large, sliced thin	1 ea.
Salt	2 tsp.
Eggs	6 ea.

Method

1. Heat the oil in a large skillet, add the potatoes and onions and salt lightly. Cook slowly over medium heat, turning occasionally until potatoes are tender but not brown. Keep potatoes separated.
2. In a large bowl, beat eggs and salt lightly. Drain the oil from the potatoes; reserve 3 tablespoons to be reused.
3. Add potato mixture to eggs, submerging completely.* Let stand for 10 minutes.
4. Heat 2 tablespoons of the reserved oil in a large sauté pan until hot. Add potato-egg mixture. Lower heat to medium.
5. Shake pan occasionally to prevent sticking. When the bottom of the tortilla is lightly browned, place a large plate over the pan and flip the tortilla upside down onto the plate.
6. Add 1 tablespoon of oil to the sides of the pan and slide the uncooked side of the tortilla back into the pan. Round the sides with a spatula. Cook until browned, transfer to a plate, let them rest five minutes before serving.

Note: For Tortilla Española Trufada: Add thinly sliced black truffle at step 3.

Source: Plácido Domingo Restaurant by José Menéndez

ROMESCO SAUCE

Yield: 1 pint

Ingredients	Amounts
Tomatoes	2 ea.
Garlic cloves	2 ea.
Bread slices	2 ea.
Almonds	21 ea.
Hazelnuts	24 ea.
Ancho peppers, soaked, seeded	3 ea.
Arbol chiles, soaked, seeded	1 ea.
Extra-virgin olive oil	3 Tbsp.
Parsley sprigs, chopped	2 ea.
Sherry vinegar	2 Tbsp.

Method

1. Heat oven to 350°F and roast tomatoes, garlic, bread, almond, and hazelnuts until lightly browned. Skin the almonds and hazelnuts.
2. Sauté the chiles in 1 tablespoon of olive oil
3. Transfer all cooled ingredients to a food processor and purée.
4. Add parsley, olive oil, and vinegar. Season with salt to taste.

COD FRITTERS

BUÑUELOS DE BACALAO

Yield: 6 to 8 portions

Ingredients	Amounts
Salt cod loin	10.6 oz.
Flour	7 oz.
Pork fat back	2 ½ oz.
Eggs	2-3 ea.
Garlic cloves, chopped	3 ea.
Parsley	as needed
Olive oil	as needed
Ground black pepper	to taste
Salt	to taste

Method

1. Poach the cod fish covered with water and strain it. Reserve the cooking water.
2. Separate skin and possible bones from cod fish.
3. Boil the cooking water with white fat of pork, adding flour when boiling until it forms a thick dough.
4. Pull it away from the heat and add the whole eggs.
5. Next, pour in the mashed cod fish, chopped garlic, and parsley to blend all the ingredients together. Season with salt and pepper to taste.
6. Form small balls with a teaspoon, fry them in olive oil starting at 300°F and increasing until 350-375°F.

SHERRY-CURED SALMON WITH MINT, HONEY, AND SHERRY VINAIGRETTE

Yield: 16 small portions

Ingredients	Amounts
Salmon fillet	1 kg
Spanish extra-virgin olive oil	as needed
Dry Amontillado Sherry	to taste
Coarse sea salt	to taste
Freshly ground black pepper	to taste

Method

1. Trim the fillet and slice vertical slices. Lay the slices on a platter.
2. Brush all over with olive oil, then sherry.
3. Sprinkle with a little sea salt and black pepper and leave for about 2 to 4 hours to cure.
4. Serve with the dressing spooned over and with some small herbs on top.

Source: María José Sevilla

SPICY MINCED BEEF KEBABS WITH HOT CHICKPEA PURÉE

Ingredients	Amounts
Beef, ground, finely minced	1¼ lb.
Onion, grated	1 ea.
Cumin, ground	2 tsp.
Coriander, ground	2 tsp.
Paprika	2 tsp.
Cayenne pepper	¾ tsp.
Salt	1 tsp.
Flat-leaf parsley, bunch, finely chopped	1 ea.
Cilantro, fresh, small, finely chopped	1 ea.
Chickpeas, dried, soaked overnight, drained, cooked	8 oz.
Olive oil	¼ cup
Lemon juice, fresh	1 ea.
Garlic cloves, crushed	2 ea.
Cumin seeds	1 tsp.
Light tahini	2 Tbsp.
Greek yogurt, thick	4 Tbsp.
Butter, melted	3 Tbsp.
Salt and ground black pepper	to taste
Salad and bread	to serve

Method

1. Mix the minced beef with the onion, cumin, ground coriander, paprika, cayenne, salt, parsley, and chopped fresh coriander. Knead the mixture well, then pound it until smooth in a mortar with a pestle or in a food processor. Place in a dish, cover, and leave to stand for 1 hour.
2. Meanwhile, make the chickpea purée. Preheat the oven to 200°. In a food processor, process the chickpeas with the olive oil, lemon juice, garlic, cumin seeds, tahini, and yogurt. Season, tip into an ovenproof dish, cover with foil, and heat for 20 minutes.
3. Divide the meat mixture into six portions and mold each on a metal skewer, so that the meat resembles a fat sausage. Heat the grill or broiler on the hottest setting and cook the kebabs for 4 to 5 minutes on each side.
4. Melt the butter and pour it over the hot chickpea purée. Serve the kebabs with the hot chickpea purée. Serve with salad and bread.

Source: *Modern Moroccan* by Ghillie Basan

HARISSA

Yield: 2 cups

Ingredients	Amounts
Chile, ancho	3 oz.
Chile, New Mexican	3 oz.
Chile, guajilla	3 oz.
Garlic clove	3 ea.
Salt, kosher	1/4 tsp.
Coriander seed, ground	2 tsp.
Cumin seed, ground	2 tsp.
Caraway seed, ground	2 tsp.
Lemon, juice	1 ea.
Fine sea salt	2 tsp.
Olive oil	1 cup

Method

1. Stem, seed, and break up the chiles. Place them in a bowl and pour over boiling water. Cover and let stand 30 minutes. Drain; wrap in cheesecloth, and press out excess moisture.
2. Crush the garlic clove with the salt.
3. In a food processor, grind the chiles, crushed garlic, coriander seed, cumin seed, caraway seed, lemon juice, and sea salt. Add enough oil to make a thick paste.
4. To store, pack the harissa into a small dry jar; cover with a thin layer of oil, and close with a lid.

TURKISH GRILLED EGGPLANT SANDWICH WITH SPICY RED PEPPER AND WALNUT PURÉE

Yield: 6 portions

Ingredients	Amounts
Eggplant, peeled, sliced 1-in. thick	12 ea.
Olive oil	$\frac{1}{3}$ cup
Garlic, finely minced	1 Tbsp.
Cumin seed, toasted, ground	1 Tbsp.
Lemon juice	2 Tbsp.

Roasted red pepper walnut spread

Mayonnaise

Mayonnaise	$\frac{1}{2}$ cup
Nonfat yogurt	$\frac{1}{2}$ cup
Lemon zest, grated	1 tsp.
Mint, finely chopped	3 Tbsp.
Salt	1 tsp.
Ground black pepper	$\frac{1}{4}$ tsp.

Pita bread rounds	6 ea.
Watercress, stems removed	3 bu.
Mint leaves	24 ea.

Method

1. Preheat the broiler or make a charcoal fire.
2. Whisk together the olive oil, garlic, cumin seed, pomegranate syrup, lemon juice, and chili flakes in a shallow bowl. Dip the eggplant slices in this seasoned oil, sprinkle with salt and pepper and broil or grill until tender, about two minutes on each side. Don't let eggplant get too charred. Set eggplant slices on drainer tray. Taste and adjust salt. (Alternatively, bake the eggplant in a 400°F oven until tender, turning once for approximately 20 minutes.)
3. In a small bowl combine the mayonnaise, yogurt, lemon zest, and chopped mint.
4. Cut the pita bread in half. Spread the mayonnaise inside the pita on the bottom of the pocket.
5. Place the two mint leaves and a small sprig of watercress on the mayonnaise. Layer in an eggplant slice atop the cress and mint, and top it with a generous layer of red pepper spread.

SPICY RED PEPPER AND WALNUT PURÉE

Yield:

Ingredients	Amounts
Bell peppers, red, roasted	2 ea.
Garlic, finely minced	1 Tbsp.
Pomegranate syrup	2 Tbsp.
Jalapenos, finely minced	3 ea.
Cumin seed, ground	1 Tbsp.
Extra-virgin olive oil	¼ cup
Lemon juice	½ cup
Walnuts, toasted, chopped medium fine	⅔ cup
Salt	1 tsp.
Ground black pepper	¼ tsp.
Chile flakes	1 tsp.

Method

1. Roast the peppers in the broiler, over a grill, or on a gas flame, turning often, until charred all over. Place in a covered plastic container to steam for 10 to 15 minutes. Peel, seed, and cut up coarsely.
2. In a food processor, place the peppers, garlic, pomegranate syrup, jalapeños, cumin seed, olive oil, and lemon juice. Pulse until blended.
3. Add the walnuts. Pulse to blend but do not over process. The mixture should be chunky and spicy.
4. Season with salt, pepper, and chile flakes to taste.

HUMMUS BI TAHINI

ARAB LEVANTE

Yield: 10 portions

Ingredient	Amount
Chickpeas, soaked overnight	1 lb.
Salt	as needed
Lemon, juice	4 ea.
Garlic cloves	4 ea.
Salt, kosher	1/4 tsp.
Tahini	6 oz.
Extra-virgin olive oil	4 oz.
Paprika	as needed
Flat-leaf parsley, chopped	as needed

Method

1. Boil the soaked beans in salted water until tender. Drain, reserving the cooking water.
2. In a blender, process the beans with some of the water to a smooth paste.
3. Mash the garlic cloves with the salt into a paste.
4. Add the lemon juice, garlic, salt, tahini, and olive oil. Adjust the seasonings to taste. Adjust the viscosity with more water as needed.
5. Garnish with paprika and parsley.

BABA GHANOUSH

Yield: 10 portions

Ingredient	Amount
Eggplant	1½ lb.
Tahini	3 oz.
Garlic, crushed with salt	3 ea.
Lemon, juice of	2 ea.
Ground black pepper	to taste

Method

1. Roast or grill the eggplant until the skin has charred and the interior is fully cooked.
2. Peel and drain any excess juices. Mash the pulp to a purée consistency.
3. In a food processor mix the tahini, garlic, lemon juice, pepper, and a little cold water until it is homogenous. Then pulse in the eggplant to the correct consistency.
4. Adjust the seasoning to taste.

Source: Joyce Goldstein

ROLLED BOREK

Yield: 10 portions

Ingredients	Amounts
White cheese	8 oz.
Dill, chopped	½ bu.
Ground black pepper	¼ tsp.
Butter	3 Tbsp.
Onions, medium, chopped	2 ea.
Beef, ground	1 lb.
Salt, kosher	½ tsp.
Ground black pepper	½ tsp.
Parsley, chopped	½ bu.
Butter, melted, cooled	3½ Tbsp.
Flour	4 cups
Salt	½ tsp.
Egg	1 ea.
Yogurt	1½ Tbsp.
Water	¾ cup
Flour	1 cup
Butter, melted	4 oz.
Egg yolks	2 ea.
Sunflower oil	1 tsp.

Method

1. For the cheese filling, soak the white cheese in water to remove excess salt. Crumble. In a small bowl, place the crumbled cheese, dill and pepper. Mix to combine. Reserve.
2. For the meat filling, melt the butter in a sauté pan over medium low heat. Add the onion and lightly fry.
3. Add the ground beef and stir over the heat until the juice has evaporated. Add the salt and pepper. Cook for a few more minutes and remove from the heat. Stir in the parsley. Reserve.
4. Make a hole at the edge of the melted, cooled butter and pour away the liquid and sediment. Melt the remainder and keep warm.
5. Sieve the flour and salt onto a pastry board. Make a hollow in the center and break the eggs into it.

6. Add the yogurt and the melted butter. Mix the liquid ingredients and add the water. Gradually mix in the flour, working outwards. Knead to a soft, springy dough. Cover with a damp cloth and set aside for 15 minutes.
7. Divide the dough into 4 equal pieces. Flour the boards and roll out each with a long narrow rolling pin (1 meter long and 1 centimeter thick) to a circle approximately 60 centimeters in diameter. The pastry should be transparently thin. Brush off the excess flour.
8. Brush with the melted butter and fold over the lower and upper edges to meet in the center. Brush butter over the folded sections. Fold in the edges once again to meet in the center and place in a lightly floured baking tray. Cover with a damp cloth. Repeat for the other three pieces of pastry. Set aside for 15 minutes.
9. Preheat oven to 425°F.
10. Oil the pastry board lightly. Roll out with an ordinary rolling pin lengthways and the widthways until you have a rectangle 2 millimeters thick. Sprinkle the filling(s) along the long edge and roll up. Repeat for the remainder of the pastry.
11. Grease a sheet pan and arrange the pastry rolls with the edges underneath. In a small bowl, combine the egg yolk and sunflower oil. Brush the rolls with the mixture. Cut the rolls into 5 to 6-centimeter sections. Bake in the preheated oven until golden brown all over, about 25 minutes.

Source: *Timeless Tastes: Turkish Culinary Culture* by Semahat Arsel

MOROCCAN BAKED FISH

Yield: 6 portions

Ingredients	Amounts
Sea bream, whole, pageot, cleaned	1 ea.
Onion, finely chopped	6 Tbsp.
Garlic cloves, finely chopped	2 ea.
Parsley, chopped	4 Tbsp.
Cilantro, chopped	2 Tbsp.
Paprika, sweet	½ tsp.
Powdered saffron	½ tsp.
Red pepper, hot	¼ tsp.
Olive oil	4 Tbsp.
Water	4 Tbsp.
Lemon juice	2 Tbsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Artichoke hearts, blanched	12 ea.
Spanish onions, thinly sliced	2 ½ ea.
Tomatoes, large, thickly sliced	5 ea.
Parsley, chopped	4 Tbsp.
Cilantro, chopped	2 Tbsp.
Thyme, fresh (or 1 tsp. dried)	1 Tbsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Olive oil	as needed
Water	as needed
Saffron, powdered	½ tsp.
Paprika, sweet	¼ tsp.
Paprika, hot	¼ tsp.
Lemon slices, halved	3 ea.
Black olives, ripe	as needed
Oil, vegetable	2 Tbsp.
Red bell pepper, seeded, cut into strips	6 ea.
Preserved lemon peel strips	5 ea.

Method

1. Scale, clean, and wash fish, then pat dry. Cut three slits about 2 inches long on both sides of the fish.
2. For the *chermoula*, in a large bowl, place the onion, garlic, parsley, chopped, cilantro, paprika, saffron, red pepper, olive oil, water, lemon juice, salt, and pepper. Mix to combine.
3. Place the fish in a large flat porcelain, earthenware, or stainless-steel dish large enough to hold it comfortably, and pour the *chermoula* over it. Rub well into fish, inside and out, and leave to marinate, turning the fish from time to time, for at least 2 hours, or overnight.
4. Preheat oven to 375°F.
5. In a large shallow, heatproof serving dish or roasting pan, arrange alternate slices of blanched artichoke hearts, onion, and tomatoes. Season with the parsley, cilantro, thyme, salt, and pepper.
6. In a bowl, combine 6 tablespoons each of the *chermoula* (from fish), olive oil, and water. Add saffron, paprikas. Season with salt and pepper to taste. Mix well. Pour over the vegetables. Add just enough water to cover them. Cover the dish with foil and bake in the preheated oven for 30 minutes.
7. Lower the oven temperature to 325°F. Place the halved lemon slices in the incisions you have made in fish. Place fish on top of the vegetables, brush with 2 tablespoons olive oil, and scrape any remaining *chermoula* mixture over the fish.
8. Add the black olives and return to the oven uncovered. Cook until the fish flakes easily at the touch of a fork, about 30 minutes. Baste fish a few times during cooking.
9. Heat the oil in a saute pan over medium low heat. Add the pepper strips and saute until soft.
10. Garnish with the strips of sautéed pepper and preserved lemon.

Note: Sea bass can be substituted for the sea bream.

Source: *A Taste of Morocco* by Robert Carrier

STEAMED AUBERGINE IN A TOMATO AND CORIANDER SAUCE

Yield: 6 portions

Ingredients	Amounts
Aubergines	14 oz.
Garlic cloves, peeled	3 ea.
Extra-virgin olive oil	6 Tbsp.
Italian plum tomatoes, 1 3/4-lb. can peeled, drained, seeded, coarsely chopped	1 ea.
Cilantro, finely chopped	3½ oz.
Cumin, ground	½ tsp.
Lemon, juice of	½ ea.
Paprika	¼ tsp.
Chilies, dried, crushed to a coarse powder	1/8 tsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.

Method

1. Peel the aubergines lengthways, leaving thin strips of skin. Quarter them lengthways and then slice across into pieces about ½-inch thick.
2. Steam the aubergine pieces and garlic cloves for 30 minutes or until soft. (If you don't have a steamer, boil them for 15 minutes or until tender, then drain well.)
3. Meanwhile, pour the oil into a sauté pan, add the chopped tomatoes, cilantro, and cumin and mix well together. Place over a medium-high heat and cook for about 15 minutes, or until excess juices have evaporated and the sauce looks fresh and chunky. Stir occasionally during cooking.
4. When the aubergines and garlic are ready, mash them with a fork or a potato masher. Don't use a food processor as the aubergines will become too mushy.
5. Add the mashed aubergines to the tomato sauce together with the lemon juice, paprika, crushed chilies, salt to taste, and 1/8 teaspoon pepper. Mix well together and simmer over a low heat for a further 15 minutes, stirring regularly.
6. Adjust the seasoning to taste. Allow it to cool. Serve at room temperature.

Source: *Morocco* by Anissa Helou

ONION SOUP GRATINEE

Yield: 6 to 8 portions

Ingredients	Amounts
White onions, large	3 ea.
Butter	½ cup
All-purpose flour	3 Tbsp.
Beef stock, preferably homemade	8 cups
Salt	to taste
ground black pepper	to taste
Baguette, ½ of a day-old	1 ea.
Swiss cheese, shredded	2 cups

Method

1. Cut the onions in half through the stem end, then cut crosswise into thin slices.
2. In a large saucepan over medium heat, melt the butter. Add the onions and sauté, stirring frequently, until golden brown, about 5 minutes. Stir in the flour.
3. Pour in the stock, add salt and pepper to taste and bring to a boil. Reduce the heat to medium and simmer, stirring often, until the onions are soft and translucent and the flavors have blended, about 15 minutes.
4. Meanwhile, preheat a boiler (or grill). Cut the baguette on the diagonal into 6 to 8 large slices about ½-inch thick.
5. Ladle the soup into 6 to 8 ovenproof bowls placed atop a baking sheet. Place a bread slice on top of each serving of soup and scatter the Swiss cheese evenly over the top of the soup and the bread.
6. Place the baking sheet under the broiler and broil (grill) until the cheese melts and turns golden brown, 2 to 3 minutes.
7. Remove from the broiler and serve immediately.

PAN-ROASTED COD WITH PROVENÇAL FAVA BEAN RAGOÛT

Yield: 4 portions

Ingredients	Amounts
Coarse breadcrumbs	1/3 cup
Coriander seeds, coarsely cracked	2 Tbsp.
Cod steaks or fillets, 6 oz.	4 ea.
Salt	to taste
Fava beans, shelled	8 oz.
Olive oil	5 Tbsp.
Garlic cloves, minced	2 ea.
Tomato, small, diced	1 ea.
Kalamata olives, pitted	1/3 cup
Capers, small, drained	4 tsp.
Dry white wine	1/4 cup
Shellfish or chicken stock	1/2 cup
Basil leaves, chiffonade	12 ea.
Ground black pepper	to taste

Method

1. Mix the breadcrumbs with the coriander seeds and spread on a large plate. Press one side of the steaks firmly into the bread crumb mixture to coat well. Refrigerate up to 1 hour, if desired.
2. Cook the shelled fava beans in 1 quart of boiling salted water for 3 minutes. Drain and run under cool water. When cooled, peel the skins by tearing off a small piece of peel from the rounded end with your fingernail. Squirt out the beans by pinching the opposite end. Set aside.
3. Preheat the oven to 200°F. Heat 4 tablespoons of the olive oil in a large nonstick skillet over medium-high heat. Add the fish, crust side down, and cook for about 3 minutes, or until the coating turns golden brown. Turn the fish over and cook for 5 to 7 minutes, or until the fish is springy to the touch and cooked through. Remove the fish to an ovenproof platter, cover loosely with foil, and place in the oven.
4. Wipe out the skillet with a paper towel and heat the remaining tablespoon of olive oil over high heat. Add the garlic and tomato and cook for 2 minutes. Reduce the heat to medium, add the fava beans, olives, and capers and cook for 1 minute. Add the wine and stock and turn the heat to high. Reduce the liquid by half, about 5 minutes. Remove from the heat, stir in the basil, and season with salt and pepper to taste.
5. Divide the fish among 4 plates and spoon the sauce evenly over and around the fish. Serve immediately.

Source: *Mediterranean Cooking* by M. Kenney

CRISPY SAUTÉED POTATOES

Yield: 4 portions

Ingredients

Amounts

Red skinned potatoes	1 lb.
Goose fat	1 Tbsp.
Garlic clove, minced	1 ea.
Sea salt	to taste

Method

1. Peel, rinse, and quarter the potatoes. Rinse again in several changes of cold water, and dry thoroughly.
2. In a large skillet, heat the goose fat over moderate heat.
3. Add the potatoes and brown thoroughly on one side before tossing to brown another side. Cook until the potatoes are thoroughly browned and offer no resistance when pierced with a fork.
4. Add the garlic and cook for 1 minute more, but do not allow it to burn.
5. Season with salt to taste. Serve immediately.

Source: *Simply French* by Patricia Wells and Joel Robuchon

POTATO GNOCCHI WITH BROWNED BUTTER AND SAGE

Yield: 8 portions

Ingredients	Amounts
Gnocchi, raw	1¼ lb.
Sweet butter	2 oz.
Sage leaves	15 ea.
Salt	to taste
Ground black pepper	to taste
Parmesan cheese, grated	½ cup
Pasta water	as needed

Method

1. Heat the butter in a sauté pan until it begins to brown slightly. Toss in the sage leaves and let them sizzle for 15 seconds. Add 4 ounces of pasta cooking water to the pan to stop the cooking. Remove from heat and set aside until needed.
2. Cook the gnocchi in a large pot of boiling salted water until they float to the top and become swollen and light, 2 to 3 minutes. It is important that the water continue to boil or the gnocchi can fall apart before they firm up.
3. Drain the gnocchi and add them to the pan of butter and sage. Bring to a boil and allow it to cook until the liquid thickens and coats the gnocchi. Add the cheese. Adjust the seasoning with both salt and pepper to taste. Serve immediately in a shallow soup plate.

Notes: If you allow the sauce to reduce too far, it will go from being emulsified and creamy to breaking into a buttery, greasy mess—add extra pasta water if necessary to maintain a creamy emulsified sauce. Don't add the cheese too soon in the cooking process since it become sticky and stringy. Add the cheese when the pan is ready to come off the heat and the dish is ready for final seasoning and serving.

GARLIC AND SAFFRON MAYONNAISE

ROUILLE

Yield: 8 ounces

Ingredients	Amounts
Cayenne chiles	2 ea.
Garlic	3 ea.
Kosher salt	1/4 tsp.
Saffron, powdered	1/2 tsp.
Boiling water	1 Tbsp.
Fresh breadcrumbs	1/4 tsp.
Egg yolk, room temperature	1 ea.
Lemon juice	1 tsp.
Olive oil, room temperature	1 cup

Method

1. Using a mortar and pestle, pound the dried chiles to a powder. Add the garlic and salt and pound to form a paste.
2. In a small bowl, combine the saffron powder and boiling water. Stir until dissolved.
3. Mix in the dissolved saffron and breadcrumbs. Pound to a paste.
4. Place the egg yolk in a small bowl. Mix in the paste and lemon juice.
5. Add the oil in a slow steady stream, whisking vigorously until the sauce emulsifies and thickens.

Note: Although traditionally made in a large mortar and pestle, this rouille can also be made with a whisk or an electric hand mixer.

STUFFED GRAPE LEAVES

DOLMATHES

Yield: 30 Portions

Ingredients	Amounts
Onion, small diced	1 ea.
Garlic, minced	1 tsp.
Olive oil	¼ cup
Green onions, sliced ½-in. on the bias	2 cups
Flat-leaf parsley, coarsely chopped	2¼ cups
Dill, coarsely chopped	2⅓ cups
Mint, coarsely chopped	2 tsp.
Lemon juice	3 Tbsp.
Turmeric	1½ tsp.
Oregano	½ tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	1 tsp.
Fennel seeds	1 tsp.
Pine nuts	½ cup
Ginger, grated	⅓ cup
Currants	½ cup
Cinnamon, ground	⅛ tsp.
Vegetable stock	2¼ qt.
Long-grain rice	1¼ cups
Salt	to taste
Ground black pepper	to taste
Eggs	2 ea.
Grape leaves, jarred, rinsed	36 ea.
Olive oil	¼ cup
Mint, coarsely chopped	2 tsp.
Oregano, coarsely chopped	1 tsp.
Lemon juice	2 Tbsp.
Lemon zest	1 Tbsp.

Method

1. Sauté the onions and garlic in olive oil over medium heat in a sauté pan until golden brown, about 2 minutes.
2. Add the green onions, parsley, dill, and mint and sauté briefly until the green onions wilt, 1 to 2 minutes. Remove from heat and allow the mixture to cool to room temperature.

3. Mix the lemon juice, turmeric, oregano, cumin, coriander, fennel seed, pine nuts, ginger, currants, and cinnamon with the onion and garlic mixture.
4. Bring 2 ½ cups stock to a boil and stir in the rice. Bring the mixture to a simmer, cover it, and place the pan in a 350°F oven. Cook until the rice grains are fluffy and fully cooked, 18 to 20 minutes. Spread the rice out on a sheet pan to cool to room temperature. Combine the rice with the onion-spice mixture and season with salt and pepper to taste. Add the eggs and stir until fully combined.
5. Soak the grape leaves in water. Remove from water and drain. Place 1 ½ teaspoon filling toward the bottom edge of one of the leaves. Roll the bottom of the grape leaf over the filling to encase it and fold the sides in toward the middle. Continue rolling the grape leaf until you reach the end. Repeat with the remaining leaves and filling. The rolls should be about 2 inches long and ½-inch thick.
6. Pack the rolls tightly in a 2-inch-deep perforated pan and cover with aluminum foil. Place the remaining vegetable stock in a 4-inch-deep pan of the same size. Place the perforated pan inside the deeper hotel pan. Steam the leaves until the filling ingredients are thoroughly heated through, about 20 minutes.
7. Meanwhile, combine the olive oil, mint, oregano, lemon juice, and lemon zest.
8. After the leaves have cooled for a few minutes, brush with the olive oil mixture.
9. Serve immediately.

PITA

Yield: 24 small or 12 large pitas

Ingredients	Amounts
All-purpose flour	5 ½ cups
Salt	2 tsp.
Water, warm (90° - 110°F)	2 cups
Dry yeast (0.5 wt. oz., or 2 packets)	1 Tbsp., plus 1 tsp.
Sugar	½ tsp.

Method

1. Mix salt and flour together in a large bowl.
2. Pour the water into a separate bowl, sprinkle in the yeast and sugar, stir to dissolve. Add the yeast mixture to the flour, and work into a dough. Knead until the dough is smooth and elastic, about 5 minutes.
3. Shape the dough into an even rectangle and cut it in half, lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
4. Roll each round ¼-inch thick (about 3 ½ inches in diameter for small pitas or 5 to 5 ½ inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
5. As each pita is rolled, carefully place it on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm draft-free area for about 30 to 45 minutes.
6. To bake, place 4 small pitas or 1 large pita on a preheated baking sheet. Bake in a 500°F oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top, about 3 ½ minutes for small pitas and about 4 minutes for large pitas. If desired, flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops; be careful not to let the pita get crisp and brittle.
7. Remove hot pitas from the oven and wrap immediately in clean, dry towels or pitas will become too crisp to cut. Serve warm or at room temperature.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1 ½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket. The result—a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.

Variation: Poppy-Seed or Sesame Pita: After rolling each circle of dough in step 4, brush the tops lightly with water and sprinkle with poppy seeds or toasted sesame seeds. Let the loaves rise and bake as directed above.

CHICKPEA FRITTERS

FALAFEL

Yield: 10 portions

Ingredients	Amounts
Dried chickpeas	2 ½ cups
Garlic, head, minced	½ ea.
Flat-leaf parsley, bunch	1 ea.
Hot pepper	to taste
Salt	1 Tbsp.
Cumin, freshly ground (not toasted)	1½ tsp.
Coriander, freshly ground (not toasted)	1½ tsp.
Baking soda	⅛ tsp.
Vegetable oil, for frying	as needed
Pitas, halved	10 ea.
Tomatoes, chopped	1 cup
Lettuce, shredded	1 cup

Method

1. Soak the chickpeas overnight. Drain.
2. In a meat grinder, grind the chickpeas through ¼-inch die.
3. Add the garlic, parsley, pepper, salt, cumin, coriander, and baking soda. Mix until well blended.
4. Set the falafel mixture aside for 1 hour to rest.
5. Form the mixture into small patties.
6. Heat frying oil in a small pot, and gently place the patties into the hot oil, a few at a time, and fry until they are golden brown, turning as needed.
7. Remove the falafels with a slotted spoon and transfer to a plate lined with paper towels.
8. Heat the pita breads until lightly warmed.
9. Serve on the falafel on a platter with the lettuce, tomato, caçik, and pita.

GREEK SPINACH PIE

SPANIKOPITA

Yield: 24 portions

Ingredients	Amounts
Butter	2 Tbsp.
Shallots, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, stems removed, chopped	¾ lb.
Nutmeg, freshly grated	1 tsp.
Dill, chopped	1 Tbsp.
Egg, beaten	1 ea.
Feta cheese, crumbled	1 cup
Mozzarella cheese, grated	½ cup
Salt	1 tsp.
Ground black pepper	½ tsp.
Phyllo dough	24 sheets
Butter, melted	1½ cups

Method

1. Melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and garlic and cook until translucent.
2. Add the spinach, nutmeg, and dill and sauté gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and cool to room temperature. Add the egg and cheeses and season with salt and pepper to taste. Cover the filling and refrigerate until needed.
3. Lay 1 sheet of phyllo dough on a cutting board. Brush lightly with melted butter. Place another sheet of phyllo dough directly onto the buttered sheet and brush it lightly with butter. Repeat for a third time to form a stack, then repeat the entire process with remaining sheets to form individual, 3 sheet phyllo dough stacks.
4. Cut each stack of the phyllo dough lengthwise into 6 even strips. Spoon 1 tsp. spinach filling onto the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point up along the left side of the dough to seal the filling.
5. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached and you have a triangle of layered phyllo dough with the filling wrapped inside. Repeat with each strip.
6. Put the phyllo triangles on parchment-lined sheet pans and brush with melted butter.
7. Bake in a preheated 400°F oven until golden brown, 15 to 20 minutes. Serve immediately.

PHYLLO, HONEY, AND WALNUT PASTRY

BAKLAVA

Yield: 48 pieces (2-inch x 2-inch each)

Ingredients	Amounts
Walnuts, chopped	3½ cups
Sugar	½ cup
Cinnamon, ground	1 tsp.
Cardamom, ground	½ tsp.
Cloves, ground	¼ tsp.
Phyllo sheets, thawed	1 lb.
Butter, melted	1½ cups
Sugar	2¼ cups
Water	1½ cups
Honey	½ cups
Lemon, peel only	¼ ea.
Clove	1 ea.

Method

1. Mix the walnuts, sugar, and spices and set aside.
2. Assembly: (Note: as you work, keep the sheets of phyllo covered with plastic wrap to keep them from drying out.) Place 1 sheet of phyllo on the bottom of a lightly buttered jelly roll pan (12-inch x16-inch). Brush the dough lightly with melted butter. Repeat this process until there are 8 sheets of phyllo in the pan.
3. Sprinkle 1/3 of the nut mixture onto the phyllo sheets.
4. Place 4 sheets of phyllo on top of the nuts, brushing melted butter between each sheet.
5. Place another 1/3 of the nut mixture on the dough.
6. Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter in between each sheet. Brush the top sheet with butter as well.
7. Trim the edges so that they do not stand above the level of the dough.
8. Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of the phyllo dough (leaving the bottom layer uncut will allow the syrup to soak in).
9. Bake at 375°F until the top layer takes on a light golden-brown color, 25 to 30 minutes.
10. For the syrup, combine the sugar, water, honey, lemon peel, and clove. Bring it to a boil. Remove the clove and lemon peel.
11. Remove the baklava from the oven and immediately pour the hot syrup over top.
12. Allow the baklava to stand at room temperature until cooled before serving.
13. Slice through the bottom layer of phyllo dough and serve.

CHICKEN FILLED PASTRY

BISTEEYA

Yield: 10 portions

Ingredients	Amounts
Extra-virgin olive oil (Divided)	½ cup
Chicken thigh meat	2 lb.
Salt	as needed
Ground black pepper	as needed
Onions, small dice	2 cups
Ginger, minced	2 tsp.
Ground mace	½ tsp.
Nutmeg, freshly grated	½ tsp.
Cloves, ground	¼ tsp.
Cinnamon, ground	1 ½ tsp.
Chicken stock	as needed
Butter	¼ cup
Cilantro, chopped	⅓ cup
Flat-leaf parsley, chopped	⅓ cup
Saffron	½ tsp.
Brown sugar	¼ cup
Eggs, lightly beaten	8 ea.
Almonds, toasted, coarsely chopped	½ lb.
Salt	to taste
Ground black pepper	to taste
Phyllo dough	2 lb.
Powdered sugar	as needed
Cinnamon, ground	as needed

Method

1. Preheat oven to 400°F.
2. In a wide shallow pot, heat 2 ounces of the oil over medium-high heat. Season the chicken thighs with the black pepper and salt. Add the chicken to the hot oil and brown on both sides. Remove the chicken and reserve.
3. Add the remaining oil to the hot pan, then add the onions and sauté them until they are soft and lightly golden. Add the ginger, mace, nutmeg, cloves, cinnamon, and continue to sauté until the spices become aromatic.
4. Add the chicken stock and scrape up any brown pieces sticking to the bottom of the pan. Add the chicken back into the pot with any juices. Braise the chicken until tender and the liquid has reduced, approximately 1 hour.

5. Once the chicken is cooked, remove it and let it cool slightly, reserve the braising liquid. Once you can handle it, shred the chicken into small bite size pieces. Reserve for assembly.
6. Add the butter, cilantro, parsley, saffron, and sugar to the remaining braising liquid and reduce it to a light glaze.
7. Once the braising liquid has reduced, stir in the eggs and cook until scrambled and stiff.
8. Adjust the seasoning with salt and pepper. Reserve for assembly.
9. To assemble the bisteeya brush a paella pan with olive oil. Lay out, one by one, 10 sheets of phyllo dough onto the pan, brushing each one with a little olive oil as you set it in place and overlapping each sheet to create a solid phyllo base.
10. Place the shredded chicken in a layer in the center of the phyllo, leaving plenty of space for the edges to fold up. Then cover the chicken with the egg mixture and top with the almonds.
11. Place the remaining phyllo on top of the filling, again overlapping and brushing each with a little olive oil. Then fold up the overhanging phyllo and seal the pastry.
12. Bake for 10 minutes, or until the top is golden brown. Then take out of the oven and, using another oiled pan, invert the bisteeya so the browned side is down. Continue to bake until the top is golden brown.
13. When finished, cut into wedges and top with powdered sugar and cinnamon.
14. Serve hot.

MUSHROOMS IN GARLIC SAUCE

CHAMPIÑONES AL AJILLO

Yield: 12 portions

Ingredients	Amounts
Spanish extra-virgin olive oil	1/3 cup
Mushrooms, stems trimmed, cut into 1/4" thick slices	1 lb.
Garlic cloves, peeled, thinly sliced	8 ea.
Lemon juice	4 tsp.
Dry (fino) Spanish sherry	1/4 cup
Veal, chicken, or beef broth	1/2 cup
Spanish paprika	1 tsp.
Crushed red pepper	1/2 tsp.
Salt	to taste
Ground black pepper	to taste
Flat-leaf parsley, minced	2 Tbsp.

Method

1. Heat the oil in a skillet over high heat until very hot. Add the mushrooms and garlic and sauté for about 5 minutes, until all the liquid has evaporated.
2. Reduce the heat and stir in the lemon juice, sherry, broth, paprika, crushed pepper, salt, and black pepper. Stir to combine then simmer for 10 to 15 minutes until it has reduced to a sauce consistency. Adjust seasonings to taste.
3. Just before serving, sprinkle with parsley.

Source: *Tapas: The Little Dishes of Spain* by Penelope Casas

XOCOPILI HOT CHOCOLATE & CHURROS

Yield: 8 portions

Ingredients	Amounts
Milk	2½ cups
Heavy cream	¾ cup
Xocopilo, chopped	1¾ cups
Milk	1 cup
Butter	¼ cup
Sugar	¼ tsp.
Salt	¼ tsp.
Bread flour	¾ cup
Eggs	3 ea.
Vegetable oil	5 cups
Cinnamon, ground	1 tsp.
Sugar	½ cup

Method

1. For the hot chocolate, bring the milk and cream to a simmer over low heat in a medium saucepan.
2. Place the chocolate in a stainless-steel bowl and pour the milk mixture over it.
3. Cover the bowl with plastic wrap and allow it to sit for 5 minutes. Whisk until thoroughly combined, then set aside.
4. For the churros, bring the milk, butter, sugar, and salt to a boil over medium heat, stirring constantly with a wooden spoon. Remove from the heat, add the flour all at once, and stir vigorously to combine. Return the pan to medium heat and cook, stirring constantly, until the mixture starts to stick to the pan, about 3 minutes.
5. Transfer the mixture to the bowl of a 5-quart stand mixer and beat on medium speed with the paddle attachment. Add the eggs one at a time, beating until the mixture is smooth after each addition, 6 to 7 minutes.
6. Place the mixture in a piping bag fitted with a No. 6 star tip. Bring the oil to 325°F in a medium saucepan. Pipe 2-inch lengths of dough into the oil (you can fry 6 to 8 of them at a time). Fry until golden brown, about 6 minutes. Remove from the oil, drain briefly on paper towels, and roll in the cinnamon and sugar.
7. Reheat the chocolate mixture over low heat for 1 to 2 minutes, or until just simmering. Serve ¼ cup of the hot chocolate with 2 of the churros for tasting.

Note: Dark chocolate can be substituted for the xocopilo.

SALT COD FISH FRITTERS WITH GARLIC AND OLIVE OIL SAUCE

Yield: 6 portions

Ingredients	Amounts
Salt cod	1 lb.
Vegetable oil	2 Tbsp.
Garlic cloves, chopped	4 ea.
Onion, small dice	½ cup
Red bell pepper, small dice	1 ea.
Green bell pepper, small dice	1 ea.
All-purpose flour	1 ⅓ cups
Baking powder	2 tsp.
Water	1 cup
Chives, chopped	¼ bu.
Scallions, green only, sliced on bias	¼ bu.
Ground black pepper	2 tsp.
Vegetable oil	as needed
Allioli (Recipe follows)	1 cup

Method

1. Cover the salt cod with cold water in a saucepan. Bring the water and cod to a boil and allow it to boil for less than 1 minute. Then drain the water. Repeat this process 3 times, changing the water each time.
2. Allow the cod to cool slightly, then flake the fish finely and reserve in the refrigerator.
3. For the sofrito, heat the vegetable oil in a skillet and add the garlic, onions, red, and green peppers. Sauté the vegetables until soft. Allow it to cool.
4. Combine the flour and baking powder and sift 3 times.
5. Place the flour mixture in a medium-sized bowl and add the water. Mix thoroughly with wire whisk to smooth any lumps. Fold in the chives, scallions, black pepper, flaked cod, and sofrito.
6. Preheat a pan with at least 3 inches of oil to 350°F. To form the fritters, drop the mixture by tablespoons into the hot oil and fry until golden brown.
7. Drain the fritters on paper towels.
8. Place the hot fritters on a platter and serve with the Allioli.

ALLIOLI (MODERN STYLE)

Yield: 1 cup

Ingredients	Amounts
Garlic cloves, peeled	4 ea.
Salt	½ tsp.
Egg, whole	1 ea.
Egg yolk	1 ea.
Sherry vinegar or lemon juice	1 tsp.
Pure olive oil	¼ cup
Spanish extra-virgin olive oil	¾ cup

Method

1. Cut garlic cloves in half, remove and discard any green centers as these will cause the sauce to taste bitter, and finely chop the garlic.
2. Combine the garlic and salt and crush in a mortar or with the side of a knife.
3. Add the egg, egg yolk, and vinegar or lemon juice. Gradually pour in the oils in a slow steady stream, whisking constantly until emulsified.

Note: This recipe can also be prepared in a blender. Combine all ingredients except the oil. Add the oil in a fine stream at low speed.

DAY FIVE:

LATIN FLAVORS

LEARNING OBJECTIVES

By the end of this class session, you should be able to ...

- Identify key flavor principles of Latin flavors
- List key ingredients used in the Latin pantry
- Describe the uses of the molcajete
- Use a comal to prepare tortillas

LEARNING ACTIVITIES

Lecture/discussion
Demonstrations
Hands-on production
Product evaluation

KEY TERMS

Molcajete
Comal
Ceviche
Bacalhau
"The three sisters"
Matambre
Pipian
Mole

INSTRUCTOR DEMONSTRATIONS

Chile identification
Preparation of mole

DAY FIVE

TEAM PRODUCTION RECIPES

TEAM ONE

Empanada Argentinas
Argentinan and Brazilian-Inspired Barbecue with Chimichurri and Mojos
Ceviche Corvina

TEAM TWO

Bahian Vatapa
Matambre
Boniata Fries
Lime Butter Bean salad
Fried Coconut and Hearts of Palm

TEAM THREE

Arepas with Rock Shrimp and Chiles
Fire-Roasted Rabbit
Duck in Pumpkin Seed Sauce

TEAM FOUR

Tortilla Soup
Savory Watermelon and Pineapple Salad
Puffed Masa Cakes Stuffed with Chiles and Cheese

SUPPLEMENTAL RECIPES

Crispy Potato Sopes
Essential Simmered Tomato-Habanero Salsa
Spiced Beans Fried in Masa Pastry with Roasted Tomatillo Salsa
Herb-Green Rice with Peas
Black Bean Purée
Pork Carnitas with Pepsi

EMPANADAS ARGENTINAS

Yield: 8 portions

Ingredients	Amounts
Caul fat	1½ Tbsp.
Beef sirloin, hand-chopped,	1½ lb.
Scallions, thinly sliced, white and green parts separated	10 ea.
Raisins, seedless	1 cup
Oregano, dried	¼ Tbsp.
Red pepper, crushed	2 Tbsp.
Cumin, ground	2 Tbsp.
Spanish paprika, sweet	¼ Tbsp.
Salt	to taste
Ground black pepper	to taste
Peppers, roasted, diced	4 ea.
Empanada dough, sliced into discs	as needed
Green olives, pitted	20 ea.
Eggs, hard-boiled, sliced	6 ea.
Oil, for frying	as needed

Method

1. In a large skillet, heat 1 tablespoon of caul fat. Add the chopped meat and white scallion slices and sauté them until slightly browned. Add raisins and spices and cook until the meat is cooked through. Stir in the green scallion slices and roasted peppers. Let the mixture cool. Fill the empanada discs with the meat, add 1 olive and 1 slice of egg and seal the empanada.
2. Preheat the oil in a deep sauce pot fitted with a frying thermometer to 375°F. Deep fry the empanadas in the oil for about 3 minutes. Remove it from the oil with a slotted spoon. Drain them on paper towels.

Source: Chef Jorge Rodriguez

ARGENTINAN AND BRAZILIAN INSPIRED BARBECUE WITH CHIMICHURRI AND MOJOS *CHURRASCO*

Yield: 6 portions

Ingredients	Amounts
Flank steaks, 1½" thick	4 ea.
Tamarind paste with water	¼ cup
Soy sauce	⅓ cup
Onion, chopped	1 ea.
Garlic cloves, minced	6 ea.
Sugar	2 Tbsp.
Coca Cola, 12 oz. can	1 ea.
Oranges, cut in half, squeezed	4 ea.
Limes, cut in half, squeezed	2 ea.
Vegetable oil	½ cup
Chili flakes	2 tsp.
Ground black pepper	2 tsp.
Salt and ground black pepper	to taste
Chimichurri Sauce (Recipe follows)	2 cups

Method

1. In a bowl, combine all ingredients. Mix well. Marinate the meat for several hours, overnight if possible.
2. When ready to barbecue, remove meat from the marinade, pat dry with paper towels, and grill on both sides until the desired level of doneness.
3. Serve with the Chimichurri Sauce.

Source: Adopted by Brenda Anderson

CHIMICHURRI SAUCE

Yield: 2 cups

Ingredients	Amounts
Vegetable oil	$\frac{3}{4}$ cup
Garlic, minced	$\frac{1}{2}$ cup
Onions, minced	$\frac{3}{4}$ cup
Salt	2 tsp.
Lime, juice of	1 ea.
Green onion, thin sliced on diagonal	3 Tbsp.
Cilantro, bunch, chopped	1 ea.

Method

1. Heat the oil in a sauté pan over medium-low heat. Add the garlic, onions, salt, and lime juice. Sauté until the flavors marry. Remove the pan from the heat and let it cool
2. Transfer to a small bowl. Add the green onion and cilantro.

Source: Adopted by Brenda Anderson

CILANTRO AND GREEN PEPPER DIPPING SAUCE

MOJO DE CILANTRO

Yield: 1 cup

Ingredients	Amounts
Salt	½ tsp.
Garlic, clove	6 ea.
Green bell pepper, minced	½ ea.
Cilantro, stems trimmed, finely chopped	1 cup
Extra-virgin olive oil	² / ₃ cup
Wine vinegar	3 Tbsp.

Method

1. In a mortar or mini processor, place the salt, garlic, bell pepper, and cilantro. Mash to a paste.
2. Stir in the oil and the vinegar.

SPICY RED DIPPING SAUCE

Mojo Picón

Yield: 1 cup

Ingredients	Amounts
Extra-virgin olive oil	½ cup
Sweet dried red pepper, cored, seeded	1 ea.
Serrano pepper, seeded	1 ea.
Dried red chili pepper, seeded	to taste
Red wine vinegar	¼ cup
Garlic, clove, minced	12 ea.
Sea salt	¼ tsp.
Cumin seeds	½ tsp.
Thyme leaves, or ⅛ tsp. dried	¾ tsp.
Oregano leaves, minced or dried	⅛ tsp.
Parsley, minced	1 tsp.
Paprika, imported, sweet	½ tsp.

Method

1. In a small saucepan, combine all the ingredients. Let it sit, stirring now and then, for 30 minutes.
2. Place the saucepan over low heat and bring it to a gentle boil while stirring. Immediately remove from the heat and cool thoroughly, stirring now and then.
3. Pour through a fine sieve or through a strainer lined with several layers of cheesecloth. The oil is ready to be used or stored.

PARSLEY DIPPING SAUCE

MOJO VERDE DE PEREJIL

Yield: 1½ cups

Ingredients	Amounts
Cumin seeds or cumin, ground	1 tsp.
Garlic cloves, minced	8 ea.
Kosher or sea salt	1 tsp.
Parsley leaves, minced	1 cup
Green bell pepper, medium, minced	1 ea.
Hot green pepper, fresh, minced	to taste
Extra-virgin olive oil	½ cup
Wine vinegar	3 Tbsp.

Method

1. In a mortar or mini processor crush the cumin seeds.
2. Mash in the garlic and salt.
3. Add the parsley and the sweet and hot green peppers. Mash to a paste.
4. Gradually stir in the oil and vinegar.

CEVICHE CORVINA

Yield: 8 portions

Ingredients	Amounts
Sea bass, fillets, medium diced	1½ lb.
Red onion, in very fine slices	1 lb.
Salt	as needed
Red ají limo, chopped very fine	1½ ea.
Yellow ají limo, chopped very fine	1½ ea.
Limes, juice	6 ea.
Sugar	1½ tsp.
Chives, minced	½ cup
Ear of corn, boiled, cut into 1-in. rounds	3 ea.
Lettuce leaves, greens or sprouts	as needed

Method

1. In a large bowl, place the fish and onion. Wash the onion and fish and drain well. Season with salt and ají limo.
2. Add the lime juice and sugar. Toss to combine. Marinate for at least half an hour.
3. Add the chives just before service.
4. Serve the ceviche accompanied by boiled sweet potato, fresh cooked corn, and leaves of lettuce.

Source: The Art of Peruvian Cuisine by Tony Custer

BAHIAN VATAPA

Yield: 4 portions

Ingredients	Amounts
Roasted peanuts	½ cup
Cashew nuts	½ cup
Dried shrimp, ground	2 Tbsp.
Cod	2½ lb.
Prawns, medium	12 ea.
Fish head	1 ea.
Loaf bread	½ ea.
Milk	1 cup
Coconuts	2 ea.
Onions, large	2 ea.
Garlic cloves	4 ea.
Bay leaf	1 ea.
Bouquet garni	1 ea.
Coriander, sprig	1 ea.
Ginger	2 tsp.
Nutmeg	1 tsp.
Peppercorns and pepper	2 tsp.
Lemon, juice of	1 ea.
Dende oil	2 Tbsp.
Pepper sauce	to taste

Method

1. Prepare the traditional marinade: lemon juice, crushed garlic, salt, and pepper. Chop the fish into pieces and marinate for 2 hours. Extract the milk from cashew nuts, dried shrimps, ginger, and nutmeg together in an electric mixer. Soak the breadcrumbs in milk. Prepare the stock: one quart of water, salt, peppercorns, onion, bouquet garni, coriander.
2. Add the marinated fish and the fish head and leave to cook.
3. Take out the fish and the head. Strain the broth and keep it. Flake the fish.
4. Add the mixture from the blender (peanuts, cashew nuts, etc.), the soaked breadcrumbs and the flaked fish, stirring constantly, into the broth in the saucepan. Bring the broth to a boil, then reduce on low heat. Vatapa should be a thick purée.
5. Add the dende oil and coconut milk. Season with the pepper sauce to taste. Serve hot.

FLANK STEAK FILLED WITH SPINACH AND PISTACHIOS

MATAHAMBRE

Yield: 6 to 8 portions

Ingredients	Amounts
Leaf spinach, frozen, thawed	10 oz.
Thin carrot, peeled	1 ea.
Flank steak, large	2½ lb.
Ground pork	1 lb.
Ground veal	½ lb.
Salt pork, rinsed, rind removed, chopped	2 oz.
Garlic clove, large, peeled, minced	1 ea.
cloves, ground	¼ tsp.
Ground white pepper	½ tsp.
Nutmeg, ground	¼ tsp.
Fennel, ground	1½ tsp.
Coarse salt	1 Tbsp.
Amontillado sherry	¼ cup
Pistachios, chopped	¼ cup
Beef or chicken stock	6 qt.
Bay leaves	2 ea.
Fresh rosemary sprigs	2 ea.
Coarse salt	4 Tbsp.

Method

1. Remove the stems from the spinach. Squeeze it dry. Chop fine.
2. Blanch the carrot in boiling, salted water for 5 to 8 minutes.
3. Wipe the flank steak all around with a damp cloth and trim off any excess fat. If you have an untrimmed flank steak, pull off the thin membrane on one side and then the thicker one on the other.
4. Place the steak in front of you on the work surface with one of the long sides facing you. Holding the steak flat with one hand, cut a 2-inch slit in the narrowest and thickest end with a sharp paring knife and start to make a pocket for the filling.
5. Lift up the upper lip and with a long sharp slicing knife, the blade kept horizontal, cut in a fanlike manner deeper into the flesh, leaving a border of about 2 inches on the remaining three sides. Be careful not to pierce the steak, or the filling will spill out during the cooking process. Set aside.
6. For the filling, in a stainless-steel bowl, combine the pork, veal, salt pork, garlic, cloves, pepper, nutmeg, fennel, salt, and sherry. Mix thoroughly.
7. Fold in the chopped spinach and the pistachios. Push this mixture into the pocket of the flank steak, making sure that all the corners are filled. When the entire mixture has been

pushed into the cavity, stick the blanched carrot in the middle. Close the opening by sewing it together with a trussing needle and kitchen string.

8. In a large stockpot, combine the stock, the filled flank steak, bay leaves, rosemary sprigs, and salt. When the stock begins to boil, lower the heat, cover, and simmer for 1 hour, turning the flank steak from time to time.
9. Remove the stockpot from the heat and let the flank steak sit in the cooking liquid for 30 minutes. Remove the meat to a tray and place a light weight on top (about 4 to 6 pounds; a medium cast iron pan is ideal).
10. When thoroughly cold, slice and serve. Serve the poaching liquid as a soup.

Note: Pignoli or hazelnuts can be substituted for the pistachios. Matahambre will keep, well wrapped, in the refrigerator for up to 5 days.

Source: *The Art of South American Cooking* by Felipe Rojas-Lombardi

BONIATA FRIES

Yield: 8 portions

Ingredients	Amounts
Boniata, peeled, sliced 1/16-in. thick	2 lb.
Vegetable oil	as needed
Salt	to taste
Ground black pepper	to taste

Method

1. Slice the boniata on the electric slicer.
2. Fry the slices in batches at 350°F until golden brown.
3. Drain on a paper towel and season with salt and pepper.

Note: Taro root and yucca can be substituted for the boniata.

LIMA BUTTER BEAN SALAD

ENSALADA DE PALLARES

Ingredients	Amounts
Fresh white lima beans, large	1 lb.
Onion, large, sliced finely	1 ea.
White cabbage	1/4 ea.
Ají amarillo, seeded, deveined, sliced	1 ea.
Radishes, finely diced	8 ea.
Oregano	1 tsp.
Olive oil	2 Tbsp.
Red wine vinegar	1 Tbsp.
Key lime juice	3 ea.
Vegetable oil	as needed
Salt	to taste
Ground black pepper	to taste
Ground white pepper	to taste

Method

1. Rinse the beans and place in a large pot with plenty of water. Bring to the boil and simmer, over medium heat, for about 25 minutes, checking the water level from time to time. The beans should be tender but not too soft. Drain and put it aside to cool. Peel if desired.
2. In a small bowl, combine onion slices with ají amarillo, lime juice, olive oil, salt, and pepper. Set aside. In a separate bowl combine radish with vinegar, oregano, and salt and set aside.
3. Slice the cabbage, place it in a colander, and pour boiling water over it. Rinse with cold water and season with salt, white pepper, a little lime juice, and vegetable oil.
4. To serve combine all ingredients on a platter and garnish with sliced tomato. Let stand for 10 to 15 minutes to let the flavors intensify.

Note: Dried lima beans can be used in this recipe. Soak them overnight, then rinse thoroughly and boil for about 1 hour until tender.

Source: *The Art of Peruvian Cuisine* by Tony Custer

FRIED COCONUT AND HEARTS OF PALM

PALMITO CON FRITO

Ingredients	Amounts
Hearts of palm, cut into 2-in. sticks	2 lb.
Seasoned all-purpose flour	as needed
Eggs, beaten	4 ea.
Coconut flakes	2 cups
Salt	to taste
Ground black pepper	to taste
Vegetable oil, for frying	as needed

Method

1. Drain hearts of palm, fariner, dip in egg wash, and then roll in seasoned coconut flakes.
2. Deep fry at 375°F until golden brown. Serve.

AREPAS WITH ROCK SHRIMP AND CHILES

Ingredients	Amounts
Precooked cornmeal (P.A.N. Harina De Maiz)	2 cups
Salt	1/2 tsp.
Ground black pepper	1/4 tsp.
Garlic powder	1 tsp.
Baking powder	1 tsp.
Eggs	2 ea.
Water, boiling	2 cups
Cheese, jack, shredded	1 cup
Butter	2 oz.
Onion, small dice	1 ea.
Green bell pepper, seeded, small dice	1 ea.
Red Fresno chili, seeded, minced	1 ea.
Prawns, peeled, deveined, chopped	1 lb.
Coconut milk	4 oz.
Cilantro, minced	2 oz.
Egg yolk	2 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. For the arepa dough, in a mixing bowl, add the cornmeal, salt, pepper, and baking powder. Mix well. Add the cheese and combine well. With a fork, stir in the boiling water.
2. Add the eggs. Mix with a fork until dough leaves sides of the bowl.
3. Knead the dough with your hands only enough to form a ball.
4. Separate the dough into 3/4 cup portions to make one arepa. Roll individual dough portions into a ball. Flatten dough balls and fry in a lightly greased pan until golden. (Note: You can also cook dough in an arepa cooker until the arepas are golden brown and sound hollow when tapped.) Let them cool slightly before filling with shrimp filling.
5. For the filling, whisk the coconut milk and egg yolks together. Reserve.
6. Heat a frying pan to smoking. Add oil and return to smoking. Add onion, bell pepper, and chili. Sauté until soft and fragrant.
7. Add prepared prawns and coconut milk and egg mixture. Add cilantro and check for seasoning. Cool mixture at room temperature.
8. Split the arepas like an English muffin and scoop-out the fluffy cornmeal insides (Optional). Place the shrimp filling into the arepas.

FIRE-ROASTED RABBIT SERVED WITH PERUVIAN SALSA *CONEJO ALA PARILLA*

Ingredients	Amounts
Olive oil	2 oz.
Red onion, small dice	1 cup
Garlic cloves, minced	3 ea.
Cilantro, bunch, minced	1 ea.
Chipotle chili powder, ground	3 Tbsp.
Cayenne pepper	1 tsp.
Salt	as needed
Ground black pepper	as needed
Rabbits, butterflied	2 ea.
Lime, juice of	1 ea.
Lemon, juice of	1 ea.
Onion, brunoise, rinsed	1 ea.
Cilantro, bunch, minced	1 ea.
Salt	to taste
Habanero chili, minced	1 ea.
Yellow ají chili, minced	1 ea.

Method

1. For the marinade, in a large bowl, combine the olive oil, onion, garlic, cilantro, chili powder, cayenne pepper, salt, and pepper. Liberally season the rabbit with the mixture. Marinate for 2 hours.
2. Grill the rabbit over an open fire to medium rare (150°F).
3. For the salsa, in a small bowl, combine the lime juice, lemon juice, onion, cilantro, salt, and chiles. Mix well to combine. Let the mixed ingredients marinate for 30 minutes.

Source: *The Principles of Americas Cuisine*

DUCK IN PUMPKIN SEED SAUCE

PATO EN PIPIÁN ROJO

Yield: 8 portions

Ingredients	Amounts
Ducks, 5 lb. ea.	4 ea.
Water	5 cups
Salt	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Bay leaves	6 ea.
Vegetable oil	4 Tbsp.
Dried chiles anchos, stemmed, seeded deveined	4 ea.
Vegetable oil	6 Tbsp.
Onion, medium, sliced	1 ea.
Garlic cloves, peeled	4 ea.
Pumpkin seeds, hulled, untoasted	2/3 cup
Black peppercorns	2/3 tsp.
Allspice	1 tsp.
Cinnamon	1 tsp.
Clove	1/4 tsp.
Dried thyme	1/2 tsp.
White bread, slice, crusts removed, diced	2 ea.
Peanuts, skinned, roasted	2/3 cup
Canned chile chipotle, seeded, roughly chopped	2 ea.
Sugar	2 tsp.
Salt	1/2 tsp.
Onion, slice, broken into rings	2 ea.

Method

1. Using a large knife, split each duck, saving the backbone to use in preparing the broth. Prick the skin sides of each half with a fork at 1-inch intervals.
2. For the broth, in a medium-sized saucepan, combine the duck backbones with the water and salt. Bring to a simmer, skim off any grayish foam, add the marjoram, thyme, and bay leaves. Partially cover. Simmer over medium-low heat for at least 1 hour. Strain through a fine-mesh sieve, then skim off the fat.

3. Heat 2 tablespoons oil in a large 12-inch skillet over medium. Dry the 2 duck halves with paper towels, lay in the hot oil, and fry for about 15 minutes without turning. The duck skin should become well browned. When done, drain on paper towels. From the pan, pour out most of the fat, and use it to fry the remaining duck halves.
4. For the sauce, tear the chiles into large flat pieces. Heat the lard or oil in a medium skillet over medium heat. Quick-fry the chiles to toast them lightly, a few seconds on each side. Transfer to a small bowl, draining off as much oil as possible. Cover with boiling water, weight down with a small plate, and soak for about 30 minutes. Heat another medium skillet over medium-low heat. Add the pumpkin seeds. Once they begin to pop, continuously stir for 4 to 5 minutes, until all have toasted and popped. Crumble a few and reserve for garnish, then scoop the rest into the bowl with the onions. Grind the spices in a mortar or spice grinder and add to the bowl, along with the thyme, bread, peanuts, chipotle, and 1½ cups of the duck broth. Drain the chiles and add to the bowl.
5. Blend half of the sauce at a time to a smooth purée, then run through a medium-mesh sieve. Heat the remaining oil in a saucepan over medium-high and add the purée, stirring constantly for about 5 minutes as it concentrates and darkens. Stir in 2 cups of the broth, cover and simmer over medium-low heat for about 45 minutes, stirring occasionally. When the sauce is ready, adjust the consistency by adding broth if necessary. Season with sugar and salt.
6. About 45 minutes prior to serving, preheat the oven to 350°F. Lay the ducks, skin side up in a large roasting pan and pour the sauce over them. Bake for 25 to 30 minutes until the duck is done.
7. Remove the duck halves to a warm serving platter. Spoon the excess fat off the sauce and discard. Ladle the sauce over ducks, garnishing with the onion rings and crumbled pumpkinseeds. Serve immediately.

Adapted from *Authentic Mexican Cooking* by Rick Bayless

TORTILLA SOUP

Yield: 4 portions

Ingredients	Amounts
Onion, sliced in 1/2" rounds	1 ½ ea.
Jalapeño chiles	2 ea.
Chipotle chile, puréed	1 tsp.
Garlic cloves, unpeeled	4 ea.
Tomatoes	2 ½ lb.
Safflower oil	2 Tbsp.
Red Stock (Recipe follows)	6 cups
Corn tortillas, cut into tortilla crisps	8 ea.
Pasilla chiles, stemmed, seeded	2 ea.
Cilantro, chopped	¼ cup
Cilantro leaves	as needed
Avocado, diced	1 ea.
Feta cheese, crumbled	as needed
Lime, quartered	1 ea.

Method

1. For the broth, preheat the broiler. Lightly oil the onions, chiles, garlic, and tomatoes. Put them on a sheet pan and broil 4 to 5 inches below the heat. When the onions brown, turn them over and brown the second side. Turn the chiles when they blister. Remove the garlic when browned, then peel. Turn the tomatoes several times so that the skins pucker and brown in places. Remove individual vegetables as they finish cooking.
2. Purée the broiled ingredients in a blender until the sauce is as smooth as possible. (If using canned tomatoes, add an extra ½-cup water to thin the mixture.)
3. Heat 2 teaspoons of the oil in a wide soup pot over medium-high heat. Add the purée and cook, while stirring, until it has thickened, about 5 minutes.
4. Add the stock then simmer, covered, for 25 minutes. Stir in the chipotle chile and taste for salt. At this point, strain the broth if you like a refined, thin soup. If you prefer it to be thicker but with a little texture, leave it as it is.
5. Fry the tortillas until crisp. To toast the chiles, put them in a heavy skillet over medium heat. Press down for 30 seconds or so or until they are fragrant and begin to blister in places. Turn and repeat on the second side, but don't let them burn. When cool, tear them into strips.
6. Just before serving, add the chile strips and chopped cilantro, to the broth and cook for 1 minute. Ladle the broth into your bowls, add the avocado, if using, tortilla strips, and crumbled cheese. Garnish with cilantro leaves and serve with the lime wedges.

Source: Deborah Madison

RED STOCK

Yield: 1½ gallons

Ingredients	Amounts
Olive oil	6 Tbsp.
Onion, coarsely chopped	6 ea.
Carrots, diced	9 ea.
Celery rib, diced	3 ea.
Garlic cloves, crushed	18 ea.
Tomato paste	6 Tbsp.
Cilantro, chopped	3 cup
Parsley, chopped	1 ½ cup
Mushrooms, sliced	15 ea.
Sweet paprika	3 Tbsp.
Cumin seeds	1 Tbsp.
Coriander seeds	1 Tbsp.
Salt	2 Tbsp.
Water	2 gal.

Method

1. Heat the oil in a soup pot, add the onions, carrots, celery, and garlic and sauté over high heat, stirring occasionally, until the vegetables begin to color, about 10 minutes.
2. Add the tomato paste and fry it for a minute, mashing it around the pan, then add the remaining ingredients and bring to a boil.
3. Lower the heat and simmer, partially covered, 1 hour. Strain. Taste for salt.

SAVORY WATERMELON AND PINEAPPLE SALAD

Yield: 4 portions

Ingredients	Amounts
Watermelon chunks, large seeded	1½ cups
Pineapple chunks, large	1½ cups
Red onion, thinly sliced	1 ea.
Fresh oregano, chopped	1 Tbsp.
Lime juice	6 Tbsp.
Red wine vinegar	2 Tbsp.

Method:

1. In a large bowl, combine all the ingredients.
2. Toss gently and serve.

Source: *Big Flavors of the Hot Sun* by Chris Schlesinger and John Willoughby

PUFFED MASA CAKES STUFFED WITH CHILES AND CHEESE

GORDITAS DE CHILE CON QUESO

Yield: 12 Gorditas

Ingredients	Amounts
Tomato, large, ripe, roasted or boiled, cored, peeled	1 ea.
Fresh chiles poblanos, roasted, peeled, seeded, thinly sliced	4 ea.
Chicken broth	1 cup
Mexican queso fresco	2 cups
Salt	½ tsp.
 Fresh masa	 1 lb.
Hot water	1 cup, plus 2 Tbsp.
Lard	2 Tbsp.
Salt	½ tsp.
Flour	¼ cup
Baking powder	1 tsp.
Oil, vegetable	as needed
Romaine, thinly sliced	1½ cups

Method

1. For the filling, in a blender or food processor, purée the tomato, then strain through a medium-mesh sieve into a medium saucepan. Add the chiles and broth, then simmer over medium heat for 10 minutes, or until the chiles are tender and liquid reduced to a light coating. Remove from the heat, stir in the cheese, and season with salt.
2. For the dough, mix the lard, salt, flour and baking powder with the fresh masa, kneading it until all the ingredients are thoroughly incorporated; if necessary, add a little water to correct the consistency of the dough. Divide into 12 portions, place on a plate, and cover with plastic wrap.
3. Forming and baking the gorditas: Set a griddle or heavy skillet over medium to medium-low heat. Place a 7-inch square of heavy plastic (like that used for freezer bags) on the counter and flatten a portion of masa on it, into a 1/8-inch disc, 3 ½ to 4 inches in diameter. With the gordita still stuck to the plastic, flip it onto one hand, dough-side down, then carefully peel off the plastic. Lay the gordita on the heated griddle and bake, turning every minute or so, until lightly browned and crusty, about 3 or 4 minutes. Cool on a wire rack. Form and bake the remaining portions of masa the same way.
4. About 20 minutes before service, heat the oil to 375°F. Place filling in a low oven to heat just a little. When the oil is hot, fry the gorditas a few at a time for 1 ½ minutes, turning

frequently, until the two sides have puffed apart about $\frac{3}{4}$ -inch; if they don't puff, you can simply split them with a knife when serving.

5. Drain on paper towels and keep warm in the oven while frying the remainder. When you are ready to serve, use a small, pointed knife to cut an opening into the pocket, going in at the edge and slicing about $\frac{1}{3}$ of the way around the perimeter. Spoon about 3 Tbsp. of the warm filling into each gordita, then stuff in the optional lettuce. Serve at once.

Note: Masa harina can be substituted for the fresh masa. Before using, mix $1\frac{3}{4}$ cup of masa harina with water, cover, and let stand for $\frac{1}{2}$ hour. Also, decrease the amount of flour used to $\frac{1}{3}$ cup. Vegetable shortening can be substituted for the lard.

Source: *Authentic Mexican* by Rick Bayless and Deann Groen Bayless

CRISPY POTATO SOPES

Yield: 10 sopes

Ingredients

Amounts

Idaho or Russet potatoes, medium peeled, cut into large pieces	$\frac{3}{4}$ lb.
Fresh smooth-ground corn masa	$\frac{3}{4}$ lb.
Salt	1½ tsp.

Method

1. For the sopes dough, in a medium-size pan, boil the potatoes in salted water to cover until thoroughly tender, about 25 minutes. Drain and dry the potatoes in an oven. Cool. Push the potatoes through a ricer or medium mesh strainer.
2. Scrape the potatoes into a measuring cup. Measure 3 cups of potato purée and add to the bowl and knead in the masa (fresh or reconstituted) and 1 tablespoon salt. The dough should be the consistency of soft cookie dough.
3. Divide the dough into 20 portions, roll into balls and cover with plastic to keep them from drying out. One by one, form the fat little tortillas that will become the sopes. To keep them from puffing oddly during frying, prick the bottoms of each one with a fork being careful not to go all the way through. Cool then cover the sopes with plastic to keep them from drying.
4. A few at a time, fry the sopes until they are a rich golden brown, about a minute. Drain them upside down on the paper towels, then keep them warm in the oven. When all the sopes are done, arrange them on a serving platter.

Source: *Authentic Mexican* by Rick and Deann Bayless

ESSENTIAL SIMMERED TOMATO-HABANERO SALSA

TOMATE FRITO

Yield: 2 cups

Ingredients	Amounts
Ripe tomatoes	1½ lb.
Vegetable oil	1½ Tbsp.
White onion, small, thinly sliced	1 ea.
Habanero chile, fresh, halved	1 ea.
Salt	½ tsp.

Method

1. **Griddle method:** Line a griddle or heavy skillet with aluminum foil and heat over medium. Lay the tomatoes on the foil and roast, turning several times, until blistered, blackened, and softened, about 10 minutes. Don't worry if some of the skin sticks to the foil.
2. **Broiler method:** Lay the tomatoes on a baking sheet and place about 4 inches below a very hot broiler. Roast until blistered and blackened on one side, about 6 minutes; flip the tomatoes and roast the other side. Cool and peel, collecting any juices with the tomatoes. Coarsely purée tomatoes and juices in a food processor or blender.
3. For the sauce, in a medium-size (2- to 3-quart) saucepan, heat the oil over medium heat. Add the onion and fry until deep golden, about 8 minutes.
4. Add the tomatoes and chile halves and simmer 15 minutes or so, stirring often, until nicely reduced but not dry (it should be an easily spoonable consistency).
5. Taste (it will be wonderfully picante and nicely perfumed), season with salt, remove the chile if you want and it's ready to use.

Note: Jalapeño or serrano chiles (3 to 5) or manzano chiles (1 to 2) can be substituted for the habaneros. Covered and refrigerated, the sauce will keep for several days; it also freezes well.

Source: *Mexican Kitchen* by Rick Bayless

SPICED BEANS FRIED IN MASA PASTRY

EMPANADAS DE FRIJOLES

Yield: 24 empanadas

Ingredients	Amounts
Onion, minced	1 ea.
Garlic cloves, crushed	2 ea.
Fresh epazote sprig	1 ea.
Chile de árbol, stemmed, crumbled	2 ea.
Water	2 cups
Salt	to taste
Dark kidney beans, drained, rinsed	1 cup
Asadero cheese, small diced	½ cup
Masa harina	2¼ cups.
Water, hot	1½ cups
Lard	2 Tbsp.
Flour	1/3 cup
Salt	1 tsp.
Roasted Tomatillo Salsa (Recipe follows)	1 qt.

Method

1. For the filling, Combine the onion, garlic, epazote, chile de arbol, and cold water in a pot and bring to a boil over high heat; reduce the heat to a simmer and cook for 25 minutes. Add the salt to the cooking liquid to taste. Add the drained beans and let them soak for 30 minutes.
2. Drain the liquid from the bean mixture and cool completely. Add the diced cheese. Adjust the seasoning with salt to taste.
3. For the dough, mix the masa harina with the hot water, cover, and let stand 20 to 30 minutes. Mix the masa with the lard, flour, and salt, kneading until all ingredients are thoroughly combined. If necessary, adjust the consistency of the dough with a little water. Divide the dough into 24 balls, place them on a plate and cover with plastic wrap.
4. Cut two pieces of plastic to cover a tortilla press. One by one, press the masa into tortillas. Remove the plastic and fill with 2 tablespoons of beans. Fold over and seal the empanadas. Repeat with the remaining tortillas to make empanadas. Deep-fry the empanadas in 375°F oil until golden brown. Serve with roasted tomatillo salsa.

Note: 1 Tbsp. of dried epazote can be substituted for the fresh epazote. Vegetable shortening can be substituted for the lard.

ROASTED TOMATILLO SALSA

Yield: 1 quart

Ingredients	Amounts
Tomatillos, husks removed	1 lb.
Soybean oil	1 Tbsp.
Onion, small, chopped	1 ea.
Garlic cloves, chopped	2 ea.
Fresh jalapeño chiles	2 ea.
Cilantro leaves, loosely packed	1 cup
Sugar	1 tsp.
Salt	1 tsp.

Method

1. Preheat oven to 400°F.
2. Place the fresh tomatillos on a sheet pan and add oil to coat. Place them in the preheated oven and cook until the tomatillos have softened and browned, about 25 minutes. Cool completely.
3. Place the cooked tomatillos in a blender. Add the onion, garlic, chiles, cilantro, sugar, and salt. Process for about 1 minute, or until smoothly puréed.
4. Adjust the seasoning to taste.

HERB-GREEN RICE WITH PEAS

ARROZ VERDE

Yield: 6 portions

Ingredients	Amounts
Onion, medium, roughly chopped	½ ea.
Rib celery, roughly chopped	1 ea.
Coriander, sprigs, fresh,	8 ea.
Flat-leaf parsley	8 ea.
Chiles poblanos, fresh, roasted peeled, seeded, roughly chopped	2 ea.
Garlic clove, large, peeled, sliced	1 ea.
Chicken broth, unsalted	2/3 cup
Salt	1 tsp.
Peas, fresh or frozen (defrosted)	1 cup
Vegetable oil	1 ½ Tbsp.
Rice, long-grain	1 cup

Method

1. Preparing the green-herb mixture and peas. Place the onion, celery, fresh coriander, parsley, chiles poblanos, and garlic in a small saucepan, add 1 ¼ cups water, cover and bring to a simmer over medium heat. Cook until the celery and onion are tender, about 10 minutes. Remove from the heat and let cool a few minutes until lukewarm, covered. Purée the mixture (including liquid) in a blender or food processor, return to the pan and add the broth and the salt.
2. Simmer the fresh peas, if using them, in salted water to cover until tender, 4 to 20 minutes, depending on their maturity and freshness. Drain thoroughly and set aside; frozen peas only need to be defrosted.
3. About 40 minutes before serving, combine the vegetable oil and rice in a 1 ½- to 2-quart saucepan over medium heat. Fry, stirring frequently, until the rice turns opaque but not brown, about 7 minutes. Meanwhile, heat the broth mixture to a simmer.
4. Add the hot liquid to the rice, stir, scrape down the sides of the pan, cover and simmer 15 minutes over medium-low heat. Let the covered pan stand 5 to 10 minutes over medium-low heat. Then let the covered pan stand 5 to 10 minutes off the fire until the grains are tender (but not splayed). Add the peas to the pan and fluff the rice with a fork, mixing thoroughly. Scoop into a warm serving bowl. Garnish with the coriander.

Source: Authentic Mexican by Rick Bayless and Deann Groen Bayless

BLACK BEAN PURÉE

Ingredients	Amounts
Black beans, dry or canned, drained	1 lb.
Yellow onion	2 ea.
Garlic cloves, whole	4 ea.
Epazote stalks	2 ea.
Jalapeño chile	2 ea.
Kosher salt	as needed
Black beans, cooked	1 pt.
Onion, finely chopped	1 ea.
Canola oil	½ cup
Chicken or vegetable stock	1 cup

Method

1. Place the beans, onions, garlic, and 8 to 10 cups of cold water in a large stock pot. Slowly bring it to a boil. Adjust the heat to a simmer.
2. Add the sliced jalapeños and epazote. Cook the beans uncovered until tender. Once the beans are tender, add the salt.
3. Drain the beans of water. Reserve the water for blending.
4. Once the beans are cooked, purée with an immersion blender.
5. In a separate saucepan, heat the oil. Before the oil reaches the smoking point add the chopped onions, and puréed beans. Allow to brown. Add the cooked puréed beans, cook over low heat until the point of thick refried beans.

Source: James Sanchez, as presented at the 2010 Worlds of Healthy Flavors Conference.
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PORK CARNITAS WITH PEPSI

Yield:

Ingredients	Amounts
Pork shoulder	3 lb.
Vegetable oil	2 Tbsp.
Salt	1 Tbsp.
Ground black pepper	1 Tbsp.
Paprika	1 Tbsp.
Cayenne pepper	1 Tbsp.
Oregano	1 tsp.
Bay leaves	2 ea.
Garlic cloves, chopped	2 ea.
Chipotle peppers, large, dried	2 ea.
Pepsi	½ can
Milk	½ cup
Brown sugar	2 Tbsp.

Method

1. Trim the fat and “silverskin” from the roast and cut it into a few manageable pieces.
2. Preheat the oven to about 250 degrees.
3. Heat the vegetable oil in a deep, heavy stock (with a lid) for 10 minutes over medium-high heat. While it’s getting hot, mix in the spices together on a plate and roll the pork in them. Gently place the pork chunks in the hot oil and sear all sides until browned. Cover, plop it into the oven and cook for an hour. It’s done when the pork starts to fall apart when poked with a spoon.
4. Remove the meat from the stockpot with a slotted spoon and shred it into smaller chunks. Remove any solids (peppers) from the pan and heat the remaining juices over medium heat. Fry the meat in this until it begins to crisp, and all the liquids are gone.
5. Serve with warmed corn tortillas, chopped fresh cilantro, wedges of lime, and diced onions.

APPENDIX

GLOSSARY OF SPICES AND AROMATIC INGREDIENTS

Gathered and adapted from books written by Neela Paniz, Julie Sahni, Sri Owen, Mai Pham, Bruce Cost, Barbara Tropp, Charmaine Solomon, Chris Yeo, Maya Kaimal, Diana Kennedy, Rick Bayless, Antonio Carluccio, Diana & Paul Von Welandt, Paula Wolfert, Joyce Goldstein and Jill Norman, as well as The Culinary Institute of America.

Achiote: A paste made from annatto seeds ground with other spices and mixed with crushed garlic and vinegar or bitter orange juice. It is a popular seasoning from Mexico; primarily used in the Yucatán Peninsula, however in Tabasco and the Isthmus of Tehuantepec they use pure achiote. The pure achiote is the coloring boiled from the seeds and reduced to a paste.

Acitrón: Candied biznaga cactus used in cooked dishes from central part of Mexico, especially in picadillo. Also eaten as candy in the central states.

Adobo: Cooking paste/marinade made with vinegar, oregano, garlic, and sometimes tomatoes. It can be red or green. Red: guajillo and ancho chiles. Green: pumpkin seeds, marjoram, thyme.

Ajwain (ajowan, carom seeds): Related to caraway and cumin, these small seeds resemble celery seeds, but has a flavor similar to thyme and lovage.

Almond Paste: Made from ground blanched almonds, sugar, and a little glycerin or a similar ingredient, to keep it malleable. It is sweeter and coarser than its close relative marzipan. Used mainly for pastries; in Morocco used as a stuffing for fish.

Amchoor: Dried powder and slices made from sour unripe mangoes. Amchoor gives foods a slightly sweet sourness. If unavailable, lemon juice may be substituted.

Anardana: Dried pomegranate seeds. Used in Indian cuisine.

Annatto: Seeds of the Bixa orellana tree. Brick red, very hard seeds. They must be softened before they can be ground. Used to make achiote paste, for coloring and flavoring foods.

Asafetida (Heeng): A dried resin derived from plant roots, asafetida (pronounced ah-sah-feh-TEE-dah). Releases a strong, not-altogether-pleasant smell when powdered. (That's where the word fetid comes from.) When fried briefly in hot oil, however, the powder perfumes the oil with the appetizing aroma of cooked onions. Many Indian vegetarians whose religious beliefs forbid the use of onion use asafetida as a substitute. Julie Sahni recommends buying asafetida in lump form, which is odorless until powdered.

Asfor: Stamens of the safflower, which impart a yellow color to rice and flavor other Levantine dishes; an inexpensive substitute for saffron that can be used at a ratio of approximately 7 parts *asfor* for 1 part saffron.

Avocado Leaves: Aromatic leaves from the Mexican avocado tree. Used as a flavoring herb, similar to anise/bay. The leaves from the Mexican variety of avocado tree are used in cooking. The leaves of avocados in the U.S. can be used, but do not have the desired flavor. The leaves are usually toasted prior to being added to a dish.

Banana Leaves: Leaves from the banana tree. Used to wrap fish or other foods before steaming or grilling in Asia and Latin America cooking. The leaf itself is not eaten but it does flavor the filling. Available fresh occasionally and frozen. Cut away the thick spine and dip the leaf briefly in boiling water to make it pliable.

Basil (*Basilico*): There are many varieties of basil, but sweet basil is the most commonly used. Basil is used mostly in dishes that contain tomatoes. Fresh basil is preferred over dried as much of the flavor is lost in the drying process.

Basil, Asian or Thai: An anise-flavored basil with purplish stems and flowers. Traditionally served with pho, Vietnamese beef noodle soup, and used liberally in Thai cooking.

Bay (*Laurel*): Bay is the leaves of a perennial evergreen shrub that has its origin in southern Italy. Bay is used to flavor soups, stews, and casseroles.

Bean Sauces (excluding soy sauce) **Bean pastes, Miso:** Throughout China, Japan, and Southeast Asia, sauces and pastes derived from soybeans are pantry essentials. Because they can vary in composition from region to region, these condiments make a complex topic. Perhaps the most familiar to Western cooks is miso, the fermented soybean paste that Japanese cooks use in soups, salad dressings, and toppings for grilled food. By adding other grains to the soybeans—rice, barley, or wheat—manufacturers make miso in a wide variety of colors, textures, and flavors.

Berberé: A fiery red pepper – spice paste that is the essential ingredient of Ethiopian cuisine.

Bitter Almonds: Grown throughout the Mediterranean. They are toxic in their raw state; their aromatic flavor is the result of an enzyme reaction that also produces prussic acid. They are processed to flavor extracts. Even though their toxic effect is destroyed by heat, it is illegal to sell them as an ingredient in the United States.

Black Pepper (*Kurumulaku*): The combination of Kerala's climate and soil yields some of the largest, most flavorful peppercorns in the world. Before Portuguese traders introduced chili peppers from the New World, black pepper was the primary hot ingredient in Indian food. But black pepper with its sharp bite continues to be a flavor component, particularly in South Indian cooking. Whether the peppercorns are crushed, coarsely ground, or powdered greatly changes the effect they have on the curry, so take note of the form used in each recipe. Black Pepper: green fruits are picked and piled in heaps to ferment, then sun-dried. White Pepper: ripe berries are soaked in water, the outer skin rubbed off, and the gray inner peppercorns are dried until they turn creamy white. Green Pepper: immature pepper, preserved by freeze-drying or brining. (undried)

Pink Pepper: berries – *schinus molle*. Have a brittle outer shell enclosing a small seed. Its taste is aromatic rather than pungent.

Black Salt (Kala Namak): This salt, which is highly sulfuric, is pink in its powdered form but turns black when it touches liquid. It is more flavorful, but not as salty, as ordinary salt and there is no substitute. Often sold in Indian specialty shops, but if unavailable, simply omit it and increase the regular salt slightly.

Black Vinegar: This dark, aged, smoky vinegar may be made from rice or other grains. Chinese cooks use it with cold noodles, with stir-fried greens or eggplant, in twice-fried string beans and with rich pork dishes.

Borage (Borragine): A plant with pale blue and yellow flowers. Borage has a flavor similar to cucumber and is used as a flavoring and also served as a vegetable. Borage leaves can be cooked like spinach or battered and fried. In Genoa a stuffing is made for ravioli with borage.

Bouquet Garni: A bundle of herbs and other seasonings that is added to soups, stews, and other dishes to impart flavoring.

Bzar: The traditional Libyan spice mixture, which usually incorporates turmeric, black pepper, cinnamon, cloves, nutmeg, two roots from the ginger family, and sometimes cumin.

Cacao: The seeds of a tropical tree (*Theobroma cacao*) that form in large pods. They are removed, roasted and ground to form the base for chocolate and the hot beverage cocoa. Highly prized in early Indian cultures, the beans were often used as money for trading.

Candlenut: Resembling hazelnuts, these oil-rich nuts are a common ingredient in rempah, the ground spice paste that is the foundation of many Malaysian and Indonesian sauces and curries. Raw candlenuts are toxic, so rempah is always fried in oil first.

Canela: *Cinnamomum zeylanicum*, true Ceylon cinnamon or Mexican soft cinnamon. Canela has more flavor and is more complex than cassia – the harder stick variety available in the U.S.

Capers: the buds of a Mediterranean bush, prepared by pickling in brine or packing in salt. Usually harvested in early summer, the buds are cleaned and sun-dried before preserving. Rinse before using to remove excess brine or salt.

Cardamom (Elaichi): An aromatic spice, generally sold in its pod and is native to the hills of eastern Kerala. The green-colored pods are more aromatic than the plumper, bleached, whitish ones. Some Indian grocers sell the seeds separately, a great convenience when grinding spice combinations such as garam masala. Many recipes call for whole cardamom pods. They are used as a flavoring and are not meant to be eaten. If a recipe calls for a small amount of ground cardamom seeds, pulverize them in a mortar.

Cardamom, Large Black (Bari Elaichi): They look like black beetles and have an earthier, deeper flavor than green cardamom. Use them only when the recipe calls for them. They can be ground whole, skin and all.

Cassia Bark: Most of what's imported to the U.S. as cinnamon is actually cassia bark, *Cinnamomum cassia*, indigenous to China and Indonesia. Cassia bark is more pungent and thicker than true cinnamon (*Cinnamomum zeylanicum*), which grows in Sri Lanka. Chinese and Southeast Asian cooks typically use cassia bark whole, adding shards to braised meats and soups. It lends its distinctive sweet aroma to Chinese tea-smoked chicken and Vietnamese beef noodle soup (pho).

Chaya: The large Yucatecan leaf with a delicious dark green flavor.

Chepil: A light flavored herb or green with small, thin leaves that's used mostly in southern Mexico. It grows in cornfields and is used in squash blossom soup and various rice dishes.

Chervil: Herb similar in appearance to flat-leaf parsley except it is much smaller and paler. Very aromatic, with an aroma similar to anise seeds and tarragon.

Chili Pastes and Sauces: Asian markets carry a wide variety of chili-based condiments to meet the tastes and needs of a diverse Asian clientele. These sauces and pastes are not interchangeable. The Chinese sauces have a flavor profile different from the Vietnamese and Thai sauces—and different uses. In China and Korea, for example, chili sauces are used in cooking; in Vietnam, they are more often table condiments. Some sauces and pastes are fermented; some are not.

Chili Powder, Red/Cayenne Pepper (Pisi Hui Lal Mirch): Indians refer to ground dried red chiles as red chili powder. This is not the 'chili powder' used in America to make Mexican 'chili'. American 'chili powder' is a spice mixture which includes ground cumin seeds. Indian red chile powder and cayenne pepper may be used interchangeably.

Chiles, Fresh Hot Green (Hari Mirch): The fresh chiles used in India are 2 to 4-inches (5-10 centimeters) long and quite slim. They are generally green but sometimes ripen to a red color and may be used just as easily. Besides being rich in vitamins A and C, their skins give Indian food a very special flavor. If other varieties of chiles are substituted, adjustments should be made as they could be very mild in flavor, such as Italian hot peppers or wildly hot, such as the Mexican jalapeño.

Chiles, Whole Dried Hot Red (Sabut Lal Mirch): These chiles are generally 1 ½ -2 ½-inches (3 ½ – 6 centimeters) long and quite slim. They too should be handled with care, just like the fresh hot green chiles. If you want the flavor of the chiles, without their heat, make a small opening in them and shake out and discard their seeds.

Chinese Chili Sauce: A thick but not pasty sauce of red chiles, vinegar and salt, typically thickened with soybeans, black beans, or Asian sweet potatoes. Unlike hot bean sauce, which is thicker and chunkier, Chinese chili sauce is usually a smooth purée. A variation, labeled "chili paste with garlic," is a modern concoction, says Barbara Tropp that "saves Westerners the trouble of chopping garlic." Chinese soybean sauces of various styles are used throughout China. Some versions include whole beans, others are ground; some are sweetened, some salty, some hot with chiles. When sweetened and thinned with sesame oil, soybean sauce is the classic condiment for Peking duck. The ubiquitous hoisin sauce in its export guise is a fermented soybean sauce with other seasonings added – typically garlic, sugar, and sesame oil.

Chocolate, Mexican: Theobroma cacao, is coarser than European velvety brands. Always ground with sugar, canela and almonds and used exclusively for hot chocolate and mole. Never eaten as candy.

Cilantro (fresh coriander) Root - Coriandrum sativum, Chinese parsley or fresh coriander: The fresh leaves of the coriander plant have a lively herbal flavor, quite different from the earthy, lemony taste of ground coriander seeds from the same plant—that makes curries sparkle. Smaller leaves are tastier. They offer no soapy bitter flavor that may be found in larger leaves and stems. The flavor fades with cooking, quite often it is added just after removing a dish from the heat. Always buy it fresh, not dried, and use the leaves and tender stems for cooking. In Kerala it is primarily used in Muslim cooking. Thai and Malaysian cooks use not only the leaves but the roots of fresh coriander. Thai recipes often call for pounding the roots with garlic and pepper to make a paste for marinating meats before grilling. If available to purchase with the roots on, it will last a little longer. You can find fresh coriander with the roots attached in many Latin and Asian markets and farmers' markets with an Asian and Latin clientele. A little trivia, courtesy of Bruce Cost: Cilantro is by far the world's most widely used herb.

Cinnamon (Karuvapatta): Another spice from Kerala, cinnamon adds a sweet and intense perfume to chicken and meat curries. Often used in combination with whole cloves, cinnamon stick brings a rich aroma to Kerala's outstanding coconut milk stews. It is also one of the ingredients in garam masala, the sweet and hot spice blend found in Muslim dishes across India, such as kurma and biriyani.

Cloves (grambu): Cloves originated in the Spice Islands (Indonesia) and were probably brought to India for cultivation by Portuguese spice traders. Whole cloves are the dried unopened flower buds of the clove tree. Their sweet yet sharp flavor adds a warm layer to the same meat and vegetable curries in which cinnamon is used. In its ground form it is one of the ingredients in the spice blend garam masala.

Coriander and Cumin Seed Mixture, Ground (Dhana Jeera Powder): This combination of roasted and ground coriander and cumin seeds, in the proportion of 4 parts to 1 part, is used in Gujarat and Maharashtra. To make it, put 4 tablespoons of whole coriander seeds and 1 tablespoon of whole cumin seeds into a small cast-iron frying pan and place the pan over a medium flame. Stir the seeds and keep roasting them until they turn a few shades darker. Let the seeds cool somewhat. Put the seeds into the container of a coffee grinder or other spice grinder and grind as finely as possible. Store in an airtight container.

Coriander Seeds, Whole and Ground (Dhania, Sabut, and Pisa): These are the round, beige seeds of the coriander plant. Indigenous to the Mediterranean region, coriander is now found around the world. It is used in Indian curries, as a European pickling spice, is common in Mexican cooking as well as in baking.

Cumin Seeds, Black (Shah Zeera, Siyah Zeera, or Kala Zeera): A caraway-like seed with a flavor that is more refined and complex than that of the ordinary cumin. As it is expensive, it is used in small quantities. If you cannot find it, use regular cumin seeds as a substitute. Indigenous to the Nile area, cumin is now common in the cuisines of India, the Middle East, Mexico, America, and in North Africa.

Dried Bonito: Dried as hard as a board and smoked for many hours, this member of the tuna family is essential to Japanese cooking. With konbu (see below), it is one of the two ingredients that flavor

Japanese stock (dashi). The bonito is shaved into fine flakes with a device like a small carpenter's plane and simmered in water with konbu to make the broth that is the foundation of so many other dishes, like chicken stock in a Western kitchen. Although many Japanese cooks buy packaged shaved bonito for their dashi, aficionados say that nothing compares to a stock made with freshly shaved bonito.

Dried Shrimp: Long before refrigeration, resourceful Asian fishermen learned to dry their catch to preserve for use throughout the year. Although Asian cooks today use a variety of dried fish—from dried mackerel in Thailand to dried bonito (see above) in Japan—dried shrimp are perhaps the most prevalent. Asian markets carry dried shrimp in a range of sizes, some as small as a baby's fingernail, but all valued for the concentrated fish flavor and saltiness they contribute to dishes. They are usually rehydrated before using, although some recipes call for pounding the dried shrimp to a powder.

Epazote: Teloxys (formerly *Chenopodium ambrosioides*) A North American herb that grows wild in poor soil. It has pointed, serrated leaves and a clean pungent taste – a little like creosote. A sturdy leaf that is generally cooked in a dish, rather than sprinkled on raw. It is an essential flavor in the cooking of central and southern Mexico. Easy to grow.

Escabeche: A style of cooking seafood and poultry in a mild vinegar and aromatic spice mixture. It may also refer to pickled or vinegared vegetables that are served as a side relish or condiment.

Fennel Seeds (Sonf): These seeds look and taste like anise seeds, only they are larger and plumper. They may be roasted (see the method for roasting cumin seeds) and used after meals as a mouth freshener and digestive. Common in India, China, and Italy.

Fenugreek Seeds (Methi) Yellow: Square and flattish, these seeds are meant to soothe the intestinal tract. They have a slightly bitter flavor and should not be allowed to burn. Indigenous to the eastern Mediterranean region, fenugreek is now common in the cuisines of India, Egypt, and Ethiopia.

Fish Sauce: Typically made with anchovies that are brined and fermented for months until they yield an aromatic liquid that smells not unlike overripe Brie, the clear condiment is highly nutritious. It has a salty flavor and a pungent smell that dissipates during cooking. Fermented fish sauce provides the salty element in many Southeast Asian dishes and a characteristic pungent flavor. As Bruce Cost writes, if fish sauce isn't in the dish, it's probably alongside as part of a dipping sauce. In essence, it's the equivalent of the Western saltshaker on the table. Most Asian markets carry a variety of bottled fish sauces imported from China, Hong Kong, Thailand, and the Philippines. They vary widely in intensity. The Vietnamese version, *nuoc mam*, is mixed with sugar, lime juice, red chiles, and garlic to make the indispensable dipping sauce, *nuoc cham*. Thais make a similar dipping sauce (*nam prik*) from their fish sauce (*nam pla*).

Fish Tamarind (Kodampoli): This sour rind of a special fruit - *garcinia indica* - is dried over wood smoke to make a black, sour, smoky seasoning that is particularly good with fish. It is used frequently in the cooking of Kerala. Before it is used, it should be rinsed off, sliced, and then given a quick soak for a few minutes to soften it a bit. If you cannot find it, use kokum, an unsmoked version of a fairly similar seasoning that is used further up the same West coast. It, too, needs to be rinsed off, sliced, and soaked briefly. If you cannot find either kodampoli or kokum, lemon juice may be used as suggested in the specific recipes.

Five-Spice Powder: Not always limited to five ingredients, this fragrant brown powder typically contains star anise, fennel, Szechwan peppercorns, clove, and cinnamon. Bruce Cost writes that it sometimes includes licorice root and ginger as well. It's used as a seasoning for roasted and braised meats, especially poultry, in Vietnamese cooking.

Flor de Calabaza: Pumpkin blossom, calabacitas criollas. Offers a distinct light green flavor that is not floral. The blossoms used in Mexico are the male ones.

Galangal/galanga: A rhizome related to ginger, galangal is fundamental to Thai, Malaysian, and Indonesian cooking. Its root-like shape resembles ginger, but it is paler, thinner skinned and firmer, with a sharper, mustard-like bite and a camphor-like smell. One distinguishing visual feature: galangal has fine dark rings on the skin. It is typically peeled and thinly sliced for flavoring soups or ground for curries.

Garam Masala: An essential component of northern Indian cooking, garam masala is a blend of "warming" spices that varies from cook to cook and region to region. (Garam means warm; masala means spice blend.) Although there is no standardized recipe, typical ingredients include cardamom, peppercorns, cloves, coriander seed, cumin, fennel seed, fenugreek, chiles and cinnamon. Garam masala is usually added to dishes toward the end of the cooking.

Garlic: The bulbous root of a plant that is a member of the onion (lily) family. Garlic is used in most cuisines around the world.

Ginger, Dried, Ground (Sont): This is the ginger that is dried and ground (powdered), the same that you might use to make gingerbread.

Ginger, Fresh (Adrak): Known sometimes as ginger 'root', this is really a rhizome with a refreshing pungent flavor. Its potato-like skin needs to be peeled before it can be chopped or grated. Ginger has been cultivated for more than 3,000 years in Asia, and is most common in Indian and Chinese cooking, but is also common throughout Asia, Arab countries, and in Western cuisine.

Ginger, Lesser: Resembling a knobby root with long, pencil-thin fingers, this ginger relative has a strong, sweet aroma and a pungent, slightly medicinal-tasting flesh. Southeast Asian cooks use it in seafood dishes, salads, and curries. The Thai word for it is krachai, although in markets it is sometimes simply labeled "rhizome."

Ginger, young: Harvested before it develops the familiar brown skin, young ginger has a thin, translucent skin, a lively ginger taste, and a moist, non-fibrous texture. Chinese cooks prize it for its texture and typically pair it with fish or beef. It does not need peeling.

Grains of Paradise: Related to cardamom, this spice is red-brown, chestnut color and has the form of a tiny blunt pyramid. Hot and peppery in taste without the camphor element that cardamoms have, it replaced true pepper when the price of pepper was high. Indigenous to the coast of West Africa, they are also known as Guinea Pepper.

Gusano de maguey: Aegiale hesperiaris grubs found in maguey plants. Considered to be an aphrodisiac, they are dried and used as flavoring. Tiny Gusanitos are favored in Oaxaca, Mexico, where they are coated with salted chile powder and strung to dry in market cheese stalls.

Hamod er rummoan: Syrup of the sour-sweet pomegranate used to flavor many dishes from the Levant countries; made by reducing the juice of ripe pomegranates.

Harissa: North African red chili paste used to flavor couscous broths and other dishes, usually homemade but also available in a tube; in a pinch you can substitute a dash of Tabasco sauce or Chinese red-pepper paste.

Hierba Buena: Spearmint.

Hierba de Conejo: "Rabbit Herb" used in Oaxaca, Mexico for a very old home-style way of preparing black beans.

Hierbas de olor: Herb bouquet of bay leaf, thyme, and Mexican oregano.

Hoisin Sauce: Hoisin sauce is a prepared condiment made from soybeans, garlic, vinegar, and spices. *Hoisin* means fresh seafood. It is used at the table as a dipping or as a cooking seasoning. Hoisin sauce is available in jars or cans in Chinese markets. Store in a glass jar in the refrigerator. It keeps indefinitely.

Hoja Santa: *Piper auritum*, Hierba Santa, acuyo in Veracruz, momo in Chiapas. Large heart-shaped leaf, velvety leaves with a pronounce anise flavor. It is a member of the black pepper family and is used to season foods in the southern part of Mexico. Often referred to as the rootbeer plant and the flavor likened to sasaparilla.

Horta tou Vounou: A variety of wild weeds each with its own name which varies from region to region. The best known is the *rathiki* although there are other types whose flavors vary. Raw or boiled, they make wonderful salads.

Huitlacoche: *Ustilago maydis*, a mushroom-like fungus that grows on fresh corn during summer rainy season. The finest quality is velvety pale gray when raw. Harvested immature, the lobes will be tight and bitter, if picked too mature, they'll crumble into an over ripe mess. Cooked the color changes to charcoal black. Available frozen and in cans.

Jaggery: A dark, unrefined lump sugar made by boiling sugarcane juice or the sap of sugar palms, jaggery contributes a characteristic flavor to many Indian sweets. Sold by weight in Indian markets, is solidified molasses. It has a caramel flavor important to chutneys. If necessary, substitute ¼ cup brown sugar for every 2 ounces of Jaggery.

Jamaica: From Mexico. Resemble dried flowers in appearance but are calyxes (the part that covers the flowers before that open) from a species of hibiscus. These are dried and used to make a bright garnet red drink prized for its refreshingly sour taste. Also known as red sorrel.

Japanese soy sauce: Contains proportionally more wheat, tastes sweeter and less salty than Chinese brands and is lighter in color.

Juniper (Ginepro): The berries of the juniper bush are used in pork and game dishes and also in marinades. Juniper berries should be crushed before using. Indigenous to Europe.

Kaffir Lime: The grated zest of this knobby lime is used in Thai curry pastes and fish cakes. The glossy green leaves, finely julienned, figure in Thai soups, salads, stir-fries, and curries. If you can't find the fresh item, look for dried or frozen leaves and dried lime rind.

Kari (Curry) Leaves Fresh and Dried (Kari Patta): The aromatic green leaves of *Murraya koenigii*, the kari plant, contribute a sweetish aroma and slightly bitter flavor to Indian, Indonesian and Malaysian stews and curries. The highly aromatic curry leaves are shaped rather like bay leaves and are sold in India while still attached to their stems. Indian housewives and cooks use them only when they are fresh, pulling them off their stems just before they throw them into the pot. There are sections of India, such as the South, where curry leaves flavor more than half the dishes.

Kebsa spices: The traditional Saudi Arabian and Gulf spice mixture, consisting of cardamom, cinnamon, cumin, and red or black pepper.

Kokum flowers: The flower of the Kokum tree, always sold dried. The dried blossoms resemble dark sundried tomatoes and add tartness to southern Indian cooking.

Lebneh: Middle Eastern equivalent of sour cream, made by draining the whey from yogurt, either in a strainer lined with a cheesecloth or by tying up the yogurt in a cloth bag.

Lemon grass: A plant that resembles a woody scallion, with a slender, multi-layered base and branching leaves. When sliced, chopped or crushed, it releases a lemony scent and flavor. Discard the branching leaves and the fibrous outer layers of the base. Chopped lemon grass is used to flavor Thai, Malaysian, and Indonesian curry pastes, stir-fries, and salads and Vietnamese marinades for chicken and beef. Large chunks of lemon grass are smashed with a cleaver and added to Thai soups. They are typically not removed before serving, although they are not meant to be eaten.

Lily Buds: These golden, needle-shaped blossoms are indeed the dried flower buds of a day lily. They must be soaked briefly to soften, then the hard tip is removed, and they are hand-shredded, or halved lengthwise or crosswise or, for some uses, tied in a knot. Lily buds add their delicate flavor to Chinese hot and sour soup and mu shu pork.

Limón: Tiny yellow green limes. Known as key limes in the United States. Mexicans do not use yellow lemons.

Loomi: Dried limes produced in Iraq and Oman that impart a pungent, sour bite to Gulf dishes; also called *leimoon basra*, *leimoon aswad*, and *leimoon omani*; dried limes of Iranian origin are darker in color; can be used ground or whole (usually pierced).

Magüey: Agave succulent plants grown throughout Mexico. There are more than one hundred species.

Mahlab: Small, beige-colored oval kernels of the black cherry tree. Slightly bitter and sour when tasted on their own. Used in Turkey and the Middle East.

Marjoram, Sweet (Maggiorana): A perennial herb that has its origin in Africa. Marjoram is used in soups, stews, and in vegetable and fish dishes.

Mastic: A resin extracted from a small evergreen acacia tree. Used as chewing gum. It is powdered and added to sweet yeast bread, milk puddings, and ice cream from flavoring. Found in Greece and the Middle East.

Mexican Oregano: There are more than 13 varieties of oregano growing in Mexico. Among these varieties are a long leafed oregano (*poliomintha longiflora*) in the North, a milder minty tasting one (*lippia geminata* or *lippia berlandieri*) in Oaxaca, Mexico, and in the Yucatan, the oregano has a much larger leaf that turns dark tobacco brown when dried. Mexican oregano is used dry and found as whole leaves. The leaves are crumbled when used.

Middle Eastern Red Pepper: Fragrant seedless crushed flakes of spicy peppers that vary in hotness; a specialty of Armenian and Turkish cooking, found in great abundance in Turkey and northern Syria.

Miltomates: Tiny wild tomatillos found in Oaxaca, Mexico. They are known for their intensely sweet-tart, deeply complex flavor.

Mint: The mint favored by Vietnamese cooks is a round-leafed tropical variety. It is an essential element in the salad platter that accompanies many cooked dishes. Grilled skewered meats, for example, are typically wrapped in a lettuce leaf with fresh mint, cucumber, and bean sprouts, then dipped in tangy, spicy fish sauce (*nuoc cham*). Thai cooks also make frequent use of cooling tropical mint in seafood and minced meat salads.

Mlookheeyeh: A leafy green vegetable that forms the basis for one of Egypt's national dishes; available frozen or dried.

Mushrooms as Aromatics: In addition to the now-familiar dried shiitake mushroom (*Lentinus edodes*) with its aggressive flavor, the chewy tree ear (*Auricularia polytricha*)—also known as cloud ear or wood ear—is widely used in Asia. Tree ears don't taste like much, but they add a pleasing gelatinous texture to soups, stuffings, noodle dishes, and vinegared salads in Vietnamese kitchens.

Mustard Oil (Sarson Ka Tel): This yellow oil, made from mustard seeds, is quite pungent when raw, and sweet when heated to a slight haze. It is used all over India for pickling. In Kashmir and Bengal, it is also used for everyday cooking and gives the foods of those regions their very special character. If you cannot find it, any other vegetable oil may be substituted. You might consider the rather unorthodox use of virgin olive oil. It has as much character and 'kick' as mustard oil, though of course the taste is completely different.

Mustard Seeds, Whole Black: These tiny dark round seeds, sometimes quite black, sometimes reddish-brown, are used throughout India for pickling and for seasoning everything from yogurt to beans. They have a dual character. When popped in hot oil, they impart an earthy sweetness. However, when they are ground, they turn nose-tingling pungent and slightly bitter. Indians have developed a taste for this bitterness and consider it to be very good for their digestive systems. If you wish to cut down on the bitterness, use only freshly bought black mustard seeds or use yellow mustard.

Mustard Seeds, Whole Yellow: These are commonly available and may be substituted for black mustard seeds should the latter prove elusive. They are less bitter and milder in flavor.

Myrtle (*Mirto*): Myrtle is used in Sardinia to flavor meats, particularly when spit-roasting lamb and goat.

Nigella Seeds (*Kalonji*): Botanical name for the plant known as “love-in-a-mist”. The taste is nutty and acrid, like a cross between poppy seeds and pepper. It is featured in panch phoron, an Indian spice mixture. These seeds are sometimes known, inaccurately, as onion seeds. They are little tear-shaped black seeds used throughout all of India for pickling. Some North Indian oven breads are dotted with them and in Bengal they are used commonly for cooking vegetables and fish.

Nutmeg (*Noce moscata*): The nut meat of an evergreen, native to the Moluccas (Spice Islands) Nutmeg is used both in sweet and savory dishes, particularly in ravioli and dishes which contain spinach or cheese.

Olives: Almost without exception, only green manzanillo olives are used in Mexican cooking. Their tangy, crispy texture works well with typical Mexican flavors like cilantro and green chile. In Mexico, olives are thought of as a special occasion add-in to many dishes. Green and black cured olives are popular throughout the Mediterranean. Most common types are nicoise, Provencal, Kalamata, Gaeta, and dark green cracked olives popular in Provence and Greece.

Oregano (*Origano*): A perennial of the mint family that has its origins in the Mediterranean. Oregano is closely related to marjoram and is sometimes called wild marjoram. It is used in many Italian dishes including sauces, pizza and casseroles.

Oyster Sauce: A dark brown, concentrated condiment made from oysters (or oyster flavoring), salt and cornstarch, oyster sauce adds depth and savoriness to Chinese, Thai, Vietnamese, and Malaysian stir-fries. Even a simple dish of steamed or stir-fried broccoli seems rich and satisfying when drizzled with oyster sauce. Asian markets carry brands that differ considerably in quality and price; both Bruce Cost and Barbara Tropp suggest that the more expensive bottlings have better flavor. Less expensive products may be made with oyster flavoring, not real oysters.

Palm Sugar: Some species of palm yield a sap that can be boiled down until it crystallizes into a dark sweetener with a taste reminiscent of maple sugar. Thai cooks use it in coconut-milk desserts and to balance the flavor of curries. Palm sugar may be soft and sticky or as hard as an open box of brown sugar. Coconut sugar, made from the sap of the coconut palm, can be used in any recipe calling for palm sugar. Bruce Cost recommends liquefying palm sugar and using the syrup as an ice cream topping.

Panchphoran (5-Spice Mixture): This very Bengali spice combination contains whole cumin seeds, whole fennel seeds, whole nigella seeds (kalonji), whole fenugreek seeds, and a tiny aromatic seed known in Bengal as radhuni. As radhuni is generally unavailable outside Bengal, even Indians, in India, use black mustard seeds as a substitute. You may buy ready-mixed panchphoran or you can put it together yourself by mixing 2 teaspoons of whole cumin seeds, 2 teaspoons of whole black mustard seeds, 2 teaspoons of whole fennel seeds, 1 teaspoon of nigella seeds (kalonji), and $\frac{3}{4}$ teaspoon of whole fenugreek seeds. Store in an airtight container.

Pandanus Leaf (screw pine leaf): The long, slim leaves of *Pandanus odorata* look like finely ridged day lily leaves. They are valued in Malaysia, Indonesia, and Thailand as a flavoring, primarily for

desserts. Typically, the leaves are steeped in sugar syrup to extract their flavor and green color, then the tinted syrup is strained for use in sweets. Kasma Loha-Unchit calls it “a Thai equivalent to vanilla” because of its popularity as a dessert flavoring. Bruce Cost writes that it tastes something like new-mown hay with a floral dimension. Pandanus leaves are also sometimes used to flavor plain rice.

Parsley (*Prezzemolo*): Italian parsley is the flat leafed variety as opposed to the curly variety common in the United States. It is used as a flavoring rather than a garnish as its flavor is more pungent.

Pepitas: Pumpkinseeds used throughout Mexico, especially in the southern states. Thick-shelled seeds are sold shelled. The thin-shelled seeds are used shell and all, making sauces with a slightly grittier consistency.

Pepper (*Pepe*): Pepper is the berry of a perennial vine that is native to the Malabar Coast of India. Pepper has the most influence on the age of discovery, as Columbus, Magellan and Vasco de Gama sought pepper as avidly as any other treasure. It is used in most dishes and is best when ground fresh.

Piloncillo: Most commonly shaped into hard cones, piloncillo is unrefined sugar. It is grated or chopped for use. It can be found in most Latin American markets or dark brown sugar may be substituted.

Piripiri: Long, fiery red chiles from Africa.

Poppy Seeds, White (*Khas Khas*): These tiny white seeds can become rancid so they should be kept in a tightly closed bottle and stored in a cool place. You may even freeze poppy seeds. Blue poppy seeds are never used in India.

Preserved Lemon: Moroccan lemons pickled with spices and used as a flavoring agent.

Preserved Vegetables: The vegetable can be cabbage, mustard, turnip, radish or other members of the cabbage family. The preserving is done with salt or brine, followed by drying. The result is a wrinkled fermented pickle that, chopped and added in small quantities to Chinese stuffings, braises, soups, stir-fries, and noodle dishes, adds a pungent, salty edge. Thai cooks use Chinese-style preserved vegetables, too, adding them to Pad Thai, among other dishes. They should be rinsed before using.

Quelite: Mexican edible greens, most likely referring to lamb’s quarters. Lamb’s quarters are cousin to the herb epazote and the green vegetables huauzoncle. The leaves have a gray-green underside that feel as though they’ve been rubbed in ash. Sturdier than spinach with a rich green flavor that’s not strong.

Rajas: Mexican term for chile strips or strips, usually referring to chile strips. Usually made with poblano chile and cooked with onion and eaten in tacos, quesadillas, with scrambled eggs, or as a side dish with meat.

Ras il hanoot: Basic Moroccan spice mixture that includes cinnamon, cloves, ginger, cardamom, caraway, nutmeg, and other spices.

Recados: These seasoning pastes are used primarily in the Yucatan and Central America. The best known contains a mixture of achiote and other herbs and spices. They are found prepared in small balls or oblong packages in Latin American markets or can be made at home.

Rigani: Oregano, a low bush that grows prolifically throughout all Greece and yields this herb which is used extensively in Greek cooking.

Rock Sugar (rock candy): A golden lump sugar made from white sugar, brown sugar, and honey, rock sugar is used in some Chinese and Vietnamese dishes. Vietnamese beef noodle soup (pho) is often gently sweetened with rock sugar. Chinese cooks use rock sugar with soy sauce-braised chicken and pork and with “red-cooked” dishes.

Romeritos: A rosemary-like green. No relation to rosemary. Has a light flavor and nice texture.

Rose Water or Rose Essence: These two types of rose-flavored liquids are available in Indian and Middle Eastern markets. Both are made by distilling fresh rose petals, usually pink damask rose. Rose essence is a highly concentrated version.

Rosemary (Rosmarino): A perennial that is a member of the mint family. Has a slight evergreen flavor. Rosemary is used to flavor lamb and suckling pig.

Saffron: The dried stigmas of a fall flowering crocus that is native to Spain. It is very expensive as it takes approximately 230,000 stigmas to make a pound of saffron, each flower contains six stigmas. Saffron is used to flavor risotto, fish soups, and stews. Use only leaf saffron, the whole dried saffron threads.

Sage (Salvia): A ancient herb that is native to south central Europe. Sage complements many foods especially pork, liver, veal, and chicken.

Sahleb: A beige powder made from the dried tubers of a species of orchid. It has a gelatinous quality similar to cornstarch or arrowroot. Used in Greece and Turkey to make a hot drink, in Lebanon and Syria it is used as a thickener for the custard base for ice cream.

Salt Cod: Fresh cod that has been filleted and then salted. Normally, if soaked for 24 hours in enough cold water to cover, the cod is ready to use. Most common in Spain, though found elsewhere.

Salted Black Beans: These soft, salty black soybeans have been brined and fermented to produce their distinctive, wine-like flavor. Early agricultural records confirm that they are an ancient condiment, a soy product that predates even soy sauce. Chinese cooks mash or chop them lightly to release their flavor, then add them to steamed whole fish and shellfish, stir-fried vegetables, and braised meats. Some brands are seasoned with ginger or five-spice powder.

Sambal Oelek: The Indonesian version of chili paste is a rough-textured sauce that includes red chiles, vinegar, oil, and salt. It is a widely used table condiment, allowing diners to spice their food to taste, and an ingredient in some dishes.

Sambar Powder, Mysore: A South Indian spice mixture.

Sansho: Japanese cooks use ground sansho, a relative of the Szechwan peppercorn, to season fatty foods such as grilled meats or eel.

Seeds of Paradise: A combination of equal parts aniseeds, fennel seeds, brown sesame seeds, and black caraway seeds, used as a topping for tunisian bread. Not to be confused with grains of paradise, a kind of peppercorn.

Sesame Oil: Chinese and Japanese sesame oils are pressed from roasted sesame seeds, which give these oils their nutty aroma and rich dark color. Pale sesame oil, available in some health food stores, is made with unroasted seeds and have an entirely different character.

Seville Oranges: Sour oranges or bitter oranges. These are separate varieties of oranges that have bumpy skin and a sour flavor. Higher in acidity than regular oranges, than but not as tart as limes.

Shichimi (Seven-Spice Mixture): That little tin on the table in most Japanese restaurants contains shichimi, a popular table seasoning for noodles and soups. The seven “spices” are red pepper, sansho, dried orange peel, black hemp seed, poppy seed, sesame seed, and bits of seaweed.

Shiso (perilla or beefsteak plant): A mint and basil relative, shiso leaves have a distinctive serrated edge; they may be green or purplish red, depending on variety. The green leaves have a lemony, minty taste; in Japan, they are used to garnish sashimi and sushi, or they are chopped and incorporated in rolled sushi. The red leaves are used primarily for making Japanese pickled plums (umeboshi).

Shrimp Sauce and Shrimp Paste: Like anchovies in Italian cuisine, fermented shrimp sauce and shrimp paste contribute a salty, pronounced fishy note to many Chinese and Southeast Asian dishes. They are not for the timid. Writer Kasma Loha-Unchit diplomatically calls Thai shrimp paste even more “compelling” than fish sauce, although cooking mellows it considerably. Thai cooks depend on the paste for curries and spicy dipping sauces. In Malaysia and Singapore, where the shrimp paste is called blachan, it’s added to noodle dishes, curries, and sambals (dipping sauces). Some of these shrimp products are thick and spoonable; others are pastelike and sold as bricks. The cook breaks off a little and pounds it with other ingredients, then fries it in oil to release its flavor.

Smen: North African herb-flavored cooked salted butter, slightly pungent in flavor. Related to samneh, arabic clarified butter made from cow or sheep’s milk.

Soy Sauce: Familiar to Western cooks as Asia’s answer to salt, soy sauce has more permutations than most Westerners know. Made from fermented soybeans, it also contains wheat in varying proportions and, sometimes, sugar or molasses. These other ingredients and different aging regimens give soy sauces their varied characters. Chinese manufacturers produce both light and dark soy sauces. The dark soy is aged longer and contains some molasses, and it’s saltier than the lighter version. Cooks use dark soy in noodles, red meats and heartier braises that can support its stronger character; they save light soy for more delicate dishes such as fish preparations, vegetables and dipping sauces. Japanese soy sauce, which contains proportionally more wheat, tastes sweeter and less salty than Chinese brands and is lighter in color. A Japanese cook wouldn’t think of using a Chinese soy sauce. The Thais have their own style of dark (or black) soy sauce, which is distinctly sweeter than Chinese or Japanese brands. And Malaysian and Indonesian cooks use yet another soy sauce called *kecap manis*,

a thick, sweet product that includes palm sugar or molasses and sometimes garlic and other seasonings. It's used to flavor soups, stews, stir-fries, and sambals.

Sriracha Sauce: A smooth, puréed Thai condiment made of chiles, vinegar, garlic, sugar and salt, it's on the table in most Thai and Vietnamese restaurants. Diners add it to soups or use it as a dipping sauce, sometimes mixed first with bean sauce.

Star Anise (thakkolam): The sweet strong licorice flavor of this spice is part of the Mappila (Kerala Muslim) spice blend, garam masala. It complements meat curries and adds an extra perfume to biriyanis. In its whole form it has a tough woody texture, so a coffee grinder or mini food processor is useful for grinding it. Native to China and Vietnam.

Strata: Bottled hot sauce popular in the Gulf, usually Tabasco or a similar chili sauce.

Sumac: Dark red spice ground from the petals and berries of a shrub, used to add a lemony tang to Middle Eastern dishes.

Szechwan Peppercorns: These dried reddish-brown pods are unrelated to black peppercorns but they have a similarly fragrant, warming character. Chinese cooks heat the peppercorns with salt to release their aroma, then grind the two seasonings to make an aromatic dipping salt for fried or roasted meats. The peppercorns are also warmed in oil, then strained out, to make a flavored oil used for stir-fries and salads.

Tabil: Tunisian spice mixture of garlic, caraway, coriander, and hot pepper in almost equal parts.

Tahini: Thin paste made from ground sesame seeds, used primarily as a flavoring base.

Tamarind: A dried cinnamon-colored pod, the fruit of an Indian evergreen tree that imparts a pleasant sour flavor to dishes, available in the natural pod or in a commercially prepared paste; its Arabic name *tamer-hindee* translates as "Indian date." Inside the pod is a moist, sour pulp that looks like prune paste. When ripe, it is peeled, seeded and compressed into brick-like shapes. Tamarind is available as whole pods or as a compressed cake made from the pulp. Typically, the pulp is soaked in water and the resultant liquid is used as a souring agent in Thai, Indian, and Malaysian curries and Malaysian sambals. In Latin America and Asia, it may be eaten as a snack, candy or used for drinks.

Tarama: Mullet or carp roe preserved in salt and sometimes in oil. It is imported from Greece and comes in jars.

Turmeric: The dried powdered spice that gives many Indian dishes their golden hue comes from a rhizome related to ginger. Like ginger, the fresh rhizome has a thick main stem with ring markings; the side shoots look like stumpy fingers. The flesh is carrot-colored and delicate in flavor, with a slightly sweet, slightly musty quality. In Thailand and Singapore, cooks use the fresh root, peeling and pounding it in a mortar for curries and soups. It has a long tradition of medicinal use.

Vanilla: *Vanilla planifolia*, a skinny black bean that grows on trees, it is native to Central America and is now commonly grown in Mexico. It's the fruit of an orchid and fermented before drying.

Vasilikos: Basil that is also the symbol of the Greek court. There are two types of this herb, the first has small curly leaves while the second strand has large wide leaves. It is used extensively in cooking both raw and prepared. It is also a wonderful fly and mosquito repellent.

Verdolagas: Same as the eastern Mediterranean purslane, verdolagas is a ground creeper grown in Mexico with fleshy leaves, pinkish stems, and an acidic flavor.

Zatar: A Lebanese/Syrian mixture of four to six spices, including thyme, sesame seeds, and sumac.

INDIAN INGREDIENTS AND GLOSSARY

INGREDIENTS

Asafetida: Dried gum resin from the roots of various Iranian and East Indian plants. Depending on the variety of plant, it may be reddish brown or pale buff. It has a strong fetid odor and somewhat garlicky flavor; it is an acquired taste and may be omitted from any recipe that calls for it.

Besan: Flour made by grinding dried chick-peas.

Cardamom, Pod: Dried fruit of a plant of the ginger family. The pod is about the size of a large pea and may be buff colored if it was bleached; green if dried in an oven; or brown if dried in the sun. Most cardamom pods available in the United States are of the bleached variety, but Indian cooks prefer green cardamom. The outer pod itself is not used in cooking but is broken away from the seeds inside and discarded.

Cardamom Seed: Small aromatic black seed found in the cardamom pod. (Each pod contains from 15 to 20 seeds). The pungent, somewhat lemon-like flavor is most pronounced in the seed of the green cardamom. Available in the pod decorticated (with pod removed), and ground. The seeds of four whole pods measure approximately ¼ teaspoon.

Chick-Peas: See dal, chana.

Cinnamon Stick: Dried reddish-brown bark peeled from a tree of the evergreen family and rolled into long slender "quills" or "sticks". Available usually in 4-inch lengths, stick cinnamon has a more pronounced and aromatic flavor than ground cinnamon.

Coconut Milk: Liquid produced by grinding fresh coconut meat and hot water together, then squeezing the pulp or meat completely dry. In India, this process is often repeated with additional water to produce a second coconut milk. The term coconut milk is sometimes applied to the natural liquid inside the fresh nut, but this liquid is not used in Indian cooking.

Coriander, Fresh: Aromatic herb of the parsley family. It resembles flat-leafy parsley in appearance but has a much more pungent flavor. It is sold by the bunch in Latin American stores (as cilantro) and Chinese markets (as Chinese parsley). Do not wash the leaves or remove the roots before storing; it will keep for about a week if refrigerated in a plastic bag or damp paper towel. If necessary, refresh before using by soaking it for 5 minutes in cold water.

Cumin Seed: Yellowish-brown seed of a plant of the parsley family. Shaped like a miniature kernel of corn, it is strongly aromatic and reminiscent of caraway. Available whole or ground.

Dal: The Hindi name for all members of the legume, or pulse, family. In India they are available both as fresh vegetables and as dried beans, peas, or lentils. In the United States, some are available in cans.

Arhar Dal: Small, pale-yellow pea-like pulse, somewhat resembling the common split pea. Also called tur dal or toovar dal. Its English name is pigeon pea; it can be found in many supermarkets and in Latin American stores. Available dried.

Chana Dal: Round dried pea, ranging in color from pale buff to dark brown, and in diameter from about ¼ to ½ inch. Its English name is chick-pea; its Spanish name is garbanzo. Available dried or canned.

Masur Dal: Small, flat salmon-colored lentil with a brown seed coat. Botanists disagree on whether it is the same species as the common European lentil, but the common lentil may certainly be substituted for it. Available dried.

Mung Dal: Small yellow bean with a moss-green coat. Its English name is mung bean and it is available dried in Oriental markets.

Lombia Dal: Black-eyed peas.

Rajma Dal: Red kidney beans. Available dried or canned.

Urad Dal: Small (¼ inch long) bean with a grayish-black seed coat. The kernel is yellow. It is not the same species as the common American black bean, which should not be substituted for the Indian bean. Available dried, split, and hulled.

Fennel Seed : Yellowish-brown seed of a plant of the parsley family. Shaped like a miniature watermelon, it has an agreeable odor and a licorice flavor. Available whole and, in the Oriental stores, ground.

Fenugreek Seed: Very small, reddish-brown seed of a plant of the pea family, it has a pleasant bitter flavor and a strong, sweetish odor reminiscent of burnt sugar. Available whole.

Garam Masala: Blend of dried spices combined and ground together in the home for use as a seasoning.

Ghee: Butter oil made by cooking butter over low heat for a long period of time to clarify it and enrich its flavor. Simple clarified butter is not exactly the same thing but may be substituted for ghee if necessary.

Ginger Root, Fresh: Gnarled brown root about 3 inches long, with a more pungent flavor than dried ginger. Wrapped in a plastic bag and refrigerated, the fresh root will keep for two or three weeks.

Jaggery, or Gur: Crude type of raw sugar made from the juice of the sugar cane or, occasionally, from the juice of certain types of palm trees. The juice is purified and boiled to produce sugar crystals lightly coated with molasses. Keeps indefinitely in a tightly covered jar. If jaggery is not available, you can make a substitute by combining 1 cup of dark brown sugar with 1 tablespoon of dark molasses.

Masala: Spices and other seasonings ground together to provide the base for an Indian sauce. To produce a wet masala liquid is added during the grinding process.

Mustard Oil: Pungent colorless or pale-yellow oil made from black mustard seeds.

Mustard Seeds, Black: Tiny reddish brown to black seed of a variety of the mustard plant, smaller than the common yellow mustard seed and much less pungent in flavor.

Nuts: Most of the nuts used in Indian cooking are familiar varieties like the almond or peanut. The somewhat less well known pistachio and cashew are described below.

In the event that you cannot find the proper unsalted, blanched, or toasted form of nut called for in a recipe, you can process nuts in your own kitchen in the following fashion.

To remove salt, rinse the nuts quickly under running water and immediately pat them dry with paper towel. If they still seem moist, place them in an ungreased skillet and, shaking the pan constantly, cook over low heat for a minute or two.

To blanch nuts, drop them into a pan of rapidly boiling water and let them cook briskly for 2 minutes. Drain at once and peel them with a small, sharp knife while they are still hot. To toast nuts, spread them flat in a shallow baking pan and turning the nuts occasionally; back them into a preheated 350°F oven for 8 to 10 minutes, until they are lightly browned.

Cashew: Plump kidney-shaped nut native to Brazil and the West Indies, first introduced into India in the 16th Century by early Portuguese explorers. It grows at the base of a pear-shaped fruit called a cashew apple, which is borne in clusters on the low growing cashew tree.

Pistachio: Olive-shaped nut about ½ inch long, native to the Orient and the Mediterranean. The inner kernel is green and delicately flavored; the easily split outer shell is naturally tan but frequently dyed red with vegetable coloring or turned white with a heavy coating of salt.

Phoa: Rice that has been pounded into ragged-edged translucent flakes. Deep fried, phoa is eaten as a snack.

Pomegranate: Thick skinned reddish-brown fruit about the size and shape of an orange, the fruit of a tropical Asian and African tree. The outer rind is not edible, but the crimson pulpy seeds inside have an agreeable acid flavor and are eaten fresh or are dried for future use.

Poppy Seed, White: Tiny white seed with a sweet, nutlike taste, from a plant of the poppy family. It is about the size of the familiar blue-black poppy seed, but does not have a similar flavor, so the two kinds of seeds may not be used interchangeably.

Rice, Basumat: Long grain white rice of high quality grown in various parts of India and distinguished by its faintly nut-like flavor and aroma.

Rice Flour: Finely ground rice. When made from regular milled or polished grains, the flour is white; when made from brown rice with its outer bran still intact, it has a creamy color.

Rose Water: Liquid flavoring distilled from fresh rose petals. Available in pharmacies as well as oriental specialty stores.

Saffron Threads: Orange-red dried stigmas of a flower of the crocus family. Though chiefly used in cooking to color food a golden yellow, saffron threads also contribute a mildly bitter flavor. Powdered saffron, where available, may be substituted, but in this case use only half the quantity called for in the recipe.

Tamarind: Edible brown pulp of the seed pod of a tree cultivated throughout the tropical world. The pod is brittle, cinnamon colored and shaped somewhat like a garden pea pod, but 3 to 8 inches long. The pulp is valued for its somewhat acid sweet taste; it is sun-dried or preserved in syrup. The dried variety is the only kind suitable for cooking.

Turmeric: Pungent spice of the ginger family, used like saffron to color food a golden yellow. Available ground.

RECIPE INDEX

Allioli (Modern Style).....	149	Garlic and Saffron Mayonnaise	137
Aloo Paratha.....	104	Ginger-Lime Dipping Sauce	47
Arepas with Rock Shrimp and Chiles	165	Glazed Walnuts	20
Argentinan and Brazilian Inspired		Greek Spinach Pie.....	142
Barbecue with Chimichurri and Mojos ..	153	Green Chutney.....	110
Baba Ghanoush	127	Green Papaya Salad.....	66
Bahian Vatapa.....	159	Grilled Beef with Miso.....	32
Black Bean Purée.....	179	Grilled Pork Ribs with Honey Sauce	21
Black Pepper Scampi	63	Hanoi Rice Noodles with Grilled Pork	52
Boniata Fries	162	Harissa	123
Braised Beef Short Ribs	28	Herb-Green Rice with Peas	178
Brown Lentils with Tomatoes	112	Hummus bi Tahini	126
Carrot Poriyal.....	114	Korean Green Onion and Shrimp Pancakes	
Ceviche Corvina.....	158	27
Chicken Filled Pastry.....	144	Lima Butter Bean Salad	163
Chicken Laksa.....	61	Miang Kum	55
Chicken Tikka Masala	89	Mint Chutney	97
Chickpea Fritters	141	Miso Soup	22
Chimichurri Sauce.....	154	Moroccan Baked Fish.....	130
Cilantro and Green Pepper Dipping Sauce		Murgh Samosa	90
.....	155	Mushrooms in Garlic Sauce.....	146
Coconut Rice	103	Naans.....	96, 108
Cod Fritters.....	120	Noodles in a Pot	23
Coriander and Cashew Chutney.....	92	Onion Soup Gratinée	133
Crispy Potato Sopes.....	174	Paneer.....	94
Crispy Sautéed Potatoes.....	135	Paneer Puffs Stuffed with Spinach.....	95
Crispy Spring Rolls	44	Pan-roasted Cod with Provençal Fava Bean	
Cucumber Raita.....	111	Ragoût.....	134
Duck in Pumpkin Seed Sauce	167	Parsley Dipping Sauce	157
Empanadas Argentinas.....	152	Phyllo, Honey, and Walnut Pastry	143
Essential Simmered Tomato-Habanero		Pita	140
Sauce	175	Pork Carnitas with Pepsi	180
Fire-Roasted Rabbit Served with Peruvian		Pork Vindaloo	102
Salsa.....	166	Potato Gnocchi with Browned Butter and	
Five Spice Chicken with Dates	68	Sage.....	136
Flank Steak Filled with Spinach and		Prawn Curry	99
Pistachios	160	Primary Dashi.....	24
Fried Coconut and Hearts of Palm.....	164	Puffed Masa Cakes Stuffed with Chiles and	
Fried Corn Cakes.....	67	Cheese	172

Red Chile Chutney.....	101
Red Miso Dressing	33
Red Stock.....	170
Rice Flour Dosas with Mustard Seeds and Black Pepper.....	98
Roasted Tomatillo Salsa	177
Rolled Borek	128
Romesco Sauce	119
Salt Cod Fish Fritters with Garlic and Olive Oil Sauce	148
Satay with Peanut Sauce and Pineapple Sambal	64
Savory Watermelon and Pineapple Salad	171
Sherry-Cured Salmon with Mint, Honey, and Sherry Vinaigrette.....	121
Sizzling Saigon Crepes.....	48
Spiced Beans Fried in Masa Pastry.....	176
Spicy Indian Slaw	109
Spicy Minced Beef Kebabs with Hot Chickpea Purée.....	122
Spicy Red Dipping Sauce.....	156
Spinach with Sesame Dressing.....	34

Steamed Aubergine in a Tomato and Coriander Sauce.....	132
Steamed Fish Fillet in Curry Mousse	58
Stir-Fried Chicken with Glazed Walnuts..	19
Stir-Fried Sweet Potato Noodles.....	29
Stuffed Grape Leaves.....	138
Sweet Saffron Pilaf.....	100
Table Salad.....	46, 51, 53
Tamarind and Date Chutney	113
Tandoori Chicken	93
Tempura.....	30
Thai Green Papaya Salad.....	57
Tortilla Española.....	118
Tortilla Soup	169
Turkish Grilled Eggplant Sandwich with Spicy Red Pepper and Walnut Purée.....	124
Vegetable Samosas	106
Vegetarian Red Curry Paste.....	60
Vietnamese Dipping Sauce.....	50, 54
Walnut and Yogurt Chutney	105
Wonton Soup.....	17
Xocopili Hot Chocolate & Churros	147
Yakitori.....	25
Yakitori Sauce	26

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