

Entree Recipe from Hong Kong: submitted by Audrey Wong

Sweet and Sour Pork Chops (Jing Duo Pye Goo)

1-1/3 pounds of pork chops, thinly sliced
6 cups vegetable oil

Ingredients Group A

1/2 T. salt
1/2 t. MSG (optional)
1/4 t. black pepper
1/2 T. soy sauce
1/2 T. rice wine
1/2 T. chopped garlic
3 T. cornstarch

Ingredients Group B

1 T. Worcestershire sauce
1 T. tomato ketchup
1/2 T. sugar
1/4 t. sesame oil

1. Tenderize pork chop by pounding each piece and marinate pork chops with ingredients A and let it sit for 1 hour.
2. Before deep frying, mix pork chops with 3 T. cornstarch.
3. Heat oil for deep-frying for 4 minutes over medium heat. Remove and heat oil until very hot. Re-fry pork chops for 1 minute over high heat; remove and drain.
4. Put Ingredients B in wok until boiling. Add pork chops and 1 T. of fried oil.
5. Toss lightly to coat pork chops with sauce. Remove and Drain.

Appetizer from the Middle East: submitted by Bushra Razvi

HUMMUS (Chick Pea Paste)

Hummus is one of the most popular Middle Eastern dips. Served with fresh or toasted pita bread, hummus makes for a great snack or appetizer. Tahini, which can be found in any Middle Eastern grocery store, is an important part of the hummus recipe and cannot be substituted. However, it can be omitted.

Ingredients

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4- cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1-1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 tsp salt
- 2 tablespoons olive oil

Preparation

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Place in serving bowl, and create a shallow well in the center of the hummus.

Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley (optional).

Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate. Prep Time: 10 minutes

Variations

For a spicier hummus, add a sliced red chile or a dash of cayenne pepper.

Storing Hummus

Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry.

Salad Recipe from Colombia: submitted by Gladys Castro

TROPICAL MANGO AVOCADO SALAD

Ingredients:

½- lb. mixed salad greens
1-cup ripe mango, peeled and diced
1-cup avocado, peeled and diced
½-cup cilantro, finely chopped
½-cup shallots, chopped

Dressing

4 tsp balsamic vinegar
¼-cup extra virgin olive oil
2 tbsp honey
Mix together well

In a large bowl, mix the greens with the shallots and cilantro.
Add avocado & mango.
Add dressing and mix well.
Season with salt & pepper

Serves 4 to 6 people

Dessert from Haiti: submitted by Marie Arnode Thelemaque

Delice aux Fruits

Ingredients

.32oz box of cherry or strawberry jello
Small can of fruit cocktail
1 can of condensed milk
1 cup of cold evaporated milk
1 teaspoon of vanilla extract

Preparation

Drain the fruit cocktail. Pour the juice in a measuring cup. Add water to make 1 cup of liquid.

Pour this juice/water mix in a pan over medium heat, add the box of jello, stir until completely dissolved, about 2 minutes. Remove from heat. Stir in 1 cup cold evaporated milk, vanilla extract, condensed milk and the drain fruit cocktail.

Refrigerate until firm, about 4 hours.

Enjoy.

Entree Recipe from Indonesia: submitted by Addy Amir

LEMPER (Rice Roll Stuffed with Chicken)

Ingredients:

1 lb chicken breast – cooked and shredded
250 ml coconut milk
4 shallots
4 cloves garlic
1 tbsp ground coriander seed
1 inch Galanga root, brushed
1 stalk of lemon grass, brushed
1 tbsp sugar
1 tbsp oil

Ingredients for filling:

1 lb sweet rice
1 14-oz coconut milk
1-1/2 tsp salt
2 pandan leaves (optional)

Soak the sweet rice for at least 3 hours.

Drain rice and steam for 20 minutes

Meanwhile, boil coconut milk, salt and pandan leaves

Put the steamed rice into a bowl and mix with the coconut mixture until all the liquid has been absorbed.

Steam for an additional 30 minutes. (Note: Filling can be made a day ahead).

Grind garlic, shallot and coriander until fine.

Heat oil, stir in the ground spices, galangal, lemon grass until fragrant.

Add chicken, coconut milk and sugar. Reduce heat and cook for about 20 minutes until almost dry.

To assemble:

Layer a chopping board with cling wrap. Take 3 tbsp of rice and press slightly into 2-inch width. Put a large spoonful of filling in the middle and roll up. Cut as desired and serve.

OR

Put the rice in an 8 x 8 glass dish, press firmly until about ¼ inch thick, layer with chicken and top with rice again. Cut as desired and serve.

(All ingredients can be found at any Oriental grocery store and/or Publix)

Side or Dessert item from Israel: submitted by Annyse Gross

Aunt Sylvia's Lokshen Kugel (Noodle Pudding)

Ingredients:

1-1/2 cups crumbled corn flakes	1 lb cream cheese
3/4 sugar, divided	3 large eggs
1 tbsp ground cinnamon	1-cup whole milk
A pinch of nutmeg	2 cups apricot nectar (peach, pineapple or other nectar)
12 ounces wide egg noodles	
1/3 cup unsalted butter, plus more for buttering the baking dish	

Directions:

Pre-heat the oven to 350 degrees. In a small bowl, mix the corn flakes, 1/4 cup of the sugar, cinnamon and nutmeg.

Bring a large pot of water to a boil, add salt and boil the noodles as instructed. Drain, transfer to a large bowl, and toss with 1/3-cup butter.

Meanwhile, in large bowl, combine the cream cheese and remaining 1/2 cup sugar. Mix until light and airy. Add the eggs, milk and nectar and continue mixing well. Stir the cheese mixture evenly into the noodles. Transfer the noodle mixture into a buttered 9x13x2-inch baking dish. Scatter the crushed corn flakes on top of the pudding. Bake until set and golden brown, about 1 hour. Set aside to cool slightly and set. Cut into squares and serve.

***Special Note:** There is a strong cultural component to being Jewish, influenced by the part of the world in which a family's ancestors lived. Thus, Jewish culinary delights may have an Eastern European, Mediterranean, Middle Eastern, African, or even Indian or Chinese flavor.*

Lokshen Kugel (Noodle Pudding) comes from Eastern Europe. The name is derived from the German Kugel meaning "sphere, globe, ball" because of the clay pot in which it was originally baked. Now it is often baked in square or rectangular pans. Traditionally, Kugel was made sweet and served as a dessert as part of Shabbat (the Sabbath) lunch or during holidays. Today it is generally served as a side dish, with both savory and sweet variations that reflect the culinary tastes of the region. There are a multitude of Kugel recipes, which have zucchini, apples, spinach, broccoli, cranberry or sweet potato as the main ingredient. The recipe above mixes old tradition with new).

Entrée from Cuba – submitted by Joe Morera

Camarones Enchilados (Shrimp Enchiladas)

Ingredients:

1 lb. large shrimp (about 30 shrimp)
2 tbsp olive oil
1 small onion, chopped
½ green bell pepper, chopped
2 tbsp chopped garlic
1 bay leaf
1 tbsp minced parsley
1 tbsp chopped pimento w/juice
1 8-oz. can tomato sauce
½ packet Sazón Goya seasoning
2 tbsp white wine
Salt to taste

Optional: Tabasco Sauce To Taste

Heat oil in pan over medium heat.

Add chopped onion, bell pepper and garlic and cook until softened.

Add bay leaf, pimento w/juice, parsley, white wine, tomato sauce and Sazón and simmer, covered, on low heat for 5 minutes, stirring occasionally.

Raise heat to medium-high. Add Shrimp to mixture, tossing well, and cook until just cooked through (approximately 7-10 minutes)

Season with salt to taste and add Tabasco if desired.

Serve over cooked white rice.

This recipe easily serves 4 people.