

AROUND THE WORLD AT USA

COOKBOOK

AROUND THE WORLD AT USA



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Global Recipes from the
Students, Staff, and Faculty at USA!

Table of Contents

01 Low-Fat Spinach Lasagna

Submitted by Drs. Tony and Julee Waldrop

02 Focaccia Bread

Submitted by Denise Robb

03 Tofu Kimchi Noodles

Submitted by Jazzlyn Hatcher

04 Nikujaga (Japanese Stew)

Submitted by Minori Kai

05 Picadillo

Submitted by Heather Nix

06 Mushroom Quiche

Submitted by Denise Robb

07 Schwarzbrot (German Bread)

Submitted by Caroline Böning

Table of Contents

08 Omani Thareed

Submitted by Naema Albimani

09 Cape Malay Style Lamb Curry

Submitted by Denise Robb

10 Corn Salad

Submitted by Sandra Winegate

11 Prawns Stewed in Brown Sauce

Submitted by Dr. Junhua Ding

12 Blini (Russian Pancake)

Submitted by Courtney Thomas

13 Salad Olivye

Submitted by Courtney Thomas

14 Vietnamese Spring Rolls

Submitted by Le Thi Thanh Chau

15 Bisibele Bath

Submitted by Chaitra Manjunath

Table of Contents

16 Kabsa with Chicken

Submitted by Kalinka Camacho

17 Aloo Gobi

Submitted by Chandan Basetty

18 Butter Chicken

Submitted by Chandan Basetty

19 Thit Kho

Submitted by Hayley Doan

20 Melktert (Milk Tart)

Submitted by Denise Robb

21 Sticky Toffee Pudding

Submitted by Meaghann Baylor



01. Low-Fat Spinach Lasagna

Submitted by: Drs. Tony and Julee Waldrop



SERVES
6



METHOD
BAKE



MINUTES
60



DIFFICULTY
3/10

The Ingredients:

- 24 oz Spaghetti Sauce
- 1 box oven ready Lasagna Noodles
- 10 oz or more fresh spinach
- 10 oz Fat Free Cottage Cheese
- 1 ½ cups 2% milk fat shredded mozzarella cheese
- ¼ cup egg substitute
- ¼ cup grated low fat parmesan cheese (not fresh)
- ¼ tsp black pepper

Cooking Steps:

1. Preheat oven to 375 degrees
2. Cook spinach in microwave
3. In a medium bowl mix together cottage cheese, egg beaters, parmesan cheese, ½ cup of mozzarella cheese and pepper.
4. Spray a 9 X 13 or 8 x 12 inch baking dish with PAM
5. Cover the bottom with a thin layer of spaghetti sauce
6. Assemble Layers
 - Layer with lasagna noodles
 - Layer with cheese mixture
 - Layer with spinach
 - Layer with lasagna noodles
 - Layer with spaghetti sauce
 - Layer with cheese mixture
 - Layer with noodles
 - Top layer of sauce
7. Cover with Foil and bake for 40-45 minutes or until bubbling
8. Remove from oven and spread remaining 1 cup of mozzarella cheese on top
9. Let rest for 10-15 minutes before cutting

02. Focaccia Bread

Submitted by: Denise Robb



SERVES
8



METHOD
BAKE



MINUTES
60



DIFFICULTY
5/10

The Ingredients :

For Dough:

1 1/2 cups lukewarm water
3/4 tbs active yeast
3/4 tbs salt
3 1/4 cups bread flour (can use all-purpose)

For seasoning:

1 cup warm water
1/4 cup sea salt
1/2 cup olive oil
Rosemary if desired

Cooking Steps :

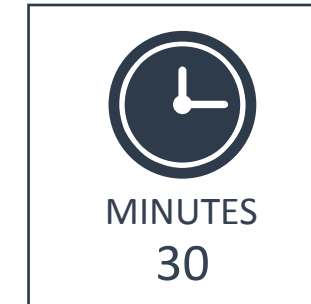
1. In a large bowl mix together 1 1/2 cups lukewarm water , 3/4 Tbs active yeast, and 3/4 Tbs salt until well mixed and slightly frothy
2. Mix in 1 cup of flour at a time until fully incorporated
3. Knead dough by hand (or in a stand mixer) until smooth (about 10 minutes)
4. Pour 1/4 cup olive oil into a large metal bowl and place dough in the olive oil mixture
5. Loosely cover and allow to rise for about 3hrs until dough has doubled in size
6. Preheat oven to 450 degrees
7. Pour remain 1/4 cup olive oil in the bottom of a 9x13 non-stick pan
8. Mix 1 cup warm water and 1/4 cup sea salt until fully dissolved
9. Overturn dough (and residual oil) into baking sheet and press to fill the pan
10. Dip hands in salt water mixture and using your fingers lightly press into the top of the dough to create uniform impressions throughout (no deeper than 1/4 inch)
11. Allow dough to rest for 30 minutes
12. Place in oven and bake for ~40 minutes until golden brown and residual water has evaporated off. Allow to cool slightly in pan
13. Slice and enjoy!





03. Tofu Kimchi Noodles

Submitted By Jazzlyn Hatcher, this recipe is as taught by Chef Seonghee Yim



Ingredients:

1/2 cup Kimchi
1 tsp Sugar [marinade]
2 tsp Sesame Oil [marinade]
sesame seeds **(optional)**
1 cup Anchovy Broth
10 large anchovies
1/4 cup radish
10 10cm sheets of dried kelp
1/3 spring onion
3 cups water
4 tbs Kimchi Juice
1 tbs Sugar
2 tsp Vinegar
1 tsp Light/Thin Soy Sauce
A pinch of Salt
1/4 cup Diagonally cut Cucumber
1/2 Boiled egg
1 Slice of Pear or Apple
1 tbs Mashed Tofu
1/2 cup Soba Noodles

Cooking Steps :

1. Chop kimchi into 1cm pieces and mix with 1tsp sugar, 2tsp sesame oil, and sesame seeds to create Kimchi Marinade.
2. Cut cucumber into long thin slices (remove seeds). Cut pear into thin slices.
3. Remove excess water from tofu with paper towel and mash with the dull side of knife until it has a crumbly appearance.
4. Make Anchovy Broth and combine ingredients
5. Remove head and guts of anchovies and cook them in a pot without cooking oil for 1 minute.
6. Add 3 cups of water, kelp, radish, and spring onion, bring to a boil and reduce heat. Remove the kelp and continue to boil for 20 minutes.
7. Filter broth through strainer.
8. Combine kimchi marinade and anchovy broth.
9. Cook noodles in boiling water for 3 minutes
10. Place Noodles in bowl and add kimchi, tofu, cucumber, boiled egg and pear on top.
11. Pour in broth.
12. Enjoy!



04. Nikujaga (Japanese Stew)

Submitted by: Minori Kai (An International student from Kansai Gaidai, Japan 2019 Spring and Fall)

The Ingredients :

15 oz Beef or minced Pork	1 3/4 cup Water
6 Potatoes	1/4 cup Soy source
1 Carrot	1/4 cup Sake or White wine
1 Onion	1/4 cup Sugar
1 bag of Konjak or Shirataki	1/4 cup Japanese sweet sake

Cooking Steps :

1. Cut potatoes and carrots randomly (bigger size) and cut onions into wedges.
2. Put oils (about 1 oz) to the pan or pot. Then stir-fry beef or minced pork with high fire until change its color and put potatoes, carrots and onions.
3. Put water, soy source, sake (white wine), Sugar, and Japanese sweet sake (If you don't have this, you can add more wine and sugar) and wait until it boils.
4. Once it boils, add the konjak or shirataki. Then cover the pan with aluminum foil and wait about 20 minutes until the broth has absorbed. After 10 minutes, mix it once.
5. After the liquid has been absorbed , turn off the heat and wait 10 more minutes with the pan covered. This part is very important!!! Don't remove the lid!!!
6. Serve & enjoy eating!!!!!! If you like parsley, you can put it on top.



05. Picadillo

Submitted by Heather Nix

The Ingredients :

- | | |
|-----------------------------------|--------------------------------------|
| 1 Tbs Olive Oil | 2 Packets of Sazon |
| 1 Yellow Onion Diced | ½ Cup Beef Broth |
| 1 Red Bell Pepper Diced | 1 Cup Spanish Olives w/pimentos |
| 2 Bay Leaves Whole | 2 Tbss of brine from olives |
| 4 Garlic Gloves Minced | 1 Tbs Salt |
| 1 Tomato Peeled & Diced | ½ Tbs Black Pepper |
| 1 ½ Pounds Lean Ground Beef | Fresh Cilantro Chopped (for garnish) |
| 1 - 14.5 oz Can of Diced Tomatoes | |

Cooking Steps :

1. In large skillet, heat olive oil over med-high heat. Add onion, red bell pepper and both bay leaves. Stir and cook until the peppers and onion begin to soften (about 6 minutes). Add in the garlic and stir. Cook for another minute or so, until the garlic becomes fragrant.
2. Add the lean ground beef to the pan and break up with a spoon or spatula. Sprinkle with salt and pepper. Brown ground beef stirring and breaking up occasionally.
3. Once beef is browned, add in the sazón and fresh chopped tomato, Stir to coat meat. Cook for about 1 minute. Add in the canned tomatoes, olives, and brine. Stir. Turn heat down to simmer and allow the mixture to cook for about 8 minutes to blend flavors.
4. Remove bay leaves and test for additional salt and pepper and adjust to your liking.
5. Serve over white or brown rice and garnish with chopped cilantro just before serving.

06. Mushroom Quiche

Submitted by: Denise Robb

The Ingredients :

4 eggs
2 cups half and half cream
1/8 tsp salt
1/4 tsp white pepper
1/8 tsp ground nutmeg
4 oz gruyere cheese, shredded
2 oz mozzarella cheese, shredder
2 cups sliced mushrooms
1 unbaked pie shell

Cooking Steps :

1. Preheat oven to 425 degrees
2. In a large bowl, whisk together eggs and half-and half
3. Season with salt, pepper, and nutmeg
4. Place shredded cheese and sliced mushrooms in the pie shell
5. Pour the egg mixture over the filling
6. Bake in preheater oven for 15 minutes.
7. Reduce heat to 350 degrees and bake for 25 minutes
8. Allow to sit for 10 minutes before serving





07. Schwarzbrot (German Bread)

Submitted by Caroline Böning



SERVES
6



METHOD
BAKE



HOURS
2



DIFFICULTY
4/10

The Ingredients :

1.1 lbs wheat flour
0.9 lbs wheat meal
0.9 lbs rye meal
5.2 oz sesame seeds
5.2 oz linseed

5.2 oz sunflower seeds
1 tbs salt
0.5 lbs black syrup (from the sugar beet)
4.5 cups warmed buttermilk
3 Packages yeast

Cooking Steps :

1. Preheat oven to 300 degrees Fahrenheit
2. Mix together the wheat flour, wheat meal, rye meal, sesame seeds, linseeds, sunflower seeds and salt
3. Melt the yeast in the warmed- up buttermilk and add black syrup
4. Mix dry and wet ingredients together
5. Bake for 2 hours

08. Omani Thareed

Submitted by Naema Albimani, Thared is a popular dish that Oman is famous for. It is a healthy meal containing fiber, fat, carbohydrates and vitamins.



SERVES
4



METHOD
BOIL



MINUTES
60



DIFFICULTY
5/10

The Ingredients :

Meat with bone or chicken	Mixed spices such as:
Potatoes	Cardamom
Tomato	Saffron
Zucchini	Cinnamon
Carrots	Black pepper
Cold green pepper	Red pepper
Dry lemon	Coriander
Chopped onions	Cumin
Garlic	

Cooking Steps :

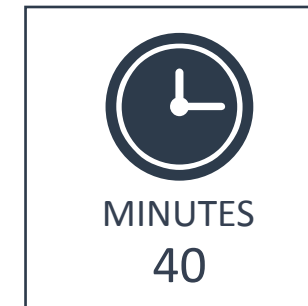
1. Put the chopped onion with two tbs of oil and cook in the cooking pot.
2. Add the meat and garlic stir with onion.
3. Then add all the spices.
4. Add a liter of water and let it boil for an hour or less.
5. Then add the vegetables and keep it on the stovetop until the vegetables are cooked.
6. It will need another liter of water to increase the broth. (keep a light meat broth to pour over the bread)
7. When serving, we use Omani bread or any kind of bread and chop it in a deep bowl.
8. Sprinkle the broth on the bread until it is saturated, then add the meat and vegetables over the bread.



Taste of Emarat

09. Cape Malay Style Lamb Curry

Submitted by: Denise Robb



Ingredients:

- 1/2 pound lamb, cubed
- 3 onions, peeled and chopped
- 3 tbs vegetable oil
- 3 cardamom pods
- 3 cinnamon sticks
- 3 tbs chopped garlic
- 1 tbs grated ginger
- 1 tsp turmeric
- 4 tbs roasted masala
- 6 potatoes, peeled and cubed

Cooking Steps :

1. In a large pot, heat the oil on medium heat and add the onions, salt, cardamom, and cinnamon sticks and fry until golden brown
2. Add the meat and garlic and ginger and braise for 5-10 minutes
3. Add 1 cup of hot water and cook for 30-40 minutes on medium heat, stirring occasionally
4. Next add all the spices and braise and stir for 10 minutes.
5. Add the potatoes and 1 to 2 cups of water (slowly) and cook until potatoes are soft, stirring when required , garnish with fresh coriander
6. Serve with roti or white rice

10. Corn Salad Recipe

Submitted by Sandra Wingate



11. Prawns Stewed in Brown Sauce

Submitted by Dr. Junhua Ding



SERVES
8

Ingredients:

2 cans of whole sweet corn (NOT creamed corn)	6 – 8 oz of shredded cheddar cheese
1 red bell pepper (chopped)	1 heaping cup of real mayonnaise
5-7 green onions (chopped/sliced)	1 package of Fritos chili cheese flavored

Cooking Steps :

1. Drain the corn and place in a large bowl.
2. Add red bell pepper, green onions, and cheese.
3. Stir in the mayonnaise and mix well.
4. Refrigerate for at least one hour or overnight.
5. Crunch up the Fritos and add to the other ingredients (do no add Fritos until just before serving). Stir well and serve immediately.



METHOD
STIR



SERVES
4

Ingredients:

1 1/4 cup of prawns	1/2 tbs cooking wine
3 pieces of ginger	2 tbs soy sauce
Oil	1/2 tbs cornstarch
Scallions	Black pepper powder
3 cloves garlic	1/2 tbs sugar
	Water

Cooking Steps :

1. Prepare all materials. Remove the whiskers and lines from the prawns, then clean the prawns
2. Put soy sauce, black pepper powder, cooking wine, white sugar, corn starch and water to a bowl, then mix them and turn them into braised juice
3. Pour appropriate amount of oil into the pan and add the garlic, ginger and scallion, stir them for a while until you smell the scent.
4. Put the prawns into the pan and stir them until they turn red. Pour the braised juice into the pot. Cover the lid and turn the heat to a low temperature and stir for 2 minutes
5. Turn the fire to high temperature and continue to stir until the braised juice in the pot almost disappears. Turn off the heat and put the prawns to the plate



METHOD
STOVETOP

12. Blini (Russian Pancake)

Submitted by Courtney Thomas



13. Salad Olivye

Submitted by Courtney Thomas



SERVES
8

Ingredients:

- | | |
|---------------------|--------------------------|
| 4 1/4 cup milk | 4 cups all-purpose flour |
| 5 eggs | 3 tbs vegetable oil |
| 1/3 tsp salt | 1 cup boiling water |
| 2 tbs white sugar | 2/3 cup butter (divided) |
| 1/2 tsp baking soda | |

Cooking Steps :

1. Beat together the milk and the eggs. Stir in the salt and the sugar and mix well. Add the baking soda and citric acid.
2. Blend in the flour. Add the vegetable oil and pour in the boiling water, stirring constantly. The batter should be very thin, almost watery. Set the bowl aside and let it rest for 20 minutes.
3. Melt a tbs of butter in a small frying pan over medium-high heat. Pick the pan up off the heat. Pour in a ladleful of batter while you rotate your wrist, tilting the pan so the batter makes a circle and coats the bottom. The blini should be very thin.
4. Return the pan to the heat. Cook the blini for 90 seconds. Carefully lift up an edge of the blini to see if it's fully cooked: the edges will be golden and it should have brown spots on the surface. Flip the blini over and cook the other side for 1 minute.
5. Transfer the blini to a plate lined with a clean kitchen towel. Continue cooking the blini, adding an additional tbs of butter to the pan after cooking 4 blini.



METHOD
STOVETOP



SERVES
10

Ingredients:

- | | |
|------------------------------|------------------------------------|
| 6 potatoes (peeled) | 1 1/4 cup fully cooked ham (cubed) |
| 1-2 carrots (chopped) | 1 tbs fresh parsley (shopped) |
| 4 eggs (hard-boiled) | 1/2 cup mayonnaise |
| 6 large dill pickles (cubed) | |
| 15 oz can of peas (drained) | |

Cooking Steps :

1. Bring a large pot of water to a boil; add potatoes and carrot. Return mixture to a boil and add eggs; cook until potatoes are tender, 20 to 30 minutes. Drain and slightly cool mixture. Chop potatoes and carrot; peel and chop eggs.
2. Mix potatoes, carrot, eggs, pickles, peas, ham, and parsley together in a large bowl; stir in mayonnaise until salad is evenly coated.



METHOD
STIR



14. Vietnamese Spring Rolls

Submitted by Le Thi Thanh Chau



SERVES
8



METHOD
STOVETOP



MINUTES
15



DIFFICULTY
3/10

The Ingredients :

2 oz rice vermicelli	1/4 cup water
8 rice wrappers (8.5 inch diameter)	2 tbs fresh lime juice
8 large cooked shrimp - peeled, deveined and cut in half	1 clove garlic, minced
3 tbs chopped fresh mint leaves	2 tbs white sugar
3 tbs chopped fresh cilantro	1/2 tsp garlic chili sauce
2 leaves lettuce, chopped	3 tbs hoisin sauce
4 tsp fish sauce	1 tsp finely chopped peanuts

Cooking Steps :

1. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
3. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.
4. In another small bowl, mix the hoisin sauce and peanuts.
5. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

15. Bisibele Bath

Submitted by Chaitra Manjunath, a Pediatric intern at University of South Alabama. It's her mom's recipe and her brother taught her how to make it!



SERVES
8



METHOD
BAKE



MINUTES
60



DIFFICULTY
5/10

The Ingredients :

1/2 cup Pigeon Pea.	2 Onion
1/2 cup Basimati rice	1 Tomato
1 cup Vegetables: Beans, Carrot, Potato, Peas.	10- 12 Curry leaves
Oil	Jaggery (Size of a dice)
2 tsp of Mustard seeds	Tamarind juice 5 tsp
4-5 Red chilli	2 tsp Bisibele bath powder
Groundnut as needed	Salt as needed

Cooking Steps :

1. To make the Bisibele bath powder fry the below ingredients in a dry pan and grind it into a powder: 4 tsp coriander seeds, 4 tsp split chick pea, 2 tsp Black gram, 1 tsp cumin, ¼ tsp fenu-greek seeds, ½ tsp pepper, 3 pods cardamom, 1 inch cinnamon, 4 cloves, 2 tsp dry coconut, 2 tsp poppy seeds, 1 tsp sesame seeds, 1 tsp oil, 12 dried kashmiri red chilli, few curry leaves, pinch of asafoetida ...Once made it holds good for a year
2. Steam pigeon pea in a pressure cooker with double the amount of water and keep it aside.
3. Take a pressure cooker and add oil to it. Wait till it gets warm and add Mustard, Redchilli, Groundnut, Curry leaves to it and fry.
4. Add the cut onions, Tomato and fry again till the onions turn golden yellow.
5. Add all the cut vegetables now.
6. Now simmer the temperature and add Jaggery, Tamarind juice, Bisibele bath powder and Mix.
7. Now add cooked pigeon pea and add rinsed Basimati rice to it. Add Salt as needed.
8. Add 3 cups of water and close the lid of the pressure cooker.
9. Wait until 2 whistle from the cooker.
10. Bisibele bath is ready to serve and tastes best with Potato chips





16. Kabsa with Chicken

Submitted by Kalinka Camacho

Ingredients:

2 chopped onions	1 tsp of coriander
2 chopped tomatoes	2 dry lemon loomy
2 spoons of tomato paste	3 bay leaves
Salt and pepper (to taste)	5 Cardamom green seeds
1 tsp of cumin	3 cups of rice (soak in water)
1 tsp of garlic powder	6 cups of water
1 tsp of black pepper	4 lbs chicken
1 tsp of kabsa spice	

Cooking Steps :

1. In a large pan add olive oil, add the onions then the tomatoes. cook the chopped onions and the tomatoes until golden brown Stir.
2. Then add all the spices including the bay leaves, the cardamom seeds and the dry lemons
3. Then add 2 spoons of tomato paste. Cook and stir.
4. Then add the chicken pieces and brown them.
5. After that add 4 cups of water let it cook completely 30 min.
6. Then Remove only the chicken and add the soaked rice into the pan add 2 cups of water.
7. Cook high heat for 5 min and then cook in low heat for 30 min until the rice is tender and dry.
8. Transfer the rice to a plate and arrange the chicken pieces on top.

17. Aloo Gobi

Submitted by Chandan Basetty, India Student Association President

Perfect in a sandwich, or with roti if you can buy it from the store. Alternatively, add more water to this recipe and you can have a light curry to go with rice. The great thing about this recipe is that after the beginning stage, you can just do something else for 30 minutes while it cooks. You can start complicating this recipe slightly, but this is delicious on its own.



SERVES
4



METHOD
STOVETOP



MINUTES
50



DIFFICULTY
4/10

The Ingredients :

1 head cauliflower	salt to taste
2 potatoes	1 tsp ground cumin
2 red onions, finely chopped	2 tsp turmeric
1 tomato, roughly chopped	1.5 tsp red chili powder
2 cloves garlic + equal amount ginger, grated	1.5 tsp garam masala
1 green chili, chopped	Olive oil

Cooking Steps :

1. This part is key to making this recipe easy. Cut the cauliflower into pieces twice the size of the potato. This ensures they'll both cook in the same time.
2. 3 tbs olive oil in pot on medium heat. ginger/garlic/chili/onion in. When onion starts browning, tomatoes and spices in. Cook until tomato has blended into the mix.
3. Heat on low. Add in potato and cauliflower pieces. Stir lightly until you get a nice yellow color on them from the turmeric. If not enough, add more turmeric until color is right.
4. Back on medium heat. Add a cup of water. Put a lid on the pot and just leave it for 30-40 minutes. Only thing to ensure is that there's enough water, you don't want it to go dry.
5. When potato is nice and cooked, it's done. Evaporate remaining water with lid off, add garam masala. Stir minimally.



18. Butter Chicken

Submitted By: Chandan Basetty, India Student Association President



SERVES
4



METHOD
STOVETOP



MINUTES
30



DIFFICULTY
3/10

Ingredients:

1 thumb-sized piece of ginger – peeled & chopped
6 fresh chilies, red or green – deseeded
6 cloves garlic – peeled
1/4 cup ghee or clarified butter
4 x 5cm cinnamon sticks
3 black cardamom pods (if not available, use 10 green cardamom pods in total)
6 green cardamom pods
1 tbs cloves
4 bay leaves
2 x 14 oz tins chopped tomatoes – pureed smooth
1/2 cup raw cashew nuts
1-2 tbs honey
1-2 tbs tomato paste
paprika to taste (optional)
chili powder to taste (optional)
2 tbs dried fenugreek leaves
1/4 cup ghee or clarified butter
4 tbs crème fraiche

Cooking Steps :

1. Make a paste of the ginger, garlic and chilis by blitzing in a food processor with 4 tbs of water until well chopped.
2. Melt the ghee/butter in a large frying pan and add the cinnamon sticks, cardamom pods, cloves and bay leaves. Cook for 2-3 minutes until fragrant.
3. Add the ginger/garlic/chili mix and cook for 2 minutes, stirring.
4. Add the pureed tomatoes, stir thoroughly, then turn the heat to low and simmer, uncovered, for 10 minutes.
5. Remove the pan from the heat and pick out the whole spices or sieve the sauce to remove them. Discard the spices.
6. Pour the sauce into a blender and add the cashews, paprika, chili powder (if using), honey and tomato paste. Puree until thickened and smooth (about 2 minutes). Stir the contents thoroughly and puree again for 30 seconds.
7. If you're making this to freeze, then stop now. Pour the sauce into suitable containers (this will make about 900 ml of sauce), label and leave to cool before freezing. If you're preparing ahead, add your sauce to your cooked/cold Tandoori Chicken, stir, cover, and chill overnight in the fridge, otherwise add the chicken and proceed as below.

To Serve

1. Heat gently in a suitably large pan.
2. Add the remaining ghee and the dried fenugreek and simmer for five minutes.
3. Stir in the crème fraiche just before serving and sprinkle a few more fenugreek leaves as garnish

19. Thit Kho

Submitted by Hayley Doan

The Ingredients :

2 pounds pork belly(trimmed)
3 tbs of garlic/onion powder
2 tbs white sugar
5 shallots sliced
3 cloves garlic (chopped or minced)

3 tbs fish sauce and soy sauce
ground black pepper (for taste)
half a can of coconut water (10-15ml)
6 hard-boiled eggs (peeled) (optional)



SERVES
4



METHOD
STOVETOP



MINUTES
30



DIFFICULTY
3/10

Cooking Steps :

1. Chop up pork belly into squares (each piece should have meat and fat)
2. Mix pork belly cutlets in fish sauce and soy sauce.
3. Place and heat sugar in a pot over medium heat until it caramelizes into a light brown syrup.
4. Add pork to the pot and increase heat to high. Cook and stir to render some of the pork fat, 3 to 5 minutes.
5. Stir shallots and garlic into the wok. Add fish sauce and black pepper; stir to evenly coat pork. Pork should be brownish-golden color.
6. Pour in coconut water and water (70/30 ratio) and bring to a boil.
7. Add boiled eggs, reduce heat to low, and simmer until pork is tender, usually around 1 hour.
8. Add a little water here and there as it simmers to prevent sauce from drying out.
9. Remove pot from the heat and let stand, about 10 minutes. Skim the fat from the surface of the dish.
10. Serve with white rice.



20. Melktert (Milk Tart)

Submitted by: Denise Robb



The Ingredients :

1 cup butter, softened	Pinch of salt	2 tbs flour
1/2 cup sugar	2 1/2 cups milk	2 tbs corn starch
1 egg	1 cinnamon stick	1 tsp vanilla paste
2 cups cake flour	1 egg	large tbs butter
1 tsp baking powder	1/2 cup sugar	1 tsp ground cinnamon



SERVES
6



METHOD
BAKE



MINUTES
30



DIFFICULTY
5/10

Cooking Steps :

For the pastry:

1. Cream butter and sugar together
2. Add the egg, beating well to combine
3. Add the cake flour, baking powder and salt
4. Mix thoroughly to form a stiff dough
5. Press the dough evenly into a tart tin
6. Dock the pastry base
7. Blind bake at 350°F for 30 min or until the pastry is golden and crispy

For the filling:

1. Place milk and cinnamon stick into a pot
2. Bring to the boil then discard cinnamon stick
3. Whisk together eggs, flour, sugar, corn flour and vanilla
4. Pour the hot milk into the egg mixture, whisking continuously
5. Return milk mixture to the pot and cook on medium heat until thickened
6. Stir through a spoonful of butter
7. Pour milk mixture into baked pastry shell
8. Sprinkle over ground cinnamon
9. Leave tart to cool completely before serving

21. Sticky Toffee Pudding

Submitted by Meaghann Baylor (Study Abroad Ambassador, Student – Studied in Scotland & Northern Ireland)



SERVES
8



METHOD
STIR & BAKE



MINUTES
50



DIFFICULTY
4/10

The Ingredients :

4 tbs Butter/Margarine (reserve for cake)	1 cup Unbleached, All-Purpose Flour
8 tbs/full stick Butter (reserve for the sauce)	1 tsp Baking Soda
¾ cup Sugar (reserve for sauce)	1 cup Boiling Water
1 Egg, beaten	1 tsp Vanilla Extract
1 cup Dates, pitted and chopped	1 cup Light Brown Sugar (reserve for cake)
1 cup Whole Wheat Flour	1 cup Heavy Whipping Cream

Cooking Steps :

1. Place dates & baking soda in bowl/pan boiling water and leave to soak, preferably overnight, but for at the very least, 30 minutes.
2. Take a whisk (or stand mixer) and cream margarine/butter & brown sugar, beat in the egg and vanilla extract. Add flour. Add date mixture. Mix evenly.
3. Pour into lightly greased metal dish or cupcake pan and bake in a 350 degree (F) oven for 40 - 45 mins. until firm to the touch.
4. Make sauce - melt butter over low heat add sugar and stir till dissolved. Add cream and simmer for 4-5 mins.
5. Take cake from oven, poke the cake(s) with fork before pouring the sauce over it, spoon it around to encourage it to soak into the cake. Return to oven for 5 mins.
6. Serve hot & enjoy! (For extra indulgence, add a cold scoop of ice cream or whipped cream on top!)



Thank You

The Global USA Division and the International Education Month Committee are excited to share recipes collected from the students, faculty, and staff members at the University of South Alabama!

Food is often a vehicle to sparking interest in a different culture, a means for connection, and a method to create time for dialogue and mutual understanding. We hope that these recipes spark interesting conversations, connections, and a sense of adventure to travel the world!