International Club presents

International Dinner

Cookbook

Sunday, March 27, 2011
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* Cover Art by: Alex Cameron and Karen Chau
Garlic Cumber Salad
(China)

Servings: 4 to 6

Ingredients

• 3 small cumbers, washed, halved and cut into bite sized chucks
• 4 or more garlic cloves, smashed with the side of a cleaver, peeled, roughly chopped
• 1/4 to 1/2 tsp salt
• 1 tsp sugar or to taste
• 1 Tbsp white vinegar or to taste
• a hefty pinch of Korean red pepper powder or 1 -2 crushed dried red chilies
• a few drops of sesame oil (optional)
• a pinch of crushed Sichuan pepper (optional)

Directions

Mix all the ingredients and serve.

Optional:
• Adjust the taste
• Let the salad sit for 20 minutes or more before serving
• Add a pinch of MSG

Hummus Deluxe
(Arabic)

*Vegetarian

Servings: 4 to 6

Ingredients

• 4 garlic cloves, minced and then mashed
• 2 15-oz cans of garbanzo beans (chickpeas), drained and rinsed
• 2/3 cup of tahini (roasted, not raw)
• 1/3 cup freshly squeezed lemon juice
• 1/2 cup water
• 1/4 cup olive oil
• 1/2 teaspoon of salt

Directions

Mix everything together and mash.
This recipe makes 3 cups of Hummus.

If you want to make Chicken Hummus:
Add these ingredients:
• 1 lb of chicken (optional)
• 1 biryani spice packet (optional)

Cut up chicken breast and sautee in saucepan with some water.
Add biryani spice packets.
Let simmer.

Mix everything else together in a bowl and mash together. Add chicken.
Lemper Ayam
(Indonesia)

Servings: 4 to 6

Ingredients

• 500 grams Glutinous rice (sticky rice)
• 200 grams Chicken breast
• 1 large red Onion
• 4 cloves Garlic
• 1 stalk Lemongrass
• 2 teaspoon Ground Cumin
• 2 teaspoon Ground Coriander
• 250 ml. Coconut milk
• 2 Tablespoons of Oil

Directions

1. Use 2 cups of water for every cup of rice and boil for about 12 minutes. (make sure it doesn’t stick to the saucepan). Then steam rice for a further 15 to 20 minutes.
2. Boil the chicken in some water. Set aside.
3. Finely chop Onions, Garlic and Lemongrass. Heat oil in a wok and fry Onion, Garlic and Lemongrass mixture. When browned add chopped chicken and other spices. keep frying for a further 3 minutes then add the coconut milk and reduce so the mixture is almost dry again. Leave to cool.
4. On a lightly oiled square of tin-foil spread out the cooled down rice in a rectangular shape (12cm x 8cm).
5. Place a tablespoon of the chicken mixture in the centre of the rice and, using the foil, lift the rice around the mixture so that the end result is croquette shape with the rice covering the filling on all sides.
6. The lempers can now be individual wrapped in Banana leaves or tin-foil.
7. To serve the Lemper, reheat in a steamer.

Kelewele
Seasoned Fried Plantains
(Ghana)

Servings: 4 to 6
*Vegetarian

Ingredients

• 3 yellow ripe plantains
• 2 tbsp grated fresh ginger
• 1 tbsp ground garlic
• 1/2 tsp salt
• 1/2 tsp cayenne pepper
• 1/4 tsp grated nutmeg
• 1/4 tsp ground cinnamon
• 2 tbsp warm water
• oil for frying

Directions

Wash plantain and peel Cut peeled plantain in half, lengthwise and slice each of the two halves about half an inch thick

In a separate bowl, stir together ginger, garlic, salt, cayenne, nutmeg, cinnamon and water to form paste

Marinate plantain slices with mixture

Let stand for half an hour

Deep fry in hot oil at 160 C until golden brown
Papas a la Huancaina
(Peru)

*Vegetarian

**Ingredients**
- 4 medium Russett potatoes
- 8 ounces feta cheese, crumbled (about 2 cups)
- 1/3 cup evaporated milk
- 1/2 cup vegetable oil
- 1 tablespoon seeded and finely chopped jarred aji amarillo peppers or fresh habanero
- 1 garlic clove, finely minced
- 1/2 lime, juiced
- Salt
- 4 large lettuce leaves (such as Bibb or romaine)
- 3 hard-boiled eggs, peeled and sliced
- 10 black olives pitted and sliced (Kalamata or Botija Peruvian olives)
- 2 tablespoons freshly chopped flat-leaf parsley

**Directions**
Place the potatoes in a large pot and cover with water. Bring to a boil over medium-high heat. Cook for 30 minutes or until a paring knife slides into the potatoes without any resistance. Drain the potatoes and let them cool slightly. Slice the potatoes into 1/2-inch rounds and set aside.

Combine the cheese, evaporated milk, oil, chile, garlic, and the lime juice in a blender and puree until smooth. The sauce should be creamy and pourable. If the sauce is too thick, add water, 1 tablespoon at a time, until the sauce is thinned out.

Arrange the lettuce leaves on a platter and top with the sliced potatoes. Pour the sauce over the potatoes. Garnish with slices of hard boiled egg and olives. Garnish with chopped parsley. Serve chilled or at room temperature.

Sri Lankan Vegetable Cutlet
(Sri Lanka)

*Vegetarian

**Ingredients**
- 5-6 Potatoes, boiled and mashed
- 5-6 French beans, blanched and chopped
- 1 medium Beetroot, grated
- 1/2 cup Green peas, blanched & crushed
- 2 tablespoons Oil
- 1/2 teaspoon Cumin seeds
- 1 inch piece Ginger, finely chopped
- 1 medium Onion, finely chopped

**Directions**
1. Heat two tablespoons of oil in a pan. Add cumin seeds, ginger and onion and sauté for two minutes.
2. Add green chillies, red chilli powder, turmeric powder and sauté for a minute.
3. Add French beans, beetroot, green peas and mix. Add salt and continue to sauté for two minutes.
4. Add crushed cashewnuts and refined flour and sauté for two minutes. Set aside.
5. Take mashed potatoes in a deep bowl. Add the vegetable mixture and mix well.
6. Add coriander leaves and adjust salt. Add lemon juice and mix.
7. Heat sufficient oil in another pan. Take a portion of the mixture, shape into a ball and roll in breadcrumbs. Press lightly and place the cutlet in the pan.
8. Shallow fry till both the sides are evenly golden. Similarly prepare more cutlets.
9. Drain and place on an absorbent paper and serve hot.
Beef with Potatoes
(China)

Servings: 4 to 6

Ingredients

- 4 medium Russett potatoes
- 8 ounces feta cheese, crumbled (about 2 cups)
- 1/3 cup evaporated milk
- 1/2 cup vegetable oil
- 1 tablespoon seeded and finely chopped jarred aji amarillo peppers or fresh habanero
- 1 garlic clove, finely minced
- 1/2 lime, juiced
- Salt

Directions

1. In a large pot, boil large amounts of water.

2. Then put 1lb of beef cut in small chunks in boiling water until water boils again. This usually takes 30 seconds to a minute. Then take the beef out and drain, be careful to avoid the foams generated on top of the water surface.

3. In a large sauce pan, use medium heat to heat up some vegetable oil and gently fry 10-20 dried Huajiao pepper and a tablespoon of finely minced garlic until aroma comes out.

4. Then put in beef, 2 tablespoons of soy sauce, and add water until beef is about an inch below the water surface, add 1-2 green onions cut in long strips, then cover the sauce pan and let cook on large heat until boils, turn to medium-small and let cook for 1 hour or until beef turns soft (can be poked with a fork).

5. Put in 3-4 medium size potatoes peeled and cut into small chunks, cook together for about 30 min or until potato is soft (While cooking, may need to add some more soy sauce or salt, according to personal taste).

6. Take the beef and potatoes out of the soup and serve. Better if served with white rice.
Chicken Kottu Roti  
(Sri Lanka)

Servings: 4 to 6

Ingredients

• 6 - 8 tortillas.
• 1 lb Chicken (precooked)
• 1 large onion sliced
• 1lb shredded carrots and leaks
• 1 tsp cumin powder
• salt
• black pepper
• 1 handful of fresh chopped cilantro
• 6 tbsps oil
• 6 tbsps of crushed garlic and ginger
• 1lb tomatoes

Directions

1. Heat the oil in a pan.
2. Add in the sliced onions. Add some salt, ginger and garlic. Cover and cook till translucent.
3. Add the meat, carrots and leaks. And then add black peppers.
4. Tear up the tortillas into bite size pieces and add them to the pan. Then add tomato gravy and mix well and turn off the heat.

Gungjung tteokbokki  
(Royal court rice cakes) 
(Korea)  

Servings: 4 to 6

Ingredients

• half package (8 ounces) cylindrical tteok (Rice cake)
• 3 ounces ground beef
• 1 small carrot and 1 small onion, julienned
• 1 bunch enok mushroomi
• 3 fresh or dried shiitake mushrooms
• 2 ounces zucchini, seeds removed and julienned matchstick-style
• 1 ounces mung bean sprouts
• 1 green onion
• Sesame oil for cooking
• Gungjung Sauce (spice)
• 1 tablespoon sugar
• 2 tablespoons soy sauce
• 2 cloves fresh garlic
• 1/2 teaspoon sesame seeds
• 1/2 green onion
• 1/2 teaspoon sesame oil

Directions

1. Mince the garlic and place all the meat and mushroom seasoning ingredients into a medium bowl and mix well.
2. Wait ten minutes before adding the meat and mushrooms to the meat and mushroom seasoning mix. Cut the meat into edible size.
3. Mix until thoroughly combined. Let stand an additional 15-20 minutes.
4. Bring a pot of water to a full boil over high heat. Add the rice cake and boil for one minute.
5. Remove the rice cake from the pot and rinse immediately in cold water. Discard the boiled water. Brush the rice noodles with sesame oil.
6. Place all ingredients for the Gungjung sauce into a bowl and mix well.
7. Lightly coat a stir fry pan with cooking oil and heat over medium to high heat.
8. Add beef and mushroom mix to pan and cook on all sides until they are completely cooked so they will hold their shape. Quickly add all other vegetables and stir fry 30 seconds more.
9. Reduce heat to medium, add Gungjung sauce and the garae tteok, and simmer 10 minutes.
Bulgolgi
(Korea)

Servings: 4 to 6

Ingredients

- 1-1.5 lbs. of thinly sliced rib-eye steak purchased from a Korean market. Or you can slice your own rib-eye or sirloin steak across the grain in paper thin slices. Partially freezing the beef helps with cutting clean slices.
- 1/3 cup of soy sauce
- 3 Tbl white sugar
- 1 Tbl sesame oil
- 3 cloves of garlic, minced
- 1/4 of a medium yellow onion, halved and sliced into medium moon shaped slivers
- 2 green onions including the white parts, finely sliced into small pieces
- 2 Tbl toasted sesame seeds
- 1/4 tsp of red pepper flakes
- 2 pinches of black pepper
- optional 1/4 tsp. of ginger, finely minced

Directions

1. Whisk all the ingredients together in a medium bowl except beef and onions.
2. When most of the sugar has dissolved, add beef and onion slices to the bowl and massage the marinade with your hands into each slice of beef.
3. Cover and refrigerate for 1 hour.
4. To pan fry, place a few slices of beef in single layers and completely flat on a hot oiled frying pan and fry each side until cooked. Some people prefer to cook the bulgogi until some of the edge have turned dark brown and crispy.
5. Serve with a bowl of hot rice.

Side note: Many bulgogi recipes call for shredded apples or Korean apple-pears. Because the meat is sliced very thinly, I’ve found the addition of fruit to sweeten and tenderize un-necessary especially when using rib-eye steak purchased from either a Korean or Asian grocery store specifically cut for bulgogi.

Nepalese Chicken
(Nepal)

Servings: 4 to 6

Ingredients

- 1 lb white basmati rice
- 2 tablespoons oil
- 2 onions, peeled and diced
- 4 garlic cloves, peeled and crushed
- 1 inch fresh gingerroot, peeled and finely diced
- 2 teaspoons cumin seeds
- 1 1/2 lbs boneless chicken or 1 1/2 lbs boneless chicken breasts, cubed
- 1 teaspoon saffron strand
- 1/2 pint boiling water
- 6 cardamom pods, bruised
- 4 tablespoons chopped fresh mint
- 2 teaspoons garam masala
- 1 cinnamon stick
- 8 ounces skinned and chopped tomatoes or 8 ounces tinned chopped tomatoes
- 2 ounces sultanas
- salt
- pepper
- 2 ounces blanched almonds, toasted

Directions

1. Rinse the basmati rice several times in cold water and drain in a colander - leave to dry.
2. Heat half of the oil (1 tablespoon) in a large pan and add half of the onion (1 onion), the garlic, ginger and cumin seeds. Fry them over a gentle heat for about 5 minutes.
3. Add the chicken pieces and brown them - turning them regularly to achieve a good colour all over.
4. Add the saffron, boiling water, cardamom pods, mint, garam masala and cinnamon stick. Bring it all to the boil and then cover, reduce the heat and simmer for 25 to 30 minutes, until the chicken is tender.
5. Transfer all the contents to a bowl and rinse out the pan.
6. Add the remaining oil and onion to the pan and fry until the onion is lightly coloured. Add the rice and stir it well, cook for about 2 to 3 minutes until the rice is opaque.
7. Add the chicken mixture, tomatoes and sultanas - then season to taste with salt and pepper. Stir gently, then shake the pan to level the ingredients.
8. Add sufficient boiling water to come about 3/4" above the rice mixture. Cover with a tight fitting lid and cook gently over a low heat for 20 to 25 minutes, until the rice is tender and the liquid has all been absorbed.
9. Discard the cinnamon stick and transfer to a warm serving dish, sprinkle with the toasted almonds and serve immediately.
Niramish
(Bangladesh)

Servings: 4 to 6

Ingredients

- 2 bundles of fresh mustard leaf
- 4 fresh green chili
- 1 lb fresh green beans
- 4 long fresh carrots
- 1 head of fresh cauliflower
- 1/2 fresh pumpkin-acorn squash
- 4 tomatoes (grape/cherry tomatoes are the best)

Directions

1) Cut all the veggies.
2) Heat oil in a large pot.
3) Add the panch poron until the aroma rises and it turns a slight brownish color.
4) Add the veggies.
5) Add some turmeric.
6) Add some salt.
7) Stir the veggies to make sure they do not get burn.
8) Cover lid so the veggies get steamed.
9) Stir occasionally to make sure the veggies don't get burned.
10) When the veggies are nearly finished cooking, you can chop some tomatoes to cook in with them, which adds a nice bright color to the dish.

Shouga-yaki
(Japan)

Servings: 4

Ingredients

- 1 pound thinly sliced pork
- 2 Tbsp grated fresh ginger
- 3 Tbsp soy sauce
- 2 Tbsp mirin
- 1 Tbsp sake
- shredded cabbage

Directions

1. Mix soy sauce, mirin, sake, and grated ginger in a bowl.
2. Marinate pork for 5 minutes.
3. Heat some oil in a frying pan.
4. Stir-fry the pork slices on medium heat until cooked through.
5. Serve ginger pork with shredded cabbage.
**Thit Nuong**
Grilled Pork
(Vietnam)

**Ingredients**
- 2.5 cups rice
- 1.5 lbs pork butts
- 2 Tbsp soy sauce
- 2 Tbsp oyster sauce
- 4 Tbsp sugar
- 2 Tbsp honey
- 7 Tbsp 7-up
- 2 Tbsp vegetable oil
- 1/2 Tbsp black pepper
- 1/2 Tbsp sesame seed
- 1/2 Tbsp sesame oil
- 1/3 cloves garlic
- 1/4 large yellow onion
- 0.4 oz ginger
- 1/2 Tbsp ground lemon grass
- 2 roma tomatoes
- 2 cucumbers

**Directions**
1. Grind garlics, onions, ginger and lemon grass in blender.
2. Mix with the rest of ingredients, except meat, in a large bowl.
3. Put meats in, mix well, make sure sauce enough to cover meat.
4. Marinate over night in fridge.
5. Cook by any methods such as baking, frying or grilling (grill's the best)
6. Serve with rice, tomatoes and cucumbers

**Yassa garnarr**
Chicken Yassa
(Gambia)

**Ingredients**
- 2kg Chicken
- 400 Grs shredded onion
- 150 Grs butter
- 4 big peppers or chilli (shredded)
- 2 bay leaves, crushed pepper corn
- 1 lemon
- 4 cl chicken stock/water

**Directions**
1. Cut chicken into fourths, sprinkle with juice of lemon and salt.
2. Grill and keep warm, saute chicken.
3. Add all other ingredients, cover and cook on a low fire until tender and juice well reduced.
4. Dish up and garnish with sliced tomatoes and lemon.
5. Serve, of course, with rice and eat with your hands.
Clafoutis aux pommes  
(France)

Servings: 8

Ingredients

• 1 tablespoon softened butter  
• 1 cup whole milk  
• 1/4 cup heavy cream  
• 2/3 cup all-purpose flour  
• 3 large eggs  
• 1/4 cup granulated sugar  
• 2 teaspoons vanilla extract  
• 1 teaspoon grated lemon zest  
• 1/2 teaspoon ground cinnamon  
• 1/4 teaspoon salt  
• 4 cups sliced sweet-tart apples  
• 1 tablespoon confectioners’ sugar (powdered)

Directions

1. Preheat an oven to 350°F. Butter a 9-inch by 9-inch square baking dish or a 9-inch deep-dish pie round with the softened butter.
2. In a large bowl, whisk together the milk, cream, flour, eggs, sugar, vanilla extract, lemon zest, cinnamon, and salt until it forms a smooth, thin batter. Spread 3/4 cup of the batter onto the bottom of the prepared baking dish and bake it for 2-4 minutes. Watch the batter closely and remove it before it cooks through completely. It should just start to thicken and set when it is removed from the oven.
3. Transfer the dish to a heatproof surface and arrange the apples in fan pattern over the hot batter. Pour the remaining batter over the apples and bake for 35-40 minutes, until a knife inserted in the center comes out clean.
4. Sprinkle the confectioners’ sugar over the finished clafouti and serve it warm.
French Chocolate Truffle  
(France)

Yield: about 45 truffles

Ingredients

- 12 oz. semi-sweet chocolate (55% to 60% cacao), coarsely chopped or broken into pieces (2 slightly heaping cups)
- 2 Tbsp unsalted butter, softened
- 1 cup cocoa powder (preferably Dutch-processed); more as needed
- 8 oz. semi-sweet chocolate, chopped (about 1 to 1 1/2 cups)

Directions

1. Grind the chocolate in a food processor until it reaches the consistency of coarse meal, about 30 seconds.
2. Bring the cream to a boil in a small saucepan over medium heat. Add the cream to the food processor and process until smooth, about 10 seconds. Add the butter and process until smooth, about 10 seconds. Transfer to a medium bowl, cover tightly with plastic wrap, and refrigerate until firm, at least 2 hours or overnight.
3. Put the cocoa powder in a large bowl. Using 2 teaspoons, drop rounded, heaping teaspoonfuls of truffle mixture onto a large, parchment-lined baking sheet. When all of the truffles are scooped, dip them in the cocoa and use your palms to roll the truffles into smooth 1-inch balls. Transfer the truffles to the refrigerator.

Gajar ka Halwa  
Sweet Carrot Pudding  
(India)

Servings: 4 to 6

Ingredients

- 1 kg Carrots
- 1 litre Milk
- 1 teaspoon Cardamom seeds
- 3/4 cup Water
- 3 tablespoons Ghee
- 2 tablespoons Raisins
- 2 tablespoons Almonds
- 2 tablespoons Pistachios
- 450 grams Sugar

Directions

1. Wash and grate the carrots. Soak the raisins in water for 30 minutes. Blanch and shred the nuts.
2. Put the water to boil, when it starts boiling add the grated carrots. Cook for 5-7 minutes.
3. Add the milk. Cook on a low flame for 1 hour stirring occasionally. Add sugar, mix well and cook till the sugar has dissolved and all the milk has been absorbed.
4. Add ghee and simmer for 2-3 minutes. Add the slightly crushed cardamoms and the raisins. Mix well.
5. Remove the gajar halwa from heat and arrange in a serving dish. Garnish with almonds and pistachios. Serve cold, hot or at room temperature.
Hoa Qua Dam
(Vietnam)

Servings: 4 to 6

Ingredients

• Watermelon: 2.2 pound
• Avocado: 0.8 pound
• Jackfruit: 1 pound
• Cantaloupe: 2.2 pound
• Apple: 1 pound
• Coconut milk: 14 Oz
• Condensed milk: 14 Oz
• Crushed ice

Directions

Cut all fruits into small pieces and put them all in a cup or bowl. Make sure you have all kinds of fruit in the cup/bowl equally. Then, pour some condensed milk and coconut milk on it. The amount of milk is up to your taste if you liked it to be sweet or not. Finally, put crushed ice in your cup or bowl and mixed it all together. Now enjoy!

Tres Leches
(Mexico)

Servings: 6 to 8

Ingredients

• 1 box vanilla cake mix
• 1 can (14 ounces) sweet condensed milk
• 1 can (12 ounces) evaporated milk
• 2 cups whole milk
• 1 teaspoon vanilla extract
• 3 eggs
• ½ cup vegetable oil
• 1 tub whipped cream
• 1 can pineapples (for decoration)

Directions

1. Mix the ingredients to make the cake and bake according to box directions.
2. Mix the milks and vanilla extract in a large bowl.
3. Once cake is cooled, pierce holes and pour milk mixture over cake.
4. Top with whipped cream and pineapples