

Persian Recipes - Sunday

Recipe	Ingredients	Procedure
Salad Shirazi	5 Persian cucumbers, 4 round tomatoes, 1 medium red onion, 1/2 cup fresh lime juice, 1 tbsp dry mint, 1 tbsp oil, (optional) salt & pepper	Dice all of the vegetables, combine juice of lime, dry mint, oil, and salt & pepper, and toss salad with it.
Tah Dig	1 potato 2 cups of rice, boiled as show in the basic rice cooking method post 1 tbsp saffron brewed in hot water canola oil salt	Slice potatoes as evenly as possible in about 1/4" rounds tahdig-with-potatoes. Gather all of the needed ingredients. Tahdig-with-potatoes. Some people will fry one side of the potatoes first, flip them and add some water and oil and then place rice on top. Others will simply place water, oil and saffron in the pot, place the potatoes in there and cover with rice. Personally that's what I do. I just pour a couple of tablespoons of canola oil, then add 1 tablespoon of saffron brewed in hot water, and little sprinkle of salt and slightly shake the pan or use a wooden spatula to mix the liquid. Add the potatoes, sprinkle each with a little salt and then add rice. I highly recommend that the salting of the potatoes, at least on one side, is not skipped. It makes a huge, huge, huge difference! Tahdig-with-potatoes. Since tah dig is super popular, sometimes when I have left over potatoes, I add them to another pot or pan and make extra tahdig. Generally, when you make more tahdig you will be more loved! tahdig-with-potatoes. Add rice as you would regularly. As always cook on high for 10 minutes. Lower the temperature, wrap cover in a towel and steam for about one hour. tahdig-with-potatoes. The end result is a gorgeous and delicious potato tahdig!
Fesenjan	1 tbsp vegetable oil 1 medium golden onion diced 1 lb walnuts 2 - 3 cups warm water 1 lb cooked, mashed pumpkin 6-8 pieces skinless chicken thighs bone-in 1 - 1 1/2 cup pomegranate molasses Salt and pepper to taste	Using a food processor, crush the walnuts to form fine crumbs. if it's too thick, add 1/8 cup water then process again.  Heat vegetable oil in a medium sized pot over medium heat.  Saute onion for 5 minutes until light.  Add walnuts and saute onion and walnut for 5 minutes.  Add 2 cups of water. Turn the heat up to high and bring the mixture to boil, turn the heat down to medium so it simmers then add pumpkin, chicken thighs, salt and pepper and let it cook for 30 minutes.  After 30 minutes, check if the chicken is cooked. Once the chicken is cooked, add 1 cup pomegranate molasses and simmer for 10 minutes.

		<p>Take the chicken out of the stew and into a plate.</p> <p>Add salt and pepper to taste. Let it simmer for another 10 more minutes until thickens. (If the stew is too thick, add some more water) Taste the stew, if it's not sour enough, add some more pomegranate molasses and if it's too sour, add 1 - 2 tbsp brown sugar.</p> <p>Add the chicken thighs back into the stew and let it simmer over low heat for 15 minutes, stir every 5 minutes.</p> <p>Serve warm with rice.</p>
<p>Sangak bread</p>	<p>Two and a half cups of warm water</p> <p>Four cups sifted <u>whole wheat flour</u></p> <p>One tablespoon dry yeast</p> <p>Four tablespoons sesame seeds</p> <p>Two teaspoons salt</p> <p>Peanut and cooking oil, as needed</p>	<p>In a medium-sized bowl, mix the yeast and about a quarter cup of water and let it stand for five minutes. Add the salt and a cup and a half of water and let the mixture stand for another ten minutes. Then slowly add in the remaining water and the flour. Mix everything until the dough becomes smooth.</p> <p>2. Coat the bottom of a larger bowl with cooking oil. Transfer the dough into this bowl and cover it with a piece of damp cloth. Let the dough rise by leaving it in a warm dark place overnight.</p> <p>3. Preheat your oven to its highest setting. A wood burning oven that burns around 700 degrees is very ideal for making sangak bread. A home oven with a baking stone is great too. You would need to spread your pebbles over the stone and heat them too.</p> <p>4. While <u>the oven is heating up</u>, you need to knead the dough thoroughly with well-oiled hands for around twenty to fifteen minutes. To prevent the dough from sticking, you can also oil your work area. Divide the dough into six pieces.</p> <p>5. Flatten the dough pieces until they're half an inch thick. You can also perforate the dough sheet randomly in a few spots to better aid in cooking. But don't be so fussy if the dough isn't stretched out evenly though! The inconsistent thickness makes for a better-textured sangak. Sprinkle the dough with sesame seeds.</p> <p>6. Brush the pebbles, baking stone or rack with peanut oil. Transfer the dough sheet into the baking stone and cook for about a minute while pressing on it with a baker's peel.</p> <p>Flip the dough, cook it on its other side for three minutes, then flip it again, and cook for another two minutes. After</p>

		<p>this procedure has been done, remove the sangak from the baking stone using the peel, and remove any pebbles that have stuck to the bread as needed. Repeat for the other dough pieces.</p> <p>7. While sangak bread is best served hot and fresh, you can keep it warm by wrapping it in clean towels before serving. You may also freeze it, and just reheat it if if you want to serve it again.</p>
<p>Zucchini kuku</p>	<p>2 1/2 lb zucchini 2 large eggs 3 tbsp chopped fresh mint 2 oz Feta cheese 3 garlic cloves, minced 2 tbsp flour salt &amp; pepper 1/2 cup frying oil 1/4 cup yogurt</p>	<p>First, grate zucchini. Place grated zucchini in a colander over a bowl. Sprinkle with some salt, mix well, then allow to sit for about 20 minutes. Place zucchini in a cheesecloth and twist to remove all moisture. In a bowl mix together eggs, garlic, flour, salt and pepper. Make sure that the batter is smooth with no flour lumps. Add grated zucchini and chopped mint then mix well. Lastly, add the Feta cheese and mix again. In a frying pan add some oil and once hot ladle in some of the zucchini batter. Cook in batches making sure that the fritters are not crowded. Once each fritter is cooked place in a plate line with a paper towel.</p>
<p>Dal Adas</p>	<p>4 ounces seedless tamarind (may substitute with 2 TBSP fresh lemon juice or more to taste) 1/2 cup hot water, for soaking the tamarind (leave it out if using lemon juice) 1 cup red lentils 1 medium potato, peeled and diced small 5 medium shallots, peeled and roughly chopped (or a large yellow onion thinly sliced) 3 TBSP <u>ghee</u> or butter (for vegan version use vegetable oil) One 3-4 inch fresh turmeric, peeled and minced (may substitute with 1/4 tsp extra ground turmeric) 1/2 tsp ground turmeric 1/4 tsp <u>Persian meat spice</u> or your favorite curry powder A pinch each of ground cinnamon and cardamom 1/4 tsp ground cayenne pepper (more to taste, if you like it even spicier)</p>	<p>Pick through red lentils, rinse under cold water and drain. Set aside. Break up the seedless tamarind into small pieces and add it to a medium bowl. Discard any hard shells or possible overlooked seeds. Pour 1/2 cup boiling water over it, smash with a fork and let it rest for 10 minutes. Stir several times to create a thick sauce. Place a strainer with small holes over a bowl and use a fork to force the sauce through it. You should be able to end up with about 1/3 cup thick smooth sauce. Set it aside. Heat ghee or butter in a nonstick 3-Qt saucepan. Add the roughly chopped shallots and saute over medium low heat until golden brown. Remove 3-4 tablespoons of the shallots from the saucepan and set aside for later. Add the minced fresh turmeric and garlic to the remaining fried shallots. Saute 2-3 minutes over low heat until tender. Add 1 teaspoon tomato paste and saute for another minute until aromatic. Add red lentils, diced potatoes, kosher salt, spices, and 2 1/2 cups hot water to the saucepan. Bring it to a boil. Cover the saucepan, lower the heat to the marking between medium low and low and simmer for 15-20 minutes until the potatoes and lentils are tender. Stir several times to prevent sticking. Add the reserved tamarind sauce and the reserved fried shallots to the saucepan with the cooked lentils and other ingredients. Cover the saucepan and cook for another 15 minutes, or until the Dal Adas has thickened and the flavors have</p>

	<p>1 tsp tomato paste  3-4 garlic cloves, minced (about 1 ½ TBSP)  ½ tsp kosher salt, more to taste  2 ½ cups hot water</p>	<p>blended well. Stir several times to prevent sticking and burning. Add more water as needed to maintain a soft oatmeal consistency; it should not be thin like soup but it should not be too thick or dry either.  Serve this delicious spicy Dal Adas with Kateh (quick Persian rice) or a side of toasted bread.</p>
<p>Sekanjabin with lettuce</p>	<p>1 cup sekanjebin syrup,  2 cups water,  Mint sprig  Head of lettuce  One cucumber</p>	<p>All you need for this delicious salad is Sekanjebin (syrup), water, ice, and a mint sprig for decoration. Mix one part sekanjebin with 2 parts water. Mix well until the syrup is diluted. If you prefer your drink on the sweeter side then add more syrup, but if you prefer it less sweet then add less syrup. A great addition to this refreshing mix is grated cucumber. It makes the whole thing even better!  Separate lettuce from head, arrange around dressing.</p>
<p>Bastani  Sonnati</p>	<p>6 large egg yolks 1 ½ cups heavy cream 1 ½ cups whole milk ¾ cup sugar ½ teaspoon kosher salt ½ teaspoon saffron, finely ground ¼ cup pure rosewater, preferably Sadaf brand (see Note) ½ teaspoon pure vanilla extract Dried roses, for garnish</p>	<p>Step 1 Set a medium bowl in a large bowl of ice water. In another medium bowl, beat the egg yolks until pale, 1 to 2 minutes. Step 2 In a medium saucepan, whisk the cream with the milk, sugar, salt and saffron. Bring to a simmer over moderate heat, whisking, until the sugar is completely dissolved. Very gradually whisk half of the hot cream mixture into the beaten egg yolks in a thin stream, then whisk this mixture back into the saucepan. Cook over moderately low heat, stirring constantly with a wooden spoon, until the custard is thick enough to lightly coat the back of the spoon, about 12 minutes; don't let it boil. Step 3 Strain the custard through a fine-mesh sieve into the bowl set in the ice water. Let the custard cool completely, stirring occasionally. Stir in the rosewater and vanilla extract. Press a piece of plastic wrap directly on the custard and refrigerate until well chilled, at least 4 hours. Step 4 Pour the custard base into an ice cream maker and freeze according to the manufacturer's instructions. Transfer the ice cream to a chilled 9-by-4-inch metal loaf pan, cover and freeze until firm, at least 4 hours. Step 5 Serve the ice cream in bowls, garnished with dried roses.</p>
<p>Dolmeh</p>	<p>½ lb ground meat, ¾ cup rice, 3 cups parsley, 2 cups mint, 1 cup chives, 1 tbsp dried tarragon, 2 cups onion, 2 cloves garlic, 2 tbsp tomato paste, 1 jar grape leaves in brine, ¼ cup fresh lemon juice, oil, salt &amp; pepper</p>	<p>Small dice onion and saute in some oil until golden. Add minced garlic and ground meat. Season with salt and pepper and cook meat until brown. Chop herbs. Then add the herbs to the meat and saute for a few minutes. Cook rice in 3 cups of water and some salt. Add rice to meat and herbs. Dilute the tomato paste into 4 tablespoons of hot water and add to the mixture. Adjust seasoning and let cook for a few minutes longer until all the juices have evaporated. Soak grape leaves to rinse off brine. Place some oil at the bottom of an oven proof dish and spread all over. Then arrange some grape leavings on the bottom of the dish making sure that all the surface is covered. Take one grape leaf at the time. First snip off the vine</p>

		<p>from the leaf with scissors. Place 1 tablespoon of the meat and rice mixture on top of the leaf. Roll the leaf closed bringing in the sides so that the rice mixture is sealed in. It might take a couple of tries to get a hang of it. But once you get it, it all goes fast. Arrange all the stuffed grape leaves in the platter seam side down making sure that they are all snug. I was able to make 65 dolmeh this time around. The number will vary slightly depending on how big or small your leaves are. Mix lemon juice with 3/4 cup of water and season with salt. Pour over the dolmeh, cover tightly with foil, and bake at at 350° for an hour and half. Add another 1/2 cup of salted water and bake for another half hour</p>
Haleem	<p>1 pound pelted wheat (approximately 2 cups)</p> <p>1 pound lamb</p> <p>10 cups water</p> <p>salt (1 tablespoon, more or less to taste)</p> <p>cinnamon (sprinkled to taste)</p> <p>1/2 to 1/4 cup butter (melted, hot)</p> <p>sugar (white or brown, whichever you prefer, to taste)</p>	<p>Prep by soaking wheat in 4-5 cups of water for at least 90 minutes.</p> <p>Heat lamb with 1/2 cup of water, and cook till water evaporates. (If you don't have leftovers, cook lamb with some water, a dash of salt per your usual method till tender.) Shred lamb meat with fingers or using a fork. Set aside. (Note: avoid using too much salt, as you'll garnish the final dish with sugar.)</p> <p>Drain wheat and transfer to a large pot. Add 6 cups of water. Gently boil for a few minutes, then reduce heat to low and cook for one hour, uncovered. During this time, stir the pot frequently to prevent wheat sticking to the pot and add more water if necessary. Remove pot from the stove and allow cooked wheat to cool.</p> <p>Once cool, transfer in batches to a food processor; pulse to a creamy puree texture.</p> <p>Return pureed wheat to the pot. Add the shredded lamb plus one cup of water. Cook over low heat – adding the remaining cups of water at intervals (as the liquid is absorbed by the porridge) and stir frequently. Simmer in this fashion for 30-40 or until the mixture has achieved a desirable creamy, smooth, somewhat stretchy texture.</p>

#### Swedish Recipes - Monday

Recipes	Ingredients	Procedure
Mandelkubb	<p>7 dl of wheat flour</p> <p>2 teaspoons horseradish salt</p> <p>1.5 dl</p>	<p>Bring butter to room-warm or gently mix it without melting it. Heat the oven to 200 degrees. Grind, grind or bite the</p>

	sugar 5 bitter almonds or 4-5 drops of bitter almond oil 125 grams of butter or margarine or liquid margarine 1 egg 1.5 dl of milk 1 dl pearl sugar to garnish the almond cubes	bittersweet fine ex. in a mortar or use bitter almond oil.Mix the bitter almond with the other dry ingredients like wheat flour, corn flour and sugar in a large bowl.Mix the butter into a crumbly mixture with your fingers, fork or leak.Mix in milk as well as eggs and mix together into a dough.Roll out the dough to an oblong length of about 40 cm on a floured baking table. Cut out 2 cm wide pieces - almond cubes.Put the jelly sugar on a dish.Prepare two plates of baking paper (or lubricate them).Dip the pieces into the pearl sugar and place the almond cubes with the sugar upwards with a few centimeters of space on the plates.Bake the almond cubes for about 15 minutes until they have a nice color.Take out and let the almond cubes cool slightly without a backdrop.Serve the almond cubes. Store the almond cubes in an airtight jar.
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### Spanish Recipes - Wednesday

Recipe	Ingredients	Procedure
Tres Leches Cake	1 cup all-purpose flour 1 1/2 teaspoons baking powder 1/4 teaspoon salt 5 large eggs , separated 1 cup granulated sugar , divided 1/3 cup whole milk 1 teaspoon vanilla extract 12 ounce can evaporated milk 14 ounce can sweetened condensed milk 1/4 cup whole milk <b>For the whipped  topping:</b> 1 pint heavy whipping cream , for Whipping 3 Tablespoons granulated sugar or powdered sugar 1/2 teaspoon vanilla extract ground cinnamon , for topping	Preheat oven to 350 degrees F. Lightly spray a 9x13" pan with non-stick cooking spray. In a medium bowl combine flour, baking powder, and salt in a large bowl. Separate the eggs into two separate bowls. Add 3/4 cup sugar to the bowl with the egg yolks and mix on high speed until yolks are pale yellow. Add the 1/3 cup milk and vanilla and stir to combine. Pour the egg yolk mixture over the flour mixture and stir gently just until combined (don't over-mix). Use electric beaters to beat the egg whites on high speed. Gradually add the remaining 1/4 cup of sugar as you mix and continue beating until stiff peaks. Fold egg whites into the batter gently, just until combined. Pour batter into prepared pan. Make sure to smooth it into an even layer so your baked cake doesn't have divots in it. Bake for 25 to 35 minutes, or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and allow cake to cool completely. Combine the evaporated milk, sweetened condensed milk, and whole milk in a small bowl. Once the cake has cooled use a fork to poke holes all over the top of the cake. Slowly pour the milk mixture over the the top of the cake, making sure to pour near the edges and all around. Refrigerate the cake for at least 1 hour or overnight, to allow it to soak up the milk. In the meantime, whip the heavy cream, sugar and vanilla until stiff peaks. Smooth over the top of the cake. Sprinkle cinnamon on top. Serve with fresh sliced strawberries, if desired. Enjoy!

Vegetable Paella	<p>1/2 heaping teaspoon saffron or turmeric  2 tablespoons olive oil or 1/4 cup water/veggie broth (for water saute)  1 large yellow onion, thinly sliced  1 red bell pepper, thinly sliced  1 orange or yellow bell pepper, thinly sliced  2 cloves garlic, minced  1 1/2 cups green beans or asparagus, cut into 2-inch pieces  1 lb. (16 oz) tomatoes, seeded and diced or 1 can (14 oz.) diced tomatoes + juice  1 teaspoon smoked paprika  1 teaspoon red pepper flakes, optional  2 - 3 bay leaves  1 1/2 cups short grain rice (Valencia or arborio)  3 1/2 cups vegetable broth or water  1/2 teaspoon salt, or to taste  1 can/jar (14 oz) artichoke hearts in water, drained and quartered  1 cup green peas (fresh or frozen, thawed)  chopped parsley leaves, to garnish  lemon wedges, to serve</p>	<p>In a small bowl, add the saffron threads to 3 tablespoons warm water, let set 10 minutes to steep. If using turmeric, skip this step and add turmeric with the other spices.</p> <p>Heat olive oil/broth over medium heat in a large wide flat-bottomed pan or paella pan (a dutch oven or large pot would also suffice). Add onions and bell peppers, cook until tender, about 5 minutes. Add garlic, green beans, tomatoes, smoked paprika, red pepper flakes and bay leaves, cook another 3 minutes stirring frequently. For softer veggies, cook another 7 minutes or so, totaling 10 minutes after adding the latter ingredients.</p> <p>Add in the rice, broth/water, saffron mixture/turmeric and salt. Gently move the vegetables around so the rice falls to the bottom of the pan as much as possible. Bring to a boil, reduce heat to medium or medium-low and cook at a continuous gentle boil, uncovered, for 20 minutes. Do not stir the rice. If using a large paella pan (15 inches or so) you'll want to rotate the pan over the burner every so often to help cook the rice evenly. Stay in the kitchen and clean up so you're right there to adjust the pan when needed. If liquids seem to boil off to quickly, add a little extra warm water/broth.</p> <p>After 15 minutes of cooking, scatter the peas and artichoke hearts on top. Once 20 minutes is up, turn off heat and cover for 10 minutes with a kitchen towel or other cover of choice. This will allow the rice to absorb any remaining liquid as well as steam the peas and warm the artichoke hearts and any other optional ingredients added as noted below. Once done, lightly fluff the rice and serve. Discard bay leaves before eating.</p> <p>Serve garnished with chopped parsley. Pairs perfectly with a side of leafy greens and a big squeeze of lemon over top. Enjoy straight from the pan or serve in individual bowls.</p>
Pisto	<p>3 small zucchini, diced  2 medium red bell peppers, diced  2 medium green bell peppers, diced  4 medium onions, diced</p>	<p>Peels and dice the vegetables as indicated, and layer the eggplant on paper towels then sprinkle with kosher salt. Let them sit at least 10 minutes.</p> <p>Put two different frying pans on a medium heat and add a splash of olive oil to each.</p> <p>Add the diced onions to one of the pans, with a pinch of salt. Sauté over a medium-low heat until they start to turn transparent, then cover the pan and allow them to</p>

	<p>3 small purple eggplants, peeled and diced  2 pounds of ripe tomatoes (the better your tomatoes, the better your pisto!), peeled and diced  5 cloves of garlic, diced  A pinch of thyme, rosemary and (optionally) fresh oregano  1 teaspoon of cumin  1 teaspoon of refined sugar (substitute honey or brown sugar for a more natural take)  Salt and pepper to taste  A couple of dried cayenne peppers-- optional (and not traditional!)  Extra virgin olive oil</p>	<p>poach (you don't want them to brown). Once fully cooked, reserve in a large bowl.  In the meantime, add the peppers to the other pan and sauté over a medium high heat until starting to brown. Lower to medium and cover for about 10 minutes. Once cooked through reserve along with the onions.  Rinse the salt off of the eggplant in a mesh strainer.  Follow the same steps as the peppers to cook the zucchini and eggplant (in separate pans). You want to start cooking them on medium high, and once starting to brown lower the heat and cover until tender (stirring a few times so they don't stick). Then reserve along with the other vegetables, mixing to make all the flavors combine.  Add all of the spices to the bowl of vegetables and mix well.  Next, add a bit more oil to one of the pans if necessary, and add the diced garlic (and the dried cayenne peppers if using). Sauté over medium heat until starting to fry. Then add the peeled and diced tomato to the pan. Cook over a medium low heat for about 20 minutes, stirring frequently, until you have tomato sauce. Add the sugar, and adjust for salt.  Now, in a large frying pan, mix the previously cooked veggies with the tomato sauce.  Mix everything well, and cook for 10 minutes over a medium heat. Adjust for salt and spices, and enjoy!</p>
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Korean Recipes - Thursday

Recipe	Ingredients	Procedure
Bibimbap	<p>Steamed white rice  Bulgogi, recipe follows  1 carrot, julienned  Cooked bean sprouts, sauteed in a little sesame oil or peanut oil and seasoned with salt  Cooked spinach, sauteed in a little sesame or peanut oil and seasoned with salt  4 shiitake mushrooms, thinly sliced and sauteed in peanut oil and seasoned with salt  1 egg, cooked over easy</p>	<p>*Cook's Note: This can be done in a regular bowl or a hot stone bowl. If it's in a hot stone bowl, the rice becomes crunchy because it's still cooking.</p> <p>Put cooked rice in large slightly shallow bowl. Place bulgogi (with juices from cooked meat) and veggies on top of rice but place separately so you can see each ingredient beautifully placed on rice. Put egg on top. Sprinkle with sesame seeds and drizzle with sesame oil and soy sauce. When ready to eat, mix all ingredients together with some gochuchang paste, to taste. The bibimbap should be moist and not dry. Add more sesame oil and gochuchang paste, to taste.</p>

	<p>1 tablespoon sesame seeds 1 tablespoon dark sesame oil Soy sauce, to taste Gochuchang Paste, recipe follows</p>	<p><b>Bulgogi:</b></p> <p>Place rib-eye in freezer for about 30 minutes so that it is easier to thinly slice. When partially frozen, remove from freezer and thinly slice. Set aside.</p> <hr/> <p>Whisk together all the marinade ingredients in a large baking dish. Add the thinly sliced beef and turn to coat. Cover and refrigerate for at least 1 hour or overnight; it is best if marinated overnight.</p> <p>Heat grill to high. Remove beef from marinade and grill for 1 to 2 minutes per side. Remove from heat and set aside until ready to compile Bibimbap.</p> <p>Gochuchang Paste (seasoned red pepper paste): 4 tablespoons gochuchang (available at Korean grocers) 1 tablespoon sugar 2 teaspoons sesame oil</p> <hr/> <p>Combine all ingredients in a small bowl. Mix well.</p>
<p>Spicy Sauteed Pork Belly</p>	<p>1 small white onion, roughly chopped ¼ cup gochujang (Korean red chile paste) 2 tbsp. Korean red pepper flakes 2 tbsp. mirin 1 tbsp. soy sauce 3 garlic cloves, minced 1 (½-inch) piece ginger, peeled and minced 1 lb. pork belly, sliced ⅛-inch thick (about 16 slices) 2 tbsp. vegetable oil</p>	<p>In a blender, puree the white onion until smooth, scraping the sides as needed. Transfer to a large bowl, add the gochujang, pepper flakes, mirin, soy sauce, garlic, and ginger, and whisk until smooth. Add the pork belly and toss to coat. Cover the bowl with plastic wrap and refrigerate at least 2 hours and up to overnight. Heat 1 tablespoon oil in a wok over medium-high until lightly smoking. Add half the pork slices and 2 tablespoons of the marinade and cook, flipping once, until caramelized and golden, about 5 minutes. Transfer the pork to a bowl, wipe out the wok, and return to the heat. Repeat cooking with the remaining oil, pork, and another 2 tablespoons of the marinade. Transfer the pork and its juices to a bowl and serve, or let cool and refrigerate for up to 3 days.</p>
<p>KOREAN RICE CAKES WITH HONEY (SONGPYEON)</p>	<p>2 ½ cups rice flour Kosher salt ¼ cup dried adzuki (red beans), rinsed 3 tbsp. honey, plus</p>	<p>To make the dough, mix the rice flour with ¼ cups hot tap water in a medium bowl and knead until a smooth dough comes together. Form into a disk and wrap in plastic until ready to use. In a 1-qt. saucepan, bring the red beans and 2 cups of water to a simmer and cook until tender, 30 minutes. Drain the beans and spread onto a baking sheet; let dry for 1 hour. Transfer beans to a mini</p>

	<p>more for serving  1 tbsp. sugar  Freshly grated nutmeg  1/4 cup roasted and peeled chestnuts  1/4 cup toasted sesame seeds  1 tbsp. sesame oil</p>	<p>food processor with 1 tablespoon honey, 1 teaspoon sugar, a pinch of salt, and a pinch of nutmeg and grind into a paste. Transfer to a bowl and set aside. Wipe the food processor clean and add the chestnuts with another 1 tablespoon honey, 1 teaspoon sugar, a pinch of salt, and a pinch of nutmeg and grind into a paste. Transfer to another bowl and set aside. In a spice grinder, grind the sesame seeds into a paste, transfer to a bowl and mix with the remaining 1 tablespoon of honey, 1 teaspoon of sugar, a pinch of salt, and a pinch of nutmeg until incorporated. Divide the dough into 40 tablespoon-size balls, about 1-inch in diameter, and using your thumb, push in the center of each ball to make a well. Scoop 1 teaspoon of one of the three fillings into the center and close it back up into a ball. Using your hands, mold the ball into a half-moon. Repeat this process alternating between the three fillings; you should end up with 10 sesame-filled cakes, 10 chestnut-filled cakes, and 20 red bean-filled cakes. Using a bamboo steamer set in a pan of simmering water, steam the rice cakes in batches until cooked through, about 25 minutes. Transfer to a platter and brush with sesame oil. Serve with honey for dipping.</p>
<p>KIMBAP</p>	<p>3 cups short grain rice  1 tbsp. plus 1 teaspoon sesame oil  2 tsp. kosher salt  2 1/2 tbsp. soy sauce  1 tsp. plus 1 tablespoon sugar  1 clove garlic, minced  1 scallion, finely chopped  6 oz. sirloin, thinly sliced crosswise  2 tbsp. vegetable oil  1 tsp. rice wine  4 burdock roots (about 4 ounces), peeled and quartered  1 cucumber, julienned lengthwise  1 carrot, peeled and julienned lengthwise</p>	<p>Combine rice and 3 3/4 cups water in a 4-qt. saucepan and bring to a boil; reduce heat to maintain a simmer and cook, covered, 12 minutes. Remove from heat and stir in 1 tablespoon sesame oil and 1 teaspoon salt. Meanwhile, combine 1 tablespoon soy sauce, 1 teaspoon sugar, the garlic, and scallion in a bowl; add beef, toss to coat, and marinate 15 minutes. Heat 1 teaspoon vegetable oil in a 10-inch skillet over high; add the beef and cook, stirring, until browned, about 3 minutes. Transfer the beef to a bowl, wipe the skillet clean, and return to high heat. Combine remaining soy sauce and sugar, plus the rice wine and 1 tablespoon water in a bowl; add to skillet along with burdock root and cook, stirring, until soft, about 12 minutes. Transfer the burdock root to a bowl, wipe the skillet clean, and return to high heat. Meanwhile, toss cucumber with remaining salt and let stand for 10 minutes; rinse the cucumber and squeeze dry. Add remaining vegetable oil to the skillet; heat over medium-high and cook carrot and cucumber 30 seconds. Transfer the vegetables to a bowl, wipe the skillet clean, and return to medium heat. Pour the eggs into the skillet and cook, undisturbed, until almost set, 2-3 minutes. Flip the omelet in the skillet and cook until completely set, about 1 minute more. Transfer the omelet to a cutting board and let cool. Roll the omelet up like a cigar and cut crosswise into 1/2-inch thick strips. Working with 1 sheet</p>

	<p>1 pickled radish (about 3 ounces), cut into 1/4-inch julienne  2 eggs, lightly beaten  4 sheets dried laver  2 tbsp. soy sauce  1 tbsp. chili sauce</p>	<p>laver at a time, place laver on sushi mat, shiny side down. Using wet fingers, press 1/4 rice onto laver in an even layer, leaving a 1/2" border on the side furthest from you. Working from the side closest to you, arrange 1/4 each beef, burdock root, cucumber, carrot, pickled daikon, and egg side-by-side over the rice. Using the mat as a guide, lift edge of mat closest to you to roll laver up and over ingredients, forming a tight cylinder (take care to pull back the edge of the mat so as to not roll it into the kimbap). Transfer kimbap to a cutting board and repeat with the remaining laver, rice, beef, burdock root, cucumber, carrot, pickled daikon, and egg. Slice crosswise into 10 equal pieces. Mix soy sauce and chili sauce together in a bowl and serve with kimbap.</p>
<p>Pa Muchim (Scallion Salad)</p>	<p>3 to 4 medium scallions  <b>Option 1</b>  2 teaspoons gochugaru  2 teaspoons sesame oil  1 teaspoon sesame seeds  <b>Option 2</b>  2 teaspoons gochugaru  2 teaspoons sesame oil  1 teaspoon sesame seeds  2 teaspoons soy sauce  2 teaspoons vinegar  1 teaspoon sugar</p>	<p>Cut the scallions crosswise into about 4-inch lengths. Thinly slice each piece lengthwise. scallions Soak the scallions in cold water for about 10 minutes. Drain well. scallions Option 1: Add the gochugaru, sesame oil, and sesame seeds and toss well. Pa muchim (scallion salad) Option 2: Right before serving, add the soy sauce, vinegar, and sugar to Option 1 and toss well. Pa muchim (scallion salad)</p>
<p>Kongnamul Bap (Soybean Sprout Rice Bowl)</p>	<p>1-1/2 cups short grain rice  1-1/2 cups water  1 pound soy bean sprouts  4 – 6 ounces beef (or pork) (omit for a vegetarian option)  2 teaspoons soy sauce  1 teaspoon rice wine or <i>mirin</i>  1/2 teaspoon garlic  1 cup thinly sliced kimchi (preferably fully fermented)  2 tablespoons juice from kimchi  <b>Sauce</b></p>	<p>In a heavy bottom pot with a lid, stir-fry the <i>kimchi</i> for 2 – 3 minutes, adding some juice from <i>kimchi</i> to intensify the flavor, if available. Add the meat and stir-fry for another minute or two. (The meat doesn't need to be cooked through.)</p> <p>Stir in the rice and water. Place the soybean sprout on top. Cover, and bring the rice to a full boil over high heat. This will take 4 to 5 minutes. Then, reduce the heat to low. Simmer for 15 minutes. Turn the heat off, and leave the</p>

	<p><b>(Yangnyumjang):</b>  4 tablespoons soy sauce  2 teaspoons sesame oil  1 teaspoon Korean red pepper flakes (<i>gochugaru</i>)  1 teaspoon sesame seeds  1 teaspoon minced garlic  1 teaspoon sugar  2 – 3 scallions, finely chopped</p>	<p>pot covered for about 5 minutes.</p>
<p>Marinated Perilla Leaves</p>	<p>½ cup soy sauce  2 tbsp. minced scallions or spring onions  1 tbsp. gochugaru (Korean chile flakes)  1 tbsp. minced fresh green chile (such as jalapeño or Korean green chile)  1 tbsp. honey  1 ¾ tsp. garlic, crushed to a paste (about 3 cloves)  30 perilla leaves, washed, and patted dry  Toasted sesame seeds, for garnish  Shilgochu (Korean shredded red pepper threads), for garnish (optional)  Steamed white rice, for serving</p>	<p>In a small bowl, combine the soy sauce, scallions, gochugaru, chile, honey, and garlic; stir well to dissolve the honey. In a medium, flat-bottomed container, add 1 tablespoon of the marinade, spreading it around to coat the bottom. Add a perilla leaf, then drizzle 1 tablespoon of marinade evenly over the leaf. Place another leaf over the first, followed by another tablespoon of marinade. Continue neatly stacking the leaves, layered with marinade, until the marinade runs out. Then tip the container to reuse the marinade that has accumulated in the bottom of the dish (the leaves do not need to be completely submerged, but each layer should be moistened). When you place the final leaf on the stack, drizzle with 3 tablespoons of marinade. Cover the dish with a tight-fitting lid or plastic wrap, then refrigerate at least overnight or up to 1 week. To serve, uncover the leaves and sprinkle with sesame seeds and a pinch of shilgochu if using. Serve chilled, with warm white rice.</p>
<p>BINDAEDUK  CHO KANJANG  (KOREAN  MUNG BEAN</p>	<p>2 cups dried, peeled mung beans, soaked overnight</p>	<p>Purée mung beans and 1 ¾ cups water in a food processor until smooth; transfer to a bowl. Add pork, kimchi and</p>

<p><b>PANCAKES WITH DIPPING SAUCE)</b></p>	<p>and drained</p> <p>4 oz. boneless pork loin, trimmed and finely chopped</p> <p>4 oz. kimchi, rinsed, drained, and finely chopped (about <math>\frac{1}{2}</math> cup), plus <math>\frac{1}{2}</math> cup kimchi pickling liquid</p> <p><math>1\frac{1}{2}</math> cups mung bean sprouts, roughly chopped</p> <p>1 tbsp. kosher salt</p> <p>6 scallions, halved lengthwise and cut crosswise into 1" pieces</p> <p>5 cloves garlic, finely chopped</p> <p><math>\frac{1}{2}</math> cup canola oil</p> <p><math>\frac{1}{4}</math> cup soy sauce</p> <p>1 tbsp. white vinegar</p>	<p>pickling liquid, sprouts, salt, scallions, and garlic; stir until combined.</p> <p>Heat 2 tbsp. oil in a 12" nonstick skillet over medium heat. Working in batches and adding more oil as needed, place <math>\frac{1}{4}</math>-cup amounts of mixture in pan. Cook, flipping once, until golden, 8–10 minutes. Transfer to paper towels to drain briefly, then place on a serving platter. Stir soy sauce and vinegar in a bowl; serve on the side for dipping.</p>
<p><b>Spicy Seafood breakfast salad</b></p>	<p>10 imitation crab sticks (available in the frozen fish section of larger supermarkets) <math>\frac{1}{2}</math> pound</p> <p>cooked shrimp, chopped 3</p> <p>scallions, chopped <math>\frac{1}{2}</math> cup</p> <p>mayonnaise 3 tablespoons</p> <p>tobiko (flying fish caviar), plus more for garnish</p>	<p>Thaw the crab sticks according to package directions. Pull the crab sticks into strands and put them into a large bowl. Add the shrimp, scallions, mayonnaise, tobiko, lemon juice, and hot sauce. Mix well then taste and adjust the seasoning with salt. Serve in chilled martini glasses garnished with more tobiko and chives.</p>

	(available in Asian markets)	
	1/2 lemon, juiced	

### German Recipes - Friday

Recipe	Ingredients	Procedure
Bratkartoffeln	5 cups potatoes peeled and chopped, 1 large onion finely chopped, 6 pieces bacon, 2 Tbsp extra virgin olive oil, salt and pepper to taste, paprika to taste	Chop potatoes and place in a bowl with water to prevent browning. Cook 6 pieces of bacon in a skillet over medium high heat. Move the bacon to a plate and reserve the bacon fat. Add chopped onion to bacon fat in the skillet and saute until onion is translucent. Using slotted spoon move cooked onion to the plate with the bacon. Place part of the peeled and chopped potatoes in a single layer in the skillet. Season them with salt, pepper and paprika and cover pan with a lid. Cook on medium heat for about 25 minutes until potatoes are tender, flipping them halfway through. Repeat with remaining potatoes and each time add 1 Tbsp of olive oil or fat of your choice if needed. Place the pan fried potatoes in a dish and stir in the caramelized onions and bacon. Season with salt, pepper and paprika if needed and serve warm.
Raspberry Custard Kuchen	1-1/2 cups all-purpose flour, divided 1/2 teaspoon salt 1/2 cup cold butter 2 tablespoons heavy whipping cream 1/2 cup sugar FILLING: 3 cups fresh raspberries 1 cup sugar 1 tablespoon all-purpose flour 2 large eggs, beaten 1 cup heavy whipping cream 1 teaspoon vanilla extract	In a bowl, combine 1 cup flour and salt; cut in butter until the mixture resembles coarse crumbs. Stir in cream; pat onto the bottom of a greased 13x9-in. baking dish. Combine the sugar and remaining flour; sprinkle over crust. Arrange raspberries over crust. In a large bowl, combine sugar and flour. Stir in eggs, cream and vanilla; pour over berries. Bake at 375° for 40-45 minutes or until lightly browned. Serve warm or cold. Store in refrigerator.
German Potato Dumplings	3 pounds medium potatoes (about 10), peeled and quartered 1 cup all-purpose flour 3 eggs, lightly beaten 2/3 cup dry bread crumbs 1 teaspoon salt 1/2 teaspoon ground nutmeg 12 cups water BROWNED	Place potatoes in a Dutch oven; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 15-20 minutes or until tender. Drain; transfer to a large bowl. Mash potatoes. Stir in flour, eggs, bread crumbs, salt and nutmeg. Shape into sixteen (2-in.) balls. In a Dutch oven, bring 12 cups water to a boil. Carefully add dumplings. Reduce heat; simmer, uncovered, 7-9 minutes or until a toothpick inserted in center of dumplings comes out clean. Meanwhile, in a small

	BUTTER SAUCE: 1/4 cup butter, cubed 1 tablespoon chopped onion 1/4 cup dry bread crumbs	heavy saucepan, heat butter and onion over medium heat. Heat 5-7 minutes or until butter is golden brown, stirring constantly. Remove from heat; stir in bread crumbs. Serve with dumplings.
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Israeli Recipes - Sunday

Recipe	Ingredients	Procedure
Chocolate Rugelach	<p><b>FOR THE DOUGH</b></p> <p>2-1/2 cups all-purpose flour, spooned into measuring cup and leveled-off  6 tablespoons sugar  Heaping 1/4 teaspoon salt  1 cup (2 sticks) cold unsalted butter, cut into 1-in chunks  6 oz cold cream cheese, cut into 1-in chunks  1 egg yolk</p> <p><b>FOR THE FILLING</b></p> <p>8 oz semi-sweet chocolate, best quality such as Ghirardelli, roughly chopped  1/2 cup sugar  1/4 teaspoon salt</p>	<p>Make the dough: Place the flour, sugar, and salt in the bowl of a food processor fitted with a metal blade. Pulse a few times to combine. Add the chunks of butter, cream cheese, and egg yolk. Process until the dough starts to come together into a well-moistened, crumbly mass, 20 to 30 seconds. Transfer the dough to a clean work surface. Gather the crumbly dough into a ball and knead, dusting the work surface and dough lightly with flour as necessary, until it comes together into a smooth ball. Shape the dough into a rectangle, then cut into 4 equal portions; flatten each piece of dough into a 1/2-inch-thick rectangle. Wrap each section of dough in plastic wrap and refrigerate for at least 1 hour or up to 3 days.</p> <p>Make the filling: Place the chocolate in a medium microwave-safe bowl. Melt in the microwave in 30-second intervals, stirring in between, until almost melted. Stir, allowing the residual heat in the bowl to melt the chocolate completely. (Alternatively, melt the chocolates in a double boiler on the stovetop.) Mix in the sugar and salt. The mixture will be grainy; that's okay.</p> <p>Line a baking sheet with parchment paper.</p> <p>Roll the cookies: Remove one section of dough from the refrigerator, unwrap it, and place it on a lightly floured work surface. (If necessary, let it sit at room temperature for a few minutes until it's pliable enough to roll, but not too soft.) Dust the top of the dough lightly with flour, then use a rolling pin to roll it into an 8 x 11-in rectangle. Don't make yourself crazy over it, but try to make it as even as possible around the edges; it will make it easier to roll. (Go ahead and trim slightly with a pizza cutter or sharp knife if it's very uneven.) Using an offset spatula or back of a spoon, quickly spread 1/4 of the chocolate filling (a heaping 1/4 cup) evenly over the dough, leaving a 1/4-inch border around the edges.</p> <p>Starting from the long side, roll the dough tightly into a cylinder. Place the filled rolled dough, seam side down, on the prepared baking sheet. Repeat with the remaining dough and chocolate filling. Place the rolled dough logs in the refrigerator for 20 to 30 minutes, or until firm to the touch.</p>

		<p>Preheat the oven to 375°F.</p> <p>Take the rolled dough out of the refrigerator. Using a serrated knife, slice off the uneven ends of each roll and discard. Then slice the rolls into 1-in-wide pieces. Place each slice, seam side down, on the prepared sheet. Bake for 18 to 20 minutes, or until lightly golden. Cool the rugelach on the baking sheet for a few minutes, then transfer to a rack to cool completely. Rugelach are best enjoyed fresh on the day they are baked but any extra cookies can be stored in airtight container for up to 3 days, or frozen for longer storage.</p>
Turkey Boureka	<p>¼ cup olive oil  2 onions, finely chopped  2 bell peppers, diced  1.5 lb ground turkey thigh (chicken or beef also work)  1.5 teaspoons sea salt  1.5 teaspoons cumin  1 teaspoon paprika  1 teaspoon ground coriander  1 teaspoon granulated garlic  1 teaspoon ground turmeric  1 teaspoon ground black pepper  2 bay leaves  500g puff pastry, defrosted overnight in the fridge  1 egg, beaten  Toasted black sesame seeds, for garnish  Caraway seeds, for garnish</p>	<p>Heat a 12-inch saute pan over medium high heat. Add the olive oil and fry the onions and bell peppers until translucent, about 2 minutes. Add the meat in an even layer, season with salt, and let it crisp up before breaking it into bits with a wooden spoon. As you break up the meat, stir it around until it's mostly cooked but still pink. Season with cumin, paprika, coriander, garlic, turmeric, black pepper and the bay leaves. Stir to coat the meat in seasoning and cook until most of the liquid has absorbed, about 15-20 minutes. Continue stirring while it's cooking so the meat doesn't dry. Once the meat is fully cooked, remove from the fire and let it cool until comfortable to handle.</p> <p>On a clean surface, gently roll out the puff pastry dough and cut into half. Place each rectangular dough sheet on parchment paper and store one in the fridge while you work on the other. With a rolling pin, roll the dough until thin, about 1/8th of an inch. With a sharp non-serrated knife, make a slight indentation along the dough to divide it into three equal sections. Along each side cut the dough into 1-inch strips. If the dough is difficult to work with, put it back in the fridge for a few minutes to firm up. Fill the middle section with half the meat mixture. Cut the top and bottom strips on each side of the dough. Flip the middle section of the dough on the top and bottom over the meat and start the lattice by flipping each strip over the meat in an alternating pattern. Repeat with the rest of the dough. Transfer carefully to a baking sheet and brush the beaten egg over the lattice. Sprinkle with sesame and caraway seeds. To bake, heat the oven to 400F/200C. Place the baking sheet in the middle rack and bake for 20-25 minutes until deeply golden.</p>
Halva	<p>2 cups granulated sugar  ½ vanilla bean, scraped</p>	<p>Line an 8- x 8-inch baking pan with parchment paper. Combine sugar, vanilla seeds and lemon zest with 1/2 cup water in a saucepan over medium heat, stirring to dissolve sugar. Allow mixture to simmer into a syrup, without stirring, until temperature registers</p>

	<p>Zest of 1 lemon</p> <p>1 ½ cups tahini</p> <p>Pinch kosher salt</p>	<p>245 degrees on candy thermometer. While syrup is cooking, place tahini and salt in bowl of a stand mixer fitted with paddle. Beat on medium speed. Carefully stream syrup into tahini with mixer running. Mix until syrup is incorporated and mixture begins to pull away from sides of bowl, about 30 seconds to 1 minute. Be careful not to overmix. The halvah texture should be fudgelike, not sandy. Working quickly with a heatproof spatula, transfer mixture to the prepared pan. Place another piece of parchment on top and use your hands on top of the parchment to smooth out halvah. Cool completely to room temperature and cut into squares. Store at room temperature, well wrapped in plastic, for a week.</p>
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