



WORLD SERIES  
FAMILY  
DINNERS

**FRESH  
BABY**



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# INTRODUCTION TO BRAZILIAN FOOD



The people of Brazil consider food one of the simple pleasures of life. Meals are social occasions where good food and good company come together in celebration. Brazilians love to sample a variety of foods at a meal - making bite-sized appetizers and small plates popular menu items. Robust stews & casseroles infused with coconut milk and cowboy-style grilled meats called “churrasco” are national treasures. Brazilians also have a sweet tooth. Recipes for sweet breads and puddings are plentiful, and ripe, juicy tropical fruits grace many dishes.

## Ingredients found in the Brazilian pantry:

- **Beans** - Brazilians grow and eat more beans than any other country in the world! This healthy, affordable legume is a staple in the Brazilian pantry.
- **Cassava** - Cassava is a starchy-root vegetable that is used much like potato. Sweet cassava can be eaten raw, but bitter cassava must be cooked. White potatoes and sweet potatoes make good substitutes for cassava in recipes.
- **Cassava Meal** - You can find cassava meal online or at a local Latin market, or you can use tapioca flour as a substitute. Cassava meal when toasted is called, farofa, and is sprinkled like a condiment on many dishes.
- **Cilantro** - Cilantro is the most popular herb in Brazil.
- **Coconut Milk** - The creamy liquid extracted from the flesh of coconuts is one of the most important ingredients in Brazilian cooking.
- **Hearts of Palm** - This canned vegetable is harvested from the soft core of a palm tree. Hearts of palm are often marinated or tossed with salad dressing and served in salads for meals.
- **Kale** - Kale is the super green food of Brazil. It is usually served shredded and stir -fried.
- **Lime** - Did you know there are no lemons in Brazil? The limao, as it is called, is an essential part of many Brazilian dishes.
- **Tropical Fruits** -Papaya, mango, pineapple, passion fruit, guava, and bananas are all popular served fresh, used in cooking or juiced.



# BRAZILIAN BBQ FAMILY MEAL

## Menu

**Churrasco with Fresh Salsa**  
**Coconut Cilantro Rice**  
**Crispy Kale Fresh Fruit**

## CHURRASCO WITH FRESH SALSA

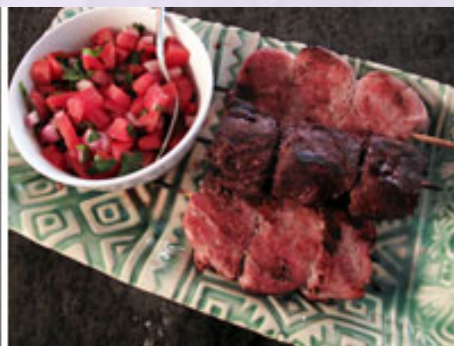
Churrasco is a traditional Brazilian recipe made by the Gauchos (Brazilian cowboys). A variety of grilled meats are prepared on skewers and cooked over a charcoal fire. The secret to the wonderful flavor and crisp crust is a salt-water baste that keeps the meat moist while it cooks without adding too much salt.

### INGREDIENTS

2 pounds Meat (such beef: sirloin or flat iron steak, pork tenderloin, boneless chicken thighs, or sausages all work well)  
2 Tbsp. Kosher salt  
2-3 Cloves garlic, minced  
1 cup hot water  
Wooden or metal skewers

### DIRECTIONS

Soak wooden skewers in water and Preheat a BBQ grill. Dissolve the salt in the hot water and add the garlic. Cut the meat into 2X3 inch pieces about 1 inch thick. Run a skewer through the meats placing about 3 pieces of meat on skewer. Place meat skewers on the grill and brown each side. When the meat is browned on the outside baste with the salt garlic water. Keep basting until the meat is done.  
Makes 6 servings.



# FRESH SALSA

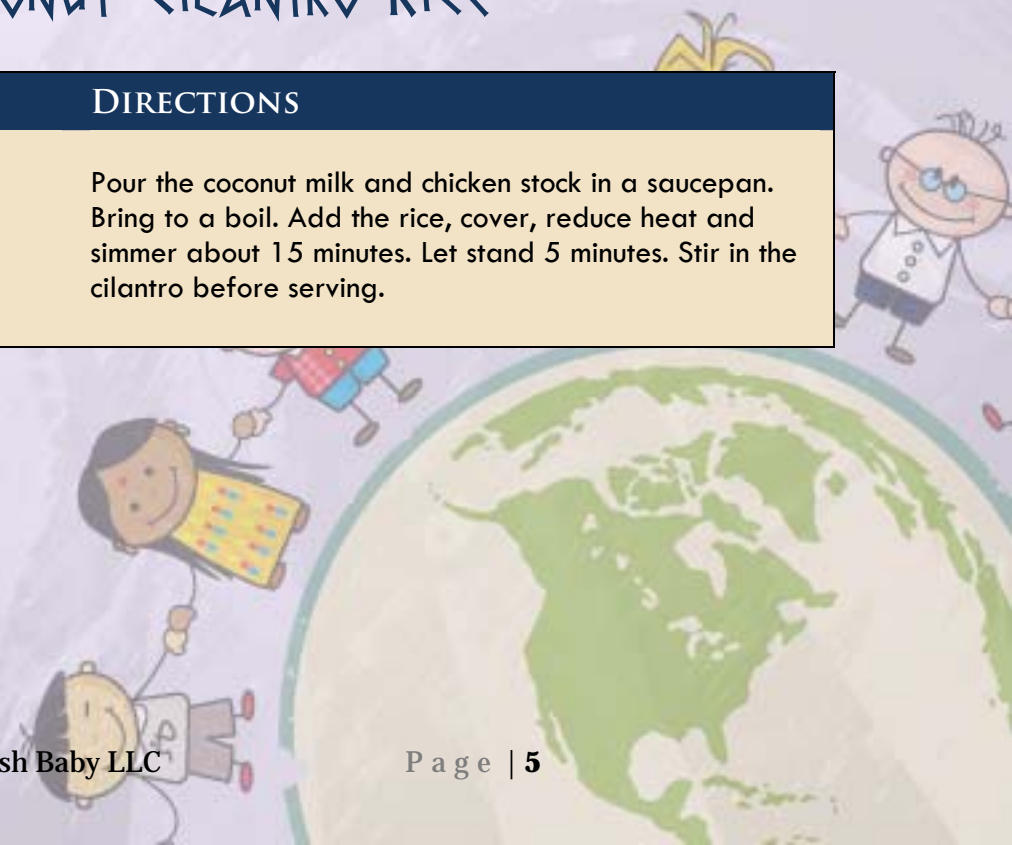
INGREDIENTS	DIRECTIONS
2-3 Roma Tomatoes, seeded and diced 2 Tbsp. Red Onion, diced 1 Tbsp. Cilantro, chopped 2 Tbsp. Red Wine Vinegar 2 Tbsp. olive oil Salt and Pepper, to taste	Gently mix all ingredients in a bowl. Serve with Churrasco.

# CRISPY KALE

INGREDIENTS	DIRECTIONS
1 Head Kale 2 Tbsp. Olive Oil Sea Salt (less than 1/4 tsp) Salt and Pepper, to taste	Preheat oven to 300. Rinse and dry kale. Remove the center ribs and stems from each leaf. Tear the leaves into 3-to-4-inch pieces. In a large bowl toss kale with olive oil. Spread kale in single layer on 2 cookie sheets lined with parchment paper. Lightly sprinkle the kale with salt. Bake for 18-20 minutes.

# COCONUT CILANTRO RICE

INGREDIENTS	DIRECTIONS
1 cup Jasmine rice 1 cup Coconut milk 1 1/2 cup Chicken stock 1/4 cup Cilantro, chopped	Pour the coconut milk and chicken stock in a saucepan. Bring to a boil. Add the rice, cover, reduce heat and simmer about 15 minutes. Let stand 5 minutes. Stir in the cilantro before serving.



# INTRODUCTION TO FRENCH FOOD □



French chefs cook plan menus based on the local harvest. Cooking with the seasonal foods means you are using the freshest ingredients available, which means you'll taste more of the natural goodness of the food and get the most nutritional value. Styles of cooking in France range from elaborate and time-consuming to fresh, easy-to-prepare dishes. Simply adding fresh herbs, lemon juice, vinegars and a touch of butter is perfect way to create a French inspired, healthy meal. Food presentation is important in French cooking. Food is plated with great care and you will often see a sprig of fresh herbs, thinly sliced fruit or edible flowers added for a splash of color and touch of culinary artistry. □

## Commonly used herbs in French cooking include:

- **Fennel** - Fennel's refreshing licorice flavor enhances poultry and vegetable dishes.
- **Lavender** - This herb is commonly found in perfume or aromatherapy, but some varieties are edible. Use fresh or dried lavender flowers in baked goods and as a seasoning for vegetables.
- **Marjoram** - Marjoram tastes a bit like oregano with a delicate citrus twist. It is a great all-around herb and can be used to season meats, eggs and vegetables.
- **Mint** - Fresh mint's refreshing flavor makes is the perfect ingredient for a great summer meal. It is often served with fruit (in a salad or punch) or paired with a vegetable.
- **Rosemary** - Rosemary contains anti-oxidants and is full of flavor, which makes it both a tasty and healthy addition to roasted potatoes and grilled or roasted meats (especially lamb).
- **Sage** - Sage is best known as the seasoning in your Thanksgiving stuffing, but don't save it for just that purpose. Use fresh or dried sage on pork, chicken, rice and vegetable dishes.
- **Tarragon** - Adding a small amount of fresh or dried tarragon to vinegars and oils is a great way to add flavor to meat, tofu, seafood and vegetable dishes.
- **Thyme** - Thyme is a culinary favorite for many chefs. Use thyme to season soups, salads, meats and vegetables. It brings a sweet, lemony flavor to food.

## Herbs de Provence

*Herbs de Provence* is a robust mixture of dried herbs made popular in the southeastern region of France. There are many variations to this herb mixture but most recipes use rosemary, savory, marjoram and thyme. Lavender is a newer addition to the traditional mixture and adds wonderful aroma.

## Make Herbs de Provence at home:

- 5 Tbsp. Dried thyme
- 3 Tbsp. Dried savory
- 2 Tbsp. Dried marjoram or oregano
- 5 Tbsp. Dried rosemary
- 1 Tbsp. Dried lavender flowers (optional)

Combine all ingredients and store in an air-tight container in a dark place. Use as a seasoning for grilled meats, fish, eggs and vegetables. For best results, add before or during cooking.



# FRENCH SUMMER FAMILY MEAL

## Menu Nicoise Salad Crusty French Bread



## NICOISE SALAD

Julia Child made the Nicoise Salad famous on her TV cooking show, "The French Chef". This salad has wonderful refreshing flavors and is a perfect summer one-dish meal!

### Ingredients

1 head of Boston lettuce  
2 cups cooked French-style green beans  
2 cups of cooked Potatoes, diced  
1 medium Tomato, diced  
2 Hard-cooked Eggs, quartered  
1 cup of drained and flaked Canned Tuna  
Fresh Chives, chopped (optional garnish)  
Classic French Vinaigrette (recipe below)

### Directions

Wash and dry the lettuce, tear into small pieces and put in a salad bowl. Sprinkle a few tablespoons of the French Vinaigrette over the top and toss gently. This salad looks best when plated individually for each person.

To plate the salad: Place ½ -1 cup of salad greens on a dinner plate. Arrange the green beans, potatoes, tomatoes, tuna and eggs on the plate. Spoon French Vinaigrette over the top and sprinkle with fresh chopped chives. Serve with French Bread.

Serves 4-6



# CLASSIC FRENCH VINAIGRETTE

## INGREDIENTS

1/2 tsp. salt  
1/4 tsp. fresh ground pepper  
1/4 cup white wine vinegar or lemon  
juice  
1/2 tsp. Dijon mustard  
3/4 cup olive oil

## DIRECTIONS

Combine all the ingredients in a jar with a tight fitting lid (or plastic container). Shake well. This dressing keeps fresh in the refrigerator for 3-5 days.





# INTRODUCTION TO GERMAN FOOD



Traditionally, Germans enjoy eating hearty meals. Today, health conscious Germans still enjoy traditional hearty favorites, but in smaller portions. Like many countries, German food and cooking styles varies by region. The northern region's specialties include pickled, smoked, and fresh fish. In the central region, you will find wild game, sausages, and a variety of vegetables. And, the southern area is the home to dumplings, breads, and a variety of meat dishes. Eating local is a way of life in Germany, the practices of pickling and preserving foods is a way to save the local harvest for the cold winter months.

## Guide to Popular German Foods:

- **Asparagus** - Asparagus grows in every region of Germany and the locals love it so much they nickname it Königsgemüse, which means "King's Vegetable" and Frühlingswonne, which means "Springtime Delight".
- **Kohlrabi** - A kohlrabi is a cross between a cabbage and a turnip. Germany is the world's largest producer and consumer of kohlrabi. Kohlrabi taste like a broccoli stem, but sweeter. In the US, Kohlrabi is available from May to December and comes in both white (which is actually green) and purple varieties.
- **Sauerkraut** - Sauerkraut is made by fermenting sliced green cabbage. Sauerkraut can be eaten raw or cooked. It is very high in Vitamin C and aids in digestion.
- **Wurst** - Cold cuts and sausages are called wurst. The wurst was created as a way to preserve and store meat. There are over 1500 varieties of wurst. The most widely known are Bratwurst, Weisswurst and Frankfurter (a.k.a. hot dog).
- **Sauerbraten** - Sauerbraten is a roast made with marinated beef or venison. The marinade is made with vinegar, wine, vegetables and spices. The meat is marinated for 3 to 4 days before cooking which makes it very tender and juicy.
- **Weiner Schnitzel** - A Wiener Schnitzel is a pan-fried veal cutlet that has been breaded using flour, egg and bread crumbs. Fresh lemon is squeezed over the cutlet before serving. This dish can also be made using pork, turkey or chicken.
- **Spätzel** - Spätzel is a German pasta dish made using flour, eggs, water and salt. The dough is cut or pressed to form small strips. Like pasta, it can purchased dry and is boiled to cook it. □□
- **Strudel** - Strudels are pastries filled with fruits, vegetables, or meats. The most popular strudel is Apple Strudel. The name "Strudel" means whirlpool because the rolled dough looks like a whirlpool. □□
- **Butterbrot** - Butterbrot is a slice of bread (brot) with butter. This is the basic start of many German meals. Butterbrot is topped with fruit spreads for breakfast and cheese, wurst or vegetables for snacks. Germans love their bread. In fact Germany produces more breads than any other country. The most popular varieties of German breads include rye, whole grain, multi-grain, sunflower and pumpkin.



# OCTOBERFEST FAMILY MEAL

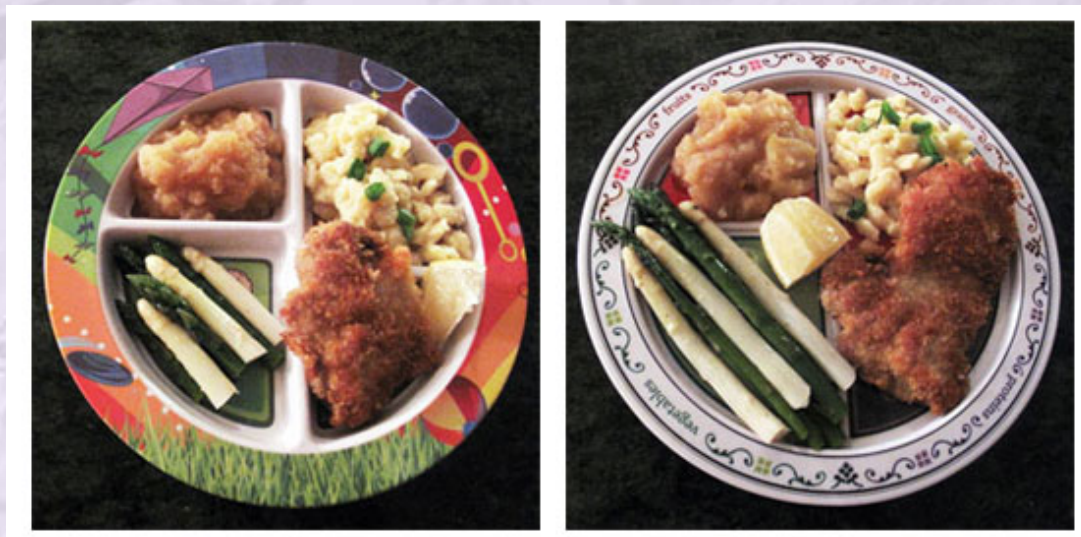
## Menu

Weiner Schnitzel

Spätzel

Steamed White & Green Asparagus

Perfect Applesauce



## WEINER SCHNITZEL

### INGREDIENTS

4-6 chicken thighs, skinless and boneless  
Sprinkle of salt and pepper  
1 egg, beaten  
1 Tbsp water  
1 cup plain breadcrumbs  
3-4 Tbsp. vegetable oil  
Lemon wedges, for serving

### DIRECTIONS

Place each chicken thigh between two pieces of plastic and pound the meat until it is very thin. Pour oil into a large skillet. The oil should completely cover the bottom of the pan and be about 1/8-inch deep. Heat the skillet with the oil on medium-high heat. □  
While the oil is heating in the pan, season the chicken with salt and pepper. Set up 2 shallow pans or bowls for breading the chicken. In the first dish, beat the egg and water together. In the second dish, add the breadcrumbs. Dip both sides of each chicken piece in the egg and drag each piece through the breadcrumbs. □  
Carefully place the coated cutlets into the hot oil to cook. Since they are so thin, the chicken will cook quickly, about 3 minutes per side. When both sides are nicely browned, place the pieces on a paper towel lined plate. Place in a warm oven until serving. Serve with lemon wedges.



# SPÄTZEL

Like pasta, Spätzel is also available dried and is prepared by boiling it. You can find it in the European foods section or pasta section of your super market. Simply follow the package directions. After the Spätzel has drained, place it back in the pan and sauté it with 2 Tbsp. butter and 3-4 sliced scallions. If you are ambitious, you can make Spätzel at home. Here is a link to a recipe that provides good instructions:

<http://www.foodnetwork.com/recipes/tyler-florence/spaetzle-recipe/index.html>

## STEAMED WHITE & GREEN ASPARAGUS

**At the market:** Select bright green & white asparagus with closed, compact, firm tips.

**Storage at home:** Refrigerate in a covered container or plastic storage bag. Use within 2 or 3 days.

INGREDIENTS	DIRECTIONS
1 lb. Asparagus Butter, Garlic Salt and Pepper, to taste	Snap ends off the asparagus spears and discard the ends. Wash the asparagus under cold water. Steam the asparagus for 3-4 minutes (stovetop or microwave) until fork tender. Toss gently with 1 Tbsp. of olive oil or butter. Sprinkle with garlic salt and pepper.

## PERFECT APPLESAUCE (APFELMUS)

INGREDIENTS	DIRECTIONS
4 cooking apples (such as Golden Delicious, Granny Smith or McIntosh) 2 Tbsp. butter or margarine 2 Tbsp. butter or margarine 1/3 cup water 1/4 cup sugar 1/4 tsp. cinnamon	Wash, peel, and remove the core from the apples. 2. Place apples, butter, sugar, water and cinnamon in a heavy pan. 3. Cook on low heat until apples are soft and mushy, about 25-30 minutes. Makes about 3 cups, 6 servings



## INTRODUCTION TO IRISH FOOD



A visit to rural Ireland is filled with spectacular views of lush, green hillsides and fields. Ireland's green countryside is perfect for raising cattle and sheep and dairy farming. The country's mild climate provides a long growing season for a variety of vegetables and fruits. Irish cooks take advantage of the local harvest by choosing to cook with high quality, local and fresh ingredients. Irish cooks keep it simple in the kitchen. Dishes are prepared using basic ingredients and easy to follow recipes.

### The staples in an Irish kitchen include:

- Potatoes (you may have guessed this!)
- Root vegetables (parsnips, carrots, etc...)
- Cabbage
- Whole grains
- Beef, mutton (lamb/sheep) and fish
- Dairy products - cheese, milk, butter and buttermilk



# TRADITIONAL IRISH DINNER

**Corned Beef with Clove-spice mustard sauce**

**OR**

**Irish lamb stew**

**Roasted Cabbage and Potatoes**

**Fresh pineapple**



## CORNERD BEEF WITH CLOVE – SPICED SWEET MUSTARD

Ingredients	Directions
<p>1 4-pound Corned beef 1/3 cup Yellow mustard 1/3 cup Brown sugar Dash of Ground cloves</p>	<p>Remove corned beef from the package and rinse it in cold water. Place the corned beef in a large pot and fill with water until the meat is covered. If the corned beef came with a spice packet, open it and pour the contents into the water. Bring the pot to a boil and reduce heat to low and simmer 50 minutes per pound (a 4-pound corned beef will simmer for 3 hours and 35 minutes).</p> <p>Test for doneness: a fork should easily slide into the meat. When done, remove corned beef from the water and place it on a plate. Cover with foil and let stand for 20 minutes. Slice corned beef before serving. Using a sharp knife, slice across the grain into 1/4 inch thick slices.</p> <p>Clove-Spiced Sweet Mustard: Combine the yellow mustard and brown sugar in a bowl. Stir well to dissolve the sugar. Add a dash of ground cloves. Serve corned beef with the mustard on the side.</p>



# IRISH LAMB STEW

## INGREDIENTS

1 lb. Ground lamb  
1 lb. Ground beef  
2 cups Sweet potatoes, peeled and diced (about 2 medium)  
1 cup Parsnips, peeled and diced up  
Pearl onions, frozen  
2 Tbsp. Tomato paste  
2 Tbsp. Garlic, minced  
1 Tbsp. Rosemary  
1/4 cup Flour  
1 cup Dark beer (such as Guinness)  
3 cups Beef broth  
1 Tbsp. Worcestershire sauce  
1 Tbsp. Dijon mustard

## DIRECTIONS

In a heavy stockpot over high heat, sauté the ground lamb and beef until browned (about 8 minutes). Remove the meat from the pan and set aside. Add sweet potatoes, parsnips, and pearl onions to the pot and sauté 5 minutes. Add the tomato paste, garlic, rosemary and cook 2 minutes. Stir in the flour and cook 1 minute.

Add the beer, broth, Worcestershire and mustard. Add the meat back into the pot and bring to a boil. Cook for 15-20 minutes. Add salt and pepper to taste.

Serve.



# ROASTED CABBAGE AND POTATOES

As a distant cousin to the potato, sweet potatoes have a flavor all their own plus Vitamin A and beta-carotene for added goodness. Try cooking with a combination of potatoes for a comforting winter meal. Here's a simple hash recipe using Yukon Gold (Yellow) and Sweet Potatoes.

## INGREDIENTS

1/2 head Green cabbage (small to medium-sized)  
10 small Yukon gold or Red potatoes  
4-5 Tbsp. olive oil  
Salt and Pepper (or seasoned salt - we used Trader Joe's Everyday Seasoning - Grinder)

## DIRECTIONS

Preheat oven to 425 degrees. Line a baking sheet with foil and spray with cooking spray. Cut cabbage into 6 wedges and cut potatoes in half and Place cabbage wedges on one-side of the baking sheet. Brush cabbage with half the olive oil. Season with salt and pepper.

Place remaining oil and potatoes in a bowl, season with salt and pepper and toss to coat with oil. Spread potatoes on the empty side of the baking sheet.

Place in the oven and roast for 25-30 minutes, until a fork slides easily into the cabbage and the potatoes. Remove from the oven and allow to cool slightly before serving.



# INTRODUCTION TO ITALIAN FOOD



Italy has 20 regions, each with its own specialty dishes and cooking styles. From the far north regions to the southern shores, fresh food is the key to great tasting dishes. Italian recipes are handed down from grandmothers to the next generations. Many recipes are surprisingly simple, so you do not need to be a culinary expert to cook up great Italian dishes at home. Traditionally, the preparation of Italian food is as much of a part of the feast as the actual meal. Kids can join in on the cooking fun by washing produce, measuring ingredients, stirring, and more. Children who get involved in

preparing their food are more likely to eat it.

## The basic ingredients to keep on hand for preparing healthy Italian dishes are:

- Olive oil
- Olives and capers
- Whole Grains
- Tomatoes (Fresh and Canned)
- Garlic
- Parmesan cheese or other hard cheese
- Mozzarella cheese

## Common Herbs and Spices in Italian foods:

In addition to fresh basil and Italian parsley (flat-leafed variety), oregano, thyme and marjoram are commonly used in Italian dishes. Lemons grow throughout Italy and are also used to enhance many Italian dishes.





# FAMILY ITALIAN MENU

Heart-healthy salmon is a delicious mildly-flavored pink fish. We've baked this salmon with the wonderful Italian flavors of capers and lemons. A mayonnaise mixture applied to the salmon keeps it moist while baking and the bread crumb topping offers a nice crunchy texture. The baked salmon accompanied with flavorful garlic parmesan potatoes, steamed asparagus and a dessert of strawberries with banana cream makes a colorful, healthy Italian-inspired family meal.

## Menu

**Lemon Caper Baked Salmon**  
**Garlic Parmesan Potatoes**  
**Asparagus**  
**Strawberries & Banana Cream**



## LEMON CAPER BAKED SALMON

INGREDIENTS	DIRECTIONS
1 lb. Salmon fillet, skin removed 2 Tbsp. Mayonnaise 1-2 tsp. Capers 1 tsp. Lemon Zest ¾ cup Panko Bread Crumbs Lemon Wedges Salt and Pepper, to taste	<p>Preheat Oven to 425 degrees. Line a rimmed baking sheet with foil and spray lightly with cooking spray. Wash salmon under cold water and pat dry with paper towels. Slice salmon into 4 serving pieces (for smaller children, cut a serving piece in half for their portion).</p> <p>Mince capers and add them to a bowl with the mayonnaise and lemon zest. Mix well. Brush both sides of the salmon pieces with the mayonnaise mixture.</p> <p>Pour bread crumbs onto a plate. Working one piece at a time lay each piece of salmon into the crumbs and press gently. Turn the salmon over and press again. Place the crumb coated salmon on the baking sheet.</p> <p>Once all of the salmon pieces are breaded and on the baking sheet, place the sheet in the oven on the highest rack (closest to your broiler). Bake 10 minutes. Turn broiler on high and allow the bread crumbs to brown (watch them closely, so as not to burn them). Remove the baking sheet from the broiler.</p>

## GARLIC PARMESAN POTATOES

INGREDIENTS	DIRECTIONS
1 lb. 4 oz. Mini Yellow or red Potatoes 1 can (14 oz.) Chicken Broth 3 Tbsp. Butter 1 Tbsp. Italian Parsley, chopped 1 Garlic Clove, minced 1-2 Tbsp. Parmesan Cheese Fresh Ground Pepper and Salt, to taste	<p>Wash potatoes and place in a large saucepan with the chicken broth. If broth does not cover potatoes, add water until potatoes are covered. Bring to a boil over high heat. Cover, turn down heat and simmer for 15 minutes until a fork slides easily into the potatoes.</p> <p>Remove from heat. Drain off the broth leaving the potatoes in the pan. Add the butter, parsley and garlic to the an. Cover and set aside to let the butter melt.</p>



# ASPARAGUS

## INGREDIENTS

1 lb. Asparagus  
Butter, Salt and Pepper, to taste  
Fresh Ground Pepper and Salt, to taste

## DIRECTIONS

Snap ends off the asparagus spears and discard the ends. Wash the asparagus under cold water. Steam the asparagus for 3-4 minutes (stovetop or microwave) until fork tender. Add butter, salt and pepper, to taste..

# BERRIES N' BANANA CREAM

The heart shape of sliced strawberries is a festive ending to a Valentine's Day Dinner. A layer of banana cream below the strawberries is a delicious sweet surprise.

## INGREDIENTS

1/3 cup Ricotta Cheese  
1 tsp. Lemon Juice  
1 Banana, peeled and sliced  
2 Tbsp. Milk  
2 Tbsp. Honey  
1 1/2 cups Strawberries, rinsed and sliced

## DIRECTIONS

In a food processor or blender, combine all the ingredients except the strawberries. Puree until very smooth (about 2 minutes). Serve on a dessert plate with banana cream under strawberry slices.



# INTRODUCTION TO JAPANESE FOOD



The people of Japan enjoy a long, healthy life. So much so, that according to research, Japan has the longest lifespan of any country in the world. The Japanese diet has been shown to play a big role in this long, healthy life.

There is a lot more to Japanese cooking than sushi. Many Japanese dishes are noted for having an umami (say it oo-MA-mee) flavor. Umami is a savory taste with meaty flavors. Shitake mushrooms and soy sauce provide umami taste and are common ingredients in Japanese dishes.

## Common foods in Japanese meals include:

- Brown and White Rice
- Soba and Udon Noodles
- Vegetables
- Mushrooms
- Soy Beans - edamame and Tofu
- Nori (Dried seaweed sheets used for wrapping sushi)
- Fruits



# JAPANESE BENTO BOX DINNER

A bento is a divided box that originated in Japan. Bento boxes are made from a wide variety of materials, including lacquer, bamboo, plastic and stainless steel. A traditional bento meal includes carbohydrates (rice or noodles), protein (fish, chicken, meat, or tofu), vegetables and fruit. Foods are arranged in the box to display a colorful, healthy meal with a wonderful variety of flavors and tastes.

## Menu

Edamame

Yakisoba (Stir-Fried Soba Noodles)

Grilled Salmon with Red Miso Sauce

Honeydew Melon



## GRILLED SALMON WITH RED MISO SAUCE

### INGREDIENTS

½ cup Red miso paste  
Water  
1/3 cup Sake  
3 Tbsp. Chicken stock (or Dashi)  
1 Tbsp. Soy sauce  
4 6-ounce Salmon fillets, skinned

### DIRECTIONS

To make the sauce, combine all four ingredients in a saucepan and stir to a smooth sauce. Place saucepan on the stove over medium heat and cook for 8 minutes, stirring occasionally until sauce thickens. Set aside and let cool.  
Brush both sides of salmon fillets with miso sauce. Lightly oil and heat a grill pan over medium heat. Place salmon on the grill and cook for 3-4 minutes. Brush with sauce, turn fillets over and brush with sauce again. Cook 3-4 minutes. Remove from pan and let stand 5 minutes. Serve warm.



## STEAMED EDAMAME

INGREDIENTS	DIRECTIONS
Frozen Edamame (about 10 pods per person) Water Pinch of Kosher or Sea salt	Bring about 3-4 quarts of water to a boil and place the edamame in the boiling water. Cook 3-5 minutes. Drain. When plating sprinkle lightly with kosher salt. Have another bowl at the table to put the empty pods in.

## YAKISOBA (STIR - FRIED NOODLES)

Soba noodles are made from buckwheat flour and have a unique brown color. Yakisoba is a popular dish of stir-fried soba noodles and a variety of meats and vegetables. You can use any type of meat or seafood and any types of vegetables - including bean sprouts, green peppers, mushrooms, Chinese cabbage, celery, and broccoli.

INGREDIENTS	DIRECTIONS
8-ounce Soba noodles 1 cup Bean sprouts, rinsed 8-10 Shitake mushrooms, stems removed and sliced 8 Cooked shrimp, chopped 3 Green onions, chopped 2 Tbsp. Vegetable or Peanut oil Yakisoba Sauce (recipe below)	Prepare Yakisoba sauce.  Bring a large pot of water to a boil and add soba noodles, stirring to separate them. Boil soba noodles for 6-8 minutes, until tender. Drain in a colander and rinse with cold water. Set aside.  In wok or large skillet, heat oil over high heat. Add shitake mushrooms and stir fry 2 minutes. Add soba noodles and stir fry 3 minutes. Add the Yakisoba Sauce, shrimp and bean sprouts and stir fry for 2 more minutes.

## YAKISOBA SAUCE

Ingredients	Directions
3 Tbsp. Soy sauce 2 tsp. Sugar 1 tsp. Fresh ginger, minced 2 tsp. Sake 2 Tbsp. Vegetable or Peanut oil	Mix all ingredients in a small bowl. Set aside.



# INTRODUCTION TO MEXICAN FOOD



Mexican food is considered one of the most varied in the world. There are many cooking styles for preparing Mexican foods, the use of fresh ingredients is a constant with every style. Corn, beans, fresh fruits and vegetables, and robust spices are staples in the native Mexican diet. In the United States, the spiciness of Mexican food varies depending where you live. In the South and West, a spicier Tex-Mex style is popular. Moving further to the North and East, the spices tend to migrate to the milder side.

## The staple ingredients for Mexican cooking:

- Corn
- Beans (Black, Kidney, Pinto)
- Tomatoes and Tomatillos
- Avocados
- Tortillas
- Rice
- Limes and Oranges

## Herbs and Spices in Mexican cooking:

Mexican food is filled with flavor and the most common spice is the chile pepper. Other commonly used herbs and spices include:

- Cilantro
- Cumin
- Oregano
- Garlic
- Cocoa or Mexican Chocolate
- Honey



# MEATLESS MONDAY MEXICAN FIESTA

## Menu

Broccoli Enchiladas

Calabecitas

Aztec Oranges

## BROCCOLI ENCHILADAS

INGREDIENTS	DIRECTIONS
<p>3 cups of broccoli florets 1 ½ cups ricotta cheese 2 cups cheddar cheese, shredded 1 egg 1 garlic clove, minced ½ tsp. each of salt, pepper and ground cumin 6 whole wheat tortillas 1 ½ cups red chile enchilada sauce* 1 cup vegetable stock</p>	<ol style="list-style-type: none"><li>1. Preheat oven to 375 degrees</li><li>2. Blanch broccoli florets by bringing a pan of water to a boil, add broccoli and cook for 3 minutes. Drain immediately and run under cold water.</li><li>3. Place broccoli, ricotta cheese, 1 cup of the cheddar cheese, egg, garlic and cumin in a food processor or blender. Pulse to blend all ingredients (mixture can be chunky or smooth - whichever you prefer).</li><li>4. Fill each tortilla with the broccoli mixture and roll them up. Arrange tortilla rolls in an oven-proof dish that is large enough to hold the 6 tortillas rolls in a single layer. Pour the red chile enchilada sauce and the vegetable stock over the tortilla rolls. Top with the remaining cheese.</li><li>5. Bake 30 minutes. Let the pan cool for 10 minutes and serve.</li></ol> <p>*Red chile enchilada sauce is available in the Mexican Food section at a supermarket.</p>





# CALABECITAS

INGREDIENTS	DIRECTIONS
2 medium-sized zucchini, diced 1 roasted poblano chile (see roasting directions below), diced ½ large onion, diced 2 ears fresh sweet corn or 1-1/2 cups of frozen corn 1 can (15 oz.) black beans 2 Tbsp. olive oil Salt and fresh pepper, to taste	1. Pour back beans in colander and rinse for 1 minute under cold water. 2. Remove husks from corn and cut kernels off the cobs. 3. In a large sauté pan, heat olive oil over medium heat. Add onions, corn, chile and zucchini. Cover, stirring occasionally, and cook until zucchini and onion is softened, about 10 minutes. 4. Reduce heat to low and gently stir in black beans and continue cooking to heat the black beans about 1-2 minutes. 5. Add salt and pepper to taste. Serve

## Roasting a Poblano Chile Pepper:

Chiles roasted over an open flame, or in the oven, impart a delicious smoky flavor to many dishes.

**Gas Stove:** Turn a burner on high and place the chile on the burner. Use long handled tongs to turn the pepper until it is evenly charred (black skin) on all sides. Place the pepper in a plastic bag and seal the bag.

**Oven:** Preheat the oven to 450°F. Place pepper on a cookie sheet and roast for about 4-5 minutes until the skins blister. Watch carefully so it does not burn. Place the roasted peppers in a plastic bag and seal the bag.

**Clean and peel:** After 10 minutes, remove the pepper from the bag and wash off the skin under cool water. Slice the pepper open. Discard stem core, seeds and stringy veins.



# AZTEC ORANGES

INGREDIENTS	DIRECTIONS
2 oranges ¼ of a lime 1 tsp. brown sugar	1. Slice ends and skin off oranges. 2. Holding the orange on its side, slice orange into ¼-inch thick rounds. 3. Place on plate, squeeze lime juice over the oranges and sprinkle with brown sugar. Serve.



# INTRODUCTION TO THAI FOOD



The original name of Thailand was Sukhothai, which means "Dawn of Happiness". Without a doubt, sharing a Thai meal will bring this attitude of pleasure to your table.

Preparing Thai food is quick and easy. Most recipes are cooked on a stovetop for a short period of time making Thai food ideal for weeknight dinners. Plus soups and curries can be made ahead of time, frozen and reheated for serving. Cooking a Thai meal will introduce your family to a new culture through a variety of flavors.

## Common flavors in Thai cuisine include:

- Chilies
- Cilantro
- Mint
- Coconut Milk
- Fish Sauce (Thailand's version of soy sauce)
- Galangal (if you can't find this ingredient substitute: ginger)
- Lemongrass (if you can't find this ingredient substitute: lemon zest)
- Limes and Lime juice

**Curry paste** is a common ingredient in Thai soup, stir-fries and stews. It's a spice mixture made with fresh chilies, garlic, kaffir lime leaves, onion and other aromatic spices. Prepared curry pastes are available in the Asian food section of most grocery stores.

Curry pastes are spicy. For milder, family-friendly flavor, cut down on the measurement of curry paste called for in a recipe. For example, if a recipe calls for 1 Tablespoon of red curry paste use 1 teaspoon instead.

The most common varieties include:

- **Green Curry Paste**- Made using green chilies. This is the hottest curry paste on the heat scale.
- **Red Curry Paste**- Made using red chilies. This is milder than green curry paste, but still fairly hot.
- **Yellow Curry Paste** - Made using yellow wax peppers and turmeric. More mild than red curry paste.
- **Massaman Curry Paste** - A roasted curry paste that is made using cinnamon, cloves, cumin and cardamom. It has a sweet and spicy flavor.
- **Panang Curry Paste** - Made using lemongrass, coriander and cumin. It is the mildest curry paste.



# THAI FAMILY DINNER

Food courses in Thai meals are eaten "in harmony", or all at the same time. This method is perfect for families - it provides variety and everyone can sit at the table to enjoy the meal together. Traditionally Thai dishes are artistically garnished, so add a fresh flower or fruit garnish for an authentic presentation!

**Menu**  
**Sweet Pork**  
**Coconut Rice**  
**Steamed Broccoli**  
**Fresh Pineapple**

## SWEET PORK (MOO - WAN)

This is a simple recipe from Northern Thailand that turns pork tenderloin into sweet perfection.

INGREDIENTS	DIRECTIONS
<p>4-5 shallots 1 pound pork tenderloin 3 Tbsp. vegetable oil ½ cup brown sugar 1 Tbsp. soy sauce 2 Tbsp. fish sauce ¼ cup water</p>	<p>Peel shallots and cut into thin slices. Set aside. Remove fat from the outside of the pork tenderloin. Cut pork into ¼ inch thick slices. Set aside.</p> <p>Add the oil to a 10-inch skillet, wok or deep sided pan and place over medium-high heat for 1 minute. Add the shallots and fry for 1-2 minutes until they begin to turn brown. Add the sugar and stir until melted (be careful not to splash yourself). Add the soy sauce, fish sauce, and water and bring to a boil. Add the pork and reduce the heat to medium and cook for 7-8 minutes or until pork is tender and cooked through. Once the pork is cooked, remove it with a slotted-spoon to a rimmed-serving dish. Turn the heat to high and boil the sauce for 1 minute to thicken it. Pour the sauce over the pork and serve.</p>



# COCONUT RICE

## Ingredients

2 scallions  
3/4 cup chicken stock  
3/4 cup coconut milk  
1 cup jasmine rice  
2 Tbsp olive oil  
4 oz. shitake or button mushrooms

## Directions

Remove the white part of the scallions and thinly slice the green parts. Set aside. Place chicken stock, coconut milk, and rice in a medium-sized saucepan over high heat.

Bring to a boil. Stir well. Reduce heat to low, cover pan and simmer 15 minutes. Turn off heat and let stand 10 minutes. In a small skillet over medium-high heat, add 1-2 Tbsp olive oil and shitake mushrooms. Sauté 3 minutes. Add salt and pepper to taste.

When you are ready to serve dinner, fluff the rice with a fork, toss in mushrooms and scallions.

