



# Multicultural Cookbook

2021-2022

**ESU**  
**USA**



# About our Recipe Book

Each year, ARNIC comes together to create a multicultural cookbook full of recipes from around the globe.

Inside this book are recipes for delicious dishes written by some of our students, volunteers, teachers, ESU Branch and Board members and staff.

Celebrating diversity is central to our mission at ARNIC, and we believe that this cookbook does just that.

**Let's get cooking!**

*Several of these recipes were written by non-native English speakers. We have not made edits to their language to ensure that their spirit and unique voices are heard.*

**ESU  
USA**



# About the Organization

The English Speaking Union (ESU) is a nonprofit organization that was founded in 1920. The ESU uses the English language to expand and unlock opportunities for students and teachers. We run two education programs for immigrants.

The Andrew Romay New Immigrant Center (ARNIC) empowers new immigrants with the skills, knowledge and resources to build successful lives in the U.S. The program offers free English classes, weekly conversation sessions as well as professional development and cultural learning opportunities.

English in Action (EiA) matches students with volunteer tutors for weekly conversation practice. Students gain fluency, build confidence and engage in cross-cultural exchange with their tutors.

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Elaine Sohn (ARNIC Teacher)

# Almond Chip Biscotti



A delicious, homemade biscotti recipe that has all the mouthwatering flavors of almond and chocolate which pair so perfectly together.

## Ingredients

- 2 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 1 pinch salt
- 1 cup white sugar
- 2 sticks unsalted butter softened
- 2 large eggs
- 1 teaspoon almond extract
- 1/2 cup slivered almonds
- 3/4 cup mini chocolate chips

## Preparation

Preheat oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper. Mix your butter, sugar, eggs, extract and salt in a blender or a mixer. Pour into a large bowl. Slowly add the baking powder and flour to the bowl. Mix together. Fold in the almonds and chocolate chips. Lightly flour a work area, and your hands and place dough on it. Separate dough into two equal balls. Carefully form dough to a 1 1/2 inch thick and 10 inch long piece bake for 22 mins at 350 degrees Fahrenheit. Once done, remove from oven and allow to cool for 10 mins. Carefully slice the loaves into 1 1/2 inch biscotti. Return to a 300 degrees Fahrenheit oven and bake the top and bottom sides for 15 mins on each side. Remove from the oven and cool on a wire rack. Serve with tea or coffee. You can dip them into the hot beverage for a delicious snack!

Vanessa Rosales (ARNIC Student)

# Pabellón Criollo



## Ingredients

- 1 1/2 pounds flank steak
- 2 teaspoons bouillon cubes
- 4 cloves of minced garlic
- 6 tablespoons vegetable oil
- 1/2 teaspoons salt
- 1 cup white rice, soaked for 20 minutes in warm water
- 1 cup chopped onions (2-3 medium onions)
- 1 15-ounce can black beans
- 1 teaspoon chicken bouillon cube
- 1 1/2 teaspoons cumin
- 1/2 teaspoons garlic powder
- 1 tablespoon vinegar
- 2 tablespoons butter
- 2 medium tomatoes, diced

## Preparation

Place the flank steak in a pot with the bouillon, and cover with water. Bring to a boil and simmer on low for 1 1/2 hours, or until the meat is tender. Remove from heat and set aside. Sauté half of the minced garlic in a medium pot with 4 tablespoons of the vegetable oil for 1 to 2 minutes over medium heat. Add 2 cups of water and 1 teaspoon of salt and bring to a boil. Add the rice to the boiling water, lower the heat and simmer the rice, covered, for 10 to 15 minutes. Turn off the heat and leave the rice covered for 5 minutes more. Add the remaining 2 tablespoons of vegetable oil to a skillet, and sauté half the chopped onions with the rest of the minced garlic until soft. Add the can of black beans (undrained), 1/2 cup water, chicken bouillon, cumin, garlic powder, vinegar and 1/2 teaspoon salt.

Simmer on low heat for about 10 minutes until the liquid is reduced. Slice the cooled steak against the grain into thin slices. The meat should be very tender and falling apart. Shred the larger pieces into bite-size pieces with your fingers. Add 2 tablespoons of butter to a skillet and cook the rest of the chopped onions until soft. Add the tomatoes, 1 cup of the steak pan juices and the sliced steak and simmer for 3 to 5 minutes. Remove from heat and cool. Arrange the meat and tomatoes on 1/3 of a serving platter. Place the rice next to the meat, and then place the beans on the other side of the rice to resemble the stripes of a tri-color flag.



Jane Landis (ARNIC Teacher)

# Fresh Brandied Cranberry Relish



I saw this recipe in a newspaper many years ago and I've been making it ever since! It's my favorite way to use cranberries, even more so than the cooked cranberry sauce. You can make it a day or two before and it will last for a few days in the refrigerator. It actually tastes better the next day. You can use it on turkey, chicken or even on breads or waffles.

Jane Landis (ARNIC Teacher)

# Fresh Brandied Cranberry Relish

## Ingredients

- 1-12 oz (340 gram) bag of fresh cranberries
- 1 large orange
- 1 cup of sugar
- 1/4 cup of cherry brandy



## Preparation

1. Wash the cranberries and place in a bowl
2. Peel the orange and separate the pieces then add to the cranberries in the bowl.
3. Add one cup of sugar
4. Add 1/4 cup of cherry brandy
5. Mix them all together in the bowl
6. Taking a small amount at a time, place the above mixed ingredients into a blender or food processor. Blend until the cranberries are chopped into smaller pieces.
7. Pour into a container with a lid and store in the refrigerator if not serving right away.



Kelly Hamon (ESU Intern)

# Spicy Corn Muffins



My mother found this recipe over ten years ago from the now-closed "Indigo Grill" back home in San Diego. Since finding the recipe, she has made these crowd-pleasers every year for Thanksgiving as an appetizer. The problem is, though, that by the time it's time for dinner, everyone is stuffed because they couldn't stop eating the muffins! They're the perfect mix of savory, spicy and the slightest hint of sweet -- and my favorite dish served on Thanksgiving by far. The Tabasco kick makes me think of home, and I hope you all love this dish as much as I do!

Kelly Hamon (ESU Intern)

# Spicy Corn Muffins

## Ingredients

- 1 package Jiffy corn-bread mix
- ¼ cup plus 1½ tablespoons milk
- ¼ cup butter, melted
- 1 tablespoon Tabasco sauce
- 1 cup creamed corn
- 1 cup grated cheddar cheese
- ½ cup sour cream
- ½ cup mayonnaise
- 1 white onion, thinly sliced



## Preparation

1. Butter 12 muffin tins or line them with paper liners
2. Preheat oven to 400 degrees
3. In a large bowl, combine corn-bread mix, milk, melted butter, Tabasco and creamed corn. Mix well.
4. Fill muffin tins (can be mini muffin tins, or normal-sized tins!) half full with this mixture
5. In another bowl, thoroughly combine cheese, sour cream, mayonnaise and onion.
6. Top each muffin with cheese mixture to fill tin. Bake for 30 minutes. Serve hot.



Myint Sein (ARNIC Student)

# Lahpet Thoke



## Ingredients

- 1 cup of fermented tea leaf (already soaked with peanut oil for at least one night)
  - 2 tablespoons of toasted sesame seeds
  - 3 tablespoons of roasted peanuts
  - 3 teaspoons of fried garlic crisps (fried thinly sliced garlic)
  - 1 tablespoon of fried split bean (after soaking overnight)
  - 2 tablespoons of dried shrimp or shrimp powder
  - 1/2 teaspoon of salt or fish sauce
  - 2 tablespoons of peanut oil
- Optional ingredients for your preference:
- 1 cup of shredded cabbage
  - 1 big tomato thin-sliced
  - 2-3 green chillies minced
  - Juice of 3/4 or 1 lime

## Preparation

1. Buy, by weight, original tea leaf that was already fermented by traditional means.
2. The fermented tea leaves have an extent of bitter taste so you can make it less bitter by mixing with 1-2 teaspoons of salt and 2 small cups of warm water for 4 ounces of fermented tea leaves.
3. Leave for at least 5-10minutes
4. While waiting, prepare 2-3 thin slices of ginger and 3-4 raw garlic that should be crushed into pieces.
5. After that, pour out all the water and then squeeze the tea leaves with both hands to clear off all the bitter tastes as much as we can.
6. Then add crushed ginger and garlic and 1/2 teaspoons salt and mix thoroughly.
7. Finally, soak with cooking oil up to totally cover all the ingredients in it.

That is basic step for home made tea leaf preparation of Lahpet Thoke. We can store these mixture in refrigerator and whenever we want to eat Lahpet Thoke. Those steps are not fixed rules and it just was my own style. Lahpet Thoke is a free style of appetiser.

Ermite Renald (ARNIC Student)

# Traditional Haitian "Kremas"



## Ingredients

- 2 cups of milk coconut (extract from ripe and fresh coconut)
- 1 can of evaporated milk
- 2 cans of sweetened condensed milk
- 1/2 cup of sugar
- 1 teaspoon of green lime zest
- 1 teaspoon of cinnamon and anise star
- 3 teaspoon of lime juice
- 2 cups of rum
- 1-2 teaspoon of vanilla extract

## Preparation

Remove the brown skin of the coconut pulp (the white part of the coconut) and grate it finely then sieve to extract the coconut milk. Put the coconut milk in a large (dry) bowl. Add the sugar, cinnamon, anise star, lime zest, 1 cup of rum and the evaporated milk. Mix all the ingredients thoroughly. Sieve the solution in another dry bowl. Add the condensed milk, the other cup of rum, the lime juice then the vanilla extract and mix them thoroughly. Put the solution into a dry glass bottle (like the empty rum bottle) for about 1 week or more. Serve alone or with cake. Note that there must not be any water in the coconut, bowl or bottle that you used. Make sure that you dry your coconut with a clean towel before using. The beverage will be a creamy consistency similar to a thick milkshake and varies from off-white to beige in color. Shake well before serving and enjoy.

Brian Decker (EiA Tutor)

# Fresh Cranberry Sauce



## Ingredients

- 1 (12-ounce; 340g) bag fresh cranberries
- 4 tablespoons sugar (brown or white)
- 1 cup water
- ½ cup apple cider or red wine (e.g., cabernet)
- 2- chopped and peeled mandarins, clementine or apples
- 1- chopped and peeled lemon
- 4-thin strips orange peel
- 4-thin strips lemon peel
- 1 cinnamon stick
- 1 teaspoon pure vanilla extract (optional)

## Preparation

- 1) Combine all ingredients in a medium saucepan.
- 2) Bring to a boil over medium-high heat, then reduce to a simmer.
- 3) Cook, stirring occasionally, until berries start to pop. Press berries against side of pan with a wooden spoon and continue to cook, stirring occasionally, until berries are completely broken down and achieve a jam-like consistency, about 20-25 minutes total.
- 4) Remove from heat and allow to cool about 30 minutes. Stir in water in 1-tablespoon increments to adjust to desired consistency. Cranberry sauce can be served immediately or stored in the refrigerator for several months.

Clare Collins (ARNIC Intern)

# Mom's Irish Soda Bread



I come from a very Irish family. My maternal grandparents are from County Galway and County Cork. My mom has always embraced her Irish heritage and has made this every year for Saint Patrick's Day. She loves to bake it while playing Irish music throughout the house. She bakes it for the family but also makes extra loaves for our close friends. She would even make some for our school bus driver when we were kids. It reminds me of home and how much I love my Irish heritage. Enjoy a slice of soda bread with butter and a cup of Barry's Irish tea!



Clare Collins (ARNIC Intern)

# Mom's Irish Soda Bread

## Ingredients

- 4 cups of all purpose flour
- 1 cup of sugar
- 1/2 teaspoon of salt
- 1 stick of melted butter
- 1 1/2 cup of raisins
- 1 1/2 cups of buttermilk
- 1 egg, slightly beaten
- 1-3 teaspoons of baking soda



## Preparation

Sift flour, sugar, baking powder and salt in a dry bowl. Add melted butter and mix. Stir in raisins. Combine buttermilk, egg, and baking soda in separate bowl. Make a well in the center of the dry batter. Pour the liquid batter into the well of the flour mixture. Place on a large iron frying pan or baking sheet. Use a knife to make a cross on the top. Add melted butter all over the top. Bake at 375 degrees Fahrenheit for an hour, or until golden brown and shrinks from the side of the pan. Enjoy with butter and a nice cup of Irish tea.



Branno Martinez (ARNIC Student)

# Mangu Plantains



A delicious Dominican meal!

## Ingredients

- 2 middle size green plantains
- 2 garlic cloves
- 2 eggs
- 2-3 slices of salami
- 2 slices of 1 avocado
- 2-3 tablespoons of olive oil

## Preparation

Boil the plantains in hot water for 7-10 minutes. Fry the two eggs. Fry the salami. Mash two garlic cloves. Mash the boiled plantains until they are soft and mix with garlic. Add as much olive oil that you would like. Put the fried eggs, salami, and two pieces of avocado with the mashed plantains on a plate and enjoy!

Hedda Kafka (EiA Tutor)

# Potato Latkes



**Reheat option:** Reheat frozen latkes directly from freezer in a single layer on a cookie sheet in a 400 degree oven, uncovered, 10-12 minutes.

## Ingredients

- 4 pounds unpeeled russet potatoes (about 5 large potatoes)
- 1 pound yellow onions (about 2 medium onions)
- 1/4 cup matzo meal
- 2 teaspoons kosher salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs, lightly beaten
- 1/4-1/2 cup (or more) vegetable oil
- 1/4 cup (or more) schmaltz (rendered chicken fat; optional)
- Apple sauce, for serving
- Sour cream, for serving

## Preparation

**Note:** May need food processor!

Using a food processor with a grating insert, grate the potatoes and then the onions, transferring grated vegetables to a large bowl when the bowl of the food processor is filled.

Working in batches, place the potatoes and onions in a clean dish towel and thoroughly wring out the excess liquid over the sink. Then transfer the potato-onion mixture to a large bowl.

The more liquid you remove, the crispier your latkes will be.

Reserve the potato-onion mixture. In another large bowl, whisk together the matzo meal, salt, and pepper. Add the eggs and whisk to combine. Add potato-onion mixture. Mix well. In a large skillet over medium heat, melt oil (and schmaltz) until a scant 1/4-inch depth of fat is reached. Drop tablespoons of latke mixture into the fat, spacing them 2 inches apart. Flatten latkes slightly using a spatula and cook, turning once, until crisp, golden brown, and cooked through, 3 to 4 minutes per side. Transfer latkes to wire racks in oven and season with salt. Keep latkes warm in oven and serve hot with applesauce or sour cream.

Elena Fedorova (ARNIC Student)

# Zucchini Cream Soup



Unfortunately or fortunately, here in the Bronx, I can't get some food I used to cook in my home country. Even pancakes come up differently because of different quality of local flour and milk, so I have to explore new recipes.

This is some kind of an adventure because you never know if it ends up with something delicious. So, this dish I discovered last month during my detox week. I would never have thought that detox could be so easy and not having anything in common with fast. When I cooked this dish for the first time, I was surprised how easy it was to cook, not time consuming and it tasted really good. Let's get into the details.

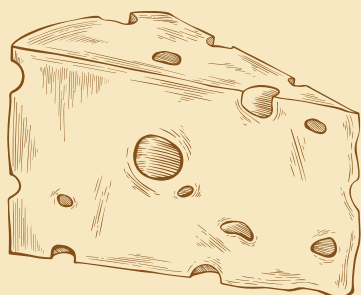


Elena Fedorova (ARNIC Student)

# Zucchini Cream Soup

## Ingredients

- • 1 big zucchini , chopped
- • 2 garlic cloves, chopped
- • 1 tbsp of olive oil
- • cilantro, dill or other green stuff, chopped
- • 1/2 of onion, chopped
- • water 1 1/2 cup (300 ml)
- • 2 tbsp of almond or other plant-based milk
- • Parmesan 20 Gr, shredded
- • Salt and freshly ground black pepper, to taste



## Preparation

Put all ingredients together in a pot with a little amount of water and braise it until it's ready (10-15 min). Add the rest of the boiled water. Using a blender, make a creamy texture. You can leave it lumpy or make it completely smooth. See, it's a piece of cake. Enjoy!

Igor Romanenko (ARNIC Student)

# Chocolate Sausage



## Ingredients

- 1 cup of milk
- 1 cup of sugar
- 2 sticks of butter
- 1 lb. of any cookies
- 3 - 4 tbsps. of cocoa powder

## Preparation

- Take a pan and put it on a stove.
- Melt the butter together with milk, sugar, and cocoa powder.
- Mix all together for a creamy consistency
- Put broken cookies in the sticky mix.
- Mix very well
- Put whole mix in plastic and make like a big sausage.
- Put in freezer for couple hours
- Cut into slices

This is not my own recipe, but it is my favorite and memorable cake from my childhood!

Ilia Kostsov (ARNIC Student)

# Russian Salad "Fur Coat" Seledka



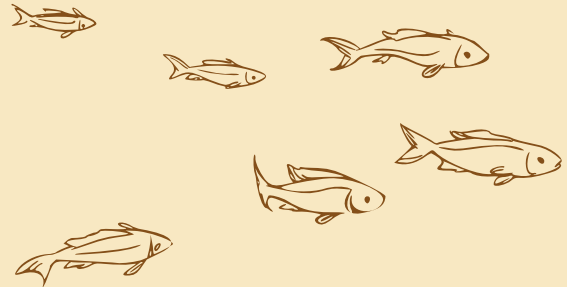
The history of herring under a fur coat goes back to the northern Scandinavian countries. They have always been famous for a large number of delicious fish, including herring. In the cookbooks of Norway in 1851, you can find a similar salad recipe called "Sillsallad", which means herring salad in Russian. The recipe includes herring, which was placed on the bottom of a large plate. Vegetables were laid out on top of it - boiled beets and carrots in thin circles, plus eggs. At the same time, all the ingredients were not mixed.

In Russia, this was first served on the eve of the 1919 New Year. "Fur coat" is a wonderful dish for holidays and every day. I remember this dish from childhood and it is the perfect comfort food of the New Year's table. Also, since I grew up in a fairly cold climate, this salad is very nutritious and high in calories. Nowadays, I can cook it myself easily and buy all the necessary ingredients or buy ready salad at any Russian store in Brooklyn without any problems. Also, for those who count calories, you can replace high-calorie mayonnaise with sour cream or yogurt.

# Russian Salad "Fur Coat" Seledka

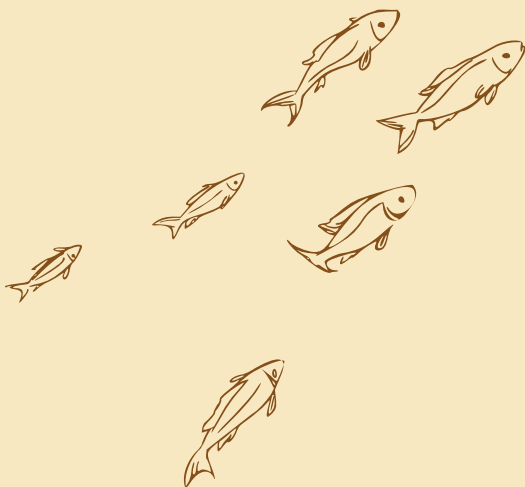
## Ingredients

- 4 potatoes
- 4 pieces of salty herring fillet chop in the middle size
- 1 large onion, minced.
- Vinegar
- 2 large carrots
- 2 beets
- 2 eggs



## Preparation

- 1) First layer: Potatoes, peel and boil potatoes then chop or use a middle grater
- 2) Second layer: Salty herring fillet chop in the middle size  
Marinate the onion in vinegar for a couple of minutes or scald with boiling water, after which the onion will be softer.
- 3) Third layer: Mince the 1 large onion
- 4) Fourth layer: Scrape and peel the carrots then finely chop or use middle grater
- 5) Fifth layer: Boil and peel the beets with a middle grater
- 6) Sixth layer: Boil and peel eggs and mince as a topping





Kateryna Skuba (ARNIC Student)

# Chocolate-Banana Bread (Cake)



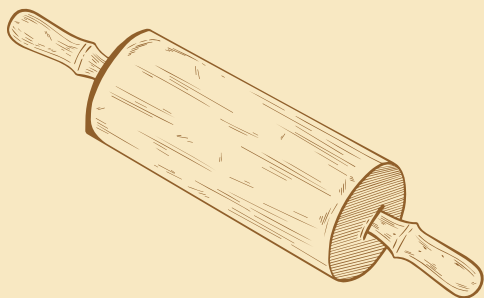
I chose this recipe because, in my opinion, it is really tasty and easy to bake. I bake it quite often when I need something for a dessert and I don't have a lot of time to bake. I learned this recipe in April this year when I took a course about baking Ester Cake. Our teacher gave us this recipe and said: "Ladies if you really don't have time to bake something try this recipe. It is super easy and the result is really good. You will definitely enjoy it."

Kateryna Skuba (ARNIC Student)

# Chocolate-Banana Bread (Cake)

## Ingredients

- 300 gr (10.5 oz) overripe bananas
- 125 gr (4.4 oz) all-purpose flour
- 145 gr (5.1 oz) brown sugar (or coconut sugar or any other you have)
- 114 gr (4 oz or 1 stick) unsalted butter
- 1 large egg
- 50 gr (1.7 oz) baking cocoa powder
- 1 tsp baking soda
- 1/2 tsp cinnamon (optional)
- 1/4 tsp salt (if you use salted butter you don't need to add salt)
- As you wish you can add nuts (walnuts or pecans) and chocolate chips. I personally like to add pecans and dark chocolate chips.



## Preparation

Mash bananas using a fork. I prefer don't use a blender because I like to feel little bananas pieces in the cake. Add melted butter, then egg and sugar. Mix them with the mashed bananas. Sift baking cocoa powder, flour, baking soda and cinnamon and add them to the mashed bananas. Add salt and mix everything. I usually use silicone loaf pan. But you can use any baking mold you have. If you have the metal or glass mold you need to oil it and line with the parchment paper. Transfer the pastry (dough) to the mold. Preheat your oven to 345 F and bake your bananas bread (cake) for about 55-60 minutes. Serve alone, with tea or coffee. Enjoy!

Larisa Krutilina (ARNIC Student)

# French Lentil Soup



Chockfull of vegetables and bacon, this lentil soup is a hearty and healthy meal unto itself.

I've got this recipe from my lovely neighbor Gadhot- a young woman from Paris. We met when I just came to New York and immediately began to chat nicely and became best friends who sometimes cook together, eat together and enjoy this crazy city together. That's how French cuisine came into my life and settled there. My next French favorite was the Rum French Apple Pie.

Talking about French Lentil soup: It is surprisingly easy to make (I can do it in my sleep), doesn't take long time, customizable with your favorite vegetables and full of bold, savory and deep flavors that everyone will love.

I am going to spill the beans: whether you're looking to eat better in the new year or chase away the winter depression, this lentil soup is just the ticket. I love it for its many layers of flavor. The smokiness of the bacon, earthiness of the lentils and sweetness of the vegetables. The key to success is to use French lentils. These small green lentils hold their shape when cooked and thicken the soup without turning it to mush.

Larisa Krutilina (ARNIC Student)

# French Lentil Soup

## Ingredients

- 3-5 slices bacon, finely chopped
- 1 tablespoon olive oil
- 1 large yellow onion, finely chopped
- 1 stalk of celery, finely chopped
- 2 medium carrots, diced
- 3 cloves garlic, chopped
- 1 14.5-oz can diced tomatoes
- 6 cups chicken broth, best quality is Swanson
- 1 cup French lentils (lentilles du Puy), or common brown or green lentils
- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- A few tablespoons chopped fresh parsley or dill (optional)
- Total cooking time: 1 h. 15 mins



## Preparation

- Chop the bacon, onions and celery very fine. Keep the carrots a bit larger so they don't disappear in the soup. If you don't eat pork, you can skip the bacon. Add smoked paprika if you don't want the bacon.
- Fry bacon over medium heat until crisp. Don't remove bacon fat before you add the vegetables to the pot: you'll need to cook the vegetables and it also adds flavor.
- Add olive oil, onions, celery, carrots, and garlic. Cook until the onions are soft, about 5 minutes. Add more vegetables if you wish.
- Add tomatoes, chicken broth, lentils, thyme, bay leaves, salt and pepper. Bring to a boil.
- Simmer for about 45-50 minutes (less for common lentils - 30 mins)
- Use a blender to puree the soup a little at a time until broth is slightly thick. Return blended soup to pot.
- Season to taste and put in soups with garnish with fresh parsley or dill.
- Bon appétit!



Narek Antonian (ARNIC Student)

# Morning Omelet



## Ingredients

- Serves 2
- 2 large eggs
- 1 tomato
- 1 small size sweet pepper
- Shredded cheese (according to your taste)
- Sea salt
- Freshly ground black pepper
- Butter
- Chopped parsley

## Preparation

- Crack the eggs into a shallow bowl and beat well with a fork
- Add salt
- Heat the organic butter in a skillet over low heat until the butter starts to foam
- Chop tomatoes and pepper to the small pieces
- Put veggies in the skillet and fry, till it becomes juicy and soft
- Add eggs to the skillet
- Heat it 5 min in low heat
- Add shredded cheese
- Transfer omelet to a warm plate, season with salt and pepper, and sprinkle generously with the freshly chopped parsley

# Eggs Benedict



When I was little, I used to read different books about what was in my country before the revolution, and there were always names of different dishes that fascinated me, but which were no longer around me. One of those names was the "Eggs Benedict." For some reason no one else in Moscow made Eggs Benedict. Or I just didn't go to such expensive restaurants. But when I came first time to New York in the first café (it was St. George on Greenwich), I saw the name on the menu. I of course immediately ordered them and was absolutely delighted to taste them, and to discover that such a familiar product as an egg could have such a new flavor.

Then I started trying to make these eggs myself at home and nothing worked! I must have been doing something wrong all the time. But then the Internet came along, and now I know how to make Eggs Benedict. And most importantly, I know my mistakes, which are so easy to repeat. So, my recipe is not only what to do, but also what not to do!

One last thing, all I have described here is the process of making poached eggs. They only become Benedict when you toast a piece of bread, put ham on it, and then put your eggs on top, with Hollandaise sauce. And yes, never put spinach instead of ham, otherwise you'll have Florentine eggs!

Nikolay Malinin (ARNIC Student)

# Eggs Benedict

## Ingredients

- 2 eggs
- 2 slices of ham
- 1 english muffin or bread of your choice
- Pre packaged hollandaise sauce
- Chives as garnish



## Preparation

1. Boil the water. But for God's sake, don't let it boil! The bubbles should be very small.
2. Pour two tablespoons of apple vinegar into the water. But don't make the same mistake as I did, and don't try pouring olive oil or sunflower oil into it.
3. Crack an egg and pour it into a spoon with holes in it, let it drain a little. Don't neglect this - otherwise you won't have a Benedict egg in the pot, but some kind of furry critter!
4. Don't put the egg in the water! First, take another spoon and stir the water vigorously - until a funnel forms in the center of the pan. Now place the egg- in the very center of that funnel.
5. Boil the egg for 3-4 minutes - no more than that! Otherwise, it will be a normal boiled egg.
6. Unfortunately, it is impossible to boil more than two eggs in one water: for some reason it loses its magic properties. Therefore, if there is more than one person in your family, you will have to start all this mess all over again!



Angela Wilkins (ARNIC Teacher)

# Bubble and Squeak



In our family, the best meals are often made from leftovers. Sunday's roast butternut squash and carrots become Monday's warming, savory soup, the remains of the week's bread are combined with dried fruit, cream, butter and eggs to become a decadent bread and butter pudding weekend treat. The motto, drummed into me by grandparents who had known food scarcity in wartime Europe, was "Waste not, want not!"

In the same way, left-over potatoes and Brussels sprouts become the delicious, and quirkily named, "bubble and squeak". The name apparently refers to the sound that is made while the ingredients are cooking: I can't say I've noticed it but my version tastes good, nonetheless. In the first recorded recipe (in England, in 1770), bubble and squeak was made of cabbage and beef, fried together. Now, most recipes omit the meat and are based around potatoes and either cabbage or Brussels sprouts. The basic, two-ingredient version is good, but this slightly fancier version gets the vote in my family. It can be made vegan by simply omitting the bacon and using a vegetable oil.



Angela Wilkins (ARNIC Teacher)

# Bubble and Squeak

## Ingredients

- 1 onion, finely chopped
- 1 clove garlic, chopped
- 20 (approx.) cooked Brussels sprouts, sliced
- 450 g /1 lb. cold cooked potatoes (mashed or boiled work best).
- 160 g / 6 oz cooked chestnuts
- 4 slices of bacon, chopped finely (optional)
- About 1 tbsp olive oil, (or butter, or goose fat or duck fat)
- Salt, freshly-milled black pepper



## Preparation

- Melt fat in skillet
- Fry bacon (if using), until it begins to brown
- Add the onion and garlic, fry gently to soften
- Add brussels sprouts to the pan, and fry over medium heat for about 5 mins
- Add potato. Work everything together to mix and heat through
- Distribute the chestnuts evenly over the mixture

Khadra (Friend of ARNIC Teacher)

# Somali Stew



When I was teaching in a large college in London, I met students from all over the world. Many were new immigrants who came to the UK as refugees or to seek asylum. Learning English as they built a new life, students sometimes studied at the college for several years, so we got to know each other well and spoke about many things. Cooking and food were subjects which always brought us together and one student, Khadra, shared this family recipe of a traditional stew from her home in Somalia. She used to bring a large pot of it to class when we celebrated special occasions. Whenever I make this dish, I am reminded of Khadra, a student I worked with more than 10 years ago but whose memory comes back to me each time I taste this fragrant and delicious stew.

Although the list of ingredients seems long, it's easy to prepare. Like many traditional Somali recipes, it contains meat, but it can be made vegetarian by omitting the chicken and including beans (fava beans are often used).

Khadra (Friend of ARNIC Teacher)

# Somali Stew

## Ingredients

- 2 large onions, chopped finely
- 2 garlic cloves, minced
- 1 tbsp fresh ginger root, minced
- 1 tsp each of ground spices: cumin, coriander, turmeric, cinnamon, cardamom, cloves and black pepper. (or less/more, to taste)
- 1 (or 2, depending on size and taste) hot chili peppers, chopped finely
- 2 large carrots, scraped and chopped
- 2 large potatoes, peeled and chopped
- 2 large tomatoes (or 14 oz can)
- 1 bell pepper (any color), chopped
- 1 can unsweetened coconut milk
- Squeeze tomato paste (around 1 tbsp)
- 1 cup yogurt (optional)
- 14 oz cooked fava beans, (or 14oz can) (optional)
- 1 lb. chicken (skinless and boneless) cut into pieces (optional)
- Salt and freshly ground black pepper, to taste

Feeds 4+!



## Preparation

Heat a little oil in a large pan or Dutch oven, fry the chicken pieces (if using) on all sides to brown, about 5 minutes. Remove from the pan and set aside. Add onion, garlic and ginger to the pan, fry over medium heat until softened. Add the spices and chili, fry over a gentle heat to release the fragrance. Add all remaining ingredients to the pot. Bring to a boil, reduce heat, cover and simmer until chicken is cooked and the vegetables are tender - about 45 minutes to 1 hour. The longer it cooks, the better it tastes! Uncover for the final 15 minutes to reduce the sauce. Adjust seasoning as necessary. Sprinkle with chopped cilantro, if liked. Serve alone, over rice or spinach, or with injera (Somali flat bread). Enjoy!

Dr. E. Quinn Peeper (Chairman, The English-Speaking Union)

Michael Harold (ESU Member, New Orleans Branch)

# Book Club Fish



"Book club fish, is a dish, we all know and love,  
In a pinch, it's a cinch! Assemble and shove."

"Book club fish, is a dish, inspires love and hake,  
In a pinch, it's a cinch! Assemble and bake."



Dr. E. Quinn Peeper (Chairman, The English-Speaking Union)

Michael Harold (ESU Member, New Orleans Branch)

# Book Club Fish


## Ingredients

- 4 skinless tilapia fillets or any white fish
- 4 plum tomatoes, halved
- 3 teaspoons olive oil
- 4 teaspoons of mayonnaise
- 4 teaspoons lemon juice
- Zest of 4 lemons
- 3 tablespoons grated Parmesan cheese
- 12 kalamata olives (pitted)
- Ground pepper
- Coarse salt
- 1 tablespoon of chopped parsley



## Preparation

Preheat oven to 450 degrees. In ovenproof dish arrange tomatoes in overlapping circle. Scatter chopped olives and lemon zest over tomatoes and season with salt and pepper. Drizzle with olive oil. In small bowl whisk mayonnaise, Parmesan cheese and lemon juice. Place fish on top of tomatoes. Season fish with salt and pepper and spread mayo mixture on top. Bake until fish is opaque throughout and topping is golden brown in spots. About 15 minutes. Sprinkle with parsley and serve hot. Never fails! It works like a charm every time.



Thank you to everyone who  
contributed to this cookbook.  
We hope you enjoy these  
delicious and diverse recipes!