



Cultural Program Plan

Program Name: A Taste of Sokol

Department/Focus Area: Cultural

Summary: A program that will teach cooking through different ethnic recipes, as well as provide cultural information about a variety of countries to people of all ages.

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Version	Date	Author	Change Description
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1 PROGRAM DESCRIPTION

This program is designed to teach the tastes and techniques for cooking the foods of various countries through ethnic recipes and provide information about these different cultures to a wide range of ages. It will also instruct the participants in basic food safety, kitchen sanitation, kitchen equipment and recipe reading.

2 INTENTIONS

2.1 GOALS

- ⑧ To culturally enrich Sokol members and non-members of the community at all age levels through cooking and tasting the foods of different cultures.
- ⑧ To provide the opportunity to learn, understand and appreciate the history, geography, and cultural diversity through ethnic cooking.
- ⑧ To provide the opportunity to work together as a group and individually through cooking.

2.2 OBJECTIVES

- ⑧ To provide classes for all ages and skill levels.
- ⑧ To provide appreciation for cultural diversity in our community through ethnic cooking classes.
- ⑧ To provide Sokol units with information to run successful ethnic cooking classes.
- ⑧ To provide a Certification through Sokol upon completing the Taste of Sokol Program.
- ⑧ To provide Sokol units with a lesson plan form, suggested ethnic recipes and “Certificates of Completion” for this program.

3 AGE GROUP BREAKDOWN

- 3.1 AGE GROUP 1 – Children (Ages 3 - 5)**
Children – 4 class program – 1 hour per class
- 3.2 AGE GROUP 2 – Children (Ages 6-12)**
Children – 4 class program – 1 hour per class
- 3.3 AGE GROUP 3 – Teens (Ages 13-17)**
Teens – 4 class program – 1-2 hours per class
- 3.4 AGE GROUP 4 – Adults (Ages 18 +)**
Adults – 6 class program – 2-3 hours per class
-

4 PROGRAM CONTENT

4.1 AGE GROUP 1

- | | |
|---------|-------------------------------|
| Class 1 | A Taste of the Czech Republic |
| Class 2 | A Taste of Germany |
| Class 3 | A Taste of the United States |
| Class 4 | A Taste of Mexico |

4.2 AGE GROUP 2

- | | |
|---------|---------------------|
| Class 1 | A Taste of Japan |
| Class 2 | A Taste of Cambodia |
| Class 3 | A Taste of Cuba |
| Class 4 | A Taste of India |

4.3 AGE GROUP 3

- | | |
|---------|----------------------|
| Class 1 | A Taste of Africa |
| Class 2 | A Taste of Italy |
| Class 3 | A Taste of Australia |
| Class 4 | A Taste of Jamaica |

4.4 AGE GROUP 4

- | | |
|---------|-------------------------------|
| Class 1 | A Taste of Poland |
| Class 2 | A Taste of the Czech Republic |
| Class 3 | A Taste of France |
| Class 4 | A Taste of Ireland |
| Class 5 | A Taste of Italy |
| Class 6 | A Taste of Puerto Rico |

5 PROGRAM REQUIREMENTS

- ⑧ To have a knowledgeable, enthusiastic and efficient Cook/Demonstrator to ensure desired quality.
- ⑧ The Cook/Demonstrator does not have to be the same person for each of the different age groups. However, it is strongly recommended that the same person teach all 4-6 classes within the age group for consistency within the program.
- ⑧ The Cook/Demonstrator shall determine whether their classes will be demonstration-style or hands-on classes.
- ⑧ The Cook/Demonstrator shall determine whether your Sokol unit kitchen or “home” kitchen has adequate space for the number of participants enrolled in the program.
- ⑧ The Cook/Demonstrator shall have prepared lessons in hard copy (form provided), which will also act as a handout for their class participants to take with them.
- ⑧ The Cook/Demonstrator can choose to use any or all of the “sample” recipes from prescribed countries or use one or more of their own, as long as it follows the same format as the “samples” and are age appropriate.
- ⑧ The Cook/Demonstrator can select any or all of the “suggested” countries provided or use one or more of their own ideas, as long as it follows the same format as the “samples”. This shall include cultural information about the country.
- ⑧ The Cook/Demonstrator shall incorporate/introduce safety and sanitation in the kitchen, along with how to: read a recipe, measuring techniques, cutting styles, spices, cookware, utensils, etc. as part of their classes.
- ⑧ Class participants to receive a Certificate of Completion at the end of program (form provided).

6 RESOURCE LIST

Specialty	Name	Contact Information
	Program Team Members	Available through the American Sokol Office
	Taste of Sokol suggested ethnic recipe listing, lesson plan form and certificate of completion form	Available through the American Sokol Office or possibly on the American Sokol Website.

7 SUGGESTED IMPLEMENTATION

- ⑧ A Cooking/Program Coordinator can be used to organize the schedule, promote the classes, and seek out volunteers to act as Cook/Demonstrator for the specified age groups for this Cultural Program in your unit.
- ⑧ Poll your membership to see if there are members willing to provide a cultural cooking experience for your unit and the community.
- ⑧ Classes could be offered every other week or weekly – depending what your Cook/Demonstrator thinks and what may work best for your participants. But this must be determined prior to publicizing the classes.
- ⑧ Announce your cooking classes on your unit website and unit newsletter, post on your gym bulletin board, hand out flyers to all classes and distribute flyers at your local community centers and libraries.
- ⑧ Offer children’s classes on non-gym nights to avoid conflicts.
- ⑧ Possibly offer adult classes on the children’s gym night to get parents to attend them.
- ⑧ If a class doesn’t fill up or get much interest, don’t be discouraged. Try a different day or time later on in the year.
- ⑧ The Cook/Demonstrator or perhaps the Cooking Program Coordinator shall record a review of the classes including what did or did not work. This review will indicate how successful the students were in reaching the goals. This review shall be turned into the National Sokol Office (possibly to a National Program Director).

8 FREQUENTLY ASKED QUESTIONS

Question	Answer
Our Unit does not have a building and/or kitchen to use. How would we run the program?	Alternate lessons at members' houses.
How do we find instructors for this class?	Survey your membership for those members who would be interested in teaching a class(es).
Do we need a permit from the health department to hold classes in our unit kitchens?	Every state has a different set of rules with health permits. Check with your state health department.

9 MISCELLANEOUS NOTES

Suggestions to SPTF & Executive Board : A link be created on the American Sokol Website for the Cooking Program where we could create a recipe book for all to share recipes, create a monthly website "Cooking Newsletter", and/or video tape cooking lessons to put on website.

10 APPENDIX A



A Taste of _____

Cook/Demonstrator Name: _____

Please select one age group:

Children (Ages 3-5) Children (Ages 6-12) Teen (12-17 years old) Adults (18+)

Recipe Name:

Ingredients:

Preparation:

Cultural information:



A Taste of Sokol

Name: _____

Age: _____

*In recognition of successfully completing
A Taste of Sokol Cultural Cooking Program.*

Signed By: _____ Date: _____
Cook/Demonstrator

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Food Safety and Sanitation in the Kitchen (website: www.fsis.usda.gov)

Safe steps in food handling, cooking, and storage are essential in preventing food borne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!® guidelines to keep food safe:

- ④ **Clean**—Wash hands and surfaces often.
- ④ **Separate**—Don't cross-contaminate.
- ④ **Cook**—Cook to proper temperatures, checking with a food thermometer.
- ④ **Chill**—Refrigerate promptly.

Shopping

- ④ Purchase refrigerated or frozen items after selecting your nonperishables.
- ④ Never choose meat or poultry in packaging that is torn or leaking.
- ④ Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- ④ Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).
- ④ Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.
- ④ Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- ④ Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- ④ To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- ④ In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored unopened on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years-if the unopened can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Thawing

- ④ **Refrigerator**—The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- ④ **Cold Water**—For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- ④ **Microwave**—Cook meat and poultry immediately after microwave thawing.

Preparation

- ⑧ Always wash hands with soap and warm water for 20 seconds before and after handling food.
- ⑧ Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, knife, and counter tops with hot, soapy water.
- ⑧ Marinate meat and poultry in a covered dish in the refrigerator.
- ⑧ Sanitize cutting boards by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

Cooking

Cook foods to the recommended safe minimum internal temperatures listed below.

- ⑧ Check temperatures with a food thermometer.

Serving

- ⑧ Hot food should be held at 140 °F or warmer.
- ⑧ Cold food should be held at 40 °F or colder.
- ⑧ When serving food at a buffet, keep hot food hot with chafing dishes, slow cookers, and warming trays. Keep cold food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- ⑧ Use a food thermometer to check hot and cold holding temperatures.
- ⑧ Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

Leftovers

- ⑧ Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).
- ⑧ Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- ⑧ Use most cooked leftovers within 3 to 4 days. (See chart.)

Refreezing

- ⑧ Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

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Kitchen Equipment

Just as a carpenter needs the proper tools, every cook needs the right equipment in the kitchen to create delicious meals. While you may not need everything on this list to get started, it serves as a helpful reference as you begin equipping your kitchen.

Pots and Pans

These kitchen essentials can range anywhere from the inexpensive to the very costly. There are also many different types. It's a good idea to talk to some friends to see what their favorites are, and to browse the department store to see what appeals to you.

Sometimes you get a nice deal by buying a set, but it can also make good sense to buy one pot to see how well you like it before committing to an expensive set.

At the minimum you'll need:

- ⑤ Large skillets (10 inch and 12 inch)—preferably heavy aluminum skillets with nonstick coating (copper and cast iron are great, but also expensive and sometimes not as "forgiving" to a new cook).
- ⑤ Large pot with lid—an 8-quart pot is big enough to cook pasta, but if you're going to make stock, buy a 16-quart pot.
- ⑤ Saucepans with lids—a 1- to 3-cup size, a 1- to 1-1/2-quart size, & a 4-quart size.
- ⑤ Roasting pans—an 8 x 12-inch or 9 x 13-inch metal roasting pan; and an 8- or 9-inch square metal baking pan.
- ⑤ Bowls—small, medium, and large. Stainless steel are inexpensive and useful.
- ⑤ A steamer insert—a collapsible aluminum basket-like utensil, used for steaming vegetables and other foods.

Bakeware

Baking/cookie sheets—look for the kind without edges for cookies, but also keep in mind that many cooks use these items to bake other dishes.

- ⑤ A 9 x 13-inch nonstick baking pan—essential for a one-layer sheet cake and brownies. This size pan is also great for macaroni and cheese, and dishes like scalloped potatoes; however, some people prefer to reserve the nonstick pan for desserts and purchase a glass pan for stickier dishes to preserve the finish. Also note that nonstick bakeware will last longer if it is washed by hand in warm soapy water.
- ⑤ Pastry pans—this includes pie plates (9-inch, oven-proof glass), bread pans (two 9 x 5-inch, nonstick aluminum loaf pans), cake pans (two or three 9-inch pans), and muffin tins (several inexpensive aluminum types).

Utensils

Keep in mind that for all of these items you'll need to consider the type of cookware and bakeware you've purchased. If you've chosen the kind with nonstick finish, be sure to choose plastic—not metal—utensils. These will help protect the finish of your cookware and bakeware.

- Ⓢ Long-handled heavy-duty spoon and soup ladle
- Ⓢ Spatula
- Ⓢ Whisk
- Ⓢ Measuring cups (start with a 2-cup glass or plastic cup for liquids, and a set of 1/4- to 1-cup dry measurers)
- Ⓢ Measuring spoons (buy at least two sets)
- Ⓢ Wooden spoons
- Ⓢ Brushes (for spreading oil, melted butter, marinades, etc.)

Cutting Boards

Some cooks swear by wood, and some swear by plastic cutting boards. One of the nice advantages to plastic cutting boards is that different colors can represent boards for meat, chicken, garlic and onions, and vegetables. That way there's less worry about contamination and transferred food odors.

Knives

A good set of knives is essential for chopping, dicing, and preparing your ingredients. High-carbon steel knives are recommended by chefs and experienced cooks alike. A versatile knife that is essential is the 8-inch chef's knife—an all-purpose blade used for chopping and slicing. Don't bother with a carving or slicing knife right away—you won't use it very often, and your chef's knife can handle most of those duties for a while. You'll need two or three paring knives (3 or 4 inches long) for peeling, trimming, and other precise cutting. A serrated bread knife is a must, too. And buy a blade sharpener to keep your knives working at peak efficiency.

Miscellaneous

- Ⓢ Can opener (that would be one of those obvious ones!)
- Ⓢ Colander (any type with holes in it to drain liquid)
- Ⓢ Pepper grinder
- Ⓢ Instant-read thermometer
- Ⓢ Timer
- Ⓢ Metal racks (for cooling baked goods, and roasting)
- Ⓢ Handheld or box grater (for grating cheese, lemon peel, etc.)
- Ⓢ Meat thermometer
- Ⓢ Melon baller (for coring pears and apples)
- Ⓢ Funnel
- Ⓢ Ricer (for making mashed potatoes)
- Ⓢ Rolling pin (for making pie crust)
- Ⓢ Vegetable peeler
- Ⓢ Food processor—it can grate large amounts of anything in short order, and it can make pie and bread dough in minutes
- Ⓢ Electric mixer—especially if you plan to bake
- Ⓢ Blender—a traditional upright or handheld miniature

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How to Read a Recipe (for Kids)

Reading a recipe isn't like reading a book. It's a set of instructions for preparing a food or drink. Once you know how to follow a recipe, you can get cooking!

Recipe Name

The recipe name tells you what you'll be making. Some recipes also give a few words of description about the food or drink. For example, it might say, "Tropical Fruit Smoothie - a healthy and refreshing summer drink."

Some recipes include a picture or drawing, too, to show you what the food or drink will look like when it's done.

Servings

The number of servings is important because you probably want to know how much the recipe will make. For instance, will you have enough muffins for the whole class?

Most kids' recipes make just a few servings because it's easier for kids to work with smaller amounts of food. But it's easy to make more (a double or triple batch) or to make less (cut the recipe in half). Ask an adult to help you figure out how much of each ingredient you'll need.

Nutritional Analysis

Some people look at the nutritional analysis (say: noo-trish-nul uh-nah-luh-sus) of a recipe before deciding to make it. This tells you how many calories one serving of the recipe contains. It also might list:

- Ⓢ fat
- Ⓢ protein
- Ⓢ carbohydrates
- Ⓢ fiber
- Ⓢ minerals (such as calcium or iron)
- Ⓢ vitamins (such as vitamin C)

This information can be especially important for kids and adults who must follow special diets to stay healthy.

Time

Time tells you about how long it will take to prepare the recipe. This is good to know because then you'll know how much time you'll need. And, if you're making dinner, you'll know how early you'll have to start making it.

Most recipes for kids don't take a lot of time to prepare. Some recipes will have the time divided into two parts: **prep time** and **cooking time**. Prep (short for "preparation") time is when you'll be busy in the kitchen. You'll be mixing, mashing, stirring, and doing whatever else the recipe's instructions say to do.

Cooking time is when the food is actually in the oven or on the stove top. (Remember that when a recipe uses the oven or stove top, you'll need your adult assistant.) With some recipes, you don't need to do anything during the cooking time. You can hang out nearby, do homework, or set the table. But with other recipes, you might need to stir or check on something every so often.

Ingredients

This is a list of all the items you'll need to make the recipe. Most ingredient lists in kids' recipes are easy to follow. Some even have drawings, so there might be a picture showing exactly how many cups of flour or eggs you will need.

Sometimes a recipe will also include special ingredient information like:

- Ⓢ Optional ingredients, which aren't critical for the recipe, but can be used for added flavor or make the recipe a little bit different.
- Ⓢ Ingredients without a specific measurement. It might say, "Salt, to taste." This means you can add as much or little as you like to the recipe. A little usually goes a long way. And if it's not enough, you can always add more. You can't, however, take it back if you put in too much.

Some ingredient lists may tell you what you need to do before you even get to the directions. For example, "one stick of margarine, cut into 2-inch pieces," or "one egg, beaten."

Finally, some recipes may suggest ways that you can change the recipe by using different ingredients. This can be helpful if you're out of a certain ingredient or you're allergic to an ingredient (a kid who is allergic to nuts can make cookies with raisins in them instead, for example).

Directions

The directions tell you the steps you need to take to make the recipe. **Always** read the directions first, from start to finish. Doing this will tell you:

- Ⓢ If you need your adult assistant's help; and
- Ⓢ If there's anything you don't understand.

Preheating the oven is an important first step and you'll need an adult to help you. In many recipes, the directions are numbered or written on separate lines to make them easier to understand and follow. Some kids' recipes will have drawings here, too. For example, these drawings may show you how to roll out dough, grease a pan, or mix batter.

Serving Suggestions

Some recipes suggest ways of serving the dish you are making or other foods to serve alongside it. For example, a homemade salsa recipe might say, "Serve with blue-corn tortilla chips for dipping." A grilled chicken recipe might say, "Serve with brown rice and asparagus spears."

But you are the chef, so you can decide how you want to serve your creation. Good luck and bon appétit - that's French for enjoy your food!

15 APPENDIX F



A Taste of Sokol Ethnic Recipes Index

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A Taste of the Czech Republic

Cook/Demonstrator Name: _____

Age Group: Children (Ages 3-5)

Recipe Name: Czech Sugar Cookies

Ingredients:

1 cup margarine	1 cup shortening
1 cup powdered sugar	1 cup white sugar
2 eggs	1 teaspoon vanilla
1 teaspoon soda	1 teaspoon cream of tartar
4 cups flour	

Preparation:

1. Cream shortening and sugar.
2. Add eggs and vanilla.
3. Stir in remaining ingredients.
4. Roll dough into balls. (walnut size)
5. Roll in powdered sugar. Do not flatten.
6. Place on greased cookie sheet.
7. Bake at 375°F for 10-12 minutes.

Cultural information:

- Ⓢ The Czech Republic is a country in Central Europe. Czech is the language that is spoken.
- Ⓢ Czech Knedlíky (boiled sliced dumplings) are one of the mainstays of Czech food and are often served with meals. Roast pork with dumplings and cabbage is considered the most popular Czech dish.
- Ⓢ Many European pastries and cakes came from this country.
- Ⓢ Kolacky is a type of pastry with fillings ranging from fruits to cheeses inside a bread roll.



A Taste of Germany

Cook/Demonstrator Name: _____

Age Group: Children (Ages 3-5)

Recipe Name: Potato Pancakes (Kartoffelpuffer)

Ingredients:

6 medium potatoes grated	1 medium onion grated
2 eggs	½ teaspoon salt
dash of pepper	4 tablespoons of flour
1 teaspoon of parsley	2 tablespoons of oil

Preparation:

1. Peel and grate potatoes. Drain liquid.
2. Mix potatoes with eggs, grated onion, salt, parsley and pepper.
3. Heat oil in skillet, put in batter 3 tablespoons at a time. Spread batter evenly.
4. Fry on both sides until golden brown.

Cultural information:

- Ⓢ Germany is a country in Europe. German is the language spoken.
- Ⓢ Pork, beef, and poultry are the main varieties of meat consumed in Germany. Vegetables are often eaten in stews or vegetable soups, but can also be served as a side dish
- Ⓢ Potatoes are most often served boiled in salt water, but mashed and fried potatoes also are traditional, and Pommes Frites (french fries) have now become very common.
- Ⓢ A wide variety of cakes and tarts are prepared throughout the country, most commonly made with fresh fruit.



A Taste of the United States

Cook/Demonstrator Name: _____

Age Group: Children (Ages 3-5)

Recipe Name: Dirt Cups

Ingredients:

2 cups cold milk

1 package (4 serving size) Jello Chocolate Pudding

1 tub (8 oz.) Cool Whip Whipped Topping, thawed

1 package (16 oz.) chocolate sandwich cookies, crushed

8-10 (7 oz.) plastic cups

Suggested Decorations: gummy worms & frogs, candy flowers, chopped peanuts

Preparation:

1. Pour milk into large bowl. Add pudding mix. Beat with a whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.
2. Stir in whipped topping and half of crushed cookies.
3. Fill cups $\frac{3}{4}$ full with pudding mixture. Top with remaining crushed cookies. Refrigerate for 15 minutes. Decorate.

Cultural information:

- Ⓢ The United States of America is made up of 50 states. What state do you live in? The United States is home to many cultures. English is the language that is spoken.
- Ⓢ Traditional American foods uses ingredients such as turkey, potatoes, sweet potatoes, corn, squash, and maple syrup. These foods were first used by Native Americans and early European settlers.
- Ⓢ Jello is one of America's most popular desserts. The name Jello is often used when referring to gelatin or pudding.



A Taste of Mexico

Cook/Demonstrator Name: _____

Age Group: Children (Ages 3-5)

Recipe Name: Mexican Pizza

Ingredients:

1 pound of ground beef	2 cups shredded cheddar cheese
1 cup mild salsa	1 cup sour cream
4 (10 inch) flour tortillas	¼ cup green onions (thinly sliced)
Olive oil	

Preparation:

1. Brush tortillas with a little olive oil on each side and place on baking tray. Bake at 350°F for approximately 10 minutes or until crispy.
2. In a large skillet brown ground beef until no longer pink and drain. Add salsa to ground beef and heat through.
3. Divide the ingredients evenly among the four tortillas. Spread each crispy tortilla with a thin layer of sour cream. Top with ground beef and salsa mixture. Then top with cheese and green onions.
4. Place tortilla pizza on a baking tray and bake at 350°F for approximately 5 minutes or until cheese is melted and bubbly.

Cultural information:

- Ⓢ Mexico is located in North America.
- Ⓢ Spanish is the language that is spoken.
- Ⓢ Mexican food is known for his strong and different flavors with colorful decorations and a lot of spices.
- Ⓢ The most recognized dishes are tacos, quesadillas, and enchiladas.



A Taste of Japan

Cook/Demonstrator Name: _____

Age Group: Children (Ages 6-12)

Recipe Name: Rice

Prep Time: 5 minutes

Cook Time: 45 minutes

Yield: 4 servings

Ingredients:

2 cups rice

2 ¼ cups water

Preparation:

1. Always rinse the rice before cooking. Place the rice in a large bowl and fill it with tap water.
2. Stir the rice with your hand a few times and then drain the water right away, being careful not to scatter the rice.
3. Repeat two times.
4. Now stir the rice again, this time with less water in the bowl, squeezing the rice in the palm of your hand as you stir. Change the water periodically until all the rice shavings have been washed off and the water stays clear even when stirred.
5. Drain off the water and let the rice stand on a sieve for about 30 minutes. This is to let the rice absorb the water on its surface so that it cooks soft and moist.
6. Place the rice and the measured water in a heavy pot, cover with a tight-fitting lid, and cook over a medium flame for around 5 minutes. Turn up the flame until the steam begins spurting out from the lid, at which point you should lower the gas to a very low flame.
7. When all the water is absorbed, turn off the gas and let stand for around 10 to 15 minutes with the lid on.

Notes:

- ⑧ Although the recipe is for the kind of rice sold in Japan, you can use similar varieties that are grown in California and Spain (Japonica).
- ⑧ Be sure to use a thick pot with a heavy lid. To cook 2 cups of rice, you'll need a pot that's around 15 centimeters (6 inches) in diameter and 12 centimeters (5 inches) deep. The rice might spill over if the pot's too shallow.
- ⑧ You should adjust the amount of water you use depending on the type of rice and season. Rice that's just been harvested needs less water - about the same amount as the rice.
- ⑧ The instructions above are for when cooking over a gas burner. If you're using an electric stove, turn off the switch when steam starts spurting out from the lid and allow the pot to stand for around 20 minutes.
- ⑧ Lift the lid as little as possible to keep the temperature inside the pot from falling and the steam from escaping. If after cooking the rice is still hard on the inside, you can place the pot of rice with the lid on in a moderately warm oven for about 10 to 15 minutes.

Cultural information:

- ⑧ The word for "meal" in Japanese is *gohan*. This word actually refers to steamed rice, but rice is such an important food to the Japanese that *gohan* has come to mean all sorts of meals - even Western ones like spaghetti.
- ⑧ The most traditional Japanese meal is a serving of plain, white rice, along with a main dish (fish or meat), some kind of side dish (often cooked vegetables), soup (either *miso* soup or clear broth), and pickled vegetables.
- ⑧ Before eating, Japanese people say "*itadakimasu*," a polite phrase meaning "I receive this food." This expresses thanks to whoever worked to prepare the food in the meal.
- ⑧ Many people eat by taking a bite of the main or side dish, then eating a little rice, and then having a sip of soup straight from the bowl (soup isn't usually eaten with a spoon). A little rice is saved until the end of the meal, when it is eaten with the pickled vegetables.
- ⑧ After eating, people once again express their thanks for the meal by saying "*gochiso sama deshita*," which literally means "it was quite a feast."



A Taste of Cambodia

Cook/Demonstrator Name: _____

Age Group: Children (Ages 6-12)

Recipe Name: Banana Rice Pudding

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

1 1/2 cups brown rice -- cooked

1 medium banana -- cut in slices

1/4 cup water

1 teaspoon pure vanilla extract

1/2 teaspoon ground nutmeg

1 cup nonfat milk

1 can fruit (15-ounce can) -- cut in slices

2 tablespoons honey

1/2 teaspoon ground cinnamon

Preparation:

1. In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil.
2. Reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy.
3. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes.
4. Serve warm.

Cultural information:

- Ⓢ A Cambodian meal almost always includes a soup, which is eaten with the other courses.
- Ⓢ Fish is the nation's mainstay, and grilled freshwater fish, wrapped in lettuce or spinach and dipped into a nutty fish sauce, is a particular specialty.
- Ⓢ Salad dishes are flavored with coriander, mint and lemon grass - three flavors which find their way into many Cambodian dishes.
- Ⓢ The French influence is seen in the bread, baked turtles and frog's legs which are sold in the markets.
- Ⓢ Sweet dishes include sticky rice cakes and jackfruit pudding.



A Taste of Cuba

Cook/Demonstrator Name: _____

Age Group: Children (Ages 6-12)

Recipe Name: Tostones

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

Vegetable oil for frying

Green plantain (See below), peeled and cut into 2" slices

Salt

Preparation:

1. Peel the plantain: Cut the ends of each plantain off with a sharp knife. Use the knife to cut through the peel only the entire length of the plantain. Loosen the peel along the cut and remove peel by hand.
2. Cut the plantain into slices, about 2" to 2 1/2" wide.
3. Fill a large skillet a third full with oil and heat over medium-high heat to a temperature of about 300 degrees F. Once the oil is hot, fry the plantain slices for approximately 3 to 5 minutes, turning once, just long enough to make them soft.
4. Remove the plantains and drain on paper towels. Use a plantain press or a brown paper bag folded over to smash the plantains to about half their thickness.
5. Let the oil come back to a higher temperature -- this time about 375 degrees F. Fry once again, turning occasionally, until golden brown on both sides.
6. Remove and use paper towels to absorb excess oil. Sprinkle with plenty of salt and serve.

Cultural information:

- Ⓢ Cuban cuisine has been influenced by Spanish, French, African, Arabic, Chinese, and Portuguese cultures.
- Ⓢ Traditional Cuban cooking is primarily peasant cuisine that has little concern with measurements, order and timing.
- Ⓢ Most of the food is sautéed or slow-cooked over a low flame.
- Ⓢ Very little is deep-fried and there are no heavy or creamy sauces
- Ⓢ Most Cuban cooking relies on a few basic spices, such as garlic, cumin, oregano, and bay laurel leaves.

- ⑧ Many dishes use a sofrito as their basis. The sofrito consists of onion, green pepper, garlic, oregano, and ground pepper quick-fried in olive oil. The sofrito is what gives the food its flavor. It is used when cooking black beans, stews, many meat dishes, and tomato-based sauces.
- ⑧ Meats and poultry are usually marinated in citrus juices, such as lime or sour orange juices, and then roasted over low heat until the meat is tender and literally falling off the bone.
- ⑧ Plantains are a staple in the Cuban diet and the cause of many arguments! Cubans use plantains in many different dishes, but you most frequently see them served as plátanos maduros (fried sweet plantain) and tostones. Tostones are the crisp round "cookies" of plantain.



A Taste of India

Cook/Demonstrator Name: _____

Age Group: Children (Ages 6-12)

Recipe: Mango Lassi: Mango Smoothie

Prep Time: 5 minutes

Cook Time: 3 minutes

Yield: 4 servings

Ingredients:

1 ½ cups diced fresh mango

½ cup fresh orange juice

½ cup ice cubes

2 tablespoons rose water

1 ½ cups plain yogurt

Preparation:

1. In a blender, combine the mango, orange juice, ice, honey and rose water.
2. Process on high speed until well-combined, about 30 seconds.
3. Add the yogurt and process until frothy, about 45 seconds. Serve.

Cultural information:

- ⑧ India has over 1 billion inhabitants and 15 major languages.
- ⑧ Instead of multiple courses, Indian meals are based around rice or bread served with an assortment of savory dishes; this is called a thali and in the South it's often served on a large banana leaf.
- ⑧ Most people in India believe that eating with their hands makes the food taste better and wash carefully before and afterwards.
- ⑧ A large portion of the Indian population practice some form of vegetarianism – the Hindu and Sikh don't eat any beef and many Hindu people don't eat any meat at all.



A Taste of Africa

Cook/Demonstrator Name: _____

Age Group: Teens (Ages 13-17)

Recipe Name: African Peanut Soup

Ingredients:

2 tsp olive oil	2 medium onions, chopped
2 large red bell peppers, chopped	4 cloves garlic, minced
1 (28oz) can crushed tomatoes, with liquid	8 cups vegetable broth or stock
¼ tsp pepper	¼ tsp chili powder (optional)
2/3 cup extra crunchy peanut butter	½ cup uncooked brown rice

Preparation:

1. Heat oil in a large stock pot over medium high heat.
2. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning.
3. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.
4. Stir in rice, cover, and simmer another fifteen minutes or until rice is tender.
5. Stir in peanut butter until well blended, and serve.

Cultural information:

- Ⓢ African cuisine consists not only of indigenous influence, but also includes Arab, European, and Asian aspects.
- Ⓢ Traditional African diet includes milk, curd, and whey.
- Ⓢ In some parts of Africa, goats, sheep and cattle are considered currency and are not eaten as food.
- Ⓢ Typical West African meal would include heavy starches, light on protein and generous on fat.
- Ⓢ South African cuisine is often noted as “Rainbow Cuisine” because of the many different cultural influences in the cooking.



A Taste of Italy

Cook/Demonstrator Name: _____

Age Group: Teens (Ages 13-17)

Recipe Name: Pizza

Ingredients:

Pizza Dough (Can make two 10-12 inch pizzas, 4-5 six inch pizzas)	1 pkg. (2 ¼ tsp.) active dry yeast
1 ½ cups warm water (105-115 degrees F)	2 tsp. salt
3 ½ cups bread flour	2 Tbsp. olive oil
(all-purpose flour= crisper crust)	1 tsp. sugar
Can of Tomato sauce	Cornmeal
Pepperoni, cooked Italian sausage or	Basil, oregano, garlic
cooked ground beef	Mozzarella Cheese shredded

Other toppings: Green, red, and yellow peppers, mushrooms, onions, tomato slices, broccoli, black and green olives, ham, pineapple, Romano, Parmesan, cheddar cheeses

Preparation:

DOUGH

1. Combine the yeast with the warm water and let it sit for five minutes until the yeast dissolves.
2. Mix in olive oil, flour, salt and sugar with a mixer on low speed for about 1 minute.
3. Knead the dough by hand or electrically with a dough hook until dough is smooth and elastic (about 10 min.). Kneading removes gases produced by the yeast.
4. Place the dough in a bowl that has been coated lightly with olive oil and coat the dough with olive oil.
5. Cover with plastic wrap and let it sit in a warm place (75-85 degrees F) until it doubles in size, about 1 to 1 ½ hours. Dough can be placed in a warm oven but this usually decreases the quality of the dough.
6. After the dough has risen it can be refrigerated for several days or frozen for two weeks.

PIZZA

1. Remove the plastic cover from the dough and punch the dough down so it deflates a bit. Divide the dough to give each student a portion.

2. Each student will let the dough sit for ten minutes while they get their cookie sheet and ingredients ready.
3. With fingers covered with olive oil, start at the center and work the dough outwards to press the dough ½ inch thick and 5-6 inches around. Use your palm to flatten the edge of the dough where it is thicker. You can pinch the very edges if you want to form a lip.
4. Brush the dough with olive oil to prevent the dough from getting soggy from the toppings and let sit 5 minutes.
5. Lightly sprinkle your cookie sheet with cornmeal and place the stretched dough on top of it.
6. Lightly spread the tomato sauce over the dough. Sprinkle the Italian spices over the sauce.
7. Add whatever ingredients are desired.
8. Add the cheese last.
9. Place on the top shelf of a hot preheated oven (425-450 degrees F) for 10-15 minutes monitoring until the cheese is slightly brown. Remove, cool and enjoy.

Cultural information:

- Ⓢ Pizza originally is believed to have started in Italy in 1700's in Naples, but an ancestor did occur earlier with the Greeks and Romans. The Italians have many different pizza varieties:
 - Ⓢ Neapolitan Pizza: Thicker pizza with rim that puffs up during cooking.
 - Ⓢ Roman Pizza: No rim and thinner.
 - Ⓢ Sicilian Pizza: Incorporate toppings into the dough.
- Ⓢ Italian usually do not put tomato sauce on their pizza but use olive oil to keep the dough moist and the Naples pizza added garlic, small fish or anchovies and mozzarella cheese.
- Ⓢ The first Italian pizza restaurant "Port Alba" cooked the pizza in an oven heated to high temperatures with volcanic rock from Mt. Vesuvius.
- Ⓢ Pizza came to the US in 1905 by an Italian immigrant, Gennaro Lombardi, who opened a pizzeria in New York City.
- Ⓢ World War II GI's tasted pizza in Italy and increased the want for pizza when they returned home.
- Ⓢ In the US we have many variations of pizza and many different types of toppings:
 - Ⓢ Chicago Pizza: Deep dish pizza with the crust on the bottom, then cheese, filling and sauce on top. It may also have two crust layers, top & bottom.
 - Ⓢ California Pizza: Whole wheat dough, vegetables and ranch dressing, no tomato sauce.
 - Ⓢ New York Pizza: Thin with a thick outer crust and usually rectangular. Usually eaten folded in ½ because the crust is very thin. In the oven it is baked on the oven shelf without a cookie sheet or pizza stone.
 - Ⓢ Tex-Mex Pizza: Thin crust with beef, beans and Mexican spices.



A Taste of Australia

Cook/Demonstrator Name: _____

Age Group: Teens (Ages 13-17)

Recipe Name: Pavlova

Ingredients:

4 egg whites	1 ¼ cups white sugar
1 tsp vanilla extract	1 tsp lemon juice
2 tsp cornstarch	1 pint heavy cream
6 kiwi, peeled and sliced	Any other fresh fruit you desire

Preparation:

1. Pre-heat oven to 300 degrees F (150 degrees C). Line a baking sheet with parchment paper. Draw a 9 inch circle on the parchment paper.
2. In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Overbeaten egg whites lose volume and deflate when folded into other ingredients. Be absolutely sure not a particle of grease or egg yolk gets into the whites. Gently fold in vanilla extract, lemon juice and cornstarch.
3. Spoon mixture inside the circle drawn on the parchment paper. Working from the center, spread mixture toward the outside edge, building edge slightly. This should leave a slight depression in the center.
4. Bake for 1 hour. Cool on a wire rack.
5. Remove the paper, and place meringue on a flat serving plate. Fill the center of the meringue with whipped cream, sweetened if desired. Top whipped cream with kiwifruit slices.

Cultural information:

- ⑧ Australian cuisine began based off of British styles as it was brought by the first settlers. Australian recipes would generally be written in metric measurements. (This one has been converted for convenience!)
- ⑧ A breakfast food unique to Australia is “vegemite,” a black salty spread with vitamin B put on toast or bread.
- ⑧ While several American fast food chains are common in Australia, there are also many other “take-away” food shops that sell kebabs, gyros, or fish and chips.
- ⑧ Meats and fish that are natively Australian include, kangaroo, emu, barramundi, possum, wallaby, trevally, Moreton Bay bugs, flathead and yabbies.
- ⑧ Other unique or iconic national foods include the Chiko Roll, a deep-fried savory roll similar to a spring roll; Violet Crumble, a honeycomb chocolate bar; Jaffas, a candy-coated chocolate; Tim Tams, a chocolate biscuit; and the breakfast cereal Weet-Bix.



A Taste of Jamaica

Cook/Demonstrator Name: _____

Age Group: Teens (Ages 13-17)

Recipe Name: Jamaican Rice

Ingredients:

2 Tsp vegetable oil	1 large onion, sliced
1 red apple, cored and sliced	2 pinches curry powder
2 cups water	1 1/3 cups brown rice
2 tsp dark molasses	2 small bananas, sliced
2 Tsp unsweetened flaked coconut	

Preparation:

1. Heat the oil in a saucepan over medium heat.
2. Add the onion and red apple; cook and stir until onion is transparent.
3. Season with curry powder, and stir in the water.
4. Add the rice and molasses, cover, and cook over low heat until the rice is tender, and water has been absorbed, about 30 minutes.
5. Mix in the banana, then sprinkle the coconut on top.
6. Heat through for a moment over low heat before serving.

Cultural information:

- Ⓢ Jamaican cuisine includes several different styles from the many cultures that have immigrated to island.
- Ⓢ Ice cream is a favorite desert in Jamaica, but is usually made with coconut milk.
- Ⓢ Salt Fish (cod) is the national dish of Jamaica.
- Ⓢ Common Jamaican dishes include curry goat, fried dumplings, ackee and salt fish (cod), fried plantain, "jerk", steamed cabbage and "rice and peas" (actually kidney beans).



A Taste of Poland

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Pierogi (Polish Dumpling)

Ingredients:

1 $\frac{3}{4}$ cups flour	$\frac{1}{2}$ tsp. salt
2 slightly beaten eggs	$\frac{1}{3}$ cup water
1 Tbs. butter or margarine, melted	1-2 Tbs. sour cream

FILLINGS FOR PIEROGI:

POTATO-COTTAGE CHEESE FILLING

$\frac{1}{2}$ cup chopped onion
1 Tbs. margarine
1 $\frac{1}{2}$ cups mashed cooked potato (no milk, seasonings)
1 tsp. fresh (frozen) dill or $\frac{1}{2}$ tsp. dried dill
 $\frac{1}{4}$ tsp. salt
 $\frac{2}{3}$ cup dry-curd cottage cheese (drain wet cheese and save curds)

Prepare filling by cooking onion in margarine. Combine potatoes, dill, salt and a dash of pepper. Stir in cottage cheese and set aside.

FARMER CHEESE FILLING

2 eggs
2 egg yolks
2 cups shredded farmer cheese (12oz.)
2 tsp. lemon juice
 $\frac{1}{2}$ tsp. Salt

SAUERKRAUT FILLING

2 Tbs. cooking oil
1 cup chopped onion
1 cup mushrooms, chopped
1-14 oz. can sauerkraut, rinsed, drained and snipped into small pieces
¼ tsp. Salt
¼ tsp. Pepper
2 Tbs. dairy sour cream

With this filling, fry onions and mushrooms in oil and cook until tender. Stir in sauerkraut, salt and pepper. Cook 8-10 minutes. Remove from heat and add sour cream. The filling is ready to be added to the dough.

Preparation:

1. To prepare the dough for the dumpling, mix the salt with the flour. Mix in the eggs and water and add to the flour mixture. Knead 15-20 times. Cover and let stand for 10 minutes.
2. Roll out the dough to two 12 inch circles (1/8 inch thick). Cut into 3 inch round circles. Add 1 tsp. filling. Wet ½ of the circled edges and fold in half. With floured fingers seal the edges closed.
3. Gently place the pierogi in boiling water. Do not put them too close together and mix the pierogi while boiling so they do not stick to the bottom of the pan.
4. Boil uncovered 4-5 minutes until the dumplings are floating.
5. Rinse under hot water and add margarine so they do not stick together.
6. To eat add a little sour cream, butter and/or dill.
7. May be stored in the refrigerator for 1 week. To reheat fry in a Tbs. of butter.
8. Pierogi can also be frozen on a cookie sheet. When ready to serve, boil the dumplings 2-3 minutes, drain and add butter.

Cultural information:

- Ⓢ Poland with 121,000 square miles is the 5th largest country in Europe and the 33rd most populous country in the world.
- Ⓢ Since the removal of communist rule, the economy of Poland has had a sharp rise in the privatization of small and medium companies as well as an increase in consumer rights group. Even with the increases in business there is still high unemployment and many citizens seek work in England or Ireland.
- Ⓢ Noted Polish foods include:
 - a. Polish sausage: kielbasa
 - b. Red beet soup: barszcz
 - c. Tripe soup: flaczki
 - d. Cabbage rolls: gotabki
 - e. Polish doughnuts: paczki



A Taste of the Czech Republic

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Kolaches

Ingredients:

½ cup milk	1 tsp. salt
2 pkgs. Active dry yeast	4 egg yolks
½ cup warm water (110° to 115°)	4 ½ cups sifted flour
¾ cup butter or margarine	Fillings (recipes follow)
½ cup sugar	2 tblsp melted butter
	2 tblsp sifted confectioner's sugar

FILLINGS FOR KOLACHES:

COTTAGE CHEESE FILLING

24 ounces cottage cheese
½ cup sugar
¼ cup dry tapioca (to absorb moisture)
Combine and spoon into kolache dough.
Yield: Fills 2 dozen kolaches

BASIC FRUIT FILLING

16 ounces fruit (such as prunes or apricots)
Enough water to barely cover fruit (about ¼ to ½ cup)
1 cup sugar
1 dollop butter (about a tablespoon)
Boil fruit and water until fruit is tender, about 15 to 20 minutes. Drain, mash and add sugar and butter.
Allow to cool, and spoon into kolache dough.
Yield: Fills 2 dozen kolaches

Preparation:

1. Scald milk; cool to lukewarm.
2. Sprinkle yeast on warm water; stir to dissolve.
3. Cream together butter, sugar, salt and egg yolks until light and fluffy. Add yeast, milk and 1½ cup flour. Beat at medium speed 5 minutes, scraping bowl occasionally. Batter should be smooth.
4. Stir in enough remaining flour, a little at a time, to make a soft dough that leaves the sides of bowl. Place in lightly greased bowl; turn dough over to grease top. Cover and let rise in warm place until doubled, 1 to 1 hour 30 minutes.
5. Stir down; turn onto lightly floured board and divide into 24 equal pieces. Shape each piece into a ball. Cover and let rest 10 to 15 minutes.
6. Place dough balls 2" apart on greased baking sheets; press each ball of dough from center outward with fingers of both hands to make a hollow in center with a ½" rim, around edge.
7. Fill each hollow with 1 level tbsp. filling. Cover and let rise in warm place until doubled, 30 to 40 minutes.
8. Bake in 350° oven 15 to 18 minutes or until browned. Brush tops of rolls lightly with melted butter and sprinkle lightly with confectioners sugar. Remove from baking sheets and place on racks. Makes 2 dozen.

Cultural information:

- ⑧ The Czech Republic calls itself *Srdce Evropy* – The Heart of Europe.
- ⑧ The national beverage is beer (*pivo*); The Czech Republic is the home of the first Pilsner, the first Budweiser, and takes first place for the world's per capital beer consumption. Some good domestic wines are produced in Moravia. The domestic plum brandy is call *slivovice* (slivovitz)
- ⑧ In the year 1348 the first university north of the Alps was founded in Prague by Charles IV; it is still known as Charles University
- ⑧ Czech cuisine has developed over hundreds of years and has been influenced by Austrian and Hungarian cuisines. The basis of meals is usually meat - pork, beef, poultry with a side dish such as potatoes, rice, potato dumplings. Some favorite Czech dishes are dumplings, pork and cabbage, potato pancakes and Svickova (beef tenderloin and sour cream)



A Taste of France

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Soufflé au Fromage (Cheese Soufflé)

Ingredients:

2 ½ oz. Swiss cheddar (comté or gruyere type)	1 oz. butter + some for dish
¾ oz plain flour	9 fl. oz. milk
4 eggs	Salt, pepper & grated nutmeg

(Serves 4 people)

Preparation:

1. Preheat oven to 350°; butter the soufflé dishes; thinly grate the cheese.
2. Separate the egg whites from yolk and beat the whites with an electric mixer until they get thickly frothy.
3. Prepare the *béchamel* (white sauce): melt the butter in a saucepan, medium flame, and pour the flour on it while stirring with a wooden spoon until well blended. On a more gentle flame, start pouring a bit of milk and gently stir until it is incorporated; keep doing this way with all the milk. **Never stop stirring.** About 10 minutes (it must get thick).
4. Add enough nutmeg, salt & pepper, and remove from fire.
5. Add the grated cheese, then the yolks; turn vigorously to obtain a homogeneous mixture.
6. Gently incorporate the egg white with a rubber spatula.
7. Pour the mixture equally into the 4 soufflé dishes; fill them about 3/4.
8. Bake in oven for about 25 minutes; the soufflés must rise and get golden brown. **Do not open oven door** for they would deflate.

You need to increase baking time if you use a large single dish, and vice versa. It would take around 40 minutes for 1 big dish. Serve immediately for the soufflé will deflate very quickly once outside.

Cultural information:

- ⑧ It was a French chef, Antonin Careme, who invented the tall white chef's hat (or toque", as they call it in France) in the 19th century that the most traditional chefs still wear today.
- ⑧ In 1962, Charles de Gaulle, the president of France, said, "Who can govern a country with 256 kinds of cheese?" He underestimated that number since there are actually at least 500 different kinds!
- ⑧ The Louvre Museum is one of the largest museums in the world, with over 35,000 pieces of art. It's most famous piece is Leonardo da Vinci's Mona Lisa.
- ⑧ Although most people in France just have a coffee and bread or a croissant for breakfast, a complete French meal includes an appetizer, main course, lots of veggie sides, salad and cheese, fruit or dessert – be prepared to sit and talk and eat for hours!



A Taste of Ireland

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Irish Lamb Stew

Ingredients:

2 tsp. butter	3 lbs. boneless leg of lamb, trimmer of fat and cubed*
1 ½ tsp salt	1 bottle or can (12 oz.) Guinness Stout
½ tsp. freshly ground pepper	1 ¾ cups (14 oz can) beef broth
¼ tsp. dried thyme	8 oz tomato sauce
1 ½ cups frozen baby peas	½ lb. white pearl onions, blanched and peeled
1 cup light cream or half & half	1 lb. white mushrooms, halved
¼ cup flour	Prepared mashed potatoes

*You may substitute beef, if you want.

Preparation:

1. Brown lamb in butter in large Dutch oven or heavy saucepan with a tight fitting cover.
2. Add stout beer, beef broth, salt, pepper, thyme and onions. Cover and simmer 45 minutes. Skim off any excess fat.
3. Add peas and mushrooms. Cover and simmer an additional 15 minutes, or until lamb and vegetables are tender.
4. Whisk flour into cream. Blend into simmering stew and bring back to a low boil. Cook 2 minutes, stirring until thickened. Taste and add additional salt and pepper if necessary.

Serve over or with Irish mashed potatoes (known as champ or poundies).
(6 servings)

Cultural information:

- ⑧ The Irish love traditions – from eating colcannon (cabbage and mashed potatoes) on Halloween to wearing something green on St. Patrick’s Day to traditional music and Irish dancing.
- ⑧ Ireland may be known as the land that boasts 40 shades of green.
- ⑧ Ireland is thought to have been inhabited from around 6000BC by people of a mid-Stone Age culture.
- ⑧ Ireland’s famous patron saint didn’t actually come from Ireland. Saint Patrick was taken prisoner from his family home in Britain by Irish raiders and was brought to Ireland to work as a shepherd. After Patrick escaped back to Britain, he had a vision from God telling him to return to Ireland as a missionary. Patrick is credited with introducing Christianity to Ireland.
- ⑧ Ireland was struck by the *Great Famine* caused by a potato blight that struck crops over a 4-year period from 1845-49. Over a million people died from starvation. Two million people emigrated to countries including the United States.



A Taste of Italy

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Italian Pizza

Ingredients:

Pizza Dough (Can make two 10-12 inch pizzas, 4-5 six inch pizzas)

½ oz. brewers or compressed yeast

9 oz. white flour

pinch of salt

Sliced fresh tomatoes

Pepperoni, hot or mild cooked Italian sausage, anchovies, prosciutto, salmon

Other toppings: Green, red, and yellow peppers, mushrooms, onions, artichoke hearts, grilled greens, black and green olives, Romano, Parmesan, cheddar cheeses

Several Tablespoons warm water (105-115 degrees F)

May add more warm water as needed

2 Tbsp. olive oil

Cornmeal

Basil, oregano, garlic

Mozzarella Cheese shredded

Preparation:

DOUGH:

1. Crumble the yeast in a cup and dilute with several tablespoons of warm water.
2. Mix with 2 oz. of flour, cover the cup with a cloth and keep it in a warm place so it can leaven.
3. Pour the remaining flour on the pastry board, add a pinch of salt and knead with the warm water (the resulting dough should not be too soft).
4. Add the leavened dough and continue to knead vigorously until the dough achieves an elastic texture.
5. Shape the dough into 6 even balls, and then place them on a flat wooden board.
6. Lightly coat with flour, cover with a cloth and keep it in a warm place until the risen dough becomes twice its initial size. One may add a little olive oil on top to keep the dough moist.
7. The pizza dough is now ready to be punched down, made in to balls that can be stretched into 8 inch diameter pizzas. After the dough has risen it can be refrigerated for several days or frozen for two weeks.

PIZZA

1. The dough is warmed to room temperature.
2. Each student will let the dough sit for ten minutes while they get their cookie sheet and ingredients ready.
3. With fingers covered with olive oil, start at the center and work the dough outwards to press the dough $\frac{1}{2}$ inch thick and 6-8 inches diameter. Use your palm to flatten the edge of the dough where it is thicker. You can pinch the very edges if you want to form a lip.
4. Brush the dough with olive oil to prevent the dough from getting soggy from the toppings and let sit 5 minutes.
5. Lightly sprinkle your cookie sheet with cornmeal and place the stretched dough on top of it. Instead of a cookie sheet, a preheated pizza stone can also be used.
6. Some classic combinations of pizza toppings are:
 - a. MARGHERITA: tomato, mozzarella, basil, oil
 - b. MARINARA: tomato, garlic, oil oregano
 - c. NAPOLETANA: tomato, mozzarella, anchovy, oregano, oil
 - d. ALLA FIAMMA: tomato, onion, oregano, hot peppers, olives, oil
 - e. CAPRICCIOSA: tomato, mozzarella, anchovies, oregano, olives, artichoke hearts, mushrooms
 - f. BISMARCK: tomato, mozzarella, prosciutto, eggs
 - g. SARDA: tomato, mozzarella, hot sausage ricotta, oil
 - h. BALTICA: mozzarella, pepper, salmon, oil
 - i. ORTOLANA: tomato, mozzarella, grilled greens
 - j. QUATTRO FORMAGGI: mozzarella, 3 other mixed cheeses

Place on the top shelf of a hot preheated oven (450 degrees F) for 10-15 minutes monitoring until the cheese is slightly brown. Remove, cool and enjoy.

Cultural information:

- Ⓢ Pizza originally is believed to have started in Italy in 1700's in Naples, but an ancestor did occur earlier with the Greeks and Romans. The Italians have many different pizza varieties:
 - Neapolitan Pizza: Thicker pizza with rim that puffs up during cooking.
 - Roman Pizza: No rim and thinner.
 - Sicilina Pizza: Incorporate toppings into the dough.
- Ⓢ Italian usually do not put tomato sauce on their pizza but use olive oil to keep the dough moist and the Naples pizza added garlic, small fish or anchovies and mozzarella cheese.
- Ⓢ The first Italian pizza restaurant "Port Alba" cooked the pizza in an oven heated to high temperatures with volcanic rock from Mt. Vesuvius.
- Ⓢ Pizza came to the US in 1905 by an Italian immigrant, Gennaro Lombardi, who opened a pizzeria in New York City.
- Ⓢ World War II GI's tasted pizza in Italy and increased the want for pizza when they returned home.
- Ⓢ In the US we have many different variations of pizza with many different types of toppings:

- ⑧ Chicago Pizza: Deep dish pizza with the crust on the bottom, then cheese, filling and the sauce on top. It may also have two crust layers, top and bottom.
- ⑧ California Pizza: Whole wheat dough, vegetables and ranch dressing, no tomato sauce.
- ⑧ New York Pizza: Thin with a thick outer crust and usually rectangular. Usually eaten folded in $\frac{1}{2}$ because the crust is very thin. In the oven it is baked on the oven shelf without a cookie sheet or pizza stone.
- ⑧ Tex-Mex Pizza: Thin crust with beef, beans and Mexican spices.



A Taste of Puerto Rico

Cook/Demonstrator Name: _____

Age Group: Adults (18+)

Recipe Name: Flan (custard)

Ingredients:

3 whole eggs
3 egg yolks
2 cups milk

1 $\frac{3}{4}$ cups sugar
 $\frac{1}{2}$ teasp. vanilla extract
1 cup condensed milk

Preparation:

1. Heat the oven to 350 degrees F.
2. Mix the yolks and the eggs and add $\frac{3}{4}$ cup sugar. Mix until the mixture thickens.
3. In a pan mix the milk and condensed milk. Warm the mixture on low heat. Add the milk slowly to the egg mix. Mix as you add the two together.
4. In another pan, warm up on low heat the rest of the sugar until it is completely melted. Mix as the sugar melts and continue to mix after it has melted. The sugar will start to change color to a brownish color. When this happens remove from the heat. Pour the melted sugar (caramel) into an oven resistant container (Pyrex or corningware).
5. The caramel should become hard almost immediately. Once it is hard, add all the mixture of eggs and milk. Cover with aluminum foil and place the container in the oven in another container with water. Keep it in the oven for 45-50 minutes.
6. The flan will be ready when you can insert a sharp knife into the center of the flan and it comes out clean.
7. Allow it to cool for a couple of hours. Run a knife along all the edges and then turn the container upside down onto a large plate to get the flan out.

Cultural Information:

- ⑧ Puerto Rico is a self-governing commonwealth of the USA. Its chief of state is the President of the USA while the head of the government is the elected Governor.
- ⑧ The island of Puerto Rico is highly populated and has 1000 people per square mile.
- ⑧ The culture of the island is a mixture of Taino people, Spanish, imported slaves from Africa, immigrants from South America and the Dominican Republic, French from Louisiana and Haiti, Scottish, Irish, Chinese, and Cubans.
- ⑧ The food is a blend of Spanish, African, Taino and American and is called cocina criolla (Creole cooking). Many dishes include rice and bean mixtures while the national drink is rum.