



RECIPES FROM HOME

WORLD REFUGEE
DAY 2023





INTRODUCTION

Food is universal. No matter where in the world you are, food is a way to bring communities together and bring people back home. Sharing a recipe can be as powerful as sharing your story.

This World Refugee Day, we are bringing you recipes from all over the world, made by refugees and others far from home. The recipes featured in this book come from our clients who have taken part in cooking workshops organized by IRC and partners as well as from other clients and staff around the world.

For many who have been forced to leave their homes, food is not only a source of sustenance but also a way to bring their culture and traditions with them. Cooking together and sharing recipes can also be a way for local and refugee communities to interact and get to know each other better. For some refugees, their recipes are the only things they have managed to bring with them from home.

Food is a language that transcends borders, cultures, and languages. It is a way to celebrate, to mourn, and to connect with others. Each recipe uses the language of food to tell a story. By sharing these recipes, we hope to honor these stories and the people behind them.

Refugees Are...Changemakers. Peacemakers. Tastemakers. And so much more. Wherever they come from, wherever they live, refugees are shaping policies, art, traditions, dreams and futures in ordinary and extraordinary ways. The influence of refugees on culture is immeasurable. This World Refugee Day, join us and cook with refugees from around the world as they share their recipes from home.

SAMBUSA

FROM AFGHANISTAN

For Khalida Faizi, 33, sambusas are more than just a popular street food in Afghanistan. After living for seven years in the United States, she has embraced the dish as a potent reminder of happier times in her native country.

"Whenever I cook, I remember my school days and also my classmates," she says. "I feel a lot happier while cooking, because it rekindles my past years and my memories. It is as if I haven't grown up; I feel the same energy I had when I was younger."

INGREDIENTS

Dough:

- 1 c. flour
- 3 tbsp. oil
- Pinch of Ajwain
- Salt
- ½ c. water

Veggie filling:

- 6 Boiled potatoes
- Chili powder (1 tbsp.)
- Garam masala (optional), salt and pepper to taste

Meat filling:

- 2 onions, chopped
- 10 oz ground meat
- Fresh garlic, minced (2 cloves)
- Chili powder, fresh coriander, salt and pepper to taste

Chutney:

- 2 tbsp. fresh coriander
- 2 cloves fresh garlic, minced
- Fresh lemon (or vinegar) to taste
- Salt and pepper to taste



Photo by Zaynah Din

METHOD

1. To make the sambusa dough, mix dry ingredients together, then slowly add ½ – ¾ cup of water until the mixture forms a soft dough.
2. Boil your potatoes, then mash with seasonings. Let cool.
3. Finely chop 1 onion, cook until caramelized. Add the ground meat and cook until it turns brown. Stir in seasonings and add one more finely chopped onion. Let cool.
4. Roll dough flat and cut it into 2-inch circles.
5. Fill each circle with potato or meat mixtures, fold and seal tight using a bit of water.
6. Fry for 4-5 minutes until golden brown.
7. In a blender, mix ingredients for the chutney, add lemon or vinegar.
8. Serve sambusas on a warm plate with chutney on the side.

“ [Cooking] rekindles my past years and my memories. It is as if I haven't grown up; I feel the same energy I had when I was younger.”

MANTU POTATO SKINS

FROM AFGHANISTAN

"This is the recipe that changed my life," says Chef Hamidullah Noori, a refugee from Afghanistan resettled with his family in the United States in 2015 through a Special Immigrant Visa. "Sometimes I still cry when I peel potatoes."

INGREDIENTS

- Peeled skins of 5 potatoes, washed and dried with a paper towel
- Corn oil for deep frying
- 2 tbsp. finely chopped red bell pepper
- 2 tbsp. finely chopped green bell pepper
- 2 tbsp. finely chopped or julienned purple cabbage
- 2 tbsp. finely chopped onion
- 1 tsp. minced garlic
- 1 tsp. chopped jalapeño
- Pinch of salt
- 1 tbsp. chopped fresh cilantro
- 2 tbsp. corn oil
- Afghan spices: a pinch each of ground cumin, coriander, cayenne pepper, black pepper
- Handful of fresh cilantro

Roasted red pepper sauce:

- 2 roasted red bell peppers, from a jar or roasted at home
- 4 tbsp. apple cider vinegar
- 1 tbsp. extra virgin olive oil
- Pinch of minced garlic
- Pinch of salt



Photo by Andrew Oberstadt

METHOD

1. Peel, wash and dry the skins of 5 potatoes.
2. Heat enough corn oil to cover potato skins on medium-high. Add potato skins and fry for 7-8 minutes or until golden brown. Set aside.
3. Sauté the garlic, onions, red and green bell peppers, purple cabbage and jalapeño in 2 tablespoons corn oil until softened and fragrant. Mix in 1 tablespoon chopped cilantro.
4. In a blender or food processor, purée the roasted red peppers with extra virgin olive oil, apple cider vinegar, a pinch of minced garlic, and a pinch of salt.
5. Spoon some of this sauce over the veggies and toss with a pinch each of salt, cumin, coriander, cayenne and black pepper.
6. Toss the crispy potato skins in the veggies until well coated.
7. Serve with a generous handful of chopped fresh cilantro and an extra drizzle of the red pepper sauce.

“ This is the recipe that changed my life. Sometimes I still cry when I peel potatoes.”

SPINACH STEW WITH BEEF AND SHRIMP

FROM CAMEROON

35-year-old Elisabeth has been living in Greece for more than three years. Elisabeth has a strong work ethic: "Back in Cameroon I was a secretary and had a small shop where I sold cosmetics and other stuff for women. I am not the same person I was before leaving Cameroon. I want to go back and fight, with all the knowledge I have now – and support other women that passed or pass through the same things.

"I chose to make Ndolé today, a recipe that comes from Dual."

INGREDIENTS

- 2¼ lbs. lean beef, cut into cubes
- 18 oz. ndolé (bitter leaf) or frozen spinach
- 18 oz. raw peanuts
- 18 oz. potatoes
- 9 oz. large shrimps
- 3 large onions
- 1 garlic clove
- 1 leek
- 4¼ c. oil
- Parsley
- Ginger

METHOD

1. Boil the peanuts for 10 minutes. Drain them and wash them a few times to remove the skins. You don't have to remove all of them.
2. Put water to boil. Add baking soda and salt.
3. Add the ndolé or spinach.
4. Cook for about 15 minutes, until the water starts boiling again and the leaves are soft.
5. Drain and rinse the spinach. Press in your hands until the water is gone and set aside.
6. Clean and chop the garlic and onion.
7. Wash the leek and cut in thin slices, both white and green parts.
8. Heat the oil in a medium-sized pan and add the meat cut in small squares and half the chopped onions. Add salt.
9. Close the lid and let cook on high heat until the meat turns to gold.
10. Add 4¼ cups of water and let cook for 45 minutes until the meat gets very soft. Add water if needed to ensure the meat does not burn.



SPINACH STEW WITH BEEF AND SHRIMP

CONTINUED

11. Put in the peanuts with the rest of the onion, ginger, and garlic in a mixer, and add a bit of water. Mix until it becomes creamy.
12. Peel the potatoes and cut them in four. Boil them in salty water until soft but still firm. Drain and set aside.
13. When the meat is soft, remove it from the pot.
14. In a clean large pot, add a bit of oil and put the peanut, garlic, and onion paste. Keep stirring. Add a cup of water and let cook for 10 minutes, stirring every so often, so it doesn't stick to the pan.
15. Add the meat in the peanut mixture in the pot and cook for 10 minutes on high heat.
16. Add the leeks and let cook for 10 minutes on high heat, stirring occasionally so the mixture doesn't stick.
17. Deep fry the boiled potatoes until golden.
18. Add the ndolè/spinach to the peanut and meat mixture. Cook for 10 minutes while stirring. Do not cover the pot.
19. Wash and dry the shrimp.
20. In a separate pan, fry some oil and add sliced onions and shrimp.
21. Serve the potatoes with parsley in a bowl.
22. Serve the meat, peanut, and spinach mix in a bowl and garnish with the fried shrimp.

“ I am not the same person I was before leaving Cameroon. I want to go back and fight, with all the knowledge I have now – and support other women that passed or pass through the same things.”



Photos by Stefania Mizara

VEGAN MAHSHI

FROM SYRIA

"I want to stay in Greece", says Jacqueline, who is Kurdish and from Syria, "because I feel like [I'm at] home here. I love making foods to bring people together, laugh, eat, and create connections."

"I want to be happy; this means cooking for other people."

INGREDIENTS

- 2¾ c. of rice
- Olive oil
- 1 can of tomato paste
- 1 can of chickpeas
- 1 seasoning cube (vegetable or chicken flavor)
- 1 parsley bouquet
- 2 onions
- 2 lbs. tomato
- 1 lb. lemon
- 3 eggplants
- 3 zucchinis
- 6 green peppers
- 3 potatoes
- 2 lemons
- 1 tbsp. of ground coriander
- 1 tbsp. of cumin
- 1 tbsp. of black pepper
- 1 tbsp. of dried mint
- 1 tbsp. of hot paprika
- Salt



Photos by Stefania Mizara

METHOD

1. Wash the vegetables, cut off the tops and hollow them out with a knife. Be careful not to break any. Set aside until the stuffing step. Keep the tops of the vegetables to be used later, during the stuffing.
2. Wash the rice and cover it with warm water. Let it rest for at least 15-30 minutes.
3. Once the rice is well-rested, drain the water and add all spices (salt, black pepper, paprika, cumin, coriander, etc.) to the rice. The quantity of the spices depends on your pallet.
4. Peel and crush the garlic and add it to the rice mixture, then add the juice of one lemon and two tablespoons of tomato paste to the mix.
5. Wash and chop the parsley and a couple of tomatoes and green peppers and add them to the rice, along with the dried mint and half a cup of olive oil.
6. Mix the rice stuffing until all the ingredients blend in together. Add room temperature water bit by bit while mixing, until the stuffing is workable (the water would help the rice cook better inside the vegetables).

VEGAN MAHSHI

CONTINUED

7. Stuff the hollowed-out vegetables with the rice mix. The amount of stuffing should be up to half of the vegetable to allow room for the rice to level while cooking. Place the tops as a cover to keep the mix from leaking out during the cooking part.
8. Pick a pan wide enough to contain all the stuffed vegetables, plus the sauce. Put the chickpeas as a first layer to prepare a bed for the vegetables, throw in some garlic cloves and lemon slices prepared beforehand plus a thin layer of olive oil. Place the vegetables in a way to keep them in place during the cooking. Place some more garlic and lemon slices around the vegetables.
9. Mix the tomato paste with 4¼ cup of hot water and pour it on top of the vegetables. The sauce needs to cover the stuffed vegetables. If the prepared sauce isn't enough, add hot water to compensate. To ensure that the vegetables stay put during the boiling phase, cover them with a large plate and place a casserole pan filled with water on top.
10. Throw in the seasoning cube.
11. Cook at high heat for 40 minutes and then with a fork, poke the vegetables to assess their cooking every 15 minutes. Each time you check, watch out for the sauce level. If it decreases, add hot water in small intakes to help balance it.
12. The dish takes about 1 to 1h 30 until full cooking. When ready, let it rest in the pan for about 15-20 minutes to allow the sauce to thicken.

“ I love making foods to bring people together, laugh, eat, and create connections.”



Photos by Stefania Mizara

BOLANI

FROM AFGHANISTAN

Hafeza, 26, has been living in Greece for five years after fleeing Afghanistan.

"My mother taught me the recipe. When she was in the kitchen, I went to check what she was doing. I asked her what she was cooking, and she told me 'Bolani' and then she taught me how to make it." Hafeza says.

"It's delicious and I like it a lot."

INGREDIENTS

- 4 c. plain flour
- Pinch of salt
- 1¾ tsp. of dried yeast
- Spices - chili powder and/or chili flakes to taste
- 2 and a half tbsp. of oil
- 5 medium potatoes
- 1 c./10 spring onions
- Handful of parsley
- 1 c. water
- Oil for frying
- Greek yogurt

“ My mother taught me the recipe. ... It's delicious and I like it a lot.”



Photos by Stefania Mizara

METHOD

1. Mix flour, yeast, salt, and oil in a bowl, add water until the dough comes together in a ball. Knead the dough with your hand until it is firm then cover the bowl in plastic wrap and leave to one side.
2. Boil the potatoes. When they are boiled, rinse them in cold water so they cool down. Then peel the potatoes with your hands.
3. Using a spoon, mash the potatoes in a bowl, adding in the chopped up fresh onions. Season the potatoes and onions with pepper and spices.
4. Get your dough and break off a ball. About the size of two handfuls. Flatten the ball slightly so it's a flat circular shape. Add a spoonful of the potato mix to the middle of the dough. Use fingers to flatten it down/spread it out but leave a gap around the edge of the dough.
5. Fold the dough in half over itself covering the potato in the middle. Do this again until you've used up all the ingredients and dough.
6. Heat up a frying pan of oil. When hot, add the folded dough to the pan. It should be covered in oil (Be careful as it will be very hot!). Fry both sides of the Bolani until it is brown and crispy.
7. When cooked, use tongs or forks to remove the Bolani from the pan and rest on pieces of kitchen towel to help soak the excess oil.
8. Serve with Greek yogurt and enjoy.

SHAKAR LAMA COOKIES

FROM IRAQ

10-year-old Yousif holds a plate of freshly baked shakar lama (cardamom) cookies with his mom, Taghreed. "It's like our family's signature," Yousif said. "It's been passed down generation to generation."

INGREDIENTS

- 1 c. vegetable shortening or butter, softened
- 1½ c. superfine sugar
- 2 c. all-purpose flour
- ½ tsp. whole cardamom, ground
- Pinch of salt
- Almonds or hazelnuts for garnish (optional)



“ It’s our family’s signature. It’s been passed down generation to generation.”



Photos by Andrew Oberstadt

METHOD

1. Preheat oven to 375°F. Mix the vegetable shortening/butter and sugar in a small bowl, using an electric mixer, until light and fluffy (2 minutes). Blend in the dry ingredients, mixing carefully to incorporate.
2. Using a spoon, form the batter into 25 or so small, walnut-size balls. Place each ball onto a cookie sheet and use the palm of your hand to flatten each into a round cookie and garnish with a single nut (if desired). Bake 10–15 minutes. Allow cookies to cool completely on the baking sheet before removing to a plate.

POLLO CON TAJADAS

FROM HONDURAS

INGREDIENTS

Chicken:

- 8 chicken pieces
- 1 tbsp. mustard
- 1 tbsp. cumin
- 2 tsp. sea salt
- 1 c. stock
- 2 c. flour to fry
- 1 lime, juiced

Slaw:

- ¼ white cabbage, thinly sliced
- 2 large carrots, grated
- 1 tsp. cumin
- 2 tbsp. white vinegar
- ½ tsp. sea salt
- Pico de gallo
- 4 tomatoes, diced
- 1 green chili, minced
- 1 onion, diced
- Chopped cilantro
- 2 limes juiced
- ½ tsp. sea salt
- ½ tsp. cumin

Salsa:

- 4 tomatoes
- 1 onion
- 2 chilis
- Tomato puree
- ½ tsp. cumin
- ½ c. stock

Extra:

- Ketchup & mayo
- 6 green plantains, sliced
- Pickled red onion



When we met Natalia*, a Honduran asylum seeker living in a shelter while hoping to cross to the U.S., we asked her what she missed most about home. This recipe, Pollo Con Tajadas, is what she shared.

METHOD

1. Marinade the chicken in mustard, cumin, salt, lime and stock. Let it sit in the fridge whilst we prepare the slaw and plantain.
2. Finely slice the cabbage, grate carrots then add it to a bowl along with your other ingredients.
3. Mix well then leave in the fridge for serving.
4. Add diced tomatoes & onion into a bowl.
5. Stir in minced chili, chopped coriander and season well. Finish with lime juice to taste.
6. In a hot pan, fry onions, tomatoes and chilies then add tomato puree and stock. Simmer until thickened. Season to taste.
7. Mix together some ketchup and mayo for a quick pink sauce. Coat the marinated chicken in flour then deep fry for up to 15 minutes until fully cooked. Slice plantain diagonally, then fry in the same oil as the chicken.
8. Serve up and enjoy.

*Name has been changed.

SPINACH AND TUNA WITH AFRICAN FUFU

FROM CAMEROON

Koteu is a refugee from Cameroon who has been supported by the IRC's mental health center in Greece. She chose to share her dish of spinach and tuna with African fufu because she grew up eating it.

"When I know that there are many people there to eat it, I am happy to cook."

INGREDIENTS

- 1 kg semolina
- 500 gr fresh spinach (can also use frozen)
- 1 kg fresh tuna fish
- 500 gr shrimps or large prawns
- 2 large onions-chopped
- 1 garlic clove- mashed
- 3 large tomatoes-chopped
- 2 bay leaves
- Olive oil for cooking
- Ground ginger, salt and pepper, to taste

“ When I know that there are many people there to eat it, I am happy to cook.”



METHOD

1. Saute the onions in a generous amount of olive oil until they are translucent and add the garlic.
2. Add the tuna in bite-sized pieces, salt and white pepper.
3. When the tuna has changed color, add the chopped tomatoes and simmer over low heat.
4. Briefly saute the spinach and press it to remove any excess water (if using frozen: just thaw and remove excess water). Keep the water.
5. Add the spinach to the tuna along with more olive oil.
6. Saute the prawns with a bit of garlic, pepper and ground ginger.
7. When the tuna mixture starts to stick to the bottom of the pot, add a bit of the water extracted from the spinach and let simmer for a few more minutes.
8. Put the tuna and spinach on plates and add the prawns on top.

TO MAKE FUFU:

Boil two cups of water and reduce the heat. Add the semolina and keep stirring for about 10 minutes until the mix becomes a thick dough. Serve the fufu with the tuna and spinach.

STUFFED TOMATOES AND PEPPERS

FROM ASIA MINOR

Born and raised in Lesvos, Dimitra's grandparents came to Greece as refugees from Asia Minor. She learnt this stuffed tomatoes and peppers' recipe from her grandmother.

"I chose this dish because it is fresh and summery. Mostly, because I made the Asia Minor version, just like my grandmother did, where we put pine nuts and raisins together with the rice, in the tomatoes and peppers."

INGREDIENTS

- 5 large tomatoes
- 5 large green peppers
- 150g Feta cheese
- 10 spoons of Carolina rice (1 spoonful for each tomato/pepper)
- 1 onion, grated
- 1 zucchini, grated
- 1 garlic clove
- 2 large potatoes
- 1 espresso c. pine nuts
- 1 espresso c. raisins
- 2 spoons fresh chopped parsley
- 2 spoons fresh chopped mint
- 2 spoons fresh chopped basil
- Smoked paprika, chili flakes, salt and pepper to taste
- Olive oil

METHOD

1. Cut the tops of the tomatoes and peppers, remove the insides and grind the tomato that comes out of the inside.
2. Grind the onion and garlic in the multi.
3. Finely chop the herbs.
4. Grate a zucchini and drain it
5. Rinse the rice. Put the rice, the ground onion and garlic, half the grated tomato, the herbs, the zucchini, the feta cheese and the pine nuts with the raisins in a bowl.
6. Add a cup of oil, smoked paprika, salt and a little hot paprika
7. Mix them well and fill the tomatoes and peppers with the mixture.
8. Place them in the pan in which we have put the rest of the coarsely chopped tomatoes, potatoes and the stalks from the parsley.
9. Put the 'lids' on the tomatoes and peppers, add salt and pepper, add a little oil and put them in a preheated oven at 200 degrees for at least 1 hour.
10. When the lids are well cooked, they are ready.



FRIED AUBERGINE

IN CREAMY CURRY LEAF, FENUGREEK AND TOMATO SAUCE

FROM SRI LANKA

Since 2015, Eat Offbeat has employed immigrants and refugees from around the world to prepare homestyle meals evoking their native cuisines—to the delight of New York City foodies. The meal delivery and catering company was established by 35-year-old Manal Kahi after she moved to the United States from Lebanon and found herself on a quest to find hummus that could rival her grandmother's.

Shanthini Sivakumar is a native of Sri Lanka, who began cooking only after she and her new husband were forced to flee their country because of civil war.

INGREDIENTS

- 2 medium aubergine (about 2 lbs.), cut into 2 x 1-inch planks
- 2 tsp. ground turmeric
- 1 tbsp. plus 2 pinches kosher salt
- Vegetable oil, for frying
- 1 tbsp. fenugreek seeds
- 1 c. chopped yellow onion
- 10 curry leaves
- 10 garlic cloves, peeled and minced
- 2 tomatoes, diced
- 1 tsp. chili powder
- 1 tbsp. ground cumin
- 1 tbsp. tomato paste
- 1 tbsp. freshly ground black pepper
- 2 tbsp. sugar
- Cooked basmati rice, for serving
- ¼ c. fresh cilantro leaves, for garnish



“ This aubergine curry is a crowd favorite at Eat Offbeat. The aubergine slices need to sweat a bit prior to frying, which helps them crisp up better. If you have extra hands in the kitchen, the two aspects of this dish could be made simultaneously. Like most curries, this is best served over fresh basmati rice.”

Excerpted from *The Kitchen Without Borders: Recipes and Stories from Refugee and Immigrant Chefs* by The Eat Offbeat Chefs. Photographs by Penny De Los Santos. Workman Publishing © 2021

FRIED AUBERGINE

CONTINUED

METHOD

1. Sprinkle the aubergine planks with 1 teaspoon of turmeric and 1 tablespoon of salt. Let the planks rest on a paper towel-lined plate for 15 minutes.
2. To fry the aubergine, pour vegetable oil to a depth of at least 2 inches into a large stockpot or Dutch oven and clip a candy thermometer to the side, making sure it doesn't touch the bottom. Heat the oil to 375°F over high heat, then lower the heat to medium to maintain that temperature during frying. While the oil is heating up, line a large plate with paper towels.
3. Working in batches and using a slotted spoon, place the planks in the oil. Fry until all the sides turn golden, gently stirring, 2 to 3 minutes, and then quickly remove them with the slotted spoon. Place on the towel-lined plate. Set aside.
4. Heat the fenugreek seeds in a small dry skillet over medium heat, just until they become fragrant, about 2 minutes. Remove the seeds from the heat and grind in a food processor or spice grinder. Set aside.
5. Heat 2 tablespoons of oil in a large pot over medium-high heat. Once the oil is hot, add the onion and sauté until lightly browned, about 5 minutes. Add the curry leaves and garlic and sauté for 5 minutes. Add the tomatoes and a pinch of salt and cook for 5 minutes. Stir in the chili powder, cumin, and remaining 1 teaspoon of turmeric, then gently fold in the aubergine planks. Stir in 1 cup of water, another pinch of salt, the tomato paste, black pepper, and ground fenugreek seeds, and continue cooking for 5 minutes more.
6. Remove the pan from the heat and stir in the sugar. Serve over rice, garnished with cilantro.

SAMOSAS

FROM SOMALIA

Farah, a Somali refugee living in Kenya, makes up to 60 samosas a day and sells them at the local market, using the profits to support herself and her three children.

Almost three years of drought in the region has devastated crop production and caused record-high food prices. Despite these pressures, Farah is determined to keep up traditions and ensure the family can celebrate Eid together: "We make some snacks, and we make the children happy by buying them sweets and clothes. When the fasting ends, we are very happy as Muslims, no matter where we are."

INGREDIENTS

- 1 tbsp. vegetable oil
- 500g onion, finely chopped
- 500g potato finely diced
- 250g carrot finely diced
- Minced meat (optional)
- 2 garlic cloves, crushed
- Coriander
- Chili
- Pinch of salt
- Any other spices you like!

For the pastry:

- 500g plain flour
- 2 tsp. sea salt
- 2 tbsp. vegetable oil
- 2 l. vegetable oil to deep fry



METHOD

1. Start by working on the flour for the pastry, rolling it out, measuring it and cutting it into equal shapes.
2. Next, spoon in the filling.
3. Fold the samosas up, applying extra flour and pressing together firmly so that the filling doesn't fall out.
4. Heat oil in a deep pan, then add the samosas, a few at a time.
5. Turn them over occasionally, so that all sides are cooked. Continue until all the samosas are cooked.

“ I really enjoy making samosas during Ramadan because it is one of the best foods to prepare for guests and to break the fast.”



HARAK OSBAO

FROM SYRIA

This is the recipe that reminds Rodain—a Syrian refugee—of her mother. One day it will remind her children of their mother too. Also known as “burnt fingers”, Harak Osbao is an old traditional meal from Syria and every time Rodain’s mother made it, she told the story about how it got its name.

The story goes like this: A man’s wife had cooked this dish from scratch with no name. He came home starving and couldn’t wait to try the dish, and he burnt his fingers because it looked so good, but was still hot.

INGREDIENTS

- 2 pitta bread fried
- 1 c. Lentils
- 1 c. pasta Small pasta like macaroni, they used to put small chunks of dough
- 1 c. of Tamarind sauce
- 4 c. of water
- ½ c. Pomegranate molasses
- Onions (crispy)
- Coriander
- Garlic



METHOD

1. Boil pasta for 7 minutes and lentils for 15 minutes, this will leave them halfway-cooked.
2. Then add a cup of tamarind sauce. Tamarind is quite sour, balance that with ½ cup of sweet pomegranate molasses.
3. Turka (saute) chopped garlic and coriander until the garlic is crispy and the coriander has just wilted and add it to the pot.
4. Season with salt and pepper.
5. Cut into squares and deep fry pitta breads.
6. Then we put it into a serving plate and decorate with pomegranate, fresh cilantro and crispy onions.

VARENIKI WITH STRAWBERRIES

FROM UKRAINE

Zhanna Krasemann, IRC's Community Sponsorship Coordinator is originally from south of Ukraine – Yalta in Crimea. She lived in England for seven years, followed by eight years in the US.

"Two months ago, I brought my mom from Ukraine to live with us in Texas. Cooking is huge and incredibly important part of life for me and any Ukrainian, especially when you are away from home. Finding the right ingredients so far from home has always been an issue, so we stick with recipes that are easily adaptable."

INGREDIENTS

Dough:

- 0.8 lb (400 gr) of wheat flour
- ¼ tsp. of baking soda
- Few drops of lemon juice
- ¼ tsp. of salt
- ½ tbsp. of sugar
- ⅔ c. of hot milk (60 C/140 F)
- ⅓ c. of hot water
- 1 tbsp. of sunflower oil (olive oil)

Filling:

- 0.5 lb (250 gr) of firm, smaller strawberries with a sprinkle of sugar (or large ones cut in quarters)



METHOD

1. Sift the flour. Add sunflower oil, sugar, salt, baking soda and lemon juice. Slowly add mixture of milk and water while stirring with wooden spoon. Do that gradually. Mix the dough once its not too hot to the touch and work it to elastic consistency. Once it has chewing gum-like elasticity roll it in a ball, place in a bowl, cover with tea towel and leave it to rest for 30 mins.
2. Cut the dough in 2 parts, keeping the second part covered. Put a pot with salted water to boil. Roll out the dough to 1/16 inch (2mm) thickness. To cut rounds of dough you can use turned upside down drinking glass or any other round shape cutter. Place 1-2 sugared strawberry pieces in the middle, pinch it around to make a halfmoon shape.
3. Drop your batch – depends on the size of your pot it could be 10 -15 vareniki. Let them cook on rolling boil for 10-12 mins.
4. Serve with sour cream, sugar or honey.

PEPIÁN DE POLLO

FROM GUATEMALA

Luis Mejia Rivera, IRC's Workforce Development Specialist based in New York, said: "Guatemala is the home of the Mayan civilization and because of that it has a great Mayan heritage in cultural, idiomatic and also gastronomic aspects."

"One of the typical dishes of my country is Pepián. It is a dish of Mayan origin – it reminds me of my country of origin, my culture and above all the great moments I lived in Guatemala with my family."

INGREDIENTS

- 1 whole chicken
- 1 cinnamon stick
- 4 oz. sesame seeds
- 4 oz. of pepitoria (pumpkin) seeds
- 1 guaque pepper (guajillo pepper)
- 2 pasa peppers (pasilla/poblano peppers)
- 1 cold tortilla
- 2 lbs. of tomatoes, coarsely chopped
- 4 oz. of green tomatoes or tomatillos (miltomates), coarsely chopped
- 2 red bell peppers, coarsely chopped
- 2 garlic cloves
- 1 onion, coarsely chopped
- 1 bunch of cilantro
- 3 carrots, cut into cubes
- 1 Güisquil (chayote) cut into cubes
- 3 potatoes, cut into larger cubes
- ½ lb. green beans, cut into pieces
- Salt to taste



"To me," Luis says, "This dish also means pride because the Mayan culture is recognized worldwide and it makes me feel very proud that my country has this gastronomic heritage and that we still eat this type of typical dishes, and that despite being away from my country I have preserved the tradition of cooking this typical Guatemalan dish."

METHOD

1. In a comal or a metal skillet, place the cinnamon stick, sesame seeds, pumpkin seeds, guaque pepper, pasa peppers, and the tortilla and grill them together (you can use a classic kamado grill for it). Let them cool down before blending.
2. Blend all the ingredients in step one with a glass of water. Then, put them through a strainer. If you use a mill, you do not need to add any water.
3. Separately, roast the tomatoes, tomatillos, bell pepper, garlic, and onion. After letting them cool down, blend them, adding only a sprig of cilantro (set aside the rest). Put them through the strainer for a smooth sauce.
4. Cut the chicken into pieces and cook it in approximately 3 liters of water and salt to taste. When the chicken is fully cooked, remove it from the water, setting it aside. Add the carrots, güisquil, potatoes, and green beans.
5. Add the two sauces that you blended previously and the rest of the cilantro. Continue cooking over low-medium heat until all the vegetables are tender. If the sauce seems a little thick, use the boiled water from the chicken to thin it out a little.
6. Serve your Pepián in a bowl as a stand-alone meal or with white rice and corn tortillas.