

TO EAT

खाना बनाना

Cocinar

magluto

TO TRAVEL

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Cook

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TO SHARE

طبخ

पकाउनुहोस्

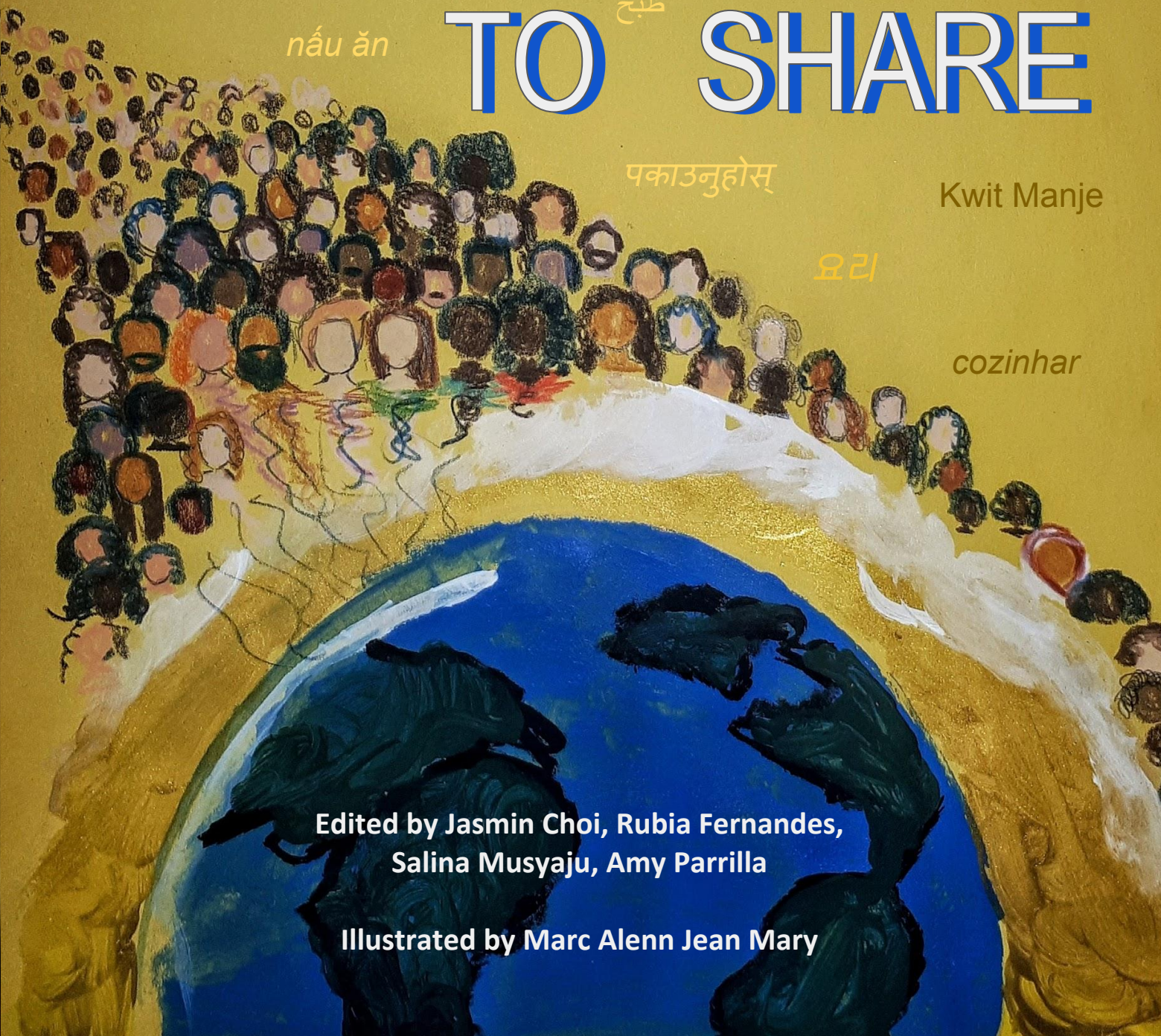
Kwit Manje

요리

cozinhar

Edited by Jasmin Choi, Rubia Fernandes,
Salina Musyaju, Amy Parrilla

Illustrated by Marc Alenn Jean Mary



To our family, friends, and neighbors.



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Introduction

Adjusting to life in a new country can be isolating for many immigrants. For many immigrants, food is a way to pay homage to their cultural roots and connect with others by sharing meals and stories.

This project is more than a simple cookbook. It's a media through which our immigrant communities can feel empowered to claim our narratives of identity and culture together.

All the recipes and stories in this multicultural cookbook project are written and edited by youth. All the illustrations in this book are created by our youth illustrator. All the submissions were made from youth and families of immigrant background living in Massachusetts.

In this cookbook, we are not just sharing the recipes but our own stories. We share stories of our tradition, history, and hope. Our cookbook shares narratives, poems, and artworks created by youth along with their family recipes.

Which cultures will you discover on your journey?



Mangú

(Mashed Plantains)

- **Arlenny Ramirez**

Ingredients:

- ☐ 4 unripe plantains
 - ☐ 1 ½ teaspoon salt
 - ☐ 4 teaspoon olive oil or butter
 - ☐ 1 tablespoon onion powder
 - ☐ 1 cup water at room temperature
-

Instructions:

- Peel the plantains and cut lengthwise, then divide each half into two. Remove the center where the seeds are located. (smoother Mangu)
- Boil the plantains with a water level one inch above the plantains. Add salt. Cook until they are tender, before the water boils.
- Remove the plantains from the water and mash them with a fork until they are very smooth (few to no lumps).
- Mix olive oil, onion powder and water at a cool temperature and keep mashing and mixing until it turns into a smooth puree.

Sautéed Onions for Mangu:

- Heat a tablespoon of oil in a skillet over low heat. Add onions and cook and stir until they become translucent. Pour in vinegar and season with salt to taste.
- Garnish mangu with the onions and serve with sunny side up eggs or fried slices of salami.



Mangu is a recipe that many Dominicans make during special holidays or events with their family and friends. I remember when my grandmother used to make it on Christmas for breakfast and the wonderful smell would just fill the whole house with happiness.



Lalo

- Rose Biande Jean Mary

Ingredients:

- ☐ 2 packs of Lalo (jute leaves)
- ☐ 1 pack of chopped Spinach
- ☐ Shrimp/crab (optional)
- ☐ Stew beef, garnished
- ☐ Parsley and thyme
- ☐ Chopped onions
- ☐ Green/red pepper
- ☐ 2 ½ tablespoons of olive oil
- ☐ Chopped carrots
- ☐ Watercress



Instructions:

- Turn on the stove, add 2 ½ tablespoons of olive oil into a boiler and let it get hot.
- Add stew beef into the boiler (seafood is optional).
- Add chopped red peppers and green peppers, chopped onions, chopped watercress, and jute leaves (frozen).
- Add a spoon full of tomato paste and some spinach. If the jute leaves are frozen no water is needed.
- Turn down the heat, Cover the boiler and let it cook for about 45 minutes. Add carrots (optional).
- Let it sit for an extra 5 minutes. Ready to serve! Best served over white rice.



Ayiti se - Mikaben

Ayiti s'on bon griyo, s'on
bon fritay, on bon taso.

S'on bon legim avèk sirik,
s'on bon diri avèk lalo.

Ayiti s'on bon bouyon, s'on
soup joumou ak tout piman

Translation

Haiti is some appetizing “Griyo”
(fried pork), it’s a delicious
“Fritay” (fritter), some tasty
“Taso” (fried goat).

It’s a delicious vegetable stew
laden with crabs, it’s flavorful
rice with “Lalo” (country greens
or Haitian vegetable).

Haiti is a scrumptious broth, a
pumpkin soup well-seasoned
with bell peppers

Homemade Manicotti & Sauce

- Rebecca Gifford

Manicotti Sheets

Ingredients:

- ☐ 1 cup of flour
- ☐ 1 cup of milk
- ☐ 4 eggs
- ☐ Pinch of salt
- ☐ 4 tablespoons oil
- ☐ Large mixing bowl
- ☐ 8-inch non-stick skillet

Instructions:

- Heat pan medium-low to medium on stove.
 - Mix all ingredients in a large mixing bowl until lumps are gone. Allow to rest for 1-2 minutes.
 - Spoon less than $\frac{1}{4}$ of a cup of mix into pan and swirl to coat the bottom of the pan. Cook for roughly 1 minute, until the edges are dry.
 - Use a spatula to lift the edges to check that it is done, then flip. Cook for roughly 30 seconds until the manicotti sheets slide around.
-

Sauce

Ingredients:

- ☐ $\frac{1}{2}$ of a medium onion
- ☐ 3-4 teaspoons of garlic
- ☐ 6 oz can of tomato paste
- ☐ 28 oz can of crushed tomatoes
- ☐ $\frac{1}{2}$ of a can of red wine
- ☐ 1 teaspoon of oregano
- ☐ $\frac{1}{2}$ of a teaspoon of sugar
- ☐ Large sauce pot

Instructions:

- Dice $\frac{1}{2}$ of a medium sized onion. Saute on medium to high heat, until translucent.
 - Add 3-4 teaspoons of garlic. Saute for 30 seconds on medium to high heat.
 - Add a can of tomato paste, stir for 1-2 minutes. Add a can of crushed tomatoes.
 - Add half a can of red wine (use the can from the crushed tomatoes).
 - Add a teaspoon of oregano and half a teaspoon of sugar. Let simmer for 1 hour.
-

Ricotta Filling

Ingredients:

- ☐ 2 lbs of ricotta
- ☐ 2 eggs
- ☐ Parsley, Salt, Pepper
- ☐ Grated cheese
- ☐ Baking pan

Instructions:

- Mix the 2 lbs of ricotta, 2 eggs, a small handful of parsley and grated cheese, and a liberal amount of salt and pepper in a large mixing bowl.

Since my nana got married to my papa, and for as long as my mom can remember, my nana has been making her special manicotti and sauce every year at Christmas time. As soon as my mom was old enough, she got the recipe and was taught the techniques and special ingredients and has been doing the same since. Then, not too long ago, I began helping them make this delicious Italian dish that I look forward to every year. This, along with the pizzelle that we make every year at the same time, are some of my favorite dishes in the world. I love getting to cook with my family and learn from two generations of Italian women who have so much to share with me. Cooking as a family also adds so much to the spirit of the holidays, as Christmas is my favorite time of year. This dish is something that is so warm and cozy and is perfect during the winter time.

Final Touches

- Add a layer of sauce to the bottom of the baking pan
- Fill the manicotti sheets with $\frac{1}{2}$ a cup of the filling and fold up
- Place filled manicotti sheets in the baking pan
- Cover with sauce, shredded mozzarella, and basil
- Bake at 350° for 20 minutes



Note: can be covered and placed in the fridge until ready to cook

Sel Roti

- Prabidhi Rana

Utensils:

- ❑ Deep/flat base frying pan
- ❑ Two sticks, 1-foot long
- ❑ A cup to pour mixture in pan

Ingredients:

- ❑ Rice, 2 ½ pound (or instant rice flour)
 - ❑ Water or milk, half liter (500 ml)
 - ❑ Ghee, 2 cups
 - ❑ Sugar, 2 cups
 - ❑ Cooking oil, 1 liter
-

Instructions:

- Wash and soak rice overnight, drain excess water.
- Mix butter (ghee) and sugar into fine paste. The paste should be fine and greasy.
- Cover it and leave at room temperature for 1-2 hours to melt and mix all the ingredients.
- Heat pan with cooking oil. The pan should be deep enough to float Sel Roti and the base should be flat.
- Pour the thin batter as continuous ring into hot oil till they become brown/golden on the both side till it is golden brown.

Sel Roti is one of the most uniquely and traditional Nepali dish, a sweet rice bread, distinct from any other breads of the world. Sel-Roti resembles a large thin puffed-up doughnut and has a crispy texture with reddish brown color. It is prepared by grinding soaked rice to create a thick batter. Sel roti is made and served throughout Nepal in the festival of Dashain, Tihar Dipawali), wedding parties, and other ceremonies. It is essential food in most of Nepalese cultural and traditional events.



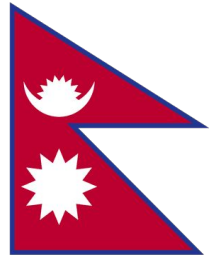
N ice smell of the fragrant curry and rice.

E eating with everyone around me.

P ouring the steaming tea into family cups.

A ppreciating what the gods have given to us daily.

L owing one another because we are all family, whether by blood or not.



Sel Roti

- Salina Musyaju

Ingredients:

- ❑ 2 cups uncooked rice
 - ❑ 3 tablespoons sugar
 - ❑ 3 tablespoons ghee (clarified butter)
-

Instructions:

For making the batter:

- Soak rice overnight.
- Put the drained rice in a mixer grinder with sugar and ghee.
- Grind for about 3-4 minutes until it becomes paste.
- Add more rice flour if the batter is liquidy.

For cooking:

- Cut the top portion of a plastic bottle to drop batter.
- Add ½ inch of oil in a pan and heat.
- Drop the batter in oil making round circle.
- Fry until golden brown.
- Serve it warm or cold.





Sel Roti, usually addressed as Sel, is a popular Nepali snack. My grandma usually makes Sel during Tihar, a religious holiday. She cooks a bunch of Sel to offer to God and distribute among kids playing deusi bhailo. Sel is one of my favorite food to eat during Tihar. It tastes even better when eating with family and friends and dipping it in gravy made of potato and beans.

Biryani

- Arif Faisal

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> 3 tablespoons olive oil | <input type="checkbox"/> Half teaspoon black pepper |
| <input type="checkbox"/> 1 sliced onion, green pepper | <input type="checkbox"/> 2 teaspoons Kosher salt |
| <input type="checkbox"/> 1 spoon ginger | <input type="checkbox"/> 4 cups of chicken broth |
| <input type="checkbox"/> 1 spoon garlic | <input type="checkbox"/> Half cup water |
| <input type="checkbox"/> 4 slices of boneless and skinless chicken, cut into 1" chunks | <input type="checkbox"/> Half teaspoon cinnamon |
| | <input type="checkbox"/> 2 teaspoons garam masala |
| | <input type="checkbox"/> 2 cups of long wet rice |
-

Instructions:

- Mix boiled rice, yogurt, and all the chillies into a large bowl. Then, cover and leave them for half an hour. During that time heat some oil in a pan for a few minutes and put onions into it until it turns brown.
- Add the green chillies to the mixture, frying the mixture yet again for a minute. Then, add coriander powder and turn the flame to medium-low while stirring and cooking the masala. Quickly, add the marinated chicken and mix for a while so that the ingredients absorb the juices properly. Then, put the chicken in a pan.
- Next, turn the heat high for 5 minutes and back to medium again. Make sure to keep stirring during the entire process to prevent the chicken from sticking to the bottom and burning. You can add a little bit of water, if you find the consistency to be too thick. When it's done take the rice and mix it properly with the chicken and garnish it.



Biryani is a traditional dish in south asian countries. It's usually cooked with rice and some kind of meat. My favorite biryani is chicken and beef biryani. It takes time to cook but it's worth the time. Since growing up, my mother always makes this dish. It's also is a really common main meal in weddings and other

ceremonies. It reminds me of when I was younger and how everyone used to enjoy eating it during special days such as Eid.

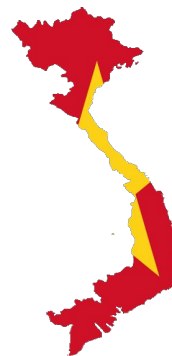


Bánh Bò Nướng (Honeycomb cake)

- Wendy Vong

Ingredients:

- ☐ 200ml of coconut milk (½ can)
- ☐ 180g of white sugar
- ☐ ½ teaspoon of pandan extract
- ☐ 6 eggs
- ☐ 240g of tapioca starch
- ☐ 2 ½ teaspoon of single-acting baking powder
- ☐ A bundt or 9 inch cake pan



Instructions:

- Preheat oven and cake pan to 350°F.
- In a small saucepan, dissolve 200ml of coconut milk and 180g of sugar over low heat. Remove from heat and let it cool to room temperature.
- Add ½ teaspoon of pandan extract to the coconut milk and sugar mixture.
- In a mixing bowl, crack 6 eggs and lightly stir the eggs, making sure not to overbeat the eggs or make bubbles.
- In the same mixing bowl, stir the coconut mixture into the egg mixture and sift in 240g tapioca starch and 2 ½ teaspoon of baking powder. Lightly stir the mixture in one direction until it reaches a smooth watery texture.
- Take the bundt or 9 inch cake pan out of the oven and grease it with cooking spray or butter.
- Pour the batter into the heated pan and then bake at 350°F for about 45 minutes. To test if it is ready, insert a toothpick into the center of the cake. If the toothpick comes out clean, the cake is done.

Bánh Bò Nướng or “Honeycomb cake” is a spongy and chewy Vietnamese dessert infused with pandan extract and coconut milk. Many love it for its nutty flavor, its green hue, and its light honeycomb appearance. Often, I only find them sold in slices at small Vietnamese bakeries and sandwich shops or during get-togethers.



Vietnamese refugees and immigrants have been coming to the Greater Boston area since the Vietnam War. Many of these immigrants, nicknamed as “boat people”, fled Vietnam escaping persecution, violence, trauma, and poverty through small wooden boats. For my parents, they were escaping the aftermath of the Vietnam War came to reside in a refugee camp in Hong Kong. In those eight years living in a detention center, my sister and brother were born. Due to the transfer of rule of Hong Kong from Britain to China in 1997, many refugees were kicked out. Some committed suicide from the ideas of going back to Vietnam, others had to wait to be transferred back or for another country to accept them. In this case, my parents applied to go to the USA and were sent back to Vietnam for paperwork. Like many of these refugees, they resettled in communities around Boston like Chinatown, Dorchester, Allston, Brighton, and Quincy. Many found their living in manufacturing plants and assembly lines; others built their own specialty businesses like restaurants, nail salons, hardwood-flooring, and bakeries. Bonding over their refugee stories, common experiences, culture, and food.

Sypa Topcheta (супа топчета)

- Angelina Frateva

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> ½ pound beef | <input type="checkbox"/> 1 egg |
| <input type="checkbox"/> 2 big spoons rice | <input type="checkbox"/> 1 spoon of oil |
| <input type="checkbox"/> 1 tablespoon salt | <input type="checkbox"/> 3 cups of water |
| <input type="checkbox"/> ½ of onion | <input type="checkbox"/> 3 potatoes |
| <input type="checkbox"/> 1 big carrot | <input type="checkbox"/> Angel hair pasta (2 balls) |
| <input type="checkbox"/> White pepper | <input type="checkbox"/> 2 pinches of parsley |

Instructions:

- Place 6 cups of water to boil. Add salt and white pepper to taste. While you are waiting for it to boil, roll small little meatballs in only the egg white and start adding them into the pot.

***Note:** Wet your hands to keep the meat from sticking to your hands.

- Now add in your rice, potatoes, onion, oil and carrot. Mix on the stove in a pot. Let boil for 1 hour on low. Then add the angel hair pasta, let it boil for 5-6 minutes and then turn the stove off.
- Then take the yolk from your previously used egg and mix it with 1 spoon of water. Take a ladle and add the soup into the bowl with the yolk and mix it. add that mixture back into the pot and repeat one to two more times.



I Miss You

As I write down her recipes
As I sing all her songs
I feel like a little part of her
still belongs.

Oh how I miss her and all of our stories,
Our times listening to music and dancing-
Now it's just me sitting, and grasping
on all of those beloved memories.

I know how to cook, I know how to sew
I can make anything out of fresh dough.
I love her to pieces,
I miss her everyday.

Spicy Chicken Basil

- Jasper Su

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> 2 pounds Chicken Thigh | <input type="checkbox"/> 2 teaspoons Hoisin Sauce |
| <input type="checkbox"/> 2 tablespoons Garlic | <input type="checkbox"/> 2 teaspoons Oyster Sauce |
| <input type="checkbox"/> 2 teaspoons Light Soy Sauce | <input type="checkbox"/> 2 teaspoons Cornstarch |
| <input type="checkbox"/> 1 teaspoon Dark Soy Sauce | <input type="checkbox"/> 2 teaspoons Chili Bean Paste |
| <input type="checkbox"/> 1 teaspoon Toasted Sesame Oil | <input type="checkbox"/> 1 teaspoon Sugar |
| <input type="checkbox"/> 1 ½ teaspoons Peanut Oil | <input type="checkbox"/> Olive Oil |
| | <input type="checkbox"/> Handful of Fresh Basil |
-

Instructions:

- Toss chicken in a bowl with light soy sauce, cornstarch, and toasted sesame oil.
- Heat wok on stove top and drizzle with olive oil.
- Add chicken and stir-fry for 5 mins.
- Remove chicken from wok, drain excess olive oil.
- Add chicken back to wok and combine with all other ingredients (apart from basil).
- Mix and stir-fry till all ingredients are incorporated.
- Plate with fresh basil (whole or chopped) on top.

*Metallic clang of chopsticks, grinding against the wok,
Endlessly tossing chicken in
Hot oil finds itself a place.
Water swirls across my face,
But my salty tears are overpowered
By the aromatic scent of garlic.
The cold compress held to my left cheek
Conforms to the movements of my jaw
As I chew down on basil leaves.*



Spicy Chicken Basil is a common dish my family made while I was growing up. I distinctly remember, however, my mother making this dish as I was running around the kitchen, like any normal 6 year old. Silly little me got a little too close to the wok, in which my mother was vigorously tossing the chicken with chopsticks (as it is traditional not to use a spatula), thus oil spew from the bowl right onto my left cheek. I sat at the dining table, conflicted, trying to wrap my head around how something so delicious had also caused me quite a bit of pain. This dish, rest assured, is completely safe to cook so long as its prepared with care, so may it fill your house with the enticing aroma of garlic and soy sauce.

Filipino Lumpia

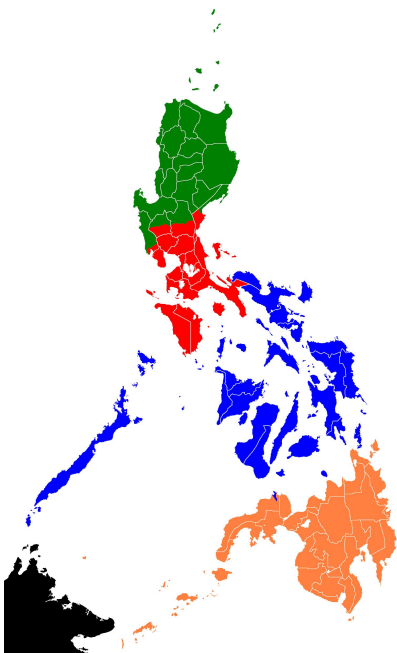
- Hannah Chan

Ingredients:

- | | |
|---|---|
| <input type="checkbox"/> 1 pound ground pork | <input type="checkbox"/> 2 tablespoon of chopped cilantro |
| <input type="checkbox"/> ¼ cup shrimp, chopped | <input type="checkbox"/> 2 teaspoon salt |
| <input type="checkbox"/> 1 small carrot, chopped finely | <input type="checkbox"/> 1 teaspoon pepper |
| <input type="checkbox"/> 2 cloves of garlic, minced | <input type="checkbox"/> 1 ½ cup of oil |
| <input type="checkbox"/> 1 small onion, chopped finely | <input type="checkbox"/> 25 lumpia wrappers or spring roll wrappers |
| | <input type="checkbox"/> ¼ cup green onion |
-

Instructions:

- To make the filling heat 2 teaspoons of oil in a pan. Add the onion, stir for 2 mins, then add the garlic, stir for 2 mins.
- Add the ground pork, and cook for about 5 mins then add the minced shrimp, cook for 2 mins or until cooked through.
- Add the carrots, green onions, cilantro, salt and pepper, stir for 2 mins and remove from heat.
- Drain the pork and shrimp filling and let cool. Lay out one lumpia or shrimp wrapper with one point towards you (like a diamond shape).
- Put 2 tablespoon filling in the middle, fold the bottom then the 2 sides, like an envelope, then roll. Brush the end of the roll with water to seal the end.
- Heat about 2 inches of oil in a deep pan until it reaches 300°F. Fry the lumpia until it's golden brown, about 3 mins. Drain on a paper towel. Serve with ketchup.



“Lumpia is a staple food in any filipino household. It’s perfect to make for birthday parties!”
-Hazel Chan



Feijoadá

- Rubia Fernandes

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> 1 package of black beans | <input type="checkbox"/> 2 finely diced onions |
| <input type="checkbox"/> ¼ pound of diced dried meat | <input type="checkbox"/> 1 bundle of diced chives |
| <input type="checkbox"/> ¼ pound of diced pork ribs | <input type="checkbox"/> 3 bay leaves |
| <input type="checkbox"/> ¼ pound of diced sausage | <input type="checkbox"/> Black pepper and salt |
| <input type="checkbox"/> ¼ pound of diced bacon | <input type="checkbox"/> Crushed garlic |
| | <input type="checkbox"/> Sliced oranges |
-

Instructions:

- Wash the dried beans in a strainer and place them in a pressure cooker with water following a 2:3 ratio. Drizzle a small amount of olive oil.
- Keep the pan over medium heat until the beans become semi-soft.
- Boil the dried meat and pork ribs over medium heat in a pressure cooker.
- Fry the bacon and sausage together in a saucepan. Set aside in a bowl.
- Place ½ a teaspoon of garlic in the same saucepan with oil and put over low heat until the garlic turns a golden color.
- Add the beans, bay leaves, diced onions, black pepper, salt and meat. Let simmer for 5 minutes. Add the chives.
- Remove bay leaves before serving over white rice with sliced oranges and farofa.



I was born in Brazil but spent almost all of my school years here in the United States. I was never taught the history of Brazil and my curiosity drove me to learn more about my country. It was a dish of the poor, made with scraps and leftovers. Originally, the dish included bones and pigs' feet and ears, anything that you could get your hands on. No feijoada is ever prepared the same, but that's what makes it so enticing. Now, you can see it in any Brazilian buffet.



Colombian Style Empanadas

- Amy Parrilla

Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> Colombian-style baked flank steak, thawed (7.5oz) | <input type="checkbox"/> Iodized Salt |
| <input type="checkbox"/> White Onions, diced | <input type="checkbox"/> Black pepper seasoning |
| <input type="checkbox"/> Red Pepper, diced | <input type="checkbox"/> Bijol condiment (coloring and seasoning) |
| <input type="checkbox"/> Green Pepper, diced | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Potatoes, diced | <input type="checkbox"/> Water |
| <input type="checkbox"/> Scallions, sliced | <input type="checkbox"/> Precooked cornmeal (any brand or Venezolana) |
| <input type="checkbox"/> Skinless tomato, sliced | |

Instructions:

- Prep the thawed beef by adding Goya condiment and salt to taste.
- Place the beef in a pot with 2 cups of water (or until the meat is fully covered). Cook fully (about 30 min-1 hour). Once beef is fully cooked, shred the beef using a fork (scrape along the grain of the beef). Save the leftover meat “juice” from the pot and add in the potatoes. Cook until potatoes become soft.
- Place white onions, red and green peppers, scallions, and tomatoes in a bowl and add Goya condiment food coloring - it adds flavor and color. Drizzle some olive oil.
- Place mixture in a pan and cook until juicy. When it is ready, mix it with the shredded meat.
- You can begin to build your empanadas with the cornmeal. Place empanadas into a small pot with hot oil and cook for 4 minutes. Carefully remove them and dry the empanadas with paper towels on a plate or colander.



BEST SERVED WITH HOMEMADE GUACAMOLE AND PICO DE GALLO
(NEXT RECIPE)



Pico de Gallo & Guacamole

- Amy Parrilla

Pico de Gallo

Ingredients:

- ☐ Cilantro, sliced
- ☐ Skinless tomatoes, diced
- ☐ White onion, diced
- ☐ Lemon or vinegar (optional)
- ☐ Scallion, sliced (optional)
- ☐ Oil and/or vinegar

Instructions:

- Gather amount of ingredients to your liking. You may make enough pico de gallo to keep stored and refrigerated for later use.
- Place the white onion, scallion, cilantro, and tomato in a bowl of choice. Add chilli powder for spice if desired. Slice a lemon in half. Squeeze the lemon into bowl and mix.
- Add desired amount of oil and/or vinegar to give it a more liquified texture. Adding vinegar will preserve the pico de gallo and keep it fresh longer.

Guacamole

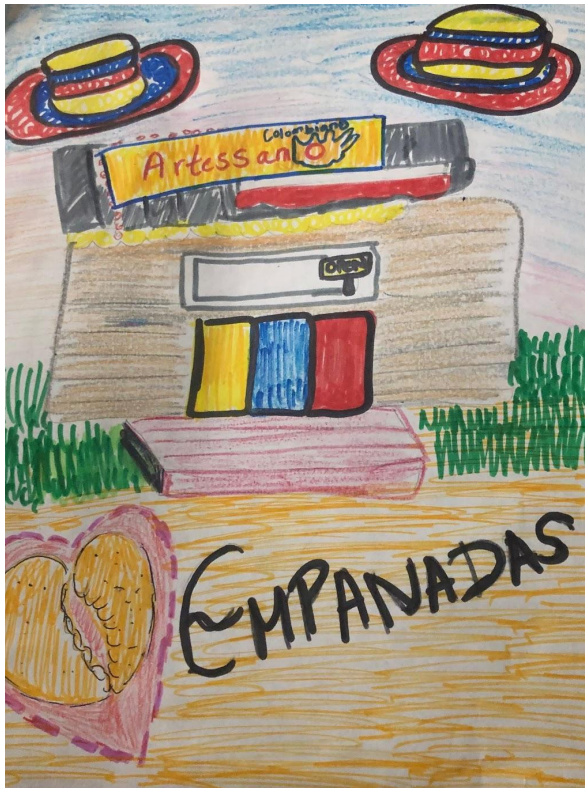
Ingredients:

- ☐ Avocado(s)
- ☐ Oil
- ☐ Vinegar

Instructions:

- If you want some homemade guac, peel some avocados and put them in a blender with some oil and vinegar to keep the guac fresh.
- You can also add garlic powder in the mix.
- To give it some spice or chunkier texture add the pico de Gallo to the mix.





SERVE ALONGSIDE HOMEMADE EMPANADAS (PREVIOUS RECIPE)

My grandmother makes the best empanadas. Empanadas are a big part of Colombian culture and food because it is one of the most common snacks. They can be enjoyed as a breakfast, lunch, or dinner with coffee, aguapanela, or a 'refresco'. She told me that people still sell these snacks on the streets of Colombia today to earn extra money. It is known to be a very popular food. Everyone from children to adults and grandparents love this snack. It is the food that brings Colombians and their friends and family together. This half moon-shaped delicious heaven is filled with meat and potato.

Buñuelos

- Amy Parrilla

Ingredients:

- | | |
|---|---|
| <input type="checkbox"/> Vegetable oil for frying | <input type="checkbox"/> ½ cup finely grated fresh farmers cheese |
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> ¼ cup of yucca flour or tapioca starch |
| <input type="checkbox"/> 2 tablespoons of sugar | <input type="checkbox"/> ¾ cup of cornstarch |
| <input type="checkbox"/> ¼ teaspoon of baking powder | <input type="checkbox"/> A pinch of salt |
| <input type="checkbox"/> 1 cup of finely grated feta cheese | <input type="checkbox"/> 1 tablespoon of milk |
-

Instructions:

- Place all the ingredients, except for the oil, in a medium bowl and mix well using your hands until soft dough is obtained.
- Form small balls using your hands.
- In a deep pot, heat the vegetable oil to 300°F. Carefully drop the balls into the oil. Cover the pot and, after 3-4 minutes, turn the heat up and fry until golden brown.
- Remove from the oil and drain on a plate lined with paper towels.



Step 2 Pictured Above



Step 3 Pictured Above



This recipe is important to my family because we share buñuelos for breakfast at times. In Colombia, it is most common during Christmas along with natilla. I think this food is very simple to make and it takes the least amount of time. Buñuelos are fun to make because you can make these warm "cheese balls" any size or shape you want. You could even eat them as a snack with aguapanela or coffee.



Spicy Hot & Sour Nepali Potato Salad

- Jessica Joshi

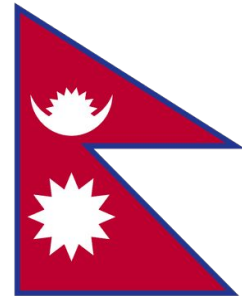
Ingredients:

- | | |
|--|---|
| <input type="checkbox"/> 2 large potatoes | <input type="checkbox"/> ½ a teaspoon of red chili powder |
| <input type="checkbox"/> 2 small carrots | <input type="checkbox"/> 3 tablespoons of lemon juice |
| <input type="checkbox"/> 1 small cucumber | <input type="checkbox"/> ¼ cup of sesame seeds |
| <input type="checkbox"/> ¼ cup of green peas | <input type="checkbox"/> 2-3 green chilies |
| <input type="checkbox"/> 3 teaspoons of oil (vegetable or mustard oil) | <input type="checkbox"/> ½ cup of fresh cilantro |
| <input type="checkbox"/> Salt to taste | <input type="checkbox"/> 2-3 teaspoons of water |
-

Instructions:

- Boil potatoes, let it cool , peel, and cut them into cubes.
- Cut carrots and cucumber into thin pieces (remove the inner parts of the cucumber).
- Slice green chili.
- Toast brown sesame seeds in a pan and grind to powder.
- Combine potatoes, carrots, cucumber and green chili in a bowl.
- Add salt, red chili powder, sesame seed powder and lemon juice.
- Heat oil and pour it on the salad.
- Mix well and serve.

Spicy Hot and Sour potato salad can be served as a side dish or as an appetizer. It is very delicious, and whenever you think of it, you want to make it in order to fill your craving. It is one of the most popular side dishes in Nepal.



Hot Dog Fried Rice

- Sophie Shrestha

Ingredients:

- | | |
|---|---|
| <input type="checkbox"/> Hot dogs (2-3, boiled) | <input type="checkbox"/> Salt (to taste) |
| <input type="checkbox"/> Rice (3 cups, cooked) | <input type="checkbox"/> Pepper (to taste) |
| <input type="checkbox"/> Tomatoes (2-3) | <input type="checkbox"/> Paprika (to taste) |
| <input type="checkbox"/> Soy sauce (2 tablespoons) | <input type="checkbox"/> Green onions |
| <input type="checkbox"/> Yogurt (optional, topping) | <input type="checkbox"/> Olive oil |

Instructions:

- Heat up pan and olive oil on high-medium.
- Chop up tomatoes, green onions, and hotdogs.
- Place tomatoes in pan and cook until mushy.
- Add green onions and hotdogs, stir.
- Season with salt, only a little because soy sauce can make it salty, pepper and paprika.
- Add in rice, change heat to low
- Mix it together, then plate. Add yogurt as a topping (optional).



Coming home from school as a kid I would always be hungry, but we would always have random ingredients like rice and leftover curry and macaroni. Being a little weird and creative, I would always throw random things together and just fry it up with rice. I had some hotdogs one day, so I fried it up and it just stuck, and I've been making it since I was in middle school.



Vietnamese Yogurt (Sữa chua or Da ua)

- Henry Nguyen

Ingredients:

- ❑ ⅔ cup Sweetened Condensed Milk
(any brand; my family uses Longevity Brand or Carnation)
 - ❑ 1 ¼ cups of Near Boiling Water
 - ❑ 1 ½ cups of Whole Milk (skim milk and almond milk have different fat levels which affect the taste of the yogurt; Hood Milk works well)
 - ❑ 1 ½ cups Plain, Vanilla or Vietnamese Yogurt (preferably vanilla; Dannon and Activia have worked well)
-

Instructions:

- Pour sweetened condensed milk into a bowl and add hot water. Whisk until homogeneous.
- Pour milk into bowl and mix, then put yogurt through a sift and use a spoon to push yogurt through. Sift mixture again. Pour the mixture into the containers you will store it in.
- In a wide bottomed pot that is taller than your yogurt containers, make a bath for the containers: Heat up enough water to a near boil so that the water level nearly reaches the top of the yogurt filled containers.
- After water is hot, turn off heat and place filled yogurt containers into bath. If needed, pour in additional hot water. (Tip: Use a funnel to pour the water into the pot so no water splashes into the yogurt containers.)
- Cover the top of the pot with a towel and wrap the pot with 1-2 blankets. Wait for the yogurt to set. The yogurt should set in 4-5 hours.*

***Note:** it is important to check the consistency and taste before placing it in the fridge. Use a spoon to taste a small portion of one cup. Yogurt that is ready should taste at least a little bit sour and have slightly solid structure. If the yogurt is not ready, leave the yogurt for an additional 1-2 hours and check again later. If yogurt does not change, consider emptying some of the water and filling the pot with hot water.

- If the yogurt is ready, remove from bath, put lids on jars (plastic wrap works well too) and store in fridge until ready to serve (1-3 hours).

Enjoy your sweet yogurt and feel free to add fruits
(banana, strawberry, blueberry, pineapple or avocado)
to your tangy creation



My mom, who my family refers to as #1, was the first person in my family to use the yogurt recipe. She worked countless hours in the kitchen to provide for my dad, sister, and I, and works even harder to make food for my dear grandparents. One day, she asked my sister and I to help her make yogurt. Being the rebellious adolescent I was, I did not want to, but after my mom took away my Nintendo DSi (colored black), I was motivated to give a helping hand. There were many times my arms become sore after mixing, my mom scolded me for spilling some of the yogurt mix, and I wanted to quit out of frustration from not being able to smooth out the yogurt perfectly. From all of this I took away two lessons: work becomes easier with practice, and a family can bond over a cup (or ten) of yogurt. I have continued this tradition of yogurt making with my mom for over 5 years and I now consider myself to be a proficient yogurt chef. I want to pass this tradition on for as long as possible and to share this wonderful recipe that came from my culture. I also came to learn that life is like a Vietnamese yogurt: sometimes it can be too sour and sometimes it can be overly sweet, but with time and practice, one can achieve a balance and share it with others.

Stroganoff

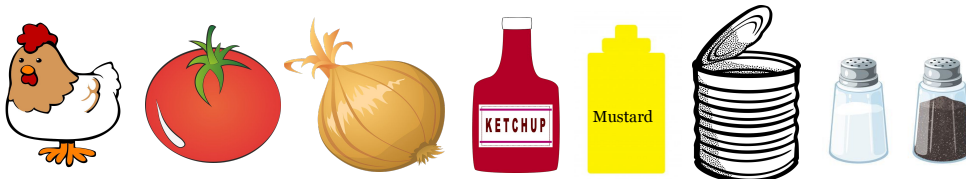
- Ana Alves

Ingredients:

- ☐ 3 pounds of filet mignon or chicken breast
- ☐ 5 peeled tomatoes without seeds
- ☐ 1 large chopped onion
- ☐ Salt and black pepper to your liking
- ☐ 5 ounces of champignon
- ☐ 1 cup of of cognac
- ☐ A box of creme de leche
- ☐ 2 tablespoon of Ketchup
- ☐ 1 tablespoon of Mustard
- ☐ 1 cup of cooked rice
- ☐ Shoestring potato to your liking

Instructions:

- Fry the meat slowly, seasoning with salt and black pepper.
- Add the chopped onion.
- Add the champignon and stir.
- Add the cognac and flambe it.
- After it has been flambeed add the chopped tomato.
- Add two tablespoons of ketchup and one of mustard, stir.
- Let it boil and cover the pan.
- Cook for 20 minutes on low heat.
- Turn off the stove and add the creme de leche, mixing slowly.
- Serve with white rice and shoestring potato.



“This is a dish my grandma made me when I was a kid and when all her grandkids got together for lunch on Sunday afternoons. It was the day me and my cousins got together to play and adventure ourselves on our grandma’s garden. It was the happiest moments of my childhood. So when I grew older I searched for the recipe and kept doing it over and over until I got the right taste.”

- Luiz Alves

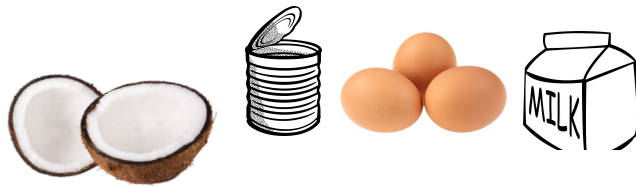


Pudim (Brazilian Flan)

- Rubia Fernandes

Ingredients:

- ❑ 3 eggs
- ❑ 1 can of condensed milk
- ❑ 2 measured cans of milk (use can of condensed milk for measurement)
- ❑ Granulated sugar
- ❑ Coconut flakes



Instructions:

- Place a bundt baking pan on the stove over medium heat.
- Evenly fill the bottom of the pan with $\frac{1}{2}$ an inch of granulated sugar.
- Keep the mixture homologous until the sugar is melted. Remove from heat.
- Combine all other ingredients using a blender.
- Pour the mix into the bundt pan.
- Fill another baking pan $\frac{1}{3}$ of the way with water and place bundt pan with mixture into the water.
- Bake at 350 degrees Fahrenheit for one hour. To check if done, place toothpick an inch away from the edge. If it comes clean it is done.
- Allow for the flan to cool for half an hour then carefully peel it from its sides and flip it onto a serving plate.



This Brazilian take
on flan is absolutely
delicious and goes
great at any
gathering!



Haitian Griot And Pikliz

- Marc Alenn Jean Mary

Pork meat

Ingredients:

- ☐ 3 lbs of pork shoulder
- ☐ 5 chopped scallions
- ☐ 2 chopped shallots
- ☐ Fresh parsley
- ☐ 1 tablespoon of white vinegar
- ☐ 2 cups of water
- ☐ 6 sliced cloves of garlic
- ☐ 1 cube of chicken bouillon
- ☐ 4 cloves of garlic
- ☐ 2 oranges
- ☐ 2 limes
- ☐ 10 sprigs of fresh thyme
- ☐ 4 cups of oil

Instructions:

- Mix the sliced bell pepper, chopped onion, chopped shallots, parsley, white vinegar, salt, chopped scallions, sliced cloves of garlic, chicken bouillon cube, cloves of garlic, sprigs of thyme, and 1 sliced scotch bonnet in a blender.
- Pour the mixture onto 3 lbs of pork shoulder in a large pot off heat. Squeeze 2 oranges and 2 limes over the pot to add more seasoning, and mix thoroughly. Let it marinate overnight.
- After, add 2 cups of water in the pot. bake at 350°F (180°C) for 1.5 hours. Pick out the pork pieces and dry them by placing on a tray with paper towel on it. Take the pork meat and fry it at 350°F (180°C) for 5-7 minutes until it is crisp.

Fried Plantain

Ingredients:

- ☐ 3 plantains
- ☐ 2 cups of oil
- ☐ 2 tablespoons of sour orange juice or vinegar

Instructions:

- Peel the plantain than cut diagonally in 1 inch pieces. Prepare the oil in a deep frying pan set aside. Place the sliced plantains in the hot oil for 5 minutes on each side. Press the plantains with a wooden plantain press. Place plantains in water with 2 tablespoons of sour orange juice (or use vinegar).
- Place the plantains into the oil in medium heat. Let the plantains fry and turn it until it is golden and crispy on each side. Remove the plantains and lay them on a platter lined with paper towels to soak up the excess oil.

Pikliz

Ingredients:

- ☐ 2 cups of cabbage
- ☐ 1 cup of carrot
- ☐ 1 sliced bell pepper
- ☐ 1 sliced onion
- ☐ 3 sliced scallions
- ☐ Salt
- ☐ Pepper
- ☐ 2 cups of white vinegar
- ☐ 2 sliced Scotch Bonnet pepper

Instructions:

- Add 2 cups of shredded cabbage, 1 grated carrot, 1 sliced bell pepper, 1 sliced onion, 3 sliced scallions, 2 sliced Scotch bonnet, salt and pepper. Mix the pikliz well.
- Place the pikliz in a sterilized container, add 2 cups of vinegar. Let the Pikliz marinate for at least 12 hours but preferably for 2-3 days in the refrigerator.





From a Haitian dinner to a wedding, griot and pikliz is one of the recipes in Haiti that seems to show up everywhere. Griot is the kind of food that can be enjoyed in practically any situation. Every Haitian will recognize the smell of pikliz and probably smile once they see it.

About the Editors

Marc Alenn Jean Mary, Student illustrator.

Growing up in another country, Haiti, allowed me to gain a different perspective on the world. I see the world with the hope that my ancestors placed in the future and acknowledge the sacrifices that they invested. I try to transcribe my ideas and feelings through my artworks, I look at them as an extension of myself. I love hearing more about what the world has to offer, to me each culture, person, is a unique art piece adding more to the great art show, life. If we all share part of ourselves, the world would be one step closer to fulfill the dream that many before us had.



Jasmin Choi, Project Leader.

As a first-generation immigrant from Korea, food became a powerful symbol of my cultural identity. By sharing stories and meals together, I have learned to respect and celebrate the socio-cultural fabric in our communities. We created this cookbook with this intent and purpose. I am so proud of the work that our student editor and illustrator team put forth, and I am grateful for the interests and support from the community.

Rubia Fernandes, Student editor.

I am a Brazilian immigrant who came here with her family in search of better opportunities. To me, food has been a major component to keeping in touch with my roots. I have memories of making brigadeiro and pastels with my mom in Brazil as a young child and everytime I work on these recipes here in America, I get that nostalgic feeling. I love learning about cultures and the different traditions that each one has. I believe that everyone can learn from their neighbors, especially in multicultural communities. By sharing our knowledge, the world can become a more accepting place of all identities - this cookbook is one step towards that.



Salina Musyaju, Student editor.

I come from the vibrant capital city of Nepal; Kathmandu. Growing up in a religious household, culture has been embedded in me. Nepal is a multi-religious, multicultural, multilingual country. Home to an infinite number of cultures and traditions, food beholds religious and cultural value to all the Nepali. Nepali food has helped me acknowledge and remember my values and ideologies, coming to a new country.

Amy Parrilla, Student editor.

I am a sophomore at Medford High School where diversity is very important to the school culture. I learned more about how culture comes to play in my life at L.I.P.S program with the Welcome Project. My family was born and raised in Colombia. They worked hard and dedicated themselves for a better life in the United States. I have grown up to be more aware of culture and heritage. I am a Spanish interpreter and I helped organize a community project about mental health with my partner, Salina. This program helped me think about what you can share with the community as a bilingual student.

Being part of the multicultural cookbook is a great experience because there are so many students' culture and stories here. I hope you like the recipes, happy cooking!



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Special thank you to all those who participated in the cookbook project from sharing their recipes and stories to leading the publishing work.



Boston University School of Public Health
Activist Lab



The Welcome Project



To Eat, To Travel, To Share, three words embodying the different aspects of food and culture that were invested in this cookbook. Traveling to a different country, sharing cultural cuisine can sometimes serve as a universal language to acknowledge and preserve our culture through food.

