

# **International Foods Recipe Collection 2015**

**Kent County 4-H  
Lake Forest High School  
Sunday, November 8, 2015**



First	Last	Type of Dish	Recipe	Country	Age	Club
Rachel	Taylor	Appetizer/Soup	Egg Rolls	China	12	Harrington Sunshine
Riley	Taylor	Appetizer/Soup	Rolled Seaweed & Egg Omelet	Korea	12	Harrington Sunshine
Jarrett	Butler	Appetizer/Soup	Taco Dip	Mexico	16	Midstate
Autumn	Galipo	Appetizer/Soup	Spinach Dip	USA	12	Peach Blossom
Lena	Berry	Appetizer/Soup	Potato Salad	Germany	16	Harrington Sunshine
Lilian	Allaband	Appetizer/Soup	Lumpia	China	10	Westville
Leslie	Webb	Bread	Rye Bread	Germany	14	Peach Blossom
Jessica	Butler	Dessert	Poor Man's Cake	USA	11	Midstate
Logan	Rash	Dessert	Apple Pie	USA	15	Midstate
Sydney	Messick	Dessert	Light Dreams	Sweden	9	Peach Blossom
Kyle	Spillane	Dessert	Pumpkin Pie Rice Pudding	USA	15	Peach Blossom
Aubree	Duke	Dessert	Applesauce Cupcakes	USA	6	Harrington Sunshine
Madelyn	Galipo	Dessert	Pumpkin Pie	USA	12	Peach Blossom
L Noah	Gardner-Bowler	Dessert	Pfeffernusse	Germany	14	Create2Learn&2Lead
Caroline	Allen	Dessert	Brigadeiros	Brazil	9	The Lord's Clay
Levi	Allen	Dessert	Sopa de Gloria	Panama	7	The Lord's Clay
Weston	Williams	Dessert	Pumpkin Cookies	USA	11	Harrington Sunshine
Justin	Bazemore	Fruit/Vegetable	African Peanut Stew	Ghana	15	Woodside Emeralds
Kennedy	Upshur	Meat/Main Dish	Curry Chicken	West Indies	15	New Beginnings
Abigail	Harrington	Meat/Main Dish	Mini Spaghetti Pies	Italy	16	Dover Clovers
Rachel	Mackie	Meat/Main Dish	Stovies	Scotland	11	Woodside Emeralds
Caden	Allaband	Meat/Main Dish	Empanadas	Costa Rica	6	Westville

## BREAD

### Rye Bread, Germany, Leslie Webb, Peach Blossom

2 (.25 ounce) packages active dry yeast	1/2 cup molasses
1/2 cup warm water (110 degrees F/45 degrees C)	2 tablespoons butter
1 1/2 cups lukewarm milk	3 1/4 cups rye flour
2 tablespoons white sugar	2 1/2 cups bread flour
1 teaspoon salt	

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture, and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour. Add bread flour by stirring until the dough is stiff enough to knead. Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board, add more flour. Cover dough and let rise 1 to 1 1/2 hours or until double. Punch down dough and divide to form two round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours. Preheat oven to 375 degrees F (190 degrees C). Bake for 30 to 35 minutes.

## APPETIZERS AND SOUPS

### Egg Rolls, China, Rachel Taylor, Harrington Sunshine

4 tsp vegetable oil	2 green onions, thinly sliced
3 eggs, beaten	2 1/2 tsp soy sauce
1 medium head cabbage, finely shredded	1 tsp salt
1/2 carrot, julienned	1 tsp sugar
8oz can shredded bamboo shoots	1/2 tsp MSG
1 c dried, shredded wood ear mushrooms, rehydrated	14oz pkg egg roll wrappers
1 lb Chinese barbequed or roasted pork, cut into matchsticks	1 egg white, beaten
	4 c oil for frying, or as needed

Heat 1 tsp oil in wok or large skillet over medium heat. Pour in beaten eggs and cook, without stirring, until firm. Flip over and cook for additional 20 sec. to firm the other side. Set egg pancake aside to cool; slice into thin strips. Heat remaining oil in wok or skillet over high heat. Stir in cabbage and carrot; cook for 2 mins to wilt. Add bamboo, mushroom, pork, green onions, soy sauce, salt, sugar and MSG; continue cooking until vegetables soften about 6 mins. Stir in sliced egg, then spread mixture out onto a pan, and refrigerate until cold, about 1 hr. To assemble the egg rolls: place a wrapper on work surface with one corner pointing towards you. Place about 4 Tbsp of cooled filling in a heap on the bottom third of the wrapper. Brush a little beaten egg white on the top two edges of the wrapper, then fold the bottom corner over the filling and roll firmly to the halfway point. Fold the left and right sides snugly over the egg roll, and then continue rolling until the top corners seal the roll with the egg white. Repeat with remaining egg roll wrappers, covering finished egg rolls with plastic wrap to keep from drying out. Heat about 6 inches of oil in a wok or deep-fryer to 350 degrees. Fry egg rolls 3 or 4 at a time until golden brown, 5-7 mins. Drain on paper towels.

### Taco Dip, Mexico, Jarrett Butler, Midstate

1 pkg ground chicken, hamburger, or turkey	8oz whipped cream cheese
1 pkg Old El Paso taco seasoning	1 pkg shredded taco cheese
8oz sour cream	

Brown the meat and drain. Add taco seasoning and 2/3 cup water. Let cool. Mix sour cream and cream cheese in a bowl. Spread the mixture on the bottom of a 13x9 pan. Add meat on top and cover with cheese.

Rolled Seaweed & Egg Omelet, Korea, Riley Taylor, Harrington Sunshine

5 extra large eggs  
1 Tbsp rice wine  
1/4 tsp fine sea salt

4 1/2 dried seaweed sheets  
Cooking oil

Break the eggs in a medium mixing bowl and beat them lightly. To give a smooth texture, sieve through the eggs into another bowl. Add the rice wine and salt and whisk well. Move the mixture into a measuring cup with a handle so it's easier to pour. Cut two seaweed sheets in half. You should have 4 (3.75 x 8in) sheets at hand, but you will be using 3 of these. Heat the pan on medium low heat and add some oil. Spread it throughout the pan. Reduce the heat to low. Pour out a thin layer of egg onto the pan and spread it by tilting the pan. Once the edge is cooked and top is about 85% cooked, add one seaweed sheet on top of the egg and start rolling the egg with a spatula or chopsticks. Push aside the rolled egg (to the right) and brush some oil in the empty space (left side of the pan). Pour out another thin layer of egg on the empty space and when the top of the egg is cooked, add another seaweed sheet on top and start rolling. Repeat this step until the egg is used up. (Probably just one more left if you're using the same sized pan as me). Take out the rolled egg and cool it down for 5-10 mins. On a cutting board slice it into bite sized pieces. Serve.

Spinach Dip, USA, Autumn Galipo, Peach Blossom

10oz pkg frozen spinach, thawed & drained  
1 c mayo  
1 c sour cream

1 envelope Knorr Vegetable Mix  
1 tsp onion powder

Mix all ingredients and refrigerate overnight. Serve with crackers.

Potato Salad, Germany, Lena Berry, Harrington Sunshine

8 large peeled, cut-up cooked potatoes  
1 stalk celery, diced  
2 hardboiled eggs, peeled and sliced  
1 medium onion diced fine  
6 slices of bacon, cooked and diced  
(Reserve bacon grease for dressing and keep hot.)

1 T minced parsley  
1 c sugar  
1/2 t salt  
1/2 vinegar  
1/2 t pepper  
1/2 c water  
1/4 t dry mustard  
1 c sugar

Dressing:  
2 eggs, beaten

Mix above ingredients (except bacon grease) in a large bowl. For Dressing: Beat eggs; add sugar, spices, vinegar and water and mix well. Pour mixture into hot bacon grease and stir until mixture thickens. Pour over potato mixture and mix lightly. Refrigerate for several hours until serving.

Lumpia, Poland, Lilian Allaband, Dover Clovers

1 lb ground pork, very lean  
2 garlic cloves, crushed  
1/2 c chopped onions  
1/2 c minced carrot  
1/2 c chopped green onions

1 tsp ground black pepper  
1 tsp salt  
30 lumpia skins  
1 c vegetable oil

Mix all ingredients. Put one tablespoon of the mixture in the center of each lumpia skin and roll into a cigar shape. Using your finger, wet the edge of the wrapper just slightly to hold it together. Using a wok or deep skillet, fry in oil until golden brown. Serve with sweet and sour dip.

## MEAT/MAIN DISH

### Stovies, Scotland, Rachel Mackie, Woodside Emeralds

6 large baking potatoes, peeled & cubed	12oz can corned beef, cut into chunks (or bake a fresh one and cut up)
1 c milk	
1 Tbsp butter, add more if using more vegetables	Additional fresh vegetables you like (broccoli, carrots, peppers)
1 large onion, roughly chopped	Salt and pepper to taste

In a saucepan, combine potatoes and milk. Bring to boil, reduce heat; simmer until potatoes are tender, about 30 minutes. While simmering, melt butter in skillet over medium high heat. Sauté onions and any additional vegetables until soft and translucent. Depending on the vegetables, add in sequence depending on cooking times. When potatoes are soft, mix in onions, vegetable, and beef. Cook an additional 10 minutes or until heated through. Season to taste.

### Mamie's Curry Chicken, West Indies, Kennedy Upshur, New Beginnings

Season chicken with garlic, onion, black pepper, thyme, salt and sage. Heat pot and put in curry seasoning by itself. Wait until fragrant and then put in chicken. Add water. Add cut up potatoes and put in pot about 15 minutes before the chicken is done. Serve with white rice.

### Mini Spaghetti Pies, Italy, Abigail Harrington, Dover Clovers

Crust:	¼ cup Parmesan cheese
8 oz. spaghetti	1 Tbsp dried parsley
1/3-cup butter, melted	
2 large eggs, whisked	Sauce:
½ cup grated Parmesan cheese	1 lb ground beef
	2 cups spaghetti sauce
Filling:	1-cup mozzarella cheese
¾ cup cottage cheese	

Preheat oven to 350 degrees. Lightly spray a 12-cup muffin pan with cooking spray and set aside. Cook spaghetti according to package directions. Drain and put in a bowl. Mix together spaghetti and butter. Add whisked eggs and 1/2-cup Parmesan cheese. Toss to coat, making sure that all pasta is coated. Divide spaghetti into 12 muffin cups. Press down with a cup. While pasta is cooking, brown ground beef in a skillet. Drain fat. Stir in spaghetti sauce and set aside. Mix together cottage cheese, 1-cup Parmesan cheese and dried parsley. Divide cheese mixture over the spaghetti. Top each spaghetti muffin with sauce. (You may have extra sauce) Top with shredded mozzarella cheese. Bake for 30 minutes, until cheese is lightly brown. Serve with any leftover sauce.

### Empanadas, Costa Rica, Caden Allaband, Westville

3 c cooked chicken, chopped	1 Tbsp ground cumin
8oz cheddar cheese or cheese blend	1 ½ tsp salt
4oz cream cheese, softened	½ tsp pepper
¼ c finely chopped bell pepper	1 pkg pie crusts

Preheat oven to 400 degrees F. Grease baking sheet. Mix chicken, cheeses, pepper and spices in large bowl. Unroll pie crust on a lightly floured surface. Use a 3 inch cookie cutter and cut out rounds, reroll crust as needed until all crust is used making a total of 12 circles. Brush edges of circles with water. Place 1 heaping tsp of chicken mixture in center of circle and fold dough over filling. Press edges with fork. Place empanadas on baking sheet and bake 15 minutes.

## DESSERTS

### Poor Man's Cake, USA, Jessica Butler, Midstate

1 box raisins	1/2 tsp nutmeg
2 c water	1/2 tsp allspice
3/4 c shortening	2 tsp baking soda
2 c sugar	3 1/2 c flour
2 c cold water	1/2 tsp salt
1 tsp cinnamon	

In large pot cook raisins in first 2 c water until water is absorbed by raisins. Add shortening, then 2 c cold water, then sugar, flour, spices, salt and baking soda last. Pour in sheet cake pan 10 x 12 or 11 x 13. Bake 350 degrees for 40-45 minutes until toothpick comes out clean. Serve as is or you can sprinkle top with 10x sugar.

### Apple Pie, USA, Logan Rash, Midstate

1 1/2 cups all-purpose flour	3/4 cup white sugar
1/2 cup vegetable oil	3 Tbsp ground cinnamon
2 Tbsp cold milk	1/2 tsp ground nutmeg
1 1/2 tsp white sugar	1/2 cup all-purpose flour
1 tsp salt	1/2 cup white sugar
6 Fuji apples, cored, peeled & sliced	1/2 cup butter

Preheat oven to 350 degrees F. To Make Crust: In a large bowl, mix together flour, oil, milk, sugar and salt until evenly blended. Pat mixture into a 9 inch pie pan, spreading the dough evenly over the bottom and up sides. Crimp edges of the dough around the perimeter.

To Make Filling: Mix together sugar, 3 tablespoons flour, cinnamon, and nutmeg. Sprinkle over apples and toss to coat. Spread evenly in unbaked pie shell.

To Make Topping: Using a pastry cutter, mix together 1/2 cup flour, sugar and butter until evenly distributed and crumbly in texture. Sprinkle over apples. Put pie in the oven on a cookie sheet to catch the juices that may spill over. Bake 45 minutes.

### Sopa de Gloria, Panama, Levi Allen, The Lord's Clay

1 qt + 2 Tbsp water	3 eggs
1 can sweetened condensed milk	1 Tbsp vanilla
1 can evaporated milk	2 8 inch sponge cakes
2 Tbsp cornstarch	1/2 lb sugar
Pinch of salt	1/2 tsp almond extract
3-4 cinnamon sticks	

Place the water, 2 milks, cornstarch, salt and cinnamon sticks together in a heavy saucepan. Bring to boil, stirring constantly, then simmer on low for 10 minutes. Separate the egg. Stir yolks in a cup and add 2 Tbsp water.

Remove the milk mixture from the heat and add the yolks, stirring well. Add vanilla and let cool. While cooling, cut the sponge cakes in small pieces, 2 inches long and 1 inch wide, and place in a glass baking dish. Cover the cakes thoroughly with the cooled milk mixture. Beat egg whites, gradually adding sugar until thick, then beat in almond extract. Cover the cake with this mixture and place in 375 degree oven for 2-3 minutes to brown slightly. Remove and let cool. Chill cakes in refrigerator before serving.

Pumpkin Pie, USA, Madelyn Galipo, Peach Blossom

1 egg	1/2 tsp ground cinnamon
1 Tbsp all-purpose flour	1/2 tsp ground ginger
3/4 c white sugar	1/4 tsp ground nutmeg
1/2 tsp salt	2 Tbsp light corn syrup
1 1/2 c pumpkin puree	1 recipe pastry for 9 inch single crust pie
1 1/2 c evaporated milk	

Preheat oven to 450 degrees. Add the sugar gradually to the pumpkin puree. Beat well and stir in flour, salt and spices. Stir in the corn syrup and beat well. Stir in the slightly beaten egg; slowly add the milk, mixing until well blended. Pour the batter into the unbaked pie shell. Bake for 10 minutes, then reduce the oven to 325 degrees and continue baking for an additional 30 minutes or until a knife inserted into the mixture comes out clean.

Pumpkin Pie Rice Pudding, USA, Kyle Spillane, Peach Blossom

1 1/2 c white rice, uncooked	1/2 c dark brown sugar
12oz can evaporated milk	2 tsp pumpkin pie spice
1 c 100% pure pumpkin	1/4 tsp salt
1 c water	1 tsp vanilla extract

Combine rice, milk, pumpkin, water, sugar, spice and salt in medium saucepan. Cook over medium heat 20 minutes, stirring frequently. Remove from heat and stir in vanilla extract. Let stand for 5-10 minutes. Serve with whipped cream if desired.

Applesauce Cupcakes, USA, Aubree Duke, Harrington Sunshine

2 C sifted flour	1 cup raisins
¼ teaspoon cloves	1 tsp cinnamon
1 C sugar	1 lb can applesauce
2 tsp baking soda	1 tsp nutmeg
1 tsp salt	½ cup melted butter

Sift together dry ingredients. Add raisins, melted butter and applesauce. Beat until well blended. Bake in 350 degree oven for 45-50 minutes.

Cream Cheese icing:	2 tsp vanilla
2-3oz pkgs cream cheese	4 ½ - 4 ¾ cups sifted powdered sugar
½ cup softened margarine/butter	

In a bowl beat together cream cheese, butter and vanilla until light and fluffy. Gradually add 2 cups powdered sugar, beating well. Gradually beat in enough remaining powdered sugar to make frosting of spreading consistency.

Brigadeiros, Brazil, Caroline Allen, The Lord's Clay

2 Tbsp margarine	2 Tbsp baking cocoa
14oz can sweetened condensed milk	Chocolate sprinkles

Mix first 3 ingredients together and cook over low heat, stirring continuously until thick. Remove from heat and cool completely. Grease your hands with margarine and roll the chocolate into small balls. Roll each in the sprinkles and enjoy.

Pfeffernusse, Germany, L Noah Gardner-Bowler, Create 2Learn & 2Lead

For the spiced sugar:

1 c powdered sugar  
1 tsp ground cinnamon  
1 tsp ground ginger  
1/2 tsp ground nutmeg  
1/4 tsp ground allspice

1/2 tsp fine salt

1/4 tsp ground allspice  
4 tsp fresh ground black pepper  
1/2 c sliced almonds, toasted  
8 Tbsp unsalted butter, room temp  
2 tsp packed finely grated lemon zest (from 2 med lemons)  
2 tsp packed finely grated orange zest (from 1 med orange)  
1 c packed dark brown sugar  
1 large egg  
3/4 c honey  
1/4 c finely chopped candied lemon or orange peel (or combination)

For the cookies:

3 c all-purpose flour  
1 tsp ground cinnamon  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/2 tsp ground ginger  
1/2 tsp ground nutmeg

Sift all ingredients for the spiced sugar together in a large bowl; set aside.

For the cookies, sift together all ingredients up to the almonds in a large bowl; set aside. Place the almonds in the bowl of a food processor fitted with a blade and process until finely ground, about 25-30 seconds. Add the almonds to the flour mixture and stir to combine; set aside. Place the butter and zests in the bowl of a stand mixer fitted with paddle attachment and beat on medium until fluffy and combined, about 1 min. Add the brown sugar and beat until incorporated and lightened in color, about 1 minute. Add the egg and beat about 30 seconds more. Add orange peel and beat for 1 minute. Stop the mixer and scrape down the sides of the bowl and paddle. With mixer on low, add flour mixture in 3 additions, mixing until just about combined, about 1.5 minutes total. Do not overmix. Cover and refrigerate until firm, at least 1 hour. Heat oven to 350 degrees and arrange 2 racks to divide the oven into thirds. Line 2 baking sheets with parchment; set aside. Roll the chilled dough into 24 (3/4 inch) balls and space them 1.5 inches apart on baking sheets. Bake for 8 minutes, then rotate the sheets. Continue baking until very lightly browned around the edges, about 5-6 minutes more. Tops will be soft. Transfer the sheets to wire racks until cool enough to handle but still warm, about 3 minutes. Drop the warm cookies into the spiced sugar, making sure to coat all over; shake off excess sugar and transfer to wire rack to cool completely. Repeat baking and sugar coating. Store cookies in an airtight container, layered between waxed paper for up to 3 weeks.

Pumpkin Cookies, USA, Weston Williams, Harrington Sunshine

For Cookies:

2 cups butter, softened  
2 cups granulated sugar  
2 teaspoons baking powder  
2 teaspoons baking soda  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg  
2 eggs  
2 teaspoons vanilla  
1-15 oz. can of pumpkin  
4 cups all-purpose flour

For Icing:

1/2 cup butter  
1/2 cup packed brown sugar  
1/4 cup milk  
1 teaspoon vanilla  
2 3/4 cups powdered sugar  
ground cinnamon (optional)

Preheat oven to 350°. In a large bowl, beat 2 cups butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Beat until combined, scraping bowl occasionally. Add eggs and 2 teaspoons vanilla; beat until combined. Beat in pumpkin. Beat in as much of the flour as you can with the mixer (use a wooden spoon to stir in any remaining flour). Drop dough by heaping teaspoons 2 inches apart on an ungreased cookie sheet. Bake in the preheated oven for 10 to 12 minutes or until tops are set. Transfer cookies to a wire rack; let cool. In a small saucepan, heat ½ cup butter and brown sugar until melted and smooth. Transfer to a medium bowl. Stir in milk and 1 teaspoon vanilla. Beat in powdered sugar until smooth. Spread frosting on cookies. If desired, sprinkle with additional cinnamon. Makes about 60 cookies.

## FRUITS/VEGETABLES

African Peanut Stew, Ghana, Justin Bazemore, Woodside Emeralds

1 Tbsp vegetable oil	¼ tsp crushed red pepper
4 cloves garlic	6oz can tomato paste
1 inch fresh ginger	½ cup chunky peanut butter
1 lb sweet potato	6 c vegetable broth
1 medium onion	2-3 cups chopped collard greens
1 tsp cumin	¼ bunch cilantro as optional garnish

Peel and grate ginger using small-holed cheese grater. Mince the garlic. Sauté ginger and garlic in oil over medium heat for 1-2 minutes or until garlic becomes soft and fragrant. Dice onion and add to the pot and continue to sauté. Dice sweet potato into ½ inch cubes and add to pot and continue to sauté a few minutes more or until the onion is soft and sweet potato takes on a darker, slightly translucent appearance. Season with cumin and red pepper. Add the tomato paste and peanut butter and stir until everything is evenly mixed. Add the broth and stir to dissolve the mixture. Place a lid on the pot and turn up to high. While soup is coming to a boil, prepare the greens. Rinse the greens well, then use a sharp knife to remove each stem. Stack the leaves and cut them into thin strips. Add to soup. Once the soup reaches a boil, turn the heat down to low and allow to simmer uncovered for 15 minutes or until the potatoes are very soft. Smash about half of the potatoes with the back of a spoon to help thicken the soup. Add salt to taste. Serve hot with a few cilantro leaves, if desired. Serves 6.