



Saint Peter School

International Night 2021

Community Cookbook



Dear Saint Peter School Community,

One of the most beautiful aspects of the Catholic faith is that it is *catholic*. That is to say that our faith is truly *universal*; it embraces, includes, and celebrates *all* cultures, *all* ethnicities, and *all* traditions. Everyone has a home in the Body of Christ and no one is excluded.

I can think of no better way to celebrate our community's "catholicity" than by sharing our favorite meals with each other. Indeed, breaking bread together is central to our faith. The recipes contained in this cookbook are emblematic of the beautiful diversity that has long been a hallmark of Saint Peter School. No matter where your family calls home, you will always have a second home here at Saint Peter. All are welcome.

Happy eating!



Pat Boyden
Principal
January 2021

Gracias*Thank you***Dziękuję Ci***Obrigado*****
Σας ευχαριστώ*Salamat***Diolch***Merci*****
Arigato*Grazie***Xie Xie***Mesi***Efxaristo*****
Ameseghe*Dhan yavad***Հնրախաղալություն*****
Diolch*Σας ευχαριστώ***شكرا جزيلاً**

**to all the families that contributed recipes and to the amazing SPS
Community for celebrating our international spirit year after year!**

From Cookbook Editors: Abigail Lewis-Bowen and Sophie Migliazzo

All country information ©Ducksters

Table of Contents

ARMENIA	5
Rice Pilaf	6
BRAZIL	7
Brigadeiro	8
COLOMBIA	9
Arepas de Queso	10
Sancocho Soup	11
FRANCE	12
Coq au Vin	13
Crêpes	15
Easy Ratatouille	16
Mousse au Chocolat / Chocolate Mousse	18
GREECE	19
Eirene's Famous Spanakopita	20
ITALY	22
Banatha	23
Gramma's Sauce	25
Orange and Fennel Salad	27
Pesto	28
Shrimp Scampi	29
LEBANON	30
Kebbe	31
Tabbouleh	33
PHILIPPINES	34
Chicken Adobo	35
Chicken Arroz Caldo (Filipino rice porridge)	36

POLAND	37
Grammy's Galumpkis	38
Gram's Potato Pancakes	39
PORTUGAL	40
The Great Irene's Portuguse Stuffing	41
PUERTO RICO	43
Pan de Agua ("Water Bread")	44
SPAIN	46
Meat Paella from Elche (Valencia)	47
Patatas Bravas Tapa (Spicy Potatoes)	49
UNITED STATES OF AMERICA	50
Andy's Baked Beans	51
Aunt Barb's Date Nut Wheels	52
Aunt Mary's Maple Frosting	53
Cape Cod Oysters	54
Yummy Weeknight One-Pot Hamburger Helper	55
WALES	56
Welsh Cakes	57

Memories From Past Years



ARMENIA

Capital: Yerevan
Population: 2,957,731



Total Size: 29,800 square km
Size Comparison: slightly smaller than Maryland

Rice Pilaf

Country/Origin: Armenia

Family Sharing: Tuccinardi Family

Number of Servings: 4

Time to Prepare: 40 minutes

Ingredients/Instructions:

- 1/2 cup vermicelli - Broken into small pieces
- 4 Tablespoons Butter
- 1 cup rice
- 2 cups chicken broth

1. Melt butter in a saucepan and stir in vermicelli until browned.
2. Add rice and sauté for a minute.
3. Add chicken broth and bring to a boil.
4. Once it's boiling, cover and lower heat for 20 minutes.
5. Once it's done, let stand for 5 minutes before serving.

BRAZIL

Capital: Brasilia
Population: 211,049,527



Total Size: 8,511,965 square km
Size Comparison: slightly smaller than the US

Brigadeiro

Country/Origin: Brazil

Family Sharing: Fernadez Leite Family

Number of Servings: 20 servings

Time to Prepare: 10 minutes



Ingredients/Instructions:

- 3 tablespoons unsweetened cocoa
- 1 tablespoon butter
- 1 (14 ounce) can sweetened condensed milk

In a medium saucepan over medium heat, combine cocoa, butter and condensed milk. Cook, stirring, until thickened, about 10 minutes. Remove from heat and let rest until cool enough to handle. Form into small balls and eat at once or chill until serving.

Nutrition Facts Per Serving: 70 calories; protein 1.7g; carbohydrates 11.1g; fat 2.4g; cholesterol 8.2mg; sodium 29.2mg. [Full Nutrition](#)

COLOMBIA

Capital: Bogota

Population: 50,339,443



Total Size: 1,138,910 square km

Size Comparison: slightly less than twice the size of Texas

Arepas de Queso

Country/Origin: Colombia

Family Sharing: Juan Medina, Adrian Medina's (K1) Dad

Number of Servings: 4 Arepas

Time to Prepare: 15 Minutes for Prep

Ingredients/Instructions:

- 1 cup pre-cooked white or yellow arepa flour or cornmeal
- 1 cup warm water
- 1/3 cup white or mozzarella cheese, grated
- 2 tbsp butter
- Pinch salt

1. Combine the cornmeal, warm water, cheese, 1 tbsp butter and salt, mixing thoroughly. Let mixture stand for five minutes.
2. Knead with your hands for about 3 minutes moistening your hands with water as you work.
3. Form 4 small balls with the dough. Place each ball between 2 plastic bags and with a flat pot cover flatten to ¼ inch.
4. Add the butter to a nonstick pan over medium heat. Place the arepas in the pan, and cook about 3 minutes on each side, until a crust forms or they are golden brown.

Sancocho Soup

Country/Origin: Colombia

Family Sharing: Mateo & Lucas Sierra Family

Number of Servings: 8 servings

Time to Prepare: 1.5 hour

Ingredients/Instructions:

- 1 cup chopped onions
- 1 red bell pepper, finely chopped
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 3 corns, each cut into 3 pieces
- 12 cups of water or more if necessary
- 8 pieces of chicken
- 1 pound of beef ribs cut into pieces
- 1 green plantains, peeled and cut into very small pieces
- 2 yellow plantains, cut into 2 inch pieces (Don't peel)
- 4 medium white potatoes, peeled and cut in half
- 1 pound frozen or fresh yuca cut into big pieces
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon ground pepper
- 1 teaspoon salt

1. Place onions, pepper, garlic and cumin in blender with 1/4 cup water.
2. In a large pot, place the beef and chicken, corn, onion mixture, salt yellow and green plantain. Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 45 minutes.
3. Add the potatoes and yuca. Continue cooking for 30 more minutes or until the vegetables are fork tender. Stir in the cilantro.
4. Taste and adjust the seasoning. This is the time to peel the yellow plantains. Serve in large soup bowls, dividing the meat and chicken and vegetables evenly.
5. Serve with white rice and avocado.



FRANCE

Capital: Paris

Population: 65,129,728



Total Size: 547,030 square km

Size Comparison: slightly less than twice the size of Colorado

Coq au Vin

Country/Origin: France

Family Sharing: Audrain Vercoglio Family

Number of Servings: 6

Time to Prepare: 30 min

This recipe was written by William's (K2) grandmother into the family cookbook on February 20, 1982!

Ingredients/Instructions:

- 1 Coq (or chicken) 3Lbs (1k500g) cut in pieces
- 2 oz butter (50g)
- A little over 3oz (100g) lard de poitrine fume (bacon will do)
- 2 cups red wine (500 ml)
- 2 Tbs cognac
- 2 Tbs all-purpose flour
- 2 onions, sliced
- 2 garlic cloves, minced
- 2 bouquet garni
- 7 oz mushrooms (200g)
- Salt/pepper

1. In a casserole, melt the butter and saute the coq or chicken cut in pieces. Halfway, add the sliced onions. Sprinkle the flour and mix.
2. Drizzle with Cognac and blaze ("faites flamber!").
3. Add the red wine, salt and pepper, garlic and bouquet garni.
4. Boil.
5. Cut the bacon into small dice.

6. In a small pan, cook the bacon until crisp. Add in the casserole.
7. Close the casserole and let simmer the cooking for 30 to 40 minutes.
8. Add the mushrooms 5 minutes before the end of the cooking.

Serve immediately accompanied with mashed potatoes or steamed carrots and potatoes.

Regalez-vous!

Crêpes

Country/Origin: France

Family Sharing: Le Guen

Number of Servings: 12 crêpes

Time to Prepare: 30 mins (plus 2hr wait time)

We love to eat crêpes for Chandeleur (Candlemas on Feb. 2nd), Mardi Gras, and any other occasion, just for festive and warm family time.

Ingredients/Instructions:

- 1 cup all-purpose flour
- 1 teaspoon white sugar
- ¼ teaspoon salt
- 3 eggs
- 2 cups milk
- 2 tablespoons butter, melted

1. Mix together flour, sugar and salt. Set aside.
2. In a big bowl, beat eggs and milk. Then beat in flour mixture. Add butter.
3. Wait for 2 hours. Then you can cook the crêpes in a pan as pancakes and add any kind of topping on it (chocolate, fruits, honey, jam, ice cream, fudge, etc.)

Tip: You can use savory ingredients such as cheese, eggs, and ham. If going savory, tradition is to use buckwheat flour instead of all-purpose flour.

Easy Ratatouille

Country/Origin : France

Family Sharing: Mentré (Jean - K1, Adelaide - 4th, and Henri, 6th grade)

Number of Servings: 6 to 8

Time to Prepare: 30 min. prep, 1 - 2 hours in a dutch oven,
20 min. in an instant pot

Ingredients/Instructions:

- 5 tablespoons olive oil, divided, plus more for serving
- 1 1/2 pounds eggplant (1 large), large dice
- Kosher salt
- Freshly ground black pepper
- 1 1/2 pounds zucchini or summer squash (3 to 4 medium squash), large dice
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 pound tomatoes (3 to 4 medium), large dice
- 1 large bell pepper, large dice
- 1/4 cup loosely packed fresh basil leaves, thinly sliced, plus more for serving

1. Heat 2 tablespoons of the oil in a large Dutch oven or heavy-bottomed pot over medium-high heat until shimmering. Add the eggplant, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to a large bowl.
2. Add 2 tablespoons of the oil to the pot. Add the zucchini, season generously with salt and pepper, and cook, stirring occasionally, until browned in spots, about 2 minutes. Transfer to the bowl with the

eggplant.

3. Reduce the heat to medium. Add the remaining 1 tablespoon oil and the onion, season with salt and pepper, and cook, stirring occasionally, until softened and just beginning to brown, 6 to 8 minutes. Add the garlic, thyme, and bay leaf and cook until fragrant, about 30 seconds. Add the tomatoes and bell peppers. Add the reserved eggplant and zucchini and gently stir to combine.
4. Bring to a simmer, then turn down the heat to medium-low. Simmer, stirring occasionally, for at least 20 minutes or up to 1 1/2 hours. A shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking times will break the vegetables down into a silky stew.
5. Remove the bay leaf and thyme sprigs. Just before serving, stir in the basil. Taste and season with salt and pepper as needed. Serve, sprinkling each serving with more basil and drizzling with more olive oil.

Mousse au Chocolat / Chocolate Mousse

Country/Origin: France
Family Sharing: The Migliazzo Family
Number of Servings: 6-8, but depends on the number of chocolate lovers in the group! 16 shot glass size servings for a party.
Time to Prepare: 20min plus refrigerate overnight (or minimum 3 hours if making day of) - remove from refrigerator at least 30 minutes prior to serving, better served closer to room temperature

Ingredients/Instructions:

- 9 oz semisweet chocolate
 - 1 tbsp milk or coffee
 - 2 oz butter
 - 4 oz sugar (tip: use superfine/fast dissolving sugar to avoid risk of crunchiness)
 - 3 egg yolks
 - 4 egg whites
1. Slowly melt the butter and chocolate (in pieces) with milk or coffee.
 2. Then incorporate the sugar and stir until smooth.
 3. Off the stovetop, stir in the egg yolks.
 4. Beat the egg whites until firm, then incorporate gently into the chocolate mixture. Careful not to “break” the egg whites. Continue gently folding in until no white is visible.
 5. Pour into your serving dish and refrigerate.

Tips: Can serve in a large bowl or in individual ones for a dinner party. Can top with a dollop of whipped cream before serving or serve with a delicate cookie (Cigarette Russe or Crêpes Dentelles for example). A perfect “no bake” dessert during hot summers!

GREECE

Capital: Athens

Population: 10,473,455



Total Size: 131,940 square km

Size Comparison: slightly smaller than Alabama

Eirene's Famous Spanakopita

Country/Origin: Greece
Family Sharing: Kontopoulos Philippakis Family
Number of Servings: 12-16 "squares"
Time to Prepare: 1.5 hours

This is the first time Eirene is sharing this recipe publicly!

Ingredients/Instructions:

- 1 lb chopped frozen spinach
 - 1 lb high quality Greek feta (Sophia's market in Belmont is my go-to source and store it in the brine if you can)
 - 6 eggs
 - 1 bunch scallions, chopped
 - 1 bunch of dill, chopped
 - Half a bunch of Italian parsley, chopped
 - 1 box of Greek phyllo dough (also at Sophia's market)
 - 1 cup of good Greek olive oil
 - Sesame seeds for topping (optional)
1. Preheat your oven to 350 degrees F. In a large mixing bowl, grate the feta. Add the thawed spinach being careful to drain any excess water. Add the chopped herbs and scallions and 6 beaten eggs. Mix very well and set aside.
 2. In a large pyrex, use a brush to oil the bottom and sides of the pan. Start to layer your phyllo sheets one by one, oiling the top side as you go. Depending on the size of your pan, you may need to cut them (or just fold them) to make it fit. Layer ~12 sheets on the bottom, oiling them slightly with the olive oil brush so they don't stick when cooking. Now, lay your entire mixtures on this bottom stack, making sure to even it and press any excess air pockets out. Start to layer another ~12 sheets of phyllo on top, oiling them again as you go.

3. Take a very sharp knife and score ~12-16 squares so it is easier to serve when the product is fully cooked. If you like, you can sprinkle some sesame seeds on top for a nice effect before cooking.
4. Bake at 350 F for one hour. Enjoy!

Tip: If you are afraid to work with phyllo, you can also “cheat” and use puff pastry sheets. You can fold them into “triangles” and cook them individually - that works very well!

ITALY

Capital: Rome
Population: 60,550,075



Total Size: 301,230 square km
Size Comparison: slightly larger than Arizona

Banatha

Country/Origin: Italy
Family Sharing: Burke Family
Number of Servings: Depends on Hunger
Time to Prepare: Give yourself an hour to prep and bake

This family recipe originated from the Ambrogio family from Siracusa (southeast Sicily). It is a meat pie although it's been speculated throughout the years that it might have developed from empanadas. Maria Ambrogio Tine brought this recipe with her when she arrived in America in 1913. Her three daughters and three daughters-in-law all prepared it. My (family reunion) cookbook has several different versions from various cousins.

This recipe is directly from one of her daughters-in-law, my great-grandmother. It's interesting to note that among the versions the prep and cooking methods differ quite a bit but yield similar results. This reinforces my extended family's belief that their banatha is the best and recipes are overrated. Versions exist that substitute the hamburger for spinach, tuna, cauliflower, codfish, and one that relies heavily on anchovies.

Ingredients/Instructions:

- 1 lb bread dough (frozen)
 - 1 lb hamburger
 - 1 or 2 cups of mushrooms , cut up
 - 2 lg onions, sliced
 - 1 or 2 tbl, tomato paste
 - Olive Oil
 - 1 egg white
 - Salt, Pepper, and garlic- to taste
1. The night before baking, thaw dough in the refrigerator by placing in a greased bowl, covered. Next day, brown the hamburger, mushrooms and onion in olive oil with seasoning. Drain well (every single person who has ever made banatha has emphasized that this is the most important step). You do not want soggy banatha!

2. Tear dough in half, stretch half to cover 7x13 pan; work dough up sides as a pie crust. Add tomato paste to hamburger mixture and place on dough; drizzle with olive oil. Stretch remaining dough to cover filling. Seal tightly with egg white. Bake at 350 for 30-40 minutes. Let it sit for 15 minutes, covered.

Gramma's Sauce

Country/Origin: Italy
Family Sharing: Bellomo
Number of Servings: 8
Time to Prepare: 3 ½ hours, including cooking time

Ingredients/Instructions:

Meatballs

- ½ lb lean ground beef
- ½ lb ground pork
- 1 cup unseasoned bread crumbs
- 2 eggs
- ¼ cup chopped parsley
- 3 cloves garlic, chopped finely
- 1 ½ C freshly grated Romano cheese
- 1 tablespoon olive oil
- Salt and pepper

In a bowl, combine all ingredients. Knead until smooth.

Sauce

- 2 tablespoons olive oil
- 3 Italian pork sausages (mix of hot and sweet best)
- 4 pork spare ribs
- 1 clove garlic, finely chopped
- 2 tablespoons chopped fresh basil
- 2 cans (28 oz) ground peeled tomatoes
- ¼ cup sugar
- 1 can (6 oz) tomato paste (plus one can full of water)
- Salt and pepper

1. Brown the meat balls, ribs and sausage separately in olive oil in the bottom of a big pot, removing as they are done to a plate.
2. After all the meat is browned, add garlic and sauté until golden.

3. Add tomatoes, meat, sugar, paste, water, salt and pepper, basil.
4. Bring to a boil, lower the heat and let simmer for 2 hours, stirring gently occasionally. It should look a deep reddish, brown when done.
5. Serve with favorite pasta.

Orange and Fennel Salad

Country/Origin: Italy
Family Sharing: Castellano
Number of Servings: 4
Time to Prepare: 10 minutes

Ingredients/Instructions:

- 1 large fennel bulb, trimmed and thinly sliced
- 2 medium oranges, peeled
- 1 tablespoon extra virgin olive oil
- A few black olives for garnish

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl. Drizzle with olive oil, and salt and pepper. Toss, top with black olives. Salt and pepper.



Pesto

Country/Origin: Italy
Family Sharing: The Migliazzo Family
Number of Servings: a large batch
Time to Prepare: 20 min.

Ingredients/Instructions:

- 2 oz basil leaves without the stems
- 2 cloves garlic
- ½ to 1 tsp. Salt
- ½ cup olive oil
- 3 tbsp pine nuts OR 1 oz walnuts
- ½ cup (about 1.5-2oz) grated Romano Cheese OR Parmesan Cheese (You can use all Romano or all Parmesan or a mix of both...whatever you happen to have on hand!)

1. Put ingredients (except for the cheese) in a food processor and blend. Then stir in the cheese.
2. You can freeze in smaller/tbsp sized portions or store in a glass container in the fridge and use up a spoonful at a time.

Tips: Use on pasta, pizza, or in a dip. Clara (K1) loves a thermos of pesto pasta in her school lunchbox! In the summertime, we grow two basil plants in a pot and harvest it all on September 1st before cool nights to make a big batch for the start of the school year.

Shrimp Scampi

Country/Origin: Italy
Family Sharing: Appugliese
Number of Servings: 4
Time to Prepare: 10-15 min.

Ingredients/Instructions:

- 2 Tablespoons olive oil
 - 4 Tablespoons butter
 - 4 garlic cloves, minced
 - 1 Pound of large shrimp, shelled, tails on or off
 - Salt and Pepper to taste
 - 1/4 Cup dry white wine or broth
 - 2 Tablespoons lemon juice
 - 1/4 Cup chopped parsley
1. Heat olive oil and 2 tablespoons of butter in a large skillet. Add shrimp, season with salt and pepper and cook about 1-2 mins per side.
 2. Pour in the wine (or broth). Bring to a simmer for 1-2 mins or until the wine reduces by half and the shrimp is cooked through.
 3. Stir in the remaining butter, lemon juice and parsley. Take off the heat. Serve over pasta or rice.

LEBANON

Capital: Beirut

Population: 6,855,713



Total Size: 10,400 square km

Size Comparison: about 0.7 times the size of Connecticut

Kebbe

Country/Origin: Lebanon

Family Sharing: Audrain Vercoglio Family

Number of Servings: 8

Time to Prepare: 50 min

Ingredients/Instructions:

- Use 10 ½ inches baking round pan
- 2 pounds ground beef
- ¼ pound pine nuts
- 1 cup fine bulgur or 1 ½ depending on desired mix
- 1 large onion grated
- Salt/ pepper
- 1 stick butter

Soak bulgur in water for about 30 min.

Mixture 1

1. Mix half the meat, onion, salt and pepper
2. Fry meat, pine nuts in 1 Tbs butter at low heat

Mixture 2

1. Mix bulgur and remainder uncooked ground meat (use mixer)
2. Split the mixture 2 in two.

Kebbe

1. Grease the baking pan with butter.
2. Use one half of mixture 2 as a first layer in the baking pan.
3. Place the fried mixture 1 as a second layer.
4. Cover with the other half of mixture 2 as a third layer.

5. With a knife, divide the meat into 8 slices and further cut to look like diamond shapes.
6. Melt remaining butter and pour over the dish.
7. Bake at 350 degree F for 1h15 min.
8. Let Kebbe cool for five minutes and cut into pieces following the diamond shapes.

Bon appetit!

Tabbouleh

Country/Origin: Audrain Vercoglio Family

Family Sharing: Yes

Number of Servings: 8

Time to Prepare: 50 min



Ingredients/Instructions:

- 1 cup of fine bulgur
- 2 cups fresh parsley, chopped
- 1 cup fresh mint, chopped
- 4 spring onions, finely chopped- including green parts
- 4 red tomatoes, finely chopped
- Juice of 2 lemons
- ½ cup olive oil
- Salt and cayenne pepper

1. Place the bulgur in a deep bowl and add the chopped tomatoes, spring onions, parsley and mint and mix gently.
2. Leave for 30 min to allow the burghul to absorb the juices.
3. Add salt and cayenne pepper then mix adding olive oil and the lemon juice.
4. Mix well.
5. Serve within 15/20 min of adding the olive oil and lemon juice.

PHILIPPINES

Capital: Manila

Population: 108,116,615



Total Size: 300,000 square km
Comparison: slightly larger than Arizona

Chicken Adobo

Country/Origin: Philippines

Family Sharing: Ayala / Blanch

Number of Servings: 4

Time to Prepare: 45 minutes

Ingredients/Instructions:

- 4-6 pcs of Chicken, bone in preferable
- ½ cup soy sauce
- ½ cup vinegar (cider or white)
- ½ tsp black pepper
- 4 pcs garlic, crushed
- 1 bay leaf, optional

Combine all ingredients in a pot, boil until cooked, approximately 40 minutes.

Serve with rice.

Chicken Arroz Caldo (Filipino rice porridge)

Country/Origin: Philippines

Family Sharing: Mrs. Eve Encinas-Loncar

Number of Servings: approximately 6

Time to Prepare: about 1 hour

Ingredients/Instructions:

- 2 tablespoons of olive oil
 - 1 onion, diced
 - 4 cloves of minced garlic
 - 1 (2 inches) piece of fresh ginger, peeled and thinly sliced
 - 2-3 pounds of chicken breasts, chopped
 - 1 tablespoon of fish sauce (optional)
 - 6 cups of chicken broth
 - 1 cup of jasmine rice
 - salt and pepper to taste
 - 1 green onion, chopped for garnish
 - 1 lemon, sliced in wedges for taste (add before serving)
1. Heat the olive oil in a large pot over medium heat. Cook and stir the onion, garlic, and ginger (5 minutes). Add the chicken and cook for a few minutes. Stir in the fish sauce and cover for 2 minutes.
 2. Add the chicken broth and rice. Bring the mixture to a boil and stir occasionally (20-25 minutes).
 3. Season with salt and pepper.
 4. Garnish with green onion and lemon wedges.

POLAND

Capital: Warsaw

Population: 37,887,768



Total Size: 312,685 square km

Size Comparison: slightly smaller than New Mexico

Grammy's Galumpkis

Country/Origin: Poland
Family Sharing: Carpenter
Name of Dish: Grammy's Galumpkis

Ingredients/Instructions:

- 2 lbs hamburger
- 1 lb ground sausage (uncased)
- 1 onion diced
- 3 to 4 cups of cooked white rice
- Large head of green cabbage
- $\frac{3}{4}$ TBS salt
- $\frac{1}{2}$ tsp pepper
- 2 cans of condensed tomato soup

1. Preheat the oven to 350 degrees.
2. Blanche cabbage until leaves are pliable.
3. Mix meats, onion, rice, salt and pepper until evenly combined. Portion out meat mixture into individual cabbage leaves being careful not to overfill. Wrap cabbage leaf around meat mixture and place in a large casserole dish, seam side down. Place remaining wraps in the dish tightly, but not overlapping.
4. Spread undiluted tomato soup on top of the cabbage rolls.
5. Cover with tinfoil and bake for 45 minutes to an hour.
6. Uncover and bake for another 15 minutes.

Tip: This dish freezes well.

Gram's Potato Pancakes

Country/Origin: Eastern Europe

Family Sharing: Carpenter

Ingredients/Instructions:

- 3 lbs of white potatoes, peeled
 - 2 TBSP of flour
 - Vegetable oil for frying
1. Finely grate potatoes. Drain and press excess water from potatoes but are still moist. Mix potatoes with flour.
 2. Add a half inch of vegetable oil to a frying pan and heat on medium high.
 3. Drop well rounded tablespoons of potato mixture into the heated oil. Brown on both sides and salt to taste. Drain on paper towels.
 4. Serve warm with sour cream or applesauce.

PORTUGAL

Capital: Lisbon

Population: 10,226,187



Total Size: 92,391 square km

Size Comparison: slightly smaller than Indiana

The Great Irene's Portuguese Stuffing

Country/Origin: Portugal
Family Sharing: Mr. Mark Smith
Number of Servings: 10-12
Time to Prepare: 30 min.

My mother was Portuguese and this is the game-changing stuffing that always made people never go back to sage stuffing. The only addition that my mom would make is to add a few shallots and another 2 pounds of ground linguica (portuguese sausage).

Like many Cambridge families her family was from the Azores and settled on a farm in Burlington. She had three brothers who fought in the war and she was happy that they all made it home to see their little sister again. She was the youngest of 7.

My mother's name was Irene so we call it....The Great Irene's Portuguese Stuffing.

Ingredients/Instructions:

- 12-14 cups day old French bread (torn into ½ inch cubes).
- 4 cups of milk
- 4 tablespoons extra virgin olive oil
- ¼ ground pork
- 3 pounds Chorizo sausage, or 3 pounds of ground linguica
- 1 ½ cups chopped onions
- 1 cup chopped bell peppers
- ½ cup celery
- 1 bay leaf
- 1 tablespoon salt
- 1 teaspoon of crushed red pepper
- ½ teaspoon of black pepper
- 2 tablespoons of crushed garlic
- 2 large eggs beaten
- ¼ cup chopped parsley

1. Preheat oven to 350
2. Put the bread into a large mixing bowl and add the milk. Press the bread into the milk and let it sit until the milk is absorbed and the bread is soft, about 15 minutes.
3. Heat 3 tablespoons of olive oil in a 12 inch skillet over medium -high heat. Add the ground pork and cook, stirring until lightly browned, about 1-2 minutes. Add the sausage and cook, stirring until browned, about 3 minutes. Add the onions, bell peppers, celery, and bay leaf. Season with the salt, crushed red, and black pepper. Cook, stirring occasionally, until the vegetables are slightly softened, about 4 minutes. Add the garlic and cook, stirring until fragrant, about 30 seconds.
4. Add the meat mixture to the bread mixture and stir to mix well. Add the eggs and parsley and stir to blend. Remove the bay leaf and discard.
5. Grease a 9 X 13 -inch (3 quart) shallow baking dish with the remaining tablespoon of oil. Pour the mixture into the prepared pan and spread evenly with a rubber spatula. Bake until bubbly and golden brown, about 1 hour. Remove from the oven and serve hot.

Tip: This freezes well and can be used as a delicious seafood stuffing.

PUERTO RICO

Capital: San Juan

Population: 2,933,408



Total Size: 13,790 square km

Size Comparison: slightly less than three times the size of Rhode Island

Pan de Agua ("Water Bread")

Country/Origin: Puerto Rico
Family Sharing: Daisy Cabán, Adrian Medina's (K1) Mom
Number of Servings: 2 Loaves
Time to Prepare: 20 Minutes for Prep, 35 Minutes for Bake

Ingredients/Instructions:

- 600g King Arthur All-Purpose Flour
- 1 Tbsp of Salt
- 2 Tbsp of Sugar
- 454g of warm water
- 1 packet of yeast (rapid rising) or 7g
- 2 bowls
- 1 egg white and 1 tbs of water lightly whisked together
- Cornmeal or flour to dust the pan

1. In one bowl, mix flour and salt together and set aside.
2. In another bowl, mix sugar, warm water (warm-hot) and yeast, and let stand for 20 min with a warm and damp towel over the top of the bowl (I leave mine in the oven with the oven light on). If your yeast gets a bit foamy, it's a good indication that it's alive.
3. After the 20 minutes, mix in the dry ingredients into the yeast mix, one cup at a time.
4. Dust the counter with a little flour from the dry ingredients and start kneading the dough for about 10 minutes.
5. If the dough is sticky and you have used up all of the dry ingredients, grab a bit more flour and dust the counter and your hands. That should be enough. Repeat this until the full time has passed.

6. Place the kneaded dough in a greased bowl (a light spread of butter). Be sure the bowl is deeper than the dough as the dough will expand to about 3 times its size.
7. Cover the bowl with the dough in it with a warm damp towel over it and let it rise for 2 hrs. I usually leave it inside the oven with the oven light on.
8. When the time is up, sprinkle a bit of flour on the counter and dump your dough on it. The part that was touching the bowl should be a bit sticky, this is how you'll know that you've done everything right.
9. Cut the dough in half and form two long loaves and place on top a parchment paper baking sheet with cornmeal (or flour). Cut three slits all across the top of the loaves.
10. Brush the egg/water mixture on the loaves. You do not have to use all of the mix.
11. Boil about 230g or 1c of water.
12. Place the loaves in the middle of the oven. On the bottom rack, place a shallow pan or cast iron skillet with the boiling water.
13. Turn your oven on 400 degrees and bake for 35 min. DO NOT preheat your oven. Just turn it on once it is all in there.

Let it cool. I would enjoy this as a breakfast sandwich with coffee or a lunch sandwich with plantain chips!

¡Buen provecho!

SPAIN

Capital: Madrid

Population: 46,736,776



Total Size: 504,782 square km

Size Comparison: slightly more than twice the size of Oregon

Meat Paella from Elche (Valencia)

Country/Origin: Spain

Family Sharing: The Sepulcre-Gelardo family

Number of Servings: 8

Time to Prepare: 1hr

Ingredients/Instructions:

- ½ cup **olive oil** extra
- 1 pound of **meat**: mostly chicken tenders sliced in small pieces (you can also add pieces of pork and chicken liver if you like them)
- 1 **red bell pepper** sliced into 2-inch-thick strips
- 2 cups of **rice**
- 4 cups **chicken stock** (make sure it is double amount than rice)
- 1 fine grated **tomato** (discard peel)
- 1 pinch **saffron**
- **Salt** to taste
- **Rosemary** and **thyme** to taste
- 1 **tablespoon yellow food color**: turmeric

1. **In a regular pan**, put the olive oil in a 12-inch skillet over medium-high heat. When hot, add the sliced red bell pepper, sauté and once it is soft and lightly brown, remove it from the pan. Using the same pan and olive oil, add the meat and fry. Once the meat is nicely brown, add the grated tomato and stir until they are well mixed. Reserve the cooked meat and the pepper.
2. In a paella pan (easy to get from Amazon or La tienda), add 4 spoons of olive oil, heat the olive oil around a minute (medium heat), and add the 2 cups of rice, sauté for 2-3 minutes.
3. Add the mix of meat and tomato and stir with the rice for about 3 minutes, then add the 4 cups of chicken stock. Make sure that meat



Lola's grandma cooking paella in Elche

and rice are evenly distributed throughout the entire pan. Add the salt at taste (we usually sprinkle the entire surface of the paella two times), and the rosemary and thyme (you can also add a fresh rosemary twig at the center of the paella). Add the sliced pepper on top of the rice. Bring to a boil and then lower the heat a bit.

4. Simmer slowly, moving the pan around on the fire as needed to keep the simmer going; avoid boiling. We usually use two stove burners in order to cover most of the pan; and we rotate the pan accordingly while cooking. Important: do not stir the rice! During step four you can taste the liquid to correct salt.
5. When the mixture starts to dry, you can begin tasting the rice. In general, it is NOT a good idea to add stock at this time. If the rice seems quite tough, it is better to cover the pan with lid or aluminum foil for the remaining time.
6. The rice is done when tender and still a bit moist (should take 20 to 25 minutes in the paella pan), remove pan from heat. Put the lid for about 5 minutes. It's time for the rice to take a little rest/nap :)

Finally, if the mixture has stuck to the bottom of the pan, don't panic, congratulations: you got the famous "socarrat," that means you cooked an authentic paella. This may be served in the paella pan, in the middle of the table.

Patatas Bravas Tapa (Spicy Potatoes)

Country/Origin: Spain
Family Sharing: Señora Carazo
Number of Servings: 6 to 8 people
Time to Prepare: 30-40 minutes

Ingredients/Instructions:

- 2TB extra virgin Olive Oil
 - 2TB Minced onion
 - 2 Cloves of garlic, minced
 - 1 ½ TSP Pimentón or Spanish paprika
 - ½ Cup Ketchup
 - ½ Cup Mayonnaise
 - Dash of Tabasco
 - 4 Large Russet potatoes, peeled, and cut into ½ “ cubes
 - Sea salt and ground black pepper
 - 1 cup of olive oil for frying
 - Chopped fresh parsley for garnish
1. In a small saucepan, heat 2 tablespoons of extra virgin olive oil over medium-high heat.
 2. Sauté onion and garlic until soft but not brown. Remove from heat, stir in pimentón and transfer to a bowl. Stir in ketchup, mayonnaise, and Tabasco (if you like spicy feel free to add as much as you like!). Set aside.
 3. Sprinkle the potatoes lightly with salt and pepper. In a large skillet, heat oil to medium-high and fry the potatoes until cooked through and golden-brown, stirring occasionally. Do not overcrowd the skillet, if necessary fry in batches.
 4. Dry potatoes on paper towels, then place in a serving dish and pour a little sauce over top. Garnish with chopped parsley. Serve remaining sauce on the side for dipping.
 5. Enjoy as an appetizer or a side dish.

UNITED STATES OF AMERICA

Capital: Washington, DC

Population: 329,064,917



Total Size: 9,631,420 square km

Size Comparison: about half the size of Russia; about three-tenths the size of Africa; about half the size of South America (or slightly larger than Brazil)

Andy's Baked Beans

Country/Origin: United States of America
Family Sharing: The Joyce family
Number of Servings: 12-15 or more
Time to Prepare: 30 minutes

Ingredients/Instructions:

- 2 lbs. Navy beans (soaked overnight)
- 6 TB brown sugar
- 1 cup ketchup
- ½ cup molasses or maple syrup or other sweetener of your choice
- 2 tsp dry mustard
- Chopped onion- 1 medium or more to your liking - extra quick use dried onions

1. Rinse soaked beans. Add to large pot and cover with water.
2. Parboil on stove for approx 20 minutes.
3. While beans are cooking add all other ingredients to the crock pot.
4. Add beans and water carefully to crock pot.
5. Cover with additional water if needed so beans are covered.
6. Cook in crock pot all day- low heat 8-10 hours or on stove at low. Stir occasionally!

Tips: Delicious with cornbread and a side salad or for breakfast with eggs. Freezes perfectly. Thickens up the next day and makes for great leftovers or sandwiches, roll-ups, etc.

Aunt Barb's Date Nut Wheels

Country/Origin: The Old Country
Family Sharing: Carpenter

Ingredients/Instructions:

Dough:

- 4 cups sifted flour (also works with King Arthur's Gluten Free Measure to Measure flour)
- 1 tsp salt
- 1 tsp baking soda
- 2 cups brown sugar
- 2 eggs, beaten
- ½ cup butter
- ½ cup shortening
- 1 TBS lemon juice
- 1 tsp vanilla

Filling:

- 1 - 8 oz package of pitted chopped dates
- ½ cup water
- 1 TBS lemon juice
- ½ cup sugar
- ½ cup walnuts or pecans (our preference is pecans)

1. Cook chopped dates with water and sugar until soft. Add lemon juice and nuts and beat well. Cool before using.
2. Sift flour, salt and baking soda four times. Cream sugar and shortening. Add beaten eggs one at a time. Add lemon juice and vanilla. Beat in flour mixture thoroughly.
3. Divide dough into thirds. Roll out dough until ¼ of an inch thick. Spread date nut filling on each and roll into logs. Wrap the logs in tinfoil and refrigerate for an hour. When firm slice dough into ¼ inch pieces.
4. Bake at 350 degrees on an ungreased cookie sheet for 10 minutes or until browned.

Aunt Mary's Maple Frosting

Country/Origin: Vermont
Family Sharing: Carpenter

Ingredients/Instructions:

- 1 cup pure Vermont Maple Syrup (The fake stuff won't work. We use Grade A: Golden)
 - 2 egg whites
 - Pinch of salt
1. Gently boil maple syrup in a saucepan until a fine thread forms when dripped from a spoon. This can take a while so you will need to be patient.
 2. In a medium bowl whip the egg whites and salt until they can hold a peak.
 3. Drizzle in the maple syrup while continuing to whip until thick and fluffy. Makes enough frosting for a 9x13 pan cake or two rounds. (Aunt Mary always put it on yellow cake.)

Cape Cod Oysters

Country/Origin: Cape Cod

Family Sharing: The Sullivans (Matthew -- 6th grade)

Number of Servings: depends on how many you shuck!

Time to Prepare: 1 hr to forage + 15 minutes to clean / shuck

Ingredients/Instructions:

1. Drive to Cape Cod.
2. Put on waders and grab your rake and pail. Don't forget to pin your oyster license on your hat!
3. Walk into waist-high water at low tide on a Sat, Sun, or Wed during January-March.
4. Rake the bottom of the ocean for oysters. Throw back small ones, giant ones, ones that are open, and rocks you raked by accident.
5. When your bucket is full, get out of that cold water!
6. When you get home and warm up, use a stiff brush to clean the shells and remove any barnacles.
7. Time to shuck! Wear a shucking glove or cover the oyster with a dish cloth. Using an oyster knife, feel around for a slight give in the oyster seal (this is a skill that is learned, not taught) and pop the oyster open. Be very careful! Beginners have been known to cut themselves.
8. Discard the top shell and place the shell with the oyster on it on a bed of shaved ice to keep it cold.
9. Serve with lemon wedge, cocktail sauce, mignonette, or just eat them plain. Don't forget the champagne!



Yummy Weeknight One-Pot Hamburger Helper

Country/Origin: United States of America

Family Sharing: Macdonald

Number of Servings: 6

Time to Prepare: 45 minutes

Ingredients/Instructions:

- 1 lb. ground meat of choice
- 2 teaspoons oil
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 can tomato paste (6 oz.)
- 1 can crushed tomatoes (14.5 oz.)
- 2 cups low-sodium beef broth
- 2 teaspoons oregano
- 1 tablespoon chili powder
- 1 box of pasta
- ½ cup shredded cheddar cheese
- 1 avocado, sliced

1. In a rounded skillet, brown ground meat and set aside.
2. In the same skillet, add the oil and saute onions until soft, about 3-5 minutes. Add the garlic, heating until fragrant.
3. Add the ground meat, tomato paste, crushed tomatoes, beef broth, oregano and chili powder. Stir to combine.
4. Stir in pasta, bring to a simmer, cover, and cook according to pasta instructions until al dente.
5. Stir in shredded cheddar, top with avocado slices.
6. Bon Appetit!

WALES

Capital: Cardiff

Population: 3,153,000



Total Size: 20,779 square km

Size Comparison: Slightly larger than New Jersey

Welsh Cakes

Country/Origin: Wales

Family Sharing: The
Lewis-Bowens

Number of Servings: 6

Time to Prepare: Less than 1 hour



Ingredients/Instructions:

- 1 lb self-rising flour (or 6 large serving spoons of flour and 1 tbsp baking powder)
 - A pinch of salt
 - 3 oz. cleaned sultanas
 - 2 eggs
 - 4 oz butter
 - 4 oz caster sugar
 - 3 oz cleaned currents
1. Sift flour. Rub in butter. Stir in salt, sugar, dried fruit. Make a well in the center of the mixture and add beaten eggs. Mix to a fairly soft but not sticky dough.
 2. Add in a little cold water if necessary. Turn out onto a board and knead lightly until free from cracks.
 3. Roll the mixture to a ¼" thickness and cut into rounds with a biscuit cutter.
 4. Place on a greased hot griddle or a heavy frying pan, and cook over a moderate heat until golden brown on both sides and the edges are dry.

Serve hot or cold buttered.