



**2023
Edition**

MADE WITH LAUDERLOVE

**Recipes showcasing national
& regional identities**



The Lauder Institute
Wharton · Arts & Sciences
UNIVERSITY of PENNSYLVANIA

Introduction

This book is inspired by Lauder students' love of travel, cultures, and cuisine. Across the Class of 2023, more than 30 languages are spoken and 40 countries are represented, with dual and international citizens making up 67% of the class population. The diversity of Lauder students is matched by the diversity of international recipes they have curated for this book.

Through this project, students gathered to cook together and reflect on the richness of different cultures through cuisine, embodying the Lauder Institute's values of community, student-centered learning, and intercultural awareness. Recipes are organized into sections that align with Lauder's Regional Programs of Concentration—Africa, East & Southeast Asia, Europe, Latin America, and SAMENA (South Asia, Middle East, and North Africa). We invite you to join us on this culinary journey, where food becomes the language through which we celebrate, understand, and embrace a global mindset.





"You have to taste a culture to understand it."
- Deborah Cater

THE LAUDER INSTITUTE CLASS OF 2023

AFRICA

AFRICA GENERAL

- Harold Agblonon
- Roman Balin
- Weiwei Bi
- Oscar Leandro
- Sebastian Read
- Alejandro Isaac Safdie
- Burake Taye
- Ugo Udeogu
- Jacky Yao

AFRICA FRENCH

- Olaotan Awoyomi
- William (Chase) Hodge-Brokenburr
- Gianna Maceda
- Chad Payne
- Georgia Stylianides
- Sai Yeluru

EAST AND SOUTHEAST ASIA

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- Mintai Bautista
- George Masanori Iwaoka
- Yoon Kyung Kim

KOREAN

- Joseph Shin

MANDARIN CHINESE

- Christian Xavier Anthony
- Hunter Dong
- Matthew Griffith
- Angela Huang
- Peter Jin
- Shannon Julian
- Kevin Ke
- Elliot Ng

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FRENCH

- Philip Abboud
- Marjorie Baker
- David Januario
- Santos (A.J.) Tella
- Kip Werner

GERMAN

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- Paolo Fornasini
- Jeffrey Magyar
- Dave Warrington

RUSSIAN

- Edle Astrup Tschudi

GLOBAL

- Joaquín Campos
- Mariama Diallo
- My-Hanh (Hana) Do
- Arélyss Eblohoue
- André Rodrigues Ferreira
- Yuri Gomes de Abreu
- Yating (Grace) Guan
- Jasmine Helme
- Moshe (Moses) Emilio Lavi
- Tam Luong
- Delfina Mattern
- Dolapo Salawu
- Michael To
- Roy Wang
- Phyo Shwe Yee Win

SOUTH ASIA, THE MIDDLE EAST AND NORTH AFRICA

ARABIC

- Hashim Alawami
- Yara Azouni
- Kent Hamlin
- Nizar Taifour

HINDI

- Meghana R. Pannala
- Divyansh (Deva) Saxena
- Shashank Singh
- Chetan Singhal
- Sujith Yankanaik

LATIN AMERICA

PORTUGUESE

- Maria Dolores (Lola) Basabe Valor
- Cristobal De Atucha
- Mateo Menna
- Alexander Robinson
- Mateo Sasse Mugica
- William Thomas

SPANISH

- Mariam Badi
- Adriel Barrett-Johnson
- Camille DeRy
- Sophia Dezen
- Tim Jacob
- Stephanie Michael Silva
- Mariana Pavía
- Julia Rioto Berbel
- Brandon Rollins
- Nader Sharif-Emami
- Hannah Sherman

AFRICA

EAST AFRICAN PILAU
Africa General Program

LE RIZ JOLLOF
Africa French Program





East African Pilau

East African Pilau is a perfect representation of the many cultures, flavors and history that have shaped modern life in East Africa. Similar to the jollof rice debate in West Africa, multiple countries claim to be the origination point of pilau, ranging from Kenya to Tanzania to India and countries in the Middle East. The dish was popularized in the region by Swahili communities living on the coast of East Africa, communities that were formed by global trade routes from the Coast to the Arabian Sea to India and China. Its key ingredients - cumin seeds, cardamon, cloves, and others - are remnants of the infamous spice trade that brought traders to the Swahili coast from all over the world.

Ingredients

Pilau Masala – Pilau Spices

- 1 teaspoon cloves
- 2 tablespoon cumin seeds
- 1/2 tablespoon black peppercorn seeds
- 12 pods Cardamon
- 1 stick cinnamon

Rice Pilau

- 2 cups basmati rice
- 5 potatoes medium size [peeled and cut into quarters]
- ¼ cup vegetable oil
- 2 Red onions medium size [thinly sliced]
- 4 cloves garlic minced
- 2 tablespoons ginger minced
- 1 serrano chile finely chopped
- 1 tablespoon pilau masala
- 2 beef stock cubes
- ¼ cup fresh cilantro roughly chopped
- 1 lb beef sirloin cubed
- 3 Roma tomatoes diced
- 4 cups water
- 2 Bay leaves
- Salt to taste

East African Pilau

Instructions

Pilau Masala

1. Place the cumin, black peppers, cinnamon, cardamom and cloves in a dry pan.
2. Roast over low heat until warmed through and fragrant and blend (I used a coffee grinder) until smooth.
3. You need just 1 to 1 1/2 tablespoons for this recipe (depending on how fragrant you want the rice to be). Feel free to store the leftover spice powder in an airtight container for up to 3 months or refrigerate for up to 6 months.

Rice Pilau

1. Heat a stockpot on medium-high heat. Add oil and heat until hot but not smoking.
2. Add the sliced onions and fry for 10-15 minutes or till the onions starts to turn golden brown (be careful not to burn it).
3. Add the garlic, ginger, serrano pepper, Cook for 1-2 minutes, until fragrant.
4. Add the cubed beef, pilau masala, beef stock cubes, bay leaves, cilantro, and salt to taste. Cook until the meat browns and caramelizes stirring occasionally about 8 to 10 minutes.
5. Add the diced tomatoes and cook for 4-5 minutes, until the tomatoes have released their liquid.
6. Stir in the potatoes and the water. Bring to a boil and cook for 10 minutes.
7. Stir in the rice and cover tightly with a foil paper (to keep the steam in) if necessary. Reduce the heat to low and cook for 20 minutes, until the rice is cooked, and the liquid is absorbed.
8. Once the rice is dry, remove the foil paper and fluff with a fork to ensure the seasonings are well distributed all around the rice.
9. Serve hot with fresh Kachumbari – salsa. Enjoy!



LE RIZ JOLLOF (JOLLOF RICE)

Le riz jollof est un plat populaire d'Afrique de l'Ouest, apprécié dans plusieurs pays, dont le Nigeria, le Ghana, le Sénégal, la Gambie et le Cameroun. Le plat est généralement préparé avec du riz, des tomates, des oignons et des épices, et peut inclure de la viande ou des légumes. Le riz jollof est plus qu'un simple plat savoureux ; il est une partie importante du patrimoine culturel de l'Afrique de l'Ouest. Dans de nombreux pays d'Afrique de l'Ouest, le riz jollof est considéré comme le plat national et est une partie centrale des célébrations et des rassemblements.

Le riz jollof est souvent servi lors de mariages, de funérailles et d'autres événements importants, et la façon dont il est préparé peut varier d'une région à l'autre et même d'une famille à l'autre. Il y a également des débats sur le pays qui prépare le meilleur riz jollof, avec les Nigériens, les Ghanéens et les Sénégalais affirmant souvent que leur version est la meilleure. La signification culturelle du riz jollof s'étend également au-delà de l'Afrique de l'Ouest. Le plat est devenu un symbole de la cuisine africaine et est apprécié par des personnes du monde entier. Ces dernières années, le riz jollof est devenu un plat populaire dans la diaspora africaine et est souvent servi lors d'événements qui célèbrent la culture africaine. Dans l'ensemble, le riz jollof est une partie importante de la culture de l'Afrique de l'Ouest et est un plat qui rassemble les gens pour célébrer et partager les traditions de la région.

Jollof Rice

Jollof rice is a popular West African dish that is enjoyed in several countries, including Nigeria, Ghana, Senegal, Gambia, and Cameroon. The dish is typically made with rice, tomatoes, onions, and spices, and often includes meat or vegetables. However, Jollof rice is more than just a tasty dish; it is an important part of the cultural heritage of West Africa. In many West African countries, Jollof rice is considered the national dish and is a central part of celebrations and gatherings.

Jollof rice is often served at weddings, funerals, and other important events, and the way it is prepared can vary from region to region and even from family to family. There are also debates about which country makes the best Jollof rice, with Nigerians, Ghanaians, and Senegalese often claiming that their version is the best. The cultural significance of Jollof rice also extends beyond West Africa. The dish has become a symbol of African cuisine and is enjoyed by people all over the world. In recent years, Jollof rice has become a popular dish in the African diaspora and is often served at events that celebrate African culture.

Overall, Jollof rice is an important part of West African culture and is a dish that brings people together to celebrate and share in the traditions of the region.

Ingredients

- 1 cup broken basmati rice
- 1/2 cup vegetable oil
- 1 onion, chopped
- 2 carrots, chopped
- 1 green bell pepper, chopped
- 1 tomato, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup water

Instructions

1. Cook the rice according to the package directions.
2. Heat the oil in a large pot over medium heat.
3. Add the onion, carrots, and green bell pepper and cook until softened, about 5 minutes.
4. Add the tomato, cumin, coriander, cayenne pepper, salt, and black pepper and cook for 2 minutes more.
5. Add the water and bring to a boil.
6. Reduce heat to low, cover, and simmer for 20 minutes, or until the rice is cooked through.
7. Serve hot.

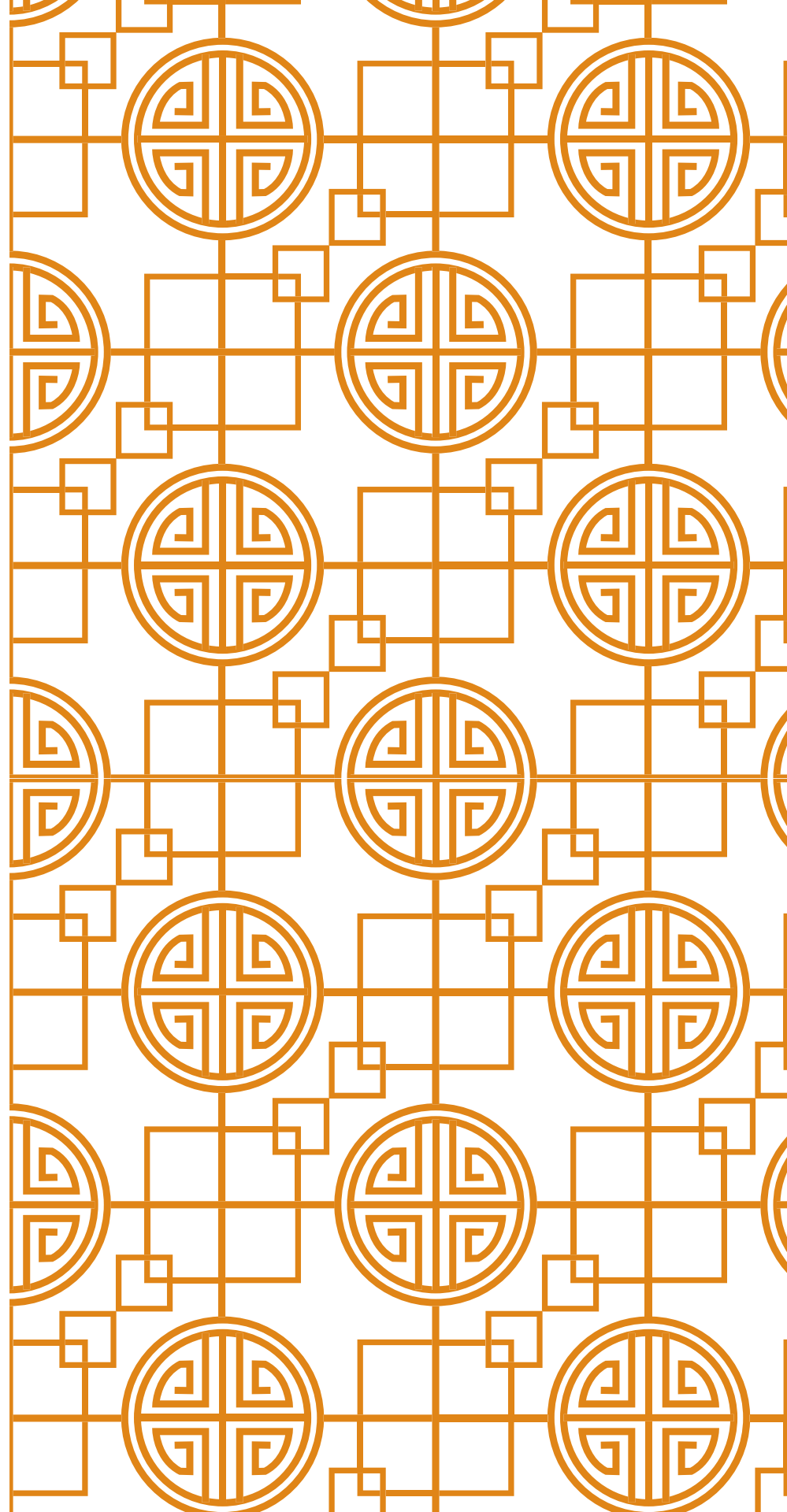


EAST & SOUTHEAST ASIA

TEMPURA
Japanese Program

BUDAE JJIGAE (Army Stew)
Korean Program

BAK KUT TEH
Mandarin Chinese Program





Tempura

天ぷらは、世界的に人気のある日本料理である。海鮮、野菜、または肉を軽い衣で揚げたもので、サクサクとした美味しさが特徴となる。日本人にとって天ぷらは、文化的、食文化的な意味がある。天ぷらの由来は、16世紀にポルトガル商人が揚げ物の技術を日本に伝えたと言われている。世界中のシェフたちが、天ぷらのレシピを磨き、独自のバージョンの天ぷらを作り出している。天ぷらを作るためには、技術と正確さが必要であり、日本の料理芸術の象徴となっている。天ぷらの最もユニークな点は、高級な場所でも一般的な場所でも食べる料理ということで、「ハレとケ」のコンセプトを代表する料理でもある。

Tempura, a Japanese dish that has gained worldwide popularity, involves deep-frying seafood, vegetables, or meat in a light batter, resulting in a crispy and delicious dish. The tempura recipe has significant cultural and culinary significance. It dates back to the 16th century when Portuguese traders introduced frying techniques to Japan. Japanese chefs refined the recipe and created their own unique version of tempura, which has become a staple in Japanese cuisine. The delicacy requires skill and precision to achieve the perfect texture and taste, making it a symbol of Japanese culinary artistry. What is most unique about tempura is that it serves as a key dish in both high-end and common settings, which is a concept that is also known as “hare-to-ke” (translated as sacred and secular) in Japanese.

Tempura

Ingredients

- Cake flour
- Water
- Egg
- Vegetables or seafood
- Frying oil

Instructions

1. Prepare tempura flour: Mix cake flour, egg, and water to make a smooth batter.
2. Prepare ingredients: Cut vegetables, seafood, and other ingredients and dip them in the batter.
3. Heat oil: Heat oil moderately and adjust temperature to 180°C.
4. Deep fry: Dip the ingredients into the batter and place in the oil to deep fry. Take out when it changes color and becomes crispy.
5. Drain excess oil: Remove tempura and drain excess oil.
6. Serve: Place on a serving platter and garnish with tempura sauce, salt, etc.





부대찌개

BUDAE JJIGAE

(ARMY STEW)

부대찌개 또는 한국군 스투는 회복력과 적응의 상징으로 한국의 요리와 문화사에서 중요한 위치를 차지하고 있다. 부대찌개는 한국전쟁 당시 식량부족으로 한정된 재료로 음식을 만들던 시기로, 스팸, 핫도그 등 미국산 가공식품에 김치, 고추장 등 한국 전통 식재료를 접목한 음식이다. 오늘날 배고픈 고객에게 이 요리를 제공하는 체인 레스토랑과 전문 레스토랑이 많이 있다. 종종 손님들은 매콤하고 진한 육수와 맛있는 고기, 각종 토핑을 보완하기 위해 술인 소주 한 병을 주문하기도 한다.

Budae Jjigae

Budae jjigae, or Korean Army Stew, holds a significant place in South Korea's culinary and cultural history as a symbol of resilience and adaptation. Originating during the Korean War, when food shortages led people to create dishes from the limited ingredients available, budae jjigae combines American processed foods, such as spam and hot dogs, with traditional Korean ingredients like kimchi and gochujang. Today, there are many chain restaurants and specialty restaurants that serve up this dish to hungry patrons. Often, patrons also order a bottle of soju, an alcoholic drink, to complement the spicy, rich broth and tasty meat and assorted toppings.

Ingredients

- 6 cups water
- 1/2 cup kimchi
- 1 small onion
- 2 cloves garlic
- 1/4 cup gochujang
- 1 tablespoon gochugaru
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 1 tablespoon mirin
- 1 cup canned baked beans
- 4 ounces spam
- 4 hot dogs
- 4 ounces firm tofu
- 2 green onions
- 2 packs instant ramen noodles
- 4 ounces enoki or oyster mushrooms
- 1 cup rice cakes

Instructions

1. In a large pot or Dutch oven, combine water, kimchi, onion, garlic, gochujang, gochugaru, soy sauce, sugar, and mirin. Bring to a boil over medium heat, then lower the heat and let it simmer for 10 minutes.
2. Add the baked beans, spam, hot dogs, and tofu to the pot. Continue to simmer for another 10 minutes, allowing the flavors to meld together.
3. Meanwhile, cook the ramen noodles according to the package instructions, but discard the seasoning packets. Drain the noodles and set aside.
4. Add the green onions, mushrooms, and soaked tteok (if using) to the pot. Let it simmer for an additional 5 minutes, until the mushrooms are cooked and the rice cakes are softened.
5. Just before serving, add the cooked ramen noodles to the pot and let them warm through for a minute.
6. Serve the budae jjigae hot, directly from the pot. Ladle into individual bowls and enjoy with steamed white rice or kimchi on the side.



肉骨茶

BAK KUT TEH



肉骨茶是一道来自中国南方福建省的传统中国菜。如今，在许多东南亚国家，如新加坡、马来西亚和印度尼西亚，它是一种非常具有文化意义的食物。“肉骨茶”是用排骨在充满香草和香料的汤中炖几个小时制成的。

肉骨茶已成为东南亚当地饮食文化的重要组成部分。它通常与米饭、油条，和生菜、蘑菇或豆芽等蔬菜一起食用。除了是一道可口的菜肴，还被认为具有许多健康益处，例如增强免疫力和帮助消化。

此外，肉骨茶已成为许多东南亚社区文化认同的象征。它已根据当地口味和食材进行了调整，每个地区都有自己独特的菜肴变体。例如，在马来西亚，这道菜往往具有更传统的中药味道，而在新加坡，这道菜则以胡椒味道为主。如今，这一道菜是代表东南亚地区多元历史和遗产的重要文化符号。

Bak Kut Teh

Bak Kut Teh is a traditional Chinese dish originating from Fujian province in southern China. Today, it is a very culturally significant food in many Southeast Asian countries such as Singapore, Malaysia, and Indonesia. The name "Bak Kut Teh" literally means "meat bone tea" in Hokkien, and it is typically made with pork ribs simmered in a broth of herbs and spices for hours.

Bak Kut Teh has become an essential part of the local food culture in Southeast Asia, with its distinct flavor and aroma making it a favorite among locals and tourists alike. It is often served with rice, youtiao (Chinese fried dough), and a side of vegetables such as lettuce, mushrooms, or beansprouts. In addition to being a delicious meal, it is believed to have many health benefits, such as boosting immunity and aiding digestion.

Moreover, Bak Kut Teh has become an emblem of cultural identity for many Southeast Asian communities. It has been adapted to local tastes and ingredients, and each region has its own unique variation of the dish. For example, in Malaysia the dish tends to have a more traditional herbal medicine taste to it while in Singapore the dish is known to have a peppery taste. Today, it is not only a delicious meal but also an important cultural symbol that represents the diverse history and heritage of the Southeast Asian region.

Ingredients

- 1kg pork ribs
- 1 pack of Bak Kut Teh spice mix
- 1 tablespoon of dark soy sauce
- 2 tablespoons of light soy sauce
- 10 cloves of garlic
- 1L of water
- Salt and white pepper to taste

Instructions

1. Rinse the pork ribs in cold water and set aside.
2. In a large pot, add the water, Bak Kut Teh spice mix and garlic cloves. Bring to a boil.
3. Add the pork ribs and simmer for about 45 minutes or until the meat is tender and falls off the bone.
4. Add the dark soy sauce and light soy sauce. Simmer for another 10 minutes.
5. Season with salt and white pepper to taste. White pepper is especially important for the broth to have a spicy and peppery taste. Serve hot with steamed rice and fried dough fritters (you tiao).

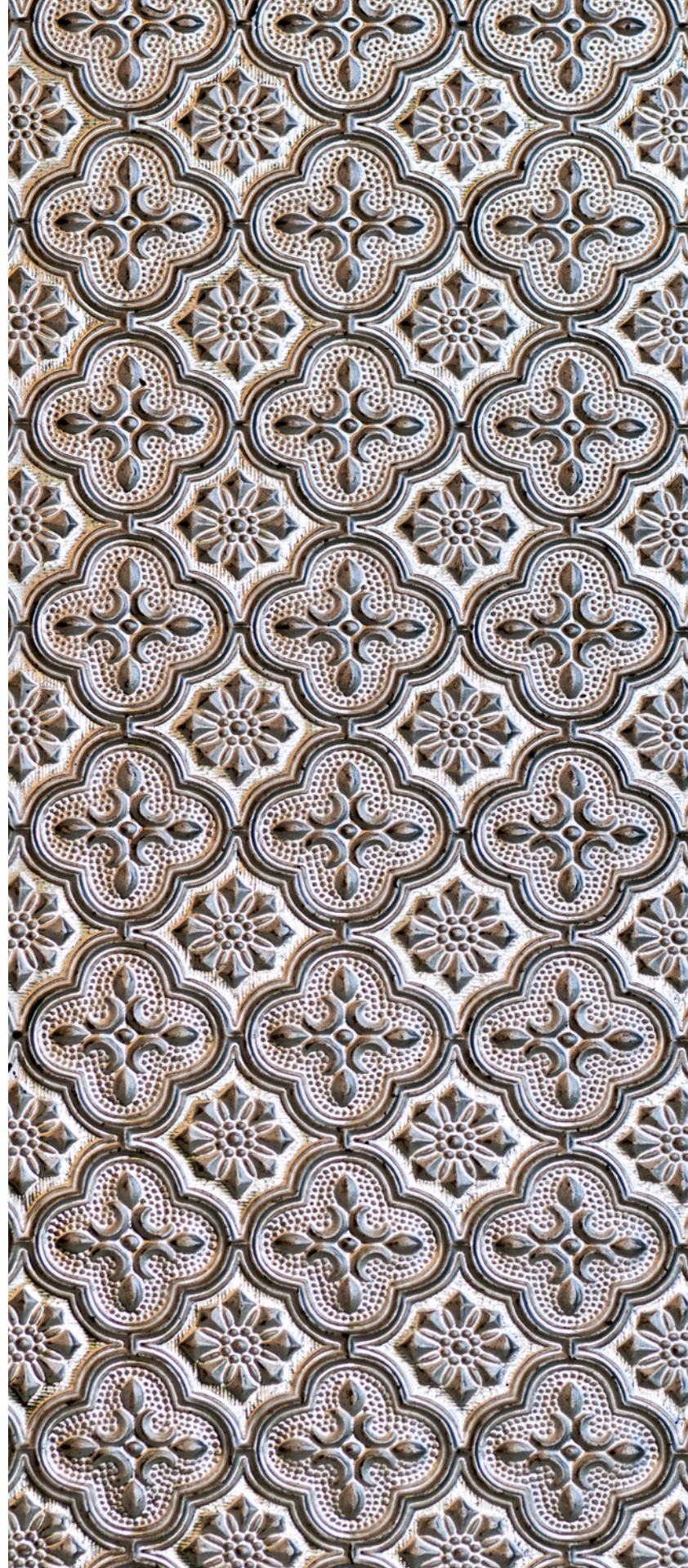


EUROPE

QUICHE LORRAINE
French Program

SCHNITZEL
German Program

KHERSON UKRAINIAN BORSCH
Russian Program





Quiche Lorraine

La Quiche Lorraine est un plat salé originaire de la région Lorraine dans le Nord-Est de la France. Depuis, elle est devenue un incontournable de la cuisine française et a gagné en popularité dans le monde entier. Malgré sa simplicité, elle représente une célébration des techniques et des ingrédients culinaires traditionnels français. Bien que le plat soit généralement préparé avec des lardons, nous avons substitué les oignons pour le rendre plus accessible à un public plus large. De plus, la Quiche Lorraine occupe une place spéciale dans le cœur de nombreuses personnes en raison de son impact nostalgique. Pour beaucoup d'entre nous, ce plat évoque de tendres souvenirs de nos mères et de nos grands-mères qui nous le préparaient lorsque nous étions enfants. Il nous rappelle les rassemblements familiaux et les grandes occasions. Ainsi, la Quiche Lorraine n'est pas seulement un plat, mais aussi un symbole de souvenirs chéris et du patrimoine culturel français.

Quiche Lorraine is a savory dish that originated in the Lorraine region in Northeastern France. It has since become a staple in French cuisine and has gained popularity around the world. Despite its simplicity, it represents a celebration of traditional French culinary techniques and ingredients. Though the dish is typically cooked with bacon, we have substituted onions to make the dish more accessible for a wider audience. Additionally, Quiche Lorraine holds a special place in the hearts of many people due to its nostalgic impact. For many of us, the dish evokes fond memories of our moms and grandmothers preparing it for us as children. It reminds us of family gatherings and special occasions. As such, Quiche Lorraine is not just a dish, but a symbol of cherished memories and French cultural heritage.

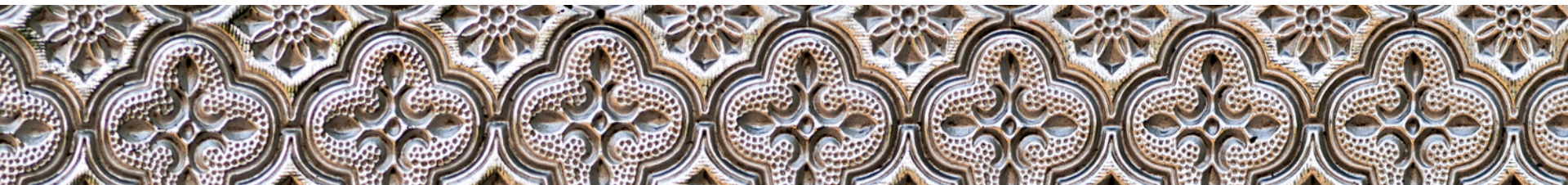
Quiche Lorraine

Ingredients

- 1 pie crust (homemade or store-bought)
- 1 large yellow onion, diced
- 4 eggs
- 250 ml heavy cream
- 250 ml milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 200g Gruyere cheese, grated

Instructions

1. Preheat your oven to 375°F (190°C).
2. Roll out the pie crust and place it in a 9-inch (23cm) tart pan.
3. Prick the bottom of the crust with a fork and bake it in the oven for 10 minutes. Let cool.
4. Cook the diced onion over medium heat until caramelized. Set aside.
5. In a mixing bowl, whisk together the eggs, heavy cream, milk, salt, and pepper.
6. Sprinkle half the grated cheese and all the caramelized onion over the bottom of the crust.
7. Pour the egg mixture over the cheese and onion.
8. Sprinkle the remaining grated cheese over the top of the quiche.
9. Bake the quiche for 35-40 minutes, or until the top is golden brown and the center is set.
10. Let the quiche cool for a few minutes before slicing and serving.
11. Enjoy your Quiche Lorraine with a glass of Alsatian wine!





Schnitzel

Die Herkunft des von den Österreichern besonders beliebten Schnitzels ist immer noch umstritten. Laut einer langen Tradition hat der österreichische General Josef Radetzky das Gericht in Milan als cotoletta alla milanese entdeckt und die Idee davon zurück nach Wien zu seinen Köchen mitgebracht. Dadurch entstand das weltberühmte Wiener Schnitzel, obwohl Österreicher würden sich heute sträuben, den Italiener dafür Anerkennung zu zollen. Nicht umstritten ist die Etymologie des Wortes: abgeleitet vom Verb schnitzen mit einem diminutiven Suffix -el und mit dem wörtlichen Sinne von Schnitte. Obwohl traditionelles Wiener Schnitzel von Kalbfleisch gemacht wird, werden Hühner- und Schweinefleisch wegen ihrer günstigeren Kosten gebräuchlicher benutzt.

Schnitzel

The origin of schnitzel, much beloved by Austrians in particular, is disputed to this day. According to a long-standing tradition, the Austrian General Josef Radetzky discovered the dish as cotoletta alla milanese in Milan and brought the idea back with him to his chefs in Vienna. And so the world-famous Wiener schnitzel was developed, although Austrians would be reluctant to afford Italians the credit for it now. Undisputed is the etymology of the word: derived from the verb “to carve” (schnitzen) with a diminutive suffix (-el) and with the literal meaning of “a slice.” Although traditional Wiener Schnitzel is made from veal, chicken and pork are more commonly used given their more economical prices.

Ingredients

- 4 boneless pork chops
- 1 cup all-purpose flour
- 2 tsp. paprika
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 eggs
- 2 Tbsp. milk
- 2 cups bread crumbs
- 1/4 cup vegetable oil
- 1/4 cup unsalted butter
- 1 lemon, cut into wedges

Instructions

1. Wrap the pork cutlets in butcher paper or plastic wrap and pound with a meat tenderizer or rolling pin until they are about a ¼ inch thick.
2. Mix the flour, paprika, salt, and pepper together in a shallow dish.
3. In another shallow dish, whisk the eggs and milk together.
4. Put the bread crumbs in a third shallow dish.
5. Heat the oil and butter in a large skillet over medium-high heat.
6. Dredge each pork chop in the flour mixture, shaking off any excess. Dip the pork chop into the egg mixture, letting any excess drip off. Finally, coat the pork chop in the bread crumbs.
7. Once the oil and butter are hot, place the pork chops in the skillet. Cook until golden brown, about 3-4 minutes per side.
8. Once all the pork chops are cooked, transfer them to a plate and serve with boiled potatoes and lemon wedges.





Херсонский украинский борщ

Украинский борщ - это традиционный суп из свеклы, капусты, картофеля и часто мяса или бобов. Он является неотъемлемым блюдом украинской кухни и имеет большое культурное значение в Украине. В каждой области Украины есть свой борщ. Именно этот рецепт нам дала группа украинских беженцев из Херсонской области, проживающих в настоящее время в Норвегии. Их родной город Каховка все еще находится в тылу русских. Нас попросили назвать его «Херсонский украинский борщ».

Борщ считается символом гостеприимства украинцев и часто подается гостям в знак уважения и приветствия. Он также связан с важностью семьи и общины, так как обычно готовится в больших количествах и раздается близким и любимым. Ингредиенты, используемые в борще, глубоко укоренены в украинской истории и культуре. Например, свекла выращивается в Украине уже несколько веков и символизирует связь страны с землей и важность сельского хозяйства.

Борщ также связан со сменой сезонов, так как обычно готовится из свежих сезонных овощей, доступных в Украине. Он часто подается горячим в зимние месяцы и холодным в летние, отражая сезонные ритмы и традиции страны.

За пределами Украины борщ стал популярным блюдом в других частях мира и часто рассматривается как символ восточноевропейской кухни. Он был включен во многие кулинарные книги и фестивали еды и был признан важным культурным вкладом в мир кулинарии.

Kherson Ukrainian Borsch

Херсонский украинский борщ

Ingredients

- 3 liters of water
- 300g Beef (can be replaced with pork)
- 1 Medium-sized onion
- 1 Carrot
- 1 Large beetroot
- ½ Bell pepper
- 2-3 Cloves of garlic
- 1 tbsp. Tomato paste
- 200g Beans (canned)
- 100g Cabbage
- 3 Potatoes
- 1 tbsp. Mustard
- 2 bay leaves
- 1 tbsp. sunflower oil
- Salt, pepper, sugar to taste
- Sour cream
- Dill
- Parsley

Ukrainian borsch is a traditional soup made with beets, cabbage, potatoes, and often meat or beans. It is a staple dish in Ukrainian cuisine and has significant cultural importance in Ukraine. Each region in Ukraine has its own variety of borsch. This particular recipe has been given to us by a group of Ukrainian refugees from the Kherson region currently residing in Norway. Their home town of Kahovka is still behind Russian lines. They have asked us to name it "Kherson Ukrainian Borsch."

Borsch is considered a symbol of Ukrainian hospitality and is often served to guests as a sign of respect and welcome. It is also associated with the importance of family and community, as it is often prepared in large quantities and shared with loved ones. The ingredients used in borsch are deeply rooted in Ukrainian history and culture. Beets, for example, have been cultivated in Ukraine for centuries and have come to symbolize the country's connection to the earth and the importance of agriculture.

Borsch is also associated with the changing seasons, as it is typically made with fresh, seasonal vegetables that are available in Ukraine. It is often served hot in the winter months and cold in the summer, reflecting the country's seasonal rhythms and traditions.

Beyond Ukraine, borsch has become a popular dish in other parts of the world, and is often seen as a symbol of Eastern European cuisine. It has been featured in numerous cookbooks and food festivals, and has been recognized as an important cultural contribution to the world of food.

Instructions

Initially, we bring a pot of water to boil and add the meat and mustard. The meat should be cooked through, while removing the foam (boil in water for ~30 minutes). Add finely chopped onion, carrot and garlic, and fry until the onion is translucent with the sunflower oil in a pan. When the meat is cooked, add coarsely grated beets, the bay leaves and the tomato paste to the pot and boil for another 30 minutes, then add the finely chopped potatoes. As the water boils in a saucepan, add finely chopped peppers and cabbage. Cook until the vegetables are ready. Add the vegetables from the pan, alongside beans, salt, pepper and sugar. Cook for 5 minutes until the water boils. When serving, add greens and a tbsp of sour cream.

LATIN AMERICA

BEIJU DE TAPIOCA
Portuguese Program

GRANDPARENTS' EMPANADAS
Spanish Program





BEIJU de TAPIOCA

O beiju de tapioca é uma iguaria originária dos povos indígenas do Brasil, que tem sido consumida há séculos. A tapioca é feita a partir da fécula extraída da mandioca, uma raiz muito comum na alimentação brasileira.

A história do beiju de tapioca remonta aos tempos pré-coloniais do Brasil, quando os povos indígenas já faziam uso da mandioca em sua culinária. O beiju, que é uma espécie de "panqueca" feita com a goma da tapioca hidratada, era uma comida comum entre essas comunidades, sendo consumido tanto em refeições salgadas quanto em sobremesas.

Com a chegada dos colonizadores portugueses, a tapioca e o beiju foram incorporados à culinária brasileira, sendo consumidos em todo o país. As origens do beiju de tapioca são no nordeste do Brasil. Porém, hoje em dia, é um prato típico de várias regiões brasileiras, sendo apreciado por muitos como um alimento saudável (não contém glúten!) e versátil. É comum encontrar o beiju de tapioca em feiras livres, bares, restaurantes e até mesmo em supermercados.

REQUEIJÃO e TOMATE

(Tapioca with Cheese and Tomato)

BEIJU DE TAPIOCA

Beiju de tapioca is a delicacy originating from the indigenous peoples of Brazil, which has been consumed for centuries. Tapioca is made from the starch extracted from cassava, a root vegetable that is very common in Brazilian cuisine.

The history of beiju de tapioca dates back to pre-colonial times in Brazil, when indigenous peoples were already using cassava in their cooking. Beiju, which is a kind of "pancake" made from hydrated tapioca starch, was a common food among these communities, consumed both in savory meals and desserts.

With the arrival of Portuguese colonizers, tapioca and beiju were incorporated into Brazilian cuisine and consumed throughout the country. Although beiju has its origins in Northeastern Brazil, nowadays it's enjoyed as a typical dish in various regions of Brazil, appreciated by many as a healthy (it's gluten free!) and versatile food. It is common to find beiju de tapioca in street markets, bars, restaurants, and even in supermarkets.

Ingredients

- Tapioca flour
- Fresh diced tomatoes
- Shredded cheese

Instructions

1. Heat a non-stick skillet over medium-high heat.
2. Add a tablespoon of tapioca to the skillet and spread evenly.
3. Wait for the tapioca to cook and form a "pancake."
4. Add a tablespoon of grated cheese to the center of the tapioca.
5. Add some chopped tomatoes on top of the cheese.
6. Fold the tapioca in half, covering the cheese and tomato.
7. Let cook for a few more seconds until the cheese melts.
8. Serve immediately.



En la historia argentina, las empanadas siempre fueron conocidas como la comida del hombre trabajador. Se originaron en España durante la invasión mora y fueron llevadas a Argentina durante la conquista española.

Nuestra receta tiene fuertes conexiones familiares. La receta de la masa viene de Don Ezequiel Guzman Gutierrez (el bisabuelo de Mariana Pavia). Él era un panadero que residía en Bogotá, Colombia, durante los primeros años del siglo XX. Durante la Cuaresma, hacía empanadas y las regalaba a la comunidad. Los viernes preparaba empanadas especiales con salmón porque los católicos no podían comer carne.

La receta del relleno viene de Doña Farida "Chiche" Chami (abuela de Cami de Ry). Ella tiene 87 años y creció en el Barrio de Flores en Buenos Aires en Argentina. Nacida a principios del siglo XX, Doña Chiche creció elaborando la receta con su madre y sus cinco hermanos para comidas y ocasiones especiales. Este libro será la primera vez que esta receta estará escrita, ya que hasta ahora venía siendo compartida solamente a través del discurso hablado entre Doña Chiche y familiares.

Si bien nuestra receta se basa específicamente en influencias colombianas y argentinas, elegimos las empanadas porque son representativas de muchas culturas latinoamericanas y son muy populares en la región. La variedad de recetas de empanadas representa la diversidad de la propia región.

Empanada de los abuelitos

Grandparents' empanadas

In Argentine history, empanadas have historically been known as the working man's meal. They originated in Spain during the Moorish invasions and were brought to Argentina during the Spanish conquest.

Our recipe relies on strong family ties. The dough recipe comes from Don Ezequiel Guzmán Gutierrez (Mariana Pavia's great-grandfather). He was a baker in Bogotá, in Colombia, during the early 20th century. During Lent he would make empanadas and give them out to the community. On Fridays, he made special salmon-based empanadas because Catholics couldn't eat meat.

The filling recipe comes from Doña Farida "Chiche" Chami (Camide Ry's grandmother). She is 87 and grew up in the Barrio de Flores de Buenos Aires. Born at the beginning of the 20th century, Doña Chiche grew up making the recipe with her mother and five siblings for meals and special occasions. This book will be the first time that this recipe is seen in written form since, until now, it had only been shared through spoken conversations between Doña Chiche and her family members. While our recipe specifically draws on Colombian and Argentine influences, we chose empanadas because they are representative of many Latin American cultures and are commonly eaten across the region. The diverse recipes represent the diversity of the region itself.



Ingredients

Dough

- ½ cup milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 6 tablespoons butter
- 5 cups flour
- 2 tablespoons yeast
- 2 egg yolks

Filling

- 2 lbs ground beef
- 2 medium onions
- A dozen eggs
- ⅓ cup raisins
- ½ cup green olives
- ¼ tsp white pepper
- 2 tbsp paprika
- ¼ tsp cayenne
- 2 tbsp oregano
- 2 tbsp cumin

Instructions

Dough

1. In a cup of warm water, add 2 tablespoons of dry yeast and a pinch of sugar and let it soak for 3 minutes until it foams.
2. Separately, mix milk, sugar, salt and heat until lukewarm. On a clean work surface, make a mound of flour and in a small hole in the center, add lightly beaten egg yolks. Begin to mix, slowly adding the lukewarm mixture of liquids and yeast, and finally add the butter in cubes and knead until well combined.
3. Knead and form a single ball. Put it in a warm place, covered with a cloth, and let it rise for ½ hour to 1 hour until it doubles in size.
4. Then make two large strips from which large pieces will be taken to form "the balls" of each empanada.
5. Let the balls rise.

Filling

1. Chop 2 medium onions
2. Cut olives in half
3. Boil 4 eggs for 9 minutes
4. Sauté onions over medium-high heat until translucent (5-8 mins)
5. Add ground beef and seasonings (cumin, paprika, oregano, pepper, salt)
6. Sauté until meat is cooked (15 minutes)
7. Taste for seasoning
8. Add ⅓ cup of raisins
9. Chop hard boil eggs and mix into filling
10. Let filling cool for 10-12

To assemble empanadas:

1. Roll out individual portions of dough
2. Add two spoonfuls of filling
3. Add 3-4 slivers of olives
4. Fold over dough
5. Seal empanada with traditional folds



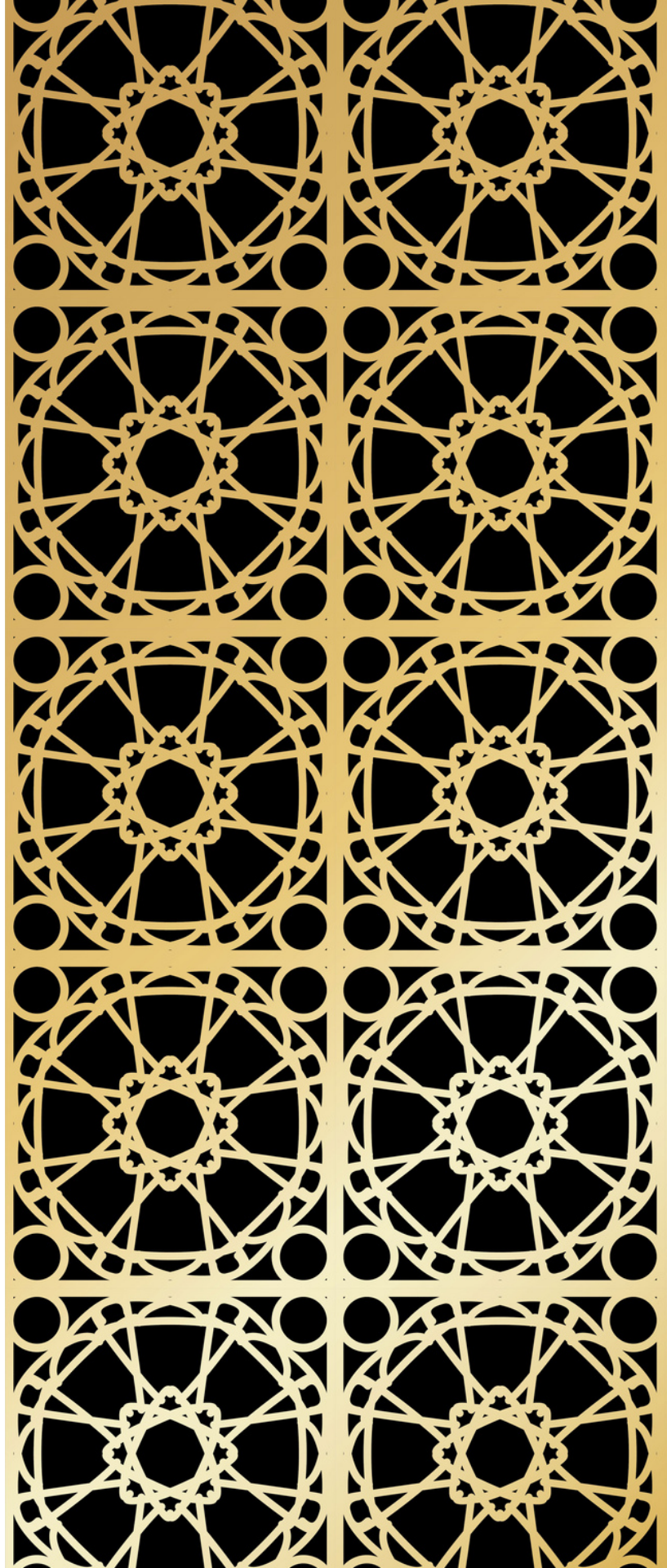
Empanada de los abuelitos



SOUTH ASIA MIDDLE EAST & NORTH AFRICA (SAMENA)

LAZY CAKE
Arabic Program

KHEER
Hindi Program



LAZY CAKE

الكعكة الكسولة"، المعروفة أيضًا باسم الكعكة غير المخبوزة، هي حلوى محبوبة في الدول العربية مثل فلسطين ولبنان، وعادة ما يتم تحضيرها في المناسبات الخاصة مثل حفلات الأعياد. وعلى الرغم من أنها قد لا تكون ابتكارًا فلسطينيًا أو لبنانيًا تقليديًا، إلا أنها أصبحت شائعة جدًا في البلدان حتى يمكن العثور عليها في كل مقهى تقريبًا. إن تحضير هذا الحلوى اللذيذ بسيط وسهل ومكوناته قليلة، مما جعله حلوى أساسية في العديد من المنازل في المنطقة. مع المكونات البسيطة وعدم الحاجة إلى الخبز، فإن الكعكة الكسولة هي حلوى مريحة للاحتفاظ بها في اليد لتلبية رغبات الشوكولاتة الطارئة. تشير شعبيتها الواسعة إلى أهميتها الثقافية كحلوى اعتيادية للأسر العربية وضرورة وجودها على العديد من قوائم الحلوى في المنطقة.



LAZY CAKE

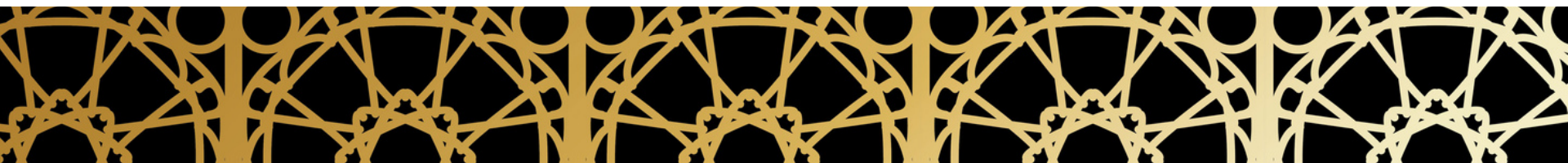
Lazy cake, also known as no-bake cake, is a beloved dessert in Arab countries such as Palestine and Lebanon, often prepared for special occasions such as birthday parties. Although it may not be a traditional Lebanese or Palestinian creation, it has become so popular in the countries that it can be found in virtually every coffee shop. This sweet treat's easy preparation and delicious taste have made it a staple dessert in many households in the region. With simple ingredients and no need for baking, lazy cake is a convenient dessert to keep on hand for those chocolate craving emergencies. Its widespread popularity speaks to its cultural significance as a go-to dessert for Arab households and a must-have on many dessert menus in the region.

Ingredients

- 2 packs tea biscuits (Marie Biscuits)
- 1 can sweetened condensed milk
- 6 tbsp unsweetened cocoa powder
- ½ cup unsalted butter
- 1 bag marshmallows

Instructions

1. Crumble up the biscuit and add the mini marshmallow.
2. Melt the butter.
3. Mix the sweetened condensed milk with the cocoa powder and melted butter.
4. Taste the mixture and adjust it to your desired sweetness by either adding more condensed milk for more sweetness or more cacao powder.
5. Add the biscuit pieces and marshmallows to the mixture and fold to combine.
6. Shape the mixture by spreading out some plastic wrap (or cling film) and spooning the mixture in the center in the shape of a log.
7. Slowly wrap the plastic around the mixture and tighten as you do this to shape into a cylindrical log.
8. Wrap the log with foil to help it maintain its shape.
9. Place the log in the freezer for at least 5 hours.
10. When you're ready to serve, cut into 1-inch-thick slices using a hot knife.



KHEER खीर



Kheer



खीर एक पारंपरिक भारतीय चावल का हलवा है जो सदियों से भारतीय व्यंजनों और संस्कृति का एक अभिन्न अंग रहा है। चावल, दूध, चीनी और इलायची और मेवे के स्वाद से बनी खीर को अक्सर त्योहारों, समारोहों और धार्मिक समारोहों के दौरान परोसा जाता है।

भारत में खीर का अत्यधिक सांस्कृतिक महत्व है क्योंकि इसे प्रेम और पवित्रता का प्रतीक माना जाता है। यह अक्सर हिंदू त्योहारों के दौरान देवताओं को चढ़ाया जाता है और प्रसाद (धार्मिक प्रसाद) के रूप में परोसा जाता है। इसके अलावा, खीर शादी के दावतों का भी एक अनिवार्य हिस्सा है, जहां माना जाता है कि यह नवविवाहितों के लिए सौभाग्य और समृद्धि लाता है।

खीर की तैयारी और परोसने की विधि पूरे भारत में अलग-अलग है, प्रत्येक क्षेत्र की अपनी अनूठी रेसिपी और शैली है। उत्तर में, खीर को अक्सर मेवे और केसर से सजाया जाता है, जबकि दक्षिण में इसे चीनी के बजाय गुड़ से बनाया जाता है।

कुल मिलाकर, खीर न केवल अपने स्वादिष्ट स्वाद के लिए बल्कि अपने सांस्कृतिक और आध्यात्मिक महत्व के लिए भी भारत में एक प्रिय और पोषित मिठाई है।

Kheer is a traditional Indian rice pudding that has been an integral part of Indian cuisine and culture for centuries. Made from rice, milk, sugar, and flavored with cardamom and nuts, Kheer is often served during festivals, celebrations, and religious ceremonies.

Kheer holds immense cultural significance in India as it is considered to be a symbol of love and purity. It is often offered to deities during Hindu festivals and served as a form of prasad (religious offering). In addition, Kheer is also an essential part of wedding feasts, where it is believed to bring good luck and prosperity to the newlyweds.

The preparation and serving of Kheer varies across India, with each region having its own unique recipe and style. In the north, Kheer is often garnished with nuts and saffron, while in the south, it is made with jaggery instead of sugar.

Overall, Kheer is a beloved and cherished dessert in India, not only for its delicious taste but also for its cultural and spiritual significance.

Kheer

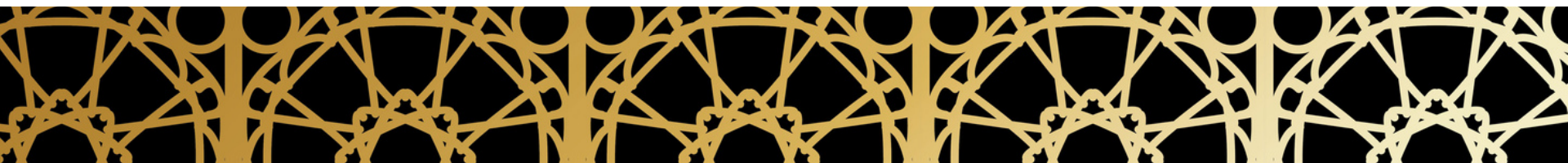
Ingredients

- 1/2 cup basmati rice
- 4 cups milk
- 1/2 cup sugar
- 1/4 tsp cardamom powder
- 1/4 cup chopped nuts (such as almonds, cashews, and pistachios)
- A few strands of saffron (optional)
- 1 tbsp ghee (clarified butter)

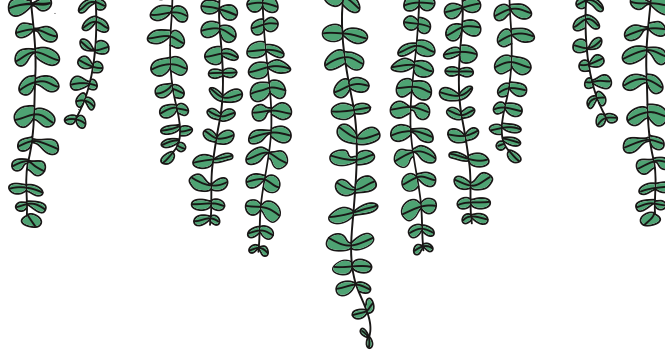
Instructions

1. Rinse the rice in water a few times until the water runs clear. Soak the rice in water for about 30 minutes.
2. Drain the water from the rice and set it aside.
3. In a heavy-bottomed saucepan, heat the ghee over medium heat.
4. Add the rice and sauté for 2-3 minutes until it turns slightly golden.
5. Add milk to the saucepan and bring it to a boil. Stir continuously to prevent the rice from sticking to the bottom of the pan.
6. Once the milk comes to a boil, lower the heat to medium-low and let the rice cook for 20-25 minutes or until it becomes soft, stirring occasionally.
7. Add sugar and cardamom powder to the rice and mix well. Cook for an additional 5 minutes.
8. Add chopped nuts and saffron to the kheer, and stir well.
9. Turn off the heat and let the kheer cool down to room temperature. Serve chilled or at room temperature.

-Meghanna Pannala's Homemade Recipe







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