

Class JD

Recipes to Remember!



Summer 2013

Queen's School of English

Potato Croquette from Japan

Hiromi

Ingredients (2 persons)

4 potatoes
1 onion
100g a mixture of ground beef and ground pork
½ teaspoon salt & pepper
1 cup flour
½ cup water
1 cup bread crumbs
Appropriate amount oil

First, pare and cut potatoes. After that, boil and smash them. Second, chop onion into fine pieces and warm up them by the microwave. Add onions, meats, salt and pepper into the mash potatoes and make balls of them. Next, add the water into the flour and put the balls of mash potatoes in it and put the bread crumbs. Finally, fry them in oil.

Original Mexican Guacamole

Joel

Ingredients:

3 Avocados (peeled, pitted, and mashed)
1 Lime, juiced
1 Teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 tomatoes chopped
*Optional 1 or 2 jalapeno chili paper (if you likes some spicy)

Directions:

In a medium bowl, first of all, mash together the avocados, next add the lime juice, and salt. After, mix in other bowl onion, cilantro, tomatoes, and jalapeno chili paper. Then, pour all in the same bowl the avocados and mash all. Finally serve as entree or snack with totopos (salt chips).

Korean Spicy squid over rice-오징어덮밥(O-JING-UH-BOB)

Anne

Ojinguh dupbop is a spicy squid dish made with steamed white rice.

In Korean, *dupbop* literally means "over rice" so fresh squids are cut into bite-sized pieces then pan stir-fried with spicy go-chu-jang along with go-chu-garu and served with steamed white rice. Assortments of vegetables that can be included in the spicy sauce mix are green & red chili peppers,

mushrooms, green onions, carrots and onions.

Sauce

one spoon soy source.
one spoon oyster source.
one spoon oil
one spoon sugar.
three spoons garlic.
one spoon sesame oil.
salt and black paper.

RECIPE (MAIN STUFF)

Squid, whole one
green onion
one spoon oil
three large mushrooms
little water



1. Mix the all sauce and set aside.
2. Clean squid and wash well in cold water.
3. Slit the squid body.
4. Wash vegetables in cold water and cut and slice into desired biting pieces for all vegetables.
5. A large fry pan over high heat and add cooking oil.
6. First add carrots and onions and stir fry for about 1 minute.
7. Then add squid and green onions. Stir fry for 30 seconds.
8. Add sauce and fry for additional 2 minutes.
9. A little ground paper.
10. Remove from heat and toss around with sesame oil.

Okanomiyaki (Japanese Pancakes)

Kengo

Ingredients

a tablespoon of baking powder
five tablespoons of plain flour
an egg
cooked bacon or ham,
a cup of water
two cups of shredded cabbage
cooking oil
other topping if you want (a shrimp, a green onion)

sauce(egg mayonnaise, Okonomiyaki sauce)

* You can use BBQ sauce instead of Okonomiyaki sauce

First mix the flour, baking powder and water in the bowl until it makes like smoothie. Then mix in the egg and add the cabbage and other topping.

Next heat up a frying pan and put the cooking oil. After that cook the ingredient which you mixed until side start to blown. Then flip and cook another side.

Finally, put sauce and topping if you want.

Meat and Potato Stew-Japanese home cooking

Nozomi

Ingredients (for about 5 servings)

- 4 potatoes
- 2 onions
- 3 carrots
- Pork Half lb (about 200g)

Seasonings

- 4 tablespoonful of sugar
- 1 tablespoonful of cooking wine
- 2 tablespoonful of sweet cooking rice seasoning
- 5 tablespoonful of soy sauce
- 2 cups of water
- 1 tablespoonful of vegetable oil (baking onion and meat)

First, peel vegetables, and chop up them and slice the pork thin. Now, put some vegetable oil in a pan, and heat it over medium heat a few minutes. Next, stir-fry the onion until it becomes transparent. Then, stir-fry pork until it gets white. Add potatoes and carrots, after that they bake a few minutes. Add water and the other seasonings. Finally, simmer it over medium heat until the liquid is reduced by half or less. Done!!!!!!

Mbekbka Macaroni from Libya

Esmael

Ingredients:

Olive Oil
1-2 onions.
1/2 can – 1 can of tomato paste
2 teaspoons chili powder
1 teaspoon of turmeric
1 teaspoon of cumin
1-2 pieces of chicken
2- 3 cloves of crushed and minced garlic
Salt to taste

3 cups of pasta (any type but spaghetti cooks the fastest)
1/2 green bell pepper, sliced and chopped
1 Japanese baby eggplant cut into quarters
1 zucchini, julienned
2 carrots cut into inch thick slices
2-4 cups of water

Note: This meal is just for one person or maximum two people.

Kabsa from Saudi Arabia

Lujain

Ingredients:

- 2 spoons of corn oil
- 700 ml of boiled water
- 1 onion finely chopped
- 2 cloves of minced garlic
- 1 diced-tomato
- 2 spoons of tomato paste
- 2 small spoons of salt
- 1 small spoon of ground all spices
- 1 spoon of ground coriander
- 2 cups of rice (basmati rice)
- 1/2 whole chicken cut into 3 pieces

* Salt and ground black pepper are added according preference.

Directions:

- 1- Pour corn oil in a medium-sized pot over medium heat
- 2- Fry garlic and onion in the oil until they become reddish (about 3-5 minutes).
- 3- Add diced-tomato, tomato paste, salt, black pepper and ground coriander then mix them together.
- 4- Add the chicken pieces then mix them with the sauce.
- 5- Pour water then cover the pot to let chicken well cooked (take about 30 minutes).
- 6- Add rice and gently stir it.
- 7- Reduce the stove temperature and cook the rice for additional 10-15 minutes.
- 8- Now, the food is ready.
- 9- Transfer the rice to a large size plate then arrange the chicken pieces on top.

Italian Curry Pilaf from Japan

~ Ryoko's original cooking ~

quite a bit of rice
10 small tomatoes
piece of chicken
a little basil souse
a little ketchup
quite a bit of cheese
3 blocks of curry spice (You can buy at Asian grocery store or you can use all carry spices instead)

1. Make rice
2. Heat up a pan and after it became hot, add piece of chicken.
3. When the chicken is broiled, add the rice and carry spices.
4. After that, add the basil souse and ketchup with tasting.
5. When the taste became your favorite, add tomatoes and fry well.
6. Almost finished! Just add quite a little cheese, if you aren't enough you can add more, more, more!!!!

Oyakodon Japanese recipe

→2 servings

Ayame

<Ingredients>

- Chicken thigh...150g
- Onion...1/4
- Eggs...4
- Rice...2serving
- Seaweed...add to taste
- Soy sauce...2tablespoon
- sweet sake...2tablespoon (alcohol + sugar)
- Dasi soup...100ml (consomme)

<how to make>

1. Cook rice
2. Cut chicken about we can eat
3. Slice of onions
4. Chicken boils in pot and when chicken heated, add onions
5. When the onions are cooked soft, add eggs mixed
6. While eggs is still soft, turn off the gas
7. Put them on top of rice, if you want put on seaweed

Finish!!!

I recommend a little rice is a good amount for a serving

Omurice recipe from Japan

Yukina

Stuff (for a person)

Two eggs
A half of onion
Three small weenies
Ketchup
Salt and paper
One of bowl rice

1. First, cut onion into tiny pieces and cut weenies into round slices.
2. Second, heat a frying pan and add rice, onion, weenies. Stir fry it a medium heat 5-10minutes in oil. Add ketchup, salt and paper.
3. Then, it removes to dish.
4. After that, shake two eggs and heat a frying pan, add eggs. Heat 2minutes.
5. Remove eggs and put on the rice.
6. Top of the meal draw a picture by ketchup.

Chawanmushi (Japanese steamed eggs)

Kayo

Ingredients (2 servings)

chicken breast 60g

peeled shrimp 4

salt / sake a little

kamaboko (steamed fish paste) 30g

shiitake mushroom 1

honewort a few

A (1 beaten egg, 1/2 cup dashi, 1 teaspoon light soy sauce, a dash of salt)

How to make

1. Mix (A), make it smooth with a tea strainer.
2. Cut chicken into small pieces, devein peeled shrimp, sprinkle with salt and sake. Wrap with plastic wrap, cook in microwave (500w 1min50s, 600w 1min30s)
3. Cut kamaboko (Japanese steamed fish paste) into 5cm slices. Cut off shiitake stems, then cut them into 5cm pieces. Cut the honewort.
4. Place (3) in a bowl, pour (1) in the same bowl.
5. Cover bowl with plastic wrap. Cover bowl with tin foil and poke a hole in the middle.
6. Place the bowl (4) on one side of turntable, cook in microwave (500w 7mins10s, 600w 6mins), remove tinfoil and plastic wrap. Decorate with just a few honeworts.

Pasta from Libya

Lopa

One of the things that are easy to make is pasta. First at all, you cut a little onion and tomato and put them in a bowl. Second, put a dish on the stove and then add some oil, onion and tomato. Now add spices and some water, and then add the chicken after that add three glasses of water and wait ten minutes. Finally, add the Pasta and wait 8 minutes. The time depends on the kind of pasta, I prefer Italian pasta and it takes about 10 minutes to be ready.

I'm sure you will like it.

Easy Butter Tart Squares ---VERY Canadian and so yummy!!!

Ingredients

Jill

- 1 cup (250 mL) all-purpose flour
- 1/4 cup (60 mL) granulated sugar
- 1/2 cup (125 mL) butter

Topping:

- 2 tbsp (30 mL) butter, melted
- 2 eggs, lightly beaten
- 1 cup (250 mL) packed brown sugar
- 2 tbsp (30 mL) all-purpose flour
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) vanilla
- 1 pinch salt
- 1 cup (250 mL) raisins (optional)
- 1/2 cup (125 mL) coarsely chopped pecans (optional)

Preparation

In bowl, combine flour with sugar; with pastry blender, cut in butter until crumbly. Press into 9-inch (2.5 L) square cake pan; bake in 350°F (180°C) oven for 15 minutes.

Topping: In bowl, mix together butter and eggs; blend in sugar, flour, baking powder, vanilla and salt. Stir in raisins and pecans (if you are going to add); pour over base.

Bake in 350°F (180°C) oven for 20 to 25 minutes or until top springs back when lightly touched. Let cool on rack. Cut into squares.

(Make-ahead: Wrap and refrigerate for up to 4 days or overwrap in heavy-duty foil and freeze for up to 2 weeks.)

