



RECIPES FROM PARTNERS IN MISSION TERRITORIES

KOREA

Korean Barbecued Beef (Bulgogi)

“Jap Chae”

MEXICO

Flautas de Pollo (Tacos Dorados)

Tinga de pollo

ZAMBIA

Pumpkin Soup

INDIA CENTRAL

Gutty Vankaya – Andhra Pradesh

MIDDLE EAST (KUWAIT/UNITED ARAB EMIRATES)

Baked Falafel

Korea

KOREAN BARBECUED BEEF (BULGOGI)

By Major Misook Kim

INGREDIENTS:

- 1.5 lb, top round or tenderloin or Rib-eye of beef
- 6 tbsp soy sauce
- 3 tbsp sugar
- 1 tbsp sesame seeds and sesame oil
- 1 tbsp chopped garlic
- 5 tbsp chopped onion, small green onion
- 2 tbsp rice wine, black pepper

PREPARATION:

1. Slice the beef thinly and score lightly with a knife to make it more tender. Cut into bite-sized pieces.
2. Mix the beef with all of the ingredients above and marinate it at least few hours.
3. Broil the seasoned beef on a grill or in a fry pan. Bulgogi is served with lettuce leaves or other vegetable with special sauce (Ssamjang: hot pepper paste mixed with soy paste).

TIPS:

You can add chopped pear or apple, honey and little bit of Coke, too.

For best taste of beef, put marinated beef in the refrigerator for one day.

Korea

“JAP CHAE”

By Major Misook Kim

INGREDIENTS:

12 oz noodle (Dang Myun – Sweet Potato Vermicelli)
4 oz beef
5 shitake mushrooms or Chinese black mushrooms
1 carrot
1 onion
1 egg
1/3 lb spinach
5 T oil
1 tbsp sesame seed oil
2 tbsp soy sauce
Salt and pepper pinch
Sesame seed pinch
1 tbsp minced garlic
1 tbsp chopped green onion

PREPARATION:

1. Soak mushrooms in water for 15 minutes. Cut off stems, and then cut caps into thin strips.
2. Cut beef into thin strips and marinate it with the mushrooms in a seasoning of: soy sauce, sugar, minced garlic, sesame seed oil, chopped green onions and a pinch of ground pepper.
3. Cut carrots and onion into thin strips (julienne).
4. Cook spinach in boiling water for about two minutes. Cool spinach in running water. Squeeze the water out of the spinach. Season the spinach slightly with salt and sesame seed oil.
5. Batter and fry the egg in a pan with a pinch of salt. Once cooked and cooled, cut the egg into thin slices.
6. Cook the noodles in boiling water for about 2-4 minutes or until soft (You may want to cut the noodles in half beforehand if they are too long). Rinse in cold water and drain.
7. Start cooking the beef and mushrooms with a bit of oil.
8. When beef is cooked, add carrot, onion, spinach and noodles and stir-fry.
9. When vegetables are cooked, add the sliced egg and use salt and soy sauce to season the dish to your taste.
10. Put it all in a dish and sprinkle some sesame seeds for the final touch.
11. Can be served hot or cold.

Mexico

FLAUTAS DE POLLO (TACOS DORADOS)

By Captain Monica Balmori

INGREDIENTS:

1/2 cup of sour cream
1 chicken breast
1/2 Onion
2 garlic cloves
1 stalk of celery
Cilantro
Salt
1/4 Chopped onion
1 small tomato, chopped
15 corn tortillas (can be found in any supermarket)
Oil for frying the tacos
Tooth picks
1 head romaine lettuce
1 wheel of Mexican cheese (queso fresco)

PREPARATION:

1. Boil the chicken in a pot with the garlic, celery and half an onion. Add cilantro and salt according to taste. Strain and shred the chicken. The leftover broth can be saved for a soup.
2. In a pan, sauté the chopped onion and tomato with salt to taste. Let simmer for 6-10 minutes, and then add the shredded chicken and cook for 10 more minutes. If the chicken is still too wet, be sure to dry it with some paper towels. The chicken must be dry so that the tortilla will not get soggy when you roll the tacos.
3. In a griddle (or pan), heat the tortillas one by one (make sure they are flexible, so when you roll the tacos they don't break).
4. Put some chicken on the warm tortilla, roll it and secure it with a toothpick. You can put two tacos together if you wish. When you have all the tacos ready, heat the oil and fry them until they are golden-brown and crispy.

SERVING SUGGESTION:

On a plate, put three or four tacos topped with sour cream, lettuce and shredded cheese. To give them a more Mexican touch, serve some guacamole and salsa on the side

Flautas de Pollo (Tacos Dorados)
CONTINUED ...

GUACAMOLE

INGREDIENTS:

- 2 avocados (pitted and peeled)
- Juice from 1/2 lime
- Salt
- Cilantro
- 2 Serrano chilies (for spicy option)

PREPARATION:

Blend everything together and serve on the side of the tacos.

SALSA

INGREDIENTS:

- 4 tomatillos
- 2 Serrano chilies
- Salt
- Olive Oil

PREPARATION:

1. Boil 4 tomatillos and two Serrano chilies. Drain and blend.
2. Add salt and a teaspoon of olive oil.

TIPS:

Can be served on the tacos or on the side. **Enjoy!**

WARNING - You may want to double the recipe, because everybody is going to love them!

Mexico

TINGA DE POLLO

By Lt. R. Hernandez

INGREDIENTS:

- 4 boneless chicken breasts
- 1 large onion
- 1 can of chipotle
- 1 medium tomato
- 1 big bag of chips
- Chicken broth – chicken boullion cube

PREPARATION:

1. Cook the chicken with water, salt and a bit of onion.
2. Once the breasts are cold, shred.
3. Cut onion into slices and fry. Once the onion is softened (about 5 minutes), add to the shredded chicken and onion and mix.
4. In a blender, process a little onion, a chicken boullion cube, a small tomato, a chipotle pepper to taste and half a cup of water or chicken broth. Note: Make sure the ingredients are well blended. (If you only want flavor, use one chili, but if you want it a little spicy, then use 4 or more chillies).
5. Pour the sauce over the chicken and onions, letting it boil for 5 minutes. Remove from heat and set aside.

TIPS:

Serve with chips - Cream and cheese are optional.

Serves 20 people.

Zambia

PUMPKIN SOUP

INGREDIENTS:

2 cups cooked pumpkin
2 tbsp onion, finely chopped
1 tbsp butter or margarine
2 cups chicken stock
2 cups milk
1 tsp lemon juice
10 tsp double cream (or 3 1/3 tbsp)
1/4 tsp ground cloves
1/2 tsp sugar
1/2 tsp salt
Garnish croutons

PREPARATION:

1. Melt the butter or margarine in a heavy saucepan and sauté the onion until transparent but not brown.
2. Add the cooked pumpkin, chicken stock, milk, lemon juice, ground cloves, sugar and salt but not the cream. Simmer, covered, for 15 minutes, stirring occasionally.
3. Puree the soup by forcing it through a fine sieve or, if a coarser consistency is desired, stir well with a wooden spoon. Stir in the cream and heat well, but do not boil.
4. Serve hot with croutons.
5. To serve the soup cold, chill for at least 2 hours and serve garnished with a thin slice of peeled orange instead of the croutons.

TIPS:

Serves 6; preparation time 40 minutes; cooking time 20 minutes.

To serve the soup cold, chill for at least 2 hours and serve garnished with a thin slice of peeled orange instead of the croutons.

India Central

GUTTY VANKAYA RECIPE – ANDHRA PRADESH

By Major Asit George

INGREDIENTS:

1/2 pound purple eggplant (wash and cut into quarters with stalk intact)

Small lemon-sized tamarind. Extract its pulp.

1/4 tbsp oil

FOR STUFFING:

1 large onion, sliced

4-5 garlic cloves

1 cinnamon stick

1 tsp red chili powder

1 tsp coriander powder

1.5 tsp ghee (clarified butter available in Indian grocery stores) or soft butter

1/2 – 1 tbsp grated jaggery or sugar (adjust)

Salt to taste

1/4 tsp fenugreek seeds

1 sprig of curry leaves

PREPARATION:

1. Add 1 tsp oil in a cooking vessel; add garlic and cinnamon stick and sauté for a few seconds. Add the sliced onions and sauté until rawness disappears, approximately 4-5 minutes.

2. Keep aside to cool.

3. Once cool, make a coarse paste. Remove the paste into a bowl; add salt to taste, red chili powder, jaggery, coriander powder and ghee. Combine well and stuff the eggplants with this paste.

4. Add the remaining oil in a vessel, add curry leaves and toss them for a few seconds. Add the fenugreek seeds and let them turn brown. Place the stuffed eggplants in the oil and cook on medium high flame for 2 minutes. Now, cover with lid and let them cook on medium low flame for 12-14 minutes. Keep checking in between and stir fry to ensure they don't burn or stick to the pan.

5. Add the tamarind extract along with a cup of water. Bring to a boil and reduce flame and place lid and cook over low flame for 13-15 minutes. The water content should reduce.

6. Remove lid and cook over low flame and let the eggplants roast well. They should appear like a dry sauté. It should take about 8-10 minutes for the eggplants to be well roasted. Turn off heat.

7. Serve with rice. Serves 3-4

TIPS:

Preparation & Cooking time: 1 hour

Middle East (Kuwait/United Arab Emirates)

BAKED FALAFEL

INGREDIENTS:

- 1/4 cup chopped onion
- 1 15-ounce can garbanzo beans, rinsed and drained
- 1/4 cup chopped fresh parsley
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1/4 tsp ground coriander
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1 tbsp all-purpose flour
- 1 egg, beaten
- 2 tsp olive oil

PREPARATION:

1. Wrap onion in cheese cloth and squeeze out as much moisture as possible.
2. Set aside.
3. Place garbanzo beans, parsley, garlic, cumin, coriander, salt and baking soda in a food processor. Process until the mixture is coarsely pureed.
4. Mix garbanzo bean mixture and onion together in a bowl. Stir in the flour and egg. Shape mixture into four large patties and let stand for 15 minutes.
5. Preheat an oven to 400 degrees.
6. Heat olive oil in a large, oven-safe skillet over medium-high heat. Place the patties in the skillet. Cook until golden brown, about 3 minutes on each side.
7. Transfer skillet to the preheated oven and bake until heated through, about 10 minutes.