

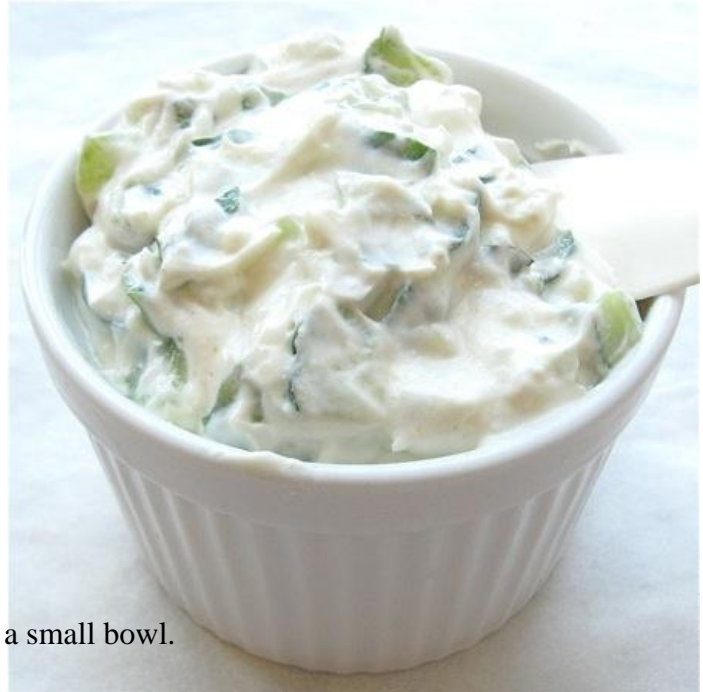
Greece

Tzatziki

Cucumber Yogurt Dip

1 ½ TBSP olive oil
½ TBS vinegar
1 clove garlic
¼ tsp salt
dash pepper
½ cup yogurt
½ cup sour cream
1 cucumber
½ tsp dill

Peel and chop cucumber into small pieces.
Chop garlic into very little pieces.
Combine all the rest of the ingredients into a small bowl.
Place the bowl in the fridge



Flatbread

2 cups flour
¾ cups cold water
2 TBS shortening
1 ¼ tsp salt
1 ¼ tsp baking powder
pinch of baking soda

Combine all ingredients in a bowl and stir till mixed and dough-like.
Divide into 3 equal portions.
Put a little bit of flour on a surface and roll dough into thin circles.
Pierce rolled dough circles with a fork.
Cook on an oiled hot frying pan.
Turn over with a spatula.

Greece

Hummus

1 (15 oz) can of garbanzo beans
½ cup yogurt
2 TBS lemon juice
4 cloves of garlic
2 tsp olive oil
1 TBS water
1 tsp salt
1/8 tsp pepper
½ tsp cumin

Open the can of beans. Rinse and drain the can. Pour beans into a bowl
Mash garbanzo beans until it is mush. You can use a cup or fork to help mash.
Chop garlic into very small pieces.
Add all of the rest of the ingredients to the garbanzo beans and mix together
Place the bowl in the fridge.



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Greece

Mini-Cheesecake

Crust

1 cup graham cracker crumbs
½ cup brown sugar
½ tsp cinnamon
½ cup butter

Filling

1 package cream cheese
1 tsp lemon juice
1 cup heavy whipping cream
½ cup white sugar



Crush graham crackers in a ziplock bag and crush with a rolling pin.

Microwave butter until quite soft.

Measure graham cracker crumbs, brown sugar and cinnamon into butter bowl and mix.

Put 8 cupcake wrappers/liners into muffin tins.

Press graham cracker mixture equally into the 8 wrappers/liners and press flat.

In a bowl combine cream cheese and lemon juice. Beat with electric mixer until mixture is soft.

Add heavy whipping cream and sugar and beat until the batter is stiff. (When you are done you should be able to lift your mixer out of the batter and the peak it makes should stay upright)

Spoon the cream cheese batter on top of the graham cracker crust.

Place tins in the fridge.

Asia

Fortune Cookies

Everyone in the class should write 20 good fortunes on slips of paper.
Each Fortune Cookie Recipe gets 10.

5 TBS butter, softened
1/3 cup sugar
2 egg whites
1/2 teaspoon almond extract
1/2 teaspoon vanilla extract
2/3 cup flour



(If you need help separating eggs, get a counselor to help.)

Cut parchment paper to fit cookie sheets.
Trace the provided circles on the parchment paper.
Fit as many as you can, but leave a little bit of space.
You will need to make 10 cookies.

Mix butter and sugar. Add egg whites, extracts and flour into a bowl. Mix well.
Spoon about 2 tablespoons of batter over the drawn circles on the parchment paper.
Bake at 400 for about 5-6 minutes or until lightly browned.

You will have to work fast when the cookies come out so they stay warm.
Get slips of paper with fortunes and a bowl out.
Put a fortune in the center of the cookie and fold the cookie in half and then in quarters
and press down

Asia

Sticky Rice Pudding

3/4ths cup of rice
1 cup water
1 can of coconut milk
Half a can of sweetened condensed milk
1/4 cup sugar
1/4 cup salt

Add rice and water
and heat on high on the stove.
Cover with a lid.
Bring to a boil.
Let cook for ten minutes.



While waiting:

In a bowl combine coconut milk, sweetened condensed milk and stir together.

Add the mixture to the rice and keep stirring.

Cook until the rice is soft. Stir every so often. Make sure it doesn't stick to the bottom.

Add sugar and salt.

The sticky rice's consistency should be similar to oatmeal. If it is dry add some milk.

Asia

Turon

Banana Fritters

4 Bananas
Vegetable Oil
1-1 ½ cups brown sugar
Spring roll wrappers
Water



You will need space to work.

Peel and cut bananas in half LENGTHWISE.

Get two plates.

Open package of spring roll wrappers.

Fill one with water, and one with brown sugar.

Dip the banana lightly in water (just to get it damp)

Dip the banana in brown sugar

Place the sugared banana on one end of spring roll wrapper.

Roll banana up in the spring roll wrappers. Try to wrap tightly but be careful to not tear wrappers.

Before folding the last edge down wet the end with water. This will help it stick.

Complete with all bananas

Heat ¼ inch of oil in a frying pan.

Be careful with hot oil!

When oil starts to simmer slip bananas into oil with a spatula. You will probably have to do 3 or 4 at a time in the pan. Make sure to turn them over after a little bit. Both sides should be golden brown.

When they are done, place on a paper towel on a plate.

Ireland

Curach

1 ½ cups cups oatmeal
2 cups raspberries
1/3 cup honey
2 cups heavy whipping cream



Spread oatmeal on a cookie sheet and bake at 375.
Keep watching and stirring the oatmeal so it doesn't get too dark.
Take it out when it is golden brown

Wait a few minutes for it to cool.

Measure whipping cream into a bowl and whip with an electric mixer until the cream is stiff. (When you are done you should be able to lift your mixer out of the batter and the peak it makes should stay upright)

Stir in honey, and cold toasted oatmeal.

Chill mixture in the refrigerator.

Wash raspberries and put them in a bowl.

To serve, layer raspberries and the oatmeal/cream mixture.

Ireland

Irish Butter Cookies

1 stick (half cup) butter, softened
½ cup sugar
1 egg
1 ¼ cup flour
½ tsp baking soda
A pinch of salt

Preheat oven to 375
In a bowl, mix butter and sugar together.
Beat in egg. Add flour, baking soda and salt



Drop onto parchment covered cookie sheet in small balls.

Bake for 8 minutes or until edges have just started to turn golden.
Cookies are best when they are mostly still white.

Buttercream Icing

¼ cup butter-softened
1 cup powdered sugar
1 tsp vanilla.
Few drops green food-colouring.

Mix above ingredients in a bowl. Make sure butter is soft-not completely melted.

When cookies are pretty much cool, cover them with icing.

Ireland

Irish Potato Bread

2 cups of potatoes-chopped small
½ cup flour
¼ tsp salt
2 tsp butter

Start a pot of water boiling.
Peel potatoes and cut into small pieces
Boil potatoes until soft.

Drain potatoes in a strainer.
Pour into a bowl
Mash potatoes with salt and butter
Add flour in small increments. If the dough is wet add more flour. It should look kind of like bread dough.
Put onto floured surface and knead for 1 minute.
Divide into 2 pieces. Roll each into a circle, about ¼ inch thick
Cut into 6 or 8 wedges
Fry in a buttered frying pan.



Sour Cream Sauce

1/3 cup sour cream
1 TBS green onions
1 clove garlic
½ lemon juice
½ tsp salt
¼ tsp black pepper
pinch cayenne pepper

Chop vegetables into very small pieces.
Combine other ingredients in small bowl.
Serve with potato bread.

Mexico

Quesadillas

Tortillas

2 cups flour
2 tsp baking powder
½ teaspoon salt
3 TBS vegetable oil
½ cup water



Combine flour, baking powder, salt, and oil and mix together.
Add water. And mix with (clean!) hands. If it doesn't stick together add a little bit more water.
Divide into 8 balls.
Roll each very flat with rolling pin.
Fry on a very hot ungreased pan. Should still be soft and pliable when done.
Place tortillas on a plate

Tortilla filling

1 cup shredded cheese

Place one tortilla in a lightly oiled pan
Sprinkle cheese onto that tortilla
Push another tortilla on top.
Cook on medium heat until cheese begins to melt
Flip over to other side and cook for a little longer.

Repeat with other quesadillas. Makes four.

Mexico

Salsa

3 tomatoes
¼ cup cilantro
4 cloves garlic
1/4th cup onion
½ tsp salt
1 TBS lime juice



Chop garlic, and onion finely.
Cut off where the leaves used to grow on tomato. Cut tomatoes into chunks.
Place garlic and onion in blender. Add tomatoes and the rest of the ingredients.
Blend until tomatoes are in small pieces but not completely mush.
Place salsa in a bowl and put in the fridge.

Tortilla Chips

2 cups flour
2 tsp baking powder
½ teaspoon salt
2 TBS vegetable oil
½ cup water

Combine flour, baking powder, salt, and oil and mix together.
Add water. And mix with (clean!) hands. If it doesn't stick together add a little bit more water.
Roll out into a very thin layer with a rolling pin on a floured surface. Cut into chip-sized squares or triangles. .
Fry in an oiled pan until crunchy.

Serve with salsa

Mexico

Polvorones de Canele Cinnamon Cookies

½ cup butter (1 stick)
¼ cup powdered sugar
¼ tsp cinnamon
1/8 tsp salt
1 teaspoon vanilla extract
¾ cups flour

Preheat oven to 350
Grease cookie sheets

In a bowl mix butter and powdered sugar.
Add cinnamon, salt, vanilla and flour.
Shape into 1 inch balls.

In a bowl combine and mix:

½ cup powdered sugar
1 tsp ground cinnamon

Roll balls in the sugar and cinnamon and place on cookie sheet.

Bake for 15 minutes or until browned.
Cool.



France

Caramelized Apples Recipe

- 2 TBS butter
- 3 apples
- 3 TB granulated sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp lemon juice
- 1/3 cup apple cider
- 1/2 tsp cornstarch, as needed

Preparation:

Peel and cut apples into thin slices.



Melt the butter in a large skillet over medium heat. Add the apples to the pan and sprinkle with 1 tablespoon sugar. Sauté the apples, stirring frequently, for 6-8 minutes, until they just start to turn tender.

Sprinkle the apples with the remaining sugar, cinnamon, and lemon zest. Toss the mixture gently and cook over medium heat for an additional 2 minutes, until the sugar begins to caramelize and the apples are crisp-tender.

Transfer the apples from the skillet to a serving bowl with a slotted spoon. Turn the heat to high and add the apple cider to the skillet, scraping up any browned bits. Reduce the heat slightly and allow the cider and the pan juices to simmer for 1-3 minutes, until the sauce has reduced and thickened slightly. If you desire a thicker sauce, dissolve the cornstarch in a teaspoon of water, stir it into the sauce, and allow it to thicken for a moment. Pour the finished sauce over the warm apples and serve immediately.

France

Mousse aux Fraises

Strawberry Mousse

1 cup chopped strawberries
3 tsp lemon juice
 $\frac{3}{4}$ cup powdered sugar
 $\frac{3}{4}$ cup whipping cream
4 egg whites
pinch of salt

Wash and cut leaves off of strawberries.

In a blender, blend strawberries with lemon juice and sugar until smooth.

In a mixing bowl whip cream until stiff. If you lift your mixer out of it the peak it makes should stay upright.

Gently mix the whipped cream with the berries. Try and keep it stiff.

In another bowl, beat egg whites with salt until stiff.

Mix one cup of egg whites into berry and cream mixture.

Then gently mix berry and cream mixture into egg whites.

Place in the refrigerator to cool.



France

Cheese Puffs

Gougères Bourguignonnes

½ cup water
6 TBS butter
pinch of salt
dash of pepper
pinch of nutmeg
½ cup flour
2 eggs
¼ cup grated cheddar cheese
½ cup grated parmesan cheese



Preheat oven to 425

Put parchment on cookie sheets

Place water, butter, salt, pepper and nutmeg in a pot and place on low heat.

When water boils and butter melts remove from heat.

Stir flour in.

Add one egg at a time, mixing with an electric mixer completely before adding the next.

Add shredded cheese, but leave about 2 TBS of parmesan.

Use spoons or clean hands to form small balls and place on parchment-covered cookie sheets.

Share one egg with the other Cheese Puff group and beat it in a bowl. Brush the balls with the egg mixture and sprinkle the extra parmesan on top.

Bake for about 15 minutes or until golden.

Serve warm.

Sweet Tooth

S'more Tacos

Chocolate sauce

1/2 cup chocolate chips
1/4 cup cream
1/4 tsp salt
2 TBS sugar

Melt above ingredients in a small pot and take off heat when melted together

Cookies

1/2 cup butter
1/2 cup sugar
1 egg
1 tsp vanilla
1 1/2 TBS whipping cream
1 1/2 cups flour
1/4 baking powder
pinch of salt.

Preheat oven to 375.

Put parchment paper on cookie sheets.

Mix butter and sugar together.

Add the rest of the ingredients.

Divide into big and pretty thin cookies. Should make at least 7-10 cookies.

Cook for about 5 minutes.

When you take them out they should still be soft

Spoon chocolate sauce in the middle and put a marshmallow on top. Bend the cookie in half.

Turn oven to broil and broil at 400 until marshmallows turn golden or soft.



Sweet Tooth

Oreo Truffles

½ package cream cheese softened
2 cups crushed oreos



Put several oreos into a ziplock bag. Mash with a rolling pin until crushed.
When you get 2 cups of oreos pour into a bowl.
Add and mix cream cheese through.

Roll into little balls.
Put on a plate and put in the fridge to chill.

Melt in a pot:

1 cup chocolate chips
2 TBS milk
¼ tsp salt
2 TBS sugar.

Roll oreo balls in chocolate sauce

Set on a plate to cool.

Sweet Tooth

Oatmeal Cookie Bark

¼ cup butter
½ cup brown sugar
1 tsp vanilla
1 TBS whipping cream
½ cup flour
pinch baking soda
¼ tsp salt
¼ cup oats
¼ cup rice krispies

Preheat oven to 350
Line cookie sheet with parchment paper



Make sure butter is very soft. Mix butter, brown sugar, vanilla, flour, whipping cream, baking soda and salt together in a bowl until well mixed. It helps to smear butter through with a spatula.

Gently stir in oats and cereal

On a cookie sheet press dough flat until its about ¼ inch thick

Bake for 15 minutes or until firm and golden brown.

Melt the following in a small pot:

¾ cup chocolate chips
¼ cup sugar
¼ tsp salt

Drizzle the chocolate sauce over the cookie bars after they come out.