

# **INTERNATIONAL COOKING RECIPES 2015**

SANDY HILL CAMP

## *Hungarian Cottage Cheese Dumplings*



### ***Ingredients***

2 eggs

¼ tsp. salt

1¼ cups flour

½ cup cottage cheese

2 cups water

### ***For Topping***

¾ cup sour cream

1 tablespoon powdered sugar

½ cup brown sugar

### ***Directions***

1. Separate the egg yolk and the egg white and place in separate bowls.
2. Add salt, flour to the egg yolk. Mix ingredients together
3. Force cottage cheese through a sieve.
4. Add cottage cheese to the flour and egg yolk mixture and mix well.
5. Beat egg white using a beater until soft peaks form, and then carefully fold it into the flour and cottage cheese mixture.
6. Let the mixture rest 7 minutes
7. Put ¼ t. salt and 2 cups water in medium pot on stove and bring to a boil.
8. Form dumplings 2-4 cm in diameter (the size of a ping pong ball) and carefully put them in the boiling water on the stove. (Make sure dumplings are not on top of each other)
9. Cook dumplings in the boiling water until they float to the surface.

**NOTE: If the dumplings are too soft or falling apart, add more flour.**

**If the dumplings are too thick, add cottage cheese**

### **While the Dumplings are Cooking**

1. Put the sour cream in another small frying pan and place on low heat for 30 seconds.
2. Drain dumplings on a platter. Roll them in brown sugar and top with lukewarm sour cream and sprinkle with powdered sugar.

## Hungarian Crepe Cake



### Ingredients

#### **Batter**

1 cups flour  
2 tbsp. brown sugar  
½ tsp. salt  
2 eggs  
1 cup milk  
1 tbsp oil

#### **Filling**

2 cups cooking apples  
¼ cup butter  
1/3 cups brown sugar  
1 tsp. cinnamon  
1 tsp. grated lemon rind

#### **For the Glaze**

1 cup heavy whipping cream  
1 tsp. vanilla extract  
1 tbsp. powdered sugar

### Directions

Preheat oven to 350 degrees F

#### **Batter**

1. Sift flour, brown sugar and salt in a bowl.
2. Add eggs, and then gradually add half the milk, stirring constantly.
3. Add the oil and beat thoroughly until smooth.
4. Add the remaining milk and mix well using a mixer.
5. Heat frying pan on medium and spray with cooking spray.
6. Pour in just enough batter in the frying pan to cover the base thinly.
7. Cook until golden then turn over and cook the other side. Once done remove from the pan and continue until all the batter is finish.

#### **Filling**

1. Core, peel, and dice apples.
2. In a small frying pan, add butter and heat over low heat until melted. Fry apples in the butter (medium heat) until they are softer in and slightly darker in color.
3. Add the sugar, cinnamon and lemon rind.
4. Place one pancake on a greased baking dish. Cover with a little of the apple, then another pancake.
5. Continue the layering of pancakes ending with pancakes.
6. Place pancakes layered with apples in the oven for 10 minutes.

- Glaze:**
1. In a bowl, whip cream until stiff peaks are just about to form.
  2. Make sure not to over beat.
  3. Gradually add vanilla and powdered sugar.
  4. Place in the refrigerator until ready

***Serve Apple Pancake with whipped cream on top***

## Hungarian Cream Puffs Recipe - Moors Heads or Indianer



### **Ingredients**

- ½ cup water
- ½ stick butter, cut into small pieces
- Pinch salt
- ½ cup all-purpose flour
- 2 large eggs
- ¼ cup chocolate chips

### ***For Whipping Cream***

- ½ cup heavy whipping cream
- 1 tsp. vanilla extract
- 1 tbsp. powdered sugar

### **Directions**

1. Heat oven to 375 degrees. Line coat 6 muffin tins with cooking spray.
2. In a medium saucepan, bring water, butter and salt to a boil. When butter has completely melted, remove from heat and, using a spatula, add flour all at once.
3. Return to stove and stir over low heat for 2 or 3 minutes or until dough comes clean from sides of pan and forms a ball.
4. Remove from heat and stir in eggs one at a time, beating well after each addition. Batter should be smooth and glossy and cling to the spoon.
5. Fill muffin tins 2/3 full. Bake for 20 minutes. They should be puffy and golden brown on top and bottom. The interior will still be moist like a popover.
6. Let puffs cool completely before filling

### **Whipped Cream**

In a bowl, whip cream until stiff peaks are just about to form.  
Make sure not to over beat.  
Gradually add vanilla and powdered sugar.  
Place in the refrigerator until ready

### **Glaze**

1. Melt chocolate on the top of the stove and set aside to cool
2. Fill a pastry bag with whipped cream insert into side of puff and fill with sweetened whipped cream.
3. Spoon the melted chocolate on top of the muffins and serve.

## *Portuguese Apple Puff Puff*



### Ingredients

- |                        |                                 |
|------------------------|---------------------------------|
| 1 ¼ cups milk          | 1 tsp. cinnamon                 |
| 2 teaspoons cornstarch | 1 small red apples, sliced thin |
| 4 egg yolks            | 1 tbsp. lemon juice             |
| ¾ cups sugar           | powdered sugar for garnish      |
| 1 tbsp. lemon rind     | 2 sheets puff pastry            |

### Directions

Preheat oven to 350 degrees

1. In a bowl dissolve the cornstarch in one cup of the milk
2. In another bowl separate the egg yolk from the white.
3. In a sauce pan, combine egg yolk, sugar, the cornstarch/milk and the remaining milk and place on the stove. Use a wire whisk to combine the ingredients.
4. Add lemon rind and cinnamon and bring to low heat stirring constantly with a spoon or whisk until the cream thickens.
5. Turn off the burner and allow pan to cool completely.
6. Wash and peel the apples and slice them into small pieces. Add lemon juice to the apples to keep from turning brown
7. Dust cutting board with flour and spread out the puff pastry. Cut each sheet in 2 rectangles. Place the fruit on the center part of one half of the dough. Spoon the cream on top of the fruit and fold the dough over the mixture.
8. Seal the edges of the dough with fingers or a fork
9. Place on a baking tray and brush the top with egg white.
10. Placed in the preheated oven and bake for 20-30 minutes.
11. Remove from the oven, sprinkle with cinnamon and powdered sugar. Cut the puff into slices and serve.

## Portugal Queijados



### Ingredients

2 cups sweet potatoes  
¼ cup melted butter  
½ teaspoon lemon rind  
½ cup sugar

1 egg  
1 cup milk  
½ cup flour  
1 tsp. cinnamon powder

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Place cooked sweet potatoes in the blender and puree
3. Remove the pureed potatoes and set aside in a bowl.
4. Melt butter in a small saucepan.
5. Grate the outside of a lemon on a grater and place in a bowl.
6. Add sugar, melted butter and eggs to the lemon rind and mix well using a mixer.
7. Add milk and flour to the sugar mixture and continue mixing with the mixer.
8. Add the sweet potato puree to the mixture and mix for about 5 minutes.
9. Line muffin tin with muffin liners.
10. Fill each muffin liner to the top with the mixture
11. Place the muffin tray in the oven and bake for about 40 minutes or until the tops have browned lightly.
12. Remove from the oven once done and sprinkle with cinnamon.

## Sericaia Portuguese Sweet



### Ingredients

1 cups milk	½ all-purpose flour
1 tbsp. lemon zest	¼ cup white sugar
2 eggs	cinnamon for dusting

### Directions

#### **Preheat oven to 180 degrees Celsius /350 degrees Fahrenheit**

1. In a saucepan mix milk, sugar, flour with a wire whisk.
2. Place pan on top of the stove and bring to medium heat.
3. Add lemon zest and stir until the mixture is creamy and thick.
4. Turn off the heat and pour the creamy mixture in a bowl to cool.
5. **Meanwhile**, separate the egg yolks from the whites. Beat the egg white until stiff and forms a peak.
6. Mix gently the yolk with a fork and add to the creamy mixture. Stir gently.
7. Add the egg white to the creamy mixture.
8. Line muffin tins with liners and pour mixture into muffin liners and sprinkle with cinnamon powder.
9. Place in the preheat oven and bake 15-20 minutes.
10. Remove from the oven and allow cooling and serving.

## Bolivian Coconut Cookies



### Ingredients

½ cups coconut milk  
¾ cup condense milk  
2 cups Flaked coconut

½ tsp. lemon peel  
1 egg  
2 tsps. Butter

### Directions

1. Preheat oven to 180 degrees C or 350 degrees F
2. In a pot pour the coconut milk, condense milk and bring to a boil until the mixture turns syrup.
3. Add the grated coconut, mixing until you can see the bottom of the pot
4. Grater the outside /peel of a lemon with a grater and set aside
5. Separate the egg white from the yolk and put in separate bowls.
6. Whip the egg yolk using a whisk
7. Add the grated lemon peel, whipped egg yolk and butter to the coconut syrup mixture.
8. Turn the stove on low heat and allow the mixture to cook until it thickens for about 15 minutes, constantly stirring.
9. Remove the mixture from the stove and set aside
10. Add a grease paper to cookie sheet and spray with a no stick spray.
11. Use a spatula to drop coconut dough on the grease paper.
12. Placed in the oven and bake for 20 minutes until lightly brown
13. Remove from the oven, cool and serve.



## Bolivia Empanadas de Queso- Cheese Pastries



### Ingredients

1 ½ cup of sifted flour	1 tbsp. shortening
½ tsp. baking powder	2 eggs
Pinch of salt	1 tbsp. powdered sugar
¼ tsp. baking soda	¾ cups milk

### Filling

3 tbsp. diced onion	3 tbsp. tomato diced
3 tbsp. red sweet pepper diced	3 cups Cheddar cheese
3 tbsp. green sweet pepper diced	1 tbsp. vegetable oil

### Directions for Dough

1. Sift together flour, baking powder, salt and baking soda.
2. Add shortening and mix until crumbly.
3. Separate the egg yolks from the egg white and place in separate bowls.
4. Make a hole in the center of the crumbled flour mixture and add the egg yolk and milk and knead well.
5. Take small pieces of the dough into your hands and roll them into tennis balls.
6. Then sprinkle flour on rolling pin and board and roll each ball flat with a rolling pin into an oval shape (not round).

### Filling

1. Put a small frying pan on the top of the stove with the oil
2. When the oil is hot sauté onion, red and green sweet peppers, and tomatoes.
3. Add the cheese to the sauté mix and turn off the stove Stir well.

### Putting it together

1. Fill each piece of flattened dough with 1-2 tablespoons of cheese filling.
2. Fold one half of the dough over the other until the two edges meet and press until completely sealed.
3. Crimp the edges of the dough all around the empanada by pressing the edges with a fork all around to seal.
4. With a brush, brush a little egg white onto the surface of each empanada so that when baked it looks golden brown.
5. Baked for 20 minutes at 350 degrees F on cookie sheet
6. Serve hot sprinkle with powdered sugar on top.

## Bolivian Sopa de Pan



### Ingredients:

½ cup diced onions

½ cup tomatoes

1 cup green and red bell pepper

Pinch of salt

3 tbsp. vegetable oil

1 tsp. black pepper

6 slices of bread

1 cup of milk

2 cups Cheddar cheese

Coating spray

### Directions

1. Preheat oven to 400 degrees F
2. Slice the onion, tomatoes and peppers in long strip and place in separate bowls.
3. Place a large saucepan on the top of the stove and add oil.
4. Sauté onions for 3 minutes and then add tomatoes and peppers. Turn the heat on low and allow the seasonings to blend.
5. Add salt and pepper and taste. The onion should be soft and the pepper should still be crispy.
6. Turn off heat and set aside
7. Cut each bread slices into half.
8. Use a coating spray to coat Pyrex dish and then coat again with flour.
9. Pour milk in a bowl and soak each piece of bread one at a time in milk and place in a layer on the Pyrex dish.
10. Then add a layer of the vegetable mix.
11. Then add a layer of the cheddar cheese.
12. Start a second row with the soaked bread in milk, add a layer of vegetables and finally a layer of cheese.
13. Add the rest of the milk. Bake it until the cheese starts to become golden about 25 min.
14. Cut slices, serve hot.

## Gujarati -Aloo Matar and Roti



### Ingredients

1 medium potatoes	2 tbsps. oil
¼ cups tomatoes chopped	½ cup green peas
1 tsp. chili powder	1 ½ cups water
2 tsp. turmeric powder	Pinch of salt
1 tsp ground cumin	3 tsp. ground Ginger
1 tbsp diced onions	1 tbsp sweet peppers diced

### Directions

1. Wash and Peel potatoes into small squares with a peeler and place in a bowl.
2. Chop tomatoes into chunks and place in separate bowls.
3. Mix chili powder, and ground ginger another bowl
4. Heat the oil in a saucepan over medium heat
5. Add turmeric powder to the hot oil and then add the potatoes , stir well using a spatula
6. Add the chopped tomatoes and green peas and salt and stir well.
7. Add the mixed chili pepper and ground ginger and continue stirring.
8. Add water and bring to a boil on high.
9. Then, reduce heat to medium for about 15-20 minutes constantly adding water and stirring until potatoes are soft. Checking the pot every 4-5 minutes.
10. Add sweet peppers and onions and turn the stove on low to simmer.

### Roti

1 ½ cups flour  
½ to ¾ cups water .  
¼ tsp. salt  
1 to 2 tsp. oil

### Directions

1. Pour flour in a bowl with salt and add a bit of water and oil and start mixing.
2. Adding some water to the dough in parts, begin to knead the dough with your hands.
3. Continue to knead the dough, keep on adding water as required. If you add all the water at once then the flour will become too sticky to handle.
4. Now make small to medium balls of the dough. Roll the balls in the palms of your hands.
5. Flatten the ball and sprinkle some flour to the dough ball. You can also dust the rolling pin with flour.
6. Roll the dough ball into a flat round circle.
7. Coat a cookie sheet and place in the oven for about 6 minutes.
8. Use a brush to brush some oil unto the roti and flip onto the other side for about 6 minutes.
9. Once both sides are done remove from the oven and put on a platter.

**Serve roti with Gujarati -Aloo Matar**

## Chaat - Dahi Batata Puri



### Ingredients

1 large potato	¼ tsp. black pepper
½ cup garbanzo beans	8 wheat crackers
1 cups plain yogurt	¼ tsp ground cumin
1 tsp. ground ginger	¼ cup sweet and sour chutney
½ tsp chili powder	¼ tsp. salt
1 tsp. onion	

### Directions

1. Place a small pot with 1 ½ cups of water on the top of the stove to boil.
2. Wash, peel and dice potato and place in a bowl.
3. When the water starts to boil add the dice potatoes and covers pot with a lid.
4. Beat yogurt together with ground ginger, chili powder, cumin powder, black pepper, onion and salt.
5. Once the potatoes are soft, remove them from the boiling water and strain using a strainer
6. Place cooked potatoes in a bowl and mash using a spatula. Add salt to the mashed potatoes.
7. Arrange wheat crackers on a platter. Place about 1 tbsp. mash potato on top of each wheat cracker.
8. Place a few garbanzo bean on top of each potato
9. Spoon the spiced yogurt on top.
10. Spoon sweet and sour chutney on top of the spiced yogurt.
11. Ready to serve.

## Ras Malai



### Ingredients

1 ¾ cups ricotta cheese	1 cups half and half
1 ½ cups white sugar	Pinch of salt
Pinch of cardamom	1 tbsp. dried cherries
1 tsp rose water	2 tsp. raisin

### Directions

1. Preheat oven to 350 degrees F ( 175 degrees C)
2. Mix the ricotta cheese and ½ cup of sugar together in a bowl with a mixer for 10 minutes.
3. Line muffin tray with liner and pour cheese batter in the muffin liners.
4. Bake in the oven for 30 minutes.

### Meanwhile

5. Pour half and half in a small pot and bring to a simmer over low heat for about 10 minutes. (Stir constantly or half and half will boil over on the stove).
6. Add 1 cup of sugar, rose water, ground cardamom and continue to stir.
7. Remove muffin cups from the oven and place them on a platter to cool.
8. Sprinkle dried cherries and raisin on top and pour half and half mixture over the cheese muffins.

## Cuba Apple Salad with Whipped Cream



### ***Ingredients***

2 large red dessert apples  
1 ½ tbsp. lemon juice  
2 bananas  
1/3 cup raisin  
1/3 cup diced pineapple  
1/3 cup melon  
170 ml yogurt

### **Directions**

1. Cut apples into cubes, place in a bowl and sprinkle with lemon juice.
2. Peel and dice bananas and melons and add to the diced apples. Toss well to prevent discoloration.
3. Stir in raisin, pineapples and yogurt and lightly mix.

### **Whipped Cream**

#### **Ingredients**

1 cup heavy whipped cream  
1 tsp. vanilla extract  
1 tbsp. powdered sugar

#### **Directions**

1. In a bowl whipped cream until stiff peaks are just about to form.
2. Make sure it is not over beat.
3. Gradually add vanilla and powdered sugar.
4. Place in the refrigerator until ready

## Cuban Baked Chocolate Ice Cream Cups



### **Ingredients**

#### *Crust*

- 7 Maria cookies, ground to crumbs
- 3 tablespoons unsalted butter, melted

#### *Filling*

- 2 cups chocolate ice cream

#### *Meringue*

- 2 large egg whites
- Pinch cream of tartar
- ¼ cup sugar
- ½ teaspoon vanilla extract

### **DIRECTIONS**

1. Preheat oven to 350°F.

#### **Prepare crust**

2. Line muffin tins with liners.
3. In large mixing bowl, combine cookie crumbs and melted butter until mixture holds together.
4. Fill prepared muffin tins with crumb mixture and press into bottom and sides of the muffin liners to form even crust.

Bake in preheated oven until lightly browned, 5 to 10 minutes.

#### **In the Meanwhile Prepare meringue**

5. Separate the egg white from yolk.
6. Using a mixer with a whisk beat egg white on low speed until foamy (about 1 minute)
7. Add cream of tartar and increase speed to medium until they hold soft peaks.
8. Gradually add sugar followed by vanilla extract and beat on high speed until it forms stiff, glossy peaks, about 5 more minutes

Remove muffin tins from oven and set aside to cool completely

#### **Put it together**

9. Scoop chocolate ice cream into prepared crust, smoothing top with offset spatula.
10. Cover muffins with meringue and return to freezer for about 20 minutes until ready to serve.

## Cuban Corn and Black Bean Dip with Citrus Mojo Dressing



### Ingredients

¼ cup cans black beans, thoroughly rinsed and well drained  
¼ cup yellow corn  
2 tbsp. bell peppers  
1 tbsp. onions  
1 tbsp. cilantro

### Mojo Dressing:

1 tbsp. lemon juice  
1tbsp. lime juice  
1 tbsp. red onion  
1 tsp. garlic powder  
¼ cup cilantro leaves  
3 Tablespoon honey  
2 ½ Tablespoons cider vinegar  
½ teaspoon cumin  
Salt to taste

### Directions

1. In a small pot place corn on the top of the stove to boil for 10 minutes.
2. Wash and drain black beans using a sieve.
3. In a large bowl, combine the well drained beans and corn. Finely dice the peppers and the onion and add to the bowl. Finely mince the cilantro and add to the bowl.
4. Pour the juices into a blender, drop in the onion, the garlic powder and the cilantro leaves. Add the honey, vinegar and cumin and blend until smooth. Taste and add salt.
5. Pour the beans and corn in blender and continue blending for 30 seconds.
6. Pour in a bowl and place in the refrigerator
7. Serve with Tortilla Chips.



# SWEET TOOTH

## Chocolate Sandwich



1 1/3 cups chocolate chips  
3 eggs  
1/3 cup brown sugar  
1 orange  
2/3 cups flour  
Pinch of salt  
4 tbsp. strawberry jam  
2/3 cup whipped cream  
6 strawberries

### Directions

1. Grease and line baking pan
2. Melt the chocolate in a double boiler); then pour onto a piece of waxed paper to make a rectangle. Leave to cool.
3. Grate the orange peel and set aside
4. Whisk the eggs, sugar and the grated orange rind in a bowl until thick and light.
5. Fold in flour and salt. Then pour mixture in prepared baking pan.
6. Bake for 10 minutes until light golden brown and springy to the touch. Cool on wire rack.
7. Cut the chocolate into 6 squares.
8. Cut the cake into 12 equal squares.
9. Melt jam for 5 seconds in the microwave and brush the sides of the cake with the jam.
10. Place the chocolate squares on top of one of the cake
11. Then, pipe whipped cream into the chocolate and top with another cake square.

## Raspberry-Filled Molten Chocolate Cupcakes



### Ingredients

¼ cup granulated sugar  
3 tablespoons butter room temperature  
2 large eggs  
¼ cup all-purpose flour (spooned and leveled)  
Pinch of salt  
1 ¼ cups semisweet chocolate, melted  
12 raspberries

### Directions

1. Preheat oven to 400 degrees.
2. Melt chocolate in on the stove.
3. Line 6 cup standard muffin tin cups with paper liners.
4. In a large bowl with a mixer, beat butter and sugar on medium high until light and fluffy, about 2 minutes.
5. Add eggs, one at a time, beating well after each addition.
6. With mixer on low, beat in flour and salt. Beat in chocolate until just combined.
7. Divide half the batter among cups, add two raspberries to each, and top with remaining batter.
8. Bake until tops are just set and no longer shiny, 10 to 11 minutes, let cool in pan on a wire rack, 10 minutes. Remove from pans and cool

# Oreo Truffles



## Ingredients

¼ cup cream cheese,  
2 cups crushed Oreos

## Directions

1. Put several Oreos into a ziplock bag. Mash with a rolling pin until crushed
2. When you get two cups of Oreos pour it into a bowl.
3. Add and mix cream cheese thoroughly
4. Roll into small balls.
5. Put on a plate and put in the fridge to chill.

Melt in a double boiler:

½ cup chocolate chips  
1 tbsp. milk  
Pinch. salt  
1 tbsp. sugar

6. Roll Oreo balls in chocolate sauce
7. Set on a plate to cool.