

CULTURAL FOOD RECIPE SECTION

CHICKEN SCALLOPINI (Italy)

4-6 boneless chicken breasts
1 egg
Italian bread crumbs
3 Tbsp. olive oil
1 clove garlic
Spaghetti sauce
1 cup grated Mozzarella

Beat the egg with a fork. Dip chicken in the egg and then the bread crumbs, turning until it is completely covered. In large skillet, heat the oil and garlic over medium heat. Add the chicken and saute 4 minutes on each side. Place in baking dish. Pour spaghetti sauce over the chicken and sprinkle with mozzarella cheese. Bake 350°F about 30 minutes.

SWEDISH CREME WAFERS (Sweden)

Mix together thoroughly:

1 cup butter
1/3 cup whipping cream
2 cups unsifted flour

Chill. Roll 1/8 inch thick—cut with 1 1/2 inch round cookie cutter. Sprinkle with sugar and prick several times with fork. Bake on ungreased cookie sheet at 350°F for about 15-20 minutes. As cookies cool, make filling.

Filling:

1 egg yolk
1/4 cup butter
3/4 cup powdered sugar
1/2 tsp. almond extract

After cookies have cooled, spread the filling on half the cookies. Then place the other half of the cookies on top of the frosted ones making a sandwich.

CREPES (France)

3 Tbsp. margarine
3/4 c. flour
1/4 tsp. salt
1 c. milk (1/3 c. powdered milk, 1 c. water)
3 eggs

1/2 Tbsp. margarine (for skillet)
1/3 c. jam
1/4 c. powdered sugar

Melt margarine. Combine flour and salt in a medium bowl. Add eggs, milk, and melted margarine to dry ingredients. Beat the batter with a rotary beater until smooth.

Lightly butter an 8" skillet over medium heat until the margarine is bubbly. Pour a small amount—2 Tbsp. batter in the skillet. Tilt the pan quickly to spread the batter over the bottom. Cook the crepe until the top appears dry and the bottom is light brown. Turn the crepe and brown the other side.

Turn the pan upside down over a plate or paper towel to remove each crepe or use a pancake turner. Stack crepes, placing wax paper between each.

While crepes are still warm spread them with jam, roll them up and sprinkle with powdered sugar.

As an alternative spread a thin layer of any filling on the warm crepes; roll up. Top with peach sauce. Sprinkle with powdered sugar. Yield: 8 crepes

PEACH SAUCE

2 c. sliced peaches and juice
2 Tbsp. sugar
1 Tbsp. cornstarch
3 Tbsp. orange juice
1 1/2 tsp. vanilla
2 eggs

Drain peaches, reserving 2/3 c. syrup. Coarsely chop peaches. In a sauce pan combine sugar and cornstarch, add reserved syrup. Cook and stir till thickened and bubbly. Remove from heat. Stir in orange juice, butter and chopped peaches. Makes 2 cups.

PILAF (Turkey or Middle East)

1/4 lb. butter
2 cups uncooked rice
1/2 cup fresh lemon juice
6 cups hot chicken broth
salt
pepper

Heat butter in skillet. When it is hot, add rice and, stirring constantly, saute on medium heat until transparent but not brown. Add the lemon juice, chicken broth. Salt and pepper to taste. Cover and simmer for 20 minutes.

Remove the skillet from the heat and let pilaf stand uncovered for 5 minutes before serving.

FRIED WON TONS (China)

1 1/4 lb. ground beef
1/2 cup chopped onion
1/3 cup chopped green onions and tops
1 tsp. salt
1/6 soy sauce
1 egg
1 pkg. won ton wrappers
oil for frying

Mix first 6 ingredients in bowl. Place 1 Tbsp. in center of each wrapper. Fold to enclose filling; moisten edges and seal with fork. Brown on both sides in hot oil in skillet. Drain on paper towel. Serve with additional soy sauce. Yield: 30 servings.

SPAGHETTI/SPAGHETTI SAUCE (Italy)

Prepare spaghetti according to package instructions.

FOR SAUCE:

1/2 cup chopped onion
1/4 tsp. garlic powder
1 tbsp. chopped parsley
2 tbsp. oil
1/2 lb. hamburger
1 6-oz. can tomato paste
1/2 tsp. salt
1/2 tsp. crushed basil
1/2 tsp. crushed oregano
1 1/2 cup water

Saute onion, garlic and parsley in oil. Add hamburger and brown. Drain excess oil. Add remaining ingredients. Mix well. Simmer uncovered for 20 minutes. Stir occasionally. Yield: 2 1/2 cups.

RUSSIAN TEA COOKIES (Russia)

1/2 c. soft butter or margarine
3 tbsp. powdered sugar
1 tsp. vanilla
1 c. flour
1/2 c. chopped nuts
Additional powdered sugar

1. Preheat oven to 325°F. Cream the butter with the powdered sugar and vanilla.
2. Stir in the flour and nuts. Shape into small balls and bake for 10 minutes.
3. While still hot, roll in additional powdered sugar. Let cool, (and reroll again in powdered sugar).

Makes about 2 dozen cookies.

LEMON CLAM SPAGHETTI (Italy)

(Courtesy: Winifred Jardine)

1 lb. spaghetti
1/2 cup (1 stick) butter or margarine, divided
3 tbsp. olive or vegetable oil
2 tbsp. chopped onion
2 cloves garlic, minced
Clam liquid, drained from clams
3 tbsp. lemon juice
1 tbsp. chopped parsley or 1 tsp. crushed dried parsley
2 tsp. grated lemon peel
1/4 tsp. pepper
1 bay leaf
2 cans (6½ oz. each) minced clams, drained
1 cup grated Parmesan cheese
8 lemon wedges

Cook spaghetti according to package instructions. Drain and keep warm while making sauce.

Heat 3 tbsp. butter or margarine and 3 tbsp. oil in heavy pan. Saute onion and garlic until tender. Add clam liquid, lemon juice, parsley, lemon peel, pepper and bay leaf. Simmer until liquid is reduced to about 1 cup. Remove bay leaf. Stir in clams; add remaining butter or margarine; heat and stir until melted.

Pour sauce over spaghetti. Sprinkle with Parmesan cheese; serve with lemon wedges.

Makes 8 servings.

FETTUCINI (Italy)

6 oz. fettucini or thin egg noodles
1/2 c. margarine, softened
1/4 c. whipping cream
1 tsp. fresh parsley
1/2 c. grated Parmesan cheese

Cook noodles according to package directions. Place casserole dish in preheated 250°F oven for 10 minutes. Place noodles in warmed dish. Beat together softened margarine and whipping cream until thick. Add parsley and cheese; blend well. Pour over hot noodles. Return to oven for 2 minutes longer. Toss gently; serve immediately.

Yield: 6 servings

APPLE FRITTERS (England)

(Source: Foods from Foreign Nations, Favorite Recipes of Home Economics Teachers. Favorite Recipes Press.
Kay Longacre, Galien High School, Galien, Michigan)

4-6 apples
1 c. flour
1 tsp. baking powder
sugar
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk
1 Tbsp. oil
1 egg, slightly beaten
1 tsp. lemon juice
1/2 c. coconut
oil

Peel and core apples; slice 1/4" thick. Combine flour, baking powder, 1 Tbsp. sugar, salt and nutmeg. Beat milk and oil into egg. Add to flour mixture. Stir in lemon juice and coconut. Dip apple slices into batter. Fry in 1/4" hot oil in frying pan until golden brown; drain. Roll in sugar.

SPAETZLE (Germany)

(Source: Foods from Foreign Nations, Favorite Recipes of Home Economics Teachers, Favorite Recipes Press.
Marel Lee Staisie, Flint Community Schools, Flint, Michigan)

2 c. sifted flour
1 tsp. salt
2 eggs, slightly beaten
3/4 c. milk
1/4 c. fine bread crumbs
2 Tbsp. melted butter or margarine

Sift together flour and salt. Add eggs. Add milk. Place mixture in coarse-sieved colander. Hold over large kettle of rapidly boiling salted water. Press batter through colander. Cook and stir for 5 minutes. Drain. Sprinkle with mixture of bread crumbs and melted butter. Yield 5-6 servings.

FRENCH CHEESE SOUP (France)

(Source: Foods from Foreign Nations, Favorite Recipes of Home Economics Teachers, Favorite Recipes Press.
Charwynne Schultz, Rio Vista High School, Rio Vista, Texas)

1/2 small onion
1 celery stalk
1/2 green pepper
1 carrot
2 Tbsp. butter
2 Tbsp. flour
2 c. chicken stock
1 1/2 c. grated Cheddar cheese
1 c. milk
Salt and pepper to taste

Chop onion, celery, green pepper and carrot into fine pieces. Melt butter over low heat; cook vegetables about 10 minutes. Stir in flour and stock. Cook, stirring constantly, until mixture boils and thickens. Add cheese; stir until melted. Add milk gradually; season with salt and pepper. Heat thoroughly. Yield 4 servings.

MAIN-DISH CREPES (France)

(Source: Foods from Foreign Nations, Favorite Recipes of Home Economics Teachers, Favorite Recipes Press.

Kathleen T. Hudson, River Oaks Academy, Belle Chasse, Louisiana)

1/2 c. flour
dash salt
2 eggs, beaten
1 Tbsp. melted butter
1/2 c. milk

Sift flour and salt together into bowl. Add eggs, a little at a time. Beat with electric mixer until batter is smooth. Add butter; beat until smooth. Add milk until batter is consistency of thick cream. Let stand for 30 minutes. Grease 7" skillet. Pour in small portion of batter. Turn and roll to spread batter. Loosen crepe with spatula then turn as crepe browns around edge. Remove to warm platter.

Yields: 6 crepes.

CREPE SAUCE

1 Tbsp. minced onion
2 Tbsp. butter or margarine
2 Tbsp. flour
1/2 c. milk
1/2 c. chicken stock
Salt and pepper to taste
1 egg yolk
1 c. cooked chicken
1/4 c. chopped cooked mushrooms
1/4 c. chopped pimento

Saute onion in butter. Blend in flour. Stir in 1/4 c. milk and chicken stock. Stir until thickened. Add salt and pepper. Combine egg yolk with remaining 1/4 c. milk; add to sauce. Bring to a simmer. Set aside 1/4 c. sauce. Add chicken, mushrooms and pimento to sauce. Fill crepes with Crepe Sauce. Pour reserved sauce over crepes. Broil until browned. Serve hot.