SIA COOKBOOK

FOOD = FRIENDS

Penn State
School of International Affairs
The best part about studying international affairs are the voyages we take, the people we encounter, and the food we consume. The School of International Affairs is excited to share favorite recipes and anecdotes contributed by our wonderful community of SIA students, alumni, faculty, and staff. We received over 17 delicious recipes representing 15 countries!

During the winter break, we hope you will find some time to relax, put your culinary skills to work, and enjoy the rich flavors from around the world!

Bon Appétit!

Penn State School of International Affairs
Dec 2020
1. Cambodia
2. Colombia
3. Ecuador
4. France
5. Honduras
6. India (+Somalia)
7. Jamaica
8. Malaysia
9. Mexico
10. Russia (+Ukraine)
11. Saudi Arabia
12. Spain (+Portugal; +Greece)
13. United States
“This is a staple dish in Cambodia — The simplicity + my love for eggplant make this dish an all-time favorite. Hope you enjoy it!”
DISH: ម៉ោងតាាត (GRILLED EGGPLANT WITH PORK STIR FRY)

Origin: Cambodia

INGREDIENTS

- 3 large eggplant
- ¼ cup vegetable oil
- 6 garlic cloves (smashed and coarsely chopped)
- ¾ lb (200g) ground pork
- ¼ cup fish sauce
- 1 ½ tablespoons sugar
- ½ teaspoon pepper (freshly ground)
- 3 eggs
- 3 scallions, thinly sliced
- 2 birds eye chili chopped (optional)

INSTRUCTIONS

1. Prick eggplant with a fork, then put on baking sheet and bake for 45 minutes (or until soft). Allow to cool slightly, then peel and discard the skins.
2. Cut half the eggplant into short rectangles; and mesh the rest and set aside.
3. Heat the oil in a large skillet over medium-high heat. Add the garlic until golden (about 10 seconds). Stir in the minced pork, breaking up any clumps.
4. Add the eggs and stir together with minced pork.
5. Add the fish sauce, sugar and ground pepper.
6. Add the eggplant and continue stir-frying until warmed through.
7. Add the scallions, add chill (optional), stir well
8. Garnish with basil

**Best served over white rice**
“As a first generation Colombian-American, my parents made an effort to continue culinary traditions by incorporating these Colombian staples into our daily lives. I grew up eating arepas, empanadas, and ajiaco (traditional soup from Bogotá) so I hope you too enjoy a little taste of these Colombian treats.

Each region of Colombia has its own specialty soup. Ajiaco is the most popular soup of the capital city, Bogotá, where my parents are from. Growing up in the States, we had ajiaco as our Christmas Eve meal but everyday Colombians can enjoy this soup for daily lunch or dinner.

Buen provecho!”
DISH: AJIACO (CHICKEN AND POTATO SOUP)

Origin: Colombia

Ingredients

(6-8 SERVINGS)

- 3 Chicken breast, skin removed
- 12 cups water
- 3 ears fresh corn, cut into 2 pieces
- 1 tablespoon salt
- Pepper to taste
- 2 chicken bouillon cubes
- 3 scallions
- 2 garlic cloves, minced
- 3 tablespoon chopped cilantro
- 2 cups papa criolla (Andean Potato) or yellow potatoes
- 3 medium white potatoes, peeled and sliced
- 3 medium red potatoes, peeled and sliced
- 1/3 cup guascas (dried herb sold in International markets)
- 1 cup heavy cream for serving
- 1 cup capers for serving

Instructions

1. In a large pot, place the chicken, corn, chicken bouillon, cilantro, scallions, garlic, salt and pepper. Add the water and bring to a boil, then reduce heat to medium and cook for about 35 to 40 minutes, until chicken is cooked and tender. Remove the chicken and set aside.

2. Continue cooking the corn for 30 more minutes. Discard green onion and add red potatoes, white potatoes, yellow potatoes (if papa criolla was not available) and the guacas. Cook for 30 more minutes.

3. Uncover and add the frozen papa criolla (if available) and simmer for 15 to 20 minutes, season with salt and pepper.

4. Shred the chicken meat into small pieces and return to the pot. Serve the Ajiaco hot with capers, avocado, and heavy cream on the side which can be added to the soup.

Note: There are different versions of Ajiaco Bogotano, but it's usually made with chicken and three kinds of potatoes, corn and an herb called guascas. This herb gives the soup a wonderful flavor. If you can find it these in a Latin American market, it is important to use guascas and papa criolla as they are the key ingredients in this dish. For me, Ajiaco is a feel-good comfort food.
DISH: AREPAS

Origin: Colombia

Ingredients

- 2 cups pre-cooked white corn meal (Goya Masarepa brand)
- 1 tsp. salt
- 1 ¼ cup shredded mozzarella cheese
- 3 cups warm water
- 1 tbsp butter

Optional spread:

- 2 ripe avocados, mashed
- ½ pint cherry tomatoes, quartered
- ½ red onion, diced
- 2 tsp cilantro, finely chopped

Instructions

1. Mix water, corn meal, one cup cheese, butter, and salt together in a bowl. Knead until soft and well mixed. Let stand for 5 minutes.
2. Form the dough into patties about 3 – 4 inches across and ½ inch thick. Dough should make 8 arepas.
3. Coat a griddle or skillet with a small amount of butter. Cook arepas over medium-high heat until lightly browned on each side, about 5 minutes per side.

Ways to eat:

- Spread a bit of butter on warm arepa with a pinch of salt OR
- Divide the avocado, tomato, and onion among the arepas along with the remaining shredded mozzarella cheese. Sprinkle with cilantro, plate and enjoy!
DISH: Arroz con Leche (Rice Pudding)

Origin: Colombia

Ingredients

- 1/2 cup long-grain white rice, washed
- 2 cinnamon sticks
- 1 cups water
- 2 - 3 strips of lime peel
- 1 (12 oz) can sweetened condensed milk

Instructions

1. In a large saucepan, combine the rice, water, lime peel, and cinnamon sticks and bring to a boil.
2. Add the condensed milk and 3 cups of water (using the condensed milk can)
3. Reduce the heat to medium-low and cook uncovered, stirring frequently, until desired thickness, usually 30 to 35 minutes.
4. Remove the lime peel and pour into a glass dish pan. Let cool for 1 hour. Sprinkle with cinnamon before placing in refrigerator.
5. The rice pudding can be served warm, at room temperature, or cold (preferred). To serve: Spoon the rice pudding into bowls.
Since I was working in international tourism, I collected quite a few recipes from our service providers and clients from their cooking classes. Pescado encocado is a traditional Ecuadorian dish that can be made with any type of fish or shellfish, this is a type of stew with the added ingredients that include coconut, along with local vegetables and “achiote” oil that makes it very colorful. Traditionally served with white rice and plantains. This dish originated in the coastal region but spread throughout the country.
**Pescado encocado**

Origin: Ecuador

### INGREDIENTS
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1 white onion
- 2 fresh tomatoes
- 20 gr fresh cilantro
- 2 green plantain
- 2 plantain (cooking banana)
- 3 lemons
- One can coconut milk (one can)
- 30 ml annatto or achiote oil or paste
- 500 gr fresh fish (no-bones - no-skin)
- 400 gr fish heads or any fish leftovers or fresh fish for stock
- 100 gr shellfish leftovers or fresh shellfish for stock
- 2 cups white rice
- 50 ml olive oil
- Salt to finish

### INSTRUCTIONS
1. Start with the sauce since it needs to simmer for a while.
2. Cut the peppers and onion in 1/2
3. Heat up the fish stock with the bell pepper and onion halves, and achiote paste (paste is mostly for coloring and can be omitted)
4. While the sauce is simmering, dice the other halves of the peppers and onion
5. Dice the tomato and cilantro
6. Lightly sauté the diced peppers and onion
7. Toss together the peppers, onions, tomatoes, and cilantro
8. Chop the plantains and pan fry them in the olive oil
9. Bake your fish of choice
10. While the fish is in the oven, strain the sauce
11. Once strained add in the coconut reduction
12. For presentation, add the rice in the center with the fish and veggies on top
13. Drizzle the sauce over the fish and rice. Then add the fried plantains on the side

### Fish Stock:
In a hot deep pan pour the olive oil and sauté the shellfish, then crush them. Add the fish and cover with the water. Cook for about 1 hour at medium heat or until the liquid has reduced by half. Use a spoon to skim the top of the water and remove the foam. Strain in a fine mesh and reserve the stock.

### Coconut Milk Reduction:
Pour the whole content of the milk in a pan, heat until it begins to boil, reduce the heat if necessary, avoiding spilling. Move every once in a while, to avoid from burning. Simmer for about 45 min or until the liquid has reduced by 1/3.
“This dish is my favorite seasonal dream of France. Sometimes we use large pumpkins (citrouilles) to make enough for a small community. Historically this meal was all about community. The family would gather wood for the outdoor oven and each member would prepare a different item to put inside of the hollowed pumpkin. While the pumpkin slowly baked for nearly half a day, the family would gather and share stories, sing and dance, and of course complain about the weather. This meal is the epitome of the Autumn season that reminds us of how important friends and family are.”
**Dish: Citrouille Farcie (Stuffed Pumpkin)**

**Origin:** Aquitaine Region, France

**Ingredients**

- 3 small sugar pie pumpkins, seeds and fruit removed and tops reserved.
- 3/4 loaf of french bread, cut into 1" cubes
- 3/4 lb. combination of cheese (I recommend comté, emmentaler, and/or gruyère), cut into small cubes.
- 8oz. bacon
- 1 large shallot or 2 smaller shallots, finely chopped
- 3 tbsp. chopped fresh thyme leaves, divided
- 1/2 shy cup of chives, chopped
- 1 cup of cream
- Salt and Pepper to taste.

**Instructions**

1. Preheat oven to 350 degrees.
2. To assemble, sprinkle the insides of pumpkins with a few pinches of salt. Including the inside of the pumpkin cap. Close the pumpkin and allow to sit for 10-20 minutes. The salt will help draw out the moisture.
3. In a large frying pan, cook the bacon until crispy. When crispy, remove bacon and set on a paper towel to absorb excess grease. Set pan with bacon grease aside and allow the pan and grease to cool for a few minutes. Then return the pan to medium low heat and use the bacon grease to cook the shallots with 1 tbsp. thyme leaves, and a pinch of each salt and pepper until caramelized. Use a slotted spoon to drain excess bacon grease from shallots, and set shallots aside in a small bowl.
4. While shallots cook, chop bacon into small pieces.
5. In a large bowl, toss to combine cubed bread, cheese, bacon, shallots, chives, and remaining 2 tbsp. of fresh thyme leaves. Season mixture with a few generous pinches of salt and pepper. Pack mixture inside of pumpkins. You will want pumpkins to be fairly firmly packed! Add 1/3 cup of cream to each pumpkin. Place pumpkin caps on each pumpkin. Place pumpkins on a large rimmed baking sheet.
6. Bake in the middle rack of oven for 2 hours. After 90 minutes, check pumpkins and remove the cap. This will brown the tops of the cheesy mixture and allow any excess moisture to evaporate. We want the pumpkin itself to be very soft.
7. To serve, you can scoop the stuffing from the inside of the pumpkin making sure to get some of the soft baked pumpkin as well. Or you can slice it, as is my preference.
Ana Castellanos
Class of 2020

“We always have ceviche on special occasions at home. This dish fits my family's spicy nature, especially when we're all together!”
**Dish: Shrimp Ceviche**

**Origin: Honduras**

### Ingredients
- 1 pound of shrimp
- 6 limes
- 1 onion
- 1 green bell pepper
- 1 tomato
- 1 can of pickled jalapeños
- 1 bunch of cilantro
- 1 tablespoon salt
- 1 teaspoon pepper

### Instructions
1. Clean shrimp (discard shell/veins/tail)
2. Cut shrimp into small diced pieces
3. Place shrimp in a bowl
4. Cut and squeeze limes onto the shrimp (make sure the lime juice covers the shrimp completely, use more limes if necessary)
5. Add liquid from pickled jalapeño can
6. Dice onion and add to the mixture
7. Dice green bell pepper and add to the mixture
8. Dice tomato and add to the mixture
9. Dice pickled jalapeños and add to the mixture
10. Cut cilantro and add to the mixture
11. Add salt and pepper
12. Taste and customize the flavor (add salt or lime juice accordingly)
13. Cover and let sit in the fridge for at least 4 hours
14. Serve with tortilla chips or fried green bananas
“Vada pav is THE most popular street food dish in Maharashtra. It is our go-to dish for all moods – happy, sad, hungry or tired. Growing up, every weekend my parents used to take me and my sister to walk around the downtown area of my city, Thane. It is a very lively area with lots of shopping and street food options. At the end of each of these walks, we would stop-by a local eatery that served piping hot vada pav. Me and my sister would eat vada pav here almost every weekend and we devoured each and every bite of it as if we had never eaten vada pav before and probably won’t eat again. Enjoying this vada pav was the highlight of our walks. It reminds me of the happy and relaxed time me and my family spent before facing another busy week!”
INGREDIENTS

For aloo mixture (stuffing):
- 2 tsp oil
- ½ tsp mustard seeds
- pinch of hing / asafoetida
- few curry leaves
- 1 inch ginger crushed
- 2 clove garlic crushed
- 1 chilli finely chopped
- 2 tbsp coriander finely chopped
- ¼ tsp turmeric / haldi
- 2 potato / aloo boiled & mashed
- ½ tsp salt

For besan batter (outer covering):
- ¾ cup besan / gram flour
- ¼ tsp turmeric / haldi
- ¼ tsp kashmiri red chilli powder / lal mirch powder
- pinch of hing / asafoetida
- ¼ tsp salt
- ¼ tsp baking soda
- ½ cup water
- oil for deep frying

For dry garlic chutney:
- 1/4 cup grated, or desiccated coconut
- 4 tablespoons peanuts
- 5-6 small dried red chilies
- 2 teaspoon sesame seeds
- 10-12 garlic cloves, peeled
- Salt to taste
- 1-2 tablespoons kashmiri red chili powder

Other ingredients:
- 6 ladi pav / dinner rolls
- oil for deep frying

INSTRUCTIONS

1. To make the batter combine all the dry ingredients and whisk it. Add water and make it into a thick pouring batter.
2. For the potato mixture heat oil and add asafoetida & mustard seeds. Once mustard seeds start to crackle add chopped green chilly, curry leaves, chopped ginger and garlic.
3. Now add turmeric and give a quick stir. Add boiled, peeled & roughly mashed potatoes along with salt and cook them for 3 minutes.
4. Remove and let it cool completely. Now make round balls of the potato mixture.
5. Dip these potato balls in the batter we made in the first step above and deep fry the batter-covered potato balls (vada) in medium hot oil. Once cooked remove and the vada is ready.
6. To make garlic chutney heat a pan and add oil. Then add garlic cloves and lightly cook them. Once they brown, add peanuts and cook till lightly toasted followed by sesame and turn off the fire.
7. Now add red chilly powder, coriander powder, salt and dried coconut.
8. Mix and place them back on fire to stir fry them for 2 minutes.
9. Remove and add this mixture into a blender and make a coarse powder. Garlic chutney is ready.
10. Now take a pav (dinner bun) and slit it in the middle. Place the vada inside the bread and sprinkle with garlic chutney. Press gently and serve hot.
“This could be your ultimate comfort food on a cold night. With its root in the British colonial rule in India, Dak Bungalow Chicken owes its name to the "dak" or mail/postal route bungalows scattered in the hills. During the British rules, these bungalows, run by caretakers, served as night stops to tired mail carriers and sometimes, lost travelers on winter nights. There are innumerable ghost stories associated with dak bungalows. This recipe is incomplete without those shivering tales.”
DAK BUNGALOW CHICKEN CURRY

Origin: India

INGREDIENTS: (SERVES 3-4 PEOPLE)

MARINATION:
- Chicken: 2-2.5 pounds, cut into medium pieces
- Greek yogurt: 2/3 cup
- Cumin powder, Coriander powder, Ginger paste, and Garlic paste: 1 tbsp each
- (Ginger and garlic pastes are available in any grocery stores, if not use your blender)
- Oil: 1 tbsp
- (The original recipe uses mustard oil. However, you can customize it with any oil of your choice e.g. vegetable/canola/olive. Mustard oil adds a tang to the recipe).

CURRY:
- 1 tbsp oil
- 1 tsp sugar (just a pinch or it will sweeten the curry. Indian savory recipes add sugar for the color).
- 3-4 hard-boiled eggs
- 2 potatoes cubed
- 4 medium-sized onions sliced or grated
- 1 tsp turmeric powder
- 1 tsp black pepper powder (or less depending on your taste)
- hot water as required
- 2 tsp *garam masala*
- Salt to taste

* You can get garam masala in any Indian grocery store. If you want to make it at home, it is pretty simple. Here is a recipe for preparing garam masala at home.
https://www.allrecipes.com/recipe/142967/easy-garam-masala/

INSTRUCTIONS

1. Wash and pat dry the chicken pieces.
2. In a bowl, add plain Greek yogurt, cumin powder, coriander powder, ginger paste, garlic paste, and oil with the chicken pieces. Mix well so that the chicken gets covered under a thick layer of yogurt.
3. Marination time: two to three hours. You can transfer the content from the mixing bowl into a Ziplock bag for better marination.
4. Heat oil in a wok. Add salt and sugar to the oil and stir lightly. Fry the boiled eggs and potatoes on medium heat till they turn golden.
5. In the same wok, add some more oil. Once it gets hot and starts to smoke add the onions. Saute on medium heat till onions turn brown.
6. Next, add the marinated chicken to the wok. Keep stirring gently the combination until everything mixes well.
7. Lower the flame and let the chicken cook in the spice mix for ten minutes. Cover the wok. Stir from time to time to make sure the curry is not too dry or burning. Add little hot water if needed. We are looking for a moderately thick consistency. So, too much water will spoil the curry by diluting it. However, if you want to deviate from the original recipe and prefer a thinner curry, add more water.
8. Check if the chicken is cooked halfway by using a fork. Then add the fried potatoes to the curry. Add some more hot water, cover the wok, and let it cook on low or medium heat for ten more minutes or until the potatoes and chicken are done.
9. Add the boiled eggs. Your delicious DAK BUNGALOW CHICKEN is ready!
10. Serve hot with rice. You can garnish with cilantro on top.

** To get an idea of how the recipe looks after cooking, check this recipe link http://slurrp.club/indian-recipes/chicken-dak-bungalow/. As you will see that the original recipe uses some ingredients that may not be readily available or preferred. I have customized parts of the recipe for ease of cooking.
Suad Patton-Bey
Class of 2021

“It is something that my mom and I make together during Ramadan.”
**DISH: SAMBUSA**

**Origin:** India | Somalia

**Ingredients**

- 1 teaspoon salt
- 1 pound of ground meat (half lamb and half beef)
- 1/2 a large onion, chopped finely.
- 2-3 tablespoons of Ethiopian Berbere
- 1 teaspoon of cumin
- 3 tablespoons of flour
- two cloves of garlic
- 1 pack of flour burrito sized tortillas
- Salt to taste
- Oil for deep frying

**Instructions**

**For the filling:**

1. Brown the meat on the stove, cooking into some neutral oil. Be sure to salt the meat before it’s entirely cooked. Once the meat is done add the onions, garlic, and spices.

**For the Sambusa:**

1. There are two approaches to this either make it from scratch, or use flour burrito sized tortillas (cut into four pieces)
2. Making the dough from scratch isn't hard, but this is a lot easier. Cut the burrito tortilla into four pieces. Bend it inwards, then add the filling into the pouch. then seal with glue (flour + water paste)
3. Heat the oil in a shallow pan (cast iron is a good choice). Test temperature by dropping bits of crumbs into oil. The temperature should be 350 Fahrenheit. Fry the sambusas until they are golden brown.
“Locals made it for us while I was working for the government”
**Ingredients**

- 3 to 5 lbs of goat meat- depending on how much you want to serve or leftovers. (It is hard to get fresh goat here in SC, but you can get frozen at Giant)
- Canola oil, or rendered chicken or duck fat or fat of your choosing
- 4-6 tablespoons of Jamaican curry powder (You can make yourself as well) *Amount depends on amount of meat and potatoes*
- Optional- a pinch of Roasted geera (cumin)
- Optional- a pinch of garam masala
- Coarse pepper
- Salt as desired
- Fresh thyme
- 4 cloves of garlic
- Fresh minced ginger (I use a cheese grater)
- 1 sweet yellow onion, quartered and cut into medium pieces
- Chopped green onions
- Bag of small yellow potatoes or several large butter or golden potatoes
- spoon full of tomato paste
- 2+ scotch bonnets (If you are sensitive to heat, then 1 might be preferable to you. Also, scotch bonnets are hard to find here, so you can replace with habanero)
- Chicken stock

**Instructions**

1. Defrost the goat or take it out of fridge. Once unfrozen, add salt and pepper, and let it sit until room temp.
2. In dutch oven or large pot, brown the goat with oil or fat of your choice, don’t cook it just brown it. Make sure you have the bones in. I was told that was important, I don’t know why, but she looked serious about that and there was reference to Americans, and boneless things along with an eye stare and one eyebrow up thing.
3. Once browned (be sure to stir around), add the curry mix or powder of your choice and the optional curry parts as well. I make my own curry powder, but you can use store bought and let it cook for a good minute.
4. Add everything else BUT the stock and potatoes. The potatoes come last. Cook for another minute or two.
5. Add enough chicken stock (or water) to cover the meat mixture and bring it to a boil, then simmer for a few hours, stir every so often, until the goat is tender. Here is where it is the cook’s choice to have a thick or thinner stew. As the stock boils off, you can add or more stock or water or not.
6. Once the goat is tender and about 20 minutes before you are ready to serve, chop your potatoes into more reasonable size pieces, then add to the stew. Once the potatoes are soft, you’re done. You can serve with rice or bread or not.
Scott Hillkirk

Class of 2009; SIA Advisory Board Member

“My parents, Keith and Suzanne Hillkirk, are Penn State grads and were in the Peace Corps in Malaysia. My mother infused the Malaysian curry they loved there into this delicious dish!”
DISH: Peace Corps Malaysia Inspired Curried Quinoa Salad

Origin: State College, PA via East Jer teh, Malaysia

**Ingredients**

- The Dressing: 1/4 Cup Fresh Lemon Juice, 2 Tablespoons Curry Powder, 1/2 Teaspoon All Spice, 1/2 Teaspoon Sea Salt, 1/2 Teaspoon Black Pepper, 3/4 Cup Olive Oil
- The Salad: 2 Cups Cooked Quinoa (follow directions on the box with 1 cup of quinoa grain)
- 1 bunch of green onions, diced
- 1 medium red pepper, diced
- 1 cup of raisins (can mix in cranberries too)
- 1/2 cup of cooked or canned chickpeas (garbanzo beans)

**Instructions**

1. In a small bowl, whisk together all of the dressing ingredients except the olive oil. Gradually add the oil to the dressing mixture in a thin stream, whisking until all is blended. Set dressing aside.

2. Fluff the quinoa with a fork. Add the remaining salad ingredients and mix well. Add dressing, toss and chill for at least two hours or overnight. The flavors really come together as the salad marinated. Enjoy!
Andrea Magaña
Class of 2021

“Traditional dish that is easy to make and find ingredients.”
INGREDIENTS

- 2 medium zucchinis, sliced
- 1/2 large roma tomato, chopped
- 1/4 medium onion, chopped
- 1/4 cup corn kernels (frozen or canned)
- 1/2 Tbsp light butter
- 1/2 Tbsp extra virgin olive oil
- 1/4 tsp kosher salt
- 1/8 tsp pepper (or to taste)
- 1/2 cup shredded Chihuahua or light mozzarella cheese

INSTRUCTIONS

1. In a large skillet, heat the butter over medium heat.
2. Add the onion and cook about two minutes.
3. Add the zucchini, tomato, corn salt & pepper. Mix all ingredients well.
4. Cover, reduce heat to low, and simmer for 10 minutes.
5. Remove from heat and sprinkle the mozzarella cheese.
6. Replace the cover on the skillet and allow to sit until the cheese melts, 2 to 3 minutes.
7. Serve warm and sprinkle with some of queso fresco and tortillas.
“When I arrived in Ukraine to start my Peace Corps service, it happened to be the day after Christmas. And December in Ukraine is... well, cold, to put it lightly. A favorite memory of mine when I arrived was when my entire host family and all of our neighbors sat down to a meal together. I was pretty overwhelmed since I couldn't speak quite as quickly in Ukrainian with them and I had just said goodbye to all my American friends. But my host mom brought out a huge pot of solyanka to start the meal (usually you begin with a hearty soup and move to other dishes). It was beautiful to watch my new family not only enjoy the meal, but also truly enjoy one another's company. They discussed everything so animatedly and my little host brother crawled into my lap for the first time and very pointedly told me which ingredient was which in the soup as I ate and I have never felt so quickly accepted or safe and comfortable. All of this to say, this soup is a lovely way to bring people together and I will always cherish that memory.”
**DISH: солянка (Solyanka)**

**Origin:** Russia, Ukraine

**Ingredients**

- 4 cups chicken broth (you can either use bouillon cubes or create your own broth from scratch, don’t forget a bay leaf if you use the second way)
- 2-4 tbs extra virgin olive oil
- 1 cup carrot (peel and julienne)
- 1 large yellow onion (roughly chop length-wise, keep them long)
- 1/2 cup black olives (halved; you can add more, depends on how much you like olives!)
- 1/2 cup sour dill pickles (cut into quarter-size pieces; again, you can add more but depends on how much you like pickles!)
- 3-4 tbsp tomato paste
- 1 cup salami (cubed)
- 1 cup deli ham (cubed)
- 1 cup (any other type of sausage or deli meat you prefer, cubed)
- Salt and pepper
- 1 lemon
- 1-3 tbsp sour cream

**Instructions**

1. Make your broth. Bouillon cubes into 3-4 cups boiling water, reduce to a simmer. OR. In a large pot of cold water, drop whole chicken (or chicken pieces), 1-2 bay leaves, a hefty pinch of salt and a scrunch of pepper. Allow this to boil and lower heat to simmer for a few hours. Don't forget to scrape the scum off the top as you go!
2. Prepare/chop all of your ingredients while the broth is cooking down.
3. In a separate pan (large/deep frying pan), heat your olive oil on medium-high and add your onions and carrots with a pinch of salt and pepper. Allow to sauté until onions start to turn translucent.
4. Add a ladle-full of chicken broth to your onion mixture and allow to cook down for 1-2 minutes.
5. Add all your meats to the onion mixture and allow to sauté.
6. Add another ladle-full of chicken broth to your meat mixture and allow to cook down for 1-2 minutes.
7. Add olives and pickles to the mixture.
8. Add another ladle-full of chicken broth to your meat mixture and allow to cook down for 1-2 minutes.
9. Add 3-4 tbsp of tomato paste to your mixture and stir in gently.
10. Add another ladle-full of chicken broth to your mixture and prepare to transfer. *If you made stock with chicken, you can cut up some of the chicken and add it to the soup. Otherwise, store your chicken for other dishes.
11. Transfer your meat mixture from your frying pan to the pot holding any remaining broth and add 1-2 cups of cold water. Allow this to boil and reduce heat to a gentle simmer until you see the liquid begin to thicken (5-7 minutes).
12. While this simmers, slice some very thin rounds off your lemon (don’t forget to wash that puppy before you use it).
13. Serve your soup in a low shallow bowl. Garnish with one slice of lemon in the center and a dollop of sour cream either on the lemon or on the side (for our lactose intolerant friends). This also pairs really well with a crusty baguette or whichever bread you prefer.
14. смачного! (Enjoy! :)))
“This is what I’d like to call the magic dish. It’s so simple but flavorful, it’s eaten when the weather is cold and when you miss home. This dish is one that was taught to me by my grandmother, she would make it for me when I came over because I was a picky eater. My mother passed away while I was studying at SIA, so I made it when I went there because it would remind me of her whenever it got cold in State College.”
DISH: Hijazi Saleeq
سليق حجازي

Origin: Makkah, Saudi Arabia

Ingredients

- 1 cup Egyptian rice
- 1/2 cup long grain rice (optional)
- 1 whole cut chicken (you can use drumsticks or breasts)
- 2 cups of milk
- 1 can cream
- A dash of cardamom
- 1/2 butter or 1/4 of ghee
- Salt and black pepper to taste

Instructions

1. Wash and soak the rice in warm water.
2. Boil the chicken with the water in the pan covering all of the chicken and add the cardamom. Once boiled transfer to an oven tray and drizzle butter or ghee on top with salt and pepper. Keep in the oven on medium heat until crispy on top.
3. Add the rice to the chicken water and let it cook on low to medium heat.
4. Once the rice absorbs the water gradually add in the milk and keep stirring on low heat. Be mindful that the pot is not too hot so the rice won’t burn. Add salt to taste and the canned cream and mix well until the rice grains have completely softened.
5. Serve the porridge looking rice in a deep dish with the chicken on top and drizzle with hot butter or ghee. Sprinkle salt and pepper on top (I like to add a bit of cumin as well).

Note: pairs well with green salad and hot chili sauce.

- I called it magic rice because it’s great when reheated, just add more milk and you have yourself a full pot again.
“In Spain, Sangria is a little bit touristy. But when I hiked the Camino de Santiago with my dad in 2015, we drank a lot of it to drown the pain in our feet. Now, I make it in the summer when my family gets together and my dad and I reminisce about that hike.”
Dish: Sangria

**Origin:** Spain, Portugal, or Greece depending on who you ask

- 1-2 bottles Rioja (or other Spanish red wine)
- Brandy (about 1/2 cup)
- Chopped oranges (with rind on)
- Chopped green apples (with peel)
- Chopped lemons (with rind)
  - The amount of fruit is up to you and the size of your serving vessel, I usually do like 2 of each, and wash your fruit before chopping;
- Simple syrup or sugar to taste if desired
  - (I usually leave it out or use just a tad);
- 1 cinnamon stick;
- Sparkling water as desired
  - (You can also substitute with lemon-lime soda or ginger ale, but I suggest cutting down the sugar above if you do this)
- Dump everything except the bubbles in a big pitcher, stir, taste and adjust as desired, refrigerate for several hours, then serve over ice and top with your sparkling water/ginger ale/lemon soda
“My daughter Scarlet invented this chocolate cookie recipe and we wanted to share it with our community.”
Chocolate Chip Cookies by Scarlet Gitelson
Pennsylvania, United States

**Ingredients**
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- A pinch salt, plus more for sprinkling
- 2 sticks of butter
- 1 tablespoon espresso powder
- ¾ cup sugar
- ¾ cup brown sugar
- 3 eggs
- 1 teaspoon vanilla extract
- 2 cups (or more) chocolate chips

**Instructions**
1. Preheat the oven to 375°.
2. Brown the butter in a saucepan over medium heat. Melt the butter and let it cook until it turns golden brown, at this point take it off the heat and let it cool. Stir in the espresso powder.
3. In a small bowl mix the flour, baking powder, baking soda, and salt, set aside.
4. In a larger bowl mix both of the sugars with the browned butter, add the eggs and vanilla and mix till incorporated.
5. Slowly mix the dry ingredients into the wet ingredients until thoroughly combined.
6. Fold in the chocolate.
7. Using an ice cream scoop, scoop the cookie dough onto a parchment paper lined sheet and bake for 15 minutes.
8. Can be eaten warm or at room temperature.
SIA COOKBOOK

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