

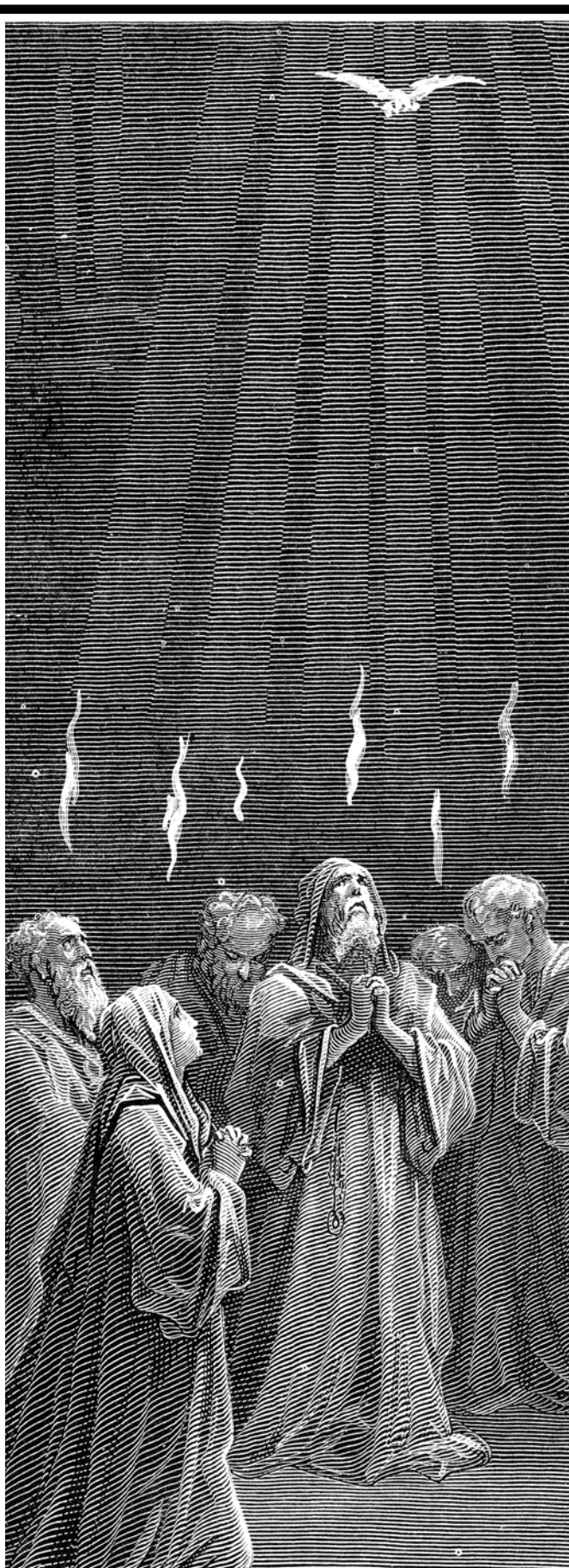
PENTECOST FEAST

Main Courses

ARROZ CON POLLO (Cuba)

6 boneless chicken breasts
1/3 cup flour
1 tsp. paprika
Salt and pepper to taste
5 Tbs. olive oil
4-oz. can pimientos
1 1/2 cup converted rice
1 medium onion, minced
1/2 green pepper, minced
2 medium pieces celery, chopped
24 oz. chicken broth
1/4 tsp. saffron
Juice of 1/2 fresh lemon
Can of peas

Cut each of the chicken breasts in half. Place flour, paprika, salt and pepper in a plastic bag and shake to mix. Add one piece of chicken at a time to the bag and shake to coat, continuing till all chicken is used. Remove chicken and brown in 3 Tbs. of olive oil. After brown remove from pan. Cut pimientos in half lengthwise and then cut those pieces in half. In a deep pan heat the remaining 2 Tbs. of olive oil. Add the rice to the hot oil and sauté. Add onion, green pepper and celery and sauté a minute longer. Next add chicken broth, saffron and lime juice. Bring mixture to a boil. Add chicken pieces, and pimientos and stir well. Reduce heat to low and cook covered till rice is tender, about 20 minutes. Drain peas and add to cooked rice and chicken mixture. Toss lightly and serve.



PENTECOST FEAST

Main Courses

SWEET CHICKEN CURRY (Bangladesh)

3 lb. chicken cut into pieces (you may do this with or without skin)

3 Tbs. olive oil

3 medium onions

3 cloves garlic, minced (fresh is best)

1/2 tsp. ground cardamom

1 tsp. ground cinnamon

2 1/2 tsp. curry powder

1 tsp. salt

1 cup yogurt

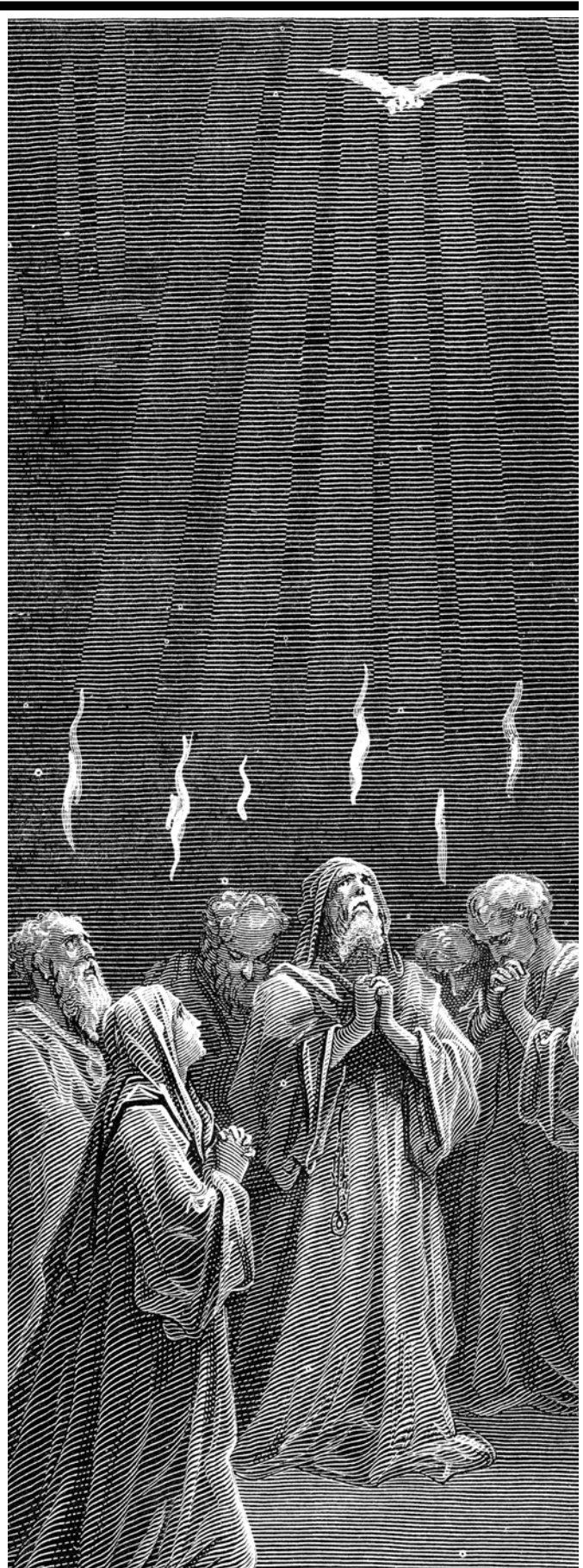
2 Tbs. shredded coconut

1/4 cup golden yellow raisins

3/4 cup water

Heat olive oil in a pan. When hot add the onions and cloves of garlic. Saute until soft and light brown. Add the next 4 ingredients (spices) and sauté for 2 minutes, stirring as needed. Add chicken pieces and brown on all sides. Mix the yogurt, coconut, raisins and water. When chicken is brown add the yogurt mixture to the pan, cover and simmer 35-45 minutes till chicken is tender. Best served over warm rice.

Adapted from: *Extending the Table*



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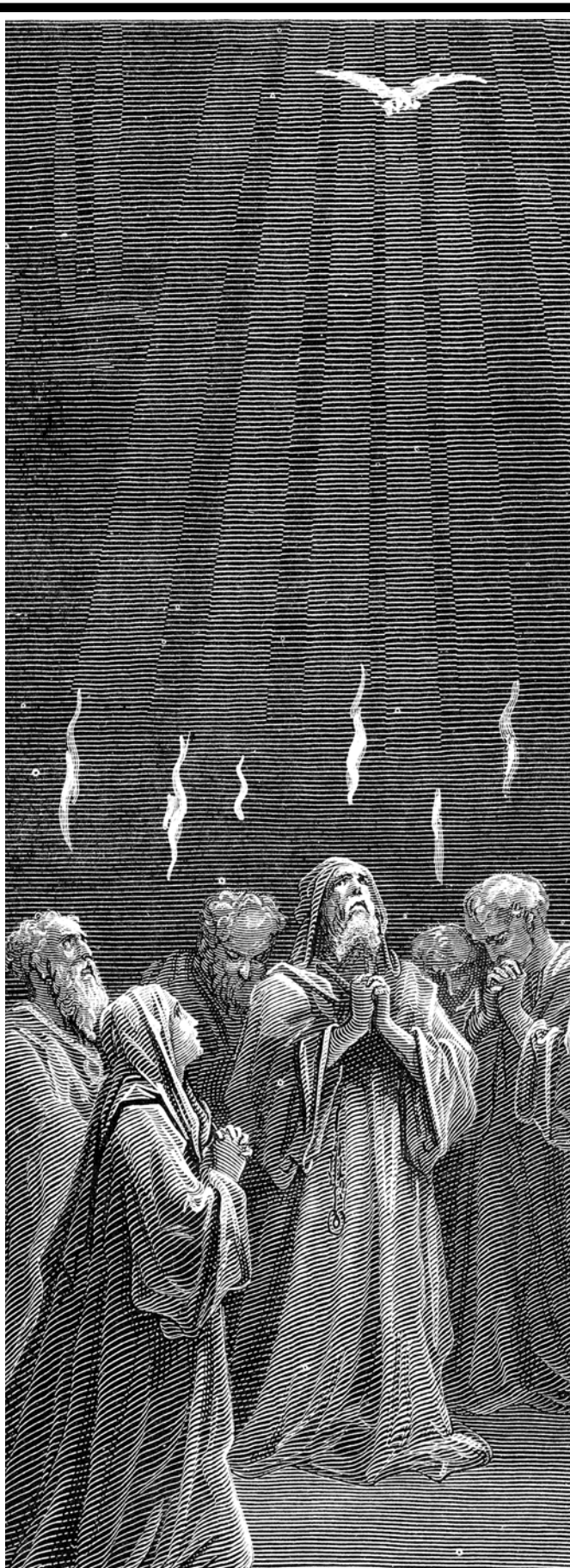
Main Courses

TRADITIONAL IRISH LAMB STEW (Ireland)

3 pounds deboned, lean, lamb shoulder
1 1/2 cups sliced onions
1 cup sliced leeks
1 cup sliced celery
2 Tbs. chopped parsley
3 sprigs thyme
Salt and pepper, to taste
16 small potatoes, peeled
1 1/2 cups carrots, cut into 2-inch-long batons
2 1/2 quarts chicken stock

1. Trim lamb of excess fat and bone. Cut into 2-inch chunks.
2. In a pot large enough to hold lamb, cover chunks with cold water. Bring to a boil. Boil 10 minutes. Drain and cool under cool water.
3. In a 4-quart pot, layer the meat, onions, leeks, celery, and herbs. Cover with stock. Simmer 1 hour.
4. Add potatoes and carrots after 30 minutes time.
5. When cool, sprinkle with chopped parsley.

From: *Elegant Irish Cooking*



PENTECOST FEAST

Main Courses

TRADITIONAL ROAST LAMB WITH POTATOES (Greece)

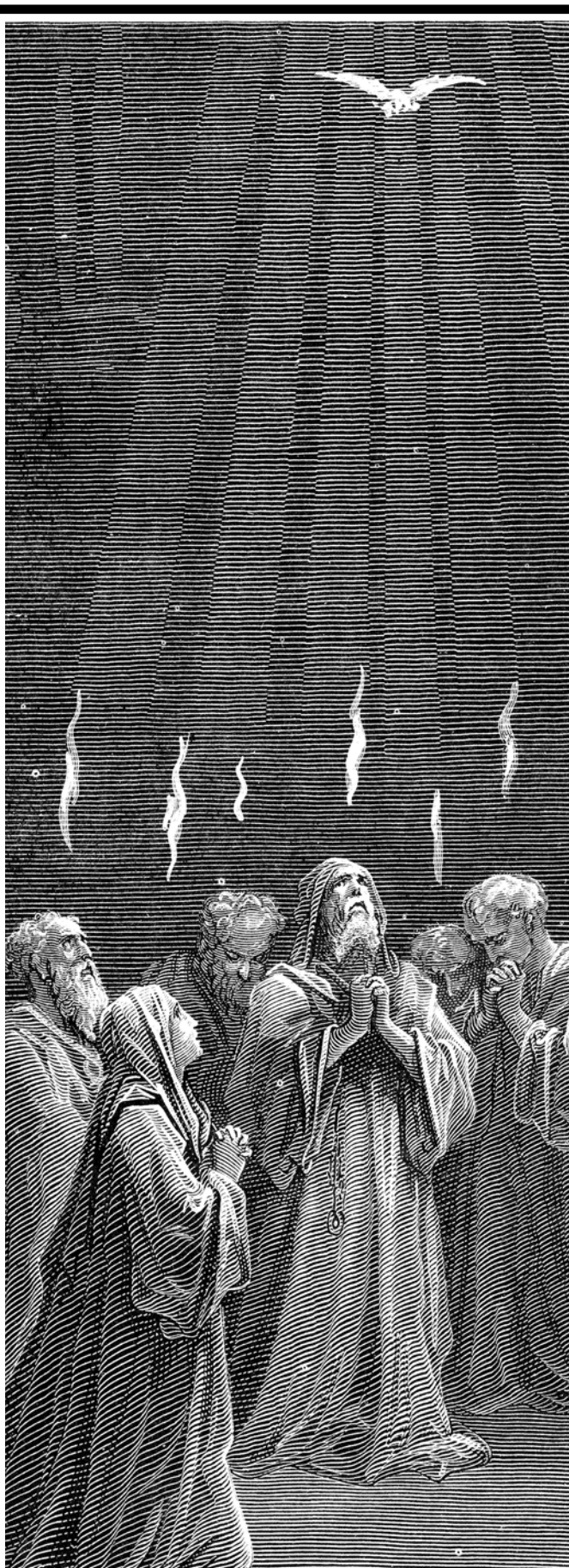
6 lb. leg of young spring lamb
2 to 3 cloves garlic, thinly sliced
Salt and pepper to taste
1 1/2 Tbs. dried oregano
4 Tbs. olive oil
6 Tbs. fresh lemon juice
20 small potatoes, peeled
2 Tbs. tomato paste, diluted in 1/4 cup
water
2 cups hot water

Preheat oven to 450 degrees.

Wash leg of lamb. Slit with a sharp knife in various places on both sides of lamb. Insert garlic slices in slits. Season with salt, pepper, and 1/2 Tbs. oregano, and brush with olive oil. Pour lemon juice over lamb and place in roasting pan, fat side up. Roast for about 1/2 hour.

While lamb is browning, combine salt, tomato paste, and water and pour over potatoes. Add to roasting pan; sprinkle with remaining oregano. Lower oven temperature to 350 degrees. Roast for 1 1/2 hours, turning and basting the potatoes occasionally. Remove to hot serving platter; slice and serve meat surrounded by potatoes.

From: *The Complete Book of Greek Cooking*



PENTECOST FEAST

Main Courses

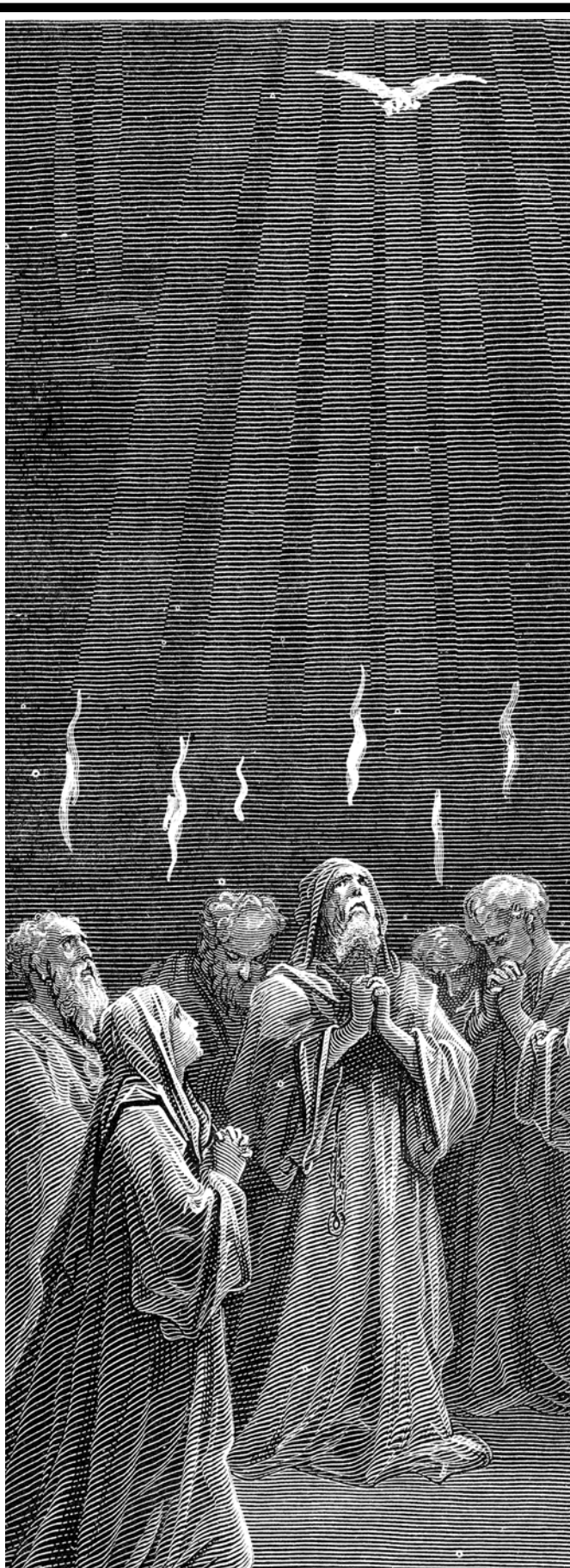
SWEET AND SOUR SPARERIBS (Eastern China)

1 1/4 lbs. pork spareribs
3 green onions
5 Tbs. soy sauce
4 Tbs. sugar
3 Tbs. brown vinegar
3 Tbs. cold water
1/2 Tbs. wine
2 tsp. cornstarch
1 tsp. sesame oil
6 cups peanut oil

1. Cut the spareribs into 1 inch square pieces, then marinate with wine and soy sauce for 30 minutes. Reserve liquid in bowl.
2. Deep fry the spareribs for about 2 minutes, take out and heat oil again, then fry once more until spareribs turn very brown (about 1/2 minute). Remove spareribs and drain off oil from frying pan.
3. Add sugar, vinegar, water and cornstarch, sesame oil and shredded green onion to the bowl, used for marinating spareribs. This is the seasoning sauce.
4. Heat one tablespoon oil in frying pan, pour in the seasoning sauce, boil and stir until thickened and heated thoroughly, add spareribs and stir well before seasoning.

Note: In China there are many versions of this. You may add green pepper and water chestnuts for color.

From: *Pei Mei's Chinese Cookbook*



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Main Courses

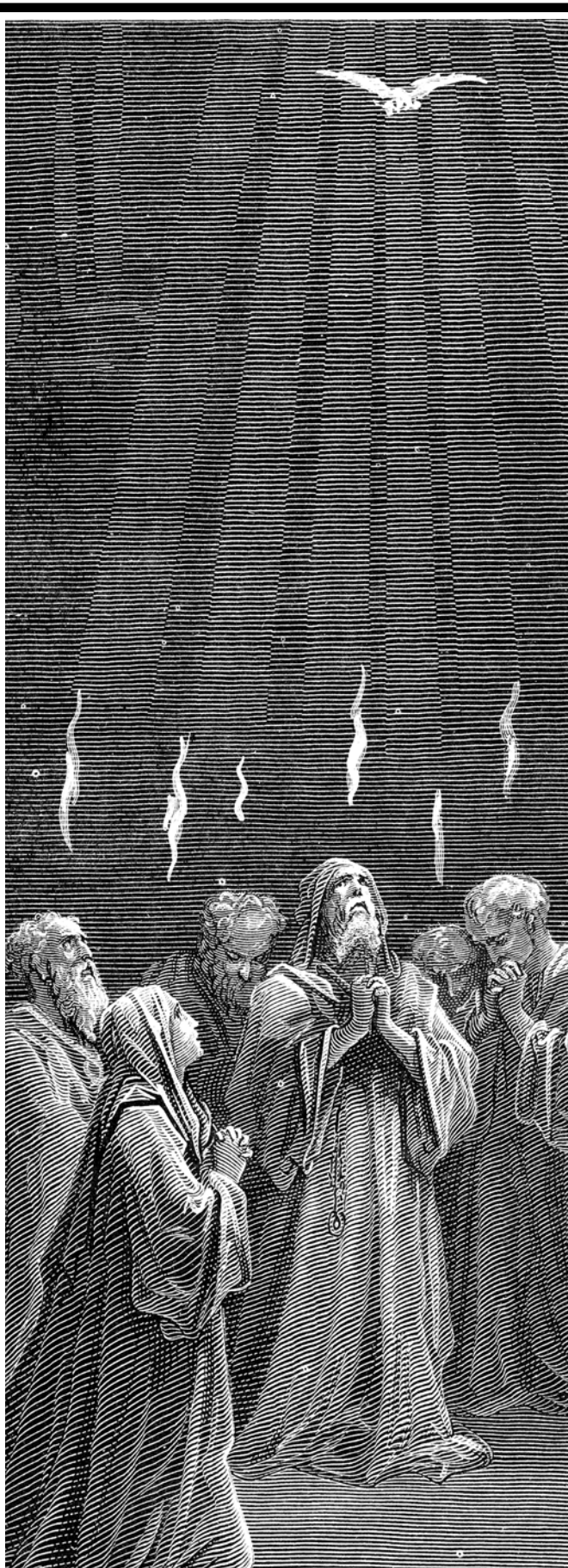
BEEF AND DRIED FRUIT STEW POSTA EN FRUTAS SECAS (Columbia)

11 oz. package mixed dried fruit (prunes, dried apricots, peaches, and pears)
3 Tbs. olive oil
3 lbs. lean beef, preferably top round, cut into 1-inch cubes
1 medium onion, finely chopped
1 clove garlic, minced
1 medium carrot, scraped and chopped
Salt, freshly ground pepper
1 cup dry red wine
1 Tbs. soft butter
1 Tbs. flour

Put the mixed dried fruit into a bowl with 1 1/2 cups warm water and leave to soak for 1 hour, turning the fruit from time to time. Drain, reserve the soaking water, and set the fruit aside.

Heat the oil in a heavy casserole or saucepan and sauté the beef, onion, garlic, and carrot for about 5 minutes. Season with salt and pepper. Pour in the wine and the reserve soaking water from the fruit. Bring to a boil, reduce the heat to low, and simmer, covered, for 2 hours, or until the beef is almost tender. Add the fruit. The prunes and apricots should be left whole, the pears and the peaches halved or quartered. Cover and simmer 30 minutes longer. If the sauce is too thick, add a little more wine. If you want a slightly thicker sauce, mix the butter and flour together and drop a few smooth pieces into the casserole, blending well. Serve with rice.

From: *The Book of Latin American Cooking*



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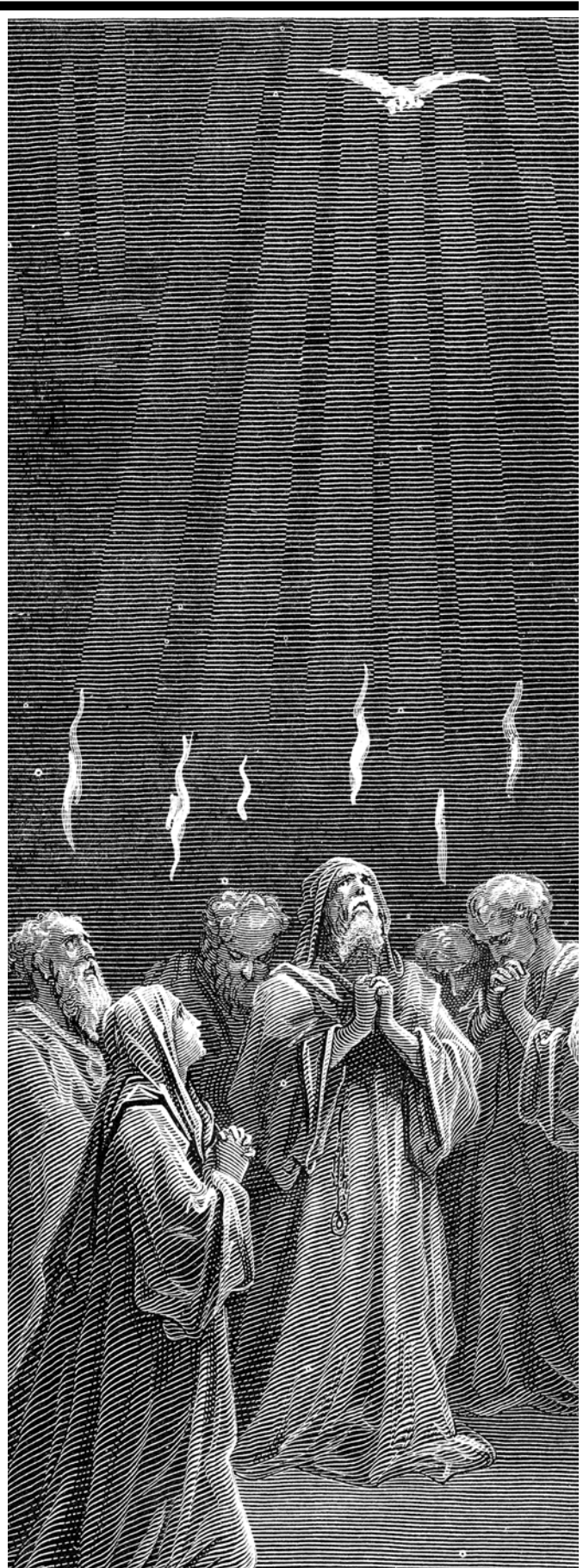
Vegetables

CURRIED MASHED POTATOES (India)

8 potatoes
2 Tbs. olive oil
1 medium onion, finely chopped
1/8 tsp. ground red pepper
1 tsp. ground tumeric or curry powder
Salt to taste

Boil potatoes till soft. Cool slightly and mash. Saute onion and red pepper in olive oil, until soft. Add onion and tumeric or curry powder, salt to potatoes and mix. This dish can be made ahead of time and reheated.

Adapted from: *Extending the Table*



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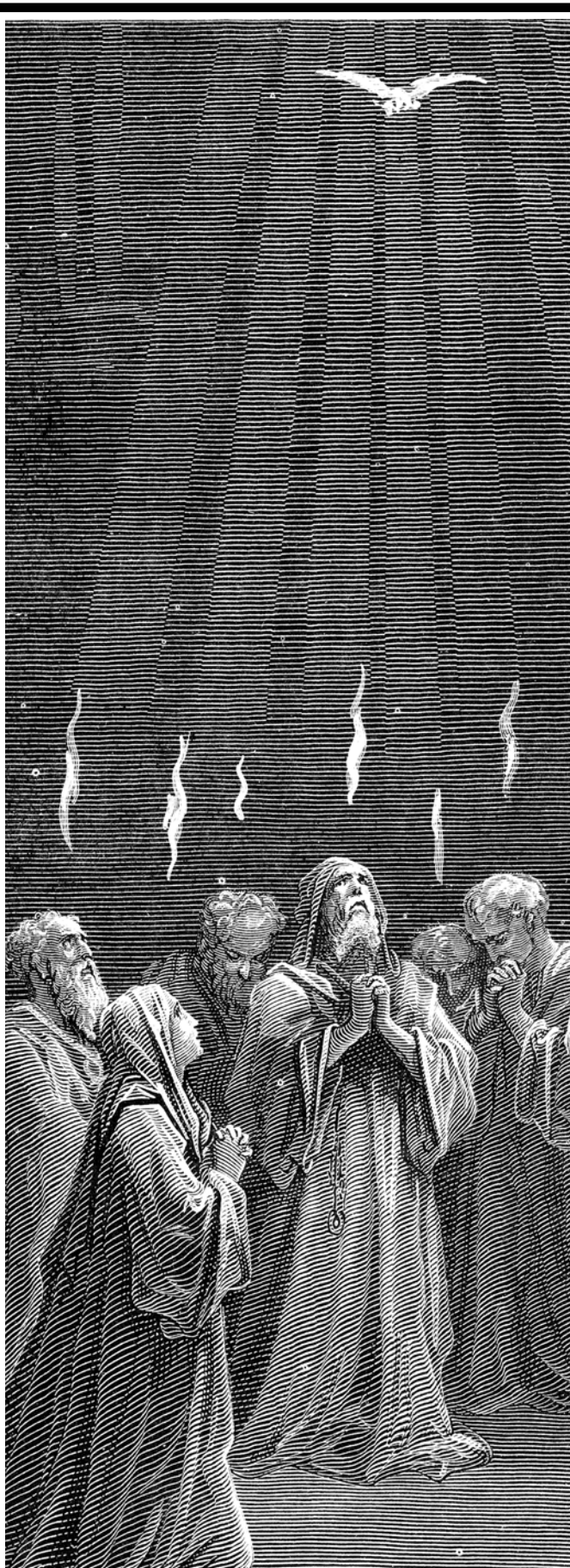
Vegetables

TRADITIONAL ULSTER CHAMP (Ireland)

1 1/2 lbs. potatoes
1 cup milk
8 Tbs. butter, divided
8 scallions, finely chopped
Salt and ground pepper, to taste

1. Peel potatoes and roughly cut into chunks. Place in a saucepan and cover with cold, salted water.
2. Bring to a boil and simmer, 20–30 minutes, or until soft.
3. Drain and place over low heat for a few minutes to dry out.
4. Combine milk and 4 Tbs. of butter in a small saucepan. Bring to a boil.
5. Place scallions into the boiling mixture. Remove from the heat for a few minutes so that scallions can infuse their flavor.
6. Hand mash potatoes. Stir in milk mixture until smooth. Season with salt and pepper.

From: *Elegant Irish Cooking*



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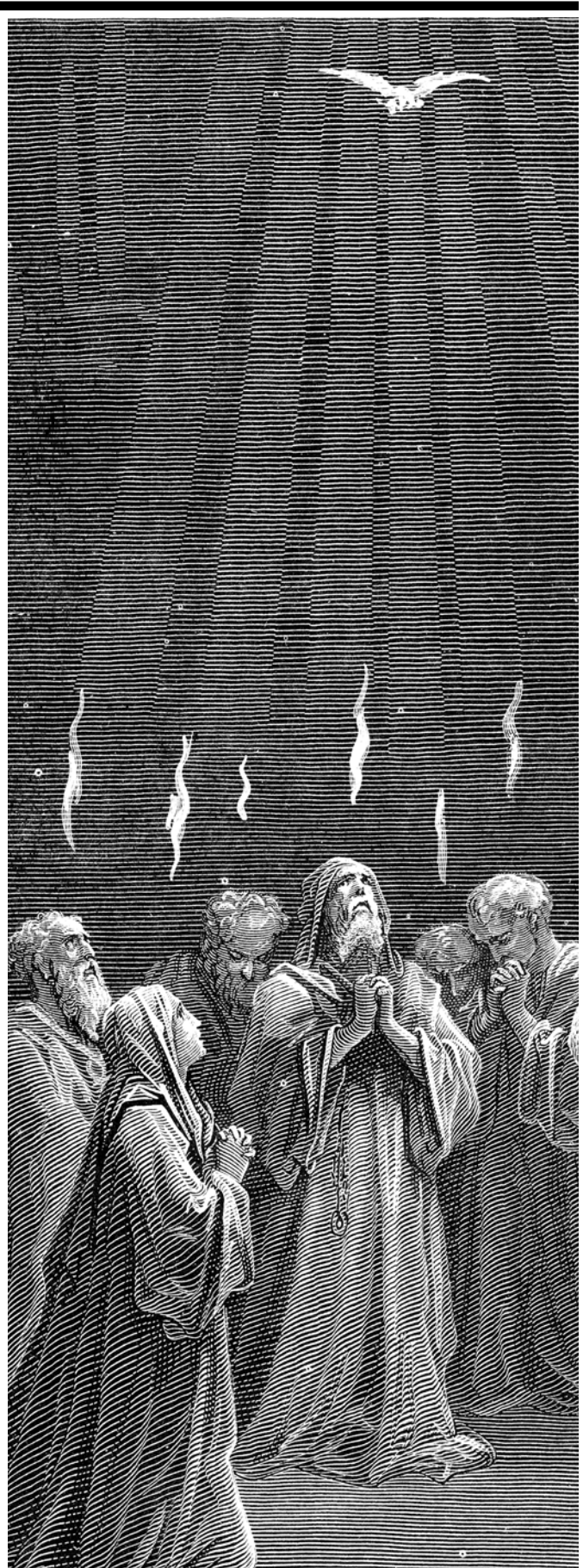
Vegetables

SWEET AND SOUR CABBAGE (Western China)

- 1 lbs. Round cabbage or Chinese cabbage
- 6 dried red peppers
- 1/2 Tbs. brown peppercorns
- 3 Tbs. soy sauce
- 2 Tbs. brown vinegar
- 2 Tbs. sugar
- 2 tsp. salt
- 2 Tbs. sesame oil
- 5 Tbs. peanut oil

1. Carefully remove clean-tear cabbage leaves into small pieces about 2 inches long, 1 1/2 inches wide, Cut spine of leaf into smaller pieces.
2. Wipe clean and cut dry red peppers into 1-inch-long strips, remove seeds.
3. Heat oil in fry pan, fry red pepper first, when the pepper gets dark add pepper corns and cabbage stirring quickly over very high heat for 3 minutes. When the cabbage is soft add salt, sugar and soy sauce, stir one more minute.
4. Add vinegar and sesame oil, stir until thoroughly mixed. Serve on a platter. (best when eaten cold.)

From: *Pei Mei's Chinese Cookbook*



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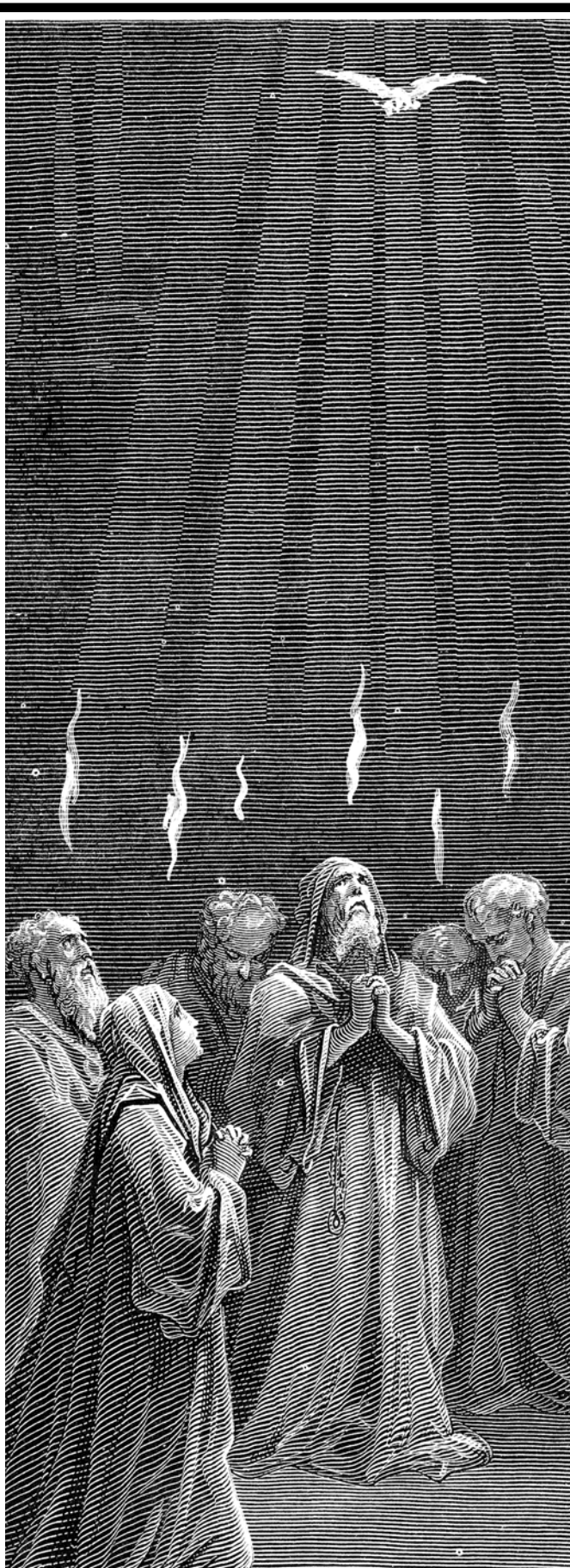
Vegetables

SPINACH AND RICE: SPANAKORIZO (Greece)

2 cups minced onions
1/2 cup olive oil
1 Tbs. tomato paste
2 lbs. cleaned chopped spinach (or 4 10-oz.
packages frozen chopped spinach, thawed)
1 cup raw, converted rice
2 sprigs fresh mint or 1 Tbs. chopped fresh
dill
Salt and pepper to taste
2 1/2 cups hot water

Saute onions in oil until wilted, about 5 minutes. Add tomato paste, spinach and rice and sauté. Add mint (or dill), salt, pepper and hot water, cover and simmer until rice is cooked and liquid has been absorbed. Do not stir.

From: *The Complete Book of Greek Cooking*



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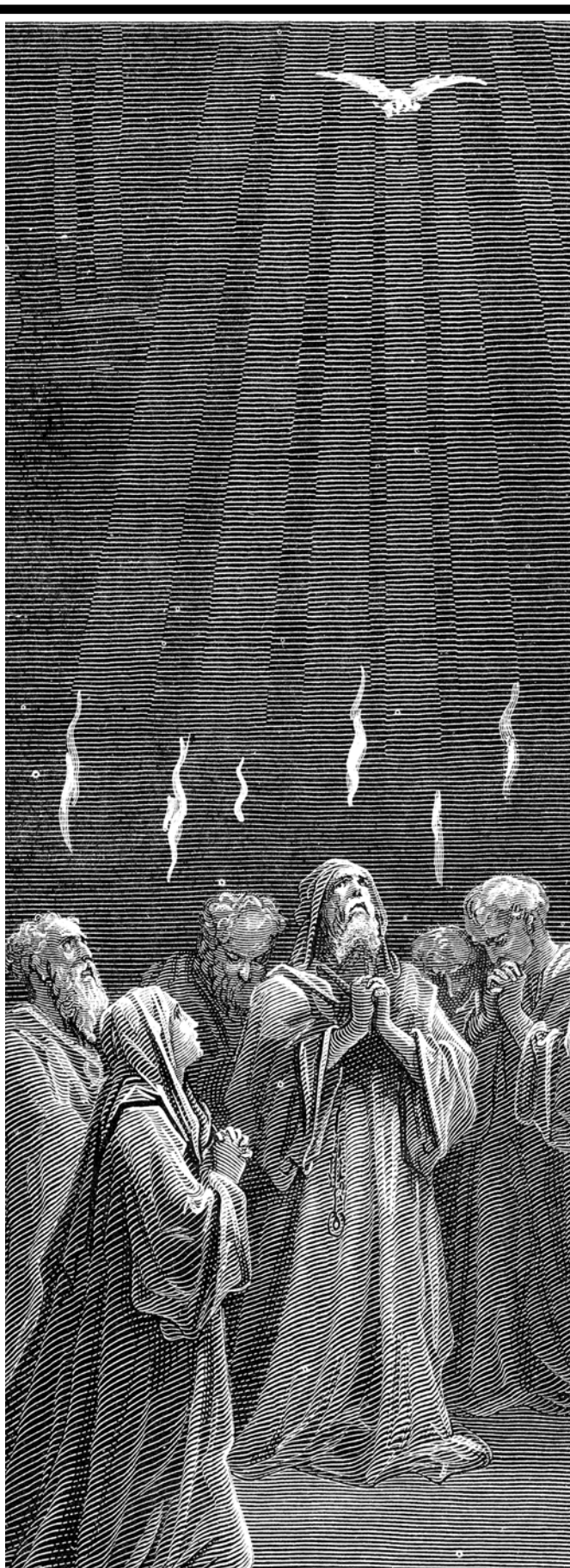
Desserts

CASHEW NUT AND CHOCOLATE MOUSSE: MOUSSE DE CASTANHAS DE CAJU E CHOCOLATE (Brazil)

2 oz. (2 squares) unsweetened chocolate
1/2 cup sugar
5 egg yolks
1 cup roasted cashew nuts, finely ground
1 cup heavy cream
5 egg whites

Break the chocolate into small pieces and put with 2 to 3 Tbs. of water into the top of a double boiler over boiling water. Add the sugar and stir until the chocolate is melted and sugar dissolved. Remove the pan from the heat and beat in the egg yolks, one at a time, beating well after each addition. Stir in the ground cashew nuts. Beat the cream until it stands in firm peaks and fold it into the chocolate mixture. Beat the egg whites until they stand in firm peaks and fold into the chocolate mixture, lightly but thoroughly. Pour into a 1-quart soufflé dish and refrigerate overnight or for several hours. Serve, if desired, with sweetened whipped cream.

From: *The Book of Latin American Cooking*



PENTECOST FEAST

Desserts

ALMOND COOKIES (Canton)

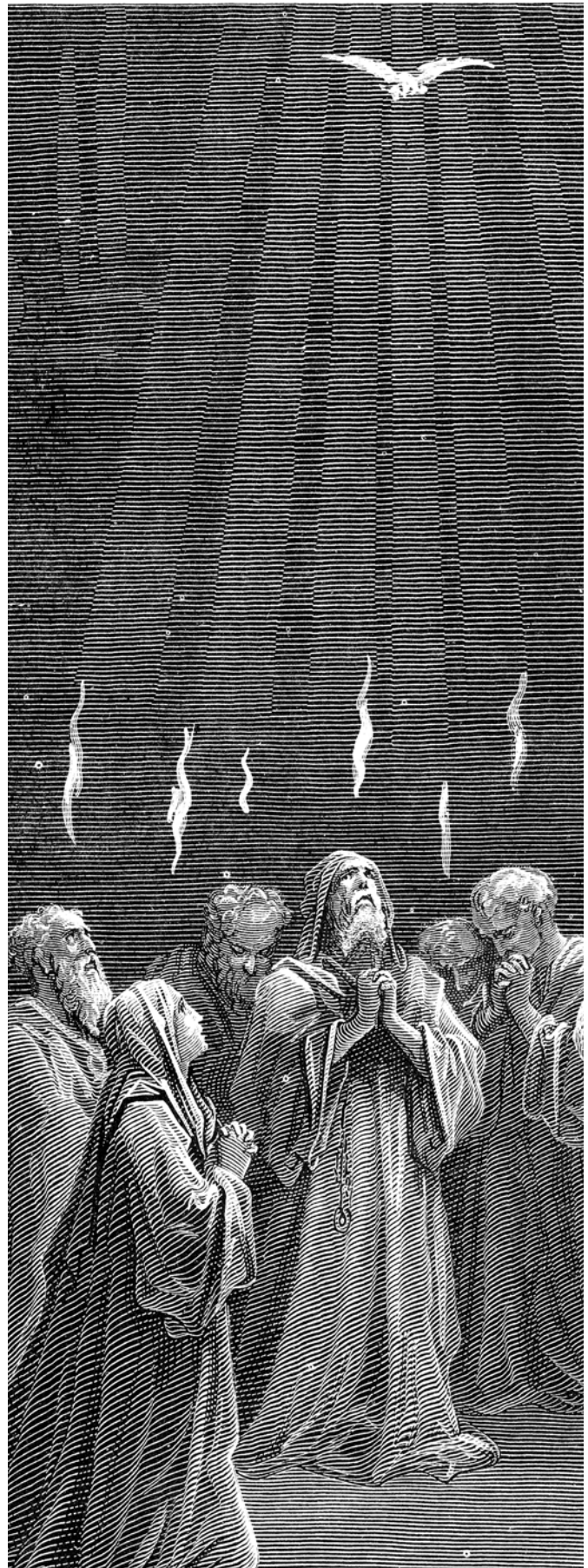
1 cup lard or shortening
1/2 cup granulated sugar
1/4 cup firmly packed brown sugar
1 egg
1 tsp. almond extract
2 1/4 cups all-purpose flour, unsifted
1/8 tsp. salt
1 1/2 tsp. baking powder
About 5 dozen whole blanched almonds
1 egg yolk
2 Tbs. water

Cream shortening with granulated and brown sugar until fluffy. Add egg and almond extract; beat until well blended. Sift flour with salt and baking powder. Add to cream mixture and blend well.

To shape each cookie, roll 1 Tsp. of mixture into a ball. Place balls 2 inches apart on greased cookie sheets. Press down each ball to make a two inch round. Press an almond in the center of each round. Beat egg yolk and water; brush mixture over top of each cookie.

Bake in 350-degree oven until lightly browned (about 10 to 12 minutes). Cool on wire racks. Store in airtight container. Makes about 5 dozen cookies.

From: *Sunset Chinese Cookbook*



PENTECOST FEAST

Desserts

ALMOND AND WALNUT TRIANGLES:
TRIGONA ME AMIGDALA KE KARIDIA
(Greece)

3/4 lb. (3 cups) blanched almonds, coarsely
chopped
3/4 lb. (3 cups) walnuts, coarsely chopped
5 eggs
2 cups sugar
1 1/2 lbs. phyllo pastry
4 sticks (1 lb.) unsalted butter. Melted, for
brushing phyllo
Confectioners' sugar for topping

Preheat oven to 350 degrees.

Combine almonds and walnuts in a small
bowl and set aside.

Beat eggs with sugar until thick and lemon-
colored. Add nuts. Cut phyllo sheets into
thirds lengthwise. Brush pastry strips with
melted butter, one at a time. (Keep remaining
strips covered with plastic wrap.) Place a tea-
spoon of filling on the bottom of each strip
and fold into a triangular shape. Place on an
ungreased baking sheet; brush tops with
melted butter. Bake for 30 minutes, or until
golden. Remove from sheets to cool; sprinkle
with confectioners' sugar. Yields 100 pieces

From: *The Complete Book of Greek Cooking*

