



AROUND OUR WORLD

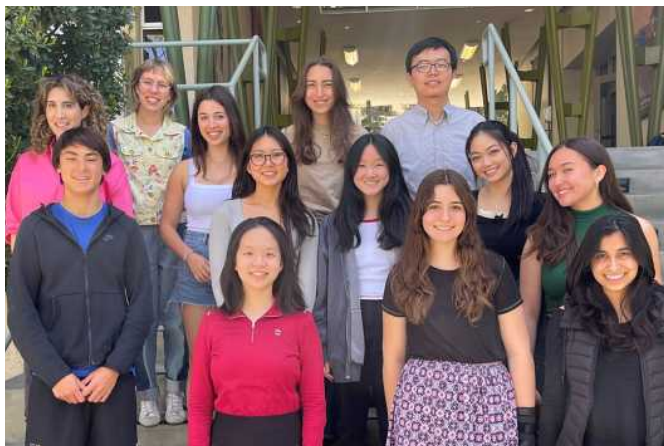
RECIPES COLLECTED FROM THE
HARVARD-WESTLAKE COMMUNITY



Made with love by
Babel Magazine + SLIDE



FROM THE EDITOR



Back row: Amandine Nélaton, Reb Limerick, Mia Karathanasis '22, Maria Oxyzolou '22, Bin He; **Second row:** Owen Huang '24, Sasha Lee '24, Kriste An '24, Ava Tran '22, Aiko Offner '23; **Front row:** Joie Zhang '22, CC Mesa '22, Liana Wadhwani '22

Baby pea sprouts shyly emerged from pea coats with just a sprinkling of water and a dash of sunshine, carpeting my porch in a lush greenery. It was May of 2020, and I had found a reprieve from the suffocating pandemic by nurturing a vegetable garden. In this newfound hobby, I discovered one silver lining of the pandemic: my family spent more quality time together by growing and cooking our veggies. I gained a new appreciation for how much cooking homemade food enhanced my connection with my Chinese American heritage and culture.

Food is often one of the best ways to raise multicultural awareness and appreciation, and in September 2021, I sought to implement this principle into our plans for Babel this year. While in conversation with Mx. Limerick to coordinate a Babel-SLIDE collaboration, we conjured the idea to create a multicultural cookbook dedicated to exemplifying the diverse culinary traditions from the Harvard-Westlake community.

From there, I'm so grateful for the team that has come together to forge our vision into a reality. **Kriste An '24, Owen Huang '24, Mia Karathanasis '22, Sasha Lee '24, CC Mesa '22, Aiko Offner '23, Maria Oxyzolou '22, Ava Tran '22** and **Liana Wadhwani '22** have been the most dedicated editors I could have ever asked for. Publications Graphics Teacher **Jen Bladen**: I cannot thank you enough for spearheading the design and layout of this publication; we could not have done any of this without you. Babel advisers **Bin He** and **Amandine Nélaton**, and SLIDE adviser **Reb Limerick**: your advice and support throughout has been invaluable, from initiating this project to seeking funding. Thank you.

This publication features 25 recipes submitted by Harvard-Westlake students, parents, faculty and staff. A big thank-you to everyone who submitted. We're so excited for you all to share in the joy that we had while assembling this collection.

Enjoy!

Joie Zhang '22

Editor-In-Chief of Babel

Head Editor of the Babel-SLIDE Multicultural Cookbook



AROUND OUR WORLD



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Babel, the upper school world languages magazine, aims to showcase student work—including poetry, stories, essays, recipes and photographs—to celebrate the diverse cultures and languages in the Harvard-Westlake community and around the world. You can find us at hwbabel.com and [@hwbabelmag](https://www.instagram.com/hwbabelmag).

SLIDE (Student Leaders for Inclusion Diversity and Equity) is a coalition representing all the affinity groups on the upper school campus as well as students who attended the Student Diversity Leadership Conference (SDLC). SLIDE's mission is to promote diversity, equity and inclusion at HW by engaging in robust and supportive internal discussions, attending trainings to become better leaders, hosting all-community events and communicating with administrators about how the school can be a better place for students of marginalized identities.



Appetizers & Snacks

BÁNH TÔM KHOAI CHIÊN

Sweet Potato and Prawn Fritter

Kai Do '24 associates this dish with Vietnam



avlyxz / Creative Commons



Serves 10 to 12



30 minutes

This is a starter my grandmother used to make in less than half an hour before serving her amazing main courses, every Sunday when her children casually invited over 10-12 friends just to hang out! They all admired her cooking skills, and above all her generosity for not only giving her food but also her time from her busy life as a career woman!

1 cup all-purpose flour
1/2 cup corn flour
1 pound large prawns
1-2 cloves garlic, finely minced
3 sweet potatoes

1 cup of water
Vegetable oil for deep frying
1/2 tsp turmeric powder, optional
Salt, sugar, pepper to taste

1. For the tempura batter, combine all-purpose flour, corn flour, optional turmeric powder, a pinch of sugar, and salt. Mix well with the water.
2. Shell and devein prawns and rinse under cold running water. Pat dry using a paper towel. In a bowl, combine $\frac{3}{4}$ tsp of salt, $\frac{1}{4}$ tsp of sugar and pepper to taste. Place prawns on a large tray and coat with minced garlic and the combined seasonings. Toss well and set aside for 10 minutes in the refrigerator for the prawns to marinate.
3. Peel and cut the sweet potatoes into french-fry-sized matchsticks. Add the cut sweet potatoes into the tempura batter and stir until coated.
4. Fill a pan or a deep fry cooker with oil about 2 inches (5 centimeters) high. Heat up on high heat and wait until the oil is slightly bubbly (not too hot). Using a spatula, scoop 5 sweet potato matchsticks and some batter (use more batter for a heavier fritter base).
5. Dip 2 to 3 prawns into the tempura batter to coat completely and place the prawns on top of the 5 sweet potato matchsticks. Using the spatula, gently place the assembled fritter into the hot oil. Add more fritters until the pan is almost filled, but make sure the fritters do not touch each other.
6. Lower heat to medium and deep fry for 3 minutes. Flip each piece using a wok strainer and cook for about a minute until golden on all sides. Remove each fritter, draining as much oil as possible and transfer them onto a cooling rack.

PERFECT POPCORN



Vegan

Mathematics Teacher and Robotics Coach Andrew Theiss associates this dish with USA



Serves 1 to 2

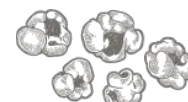


5 minutes

The science behind cooking led me to an evolving discovery into the world of popcorn. This recipe is the culmination of years of diligent research into what makes the perfect kernel, crunch, and taste. Even with the recipe in hand it'll take a few tries to finesse. But oh boy, making the most premium popcorn at home is a luxury I wish everyone to have!

1 cup mushroom popcorn
1/2 cup avocado oil*
1 teaspoon granulated sugar
3 teaspoon salt of choice

Other items:
6 quart saucepan (with a lid)
2 packets of Neosporin



Mushroom Popcorn

There are different types of kernels you can use for popcorn which pop into different shapes. Kettle corn is spherical and is from a kernel called "mushroom popcorn" which is different from the butterfly popcorn you're used to. If you cook it right, mushroom kernels are objectively better due to superior crunch and spherical surface area.

1. Put oil into the pan, and turn on heat to max until the oil starts smoking.
2. 20 seconds after there is uniform smoking of the oil, pour in all the kernels.
3. Immediately sprinkle 1 teaspoon of sugar over the top, and put the lid on.
4. When enough popcorn pops to push the lid up, dump out half of the popcorn into a bowl.
5. Continue until you only hear one kernel pop within 2 seconds.
6. Turn off the heat and dump the remaining popcorn into the bowl.
7. Mix in salt. Enjoy!



Photo by Andrew Theiss

*About Avocado Oil

Avocado oil is essential otherwise you might as well grind your popcorn into cornmeal. Why? Because different oils burn at different temps and avocado oil can withstand the most heat (among commonly available oils, ~480 degrees). Why do we want our pot extra hot? Well, each kernel has a little balloon of water inside which we want to convert into a bomb. The faster we convert that water to steam, the bigger and crunchier our kernel will explode. By using the hottest temperature we can make the biggest bomb. Which means bomb flavor.

Safety

Please make sure you start with a dry pot. Any moisture will turn into gas and start escaping from your pot. Likely in the form of scalding oil explosions. Even before you even get the corn in there. If your pot pops at all before the corn is added, there's moisture in your pot. For first time attempts I've half-comedically added Neosporin as you will likely get pecked by scalding oil. Buckle up! Also, please do not eat the Neosporin.

Other Pro Tips

You need enough popcorn to layer the whole bottom of the pot, plus a bit more. If a kernel pops, you want it to sit on a layer of unpopped kernels. Otherwise the first popped kernels will touch the bottom and burn.

TIROPITÁKIA KOUROÚ

Τυροπιτάκια Κουρού  Little Cheese Pies

Maria Oxyzolou '22 associates this dish with Greece



Serves 1-2



30 minutes prep, 45 minutes baking

My mom spent her childhood in Istanbul where there is a small Greek community. This recipe comes from the Greek cuisine of that region; it is particularly unique as it has many Middle Eastern influences. My yiayia (grandma) made this recipe for my mom and her siblings all the time growing up. Now my mom makes tiropitákia kouroú for holidays or as a savory treat. With a salty feta filling and a buttery crust, this delicacy tastes like home to me.

Tirópita translates to "cheese pie", and tiropitákia, the diminutive form, means "little cheese pies." Tiropitákia are often made with fílo, a paper-thin dough, and have a crispy, delicate texture; what makes these tiropitákia unique though is their firmer, flaky shell, hence the name "kouroú" meaning "dry."

2 cups plus 1 tablespoon all purpose flour
1 cup Greek yogurt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt

1 egg
1 egg white (save the yolk for egg wash later)
1 cup butter
8 to 10 ounces Feta cheese



Tip: Crumble a block of sheep's milk or goat's milk Feta in brine instead of pre-crumbled (which is usually cow's milk)



Preparing the dough and filling:

1. Mix all the dough ingredients in a bowl.
2. Knead until it becomes a soft, homogeneous dough that no longer sticks to the bowl.
3. Cover the dough with plastic wrap and let it rest for 15 to 20 minutes.
4. For the filling, crumble the feta with a fork and add a little pepper if you would like.

Preparing to bake:

5. Preheat the oven to 350°F.
6. Divide the dough into small pieces about the size of your palm.
7. Roll each piece into a ball.
8. Flatten each ball of dough into a round shape in your palm.
9. Take about a tablespoon of filling and place it in the center of the dough.
10. Press the edges together to seal.



Photos by Maria Oxyzolou '22

11. Gently roll the filled dough a few times so that the crease securely seals shut. (This is the trickiest part because if you don't close the dough correctly the filling will ooze out when baking!)
12. Place the tiropitákia on a parchment lined baking sheet with the crease facing down.
13. To make the egg wash, mix a few drops of water with the egg yolk and stir well.
14. Brush each tiropitáki with egg wash.
15. Bake at 350°F for 45 minutes until golden brown.
16. Let the tiropitákia cool for about 5 to 10 minutes before serving.
17. Καλή όρεξη! Bon appetit!



Soups & Stews

BUTTERNUT SQUASH SOUP

 **Vegan**

*Executive Assistant to the Associate Head of School Emily Kennedy
associates this dish with USA*



Serves 8



55 minutes



Photo by Emily Kennedy

40 ounces raw butternut squash, cubed (fresh or frozen)	2 teaspoons Kosher salt
2 tablespoons olive oil	1 1/2 cups apple cider
2 medium yellow onions, chopped	5 cups vegetable broth
1 1/2 teaspoons ground cinnamon	2 (14-ounce) cans pumpkin puree
1 1/2 teaspoons curry powder	1 tablespoon brown sugar
1 teaspoon ground ginger	4 ounces softened vegan cream cheese
	1 cup canned coconut cream

1. Roast cubed butternut squash on a foil-lined baking sheet in a 400-degree oven for 15 minutes, or until the cubes are lightly brown. Frozen cubes can be roasted straight from the freezer. Remove from the oven and set aside.
2. Heat olive oil in a large stock pot over medium heat. Sauté onion until translucent (about 5 minutes). Add the cinnamon, curry, ginger, and salt, and sauté for another 5 minutes. Add the butternut squash, vegetable broth, pumpkin puree, cider, and brown sugar; stir to combine and bring to a boil, then turn the heat down to simmer for 5 minutes, uncovered.
3. Turn off the heat and carefully transfer the cooked ingredients in batches to a blender. Puree until smooth and pour into a new pot. Alternatively, use an immersion blender to puree the soup until smooth.
4. Heat pureed soup on low and stir in vegan cream cheese and coconut cream. Heat through before serving. If the soup is too thick, add more vegetable broth.

SANCOCHO DOMINICANO



Dominican Stew

World Languages Teacher Sephora Escarpeta-Garcia associates this dish with Dominican Republic



Serves 5 to 10



1 to 2 hours

1 pound of beef in bone
1 (1-pound) chicken
1 onion
3 bay leaves
1 sprig cilantro (optional)
1 teaspoon of oregano
1/4 teaspoon ground black pepper
1/4 cup smoked cooking ham
1 pound pork
4 garlic cloves
1 pepper
2 bunches cilantro
1 tablespoon salt

2-3 cups chicken broth (homemade)
2 green plantains
1/2 pound pumpkin
1 cup of naranja agria or 2 fresh
oranges and 1 lemon
1/2 pound cassava
1 pound of yam
2 ears of corn
1/2 pound yellow yautia (taro)
1/2 pound white yautia (taro)

-
1. Cut up all the meat in small square pieces, wash the meat well with lemon or white vinegar, and season with salt, pepper, oregano, naranja agria, and garlic.
 2. Sauté them without letting them burn (they just need a bit of color!)
 3. Cook the chicken separately and add later. Save the chicken broth after the chicken is done to add later. When all the meats are well done, fill the large pot with water.
 4. Peel, wash, and prepare all the vegetables and cut them into small square pieces. When the water is boiling, add the vegetables. Add cilantro, the chicken broth, and some more garlic and wait for the broth to thicken a little.
 5. Serve with white rice and avocado. Enjoy!

Sancocho dominicano



Tamaño de la porción: 5-10



Hora: 1 to 2 horas

Ingredientes:

1 libra de carne de res con hueso
1 libra de gallina
1 cebolla
3 hojas de laurel
1 mata de culantro
1 cucharadita de orégano
¼ cucharada de pimienta negra molida
¼ libra de jamón de cocinar (ahumado)
½ libra de yuca
2 mazorcas de maíz fresco
½ libra de yautía amarilla
1 libra de carne de cerdo
4 dientes de ajo
1 pimienta
2 matitas de cilantro
1 cucharada de sal
2-3 tazas de caldo de pollo
2 plátanos verdes
½ libra de calabaza
½ libra de ñame
½ libra de yautía blanca
1 taza de naranja agria

Direcciones:

- 1. Corte toda la carne en pedacitos pequeños, lávelos bien y sal, pimienta, orégano, ajo y naranja agria. Cocine el pollo separado y ponga el caldo de pollo a un lado después de cocinarlo (se usará después).**
- 2. Póngalos a cocinar sofriéndolos sin dejarlos quemar. Cuando ya estén, llene la cacerola o caldero grande con agua suficiente.**
- 3. Pele todas las viandas (vegetales) y córtelas en pedacitos pequeños. Cuando el agua esté hirviendo, échele todas las viandas.**
- 4. Puede añadir otro toquecito de sazón (sal, pimienta, orégano, el cilantro, caldo de pollo y el diente de ajo. Espere que el caldo se espese un poco.**
- 5. Sirve con arroz blanco y aguacate. ¡Buen provecho!**

BORSCHT

Beet Soup

Monica Christie (Parent of Natalia Johnson '23 and Sophie Johnson '21)

associates this dish with Poland and Ukraine



Serves 8



3 days

I used to live in Canada with my Polish Grandma who was from "the old country." We used to eat warm borscht in the winter and cold borscht in the summer. I freeze the extra in single serving size containers and reheat via microwave for a fast healthy meal.

4 medium potatoes
8 medium beets with tops
1 large onion
2 fat carrots
2 large red tomatoes
1 red pepper
2 lemons (for 1/4 cup lemon juice)
1/2 large head of green cabbage

1 pack of fresh dill (2 tablespoons
for adding in, then garnish)
1 pork or beef bone with meat
1 tiny can of tomato paste
Olive or coconut oil
1 tablespoon of honey
Salt and pepper (to taste)
Cultured sour cream

Try a Wellshire
pork shank.
Delicious!

Monday or Tuesday: Make the Stock

1. To make the stock, the day before, simmer bone with meat on it in 16 cups of water in an uncovered pot for 4 to 6 hours. I do 5 1/2 hours, and refill the water in the pot twice. Then cool the stock (I emptied our ice drawer into a small sink, put a lid on the pot and nestled pot in on top of the ice), then put in fridge overnight.

Tuesday: Ingredient Prep

1. Buy the ingredients.
2. Finely slice the head of the green cabbage, and store.
3. Then cube potatoes, dice beets (removing tops), then store together
4. You can store them with the cabbage, if you put the cabbage on bottom.
5. Submerge beet tops into a water glass on the counter.
6. Dice the tomato, and store.
7. Dice the onion, grate the carrots, and store together.
8. Core, seed and dice the red pepper, and store.



Photo by Monica Christie

Wednesday: Finish the Borscht

1. Skim the fat off the stock, and pick the meat off the bones.
2. Simmer the stock on medium heat.
3. Add potatoes, beets, tomatoes, and 3 tablespoons of tomato paste.
4. Heat up 1 tablespoon of oil in a large skillet.
5. Sauté the onions and carrots for 4 to 5 minutes.
6. Add cabbage to the skillet and sauté until it is wilted.
7. Add Bell Pepper, and sauté for another minute.
8. Turn off the stove, and let that sit until the beets are tender in the soup stock.
9. Once beets are tender, add the veggies and simmer for another 5 to 10 minutes.
10. Meanwhile, juice the lemons, and remove beet tops from the water glass on the counter.
11. Cut up the beet tops and dill.
12. Season the soup with 1/4 cup lemon juice, 1 tablespoon Honey, 2 tablespoons dill, salt, and pepper.
13. Add the beet tops, cooking for another 5 to 10 minutes.
14. Serve with ample sour cream, garnish with dill, and salt.

GRANDMA AND MOM'S

RISHTA SOUP



Vegan

English Teacher Jocelyn Medawar associates this dish with Egypt



Serves 8



less than an hour

1 large onion, chopped
Olive oil
8 cups water
1 (16 oz) package of brown lentils, rinsed and drained
A few handfuls of rotelli pasta
1 to 2 bags of spinach, depending on preference
Cumin, salt, and pepper to taste
Sliced lemon

1. In a large pot, sauté the chopped onion with olive oil until it appears golden.
2. Add the lentils, then sauté awhile more and add the cumin, salt, and pepper.
3. Bring the water to a boil, then let it simmer and cover the pot.
4. Cook the lentils for about 25 minutes.
5. Add the rotelli pasta to the pot.
6. Cook until the pasta is done, then finally add the spinach and let it wilt in the soup.
7. Serve with lemon slices.

NOTE: Throughout cooking, check the amount of water. Add more if necessary, along with more seasoning, as needed.



Photos by Jocelyn Medawar



Main Dishes

JAPCHAE

잡채 ♥ Sweet potato starch noodles stir fried with vegetables

Emily Ba '24 associates this dish with Korea



Serves 4



1 hour



bryan... / Creative Commons

My grandma usually makes japchae when we visit her or she visits us. I remember helping her make it since I was really young (although I probably wasn't actually very helpful). She doesn't use a written down recipe, and she measures it by eye so she doesn't have exact measurements. This is one of the recipes we use when we make it without her, though.

-
- | | |
|---|--|
| 6 dried Chinese black mushrooms, soaked in hot water for 30 minutes | 1 tablespoon sesame oil |
| 5 ounces young fresh spinach leaves | 3 garlic cloves, crushed and finely chopped |
| 2 Chinese cabbage leaves | 2 small fresh red chilies, seeded and cut into fine strips |
| 3 shiitake or oyster mushrooms, thinly sliced | 2 ounces cellophane noodles, soaked for 30 minutes and drained |
| 4 scallions, white and green parts thickly sliced diagonally | 1 tablespoon soy sauce |
| 1 small zucchini, cut into fine strips | 1 teaspoon sugar |
| 1 carrot, cut into fine strips | Salt (to taste) |
| 4 tablespoons vegetable oil | |
-

1. Drain the rehydrated mushrooms, and cut out and discard the stems and any hard parts.
2. Thinly slice the mushroom caps.
3. Add the spinach to a large saucepan of boiling water. Cover and quickly return to a boil.
4. Boil for 2 minutes, then drain and rinse under running cold water.
5. Drain well and squeeze out as much water as possible.
6. Separate the leaves.
7. Cut away and discard the outer part of the Chinese cabbage leaves, saving only the "V" shaped core of the leaves.
8. Cut this into fine strips, then mix it with the spinach, dried and fresh mushrooms, scallions, zucchini, and carrot until well mixed.
9. Heat the vegetable oil and sesame oil in a deep skillet.
10. Add the garlic and chili, and stir-fry for 10 seconds.
11. Add the mixed vegetables and stir-fry for 3 to 4 minutes until the vegetables are tender but still crisp.
12. Turn the heat to low and stir in the noodles, soy sauce, sugar, and salt. Cook for 2 minutes, then serve.

BIBIM NAENGMYEON

Spicy Cold Noodles

Solomon Baik '22 associates this dish with Korea



Photo by Solomon Baik '22



Serves 1



**5 hours if from scratch,
40 minutes otherwise**

As a kid, I always saw my parents eating this dish but it was way too spicy for me. Now, I eat it with them. It connects me to my Korean roots and brings back lots of memories.

Bibim Jang (spicy" sauce):

2 tablespoons chili powder
3 tablespoons gochujang
3 tablespoons chopped onion
1 tablespoon chopped garlic
1 tablespoon plum syrup
3 tablespoons vinegar
2 tablespoons sugar
3 tablespoons pear juice
2 tablespoons soy sauce
2 tablespoons corn syrup
2 tablespoons Oligosaccharide
or Oligodang Syrup
1 tablespoon sesame seeds
2 tablespoons sesame oil
*(adjust seasoning to taste)

Kimchi:

1/2 radish
Seasoning
2 tablespoons sugar
1 teaspoon salt
3 tablespoons vinegar
1 tablespoon chili powder

To Serve:

1 cucumber
1 egg
1 bag naengmyeon (noodles)

1. Mix all the ingredients for the sauce together. Slice the kimchi thinly into rectangles and season it. Put the ingredients in the fridge and ferment them for 4-5 hours. Preferably make both the day before.
2. Shred the cucumber. Boil the egg and cut it in half.
3. Put the naengmyeon in boiling water for 30 seconds to 1 minute.
4. Once the noodles are ready, rinse them in cold water.
5. Put the noodles into a bowl. Add the spicy sauce, radish kimchi, cucumber, and egg on top.
6. Top your dish with sesame seeds and serve.

MIMI HERBERT'S

SAUCISSES A LA BIERE

Sausages with Beer

Adapted from "Women Chefs: A collection of portraits and recipes from California's culinary pioneers" by Jim Burns and Betty Ann Brown

Communications Department Head Jim Burns associates this dish with Canada



Serves 6



30 to 40 minutes

I co-wrote "Women Chefs: A Collection of Portraits and Recipes from California's Culinary Pioneers" in the late 1980s. It turned out to be a seminal book about women, power and food. This Quebecois country dish from Mimi Herbert, who recently opened Le Petite Chez Mimi in Santa Monica, is simple to make and fun to eat with friends or family. It reverses my normal way of cooking sausages, first by boiling, then by browning them. Use less butter than in the recipe instructions, for a less rich dish. Also, stay away from super-hoppy IPAs; their intense flavor will overpower the other complex tastes of these uncomplicated sausages.

4 ounces butter
2 pounds mild Italian sausages
(approximately 6 sausages)
2 onions, sliced
2 cans (16 ounces each) peeled
tomatoes

4 tablespoons fresh basil
1 1/2 to 2 1/4 cups (1 to 1
bottles or cans, 12 ounces each)
beer – dark beer will give a
slightly bitter flavor
Salt and pepper

1. Melt the butter in a heavy saucepan, being careful not to let it burn.
2. Sauté the sausages until they are browned. Add the onions, and sauté them until they are transparent.
3. Add the beer, tomatoes, basil, salt and pepper. Cover and simmer for at least 30 minutes or more.
4. Serve over rice.



Photos by Jim Burns

JIAOZI

饺子 ♥ Dumplings

Alexa Chang '25 associates this dish with China



Serves 4 to 6



1 1/2 hours

A huge memory from my childhood was making these dumplings with my family. I remember having lots of fun prepping the filling and folding a dumpling for the first time. It became a tradition of ours to make dumplings and spend time together. Because of that, dumplings have become one of my favorite comfort foods! I hope that you'll enjoy my family's dumpling recipe, maybe it'll spark a tradition of your own :)



Photo by Chang Family



Use Taiwanese cabbage for its texture and its naturally sweet flavor.

3 lbs of Taiwanese cabbage
1 1/2 pounds ground pork (can also substitute with ground chicken and beef as long as it is not too lean)
1 pound shrimp
1/2 pound shiitake mushrooms
1 tablespoon of chopped ginger root

2/3 cups of cooking Shaoxing wine
3 tablespoons of sesame oil
1 tablespoon of salt
3 tablespoons of soy sauce
2/3 cup of water
3 packages of dumpling wrappers (we like the Nanka Seimen brand)

1. Wash your cabbage thoroughly, wring out all the moisture, and chop very finely. Peel and de-vein the shrimp. Chop the shrimp into small pieces
2. Wash the shiitake mushrooms and ginger root and chop them finely.
3. In a large bowl, stir together the vegetables, shrimp, and ground pork. Add the cooking wine, sesame oil, salt, soy sauce, and water. Mix until everything is very well combined.
4. To wrap the dumplings, dampen the edges of each circle with some water. Put a little less than a tablespoon of the filling prepared in step 4 in the middle. Fold the circle in half and pinch the wrapper together at the top. Then make two folds in each side until the dumpling looks like a fan. Make sure it is completely sealed, then place completed dumplings on a cookie sheet not touching each other. Repeat until you run out of filling or dumpling skins.
5. To cook the dumplings, place them in boiling water. Cook them until they float to the top. Add a cup of cold water and once they float to the top a second time they are ready to be removed. Rinse them quickly with cool water. This last step ensures that the skin texture is al dente. Strain and they are ready to serve.



Leftover uncooked dumplings can be stored in the freezer in the original pans with a cover of plastic wrap. They make a delicious quick meal in days to come. Enjoy!

TTEOKBOKKI

Korean spicy rice cake

Kayla Choi '22 associates this dish with Korea



Serves 1



15 minutes



Steve Garfield / Creative Commons

Not my story, but my mom's. Before she immigrated to the US as a child, she attended school in South Korea. Everyday after school, she and her friends would stop to eat tteokbokki street food as they walked home. It is a fond memory for her and we eat it often. It has many variations, such as with ramen noodles, meat, egg, cheese, and more.

4 cups packaged rice cakes
2 cups water
1 cup chopped green onions
1 cup fish cakes
4 tablespoons sugar
2 tablespoons soy sauce
4 tablespoons Korean spicy chili paste (gochujang, 고추장)
4 tablespoons Korean chili powder (gochugaru, 고춧가루)

1. Boil the water on a stove.
2. Add sugar, soy sauce, Korean spicy chili paste, and Korean spicy chili powder to the boiling water.
3. Mix well on medium heat.
4. Add rice cakes and fish cakes.
5. Mix well on medium heat.
6. Simmer for 10 to 15 minutes until most of the sauce is gone, then remove the heat.
7. Add green onion and mix.
8. Serve and enjoy!

BBQ BEEF SHORT RIBS

Marcus Collins '26 and Luke Collins '24 associate this dish with Korea



Serves 4 to 6



**30 to 45 minutes cooking,
preparation 8 hours ahead**

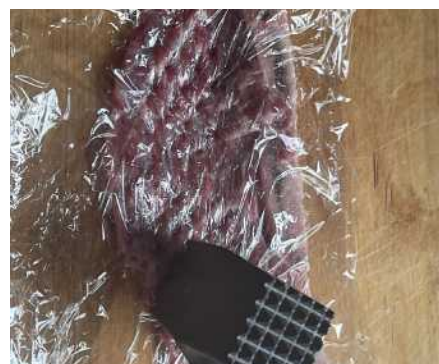
1 cup soy sauce (low sodium)
1/2 cup water
1/2 cup sugar
1/4 cup mirin (sweet cooking wine)
1/2 cup chopped green onion
1 tablespoon minced garlic
3 teaspoon ground pepper
1 tablespoon sesame oil
4 1/2 pounds short ribs
Optional: 1/4 cup Asian pear juice
Optional: 1 teaspoon minced ginger

Preparation:

1. Mix the 1 cup of soy sauce, 1/2 cup of water, 1/2 of sugar, 1/4 cup of mirin, 1/2 cup of chopped green onion, 1 tablespoon of minced garlic, 3 teaspoons of ground pepper, 1 tablespoon of sesame oil, 1/4 cup of Asian pear juice, and 1 teaspoon of minced ginger and set the finished mixture aside
2. Wash the short ribs in running water
3. Pound the meat using a meat tenderizer on both sides
4. Soak the meat in the marinade, turning gently to coat the meat thoroughly
5. Place the meat and marinade in the refrigerator for 6 to 8 hours before cooking

Cooking:

6. Pan fry in a large skillet on medium to high heat
7. Use 1 tablespoon of avocado oil, cooking the meat for about 2 minutes on each side
8. Periodically wipe and re-oil the pan



Photos by Marcus Collins '26

CÀ RI GÀ

Chicken Curry

Ava Tran '22 associates this dish with Vietnam



Serves 4 to 6



**2 hours cooking,
preparation 1 day ahead**

This traditional Vietnamese Chicken curry soup is an authentic Vietnamese take on the curries of neighboring countries (Thailand, Cambodia, China, Japan). Rather than a thick soup and powerful spice flavor, the curry is more like a warm and savory chicken soup that goes perfectly with a bed of rice. I really love it because it's home-cooked by my mom, and the chicken broth gives it a super homey and comforting flavor!



Photo by Ava Tran '22

1 whole raw chicken
Plain yogurt
3 cloves garlic
1/2 red onion
2 stems lemongrass
Ca Ri powder

Flavorless oil
1 can of unsweetened
coconut milk
Sugar
Mini potatoes

Ca Ri Ni en Do
is available at
Asian markets
and is a blend of
spices including
curry, turmeric,
chili, coriander,
cumin seeds,
cinnamon,
cloves, bay
leaves, allspice
and salt

Preparation:

1. Rub the chicken with 2 teaspoons of salt and pepper
2. Rub the chicken with yogurt and place it into a plastic bag, letting it marinate for 1 day

Cooking:

1. Take the chicken, wiping off any residue of yogurt from the day before, and cut it into pieces
2. Tip: Leave the meat on the bones for maximum flavor
3. Chop garlic, dice onion, and halve lemongrass into 2-inch pieces
4. Heat 1/4 cup oil in a large pot, and use it to saute the garlic, onion, and lemongrass
5. Add 1/3 cup of curry powder to the sautéed vegetables
6. Add the chicken to the mixture along with 1 tablespoon of salt, and saute it for 15 minutes, making sure to keep the lid on
7. Add 1 can of unsweetened coconut milk, 1 tablespoon sugar, and enough water to cover the chicken
8. Bring the mixture to a boil and leave it to cook on simmer for 30 minutes
9. Add 1 pound of mini potatoes to the mixture
10. Cook the mixture for another hour on simmer with a lid on
11. Serve the finished dish with rice

ONE-PAN FUSION BIBIMBAP



Kieran Chung '23 associates this dish with USA



Serves 4



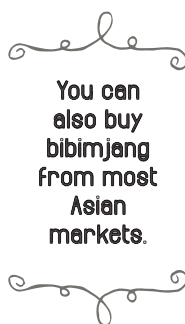
30 minutes

My family loves to eat Korean food, but there isn't a Korean market close by, and a lot of Korean food takes a long time to make. So, like a lot of Asian-American families, we've developed our own quick and easy recipes with ingredients we can get from the local grocery store. This is my favorite family meal, and we eat it almost every week.

I asked my grandmother, or Halmeoni, for help with the Korean translation and she spent the whole time saying our recipe was wrong, and you need to cook everything in separate elaborate ways, which is pretty much the most Korean thing one can do. So, if you want to make this dish in the most authentic way possible, have an elderly Korean lady standing over you the whole time telling you everything you're doing wrong. (Love you, Halmeoni.)

Bibimjang (spicy sauce)

1/4 cup gochujang (Korean red pepper sauce)
2 cloves garlic, minced
1/8 cup sesame oil
1/8 cup sugar
1/8 cup water
2 teaspoon vinegar



General

1 pound flap meat, or any kind of beef
Vegetables*
Cooking oil, salt, and pepper
4 large eggs
4 cups cooked rice
Sesame oil

Marinade

3 cloves garlic, minced
1 tablespoon ginger, chopped
1/4 teaspoon black pepper
1/4 cup soy sauce
1 tablespoon sesame oil
1/8 cup sugar, or to taste

-
- * Traditional bibimbap vegetables are bean sprouts, carrots, gosari (fernbrake), doraji (bellflower root), spinach, and radish. Most Asian markets sell these toppings together in a package, but you can use whatever vegetables you have on hand. My family usually uses one large bag of spinach or kale.

퓨전 비빔밥 (팬 한 개)



4 인 분



준비 + 요리: 30분

재료:

일반:

1파운드 살치살 혹은 불고기
야채*
식물성 기름, 소금, 후추가루
4 큰 달걀
4컵 밥 (요리된)
참기름

양념장:

3 쪽 마늘, 다진
1 큰술 생강, 다진
1/4 작은술 후추가루
1/4 컵 간장
1 큰술 참기름
1/8 컵 설탕

비빔장**

1/4 컵 고추장
2 쪽 마늘, 다진
1/8 컵 참기름
1/8 컵 설탕
1/8 컵 물
2 작은술 식초

* 보통 야채는 (숙주나물, 당근, 고사리, 도라지, 시금치, 무) 한국 시장에서 살 수 있습니다.

굳이 이 야채들이 아니더라도 아무 야채나 사용할 수 있습니다. 우리가족은 보통 큰 시금치나 케일을 사용하는 것을 좋아합니다.

** 비빔장은 시장에서 살 수 있습니다.

조리 순서

1. 재료들을 그릇에 담아 섞어 양념장을 만든다.
2. 고기에서 기름을 제거한 후 가늘게 자른다. 고기를 15분에 20분 동안 양념 한다.
3. 야채를 기름과 소금, 후추가루와 볶는다.
4. 고기가 익을때까지 기다린다.
5. 달걀을 스크램블 하거나 볶는다.
6. 모두 재료들을 참기름과 비빔장과 섞고 먹는다!

SĀN BĒI JĪ

三杯雞



Three Cup Chicken

Kara Duke '22 associates this dish with Taiwan



Serves 4 to 6



8 hours



The Foodie Insider / Creative Commons

1/4 cup Asian sesame oil
1 (1-inch) piece fresh ginger,
peeled and sliced thinly into
rounds
12 to 15 medium garlic cloves,
peeled
1 to 2 fresh Thai red chilies,
stemmed and halved

2 pounds skin-on chicken whole
drumsticks, halved thighs,
and/or wings split and the
joint, chopped into 3-inch,
bone-in pieces.
1/2 cup rice wine
1/4 cup soy sauce
1 tablespoon sugar
2 cups or 1 large bunch fresh
Thai basil leaves
Steamed white rice for serving

1. Heat the sesame oil in a large skillet or wok over medium-high heat to a simmer. Add the ginger, garlic, and chilis and cook until very fragrant, about 1 minute.
2. Add the chicken pieces to the skillet in a single layer and cook, tilting the pan if necessary to submerge all pieces in the oil, for 1 minute. Flip the chicken pieces and cook for another minute.
3. Add the rice wine, soy sauce, and sugar and bring to a boil, stirring to dissolve the sugar. Reduce the heat to a simmer. Partially cover the skillet to prevent splashes of oil and cook, turning the chicken pieces every few minutes, until the chicken is cooked through, about 15 minutes. Stir in the Thai basil, remove from heat, and serve immediately with rice.

MÁPÓ DÒUFU

麻婆豆腐 ♥ Mapo Tofu

Chris Robertson '24 associates this dish with China



Serves 4 to 6



30 minutes

My family originally ate this dish at a local Chinese restaurant, but we eventually wanted to try making it ourselves. After trying pre-made packets, we eventually figured out how to make it from scratch. Now we make this dish ourselves more often than we get it from the restaurant!

1/2 cup chicken broth
1/4 cup black bean paste*
1/4 cup soy sauce
Salt
Pepper (optional)*
2 packages tofu, cubed
2 tablespoons oil
1 pound ground pork

8 teaspoons garlic
8 teaspoons ginger
2 tablespoons cornstarch in
1/4 cup water
1 tablespoon sesame oil
Sliced scallions
Steamed rice



If you prefer the tofu to be spicy, as is traditional, use spicy bean paste or add pepper to taste.



1. Combine the chicken broth, bean paste, soy sauce, and salt in a bowl.
2. In a wok at high heat, add enough oil to coat the bottom.
3. Stir-fry the pork, using the remaining oil to prevent sticking.
4. Add garlic and ginger to the cooked meat until it's fragrant.
5. Stir in the sauce and bring it to a simmer.
6. Add in the tofu, gently stirring and folding the sauce to combine in the tofu.
7. Add the cornstarch mixture, boil it until thick.
8. Turn off the heat, add the sesame oil and scallions.
9. Serve the dish with rice.



Photo by Chris Robertson '24

KARNIYARIK

Karniyarik  Riven Belly

Sean Ozalpasan '25 associates this dish with Turkey



Serves 4



1 hour 15 minutes

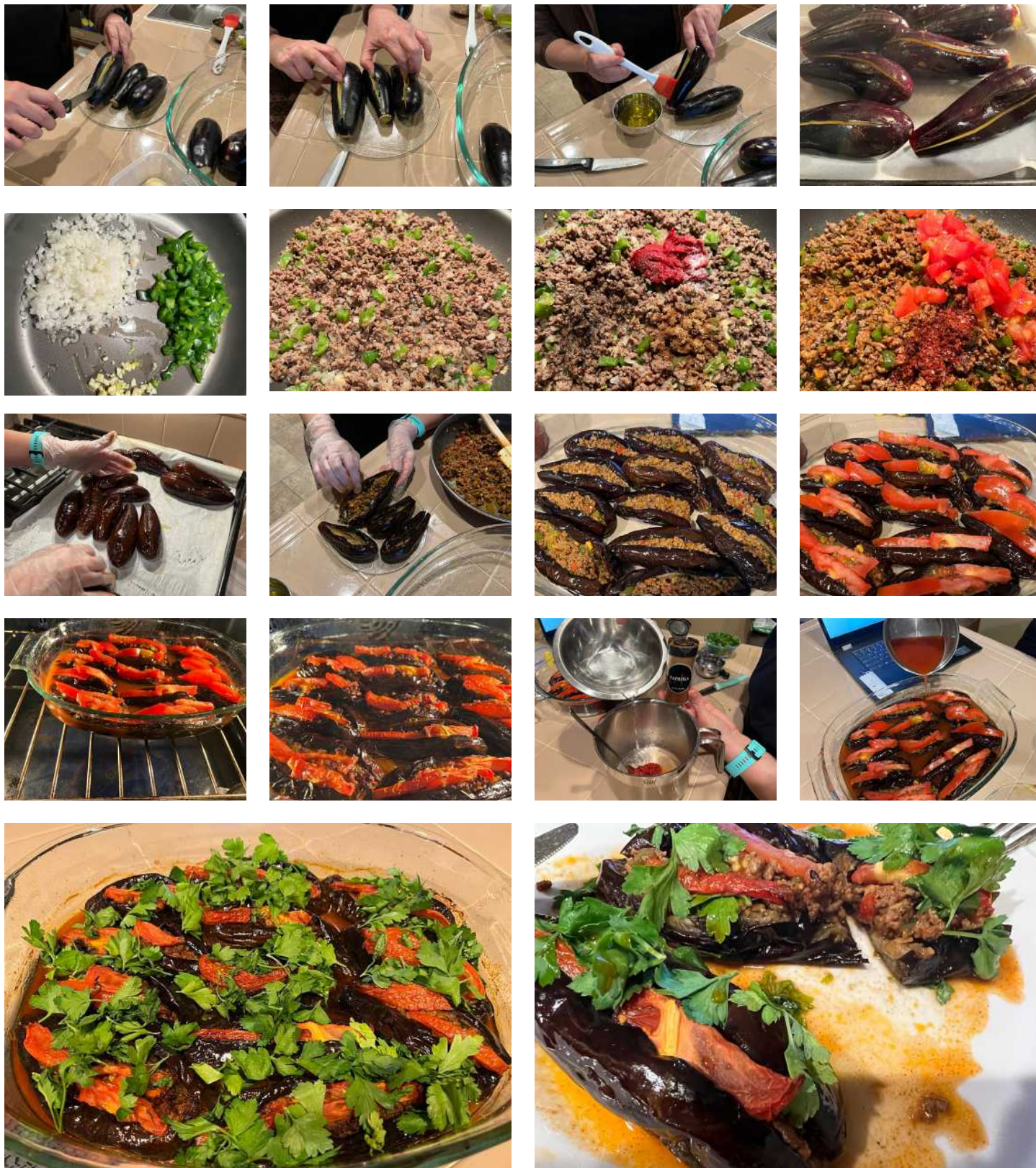
When my mother was a child, during the summer times her family used to spend time in their summer house planting veggies and sharing their harvest with neighbors. My grandfather planted eggplants which my grandmother used to cook Riven Belly. All the ingredients except the ground beef were grown in the garden. This tradition of growing and sharing our harvest has stayed in our family and my mother still cooks Riven Belly to this day. This recipe means sharing and being generous towards others.

6 small sized eggplants
10 ounces ground beef
1 onion
2 green peppers
2 tomato
2 tablespoon tomato
paste

1 teaspoon crushed red
pepper
1 clove of garlic
Half bunch of parsley
Cumin, salt and pepper
(to taste)
Olive oil

Sauce
2 tablespoon tomato paste
1 teaspoon paprika
1 1/2 cups of water

1. Remove the stems from each of the eggplants
2. Wash the eggplants and pat them dry with a paper towel
3. Cut the eggplants down the middle without breaking through the other side
4. Brush the eggplants with olive oil
5. Put the eggplants in the oven upon a piece of parchment paper for 25 minutes, roasting them at 375 degrees
6. You can, alternatively, deep fry them as well
7. While they are roasting, saute finely chopped onion, pepper, and grated garlic in olive oil in a separate skillet
8. Add in the ground beef and cook until it turns light brown
9. Stir in 2 tablespoons of tomato paste along with crushed red pepper, black pepper, salt, and cumin
10. Add in 1 tomato, making sure it has been cut into little cubes, and cook for 3 to 4 minutes
11. Take the eggplants out of the oven
12. Stuff the meat mixture into the open space in the eggplants
13. Take a tomato and green pepper and slice them, placing them on top of the eggplants afterwards



Photos by Sean Ozalpasan '25

To prepare the sauce:

14. Put the finished eggplants into a shallow dish
15. Stir together 2 tablespoons of tomato paste, 1 teaspoon of paprika, and 1 1/2 cups of water
16. Gently pour this mixture over the dish
17. Put the dish back into the oven and roast at 375 degrees until the tomato and pepper slices begin to turn brown
18. Once finished, take the dish out of the oven and sprinkle with the freshly-chopped parsley

RATATOUILLE



Julianna Ross '22 associates this dish with Monaco



Serves 2



40 minutes

Ratatouille is a French dish and definitely one of my favorite foods. When I first ate it in Monaco, where part of my family lives, I enjoyed it so much that I thought of recreating the recipe at home. The dish often reminds me of the Ratatouille film, which I found to be very cute and light-hearted. When I eat ratatouille, I feel comforted and like I am embracing my Monegasque identity and heritage.

Olive oil	1 zucchini
1 large eggplant	1 tablespoon fresh thyme
1 red bell pepper	3 roma tomatoes
1 yellow bell pepper	1/2 lemon, juiced
1 small white onion	Salt and pepper (to taste)
2 cloves garlic	1 tablespoon fresh basil
1 yellow squash	

1. Wash and cut the zucchini, eggplant, squash, tomatoes, red bell pepper, and yellow bell pepper in small cubes. Chop the onion and mince the garlic. Juice the lemon.
2. Heat some olive oil in a large skillet over medium heat. Add the eggplant, seasoned with salt and pepper, and cook for 5 to 10 minutes until golden brown and softened. Stir occasionally. When done cooking, remove from the skillet.
3. Pour more olive oil into the skillet. Add the bell peppers, stirring for 2 to 3 minutes so that they soften.
4. Then add the onions and garlic and stir for about 3 minutes, until the onions are soft and golden. Remove everything from the skillet.
5. Add the squash and zucchini to the skillet with salt and pepper, and cook for about 5 minutes.
6. Add the thyme, tomatoes, and lemon juice. Increase the heat to high and stir occasionally for about 2 minutes.
7. Add in the already cooked eggplant and bell peppers to the pan and mix. Then remove the pan from the heat and turn off the stove.
8. Serve hot, add some basil on top, and enjoy! Bon appetit!

Ratatouille

Ingédients

Pour 2 personnes

Huile d'olive

1 grande aubergine

1 poivron rouge

1 poivron jaune

1 petit oignon blanc

2 gousses d'ail

1 courge jaune

1 courgette

1 cuillère à soupe de thym frais

3 tomates Roma, bien mûres

1/2 citron, pressé

Sel et poivre

1 cuillère à soupe de basilic frais

Instructions

1. **Lavez et détaillez les courgettes, l'aubergine, la courge, les tomates, le poivron rouge et le jaune en petits cubes. Émincez l'oignon et écrasez l'ail. Pressez le citron.**
2. **Faites chauffer de l'huile d'olive dans une grande poêle à feu moyen. Ajoutez l'aubergine, assaisonnée de sel et de poivre, et cuisez pendant 5 à 10 minutes jusqu'à ce qu'elle soit brune dorée et adoucie. Remuez régulièrement. Après avoir fait cuire l'aubergine, retirez-la de la poêle.**
3. **Versez plus d'huile d'olive dans la poêle. Ajoutez le poivron rouge et le poivron jaune en remuant pendant 2 à 3 minutes pour qu'ils adoucissent.**
4. **Ensuite ajoutez les oignons et l'ail et remuez environ 3 minutes, jusqu'à ce que les oignons soient colorés et doux. Retirez tout de la poêle.**
5. **Ajoutez la courge et les courgettes à la poêle avec du sel et poivre et cuisez-les environ 5 minutes.**
6. **Ajoutez le thym, les tomates et le jus de citron. Augmentez la chaleur à haute température et remuez occasionnellement pendant 2 minutes.**
7. **Ajoutez l'aubergine déjà cuite et les poivrons à la poêle et mélangez. Puis retirez la poêle de la chaleur et éteignez le four.**
8. **Servez chaud, ajoutez du basilic et savourez! Bon appétit !**



Desserts

BUTTER MOCHI

Sasha Lee '24 associates this dish with Hawaii



Yields 16 pieces



2 hours

Butter mochi is a Hawaiian take on traditional Japanese mochi, a dessert made of glutinous rice flour. My maternal side immigrated to Hawaii from Japan, so my grandma and mom grew up eating the dessert and make it mostly during the summer months.

1 (1 pound) box mochiko flour
(glutinous rice flour)
2 cups granulated sugar
1 teaspoon baking powder
1/2 cup butter, melted and

slightly cooled
1 (13.5 ounce) can coconut milk
5 eggs, beaten
1 teaspoon vanilla

1. Preheat the oven to 350°F. Grease a 9x11-inch pan.
2. In a large bowl, combine the mochiko flour, sugar, and baking powder.
3. In another bowl, combine the butter, coconut milk, eggs, and vanilla.
4. Mix the wet ingredients with the dry ingredients until they are well combined.
5. Pour the mixture into the greased pan and bake for 1 hour until it is golden brown.
6. Cool the mochi for at least 30 minutes, then cut it into squares using a plastic knife coated in a bit of mochiko flour to prevent sticking.



Printed with permission of Chef Gemma Stafford, Bigger Bolder Baking

GLYKÓ TRIANTÁFYLLO

Γλυκό Τριαντάφυλλο  Rose Petal Spoon Sweet

Mia Karathanasis '22 associates this dish with Greece



Yields 1 (8-ounce) jar



**30 minutes cooking,
preparation 2 days ahead**

I first came across spoon sweets when visiting a relative on the Greek island of Andros, in the beautiful Cyclades Aegean island chain. There are many different kinds of spoon sweets, and they can be eaten alone or with something else. My favorite way to eat this rose petal spoon sweet is mixed with Greek yogurt. Eating this dessert reminds me of my family and of summer.

.....

3 1/2 ounces rose petals
21 ounces sugar
7 ounces water (divided)
Juice of 1 lemon

.....



**"I love to eat
triantafyllo
with Greek
yogurt.
I put an
approximate
3:1 yogurt to
rose ratio,
but you can
change this
depending on
how sweet
you like it!"**



1. Remove the rose petals from the rose.
2. Carefully wash the rose petals, then dry them on a paper towel. (I find that removing the white parts of the petal, as in the part closest to the pistil, bears better results.)
3. Optional: with kitchen scissors, cut the petals in half.
4. In a large bowl, combine the petals, sugar, lemon juice, and 2 ounces of water.
5. Mix thoroughly, bruising and mashing up the petals.
6. Cover the bowl with a lid or plastic wrap, and leave it in the refrigerator for up to two days.
7. Transfer the petal mixture to a pot. Add 5 ounces water to the petal mixture.
8. Stir the mixture on the stove, at low heat, until the sugar is completely melted (do not boil the mixture).
9. Increase the heat and simmer the mixture for at least 30 minutes. Do not mix. You will notice the sides of the pot begin to be coated with syrup; do not scrape the syrup. When the petals are mostly translucent, the spoon sweet is done.
10. Fill the spoon sweet into sterilized jars. Let it cool a bit before putting it in the fridge to avoid temperature shock.
11. When the spoon sweet is cooled, enjoy!



Photos by Mia Karathanasis '22



Holiday Dishes

FRUITCAKE

Owen Huang '24 associates this dish with USA



Yields 1 cake



**20 minutes prep,
2 hours bake,
1 day rest**



pixel1 / Creative Commons

2 cups unsweetened applesauce	1/4 teaspoon nutmeg
2 teaspoons baking soda	1 pound golden raisins
3/4 pounds light brown sugar	1 pound fruit cake mix
1/2 to 3/4 cups oil	6 ounces packaged red cherries
3 cups flour	6 ounces packaged green cherries
1 teaspoon salt	1 cup chopped walnuts
1 teaspoon cinnamon	
1/2 teaspoon ground cloves	

1. Dredge the fruit, raisins, and walnuts in 1 cup of flour.
2. Mix the remaining flour with salt, cinnamon, cloves, and nutmeg.
3. Warm the applesauce to lukewarm, adding baking soda and mixing well. Then add brown sugar and oil to the applesauce.
4. Mix together with the other dry ingredients and pour over the fruit, mixing very well.
5. Line 2 loaf pans with parchment and turn the mixture into the pans.
6. Bake at 275 degrees for 2 to 2 1/4 hours. Place a pan of water on the lower oven rack.
7. After baking, let the fruitcakes rest in the pan for 24 hours before removing and consuming.

NORTH AFRICAN HAROSET

World Languages Teacher Simona Ghirlanda associates this dish with Tunisia



2 large plates



2 hours

This is just a tentative recipe to make my Tunisian HaroSET. I say "tentative" because I don't really follow it. I tend to follow my heart, which means that every year I change something. The quantity of ingredients below is meant for 2 seders (2 large plates) and a couple of smaller bowls for gentile friends who appreciate this flavor. I don't work with cups, therefore the quantities are expressed in glasses (water glasses). This year every ingredient I used was organic. The Cuisinart can take care of all the chopping (apples and dry fruit included) which is relevant. It will take some time anyway.

8-9 juicy peeled apples
1 teaspoon of cinnamon
8 boiled egg yolks
Juice of 8 lemons
2 medium-sized very ripe bananas
Lemon zest
3-4 chopped dates
~8 glasses of organic brown sugar

~8 glasses of chopped raw and unsalted almonds, walnuts, pecans
~8 glasses of chopped raw and unsalted pistachios and cashews
~2 glasses of chopped black mission figs
~2 glasses of chopped organic raisins
pine nuts, for garnish (optional)

In a large mixing bowl, put all the chopped dry ingredients (i.e. nuts, raisins, dates, sugar). Chop the apples and add the cinnamon. After coating the apples with cinnamon, add the lemon juice and lemon zest right away so that the apples don't turn brown. Add the figs, apples, bananas, and egg yolks to the large mixing bowl. Mix everything together. Add pine nuts on top for decoration.



Photos by Helen Goldrein of family-friends-food.com

BUÑUELOS

Adapted from Erica Dinho's recipe on mycolombianrecipes.com

Sophia Rascoff '23 associates this dish with Colombia



Yields 24 pieces



45 minutes

Every year around Christmas my family makes these buñuelos! They're super fun to make and absolutely delicious. It's become a tradition for us that we all make them together on Christmas eve. We've used a few different recipes, but this one is relatively simple and tastes great.



Vegetable oil for frying
3/4 cup cornstarch
1/4 cup yucca flour or tapioca starch
1/4 teaspoon baking powder
1 cup finely grated Feta cheese

1/2 cup finely grated queso fresco or fresh farmer cheese
2 eggs
2 tablespoons sugar
Pinch salt



1. Place all the ingredients, except the oil in a medium bowl and mix well using your hands until soft dough is obtained.
2. Form small balls using your hands.
3. In a deep pot, heat the vegetable oil to 300 degrees (warm, not very hot). Carefully drop the balls in the warm oil. Cover the pot and after about 3 to 4 minutes, turn the heat up and fry until golden brown.
4. Remove from the oil and drain on a plate lined with paper towels. Serve warm.



Photos by Sophia Rascoff '23

LA GALETTE DES ROIS

King's Cake

World Languages Teacher Amandine Nélaton associates this dish with France



Yields 1 cake



30 minutes

The Galette des Rois (King's Cake in English) is a cake that is traditionally shared on January 6, the day of Epiphany.

Composed of a puff pastry, in which is hidden a "fève" (a trinket), it is generally filled with frangipane, a cream made from sweet almonds, butter, eggs and sugar.

Originally a religious tradition, it has become a popular family tradition nowadays. The family tradition is that we get together to cut the "galette". The youngest child stands under the table and designates the guests who receive their piece of cake. A cardboard crown is supplied with the cake. Whoever finds the fève is crowned and chooses their queen or king for the year.

2 puff pastries
5 ounces sweet almond powder
3 1/2 ounces of sugar
2 1/2 ounces softened butter
2 eggs
1 egg yolk
1 fève (trinket)

1. Place the first puff pastry in a pie pan.
2. Prick the pastry with a fork.
3. In a bowl, mix the ground almonds, sugar two eggs and softened butter.
4. Place the dough in the pie mold and hide the fève (trinket) inside.
5. Cover the second puff pastry, sticking the edges well.
6. Make designs on the top of the cake by lightly scoring.
7. Brush with the egg yolk.
8. Bake for 20 to 30 minutes at 400 degrees.



"This is my
 nephew
 celebrating
 the feve
 find at my
 mother's
 home in
 France."

MADE
WITH
LOVE

HARVARD
WESTLAKE
S C H O O L