

FUB*i*S 2008

Freie Universität



Berlin

International Cookbook

- a compilation of FUBiS' favorite recipes -

FUBiS FAVORITE RECIPES

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Berlin, February 19, 2009

Dear FUBiS Alumni,

Last year we decided to start a new FUBiS project that would highlight the internationality of the FUBiS community. Perhaps you still remember that we asked you, as a FUBiS participant, to send us a traditional recipe from your home country or region or just your favorite recipe.

Some of you remembered to do that – thank you! We have now translated and compiled these recipes in the FUBiS International Cookbook. A few members of the FUBiS Team have also substituted recipes that they would like to share with you.

Unfortunately, we were not able to include your pictures due to copyright regulations. But maybe that is not so bad: now you have more room for creativity and do not have to worry about getting the dish to turn out picture perfect.

We have just one tip for you: when you have chosen a recipe you would like to try out, make sure to read through the entire recipe before you start cooking. You will spare yourself a good amount of kitchen chaos!

Have fun cooking, eating and reminiscing about your FUBiS experiences!

Best wishes,

Your FUBiS Team

Flour and Powdered Sugar

1/8 cup = 15 grams
 1/4 cup = 30 grams
 1/3 cup = 40 grams
 3/8 cup = 45 grams
 1/2 cup = 60 grams
 2/3 cup = 75 grams
 3/4 cup = 85 grams
 1 cup = 120 grams

Butter and Sugar

1/8 cup = 30 grams
 1/4 cup = 55 grams
 1/3 cup = 75 grams
 3/8 cup = 85 grams
 1/2 cup = 115 grams
 2/3 cup = 150 grams
 3/4 cup = 170 grams
 1 cup = 225 grams

- To convert **ounces (oz)** to **grams (g)**: multiply by 28.
Example: 4 oz x 28 = 112 g
- To convert **pounds (lbs)** to **kilograms (kg)**: multiply by 0.45.
Example: 2 lbs x 0,45 = 0,9 kg or 900 g.
- 1 **teaspoon (tsp)** = 5 **milliliters (ml)** when you are dealing with fluid ingredients.
- 1 **tablespoon (tbsp)** = 15 **milliliters (ml)** when you are dealing with fluid ingredients.
- 1 **fluid ounce (fl. oz.)** = 30 **milliliters (ml)**.
Example: 15 fl. oz. x 30 = 450 ml
- To convert **cups (c)** to **liters (l)**: multiply by 0.24. (For fluid ingredients only!)
Example: 3 c water x 0,24 = 0,75 l or 750 ml
- 1 **pint** = 0,47 Liter
- 1 **quart** = 0,95 Liter
- 1 **gallon** = 3,8 Liter
- To convert degrees fahrenheit to degrees celsius, first subtract 32 from the fahrenheit number and then multiply this number 5/9 (five-ninths).

Example:s

325° F = 162° C
 350° F = 175° C
 375° F = 190° C
 400° F = 205° C

425° F = 218° C
 450° F = 233° C
 475° F = 246° C



HUNGARY

MEAT-STUFFED HORTOBAGY PANCAKES (HORTOBAGY PALACSINTA)

Submitted by Rita Wittner
FUBiS Summer 2008

BACKGROUND

This is a traditional, often prepared Hungarian appetizer. It is a combination of Hungarian Pörkölt (meat stew) and Hungarian Palacsinta (thin pancake, often a type of dessert, but for this recipe salty rather than sweet pancakes are used).

INGREDIENTS

- 400 g veal or lean pork
- 1 large onion
- 1 green banana pepper
- 1 tomato
- 50 g smoked pork fat
- Paprika spice
- Salt
- 30 ml sour cream
- Salty Palacsinta dough

PREPARATION

1. Bake the salty „Palacsinta“ dough into thin pancakes.
2. To prepare the Pörkölt stuffing: sauté the diced smoked pork fat and onion in a pan until soft. Remove the pan from the stove and add the paprika spice.
3. Dice the meat, banana pepper, and tomato and add it to the pan. Add some salt and return the pan to the stove. Cover and cook until soft.
4. Remove the meat from the sauce and cut it into even smaller pieces. Add the sour cream to the sauce and bring the sauce to a boil.
5. Add part of the sauce to the meat and then fill the Palacsinta („pancakes“) with the meat/sauce mixture and then fold them shut.
6. Place the stuffed pancakes in a casserole, pour the remaining sauce over them, and then heat everything in a pre-heated oven for a few minutes.
7. Serving suggestion: two stuffed pancakes per person with a bit of parsley on top.

BRASIL

TACAÇA

Submitted by Livia Oliveira
FUBiS Winter 2008



Background

The food in Belém (Northern Brasil) is quite traditional, flavorsome, and - with its dizzying variety of fish and fruit - particularly diverse. The exotic spices lend a special touch to the various dishes.

"**Tacacá**" is probably the most popular dish in the state of Pará. It is a hot broth made of "Tucupi" (a juice that is pressed out of the Maniok-root and that comes from the Indian cuisine), sun-dried shrimps and "Jambu" leaves (an "alkoholoid" whose active substance causes one's tongue to tremble). The Jambú leaves lend the Tacacá a distinctive taste, which ones learns to like after several tries - and then one has fallen for the Tacacá. Spicy Tucupipimento and grated Maniok can be added to the Tacacá to make it as spicy as you like. Tacacá is served in calabash gourd. This refreshment can be found in all the kiosks in public squares and street corners. Many people drink the burning hot broth even in the warmest summer weather and under the midday sun! Tacacá, which originated in the Indian cuisine, is a specialty that one only finds in Amazonia.

THAILAND



SOM TAM THAI WITH KOHLRABI

Submitted by Rachawalan Kitika
FUBiS Summer 2008

BACKGROUND

Som Tam is a spicy papaya-salad, mainly consisting of pestled (crushed) vegetables. The dish originated in Laos and is also common in the north-eastern Thai region of Isaan. The main ingredients are unripe papaya, chili, garlic and lime, which are ground with a pestle. A fish sauce or Pla Raa is then added to the ground salad. Black-eyed peas (or cowpeas), tomato and roasted peanuts can also be added. In another variation, Som Tam Thai is prepared with fried bacon, raw spinach, goa beans and cabbage. It is often served with grilled chicken.

INGREDIENTS

- 1 garlic clove
- 1 fresh (or dried) chili pepper (use 2 chili peppers for extra spice)
- 1 piece (about 3 x 3 cm) of palm sugar
- Juice from 1/2 lemon or lime
- Thai fish-sauce
- 1 - 2 kohlrabis, depending on the size
- 1/2 tomato, diced in 1 x 1 cm cubes
- 1 handful of plain peanuts (Salted peanuts from the can work, too, if you don't have plain ones.)

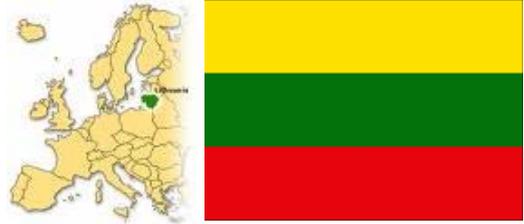
PREPARATION

1. In a mortar crush the garlic clove and chili pepper. Then add the lemon and the crushed palm sugar and stir until the sugar has completely dissolved. Add about two tablespoons (depending how spicy/salty you like your food) of the fish sauce.
2. Now cut the Kohlrabis into strips (a Julienne-cutter works well for this), dice the tomato and roast the peanuts in a pan. Finally, mix the kohlrabi, tomato and roasted peanuts with the fish-sauce dressing. (You can always add a bit more fish-sauce and/or palm sugar if you would like.)
3. This salad goes well with Thai curries. Enjoy!

LITHUANIA

CEPELINAI OR DIDZKUKULIAI

Submitted by Ruta Zukaityte
FUBiS Winter 2008



BACKGROUND

This dish is really filling and heavy, as Lithuanian peasants used to eat a lot to be able to work well. Now many people still like it a lot and treat all visitors coming to Lithuania with it.

INGREDIENTS

- 15 big raw potatoes
- 5 big boiled potatoes
- 400-500 grams of ground beef, pork or a mixture of both
- 1 onion
- Ground black pepper
- Salt

PREPARATION

1. You need to grate the raw potatoes, and then squeeze out excess liquid from them through cheesecloth. Let the starch settle to the bottom of the liquid, then pour the liquid off and add the starch back to the potatoes. Peel and mash the boiled potatoes, then add them to the grated ones. Add a dash of salt and knead the mass well.
2. Take approximately egg-sized pieces of this mixture and form them into patties. Place spoonfuls of the previously prepared filling (meat, onion, ground pepper and salt) into the center of the patties. Most often a filling is made from ground beef or pork. Close the patties around the filling and form them into egg-like shapes.
3. Place the *cepelinai* in salted boiling water and cook for approximately 20-30 minutes. Carefully stir the pot so that *cepelinai* do not stick to the bottom. *Cepelinai* are eaten with bacon, or melted sour cream and butter sauce. This dish is very filling, and was traditionally only served for guests or during heavy work seasons.

GERMANY



STUFFED BELL PEPPERS

Submitted by Sophia Krause
FUBiS Program Coordinator

INGREDIENTS (FOR 4 PEOPLE)

- 4 large red or yellow bell peppers
- 1 kg ground meat
- 300 ml broth (e.g.: beef broth)
- 1 onion
- 1 egg
- 2 teaspoons sugar
- 2 teaspoons paprika spice
- Salt, pepper

PREPARATION

1. Wash the peppers and remove the seeds. Chop the onion into small pieces.
2. In a large bowl combine the onion, egg, sugar, paprika spice, salt and pepper with the ground meat. Then stuff the peppers with the meat mixture.
3. Sauté the bell peppers (whole) in a pan with oil for about 10 minutes, regularly turning the peppers over so that all sides are evenly heated.
4. Place the peppers in a casserole dish, pour the broth into the dish and bake at 200 degrees Celsius for about 1 hour, until the peppers are soft.
5. Before serving, stir the broth well. If you like your food spicy, place a jalapeño pepper in the dish for about 15 minutes at the end of the baking time. Serve with rice or potatoes.



CHINA

EGG YOLK MUSK PUMPKIN

Submitted by Xinru Qiao
FUBiS Summer 2008



BACKGROUND

Musk pumpkin is known for its medicinal properties. It has been known to reduce blood sugar and lipid levels. Its detoxifying properties are beneficial for the liver, kidneys, intestinal lining and digestive process. It is also thought to help keep skin moist.

INGREDIENTS

- 250 g fresh musk pumpkin
- 2 cured duck eggs
- Oyster sauce
- Garlic
- Salt

PREPARATION

1. Sauté the garlic in a wok with vegetable oil. Then add the musk pumpkin and quickly sauté it (about 2 minutes).
2. Gently cook the pumpkin in boiling water until it is soft (about 10 minutes).
3. Add the salt and oyster sauce to the pumpkin.
4. Then add the yolks of the two cured duck eggs to the pumpkin and cook with the pumpkin, gently crushing the egg yolks. Stir the egg yolks into the pumpkin so that they are evenly distributed.
5. Continue to cook the pumpkin-egg mixture until all of the water has evaporated. Garnish with finely chopped leeks.

GERMANY**POTATO-GRATIN WITH APPLE AND CAMEMBERT**

Submitted by Kristina Rödder
FUBiS Program Coordinator

INGREDIENTS (FOR 4 PEOPLE)

Base:

- 800 g potatoes
- 2 apples (about 400 g)
- 200 g camembert

Sauce:

- 100 g cream
- 2 eggs
- 1 teaspoon paprika spice
- Salt and pepper

PREPARATION

1. Clean the potatoes and then cook until soft (about 20 - 30 minutes, or a bit longer, depending on the kind of potato you use).
2. While the potatoes are cooking, wash the apples and cut them into quarters. Remove the core and cut the apples into thin slices. Then cut the camembert into slices.
3. Whisk the cream, eggs, and paprika spice together. Season with salt and pepper.
4. Peel the cooked potatoes and cut into slices. Layer the potatoes, apples, and camembert like tiles in a casserole dish. Pour the cream mix over the gratin.
5. Place the gratin on the center rack of the oven and bake at 200° Celsius for about 30 minutes until golden-brown. Serve with cranberry sauce.

GERMANY



GULASCH

Submitted by Sophia Krause
FUBiS Program Coordinator

INGREDIENTS

- 1 kg gulasch meat (pork and beef)
- 500 g onion
- Salt, pepper, thyme and paprika spice
- canned mushrooms
- margarine

PREPARATION

1. Cut the gulasch meat into bite-sized pieces, removing fat if needed. Sauté the meat with margarine, then add the coarsely chopped onions. When the onions have browned, add salt and pepper.
2. Add boiling water little by little to the meat. Each time you add water, wait until most of it has evaporated before adding more water. When you have done this 2 or 3 times, add as much water as needed, depending on how much sauce is desired. Add the paprika spice, thyme and canned mushrooms to the meat.
3. Simmer for 2 hours, making sure to add water every now and then. Serve with potatoes, noodles or rice.



GERMANY**POTATO-CURRY WITH PUMPKIN**

Submitted by Kristina Rödder
FUBiS Program Coordinator

INGREDIENTS

- 125 g cashews
- 1 kg pumpkin (about 800 g peeled)
- 300 g yellow bell peppers
- 4 chili peppers
- 200 g onions
- 2,5 garlic cloves
- 750 g starchy potatoes
- 40 g butter
- 3,5 tablespoon curry
- 2 teaspoon salt
- Lemon zest from one untreated lemon
- Ginger root
- 2 tablespoons crème fraîche
- 2 tablespoons chopped lemon balm
- lemon balm leaves for garnish

PREPARATION

1. Roast the cashews in a pan without oil until golden brown, turning them over ever so often so that they roast evenly. Set aside.
2. Peel the pumpkin, remove the soft center and seeds, and cut it into 1.5 cm cubes.
3. Cut the bell peppers into quarters and remove the seeds and membranes. Cut the bell pepper quarters into 1-cm-wide strips and then cut them diagonally so that the pieces have the shape of a diamond. Cut open the chili peppers length-wise, remove the seeds and the membranes, wash, and chop finely.
4. Wash the potatoes well and then cut them (with the skin) into 1 - 1.5 cm cubes.
5. Melt the butter in a wide pot and sauté the onions, garlic and potatoes over medium heat for 5 minutes, stirring occasionally .
6. Add the curry, stirring well. Then add the salt and 200 ml water, cover and let simmer for 5 minutes.
7. Add the pumpkin, bell peppers and chili peppers to the potatoes and cook for 10 more minutes. The vegetables should still have a little crunch.
8. Add the lemon zest, lemon juice, ginger, crème fraîche, lemon balm and cashews to the curry and season to taste. Use the rest of the lemon balm leaves to garnish.

HUNGARY



HUNGARIAN RÉTES (STRUDEL)

Submitted by Rita Wittner
FUBiS Summer 2008

BACKGROUND

This strudel is a Hungarian peasant cake prepared on days of celebration. The name „Rétes“ comes from the Hungarian word for „layer.“ The dough is folded several times, creating several layers, hence the name. This cake used to be a part of every celebration feast in the Hungarian lowlands. Today, it is prepared all over Hungary. It is similar to the Vienna Strudel, except it is a bit thinner. It can be prepared with a variety of different fillings (curd cheese, poppy seed, walnuts, fruit, etc.).

INGREDIENTS FOR THE DOUGH

- 50 g good-quality flour
- 1 egg
- 40 ml luke-warm water
- 1 tablespoon butter
- salt

FILLING SUGGESTIONS

Walnut filling:

- 150 g ground walnuts
- 150 g granulated sugar
- 2 tablespoons whipping cream

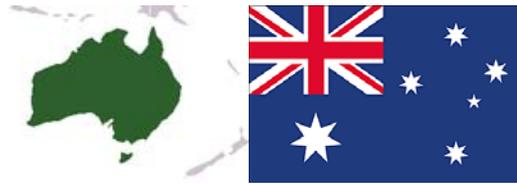
Cherry filling:

- 500 g cherries (pitted)
- 100 g dried bread crumbs
- 100 g granulated sugar

PREPARATION

1. Knead the ingredients for the dough into a soft, elastic dough. (This will take about 15 minutes.) Split the dough in half and then form two smooth balls. Brush a bit of butter around the balls, place them in a warm pot or dish, and cover them with a lid. Let the dough sit for about 20 minutes.
2. Spread a white tablecloth onto a table and sprinkle it with flour. Then place one of the dough balls in the center of the table and stretch it from the center outwards until the dough covers the entire table. Cut off the thick sides and brush the dough with a thin layer of butter. Let the dough dry a bit and then add the filling. Repeat with the second dough ball.
3. Sprinkle bread crumbs and then the filling over $\frac{1}{3}$ of the dough. Slowly pull the table cloth from underneath the dough, which should then start to loosely roll itself. Cut the long strudel into smaller pieces and place them onto a baking sheet with baking-paper, leaving enough space between the strudels. Place the strudels in the oven pre-heated to 180° Celsius and bake until the top layer becomes crispy. Cut the strudels into smaller pieces, sprinkle with powdered sugar, and serve.

AUSTRALIA



LAMINGTONS

Submitted by Bao Nguyen
FUBiS Winter 2008

BACKGROUND

Lamingtons are small squares of plain cake, dipped in melted chocolate and sugar and coated in desiccated coconut. They are said to have been named after Baron Lamington, a popular governor of Queensland from 1896 to 1901. Whilst the origin of the name for the lamington cake cannot be accurately established, there are several theories. One of these theories is that it was originally the slang term for the homburg hat, worn by Baron Lamington, and these cakes were named for him. Another theory is that they were named after Lady Lamington, the wife of the Governor.

INGREDIENTS

Cake

3 eggs
1/2 cup castor sugar
3/4 cup self-raising flour
1/4 cup cornflour
1/2 oz butter
3 tablespoons hot water

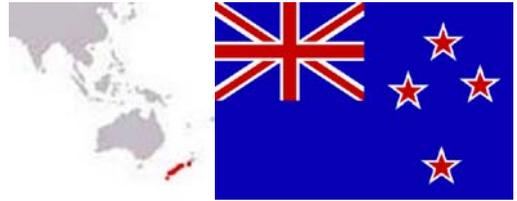
Chocolate Icing

3 cups desiccated coconut
1 lb icing sugar
1/3 cup cocoa (extra cocoa can be added, according to taste)
1/2 oz butter
1/2 cup milk

PREPARATION

1. *Cake:* Beat the eggs until thick and creamy. Gradually add the sugar and continue beating until it is completely dissolved. Fold in the sifted self-raising flour and cornflour, then the combined water and butter. Pour the mixture into prepared lamington tins 18 cm x 28 cm (7 in x 11 in). Bake in moderate oven for approximately 30 minutes. Let the cake stand in the pan for 5 minutes before turning it out onto a wire rack.
2. *Icing:* Sift the icing sugar and cocoa into a heatproof bowl. Stir in the butter and milk. Stir over a pan of hot water until the icing is smooth and glossy.
3. *Preparation:* Trim brown top and sides from the cake. Cut into 16 even pieces. Holding each piece on a fork, dip each cake into the icing. Hold it over a bowl for a few minutes to drain off excess chocolate. Toss in coconut or sprinkle to coat. Place the cakes on an oven tray to set.

(*Note:* The cake is easier to handle if made the day before. Sponge cake or butter cake may be used, too. The Lamingtons may be filled with jam and cream.)

NEW ZEALAND**COTTAGE CHEESECAKE WITH LEMONCELLO**

(Italian pastry)

Submitted by Jacqueline Barber

FUBiS Winter 2008

INGREDIENTS (Serves 10-12)*Pastry*

- 70 g butter, cut into cubes
- 350 g plain flour
- 100 g sugar
- pinch of salt
- 100 ml olive oil
- 70 ml water

Filling

- 1.5 kg cottage cheese or handmade ricotta (or combination)
- 6 eggs
- 125 g butter, melted
- 1.5 cups sugar
- 1/2 cup lemoncello (lemon zest and juice)
- 1 cup flour
- 1 cup mixed peel
- 1/2 cup dried apricots
- 1 cup sultanas

PREPARATION*Pastry:*

1. Rub butter into the flour, sugar and salt.
2. Then add oil and water to make a smooth dough.
3. Grease a 26cm spring-form cake pan and line base and sides with the pastry. Refrigerate while preparing the filling.

Filling:

1. Place cottage cheese in a mixing bowl and beat for 1 minute.
2. Add the ingredients in the order listed, blending well after each addition, but fold in the dried fruit carefully.
3. Pour into the prepared pastry case. Bake at 180°Celsius for 60 - 80 minutes until set.



GERMANY

„KALTER HUND“ („COLD DOG“)

Submitted by Kristina Rödder
FUBiS Program Coordinator

INGREDIENTS

- 250 g coconut fat (e.g. „Cofha“)
- 125 g powdered sugar
- 2 eggs
- 4 teaspoons vanilla sugar
- 50 g cocoa powder
- 1– 2 teaspoons rum aroma
- 250-300 g shortbread biscuits (the Leibniz Butter Cookies kind)

PREPARATION

1. Melt the coconut fat and then combine it in a bowl with the powdered sugar, eggs, vanilla sugar, cocoa and rum aroma.
2. Line a cake tin / loaf pan with parchment paper. Layer the ingredients in the tin, alternating one row of cocoa-mixture, one row of biscuits, starting with the cocoa mixture and ending with a layer of biscutis.
3. Refrigerate for several hours.



GERMANY

EXOTIC RICE-PUDDING TORTE

Submitted by Dorothee Mackowiak
Student Advisor, Summer 2008

INGREDIENTS

Crust:

- 50 g cold butter
- 150 g flour
- 3 tablespoons sugar
- 1 egg yolk

Other

- Spring form, baking paper/parchment
- Dried beans for pre-baking

Cake:

- 1 lime
- Fruit, for example: 1 mango,
1 papaya, peaches, or apricots
- 100 g canned pineapple
- 350 ml milk
- 120 g short-grain rice (as for rice pudding)
- 50 g sugar
- 4 teaspoons vanilla sugar
- 6 leaves of gelatin
- 200 g whipping cream
- 1/4 l orange juice
- 1 packet of light cake glaze

PREPARATION

1. Crust: Cut the butter into small pieces and combine with the other crust-ingredients. Press the dough into the bottom of the spring form. Set aside to cool for 1 hour.
2. Pre-heat the oven to 180° Celsius. Line the crust with the baking paper and then cover the baking paper with dried beans or lentils to hold paper and crust down while pre-baking. Pre-bake the crust for 15 minutes. Remove the beans and baking paper and return the crust to the oven for 10 more minutes. Then set aside to cool.
3. Wash the lime with hot water, grate the lime zest, and squeeze out lime juice. Then cut the other fruit into small pieces and combine with the lime juice.
4. Bring the milk and lime zest to a boil, then add the rice and let it soak up the milk for 25-30 minutes over low heat. In the last 5 minutes add 30 g of sugar plus the vanilla sugar. Soak the gelatin in cold water for 5 minutes, press the water out and then one by one stir the gelatin leaves into the rice pudding. When all the gelatin has been dissolved, remove the rice pudding from the stove and let it cool.
5. Whisk the whipping cream until stiff peaks form. When the rice pudding has become firmer, add the fruit with lime juice. Then fold in the whipped cream. Evenly spread the rice pudding over the crust and place the torte in the refrigerator.
6. Bring the orange juice, 20 g sugar and the cake glaze to a boil (following the directions on the cake glaze package). Let it cool slightly and then spread it over the rice pudding torte. Refrigerate the torte for at least 2 hours.