ESOL
INTERNATIONAL CUISINE

FALL 2011

ESOL

English for Speakers of Other Languages.
Since 1965 First Coast Technical College
has assisted many immigrants from
around the world to learn english.
International cuisine is as much a part of our American heritage
as Apple Pie (Apple Pie in fact originated in Europe).

For more information on our ESOL program
email: esol@fctc.edu
website: www.fctc.edu

ESOL CULINARY TALENTS

Catalina Arboleda
Sandra Ardila
Arturo Contreras
Manju Crawford
Nohemy Gutierrez
Vasylyna Halat
LiFang He
Shun Lin
Carlos Lopez
Gabriela Lopez
Lourdes Messer
Elena Smith
Maria Sorto
Celina Uzategui
Qui Xia

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Colombian Corn Cakes Sandra Ardila

COLOMBIA

Ingredients:

Dough:

2 1/2 cups Water(warm)

2 cups Corn Meal

1tsp salt

Chicken Filling:

2 Chicken Breasts

3-4 Tbl Mayonnaise

1 Tbl Cilantro

12 tsp of Paprika

1 tsp cumin

Salt&Pepper

Directions:

For the Dough: In a large bowl or mixer add water, salt and slowly add the corn meal, kneading until smooth and firm. Divide into 4 inch balls, flattening to 1/2 inch thick and placing into hot frying oil cooking 2-3 minutes each side. Once finished remove and place onto plate with paper towel.

For the Chicken: Add all ingredients to 1 quart of water and bring to gentle boil, cooking till chicken is fully done (30min) and remove to cool. Onced cooled down, shred the chicken by pulling apart. In a bowl place chicken, mayo, chopped cilantro, and seasoning tossing till combined.Split the cakes in half and fill with a generous spoonful of chicken. Enjoy.

GUACAMOLE Arturo Contreras

Ingredients:

2 Large Avocados
1 Clove of Garlic
1 Red Onion
2 Jalapeno
1-2 cups of Water
1 small handful Cilantro
Dash of Tabasco
Salt & Pepper

Directions:

Split the avocados in half removing the seed and scooping the pulp into a blender. Toast the jalapeno under a broiler till it brown or black peeling of the skin, cut in half and remove the seeds. Add garlic, onions, jalapeno, salt and pepper to the blender and blend while gradually adding water for desired consistency.

MEXICO

PUPUSAS Maria Sorto

Ingredients:

Dough:

2 lb. Corn Flour

16oz warm Water

2oz melted Butter

Pinch of Salt

Filling:

1 White Onion small Diced

$1^{1/2}$ cups Mozzarella

1 lb. ground pork

Salt & Pepper

Directions:

For the Dough:

In a mixer with a paddle attachment, combine water and flour, mix thoroughly till dough forms, adding more or less water if needed. Let rest for 1/2 an hour. Lightly moisten hands and break off enough dough for a 2" ball, using your thumb make a deep well in the center(or a bowl), spooning in the finished filling, seal the top re-forming the ball and flatten in a 5" circle.

For the Filling: In a lightly oiled saute pan cook the onions and pork seasoning with salt and pepper till they are fully cooked. Onced cooled, chop till almost fine, then adding the mozzarella.

Finishing: heat a skillet lightly greased with oil, cook pupusas for 2-3 minutes on each side till golden brown pressing down gently to ensure full contact all around, remove from pan and set on plate with paper towel. Serve along with Curtido, enjoy.

Sichuan Cold Noodles Qui Xia

Ingredients:

8 oz Chinese Noodles
4oz Bean Sprouts
2 tsp Sesame seeds
2 Tbl Sesame seed oil
1 Tbl Vinegar
2 Tbl Spicy oil
2 Tbl Salad oil
3 Tbl Soy sauce
1 Tbl Sugar
1 head of garlic(grated)
Salt&Pepper

Directions:

Wash the bean sprouts and cook in boiling water for 10-15 seconds. Immediatly remove and immerse into ice water, once chilled drain and toss with sesame oil in bowl. Boil water and add the noodles, cooking for 2-4 min, drain and immerse into ice water, onced chilled drain again and toss with salad oil in bowl. In seperate bowl mix remaining ingredients. Serve noodles in bowl along with sauce.

CHINA

Cuban Soup Carlos & Gabriela Lopez

Ingredients:

4 cloves of Garlic
2 Onions
5 Carrots
2 Green Peppers
1 small Butternut Squash
1 Cup Tomato juice
8oz Spinach
3 Chicken thighs
1Lb Pork thighs
5 ears of Corn, halved
5 Red Potatoes
1 Sweet Potato
6-8oz Swiss Chard
Salt & Pepper

Directions:

Medium dice onions, peppers, squash, chop carrots and mince garlic. Add to medium to large stock pot with oil sauteing at medium heat lightly browning, then add the tomato juice and gently simmer for 10 minutes. Remove from pot and set aside. Return pot to heat with additional oil adding the chicken and pork thighs browning on both sides. add 1 gallon of water and $1^{1/2}$oz of salt gently boiling till meat is fully cooked, cool and shred thighs. Add cooked vegetables to stock, peel and medium dice potatoes, adding those, all remaining ingredients and cook over medium heat for 30-40 minutes. season to taste and serve.

CUBA

Potato and Sausage Salad Vasylyna Halat

Ingredients:

4 large potatoes
3-4 Carrots
1 red Onion
3 dill Pickles
1 smoked Sausage
1 can of Corn
3-5 oz Mayonnaise
Salt & Pepper

Directions:

Peel and small dice the potatoes, medium dice the carrots and boil till knife pierces to the center easily 10min for potatoes 5min for carrots. small dice the onion, pickels and sausage. open and drain can of corn, add all ingredients to large bowl and toss together gently with mayonnaise, salt and pepper

UKRAIN

Ecuadorian Beet Salad Lourdes Messer

Ingredients:

3 Carrots
1 Large Beet
4 Potatoes
4-5oz Lemon Juice
1/2 Red Onion
$1^{1/2}$ Tbl Cilantro
$1^{1/2}$oz Oil
Salt & Pepper

Directions:

Peel the potatoes, carrots, beets and boil individualy till a paring knife pierces easily to centers or tender. Allow them to cool than dice. Thinly slice the red onion into half moons, place the onion into a bowl squeezing in the lemon juice with enough salt to moderatly cover the onions letting stand for 5-10min.

Rinse the onions and gently squeeze being careful to not remove all their moisture and add too the other vegetables. finely chop the cilantro adding as well, lastly adding the oil and seasoning with pepper to taste (salt **only** if needed). gently toss together and garnish with a hard boiled egg.

Peruvian Tuna Salad Celina Uzategui

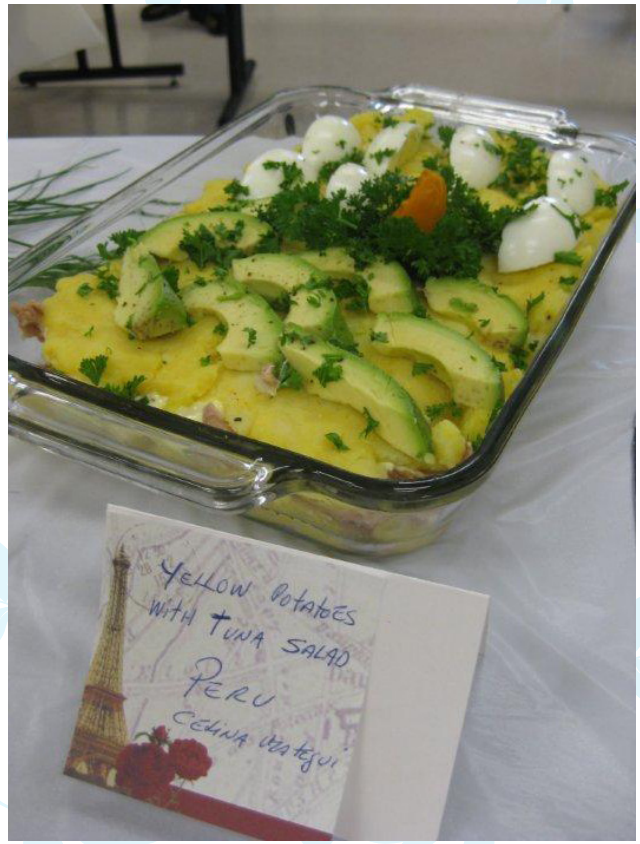
Ingredients:

8 Large Potatoes(yellow)
3 Chili Peppers
3 Limes
1 small Red Onion
14-16oz canned Tuna Fish(drained)
1 Acocado(ripe)
1/2cup Mayonnaise
2oz Oil
Salt&Pepper
2 Eggs(hard boiled)
6oz Black Olives
3oz Parsley(chopped)

Directions:

Peel, dice and boil the potatoe till cooked. Saute the chili peppers in 1 Tbl of oil, peel the skin of and remove seeds, place into blender an process until smooth. To that add the lime, S&P and oil and blend.

Stir chili mixture into potatoes and mash together. Small dice the onion, place in bowl with the tuna, vinegar, S&P and oil, gently tossing together. In a casserole dish layer half the tuna in the dish spreading out and then half the potatoes as well and so on with the rest. Finish by garnishing with the black olives, eggs and parsley.



PERU

Baked Cod and herbed Tomatoes Elena Smith

Ingredients:

2Lb Cod filets
2 Large Tomatoes
1 Lemon
1tsp Garlic powder
2Tbl Oregano
2Tbl Majoram
1tsp Old Bay
Salt &Pepper
Vegetable Oil
Olive Oil

Directions:

Pre-heat the oven to 425°F. Place foil in baking dish lightly coating with vegetable oil.Slice lemons and layer into baking dish, rub cod filets with old bay, S&P and half the garlic, set on top of lemon slices. Slice the tomatoes and place into bowl, drizzle with olive oil and add oregano, majoram, S&P and the rest of the garlic, toss gently together, place on top of fish and cover with foil. Bake for 30-40 minutes until fish is cooked.

(optional): once finished, top with cheese(boursin,cheddar, feta) and bake for additional 5 min till melted.

Stir-Fry Beef with Broccoli Shun Lin

Ingredients:

1Lb Beef Steak
1 Head of Broccoli
1 Red Pepper
1 White Onion
2Tbl Soy sauce
Vegetable Oil
Salt & Pepper

Directions:

First quarter the onion and slice 1 inch thick. Cut the pepper into 1/2inch slices. Remove the broccoli florets from the stem and save only the florets. Clean the steak of excess fat and slice thin. In a wok add 2oz oil and place over high heat, once hot add beef and stir quickly and do not stop for 30 seconds. Add broccoli and cook till crispy and tender.

Remove from pan and set aside, add additional 2oz oil and cook onions and peppers, once lightly browned add the beef, broccoli and soy saucecooking and stir till well incorporated together and fully cooked. Season with salt or pepper only if needed, serve over white rice.

CHINA

Chicken Biryani Manju Crawford

Ingredients:

1Lb Chicken Breasts
2 cups Basmati Rice
1 White Onion
4 Black Cardamom seeds
4 Green Cardamom seeds
2 Bay leaves
1 cup Yogurt(plain)
Salt &Pepper
1/2tsp Chili powder
2tsp Coriander powder
1/4tsp Tumeric
1/4tsp Fennel powder
1-2tsp Garam Masala
2-3 cloves of garlic
1/2 inch piece of ginger
3-4 cups of Water
Vegetable Oil

Directions:

In an oiled frying pan cook onions till golden. Add seeds, bay leaves, chicken and sitr fry. In a bowl add yogurt and all seasonings and mix, add to the frying pan and blend completely, S&P to taste. Cover and gently simmer for 10 min till chicken is done. Stir in rice and water, cover and put heat on high and bring to boil, than reduce to medium and evaporate remaining water. Set to low and keep covered and cook for another 5-10 minutes. Serve hot.

INDIA

Chicken Fried Rice LiFang He

Ingredients:

6 oz pre-cooked Chicken
2 Eggs
3 oz grated Carrots
2 oz Peas
1 Tbl Plum Wine
1 Tbl Soy sauce
Vegetable Oil
3 cups cooked Rice
Salt & Pepper

Directions:

Heat a wok on high with 1 oz oil and stir fry the eggs. set eggs aside. Add 1 oz oil to the wok and saute the peas, carrots and chicken. Cook briefly to soften carrots. Add rice, wine, soy sauce, eggs and S&P to taste, fry for 1-2 more minutes and serve.

CHINA

Ron Pasas Arroz Con Leche Nohemy Gutierrez
(Rum Raisin Rice Pudding)

Ingredients:

1 cup uncooked Rice
4 cups Water
1 cup Milk(whole)
1 cup Sweetened Condensed Milk
1 cup Evaporated Milk
3 sticks Cinnamon
1/2 cup Raisins
1/2 Rum
1tsp grated lime peel
Ground Cinnamon for Garnish

Directions:

In a medium pot cook rice in water over medium/high heat till water is absorbed. Reduce heat to low/medium and add milk, stir constantly till it begins to simmer than add in condensed and evaporated milk, set to low and cook for 15 minutes. Once rice is fully cooked add raisins and rum and stir till fullyincorporated. In a medium derving dish pour in rice pudding, garnish with light sprinkle ground cinnamon and lime peel on top.

Baked Apples with Cottage Cheese Elena Smith

Ingredients:

3 Fuji or Granny Smith Apples
6 oz Cottage Cheese
1/4 tsp Nutmeg
1/2 tsp Cinnamon
Cherries
Mint
Honey

Directions:

Pre-heat your oven to 350°F. Cut the apples in half horizontally, and using a paring knife cut out the core and seeds leaving a pocket for stuffing, also cut through the skin, all the way around the apple, about a half inch from the bottom. (This prevents the skin from shrinking). In a bowl mix together the cottage cheese, cinnamon, and nutmeg.

Now fill the pockets of the apples and bake for 20-25 minutes. Once done remove for oven and let barley cool, garnish with mint, cherry and drizzle of honey.

SALPICON Catalina Arboleda
(Fruit Cocktail)

Ingredients:

1 cup Papaya
1 cup Pineapple
1 cup Banana
1 cup Watermelon
1 cup Orange Juice
1 pkg punch powder
5 cups Water
4 Tbl Sugar

Directions:

Small dice all the fruit and place into large container or pitcher. In a medium pot make a simple syrup with the water and suger. Now add the Orange jusice syrup(once it has cooled) and pkg of powder, and stir till fully incorporated. Refrigerate for at least 2-3 hours till chilled.

Optional serving method:
Topped with
vanilla ice cream.
Freeze into popsicles.
Add on top of cooked
oatmeal.

COLOMBIA

NOTES

NOTES

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