Avenel Street School #4/5 Presents...

RECIPES AROUND THE WORLD





4-5 servings | 35 minutes | Mrs. Morris, Grade 5 | U.S.A

Buffalo Chicken Dip

WITH TORTILLA CHIPS

INGREDIENTS

- 2 cans of chicken salad
- 8oz cream cheese
- ½ cup ranch or blue cheese dressing
- ½ cup Frank's Buffalo Sauce
- ½ cup shredded mozzarella
- 1 bag of tortilla chips

DIRECTIONS

1. In a casserole dish, mush the cream cheese with a fork.
2. Drain the water from the chicken salad cans and add to the cream cheese.
3. Pour in the buffalo sauce and salad dressing
4. Mix the cream cheese, chicken, buffalo sauce, and dressing together until well combined.
5. Stir in the mozzarella cheese, leaving a bit to sprinkle on the top.
6. Bake in the oven for 25 minutes at 350



NOTES

This is a crowd pleaser!
-Mrs. Morris



10 servings | 2-3 hours | Panko Family | Italy

Ms. Panko's

Grandma Galle's Meatballs & Gravy

INGREDIENTS

7-8 links Italian sausage

For the meatballs:

1 lb ground beef

2 eggs

1 tbsp parsley

½ tbsp oregano

1 tbsp chopped celery leaves

½ tbsp basil

2 tbsp onion (chopped)

1 tbsp chopped garlic

For the gravy:

3 (28oz) cans of Tuttorosso tomato sauce

1 (6oz) can tomato paste

1 tbsp oregano, parsley, basil

handful onion

3 large garlic cloves

1 tbsp chopped celery leaves

DIRECTIONS

1. Hand mix meatball ingredients and shape into balls.
2. Place all gravy ingredients into a 10 quart pot.
3. Add water 1 ½ - 2 inches from the pot rim.
4. Let boil. Stir a lot.

NOTES

Ms Panko's maternal grandmother (Galle) always made it. Growing up, Ms. Panko had it every Wednesday and Sunday for dinner. Now her whole family has Sunday dinner together. -Ms. Panko





16 servings | 10 minutes | Ms. Caterino | Italy

Grandma Caterino's Pizza Fritta

INGREDIENTS

Cinnamon and Sugar Coating:

2 cups granulated sugar

1 tbsp ground cinnamon

Dough:

1-1/2 cups warm (110F) water

1 tsp active dry yeast

3-4 cups unbleached all purpose flour

1 tsp salt

3 cups vegetable oil for frying

NOTES

When I was a kid, my grandma used to make Pizza Fritta every Friday night after we had homemade pizza for dinner. It was my favorite treat and a favorite memory of my childhood.

-Ms. Caterino

DIRECTIONS

1. Combine sugar and cinnamon for the Cinnamon and Sugar coating. Set aside in a paper bag or Ziploc bag.
2. Pour water into a bowl and fill. Add yeast and stir to blend. Let stand for 10 minutes until bubbles appear. Add 2 ½ cups of flour and salt. Combine until a ball of dough forms and it is not tacky to touch. Add additional flour if the dough is very wet. Add a little flour at a time so the dough does not dry out. The dough should be soft, not gooey.
3. Grease a large bowl with 1tbsp of olive oil and coat the dough in the bowl. Cover the dough with a plastic wrap and allow dough to rise until double its size. This could take 1-2 hours. You can make the dough a day before and place in a plastic bag after it rises. Then refridgerate it.
4. To make the pizza fritta, punch down the dough and divide into 16 pieces. Form dough into oval shapes (about 3 inches long and 1 inch thick).
5. Heat 3 cups of oil in a deep fryer or deep frying pan. Fry dough until it puffs up and is golden brown. Remove with a slotted spoon and place on a paper towel lined plate.
6. Place the pizza fritta in the bag with the cinnamon and sugar mixture and shake well to coat them. Serve warm.



4-5 servings | 4 days | Mrs. Prestridge, Grade 4 | Italy (Venice)

Baccalà

INGREDIENTS

1 baccalà
4 cups flour
1 tsp baking powder
salt & pepper * to taste
1 head escarole, cut into 1 inch pieces
olive oil

NOTES

My family has this every Christmas! My grandma used to make it. -Mrs. Prestridge

DIRECTIONS

1. Cut baccalà into 6 inch long pieces and place in bowl.
2. Place bowl into refrigerator and change twice daily for four days.
3. After soaking, place baccalà in a pot of water and boil for 10 minutes.
4. Drain hot water and place baccalà into cold water.
5. Flake baccalà and set aside.
6. Place flour, baking powder, and seasonings into a large bowl.
7. Add water and mix until you have a smooth batter.
8. Add baccalà and mix well.
9. Add escarole and mix into batter.
10. Form batter into fritters and fry in olive oil.

6 servings | 4 days | Miss Jean, Grade 1 | Italy

Blueberry Ricotta

INGREDIENTS

Cooking spray
1 ½ cups all purpose flour
2 tsp baking powder
¾ tsp kosher salt
1 ¼ cups granulated sugar, divided
3 large eggs
1 ½ cups whole milk ricotta cheese
1 stick of butter, melted
½ tsp pure vanilla extract
1 ½ cups frozen blueberries, divided

NOTES

You can switch out the blueberries for cranberries or a triple berry mix. Always a favorite! -Miss Jean

DIRECTIONS

1. Preheat oven to 350, coat an 8x8 inch pan with cooking spray and line with parchment paper.
2. Stir together dry ingredients (salt, flour, 1 cup sugar, baking powder).
3. Add all wet ingredients. Fold flour mixture into the mixture of eggs and ricotta.
4. Toss ½ cup blueberries and ¼ cup sugar together and top the cake.
5. Bake until golden brown. Serve warm. Cake can be refrigerated for 3 days or freeze.



45 minutes | Sims-Graves Family, Grade 3 | U.S.A.

Sweet Potato Pie

INGREDIENTS

2 cups mashed sweet potatoes
1 cup sugar
½ stick melted butter
2 eggs
1 cup milk
1 tsp vanilla extract
cinnamon & nutmeg, to taste
optional ½ cup brown sugar for extra sweetness

DIRECTIONS

1. Boil sweet potatoes, remove skin, and mash.
2. Combine potatoes, sugar, butter, milk, eggs, vanilla and spices using an electic mixer.
3. Pour filling into pie crust and bake at 350 for 45-55 minutes, or until knife inserted into the center comes out clean.



NOTES

This recipe is special because my family and I make sweet potato pie for special holidays, like Easter, Thanksgiving, and Christmas.
-Zayah Sims-Graves

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30 minutes | Panko Family | Poland

Ms. Panko's

Grandma Szymonowicz's Pierogies

INGREDIENTS

4 cups of flour
2 eggs
salt
1 ⅓ cups water
5 lbs potatoes
1 package cream cheese
1 stick butter

DIRECTIONS

1. Knead flour, eggs, salt, and water to make the dough.
2. Mix peeled and boiled potatoes with cream cheese and melted butter for the filling.
3. Roll out small portions of dough and make circles with a mold.
4. Place potato mixture in the center and pinch the circle closed. Cover with flour.
5. Boil the pierogies and then fry with butter.

NOTES

Ms. Panko's paternal grandma (Grandma Szymonowicz) taught this recipe to Ms. Panko's mom. They are made every year at Easter. -Ms. Panko





4-5 servings | 35 minutes | Saini Family, Grade 3 & 5 | Pakistan

Chicken Tikka

WITH RICE

INGREDIENTS

chicken thighs or breasts
Marinated in yogurt, ginger-garlic
Paste and Indian spices
Rice (usually fragrant basmati rice)

DIRECTIONS

1. Chicken can be baked side by side in the air fryer or could be cooked in hot oil.
2. Steam or cook the rice.
3. Serve chicken over rice.

NOTES

It's Pakistan's favorite food! -Sabeen Saini

4 servings | 15-20 minutes | Rubiano Family, Grade 2 & 5 | U.S.A

Banana Boat S'mores

INGREDIENTS

4 bananas
4 tbsp chocolate chips
4 tbsp marshmallows
4 graham crackers



DIRECTIONS

1. Preheat oven to 400 or get your campfire ready.
2. Tear 4 pieces of aluminum foil.
3. Cut bananas down to the middle, but not all the way through.
4. Sprinkle each banana with 1 tbsp each of marshmallows, chocolate chips, and crushed graham cracker pieces.
5. Wrap each banana in aluminum foil.
6. Bake in oven for 15-18 minutes or on a campfire for 5-10 minutes.
7. Carefully unwrap each banana boat.
8. Serve warm with a spoon.
9. Enjoy!

NOTES

Our family likes to make this recipe while camping or even in our backyard bonfire! -Sierra Rubiano



4 servings | 15-20 minutes | Rubiano Family, Grade 2 & 5 | Colombia

Arepas

INGREDIENTS

2 cups masa
2 cups warm water
4 tbsp melted butter
1 cup shredded cheese (any kind you like)
1-2 tsp salt

NOTES

My abuela taught us how to make them.
-June Rubiano

DIRECTIONS

1. Combine all ingredients in a large shallow bowl.
2. Knead together with hands until a soft dough forms.
3. Add more masa or water if needed to achieve a smooth, but not too sticky, consistency.
4. With your hands, form dough into flat circles.
5. Cook on low in a buttered or oiled pan for around 10 minutes on each side, flipping when the first side begins to be crispy and brown.
6. Serve warm with a slice of mozzarella cheese.
7. Enjoy!





7 servings | 1 hour 30 min | Solomon Family, Grade 3 & 5 | Philippines

Sinigang

INGREDIENTS

Pork (neckbone & belly)
Onion
Fish sauce
Okra
Eggplant
Spinach
String beans
Radish
Tomato
Long pepper
Tamarind mix

DIRECTIONS

1. Saute onion and tomato in a pot until the onion becomes transparent.
2. Smash tomato and add pork. Saute for 15 mins.
3. Add water until it reaches the top of the meat. Let simmer.
4. After 10-15 minutes, add 3 tbsp of fish sauce.
5. Mix. Leave alone for 10 minutes and add veggies.
6. Add tamarind, mix, and enjoy!

NOTES

This is a classic Filipino sour and savory dish, good for anytime.
-Raelynn Solomon



2 servings | 50 minutes | Rodriguez Family, Grade 2 | Dominican Republic

Dominican Mangú

INGREDIENTS

4 green banans

Butter

Salt

2 eggs

2 pieces of Salami

Oil

Avocado



DIRECTIONS

1. In a pot of boiling water, add four peeled and chopped green bananas. Add salt.
2. After it has softened, remove the water, add butter, and a little cold water. Proceed to mash the bananas.
3. To accompany the mangú, in a hot pan, add oil and fry two eggs and add salt.
4. Cut two pieces of salami and fry in the pan.
5. Serve with avocado. Yummy!

NOTES

This recipe is special because you can eat it for breakfast, lunch or dinner and it is so yummy!
-Allan Rodriguez

8-10 servings | 35 minutes | Dey Family, Grade 3 | U.S.A

McGann Dip

INGREDIENTS

8oz cream cheese (soften on the counter for 30 minutes)

4oz Lite Classic Catalina Dressing

DIRECTIONS

1. Combine cream cheese and dressing, mixing with hand mixer until creamy and orange.
2. Serve with potato chips or pretzels.

NOTES

This has been at every family get together in our family for multiple generations.
-Korben Dey





5-7 servings | 20-30 minutes | DiMatteo Family, Grade 1 | Uruguay

Chicken Strogonoff

WITH RICE

INGREDIENTS

3 chicken breasts
2 tbsp butter
1 tbsp mustard
2 yellow onions
16oz heavy cream
½ cup chicken broth (or less)
¼ cup cooking wine
Oil
Salt
Pepper
½ cup mushrooms
3 cups white rice

DIRECTIONS

1. Heat up pan with oil & dice chicken.
2. Add chicken to pan and add salt, pepper, and butter.
3. In another pot, pour water and chicken bouillon. Let boil.
4. Remove cooked chicken from pan and add oil and chopped onions.
5. Once onions are cooked, add the chicken and wine.
6. Add chicken broth and heavy cream.
7. Add mustard to chicken and stir.
8. Add chopped mushrooms.
9. Cook rice separately with oil and salt.
10. Serve chicken strogonoff with rice.

NOTES

This recipe is special because we have been making this recipe since my grandma was a kid. -Sebastian DiMatteo





5-7 servings | 30 minutes | Guash Family, Grade 3 | Egypt

Egyptian Kofta

INGREDIENTS

2 lbs ground beef
1 large onion, cut into large chunks
1 cup chopped cilantro or parsley
1 plum tomato cut into quarters
3 tbsp garlic
1 tbsp salt
1 ½ tsp black pepper
1 ½ tsp all spice powder
½ cup bread crumbs

DIRECTIONS

1. In a food processor, mix parsley/cilantro, onion, garlic and tomato. Blend into paste and add to bowl.
2. Add meat, salt, pepper, and bread crumbs. Mix.
3. Form into sausage shape, about 1 inch thick.
4. Arrange on a baking sheet and bake at 425 for 20-25 minutes, or grill.
5. Top with tahini or tzatziki sauce.

NOTES

My grandfather is from Egypt and it makes him feel like home when we have it. -Damien Guash





4 servings | 35 minutes | Kumar Family, Grade 1 | India

Mangalore Buns

INGREDIENTS

2 ripe bananas
3 tbsp sugar
¼ cup curd (yogurt)
1 tsp cumin
½ tsp baking soda
½ tsp salt
2 ½ cup maida (all purpose flour)
Oil, for frying

NOTES

This recipe has been passed from generations and is a delicacy (tea time snack) very peculiar to the region it originated from. Mangalore is a city in Karnataka State, a southern state of India, which is my ancestral place.
-Reeva G. Shetty

DIRECTIONS

1. In a mixing bowl, add 2 ripened bananas (over-ripened works best)
2. Add 3 tbsp sugar depending on the sweetness of the banana.
3. Mash bananas & smooth with a fork. Do not blend.
4. Now add ¼ cup yogurt, 1 tsp cumin, ½ tsp baking soda, ½ tsp salt, Combine well.
5. Add 2 ½ cup maida (all purpose flour) and knead a soft dough. Knead for 5 min til smooth.
6. Grease the dough with 1 tsp of oil. Cover and rest in warm place for a minimum of 30 minutes (the longer the better).
7. Knead the dough slightly and pinch a ball sized piece of dough.
8. Dust with some flour and roll with a pin to make small rounds.
9. Deep fry the buns in hot oil. Fry it on both sides. They should be golden brown on both sides.
10. Serve with any dip, curry, or as is. Left overs can be used for 2-3 days.





6 servings | 45 minutes | Paul Family, Grade 2 & 3 | Haiti

Diri ak Djon Djon

INGREDIENTS

- Onions
- Epis
- Sweetpeas
- Maggi
- Pepper
- Dry seasoning salt
- Jasmine rice
- Butter
- Oil

DIRECTIONS

1. Soak mushrooms in hot water.
2. Wash the rice.
3. Fry the peas.
4. Mix the peas with the mushroom water and let cook for 10 minutes.
5. Add the onions, epis, maggi, and salt. Let cook for 20 minutes.
6. Add the rice to the sauce and there you go!

NOTES

It is our most favorite family recipe. -Janicka Paul





4 servings | 35 minutes | Kumar Family, Grade 1 | India

Yogurt Chicken Curry

INGREDIENTS

2 ½ cups yogurt

Chicken breast & thighs, cut into small pieces

1 tbsp turmeric powder

2 tbsp salt or to taste

2 ½ tbsp coriander powder

1 tbsp black pepper

Dry spices (small piece of cinnamon, 2 bay leaves, cardamom)

Cilantro

DIRECTIONS

1. Wash and then marinate chicken with 1 cup yogurt, salt, and turmeric for 30 minutes.
2. In a large pot, add 2 tbsp oil or butter. When hot, add dry spices.
3. Then, add coriander powder, black pepper and turmeric.
4. Add left over yogurt.
5. Let the spices cook and leave the oil from spices.
6. Then, add marinated chicken & let cook for 25 minutes, or until chicken is cooked.
7. Serve with cilantro on top of the curry.

NOTES

This recipe is special because it is not spicy and kids love it and enjoy it. -Ekansh Kumar



2 servings | 15-20 minutes | Spreight Family, Grade 5 | Cajun/Southern U.S.

Spicy Dorito Cheese Balls

INGREDIENTS

2 cups mozzarella cheese
½ cup cream cheese (softened)
¼ cup red bell pepper (chopped)
1 tbsp hot sauce
Flour
1 egg
Crushed doritos



DIRECTIONS

1. In a bowl, mix 2 cups of shredded mozzarella cheese, ½ cup of softened cream cheese, ¼ cup red bell peppers, and 1 tbsp hot sauce.
2. Form the mixture into balls, then freeze for 20 min.
3. Dredge the balls in flour, then egg, then crushed doritos.
4. Fry them at 350 until golden.

NOTES

They combine a molten, cheesy, and jalapeno filled center with an intensely crunchy coating of crushed, spicy tortilla chips and they are very tasty. -Ma'Kenzie Spreight

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12 servings | 30 minutes | Rozycki Family, Grade 3 | U.S.A.

Au Jus Sliders

INGREDIENTS

1 pack Hawaiian Rolls
1 pack sliced deli roast beef
6 thin sliced white cheese
½ stick butter
1 tsp Au Jus gravy seasoning
Banana peppers (optional)

NOTES

This is a favorite game time treat!
-Malina Rozycki

DIRECTIONS

1. Cut Hawaiian Rolls in ½ and lay bottom buns in a 9 in. x 13 in. baking dish.
2. Layer roast beef slices on top of each roll.
3. Take 6 slices of cheese cut into squares and put two squares on each slider.
4. Melt the butter in a bowl and add 1tsp Au Jus Seasoning and mix. Brush the mixture on top of the buns.
5. Bake in the oven at 350 for 15-20 minutes. Serve with a side of fries or veggies.



5 servings | 1 hour | Maiorana Family, Grade 1 | Italy

Meatballs

INGREDIENTS

1 lb ground beef
2 large eggs
½ cup Italian breadcrumbs
¼ cup grated parmesan cheese
4 cloves of garlic minced
2 tbsp of Italian parsley



DIRECTIONS

1. Preheat oven to 400 and line a baking sheet with parchment paper
2. In a large bowl, combine all of the ingredients.
3. Take a small handful of meat mix, roll into balls, and place on a baking sheet.
4. Bake in the oven for 45 minutes.

NOTES

This is a family recipe that was brought over from Italy.
-Luigi Maiorana

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5 servings | 30 minutes | Lara Family, Grade 1 | Ecuador

Empanadas de Queso y Maduros

INGREDIENTS

16 oz pack of Tropical Queso de Freir
1 sweet plantain
10 pack Goya frying discs (5 inch)
Avocado oil

NOTES

This recipe is special because it can be enjoyed for breakfast, lunch, or dinner. -Maximus Lara



DIRECTIONS

1. Cut the block of queso into ten equal parts. Then, dice the parts into small cheese pieces.
2. Cut the plantain into small slices (chip size).
3. Fill a medium sized frying pan with about 1-2 inches of oil and heat on medium flame. Cook the plantains until brown, then flip them and brown the other side.
4. Once cooked, chop the plantain and split into 10 parts. Then combine each part of the plantain with one part of the cheese. Fill one side of each disc with an individual serving. Close disc and press edges with a fork to close.
5. Fry completed empanada until brown, then flip, and repeat. Repeat for each empanada. Let empanadas rest on napkin when done to drain excess oil.
6. Enjoy!



8 servings | 1 hour 10 min. | Pla Family, Grade 2 &3 | Dominican Republic

Dominican Flan

INGREDIENTS

6 eggs
1 can of milk
1 can of condensed milk
1 tbsp vanilla extract
pinch of salt
1 cup sugar
2-3 tbsp water

DIRECTIONS

1. Combine eggs, milk, condensed milk, vanilla and salt in a blender.
2. For the caramel: make caramel in a pan over medium heat, add sugar and the water. Let it melt without stirring.
3. Pour caramel in the mold and add mix from blender on top. Cover with foil.
4. Place the mold in a larger pan. Add hot water half way up the sides. Bake at 350 for 50 minutes.

NOTES

My family loves flan and me too, it's so delicious!
-Enoch Pla





1 hour 10 min. | Merideth Family, Grade 5 | St. Louis, Missouri

Gooey Butter Cake

INGREDIENTS

3 egg

1 box of yellow cake mix (or chocolate!)

1 stick of butter, softened

1 tbsp water

1 box powdered sugar (or 2 ½ - 3 cups)

1 8oz package of cream cheese, softened

DIRECTIONS

1. Mix the egg, cake mix, butter, and water. Press mixture into 9"x13" baking pan, sprayed with non-stick coating.
2. Beat 2 eggs, powdered sugar, and cream cheese. Pour on top of cake mix mixture.
3. Bake at 350 for about 30 minutes, until top of cream cheese mixture begins to brown. Remove and cool. While still warm, sprinkle with dusting of powdered sugar.

NOTES

This recipe is popular in St. Louis, Missouri where our family is from. Jonas' grandma bakes it a lot. She also makes it with chocolate cake mix sometimes too! -Jonas Merideth





2.5 hours | Idoko Family, Grade 4 | Nigeria

Jollof Rice

INGREDIENTS

white rice
curry powder
thyme
bay leaf
chicken stock
jollof rice spice mix
salt, vegetable oil
tomato paste
maggi cubes
onion, pepper

NOTES

This recipe is special because it is very healthy, delicious, has a great taste, and is easy to cook.
-Paul A. Idoko

DIRECTIONS

1. Wash and paraboil rice.
2. Put vegetable oil in a pot on the stove over medium heat.
3. Add fresh onion to the same pot, then add thyme, curry powder, and tomato paste.
4. Add maggi cubes. Mix thoroughly.
5. Add pepper, salt, and water.
6. Season meat and cook for 25 minutes.
7. Add the paraboiled rice to the mixture and cook for 5 minutes. Jollof rice is ready to eat now.





12 servings | 45 minutes | Harri-Das Family, Grade 3 | Guyana

Guyanese Coconut Buns

INGREDIENTS

- 2 cups crushed/grated coconut
- 1 tsp vanilla essence
- 1 tsp nutmeg
- 1 tsp cinnamon
- 8 oz Carnation milk
- 8 oz margarine
- 1 cup sugar
- 2 cups flour
- 1 tsp baking powder
- 1 oz red cherries

DIRECTIONS

1. In a bowl, beat margarine and sugar until melted.
2. Add coconut, vanilla, milk, nutmeg, cinnamon and flour. Mix well.
3. Let sit for 10 minutes.
4. Grease pan with margarine.
5. Make little buns by using an ice cream scoop.
6. Place a cherry in the middle of each bun.
7. Bake for about 15 minutes at 350.

NOTES

This recipe is special because it is made for holidays like Thanksgiving and Christmas. -Norah Harri-Das





4-6 servings | 1 hour 15 min | Vera Family, Grade 2 | Cuba

Arroz con Leche

INGREDIENTS

½ cup short grain rice
2 cups of water
1 can evaporated milk
1 can condensed milk
1 tsp vanilla extract
Peel of a lime
4 cinnamon sticks
ground cinnamon
1 cup of milk
1 cup of sugar
4 qt pot or larger

DIRECTIONS

1. Cook rice with water until it has absorbed the liquid about 10 min.
2. Add in the milk, condensed milk, and evaporated milk. Stir it all together for 5 minutes.
3. Add the cup of sugar, cinnamon sticks, lime peel and let it simmer for about 30 minutes. Make sure to stir frequently. Once it has reached a creamy consistency, it is done!
4. Discard cinnamon sticks and lime peel. Enjoy hot or refrigerate to enjoy it cool. Sprinkle ground cinnamon on top.

NOTES

Alex has been making this recipe with his grandma every year since he was one year old. We make this for Christmas Eve. -Alexander Vera







12 servings | 1 hour 40 min | Padilla Family, Grade 4 | Puerto Rico

Pastelillos de Pollo

INGREDIENTS

- Chicken thighs
- Empanada discs
- Sofrito
- Olive oil
- Sazon
- Garlic paste
- Onions
- Peppers
- Garlic
- Adobo
- Tomato paste
- Oregano
- Chicken stock or broth

DIRECTIONS

1. Saute the sofrito, sazon, garlic paste, onions, peppers, garlic, adobo, tomato paste, and oregano in olive oil. Add the chicken in and stir.
2. Add the chicken stock and cook on low heat.
3. Remove chicken and shred in a bowl.
4. Spread the chicken onto the disc, then close it into the shape of a half moon, sealing with a fork.
5. Lightly fry both sides until golden and allow to cool.

NOTES

This recipe is special because it's delicious and my favorite food! -Camryn Padilla





4-6 servings | 35-40 minutes | Wahid Family, Grade 2 | India

Kheer
(Indian Rice Pudding)

INGREDIENTS

½ cup basmati rice
4 cups whole milk
½ cup sugar (or to taste)
4-5 green cardamom pods (crushed)
2 tbsp chopped almonds
2 tbsp chopped pistachios
1 tbsp raisins
a few strands of saffron (optional)

DIRECTIONS

1. Wash the rice well and soak in water for 15-20 minutes. Then, drain.
2. In a large pot, bring the milk to a boil over medium heat.
3. Add the drained rice to the boiling milk.
4. Cook on low heat, stirring often so it doesn't stick to the bottom. After 25-30 minutes, when the rice is soft and the milk has thickened, add sugar.
5. Stir in crushed cardamom and saffron (if using).
6. Add almonds, pistachios, and raisins.
7. Simmer for another 5-10 minutes until creamy. Turn off the heat and let it cool slightly.
8. Serve warm or chilled.

NOTES

Kheer is a traditional dessert often made for Eid, weddings, and family occasions. The creamy milk and fragrant cardamom make it a comforting and festive dish. This dish is also popular in Pakistan and other South Asian countries. -Mariya Wahid



4-6 servings | 3 hours | Wahid Family, Grade 2 | India

Indian Style Roasted Chicken

INGREDIENTS

1 whole chicken (about 3-4lbs), cleaned
1 cup plain yogurt
2 tbsp lemon juice
2 tbsp oil
1 tbsp ginger-garlic paste
1 tbsp turmeric powder
1 tbsp cumin powder
1 tsp red chilli powder
1 tsp garam masala
1 tsp coriander paste
1 ½ tsp salt (or to taste)
fresh cilantro for garnish

DIRECTIONS

1. Preheat oven to 400.
2. Wash & pat dry the chicken. Make small cuts on it.
3. In a large bowl, mix yogurt, lemon juice, oil, & ginger-garlic paste.
4. Add turmeric, red chilli powder, garam masala, cumin powder, coriander powder, & salt. Mix well.
5. Rub the marinade all over the chicken, making sure it goes into the cuts.
6. Cover & refrigerate for at least 2 hours. Marinate overnight for best flavor.
7. Place the chicken on baking tray or roasting pan.
8. Roast in oven for about 50-60 minutes, turning once half way through cooking.
9. Check that chicken is fully cooked.
10. Garnish with fresh cilantro and serve hot.

NOTES

This recipe is special because it uses traditional Indian spices that give the chicken a rich & flavorful taste. It is often made for family gatherings & special occasions. The yogurt marinade makes the chicken tender.

-Mariya Wahid



6-8 servings | 30 minutes | Siddiqui Family, Grade 2 | Pakistan

Chicken Fillet Burgers

INGREDIENTS

1 kg chicken fillets, thin
1 egg, beaten
2 tbsp flour
2 tbsp corn flour
1 tbsp ginger garlic paste
1 tbsp soy sauce
1 tsp vinegar
salt (to taste)
1 tbsp lemon juice
1 tsp red chili
1 tsp cinnamon powder

For the coating:

½ cup flour
½ tsp salt
½ tsp chili powder

DIRECTIONS

1. Clean chicken fillets and marinate for at least 4 hours with all ingredients.
2. In a tupperware container, mix coating ingredients and put fillets in it, close the lid, and shake well. The fillets will be nicely covered.
3. Heat oil on high flame, then lower the flame and deep fry the fillets until done.
4. Put them on burger buns with lettuce, cheese, and burger sauce.
5. Serve with fries.

NOTES

This recipe is special because we love to eat it when we're together. -Faaiq & Raaid







6-8 servings | 20 minutes | Pons Davalos Family, Grade 1 | Peru and Equador

Ensalada de Soltero

(Bachelor's Salad)

INGREDIENTS

1 cup of corn kernels (Peruvian)
1 cup fava beans
½ cup queso fresco cubed
½ red onion, thinly sliced
1 tomato diced
2 tbsp of chopped cilantro
1 tbsp olive oil
1 whole lime juiced
1-2 tbsp vinegar to taste
salt and pepper to taste
diced avocado/boiled potatoes (optional)

For an authentic Arequipa Style:

Add rocoto pepper (finely chopped) and swap the lime for red wine vinegar.

For an extra traditional touch:

Soak sliced red onion in cold salted water for 5-10 minutes before adding it to the salad.

DIRECTIONS

1. Combine corn, fava beans, cheese, tomato and onion to a bowl.
2. Add cilantro, olive oil and lime juice.
3. Season with salt and pepper.
4. Serve chilled.

NOTES

This recipe is special because it's from my Peruvian mom and Ecuadorian Dad.
-Manuel Pons Davalos







6-8 servings | 30 minutes | Pons Davalos Family, Grade 1 | Equador

Bolon de Verde

INGREDIENTS

2 green plantains (peeled and sliced)
½ cup of queso freso or mozzarella
2 tbsp of butter or oil
salt, to taste
bacon (optional)

DIRECTIONS

1. Fry the plantain slices in oil until soft and lightly golden.
2. Mash them in a bowl while warm.
3. Mix in cheese (optional bacon) and a little salt.
4. Form into balls.
5. Serve warm. For a more traditional meal: add a fried egg on the side or flank steak

NOTES

This is an Equadorian Dish my family makes.
-Manuel Pons Davalos





4 servings | 30 minutes | Chopra Family, Grade 3 | India and Pakistan

Butter Chicken

INGREDIENTS

1 lb boneless chicken cut into pieces
1 cup heavy cream
½ cup yogurt
1 tbsp ginger
2 cloves garlic
2 tsp garam masala
½ tsp tumeric powder
1 tsp cumin
1 tsp chili powder
1 ¼ tsp salt
2 tbsp butter
1 can tomato paste
onion
tomato
green chili (optional)
kasoori methi
cilantro for garnish

DIRECTIONS

1. Marinate the chicken with the yogurt, chili powder, garam masala and salt. Cover and refridgerate over night.
2. Sear the chicken with butter in a pan.
3. Make the sauce: Cook onion, garlic, ginger, tomato paste. Cook for 5 to 6 minutes.
4. Cook chicken in a pan then add the sauce and heavy cream
5. Cook until sauce is thick.
6. Garnish with fresh cilantro and serve with ric or naan flatbread.

NOTES

This recipe is very special in India and Pakistan. -Gurveer Chopra







4 servings | 20-25 minutes | Deol Family, Grade 1 | India

Traditional Potato Curry

INGREDIENTS

5 boiled, peeled potatoes
2-3 tomatoes (pureed)
1-2 green chili, finely chopped
2-3 tsp cooking oil
½ tsp cumin seed
Whole Spices: (optional)
1 tsp cumin seed
½ tsp bay leaves
2 dried chillies
½ fennel seeds
½ fenugreek seeds

Powdered spices:

1 tsp tumeric powder
½ tsp red chili powder
1 tsp dry mango powder
2-3 cups of water (as needed)

DIRECTIONS

1. Prepare potatoes: boil, peeled and crumbled.
2. Temper spices: Heat oil in a pan, add cumin seed and bay leaves. Let them crackle.
3. Cook tomatoes: add pureed tomatoes and cook for 2-3 minutes and then add green chili.
4. Add spices: tumeric powder and red chili powder. Saute until oil separates from the sides.
5. Add potatoes: Add crumbled potatoes and 2-3 cups of water. The gravy should be thin. Mash some of the potatoes to thicken the gravy.
6. Finish and garnish with black pepper powder and dry mango powder.

NOTES

This is a popular North Indian Potato Curry served during religious feasts and often at a wedding or community gathering. -Kartar Deol



4 servings | 25 minutes | Kumar Family, Grade 3 | India

Paneer Butter Masala

INGREDIENTS

1 onion- cut in slices
3 tomatoes- cut into small pieces
10 cashews soaked in water
250 grams (9 to 10 ounces)Paneer
2 tbsp of oil or 1 stick of butter
Salt to taste
1 tbsp tumeric
3-4 pieces of garlic
black pepper, to taste
2 tbsp cream

DIRECTIONS

1. Heat up the 1 tbsp oil or ½ stick of butter in a pan.
2. Add onions and garlic. When it changes color, add tomato.
3. Add cashews and cook for 2 more minutes.
4. Switch off the stove. Let it cool.
5. Meanwhile, make a paste from onion, garlic and tomato with a mixer. Add to the pan along with the remainder of the butter or oil.
6. Add tumeric, black pepper, and salt.
7. Let it cook, then add paneer cubes. Cook for 5 more minutes then add 2 tbsp of cream.
8. Serve hot with rice or chapathi.

NOTES

This recipe is tasty, very rich, healthy and yummy for kids and adults. -Divija Kumar

