



Recipes

A Little Food for the Soul

Some things taste delicious no matter what part of the world you visit.
That's what we share as people.
We all dance, we all make music, and we all like to eat good things.
Here are some delicious recipes.

This year's delicacies include Balinese "Gado-Gado", Eskimo "Akutaq" or Eskimo Ice Cream, and Senegalese Chicken Yassa. Dig in!!

*You can also submit your recipes for inclusion in next year's guide.
Email Isabel (isa@well.com) for consideration!*

Balinese "Gado-Gado"

This Balinese salad is flavorful and unique, served cold with a tasty peanut sauce. Get that island feeling and have a great meal!

Ingredients for Peanut Sauce:

1/2 Jar Peanut Butter
1 Jar Water
1 Clove Garlic, crushed
2 Tomatoes, sliced very thin
Pinch of salt

Dissolve the peanut butter in the water.
Mix all sauce ingredients in a saucepan, cooking slowly and stirring constantly until it's thick. Let cool.

Ingredients for Salad:

Your choice of the following vegetables:

Long beans
Cabbage, sliced thin
Broccoli
Cauliflower
Sprouts

Tofu, slightly fried, in 1/2 – 1 inch cubes

Sliced Boiled egg

Mix all vegetables together, and add slightly fried tofu.
Slice Boiled egg and lay on top of the mixed vegetables.
Cover salad with peanut sauce and serve!

Eskimo dessert - "Akutaq"

The word akutaq is Yup'ik (from Alaska) for "the blended one, the mixture." This simple and tasty dessert is also known as "Eskimo Ice Cream."

This dessert can be made with many different types of berries. The favorite is Salmonberries, also known as Cloudberries, which grow on the tundra in the short summer months. You can also use blueberries, cranberries, or blackberries.

Traditionally, Akutaq is made using Caribou tallow (oil) as a binder for the berries, and snow is mixed in, as well! In this modern version, you will use yogurt. For this reason, it must be eaten right away, before the yogurt gets runny.

Ingredients:

For each serving of Akutaq, you will need:

1 cup berries
1/2 cup premixed raspberry yogurt
Pinch of sugar
Couple of drops of lemon juice

Add sugar, yogurt, and lemon juice together, and whip with a wire whisk or in a blender.
With a spatula or large spoon, carefully fold berries into the mixture. Serve immediately, or chill in the bowl, and enjoy!

Senegalese Chicken Yassa

An incredibly yummy main dish.

Serves 12 Cooking time: 30 minutes

2 frying chickens (2-1/2 to 3 pounds each) cut into 8 pieces

2 cups lemon juice, strained

6 large Bermuda onions, finely chopped

4 tablespoons fresh hot chiles, finely chopped

10 teaspoons peanut oil

1/2 cups water

1 chile, pricked with a fork

1 teaspoon ground ginger

Salt and ground black pepper to taste

1. Mix the lemon juice, onions, half the chopped chiles, ginger, salt, pepper, and 6 tablespoons of the peanut oil to create a marinade.
2. Place the chicken in a large bowl and cover it with the marinade. Refrigerate for at least 2 hours.
3. Remove the chicken from the marinade, place it in shallow baking dish, and broil until lightly browned (save the marinade).
4. Remove the onions from the marinade with a slotted spoon and cook them in the remaining 4 teaspoons of oil in a Dutch oven for about 5 minutes, or until soft; do not brown.
5. Add the marinade, chicken, water, and the rest of chopped chiles.
6. Stir and simmer for about 20 minutes, or until chicken is well cooked.
7. Serve over steaming hot rice.

This PDF file was added to the Viewer's Guide in 2002.