
ACTIVITY PAGES

Recipes

Aloo Tikki – North Indian Potato patties

Aloo Tikkis are a great snack. This simple, tasty potato snack takes just a few minutes and is served with your favorite chutney as an appetizer, or kids love it with ketchup. Make the tikkis ahead of time and heat them in the microwave or the oven to serve.

YOU NEED:

4 large Potatoes boiled, peeled and grated
3 tablespoons Corn flour – (You may substitute plain flour if needed)
Salt to taste

Add the corn flour and salt to the grated potatoes and mix well. It is important that the mixture become dough like, and not crumble. If the dough is crumbly then add more flour.

Roll 2 tablespoons of the potato mixture into a ball, then flatten on the palm of your hand. Repeat. (Again, the dough should not crumble.)

Fry the “tikkis” in a little oil over medium heat until golden brown and crisp on both sides.

Serve hot with mint or tamarind chutney or ketchup.

For reheating, place the tikkis in a non-stick pan and cover with foil. Heat at 275 degrees for 15 minutes before serving.

Kalua Chicken - Hawaiian Slow roasted chicken

Items needed

1 Crock Pot / Slow Cooker – 4 to 6 quarts

YOU NEED

6 chicken quarters (thigh and drumstick)
1 cup of Sea Salt
1 bottle of liquid smoke (approx 2 oz)
1 cup water

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(Recipes, continued)

Put all ingredients in slow cooker, Turn slow cooker on low (not warm but low), cook for 8 hours. If chicken is not thoroughly cooked put slow cooker to highest setting (usually high) and let cook for 45 more minutes. Pull all bones and meat apart (discard bones). Shred meat and add salt as needed. Best served with steamed sweet potatoes & Taro, rice or what ever you desire with your main dish.

Websites with other recipes

<http://mauicc.hawaii.edu/unit/fser/recipes/hawaii.html>

<http://www.hawaii.edu/recipes/recipes.html>

Southern Style Sweet Potato Casserole

(Southeastern North America)

You'll need:

3 cups cooked sweet potatoes, mashed
1 cup white sugar
1/2 tsp. salt
2 eggs (whole)
1/2 stick melted butter;
1/2 cup milk; 1/2 tsp. vanilla.

Beat together with mixer, until blended. Pour into greased casserole dish.

Mix the following topping ingredients:

1 cup brown sugar
1/3 cup flour
1 small can coconut
1/3 stick melted butter.

Sprinkle topping over casserole.

Bake at 350 degrees for 35 minutes.