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## *Recipes*

### **Polish Nalesniki (thin pancake)**

Ingredients:

3 eggs

3 tablespoons flour

1/2 cup milk

1 tablespoon sugar

Beat eggs well, then carefully add flour. Add milk. Use butter in frying pan. When pan is hot, pour in a small amount of batter, only enough to make a paper-thin pancake. When medium brown, do not turn over but remove from pan. Spread with good cherry or strawberry jam, roll, and dust lightly with powdered sugar. To assure tenderness, the pancake should not be turned. This is a secret of fine nalesniki.

From "Treasured Polish Recipes for Americans" published by the Polanie Club, Minneapolis, Minn. 1948

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**Dulce de Leche**

(Sweet of the milk - Argentina and Uruguay)

This is a Milk Jam that is a South American favorite, somewhat like caramel. This is the easiest way to make Dulce de Leche...the taste is pretty authentic and the work is almost completely eliminated!

**Here's What You Need:**

- 1 can sweetened condensed milk
- large pot with metal rack

**Here's What You Do:**

Place the can inside the pot on top of the rack. Add water to completely cover can, plus 1-2 more inches. Simmer for 4 hours, making sure the can is always completely covered with water....if not...there is an explosion !!

Leave the can to cool several hours and only then open it and serve.

Serve the golden-brown confection over flan or pudding, as a filling for crepes, cakes or just plain. For breakfast you can spread it on croissants, rolls or toast! For snack time try it on crackers with tea, or on a banana!

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**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!

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## 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.