International Cuisine: Break Out of the Routine!
Cooking Class
April 21, 2010
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African Cuisine

Traditional African cuisine is unique in that it has remained mostly traditional, free from the influences of the outside world. Most African dishes are created using an assortment of local grains, vegetables, fruits, milk and meat products. For example, two central ingredients are plantains and cassava. These two staples are most often served with sauces and meats from local game.
Moroccan Couscous Salad

While traditional couscous with its exotic spices is the stuff of cold winter nights, those same spices—ginger, turmeric, cinnamon, and cumin—can make a cool couscous salad that's perfect on even the sulriest days.

This couscous salad is filled with all sorts of nutritious goodies: almonds, dried cranberries, and dried apricots add fiber, protein, and vitamins to this delicious salad.

INGREDIENTS:
1 1/3 cups dry couscous (can use whole wheat)
2/3 cup slivered almonds
½ cup packed dried apricots, chopped
2/3 cup Craisins (sweetened, dried cranberries) or raisins, microwaved in 1 cup water for 1 minute
1 teaspoon cumin
3 scallions, thinly sliced with greens
1 pinch Salt and freshly ground black pepper, to taste

DIRECTIONS:
Prepare couscous according to package directions. Combine all ingredients; toss. Serve at room temperature or chilled.

From www.allrecipes.com
African Chicken Stew

Inspired by authentic West African cooking, this delicious stew combines vegetables and peanut butter with a little heat from a medley of spices. Alter the recipe to suit your preferences—it lends itself beautifully to improvisation.

Prep Time: 10 Minutes  
Cook Time: 35 Minutes  
Ready In: 45 Minutes  
Servings: 6

INGREDIENTS:
1 tablespoon olive oil  
1 (3 pound) roasting chicken, deboned and cut into bite size pieces (can use 2 pounds of chicken tenderloins or chicken breast)  
2 cloves garlic, crushed (can use minced garlic from jar)  
1 onion, chopped  
1 large potato, diced  
1 teaspoon ground cumin  
1 teaspoon ground coriander seed  
1 teaspoon ground black pepper (we recommend using less—about ½ tsp.)  
1 teaspoon crushed red pepper flakes  
1 teaspoon salt  
1 cup water  
⅔ cup unsalted natural-style peanut butter  
1 (15 ounce) can garbanzo beans, drained and rinsed

DIRECTIONS:
1. In a large skillet with a tight-fitting lid, heat oil over medium high heat. Add chicken, and brown quickly. Remove chicken from pan. Reduce heat to medium low, and add garlic, onion and potato to the pan; saute for 2 to 3 minutes. Season with cumin, coriander, black pepper, red pepper and salt. Do not let garlic brown.  
2. Mix in water and browned chicken, and any accumulated juices. Place lid on skillet and simmer, stirring occasionally, for 10 to 15 minutes.  
3. Remove lid, and stir in the peanut butter and garbanzo beans. Make sure the peanut butter is blended in. Replace lid to simmer for 10 more minutes, or until chicken is cooked through and potatoes are tender. Remove from heat, adjust seasoning, and serve.

From www.allrecipes.com
The Middle East was where wheat was first cultivated, followed by barley, pistachios, figs, pomegranates, dates and other regional staples. Fermentation was also discovered here to leaven bread and make beer. As a crossroads between Europe, Asia and Africa, this area has long been a hub of food and recipe exchange.
**Baba Ganoush**

Baba Ganoush is an Arab dish of eggplant mashed and mixed with various seasonings. Often, it is eaten as a dip with khubz or pita bread, and is sometimes added to other dishes.

**Ingredients**
- 2 medium onions, chopped
- 4 large eggplant, halved lengthwise
- 6 garlic cloves (can use minced garlic from jar)
- Olive oil
- 1 cup tahini sauce
- ½ cup chopped parsley
- Salt and pepper to taste

**Preparation:**
1. Preheat oven to 375.
2. Cut the eggplant in half lengthwise and brush the cut sides lightly with olive oil. Place on a baking sheet, cut side down. Put onion and garlic on the baking sheet and drizzle with olive oil. Roast until eggplant is very tender, about 35 minutes. Place the eggplant in a colander to drain and cool for 15 minutes, then scoop the flesh out of the skin.
3. Puree eggplant meat with roasted onion and garlic and tahini sauce.
4. Fold in parsley. Add salt and pepper to taste.

**Tabouleh**

Traditionally a mountain dish from the Eastern Mediterranean, and one of the Lebanese main dishes, it has become one of the most popular Middle Eastern salads.

**Ingredients**
- 2 cups bulgur wheat
- 4 cups boiling water
- 1 cup chopped parsley
- ½ cup chopped scallions
- ½ cup diced tomatoes
- ½ cup diced cucumber
- ½ cup lemon juice
- ¼ cup minced garlic (can use minced garlic from jar)
- Salt and pepper to taste

**Preparation:**
1. Combine bulgur wheat with boiling water and cover with plastic wrap. Set aside in refrigerator for about 30 minutes.
2. Drain bulgur and mix with all ingredients. Add salt and pepper to taste.

**Courtesy of UK Dining Services**
Roasted Garlic and Red Pepper Hummus

Roasting large amounts of garlic helps to impart a sweet smooth flavor. A perfect complement for any summer party or to take along to your favorite picnic spot!

Ingredients
1 28-ounce can chickpeas
1 cup tahini sauce
1 cup roasted red peppers (can use from jar)
¼ cup garlic (can use minced garlic from jar)
¼ cup lemon juice
¼ cup olive oil
1 TB salt
½ tsp. cayenne pepper
½ tsp. cumin
¼ cup water

Preparation:
Combine all ingredients and puree in food processor. Check for consistency and taste.

Courtesy of UK Dining Services
Sean's Falafel and Cucumber Sauce

You don't have to use powdered mix to make your own falafel! Mashed chickpeas are combined with onion, bread crumbs, egg and herbs, and fried. Serve with the cucumber sauce in a pita with tomatoes.

Prep Time: 20 Minutes  
Cook Time: 10 Minutes  
Ready In: 1 Hour  
Servings: 4 (makes about 12 patties)

INGREDIENTS:
Falafel  
1 (15 ounce) can chickpeas (garbanzo beans), drained  
1 onion, chopped  
½ cup fresh parsley  
2 cloves garlic, chopped (can use minced garlic from jar)  
1 egg  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
1 teaspoon salt  
1 dash pepper  
1 pinch cayenne pepper  
1 teaspoon lemon juice  
1 teaspoon baking powder  
1 tablespoon olive oil  
1 cup dry bread crumbs  
oil for frying

Cucumber sauce  
1 (6 ounce) container plain yogurt  
1/2 cucumber - peeled, seeded, and finely chopped  
1 teaspoon dried dill weed  
salt and pepper to taste  
1 tablespoon mayonnaise

DIRECTIONS:
1. In a large bowl mash chickpeas thick and pasty; don't use a blender, as the consistency will be too thin. In a food processor, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.
2. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 10-12 balls and then flatten into patties.
3. Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.
4. In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes.

From www.allrecipes.com
European Cuisine

This cuisine distinguishes itself from other cuisines of the world in part due to the focus of the meals. Typically, meat is the most prominent and substantial part of the meal. Another distinguishing feature of this cuisine is the emphasis of sauces, condiments, seasonings and accompaniments.
Polish Pierogies

What are they? They are half circular dumplings of unleavened dough that can be stuffed with cheese, potatoes, cabbage, cottage cheese assorted meats or even fruit.

Serves: 10 servings

Ingredients

For the pierogi dough:
1 pint sour cream
5 cups flour
2 tablespoons melted butter
2 whole eggs*
1 egg yolk*
2 teaspoons salt
2 teaspoons olive oil
*Can substitute ½ cup + 2TB Egg Beaters for the whole eggs and egg yolk

For the filling: (see notes)
½ pound ground beef
Salt
Freshly ground black pepper
½ pound soft farmers cheese
2 tablespoons minced shallots
2 tablespoons minced garlic
½ cup green onions, chopped
1 whole egg

To finish:
4 tablespoons butter
1 tablespoon finely chopped fresh parsley leaves (optional)
½ cup sour cream (optional)

Directions

For the dough: In a large mixing bowl, combine the sour cream, flour, butter, 2 whole eggs, egg yolk, 2 teaspoons salt and olive oil. Knead the mixture into a soft dough. Divide the dough in half and cover for 10 minutes. On a floured surface, roll each half of the dough into a thin circle, 1/4-inch thick. Cut the dough using a 3-inch circle cutter.

For the filling: Season the beef with salt and pepper. In a sauté pan, render the ground beef for 3 minutes. Remove from the pan and drain on a paper-lined plate. In a mixing bowl, combine the cheese, ground beef, shallots, garlic, green onion and egg. Mix well. Season with salt and pepper. Place 1 tablespoon of the filling in the center of each circle of dough and fold over. Press and seal into half-moon shapes. Use a little water to seal the pierogi’s. In a pot of boiling, salted water, cook the pierogi for 8 minutes, or until they float. Remove from the water and drain. In a sauté pan, melt 2 tablespoons of the butter. Sear the pierogi for 2 to 3 minutes on each side, or until they are golden brown. Remove from the pan. The pierogi will need to be sautéed in batches. Arrange the pierogi’s on a platter. Garnish with parsley and serve with sour cream.

Notes: Pierogis can be filled with a variety of things. Karen’s favorites are sauerkraut and potato. For convenience, I used jarred sauerkraut and flavored mashed potato mixes that you prepare in the microwave.

Courtesy of Emeril Lagasse, www.foodnetwork.com
Caponata

Caponata is a cooked Italian vegetable salad made from chopped fried eggplant and celery seasoned with sweetened vinegar, and capers in a sweet and sour sauce. Numerous local variations of the ingredients exist with some versions adding olives, carrots and green bell peppers, and others adding potatoes, or pine nuts and raisins.

Serves 4

Ingredients

- 4 TB olive oil
- 2 celery stalks, sliced
- 2 red onions, sliced
- 1 large eggplant, diced
- 1 garlic clove, finely chopped (can use minced garlic from jar)
- 5 plum tomatoes, chopped
- 3 TB red wine vinegar
- 1 TB sugar
- 3 TB pitted green olives (can use black olives)
- 2 TB capers, drained and rinsed
- Salt and pepper
- 4 TB chopped fresh flat-leaf parsley, to garnish (optional)
- Ciabatta bread, to serve

Preparation:

1. Heat half the oil in a large, heavy-bottom pan. Add the celery and onions and cook over low heat, stirring occasionally, for 5 minutes, until softened but not colored. Add the remaining oil and the eggplant. Cook, stirring frequently, for about 5 minutes, until the eggplant starts to color.
2. Add the garlic, tomatoes, vinegar, and sugar, and mix well. Cover the mixture with a circle of wax paper and let simmer gently for about 10 minutes.
3. Remove the wax paper, stir in the olives and capers, and season to taste with salt and pepper. Pour the caponata into a serving dish and set aside to room temperature.
4. Just before serving, sprinkle with parsley to garnish. Serve with ciabatta.

From Cooking School Italian, Parragon Books, 2009
Pastitsio

Some recipes for this dish do not call for cinnamon in the meat sauce, but in this classic version, put it in. It's a signature taste that has made pastitsio one of the most well-known and loved Greek dishes. This recipe also calls for a thick béchamel sauce. Traditionally, Greek macaroni no. 2 pasta is used but ziti or other tubular pasta, long or short, can be substituted.

**Prep Time:** 1 hour, 15 minutes  
**Cook Time:** 1 hour  
**Total Time:** 2 hours, 15 minutes  
**Yield:** serves 6-8

**Ingredients:**
1 ½ pounds of tubular pasta (long macaroni, ziti, penne, ziti #2 etc.)  
4 TB of olive oil  
1-2 cloves of garlic, finely minced (can use minced garlic from jar)  
1 ¼ cup of chopped onions  
1 ½ pounds of ground beef  
2 ½ cups of peeled, chopped plum tomatoes (can use canned tomatoes)  
1 ½ teaspoons of ground cinnamon  
6 whole cloves (can substitute ¼ tsp. ground cloves)  
Salt (to taste)  
20 or more ground peppercorns (to taste) (can substitute ground black pepper)  
1 ¼ cups of grated kefalotyri cheese (or pecorino)  
½ cup of breadcrumbs  
béchamel sauce with cheese (recipe on next page)

**Preparation:**

**Make the Meat Sauce**  
Sauté the onions until translucent in 2 tablespoons of olive oil in a large heavy-bottomed frying pan. Add meat and continue to stir until lightly brown. Add the tomatoes, cinnamon, cloves, garlic, salt, and pepper and stir well to combine. Reduce heat and simmer until liquid has been absorbed, about 30-35 minutes. This is very important - the meat mixture should be as dry as possible without sticking to the bottom of the pan. Set meat mixture aside, uncovered, and allow to cool.

Preheat oven to 350F (160C). Lightly grease a baking or roasting pan approximately 11 X 14 X 3 inches high.

**Prepare the Pasta**  
While the meat is simmering, prepare the pasta. Cook until slightly underdone, drain, toss with a couple of tablespoons of olive oil to prevent sticking, and set aside.

**Make the béchamel sauce with cheese (recipe on next page).**

Spread the breadcrumbs evenly on the bottom of an 11x15x3-inch baking pan. Use 1/2 the pasta for the first layer and sprinkle with 1/2 cup of the grated cheese. Remove cloves from the sauce, add the meat sauce evenly over the pasta, and sprinkle with 1/2 cup of the grated cheese. Add the remaining pasta on top. Carefully pour the béchamel over the top and use a spatula to spread evenly.

Bake at 350F (160C) for 30 minutes, then sprinkle the remaining 1/4 cup of grated cheese on top, and continue to bake for another 15 to 30 minutes until the sauce rises and turns golden brown. Remove pan from oven and allow to cool before serving (Pastitsio is served warm, not hot).

**Notes:** This dish can be prepared the day before, all the way to the béchamel sauce, refrigerated overnight, and cooked the next day after adding the sauce.
Bechamel Sauce with Cheese

This thick version of bechamel comes from my neighbor, Yiorgia, and it turns out thick and rich every time. It's made with evaporated milk and contains cheese, and is just one variation of this popular sauce used with meats and vegetables. It isn’t hard to make, and doesn't take long, but it has to be stirred the entire time.

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Ingredients:
2 14.5-ounce cans of evaporated milk  
8 tablespoons of cornstarch (or cornflour)  
4 cups of water  
2 eggs, beaten  
½ cup of grated kefalotyri cheese (or pecorino)  
1 tablespoon of butter-flavored vegetable shortening or butter  
1 teaspoon of salt  
Pinch of nutmeg

Preparation:

In a large saucepan, bring the water to a boil. Once it boils, dissolve the cornstarch in one can of evaporated milk, and add to the water, stirring briskly with a wire whisk. Lower the heat to medium and add the second can of milk, the salt, and shortening or butter. Continue to whisk until the sauce thickens. Add the beaten eggs and nutmeg, whisking very quickly (so the eggs don't cook) until well blended. Remove from the heat, stir in the cheese, mix well and set aside, covered, until ready to use.

Yield: enough for one complete 11 x 14 x 3 pan of pastitsio (about 7 cups).

Storage & Reheating

Béchamel can be refrigerated for one day (not more). It can be reheated using a double boiler (stirring constantly) or in the microwave, covered, vented, on medium power. Microwave time depends on the amount to be reheated and the microwave's wattage, so check every couple of minutes.
Asian Cuisine

Asian food is generally a blend of several tastes together -- sweet, sour, salty, spicy, and bitter. While western palates tend to segregate tastes, Asian cuisine emphasizes a combination of flavors and textures, often within a single dish. Blends of rice or noodles with vegetables and/or a protein source may also include something crunchy, such as nuts, or something softer, such as raisins.
Yakitori

This is made from several bite-sized pieces of chicken, skewered on a bamboo skewer and barbecued, usually over charcoal.

Ingredients
2 pounds chicken breast
1 leek
4 TB soy sauce
4 TB mirin (type of Japanese cooking wine)
3 TB sugar
1 TB honey

Preparation:
1. Preheat oven to 400.
2. Mix together soy sauce, mirin, sugar, and honey in a saucepan over medium heat.
3. Cut chicken breasts into 1-inch pieces.
4. Let chicken pieces stand in mixture about 10 minutes.
5. Cut leek into pieces about 1 inch long.
6. Spear chicken and leek pieces onto skewers.
7. Lay skewers on cookie sheet with parchment paper.
8. Bake 10 minutes, flip skewers, and bake 5 more minutes.

From www.japan-guide.com

Gomaae

Gomaae is a Japanese side dish and may be translated as “sesame dressing.” There are several types of gomaae dishes, but this is one of the most popular versions made with spinach.

Ingredients
12 oz. frozen spinach
2 TB miso (white)
2 TB sugar (can use less if prefer less sweet)
2 TB sesame seeds
1 TB mirin

Preparation:
1. Cook spinach according to directions. Drain well.
2. Prepare the dressing by mixing miso, sugar, sesame seeds, and mirin.
3. Mix spinach with the dressing. Serve at room temperature.

From www.japan-guide.com
Chicken Tikka Masala

Tikka Masala is a curry dish in which roasted chicken chunks are served in a rich red, creamy, lightly spiced, tomato-based sauce. The origins of chicken tikka masala are disputed. The oldest claim is that it was created for the Mughals in the Pre-British India era, although some claim the origins of the dish in Glasgow, Scotland. This classic masala is often the first dish many try when exploring Indian food. The chicken needs to marinate overnight, so plan accordingly.

ACTIVE TIME: 45 MIN    SERVINGS: 4

INGREDIENTS

MASALA MARINADE
1 cup plain low-fat yogurt
2 garlic cloves, minced (can use minced garlic from jar)
1 tablespoon finely grated fresh ginger (can substitute 1 tsp. ground ginger)
1 ½ teaspoons ground cumin
1 ½ teaspoons ground coriander
¼ teaspoon ground cardamom
¼ teaspoon cayenne pepper
¼ teaspoon ground turmeric
Salt and freshly ground pepper

CHICKEN
2 ½ pounds skinless, boneless chicken thighs, fat trimmed (can use chicken tenderloins or chicken breast)
Salt and freshly ground pepper
2 tablespoons plus 1 teaspoon vegetable oil
¾ cup blanched whole almonds (optional)
1 large onion, finely chopped
2 garlic cloves, minced (can use minced garlic from jar)
1 teaspoon minced fresh ginger (can substitute ¼ tsp. ground ginger)
1 ½ tablespoons garam masala (found in spice aisle)
1 ½ teaspoons pure chile powder (This is NOT the chili powder you use for traditional chili recipes. You can use a smaller amount for less heat.)
¼ teaspoon cayenne pepper
One 35-ounce can peeled tomatoes, finely chopped, juices reserved
Pinch of sugar
1 cup heavy cream

DIRECTIONS

MAKE THE MASALA MARINADE: In a large glass or stainless steel bowl, combine the yogurt, garlic, ginger, cumin, coriander, cardamom, cayenne and turmeric. Season with salt and pepper.

PREPARE THE CHICKEN: Using a sharp knife, make a few shallow slashes in each piece of chicken. Add the chicken to the marinade, turn to coat and refrigerate overnight. Preheat the broiler and position a rack about 8 inches from the heat. Remove the chicken from the marinade; scrape off as much of the marinade as possible. Season the chicken with salt and pepper and spread the pieces on a baking sheet lined with foil. Broil the chicken, turning once or twice, until just cooked through and browned in spots, about 12 minutes. Transfer to a cutting board and cut it into 2-inch pieces.

(Optional) Meanwhile, in a small skillet, heat 1 teaspoon of the oil. Add the almonds and cook over moderate heat, stirring constantly, until golden, about 5 minutes. Transfer the almonds to a plate and let cool completely. In a food processor, pulse the almonds until finely ground.
In a large enameled cast-iron casserole, heat the remaining 2 tablespoons of oil until shimmering. Add the onion, garlic and ginger and cook over moderate heat, stirring occasionally, until tender and golden, about 8 minutes. Add the garam masala, chile powder and cayenne and cook, stirring, for 1 minute. Add the tomatoes with their juices and the sugar and season with salt and pepper. Cover partially and cook over moderate heat, stirring occasionally, until the sauce is slightly thickened, about 20 minutes. Add the cream and ground almonds and cook over low heat, stirring occasionally, until thickened, about 10 minutes longer. Stir in the chicken; simmer gently for 10 minutes, stirring frequently, and serve.

Variation: The marinade and sauce here are also delicious with shrimp, lamb and vegetables.

MAKE AHEAD
The Chicken Tikka Masala can be refrigerated for up to 3 days. Reheat gently before serving.

SERVE WITH
Steamed basmati rice, rice pilaf or warm nan.

From www.foodandwine.com
Mango Sticky Rice

Thai sticky rice (also known as "sweet rice", "glutinous rice", or “Khao niao” in Thai) is a tasty, sweet rice that is especially sticky when cooked. According to Thai tradition sticky rice can put you fast asleep if more than a couple handfuls are eaten. Sticky rice is enjoyed throughout Thailand and Laos, and is gaining popularity as more people become familiar with its unique taste. Khao niao is also eaten with desserts. Khao niao moon is Khao niao steamed with coconut milk that can be served with ripened mango. This simplified version uses Jasmine rice, which is readily found in US grocery stores.

Prep Time: 20 min  Inactive Prep Time: 1 min  Cook Time: 20 min

Serves: 4 servings

Ingredients
1 cup jasmine rice
¾ cup canned coconut milk
¼ cup brown sugar
1 ripe mango, diced
2 tablespoons finely chopped crystallized ginger

Directions
Cook or steam rice in water according to package directions. Let cool and transfer to a portable bowl. Mix coconut milk and brown sugar; pour over rice. Add mango and mix well. Sprinkle with crystallized ginger and mix again.

Courtesy of Tori Ritchie, www.foodnetwork.com
North American Cuisine

From the time the Pilgrim Fathers landed on the rocky shores of the USA and had their first Thanksgiving dinner, immigrants to the country have brought their own recipes and traditions. Here they made do with, and adapted, the ingredients that were available, leading to a cuisine that, in many regions, has become quite unique to the area.
Kentucky Hot Brown

This is a regional favorite that originated at Louisville’s Brown Hotel earlier in this century. Many variations can be found, most commonly country ham is added and a cheddar sauce is substituted.

Ingredients
½ cup (1 stick) butter
3 tablespoons flour
2 cups milk
Tabasco sauce to taste
½ container grated Parmesan cheese (about 3.5 ounces)
2 egg yolks (can substitute ¼ cup Egg Beaters)
1 cup (4 ounces) shredded Colby cheese
1 cup (4 ounces) shredded American cheese
6 slices bread, toasted
6 slices cooked chicken or turkey
6 slices cooked country ham
2 tomatoes, sliced
12 slices bacon, cooked
Paprika to taste

Melt the butter in a 4-quart heavy saucepan. Stir in the flour until smooth. Add the milk gradually, stirring constantly. Cook until thickened, stirring constantly. Stir in the Tabasco sauce and the Parmesan cheese. Remove from heat. Stir 1/2 cup of the sauce into the egg yolks. Stir the egg yolk mixture into the sauce. Cook until thickened, stirring constantly. Stir in the Colby cheese and American cheese. Remove from heat. Cut each piece of toast in half and place on an ovenproof plate. Layer each with the chicken or turkey, ham, sauce, tomatoes and bacon. Sprinkle with paprika. Bake at 400 degrees for 10 to 15 minutes.

Yields 6 servings.

Courtesy of Rex Lyons, Chef, Kentucky Governor’s Mansion, Frankfort, KY.
Bananas Foster

The dish was created in 1951 by Paul Blangé at Brennan’s Restaurant in New Orleans, Louisiana. It was named for Richard Foster, a friend of Owen Brennan’s who was then New Orleans Crime Commission chairman.

INGREDIENTS
¼ cup (½ stick) butter
1 cup brown sugar
½ teaspoon cinnamon
¼ cup banana liqueur
4 bananas, cut in half lengthwise, then halved
¼ cup dark rum
4 scoops vanilla ice cream

Combine the butter, sugar, and cinnamon in a flambé pan or skillet. Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves. Stir in the banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum. Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum. When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately.

From www.brennansneworleans.com
South American Cuisine

The food culture of South American cuisine includes maize-based dishes and various salsas and other condiments. These spices are generally what give the Latin American cuisines a distinct flavor; yet, each country of Latin America tends to use a different spice and those that share spices tend to use them at different quantities. Thus, this leads for a variety across the land.
Quick and Spicy Shrimp Ceviche

With the warm days of summer upon us, a great way to cool off is with ceviche. This refreshing ceviche, best served very cold, is quick to make because the shrimp are boiled first. If you like your food a bit spicy, leave the seeds in the jalapeño. Ceviche is typically made with red snapper that is "cooked" by the acidity of lime and lemon juice.

Ingredients
1 pound small peeled and deveined shrimp (can use precooked, peeled, deveined shrimp)
Salt to taste
1/3 cup lime juice
1 cup salsa
1 small cucumber, peeled, seeded and chopped
1 ripe avocado, diced
1 small jalapeño pepper, seeded and thinly sliced
4 lettuce leaves
Tortilla chips or corn tortillas

Method
Boil shrimp in salted water until just cooked through, 2 to 3 minutes. Drain and chill. Put shrimp in a non-metal bowl and add lime juice and salsa. Stir well, cover and refrigerate for 20 to 30 minutes. Add cucumbers, avocado and jalapeños and toss gently. Arrange lettuce leaves on plates and top with shrimp ceviche. Serve with tortilla chips or tortillas on the side.

Nutrition
Per serving (about 11oz/320g-wt.): 270 calories (100 from fat), 11g total fat, 1.5g saturated fat, 25g protein, 18g total carbohydrate (5g dietary fiber, 4g sugar), 175mg cholesterol, 800mg sodium

From www.wholefoodsmarket.com