

MULTICULTURAL COFFEE HOUR COOKBOOK



FALL 2022
EDITION



Capstone International Center
International Services

FALL 2022 MENU



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FALL 2022 MENU

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Bangladesh


Burhani Drink
Jhal Muri






Germany

Apfelschorle

 5 mins

 2 servings

Ingredients

- 10 ounces apple cider
- 6 ounces sparkling water

Instructions

- Divide apple cider amongst 2 glasses and fill with sparkling water.
- You can adjust the quantities to your liking and use more or less juice or sparkling water.





Ghana

Ghanaian Salad



15 mins



6 servings

Ingredients

- 16 ounces romaine lettuce, chopped
- 8 ounces cucumber, sliced
- 6 ounces carrots, shredded
- 1 small red onion, thinly sliced
- Once 13.7-ounce can baked beans, drained well
- 5 ounces grape tomatoes, halved
- 3 hard-boiled eggs, sliced
- 2 small avocados, cubed
- 1/4 teaspoon freshly ground black pepper
- Salad cream for drizzling

Instructions

- Add the lettuce, cucumbers, carrots, and onions to a large salad bowl and toss to combine.
- Top the salad with the beans, grape tomatoes, hard-boiled eggs and avocado.
- Sprinkle with the black pepper.
- Drizzle the salad cream onto the salad before serving.





Ghana

Sorrel Drink (Zobo Drink/
Sobolo)



35 mins



8 servings

Ingredients

- 2 cups hibiscus leaves
- 1/2 lemon
- 2 cinnamon sticks
- 5 tbsp. chopped ginger
- 1/2 cup monk fruit sweetener
- 10 cups of water

Instructions

- Pour the hibiscus leaves into a colander and rinse thoroughly under running water.
- Chop the ginger into small pieces and the lemon in half.
- Add the sorrel to a pot on the stove.
- Add 10 cups of water, lemon quarters, ginger, and cinnamon sticks.
- turn the heat to high and bring to a boil.
- Turn the heat back to medium and let simmer for 15-20 minutes.
- Strain the hibiscus leaves using a fine mesh strainer.
- While it is still hot, add your choice of low carb sweetener and mix in.
- Let it cool down and serve chilled.



Ghana

Red Red Vegan Bean Stew

Ingredients

- 7oz dried black-eyed beans.
- 5 tablespoon sustainable palm oil
- 1 red onion, finely diced
- 1 inch piece fresh root ginger, finely grated
- 1/2 tablespoon dried chili flakes
- 1/2 red scotch bonnet chili, deseeded and diced
- 1/2 teaspoon curry powder
- 1/2 tablespoon chili powder
- 14oz can chopped or whole plum tomatoes
- 7oz plum tomatoes, roughly chopped
- 1 tablespoon tomato puree
- 1 tablespoon sea salt
- 1/2 teaspoon freshly ground black pepper
- Gari (fermented, dried, and ground cassava) for sprinkling

Instructions

- If using dried beans, rinse and place in a large saucepan, cover with a good depth of water and bring to the boil.



Ghana

Red Red Vegan Bean Stew

- Simmer for at least 1 hour or until the beans are tender enough to be squeezed easily between thumb and forefinger. Drain and set aside.
- If using a can of beans, just drain, rinse, and drain again.
- Heat the oil in a large, heavy-based saucepan over a low-medium heat until it melts,
- Add the onion, ginger, chili flakes, and Scotch Bonnet. Sautee gently for a few minutes until the onion is translucent.
- Add the curry and chili powders and stir well.
- Add all the tomatoes, tomato puree, sea salt and black paper and stir through. Leave to cook over a medium heat for 45-60 minutes or until the tomatoes start to break down. If you want a smooth sauce, blend with a stick blender at this point.
- Add beans and tomatoes to the pan, until the beans are tender and the tartness of tomatoes has dissipated.
- Check the seasoning before serving in a bowl with some gari sprinkle on top, along with a side of simple fried plantain.



Iran

Sharbat Sekanjabin



3 hours



10 servings

Ingredients

- 2 cups sugar
- 7 cups water (adjust base on your desired sweetness)
- 1/3 cup white wine vinegar
- 1 cup fresh mint, loosely packed
- 3 Persian cucumbers, grated

Instructions

- Mix 1 cup of water and 2 cups of sugar in a small saucepan. Dissolve over low heat, then boil for 10 minutes.
- After boiling, add vinegar to the saucepan. Turn heat down to simmer and cook to thick for 20 minutes. Check the consistency of the liquid during cooking time. When it starts to look thicker than water, then it's done.
- Take the pan off the heat, stir in the mint, and allow it to cool to room temperature.
- When cool, remove the mint. Mix syrup with 6 cups of water. Don't forget to taste it!





Iran

Sharbat Sekanjabin

- Add ice and grated cucumbers to each glass, pour the diluted syrup into each.
- Alternatives for the syrup, undiluted: serve syrup as an appetizer with fresh, crisp lettuce leaves for dipping.
- You can also replace sugar with honey if you prefer!



Iran

Zaytoon Pervardeh



4 hours



6 servings

Ingredients

- 1 cup walnuts
- 1 cup fresh mint leaves, finely chopped
- 2/3 cup fresh cilantro leaves, finely chopped
- 4 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 cup pomegranate molasses
- Table salt
- 2 cups green olives, pitted (don't use canned olives!)
- Pomegranate seeds, for garnish

Instructions

- Pulse the walnuts in the food processor until finely ground.
- Transfer to a medium bowl, add the mint, cilantro and garlic and stir to combine.
- Stir in the olive oil, pomegranate molasses and 1/4 teaspoon salt and mix to make a paste.
- Add the olives and give the mixture a good stir.



Iran

Zaytoon Pervardeh

- Transfer to a container with a lid and refrigerate for at least 4 hours and up to 48 hours.
- Taste and add more salt, if desired.
- Transfer to a serving bowl, top with pomegranate seeds if using and serve.



Iran

Mast-o-Khiar

Ingredients

- 1 lb. yogurt
- 2 Persian cucumbers
- 1 tbsp. dried mint
- salt & pepper


Instructions


- Cut cucumber in half, then cut in half again and slice in 1/4 inch pieces.
- Add 1 tablespoon of dried mint, salt, and pepper to yogurt. Mix it well.
- Add cucumber and mix.
- Garnish the top with fresh mint or dried mint.



Colombia

Salpicon de Frutas

 15 mins

 4 servings

Ingredients

- 6 cups of assorted fresh fruit (pineapple, papaya, watermelon, mango, apple, banana, and seedless red grapes), cut into bite size pieces.
- 4 cups of watermelon juice or Colombian soda
- Vanilla Ice cream

Instructions


- Place cut fruit in a larger bowl, pour juice over fruit and stir.
- To serve, spoon fruit cocktail into tall glasses and top with vanilla ice cream.






Colombia

Ceviche Vegetariano

 15 mins

 4 servings

Ingredients

- 2 cups sliced hearts of palm
- 12 ounce jar marinated artichoke hearts (drained and cut into pieces)
- 2 medium tomatoes
- Juice of 8 limes
- 2 tablespoons of white vinegar
- 1 small red bell pepper (seeded and diced)
- 1/2 small Serrano pepper
- 1 small red onion (finely sliced)
- 1/4 cup chopped cilantro
- 1 teaspoon olive oil
- Salt

Instructions

- Soak the red onions with warm water and a pinch of salt for about 5 minutes, rinse and drain
- Mix the sliced onions, lime juice, vinegar, and let marinate for 30 minutes
- Add the rest of the ingredients. Stir well and let rest for at least 30 minutes in the refrigerator.
- Serve with plantain chips or patacones.



Colombia

Limonada de Coco



10 mins



2 servings

Ingredients

- 1 cup cream of coconut
- 2 1/2 cups of crushed ice
- Juice of 3 limes
- 2 tablespoon of sugar r to your taste

Instructions

- Place all the ingredients in a blender until smooth
- Serve immediately and enjoy



India

Chana Salad



45 mins



5 servings

Ingredients for Chickpeas

- 1 cup dry chickpeas
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt

Ingredients for mix-ins

- 1 large onion, finely chopped
- 2 medium tomatoes, finely chopped
- 1 cup bell pepper/capsicum, finely chopped
- 1/4 cup raisins
- 1/2 cup mint leaves, finely chopped
- 1/2 cup cilantro/coriander leaves, finely chopped

Ingredients for salad dressing

- 2 teaspoon chaat masala
- 1 teaspoon cumin powder
- 1 teaspoon chili flakes





India

Chana Salad

- 2 tablespoon extra virgin olive oil
- 2 tablespoon honey (or 1 tablespoon sugar for a vegan recipe)
- 3 tablespoon lemon juice

Instructions for chickpeas

- **If using canned chickpeas**, drain and rinse the chickpeas. Add turmeric and 3 cups of water. Bring it to a boil and remove from heat. Let it cool and then drain the chickpeas and keep aside.
- **If using dry chickpeas**, soak for a minimum of 8 hours. Rinse and add 4 cups of water, 1/2 tablespoons each of salt and turmeric.
- **Cooking in an instant pot**
 - Set to "pressure cook" for 10 minutes (After you switch on, it would take about 15 minutes to reach high pressure).
 - Wait for natural pressure release, which would take about 20 minutes. Drain and let it cool.
- **Cooking in a pressure cooker**
 - Cook on high flame until 2 whistles. reduce and cook on low flame for 10 minutes.
 - Let the pressure release naturally. Drain and let it cool.



India

Chana Salad

- **Cooking in a pot on stovetop**

- Ensure that you soak them overnight or even up to 12 hours.
- Cook them in an open deep pot on the stovetop. For 1 cup of dried chickpeas, use 6 cups of water.
- Once it comes to a boil, reduce flame to medium. It would take about 35 to 45 minutes to cook, depending on how soft you want them. Top up with hot water if it dries out.
- Add 1/2 teaspoon of baking soda to the chickpeas while cooking if you want the same softness as pressure cooking.


Instructions for Salad Dressing and Mix-ins


- While the chickpeas are cooking, make the dressing and do all the chopping.
- Mix all ingredients for the dressing and whisk until the spices are completely dissolved in the liquid.
- Toss the vegetables and herbs together with the cooked chickpeas.
- Drizzle dressing on the salad and toss well.
- Chill until ready to serve.



Nigeria

Nigerian Tea

 10 mins

 1 serving

Ingredients

- Hot water
- 1 tin Peak Evaporated Milk
- 1 tablespoon Milo

Instructions

- Pour the tin of peak milk into a mug
- Add hot water to fill up the cup
- Add Milo
- Stir well!





Nigeria

Nigerian Chapman



30 mins



6 servings

Ingredients

- 6 cups Carbonated Orange drink (Fanta, Miranda, or Crush).
- 6 cups Carbonated Clear drink (Sprite or 7up).
- 1 medium cucumber thinly sliced
- 1 lime sliced
- 3/4 cup Grenadine syrup
- 1 tablespoon Angustura bitters
- 1/4 cup blackcurrant drink (Ribena)
- Ice cubes

Instructions

- Transfer cucumber slices and lime slices into a clean pitcher.
- Pour carbonated drinks to the pitcher.
- Then pour in the angustura bitters, grenadine syrup, and black currant drink.
- Stir together.
- Chill in the refrigerator for up to 2 hours.
- Serve over ice.



Nigeria

Nigerian Vegetable Sauce



1 hour



4 servings

Ingredients

- 500g chicken
- 2 cubes chicken seasoning cubes
- 1 teaspoon curry powder
- salt
- 1 small onion
- 1 scotch bonnet
- 1 medium onion
- big carrot (200g)
- 1 small red bell pepper or 40g tatashe (paprika pepper)
- 1 medium green bell pepper (150g)
- 1/2 small cabbage (100g)
- 40g green beans
- 2 tablespoons vegetable oil
- 1 seasoning cube
- 2 teaspoons light soy sauce
- 2 teaspoons oyster sauce
- 2 teaspoons white pepper
- 3 tablespoon corn flour

Nigeria

Nigerian Vegetable Sauce



Instructions for Meat

- Cut chicken into bite-sized chunks with or without the bones, put them in a pot.
- Roughly cut up onions, garlic, ginger and scotch bonnet, add to the chicken.
- Add seasoning cubes, curry, thyme and salt, stir, cover and place over medium-low heat.
- Cook until the chicken is soft and has yielded its own liquid.
- Add a little water if it is getting too dry, but it is unlikely this will be necessary.
- Meanwhile, chop the medium-sized onions, scrape and cut the carrot into quarter-inch slices.
- Deseed and cut up both red and green peppers, cut green beans and shred cabbage roughly, set aside.
- Remove the cooked chicken from the pot into a plate, set aside.
- Add 1 cup of water to the stock and strain into a bowl using a fine sieve.
- Rinse out the pot to be sure there are no bits of bone etc.



Nigeria

Nigerian Vegetable Sauce

- Pour the strained stock back into the pot, you should have about 2 cups, if not add water to make up the difference. Otherwise, you can simply strain into another clean pot.
- Add soy sauce, oyster sauce, seasoning cube and white pepper.
- Bring to a boil, taste, add salt and 1/2 teaspoon each of curry and thyme, if needed. Boil until spices are well blended about 3 minutes.
- In a small bowl, mix corn flour with 3 tablespoons of water making sure there are no lumps, Set aside.

Instructions for Vegetable

- In a deep frying pan, put vegetable oil, when hot, add onions, carrot and green beans, add a little salt and saute over medium heat until the onions are transparent and carrot and green beans have softened a bit, about 5 minutes.
- Add green pepper and red pepper saute for a few minutes.
- Then separate cabbage bits, add and stir around, take off the heat. Do not overcook because it is still going to be cooked further in the stock.

Nigeria

Nigerian Vegetable Sauce



Instructions for the Sauce

- Dump the vegetables into the well-seasoned stock, stir and taste.
- Place over medium-high heat, stir the corn flour and pour into the sauce stirring all the time so that no lumps will form.
- Leave to boil until thickened and there is no rawness from the corn flour, about one minute.
- Take off the heat.
- Serve with rice, potatoes, pasta, couscous etc.



The United Kingdom

Ham and Mustard Finger Sandwiches



40 mins



3 servings

Ingredients

- 2 slices bread
- butter
- 1 teaspoon wholegrain mustard
- 1 slice cured ham

Instructions

- Spread butter on one slice of bread and mustard on the other. Place a piece of ham on the mustard side, making sure it is evenly distributed.
- Place the other slice of bread, butter-side down, on top
- Carefully remove the crusts and cut the sandwich into three equal fingers.





The United Kingdom

English Tea Cucumber Sandwiches



40 mins



3 servings

Ingredients

- 1 cucumber, peeled and thinly sliced
- 1 package cream cheese (8 ounce), softened
- 1/4 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion salt
- 1 dash Worcestershire sauce
- 1 pound loaf sliced bread, crusts removed
- 1 pinch lemon pepper (optional)

Instructions

- Place cucumber slices between 2 paper towels set in colander. Allow liquid to drain, about 10 minutes.
- Mix cream cheese, mayonnaise, garlic powder, onion salt, and Worcestershire sauce in a bowl until smooth.
- Spread cream cheese mixture evenly on one side of each bread slice.
- Divide cucumber slices over half of the bread slices; sprinkle lemon pepper on cucumber.
- Stack the other half of the bread slices spread -side down over cucumber to make sandwiches. Slice into triangles.



The United Kingdom

Cucumber with Mint Cream
Cheese Finger Sandwiches



40 mins



3 servings

Ingredients

- 2 slices bread
- 2 tablespoon cream cheese
- fresh chives (about 5 chives)
- fresh mint (about 3 average leaves)
- 1 piece cucumber (8-10 cm long)
- salt

Instructions

- Very finely chop the chives and mint.
- Put the cream cheese and chopped herbs in a bowl and mix to combine.
- Spread the herbed cream cheese onto two slices of bread.
- Peel the cucumber and slice it into fine slice with a potato peeler or madolin.
- Place the slice cucumber on top of the herbed cream cheese on one slice of bread, taking care to ensure that it is evenly distributed. Sprinkle with salt.
- Place the other slice of bread, cream cheese slice down, on top of the cucumber to make a sandwich.
- Remove the crust and slice the sandwich into three equal fingers.



The United Kingdom

Smoked Salmon Sandwiches



40 mins



3 servings

Ingredients

- 2 slices bread
- 2 tablespoon unsalted butter
- squeeze lemon juice
- 1 piece smoked salmon

Instructions

- Put the butter in a small bowl and add the lemon juice.
- Carefully mix until well combined.
- Spread the butter on both slices of bread. Cover one side with the smoked salmon and place the other slice of bread butter-side down to form a sandwich.
- Carefully remove the crusts and slice into three equal finger sandwiches.



Bangladesh

Burhani Drink



5 mins



4 servings

Ingredients

- 2 cups plain Yogurt/Curd, whisked
- 1/4 teaspoon black Mustard seeds powder
- 1/4 tablespoon roasted Coriander powder
- 1 green chili, chopped
- 1 teaspoon cumin seeds
- 1/2 cup loosely packed Mint leaves
- 1/2 cup loosely packed Coriander leaves
- 1/4 tablespoon roasted Cumin powder
- 1/2 tablespoon black salt
- 1 inch Ginger root, minced
- 1/2 teaspoon white pepper powder
- 1/2 tablespoon sugar
- 3/4 cup water
- 3-4 mint leaves for garnish





Bangladesh

Burhani Drink

Instructions

- Add mint leaves, coriander leaves, chopped green chili, and minced ginger to a blender; puree until smooth.
- Add roasted coriander powder, cumin powder, mustard seeds powder, white pepper powder, sugar, and black salt.
- Blend again by adding whisked yogurt and water. Whizz until frothy.
- Finally pour this into serving glasses.
- Garnish with fresh mint leaves and sprinkle a pinch of black salt or pepper.
- Served chilled.



Bangladesh

Jhal Muri



40 mins



4 servings

Ingredients

- 2 1/2 cups puffed rice (muri, murmura, pori)
- 1 large boiled potato (about 1/2 cup)
- 1 small onion (1/3 chopped finely)
- 1 medium tomato (1/3 cup chopped finely)
- 1/4 cup cucumber (chopped finely)
- 2 green chilies chopped
- 3 tablespoon coriander leaves (chopped finely)
- 1/4 teaspoon salt
- 1/2 teaspoon red chili powder
- 1 teaspoon red chili powder
- 3/4 teaspoon chaat masala (muri masala or amchur)
- 1/4 cup roasted peanuts (skinned)
- 1/4 cup chanachur
- lemon juice as needed
- 1 tablespoon mustard oil or oil from pickle

Instructions

- To make jhal muri, we need crisp puffed rice. If the rice is not crisp then you can dry roast them in a pan for a few minutes. Set them aside.



Bangladesh

Jhal Muri

Instructions

- Boil potato until just cooked. cube them and set aside.
- Dry roast peanuts and remove the skin. Set these aside.
- Chop tomatoes, onions, green chilies, and coriander leaves.
- Add tomatoes, cucumber, onions, potatoes, coriander leaves and green chilies to a mixing bowl.
- Add salt, red chili powder, cumin powder and chaat masala.
- Squeeze the lemon and give a good stir.
- Add peanuts and puffer rice.
- Toss them all.
- Add some more puffed rice if the mixture is moist then add chanachur or sev.
- Serve immediately.



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