

Coffee Hour Cookbook



Spring 2023



Capstone International Center
International Student & Scholar Services

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VIETNAM

Summer rolls



6 rolls



20 minutes

INGREDIENTS

- 4 oz. (115 g) rice noodles
or rice vermicelli
- 4 oz. (115 g) peeled and
deveined shrimp
- 2 leaves fresh lettuce,
sliced
- 6 sheets Vietnamese
rice paper
- 2 oz. (56 g) carrot,
peeled and cut into
matchstick

DIRECTIONS

1. Bring water to a boil and cook rice noodles according to package instructions, stirring occasionally. Drain and rinse under cold water, set aside
2. Make Hoisin-Peanut Sauce (see page 2)
3. In another small pot, bring water to a boil. Cook shrimp for 1 minute, or until they are completely cooked. Drain, let cool, slice in half lengthwise, and set aside
4. Divide vermicelli, shrimp, lettuce, and carrots into 6 equal portions
5. Assemble rolls by dipping one sheet of rice paper into a large bowl of water. Shake off excess water and quickly transfer to a clean, dry surface
6. Place rice noodles on the bottom part of the rice paper.
7. Add the sliced lettuce and carrots.
8. Place 3 shrimp halves on top.
9. Fold the bottom of rice paper over filling securely, then fold left and right sides of the rice paper over the filling, making sure everything is secured tightly. Continue rolling until everything is completely secured. Repeat until all ingredients are used up.
10. Cut summer rolls diagonally in the middle and serve immediately with Hoisin-Peanut sauce.

NOTES

Omit shrimp or substitute with tofu to make this recipe vegan

VIETNAM

Hoisin-Peanut Sauce



6 rolls



20 minutes

INGREDIENTS

4 tablespoons hoisin
sauce

1 tablespoon creamy
peanut sauce

4 teaspoons apple cider
vinegar

1/4 cup warm water
sugar to taste

1 tablespoon roasted
peanuts, roughly
chopped or pounded

DIRECTIONS

1. Combine all ingredients together in a small bowl. Whisk it to mix well. Transfer to a dip bowl and garnish with peanuts
2. Enjoy with your finished summer rolls!

VIETNAM

Avocado Smoothie (Sinh tố bơ)



DIRECTIONS

1. To freeze avocado slices, cut ripe avocado into medium slices. Line a sheet pan with wax paper and place avocado slices individually on the pan. Place this sheet in the freezer for one hour. Once frozen, you can use them for the smoothie or place them in a freezer safe container.
2. To make smoothie, add all ingredients to a strong blender. Consistency should be super thick with small chunks of the frozen avocados.
3. This ratio is not too sweet but you can adjust the amount of sweetened condensed milk for a sweeter taste. To make this a smoother consistency, you can add more milk too.
4. Pour the smoothie into a glass and eat with a straw or spoon!



1 serving



1 hour 10
minutes

INGREDIENTS

1 medium Hass
avocado, sliced and
frozen

1/2 cup ice

1/3 cup milk (more to
optionally thin out
smoothie)

1/4 cup condensed milk
(more if you want to
sweeten smoothie)

KUWAIT

Kuwaiti Gers Ogili



1 cake



1 hour

INGREDIENTS

2 cups all purpose flour

1 ½ teaspoon baking powder

¼ teaspoon salt

4 tablespoon toasted sesame seeds

½ teaspoon saffron

1 tablespoon sugar

4 eggs

1 ½ cup sugar

½ cup butter melted and cooled

1 cup milk room temperature

1 teaspoon cardamom

1 teaspoon rosewater

DIRECTIONS

1. Preheat oven to 350F
2. Butter and flour the sides of you 9 in Bundt cake pan
3. Crush the saffron threads. Add 2 tablespoons milk and mix
4. Sift together the flour, baking soda, salt, cardamom powder and mix in two tablespoons sesame seeds
5. Whisk the eggs and sugar until light and thick. This will take around 10-12 minutes at high speed.
6. Combine butter, milk, rosewater and saffron mixture
7. Fold wet and dry ingredients into the egg mixture using a slotted spoon
8. Pour in prepared pan and bake for 30-40 minutes

TURKEY

Gavurdağı Salatası



INGREDIENTS

- 4 tbsp pomegranate spoon
- 1 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1/2 tbsp red chili pepper flakes
- 1 teaspoon sumac
- 4 tomatoes peeled and finely chopped
- 1/2 bunch parsley leaves, finely chopped
- 15 walnut halves, finely chopped
- 5 walnut halves, roughly chopped (to garnish)
- 1 onion, finely chopped
- 1 green pepper, finely chopped

DIRECTIONS

1. Mix all the ingredients and season it with pomegranate syrup, fresh lemon juice and extra virgin olive oil.
2. Garnish with the roughly chopped walnuts and serve.

SOUTH KOREA

Purple Rice



5 servings



30 minutes

INGREDIENTS

2 cups short grain white rice

1 tbsp black glutinous rice

375 ml water (2 cups and 1 tbsp water) - 1:1
ratio for IH rice cooker or instant pot

Note: A cup used here is a rice measuring
cup (1 cup = approx. 180 ml), not a
standard measuring cup

DIRECTIONS

1. Put the rice into a bowl and rinse it until the water is clear (You will need to do 3-4 rounds of rinsing)
2. Transfer rice to preferred vessel:
 - a. Rice Cooker: Cover rice with 1:1 ratio of water and close the lid. Start rice cooker, cook for around 23-26 minutes before switching to the keep warm setting
 - b. Instant Pot: Cover the rice with the water (1:1) and set the instant pot to “pressure cook” at high pressure. Turn off the “keep warm” function. Make sure the steam release handle points at “sealing”. Set the timer to 3 mins and wait until the rice cooks. Natural release the steam for 10 minutes then quick release residual pressure. The process should take 24 minutes in total
 - c. Stovetop: Cover rice with water (1 : 1.125 volume ratio). Bring the pot to a boil over medium high heat until the water is boiling. Reduce heat to medium then boil for a further 6-7 minutes then gradually reduce heat and simmer for another 5 minutes. *Do not open the lid during boiling at any stage as it will throw off the water evaporation rate*. Remove pot from stove and let rest for 15 minutes (with lid still on).
3. Open lid and fluff rice with a rice paddle.

SOUTH KOREA

Yuja Tea



10 cups



Prep - 10 minutes, Rest - 24 hours

INGREDIENTS

For Yuja Chung (Citron Tea Marmalade):

5 yuja fruits (citron or yuzu)

3/4 cup honey

1/4 cup very warm water

For Yuja Cha (Yuja tea)

1 spoonful yuja chung

1 cup hot water

DIRECTIONS

Make the Yuja Chung

1. Slice the yuja fruits thinly and quarter them. Leave the peel intact but remove the seeds.
2. In a large bowl, dissolve the honey in the warm water, making a thick syrup.
3. Add the yuja fruit to the honey mixture, mixing to combine and make the yuja chung
4. keep in a closed container at room temperature for one day then store in refrigerator

Make the Yuja Tea

1. To make tea, dissolve 1 spoonful of yuja chung into hot water
2. When you drink the tea, you also eat the bits and pieces of yuja fruit and rind that come your way.

SAUDI ARABIA

Basbousa



16 servings



1 hour

INGREDIENTS

For the Cake:

- 2 cups semolina, coarse
- 1 cup coconut, dessicated
- 1/2 cup butter, melted
- 1/3 cup sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup plain yogurt
- slivered almonds

For the Syrup:

- 2 cups sugar
- 1 1/2 cups water
- 1 tsp lemon juice
- 1 tbsp rose water/
orange blossom water

DIRECTIONS

For the Cake:

1. Preheat oven to 400F
2. In a bowl, combine semolina, baking soda, coconut, sugar, and melted butter
3. Incorporate ingredients well by mixing them together by hand
4. Add the yogurt and mix in well
5. Press the cake batter into an 8x8 baking dish and smooth flat
6. Using a knife, score the top of the cake creating diamond shaped pieces
7. Push a piece of slivered almond into each diamond shaped piece of cake batter
8. Place in the oven on the middle rack for 30 minutes or until golden brown

For the Syrup:

1. In a small saucepan over high heat dissolve sugar in water and stir until clear
2. Add lemon juice, rose water or orange blossom water
3. bring to a boil then remove from heat and allow to cool for about 20 minutes

Bringing it together

1. Remove the cake once done, and cut through the scored lines making sure to carve all the way to the bottom of the tray\
2. Pour syrup over the cake by evenly distributing the sugar water
3. Allow the cake to absorb all the syrup
4. Serve warm or at room temperature

SAUDI ARABIA

Saudi Champagne



7 servings



10 minutes

INGREDIENTS

1 liter of apple juice

(fresh or boxed)

0.5 liter of sparkling
water

1 can of 330 ml white
soda, 7 up or sprite

1 apple thinly sliced

1 orange cut into sliced
a handful of mint leaves

1 tbsp lemon juice

10 ice cubes

DIRECTIONS

1. In a large pitcher, add sliced oranges, mint leaves, and apple slices. Squeeze lemon juice all over it
2. Add in the ice cubes and pour apple juice first
3. Pour in the sparkling water and stir
4. Serve immediately

JAPAN

Japanese Chicken Curry



8 servings



1 hour 10
minutes

INGREDIENTS

- 1 1/2 lb boneless, skinless chicken thighs (or substitute with beef, pork, seafood, tofu, mushrooms, or more vegetables)
- 1/4 tsp diamond crystal kosher salt
- freshly ground black pepper
- 2 carrots
- 2 large onions
- 3 yukon gold potatoes
- 1 knob ginger (1 tsp grated ginger)

INGREDIENTS

- 2 cloves garlic
- 1/2 apple
- 1 1/2 tbsp neutral flavored oil (avocado, rice bran, vegetable, canola, etc)
- For the Curry
- 4 cups chicken broth
- 1 tbsp honey
- 1 tbsp soy sauce
- 1 tbsp ketchup
- 1 package Japanese curry roux (7-8 oz or 200-230 g)
- For Serving
- 8 servings cooked Japanese short-grain rice

JAPAN

Japanese Chicken Curry



DIRECTIONS

Preparing the ingredients

1. Cut onions into wedges
2. Peel the carrots and cut them into rolling wedges (rangiri in Japanese)
3. Peel the potatoes and cut into quarters. Soak in water for 15 minutes to remove starch.
4. Grate the ginger. You will need 1 tsp of grated ginger, including the juice
5. Cut the apple into quarters, remove the core, and peel the skin
6. Grate the apple. You will need 1/2 grated apple
7. Remove and discard extra fat on chicken. Cut chicken into bite-sized pieces

DIRECTIONS

To cook the curry

1. Heat oil in a large pot over medium heat and add the onion
2. Sauté the onions, stirring occasionally until translucent and tender
3. Add the minced garlic and grated ginger and mix well together
4. Add the chicken and cook, stirring frequently until it's no longer pink on the outside. If the onions are getting too brown, temporarily reduce heat to low
5. Add the chicken stock. You can use water only or half water half stock if you're using store-bought curry roux as it can be too salty
6. Add the grated apple, honey, soy sauce, and ketchup
7. Add the carrots and potatoes. The broth should barely cover the ingredients
8. Simmer covered on medium-low heat for 15 minutes, stirring occasionally
9. Once boiling, use a fine mesh strainer to skim the scum and foam off the surface of the broth
10. Continue to cook until a wooden skewer can pierce the carrots and potatoes

JAPAN

Japanese Chicken Curry



DIRECTIONS CONT.

11. Turn off the heat. Put 1-2 cubes of roux in a ladle full of cooking liquid, slowly let it dissolve with a spoon or chopsticks, and stir into the pot to incorporate. Repeat with the rest of the blocks, 2 cubes at a time.
12. Simmer uncovered on medium-low heat, stirring frequently, until the curry becomes thick (about 5-10 minutes)
13. Serve the curry with steamed Japanese short-grain rice on the side.

CARIBBEAN

Jamaican Rice and Peas



4 servings



1 hour 5 minutes

INGREDIENTS

1 cup dry red kidney beans or 1 can kidney beans (peas)

1 cup fresh coconut milk or 1/2 can coconut milk

1 1/2 cup long grain rice, washed and drained

1.76 oz chopped red onion

2 cloves crushed garlic

0.71 oz chopped scallions

2 sprigs of thyme

1 scotch bonnet pepper (don't cut or burst)

0.11 oz ginger

5 pimento berries (allspice)

2 tsp salt

5 cups water

DIRECTIONS

1. Wash the kidney beans and put them in a pressure cooker with 4 cups of water, pimento berries and ginger, half the salt and pressure cook for 15 minutes
2. Make sure the pressure cooker is cool before you open it
3. Return the pot to the stove on medium heat. Add the coconut milk, another cup of water, thyme, scallion, onion, garlic, scotch bonnet pepper and remaining salt
4. Cover the pot and bring it to a boil. At this point, taste to see if it is seasoned to your liking
5. Add the rice. Return the lid to the pot and bring it to a boil. Turn heat to low and let rice steam until all water is evaporated.
6. Turn off the heat and let the rice sit for another 5 minutes. Remove the thyme stems and scotch bonnet pepper. Serve!

CARIBBEAN

Fried Plantains



INGREDIENTS

plantains

oil

salt

DIRECTIONS

1. Prepare plantains by washing, cutting off each end, and using a knife to cut through the skin from top to bottom. Remove the skin and discard. Cut plantains into 1 thin diagonal slices.
2. Put oil in skillet over medium-high heat
3. Place one plantain in the oil. If the oil surrounding the plantain starts to bubble, the oil is hot enough.
4. Add your plantains to the skillet. Fry them for about 2 minutes on each side or until they are golden brown.
5. Remove the plantains from the oil and place on a towel.
6. Sprinkle with salt and enjoy!

ICE CREAM

Kulfi



20 servings



8 hours 8
minutes

INGREDIENTS

- 4 slices white bread, torn into small pieces
- 2 teaspoons ground cardamom
- 2, 12 oz cans evaporated milk
- 2, 14 oz cans sweetened condensed milk
- 473 ml carton heavy whipping cream
- 8 oz sugar free Cool Whip
- 2 tbsp ground almonds
- 2 tbsp ground pistachios
- 2 tsp rose water

DIRECTIONS

1. In a large mixing bowl add bread, cardamom powder, evaporated milk, condensed milk, heavy whipping cream, and Cool Whip.
2. Blend using handheld mixer and then add 1 1/2 tablespoons each of almonds and pistachios.
3. Pour mixture into a 9x13 freezer safe dish. Cover with cling wrap and put in freezer. In about 4 hours or when the Kulfi is halfway set, take out of freezer, remove cling wrap and sprinkle remaining almonds and pistachios on top
4. Cover again and freeze at least 4 more hours or until Kulfi is completely frozen
5. To serve, take the Kulfi out 10 minutes before for easy serving. Cut into 20 pieces and serve.