

ESOL Speaks Literary Magazine

What's Cooking?



SPRING 2020

ESOL Speaks
Spring 2020

*Diversity
in food*

*Recipes from all around the world by ESOL students of
Columbia University Community Impact*



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Jobs and Education Empowerment Program (J.E.E.P.)
Community Impact at Columbia University
105 Earl Hall MC 2010
New York, NY 10027
(212) 854-1492

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ESOL Speaks What's Cooking?

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Spring 2020

A Dedication
from Community Impact

* * *

Dear ESOL Students,

When we started the spring cycle, none of us could have imagined that we would end the semester quarantined in our homes. This edition of ESOL Speaks is a testament to your resilience. Many of you have continued participating in our online classes; others have downloaded the weekly resources and sent in their written work. At the same time, you continue working, raising your children, and taking care of your loved ones. Your stories have inspired us and given us the strength to carry on. We sincerely hope that we will be able to gather again in the not-too-distant future. In the meantime, stay healthy, wash your hands, wear a mask, and keep fighting! Thank you for your dedication and your passion.

Looking forward to better times,

Warmly,
Community Impact
ESOL Program Staff
May 2020

* * *

Level 1

10am-12pm

Mykola Kulyk

Our homework was to make a dish and document the process. I've made Hummus with Lebanese Tahini Sauce. It is a recipe by Gigi Cohen. The detailed instructions are attached below with pictures. This dish is very easy to make and it is delicious! I did not have pita bread that usually goes with it but a toasted multigrain bread was delicious as well. Finally a glass of cold Samuel Adams beer was the last touch to make the whole experience complete. Hope you'll try to make it yourself.



Lebanese Tahini Sauce

- 1 cup (250 ml) tahini paste
- 1 cup (250 ml) boiling water
- ½ cup (125 ml) freshly squeezed lemon juice
- 4 garlic cloves, crushed
- ½ tsp (2 ml) sea salt

Using a food processor, mix all the ingredients together until smooth. The boiling water will soften the tahini paste and create a creamier sauce. Makes a delicious topping for veggie burgers.

Note: Boiling water is used because it helps the Lebanese tahini sauce soften.

Variation: For a sauce with bite, stir in some Harissa sauce (see below).

Subin Cai

My favorite food is sushi. Today, I will make sushi. I bought everything for sushi; sushi nori, rice vinegar, olive oil, carrot, cucumber, smoked salmon, uncurled HAM, Japanese Soy sauce and mustard. I got everything. I start making it.

First, I cook the rice and wait until it is cold. I add olive oil and rice vinegar. I mix and Stir it.

Next, I chop the cucumber and carrot into strips.

Next I put a slice sushi nori on the sushi bamboo mat and add some rices till it is full

Then I hard pressed the rice and sushi nori together. Then I add some vegetables.

Next, I roll it up with a bamboo mat ,make roll form.

Next, I choose smoked salmon or uncurled HAM. It is same as above.

Later, I cut the seaweed into small pieces on the plate.

Now, we can enjoy it !

Finally, My family ate their favorite dinner.



Gladys Silvana Avalos

Hi, my name is Gladys Silvana Avalos and I am a level 2. I want to share with you my lunch. Today I made a salad with lettuce, celery and cucumbers. I also made a puree with green peas and sausage. Finally, for a drink, I have a glass of lemonade.

Martha Angel

My first Apple Cake

Quarantine is waking up in me new abilities that I didn't know. One of my new abilities is to make cakes. I have been cooking different cakes like "Banana Cake" and "Carrot Cake" but the Apple Cake was the best for me because I never cooked apple cake in my life. I'm enjoying making different things in the kitchen. I hope you enjoy the Apple Cake!

The recipe is:

200 grams of whole flour, 100g of butter, 5 tsp of stevia, 200 ml of almond milk, 2 eggs, 3 sliced peeled apples, 1 handful of almonds

Instructions:

Preheat oven to 350 F• First in a bowl mix the whole flour with butter and stevia. Second, take half of the mixture and put this in a medium round cake with butter. Third put the apple slices over the dough. Next, put the other half of the dough over the apple. Then in a different bowl, add eggs and almond milk. Whisk them and put this on the dough. Finally cut the almonds in slices and put over the preparation. Bake the cake for approximately 60 minutes or until the knife goes through the cake and comes out clean. Enjoy it!



Parichart Saisa Shrimp Tom Yum

Shrimp Tom Yum is a Thai national dish. Shrimp Tom Yum is rich in protein, minerals, and carbohydrates. It has very little fat and the cholesterol found in shrimp is good cholesterol that is good for the body. It can help reduce the risk of heart disease as well. Kaffir lime is a plant with a unique aroma. It is used as a spice to flavor many kinds of food. It has properties to help nourish the heart, expectorant, and expel the intestine. Lemongrass is a fragrant spice that can help stop the fishy smell of the food. It helps to relieve colic, indigestion, sweat, and urine very well. Chili. Thai people use chili pepper as a flavor enhancer and color to various foods. It helps your appetite because chili will stimulate the saliva flow in your mouth. It also helps to reduce the accumulation of fat in the body and reduces the occurrence of gas caused by digestion. Not only is Thai food nutritious, it is also good for the body and helps to promote good health because Thai food has a mixture of foods that has vegetables, herbs, many spices, and antioxidants. Some vegetables that are added to the food also have anti-cancer effects such as correspondents, basil leaves, kaffir lime leaves, lemongrass, Chaplo leaves, young pepper, etc.



Laura Duque

What's cooking?

My favorite food is arepa. It is the most traditional in my country, Venezuela and special for me. It reminds me of every moment that happens in my house. In addition, each December the Hallaca is made and although it is a long process, it is done well because all the members of the family get together to cook that delicious dish. Food is more than a plate. It is a way to bring people together and live a special moment.

Jessica Córdoba Algeciras

Spanish recipes

As many of you may know, the most famous worldwide is paella and potato omelette. In my case I will tell you about 3 different foods by region. I was born in the Canary Islands, precisely Gran Canaria. One of the most typical and common things in any party is the wrinkled potatoes. They are small potatoes that are cooked with lemon and coarse salt; they are eaten with the skin that is. They are rough and have a sauce called Mojo picón. The sauce can be better green with fish or the most common red. It is made with cumin, garlic, paprika, oil and vinegar and bread is added to create consistency; everything is crushed and ready.

My father is from Castilla de la mancha, precisely from Alcazar de San Juan; many of you may have heard of Don Quixote la mancha. In times of war and poverty there was a very typical dish on the tables. Las Gachas, cook in a frying pan, add bacon or whatever you like and garlic, then remove it from the heat and add sweet paprika and 3 tablespoons of pea flour, stir it and put water, mix and it would be ready.

My mother and brother are from Seville, as many of you will know Flamenco. One of its most typical dishes, especially in summer, is Gazpacho. Tomato, red and green pepper, garlic, hard bread are crushed and water and olive oil and vinegar are added. It is a cold dish, then this broth is accompanied by diced toasted bread and diced Serrano ham.

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Sylvio França

What's cooking?

I recently decided to have a healthy diet, which includes learning new habits, creating a schedule, and having discipline. I have studied which foods have lean nutritional value, high in protein, minerals, iron, and fiber. When we decide to think about health, we consider nutrition, accept the process of transformation, and overcome obstacles. Our only duty is to have the willpower to change in order to be healthy. Your thinking has power and it depends on you to effect this change in your life. Avoiding fast foods and choosing healthy foods such as fruit, vegetables, and a colorful assortment. Choices such as hamburgers, pizza, high carbohydrate foods, alcohol, and drugs are not favorable choices for your life. Taking this opportunity to write in a magazine, make a difference in your reading, and give you incentive will make me feel good. Speaking what is best for you, looking in the mirror, seeing who's there on the other side, wanting the best for them. By changing, having goals and targets, and moving on with wisdom, faith, and strength will change your history, your health, and your joy in feeling good. By changing, your self-esteem and health will improve. You can do it. People are what we eat. Change your daily thoughts and be happy and fulfilled. Exercise and get healthy as this is a choice to improve your quality of life.

Fatou Kane

I am Fatou Kane, level 5 student. I am incredibly happy to share with you my favorite dish. It is called Thieboudienne fish fried rice dish. This is a Senegalese specialty and national dish. It is very nourishing and easy to cook.

You need fish, cooking oil, rice, and tomato, if you want it red, or white if you prefer it without the tomato. You also need to add vegetables like eggplant, gout, yam, turnips, and cabbage. To make it spicy, you need green pepper, onion, red pepper, and garlic.

To prepare fish fried rice:

1. First, put cooking oil in the cooking pot and let it heat a little bit. Then, add the spices and the tomato sauce.
2. Then, add water, the vegetables, fish and the remaining spicy sauce you had already prepared.
3. Next, wait a moment after everything is well cooked, then, take out the vegetables and the fish.
4. Finally, rinse out the rice, mix it in the sauce, then stir, and leave to cook for 30 min.
5. Lastly, serve your fish fried rice. Enjoy and bon appetit!

Dandan Cai

What's cooking?

Spending time with my family, I have realized, is one of the most important things. The people I grew up with, share their stories when we eat. Now that I have my own family, I miss those days. We gather around the table waiting for my mother and father to finish cooking the dishes of the meal. Some might include fish, meat, vegetables. My favorite is anything with okra. Lucky for me, my mother never forgets. They say the sense of smell is attached to memory. I think it is very true. Every time I smell okra dishes nowadays it reminds me of my mother. Whenever I travel back to my mother's home, I get to eat her gourmet dishes. However, there's a change, my daughter. Surprisingly, she also loves okra, which not a lot of people do due to its slimy texture. As a result, I decided to learn the recipe from my mother. The learning process was so fun as it was a time for me to share with her. After, I went back home since my daughter is going to start school. Every so often, I would cook the dishes when I miss my mother and add twists to it to surprise her next time.

Inna Zhavaeva

My first Thanksgiving in New York

I'm thankful for bread that I have for today,
I'm thankful for kids who laugh everyday,
I'm thankful to know a lot of new folk,
I'm thankful to be a part of New York.

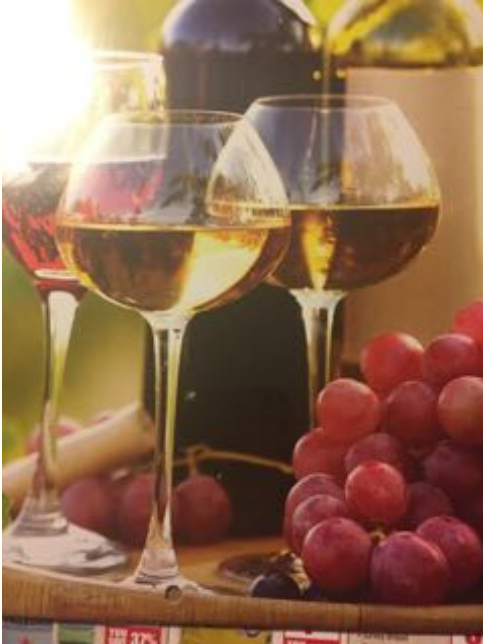


Level 6

12pm-2pm

Elena Apkhadze
Georgia

At first I'd like to represent one of the most ancient countries all over the world - Georgia. It is more than 30 centuries old, but for 26 centuries there lived a Jewish diaspora. The historical path full of heroism... Georgia is mentioned in ancient annals & in the 12th century (under the Queen Tamar) it reached the heights in many spheres (economic, literature, poem & so on). The 12th century middle age had been the heyday for this country. As we know, one of the greatest poems Shota Rustaveli (12th century) where he colorfully & figuratively describes that period in the "The Knight in tiger skin"... By the way, the words "wine" & "vine" have Georgian roots, because the subtropical climate contributes to this. Georgian with its own of the letters language does not show nobody all the world. We know all the twelve. Since ancient times it is famous for its hospitality. Georgia is the country of grapes & churchkhela (stringed with walnuts & wine). Also we know that in west Georgia just growing light varieties, but in the east, dark. Really, the most national baked goods are Khachapuri - with special cheese & egg. Such a delicious thing that "fingers lick". Also in Georgia very popular Khinkali; red bean in pot; eggplant with walnuts; trout; broiled salmon; fried potato with mushrooms; sturgeon fish kebab; chicken kebab; and many others. The same with a lot of sweets, starting with great art made cakes & pastries. Very welcome to Georgia!



Diana Zarate

When my family meets on Sundays, we prepare Humitas and they are served with the coffee in the afternoon 5pm or for breakfast. If you don't know them, I will give you a brief history. Humita is a preparation of pre-Columbian origin. It is difficult to describe the humitas to someone who has never tasted them, they are corn cakes or tender corn stuffed with cheese and steamed. It is typical of many South American countries where corn grows, including Ecuador, Chile, Peru, Bolivia, Argentina, Paraguay and Brazil. They are also popular in Central America Mexico, where tamales are called. In Ecuador, my country, humitas are a typical dish of the Sierra where I come from.

Zarchi Kyawwin (Win)

Cooking is like creating an art because you have to come up with the idea of how to create a delicious meal by combining a variety of things. When I wake up, I wish to make something for myself for breakfast. Today, I am going to cook the French Toast for my breakfast.

Here, I will show you. You need the egg, salt and sugar, milk, and butter and bread.

First, break, whisk the egg. Beat the egg and then put the, add sugar, sugar.. Add salt, stir, stir in milk, stir.

Then you heat the non-stick pan, then put the bit of butter. Set the heat low, because if too high, then it will burn.

And now you dip bread in the egg, and flip it over.

Put the bread into the pan. You can cook until brown. Now my French Toast is ready to eat, and will add sugar or honey. I prefer sugar.

Now I can have breakfast

Esther Revilla

“What’s cooking?”

I like many different kinds of food, but I don’t really like to cook. I really admire the people who cook because they take the time to prepare everything and the effort that they do to prepare food. For me, it is not easy, and I don’t have experience cooking, but when I need to cook I try to do my best. Also, I’m not cooking because my sister usually cooks for everyone, but she doesn’t like to make the hot sauce. I usually prepared the hot sauce. I think I am so lucky because I have my sister with me, and she is the one who cooks for everyone.

Daria Karchenko

I love sushi because they are yummy, delicious, tasty, savory, and for every taste.

Juan Carlos Rodriguez G.

Food story

I remember a trip that I made to Miami in 2019. I met a couple of people from Spain. In one of those days they prepared a delicious dish for us called “Paella”. That dish is amazing. I remember that we ate it all. I could never forget that moment. They mixed ingredients like clams, mussels, calamaris, rice and other spices that I do not remember. I haven’t eaten Paella like that again.

Valentina Pineda

My food story

I can say that the best food I have ever tasted is whatever my family cooks. Family food is always something that makes you feel comfortable, happy, safe, loved and every good thing you can imagine because for me it is like home in the palate. I never like to cook something or prepare just for me. I hate to eat or cook alone. If it is just for me, I’m going to order or buy something. But if somebody I love asks me to cook, I’ll probably do it. The food unites people, that’s what I learned and makes me happy.

Jhordin Mejia

What's cooking? This is an oxtail. Traditionally, we call it rabo de vaca in my country, but here it's named oxtail. Nowadays I have an oxtail which is waiting to be cooked as soon as I get the opportunity. Right now it is marinating with spice, natural seasoning, salt, and peppers...I have not yet been able to cook it because this delicious dish takes a long time to be cooked and so that the meat is soft that it can be easily digested.

Sami Mohsson **My favorite food**

There are a lot of different kinds of foods all over this world. Food is any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth. I like to try new types of foods from different countries. I have eaten a lot of different dishes from different places since I came to the United States. My favorite food is seafood. I like seafood because it is healthy, may reduce risk of autoimmune diseases, protects your vision in old age, and it is delicious and easy to prepare.

Estalin Gomez **Homemade Soup!!**

When I want to eat something delicious, I make my special soup. I put some water inside the container onto the stove, then I add vegetables like onion, garlic, culantro, spices, potato, and pork sausage. When vegetables are inside hot water, I put some noodles but not too much. I add lemon juice after fifteen minutes when all the vegetables and noodles are cooked. That's my favorite food made by me!!

Misoi **New Year Food**

My name is Misoi. I am from Myanmar. I want to introduce my new year's food. My new year month is in April at that time the tree leaves fall down on the street, usually there is not enough water. My new year food is rice and dry shrimp with mango. In the cooked rice we add cold water when we eat that. I think that this food helps to clean us from the past stress or unlucky things. After we eat food which is good work for all times and the whole year.

Sebastian Gonzalez **Food Story**

Well, in the first place the kitchen and me aren't the best friends, I know that this could sound a little lazy, but I am trying my best. However, living in New York City I have learned to appreciate a large number of dishes from different countries. Now I can say that I have a little taste of different nationalities in me, finally this is one of the best things that I enjoy about living here learning something new from everyone around us.

Yunhong Yu

Anytime I come home the first thing I think is what food is for tonight? I don't like to cook. I like to eat delicious food. Actually, I'm so lazy. That is why I always keep on fishing on this. So recently I've begun to study cooks. There's a restaurant around my home where I love to eat a kind of pasta. It is very delicious. When I tried it the first time, I boiled it and it was no good. And cooked sauces but didn't like that. I tried to add some meat into it. But you know at the end I've done it successfully. I'm so happy. Since this time, I've begun to cook everything, whatever I want to try. This is my secret. Now I can cook the meal for myself.

Marcela Sosa **Food Story**

I don't have favorite dishes, but I like all kinds of food. Usually, I enjoy the food with vegetables. Today at lunch time, I cooked meat, rice and vegetables. I prepared sirloin steak with onion and red pepper, zucchini in slices with tomato, onions and orange pepper and basmati rice with olive oil. I don't like to cook but I have responsibility. Mostly, I eat at home because my family considers the best food is at home. Sometime we eat outside when the weather is nice.

Ruben Aviles **A story about a interesting food**

Last week, I was searching to eat something new and amazing, a food that I never had tasted before, and then I found a recipe about something called "Ratatouille." It is a famous plate in Italy and very interesting because it only has vegetables. I was seeing this plate in movies or magazines but never thought about cooking something like that. If you wish to make this plate you only need vegetables like tomato, peppers, onions, and herbs. You can combine this plate with anything that you desire, For example meat, bread, pasta, rice. I ate this plate with rice. It was wonderful because I am crazy about rice but I would like to taste it with spaghetti or a great piece of meat. I really liked its flavor because it is like a stew and little fried. Well this is my experience with "Ratatouille."

Raissa Torres

What is cooked in your kitchen, maybe it is Vegetables stuffed with Cheese or Ground Meat?

When I make a new dish in my kitchen my family and friends are encouraged. And unknown people come to see its preparation and taste the new creation and realize the good things in life, give flavor to the sense of taste and also smell the goodness of my food in the air. Be it a fish stew with coconut filled with pineapple cream or some delicious beans with coconut cream sweets, evaporated milk, rich sweet potatoes, sugar, a point of salt and not to forget the sweet clove at the end.

If you start to analyze or think we come from different countries with different cultures, each human being has his way of seeing, doing and beliefs. That is why I tell you that each one has his own way of cooking and preparing his tasty nutritious dishes for his family and friends.

In special celebrations such as Thanksgiving, Independence Day and Christmas, my house is your House. That is my motto in my Life. My house is filled with my children, grandchildren, sons-in-law and other family and friends together we share our Favorite Dishes: A rich and nutritious lasagna , A Russian Salad, a rich bowl of green beans and a roasted pork Stuffed with Fruits and Vegetables and with a Taste of delicious Red wine. Our favorite drink is a mixture of different critics”: Tangerine, Pineapple, Orange, Strawberry and a quarter of Ron Brugal and we add pieces of Orange, Pineapple, mandarin and Mango slices. In order not to forget our roots, where we came from and why we are so happy, always making friends and, as always, cooking hot and active with a good plate of food. Meals for my family is a fundamental part, because we not only share food, but we also talk about what happened in our daily lives for each one of us, we seek solutions to the problems that arise among all united and strengthened; So I say that the meals in my family strengthen us in union, communication, resolve and help our loved ones and even friends.

Level 3

6pm-8pm

Dennisse Criollo

My Favorite Food: Noodles with Sauce Tuna

Ingredients

2 tomatoes

½ lb noodles

1 canned tuna

1 onion

¼ cup butter

⅓ cup salt

Recipe: Sauce

Cut the onion in thin slices or in little small pieces.

Put the butter and slices of onion on the pan and wait until the onion is caramelized.

Peel tomatoes and cut them in small pieces.

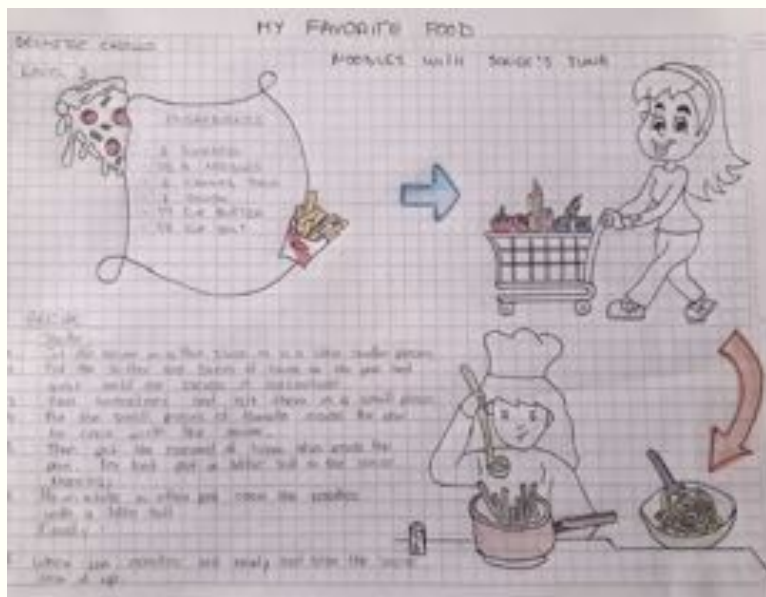
Put the small pieces of tomato inside the pan to cook with the onion.

Then put the canned of tuna also inside the pan.

For last put a little salt in the sauce.

Noodles:

Meanwhile in other pot cook the noodles with little salt. When the noodles are ready and also the sauce mix it up.



Damelis Carrion

The seed

From my country remain the vibrant, happy and bright colors of the landscape, the foliage, the land.

But above all the essence, the primary, the implanted origin, which transcends with the imperceptible inheritance of the essence.

The seed of the origin of the beginning, transferred to your offspring and she to the next, the permanence of being, the obvious, the obvious.

The circumstances of life are in charge of pollinating you, of spreading you through the air in the rugged geography of the planet, of the globe, but the seed, your origin remains and transcends in infinity

Erika Quintero

VENEZUELAN AREPA

This is the typical food of the Venezuelan breakfast. The arepa represents us wherever we are. It is a corn flour tortilla that can be filled with anything you want, for example: cheese, ham, chicken, meat, vegetables and others. Eating arepa transports me to my country Venezuela.

Every Venezuelan in another country is looking for the arepas main ingredient in the supermarkets (P.A.N flour) and also some friends to share with, the happiness of enjoying one of our treasures. Eating one arepa brings family memories to a venezuelan and feels like home.

Javier Vasquez

Although its origin dates back to 1714 in the Mexican state of Puebla (center), the recipe for chiles en nogada became popular in 1821, almost a century later, when Agustín de Iturbide entered the command of the Trigarant Army in the poblana capital and the inhabitants from the city they offered him a banquet. In that agape one of the most emblematic dishes of Mexican cuisine was served, and considered the poblano dish par excellence. Its origin and correct preparation raise controversy even today. It is a broad green chile - commonly known as poblano pepper (although its real name is chile de tiempo) - stuffed with fruits and meat, covered with a white sauce, called nogada, made with castile nut and sprinkled with pomegranate. All are seasonal ingredients in the state of Puebla in the months of July, August and September.

Madhu Jain

I am from India. India has a lot of food varieties. Street food is quite popular in India. Desi channa, otherwise known as brown chickpeas is legumes produced in South India. It is similar to yellow chickpeas but has brown skin. The deep-fried flatbread is called "puri" and usually consumed in the morning, made of all-purpose or whole wheat flour; one can add variation such as fenugreek leaves, spinach leaves, etc. The semolina pudding is called "Suji Halwa" and is usually prepared for breakfast.



Juan Sebastian Vinueza G.

What's cooking? It's a new question that my family and friends often ask me.

I'm from Ecuador and I used to have other habits about the meals, times to eat in a day, schedule to eat, kind of meals, etc., but since I'm living here, it took my time to adapt and have new habits about all that.

Fortunately, I adopted healthy habits. Now, I even eat 5 times a day.

An example of that; I usually cook and prepare my lunch two times per week, Sundays and Wednesdays because I don't have time to cook every day.

My lunches must always have protein and carbs (small portions). My favorite meal that I enjoy cooking is chicken or pork with salad (broccoli, carrots, beans, asparagus) and brown rice.

I enjoy doing that, and immediately when my family and friends ask me WHAT'S COOKING? I tell them Healthy Food and it's my new habit.



Level 4

6pm-8pm

Jean Romero

Hello Community Impact, I am Jean Romero. I am studying in the Community Impact. I am from El Salvador, and I am in level 4 from 6 PM to 8 PM. This story is about my wife and I. I was married in 2010, my spouse she's from the Dominican Republic. Now we have two children, and she likes cooking. Her favorite dish is rice and beans with chicken. She cooks really well! And now, that's my favorite dish too. But I also like to cook. I cook two or three times a week, and she cooks the other days of the week. My daughter and son like when I cook too because sometimes, I cook Salvadorian food. About Salvadorian food, we like, Pupusas. Finally, we believe that the food is the most important, no matter where you are. Thank you community.

Level 5

6pm-8pm

Michelle Zerbib

Cuscuz is a typical food from the Northeast in Brazil. It is made from corn flour. We can add meat, eggs, cheese to eat with cuscuz. We can eat cuscuz with three meals a day. When I'm in Brazil, my grandmother prepares the delicious cuscuz and we eat it together with a delicious chicken. Then, at a large table are grandchildren and great-grandchildren gathered together eating our grandmother's delicious chicken cuscuz.



(Ramerlys) Vickeylin Bello

Do you like chocolate?

Then this recipe is for you. It is very easy to prepare, you only need two ingredients: Eggs and Chocolate chips.

To enjoy some delicious muffins you just have to follow these steps:

1. Separate the white from the yolk.
2. Beat the egg whites until stiff.
3. Melt the chocolate and mix everything including the yolk.
4. Put the mixture in an oven container.
5. With the oven heated to about 300 or 400 degrees Fahrenheit put the muffins for 15 or 20 minutes and then it is ready to eat.

It is all, in 5 easy steps you can enjoy the best muffin in the world.

Djamal Keret

I believe very strongly that cooking is a cure for stress, and it has been scientifically proven. When I am stressed or worried, I cook, and it helps me to think of something else, and feeling better, especially during quarantine.

Personally, I'm not a great cook, but according to my friends, I do very well in cooking.

Today, I would like to talk about two dishes that I really like. The first is "the crêpes" (known worldwide), the second dish is called "El Mhajib" (in Algerian Arabic).

Let's start with the first recipe. Crêpes as a form of fast food, it is a type of very thin pancake of French origin, but we cook them all over the world. I chosed crêpes, because it is a very easy dish to make, even if we know nothing in cooking, we can prepare it easily and quickly. Indeed, to prepare a delicious crêpes, we just need to put, about 250 grams of flour, in a small container, then add three eggs, and mix everything with milk. Then we have to add melted butter, and salt. After that, we mix everything with a whisk, if the dough is too thick, it means we must add more milk. Because to prepare crêpes, we need a liquid dough. What to do next? After obtaining a liquid dough, heat a large pan, and put inside a little bit of butter, then take a small quantity of the prepared dough and pour it into the pan. A few seconds later, a crêpe will take form. I prefer to eat crêpes hot, when I was young, I took the crêpes directly from the pan, and suddenly!. My mother laughed every time I do that. The good thing about crêpes, is that you can eat them, as they are, and you can also eat them sweet or savory. I like them sweet. I add chocolate and strawberries and I eat them (as shown in the pictures attached). Common fillings include Nutella spread, it depend on you actually, you can add fruits or cheese...etc. Common savory fillings for crêpes served for lunch or dinner are cheese, and eggs, ratatouille, mushrooms, artichoke (in certain regions), and various meat products. Another interesting thing about crêpes, is that they can also be eaten at any time, during breakfast, or lunch or dinner. When sweet, they can be eaten as part of breakfast or as a dessert.

Let's move to the second dish, I would like to talk about El Mhajib, which is a traditional dish from Algeria. El Mhajib are similar to crepes in someways. El Mhajib means "covered" or "veiled" in Algerian Arabic, I don't know why this name, but perhaps because there are vegetables inside, which are covered. El Mhajib look like pancakes but they are square. In Algeria, it is a very well-known dish (even in Morocco, Tunisia). It is almost a symbol of Algerian gastronomy, loved by everyone, there is no one who does like them. In Algeria, this dish is both a traditional and fast food dish, that can be eaten quickly like a pizza. They are made from a dough that is prepared with a mixture of semolina and flour. After preparing the dough (similar to the bread dough) we cut it into small balls, that we will open to put the stuffing (onions + fresh tomato sauce). we can add, if suitable, eggs and cheese. Then, we need to fold the dough with the stuffing in it, as an envelope, and leave it leather on a flat pan on medium heat, on both sides.

El Mhajib are very delicious, and as for crêpes, it is better to eat them hot. Their preparation is a little difficult, because you have to open the ball of dough, as if you are going to make a pizza, then you have to put the stuffing in the middle, and finally, cover the stuffing with the dough forming a square. When I started cooking El Mhajib, they had strange shapes, really horrible, and it was funny, but now I succeeded in their cooking. The dishes across the world, are very different and very varied, and it is good to try as many dishes as possible, even if we will not like them all.

Bon appétit!



