

Memorial Day Recipes

United States military personnel have been stationed all over the world. In honor of the sacrifices they have made for our country and the world, try recipes from a variety of different countries.

Belgium Mussels in Beer

Ingredients:

- 1 pound live mussels
- 1 tablespoon olive oil
- 1 celery stalk, finely chopped
- 2 cloves garlic, finely chopped
- 2 strips dry cured bacon
- 1 Belgian wheat beer
- 1 tablespoon double cream
- 1 tablespoon parsley, finely chopped
- Crusty bread, to serve



Directions:

Heat the oil in a large pan and fry the celery, garlic and bacon for a few minutes until the vegetables have softened and the bacon is golden-brown. Add the beer and bring to a boil. Add the mussels, cover, and cook for 5 minutes until all the shells have opened - discard any mussels that do not open. Stir in the cream and parsley. Ladle into deep bowls and serve immediately with chips or crusty bread.

Filipino Pancit

Ingredients:

- 2 pounds uncooked pancit noodles
- 4 cups sliced mixed veggies: cabbage, carrots, bell peppers, and green onions
- 1 pound lean pork, cut into very small pieces
- ½ cup oil
- 1 onion, minced
- 1 tablespoon soy sauce
- 6 cloves garlic, crushed
- 1 pork bouillon cube
- 6 cups water



Directions:

Brown the pork in the oil with the soy sauce, garlic, and onion. Add the water and bouillon cube to the pork and bring to a low simmer. Add the vegetables and cook for 5-10 minutes. Add the uncooked pancit. Simmer over low heat until the noodles soak up all the broth.

Polish Potato Pancakes

Ingredients:

- 4-5 baking potatoes
- 2-3 eggs
- 2 tablespoons sour cream
- 4 tablespoons flour
- Oil for frying
- ¼ teaspoon sea salt



Directions:

Wash and grate potatoes. Add eggs, cream, flour, salt and mix well. Pour some oil in the frying pan. Allow oil to get hot before adding potato mixture. Use a large spoon to place a portion of the mixture in the frying pan. Flatten with a wooden spoon. Fry on both sides until golden brown, then transfer to the plate lined with paper towels to remove excess oil. Add toppings if desired.

Chinese Spring Roll

Ingredients:

4 cups oil for frying
20 ounces canned chicken chunks (shredded and drained)
1 onion
½ cup cabbage (shredded)
1 carrot
¼ cup barbeque sauce
1 dash each, hot sauce, soy sauce, and Worcestershire sauce
20 spring roll wraps



Directions:

Prepare onion and carrot by shredding with a cheese grater. Bring oil to 375° F in a saucepan for deep frying. Combine together the chicken with the veggies and sauces in a bowl. Portion mixture by the tablespoon full into center of spring roll wraps. Dip fingertips in water and moisten edges of wraps, then roll mixture and seal the edges.

Deep fry rolls in preheated oil for five minutes, or until golden. Cook about 3 or 4 rolls at a time. Place on paper towels to absorb excess oil.

Mexican Shrimp Salsa

Ingredients:

8 ounces salad shrimp
2 plum tomatoes, sliced
1 medium onion, diced
¼ cup cilantro, minced
1 clove garlic, minced
¼ cup lime juice (freshly squeezed)
Salt and Pepper to taste



Directions:

Combine all ingredients in a large bowl. Cover and chill at least 1 hour in fridge.

English Shepherd's Pie

Ingredients:

2 tablespoons vegetable oil
2 onions, chopped
1 ½ pounds minced lamb
2 tablespoons all-purpose flour
1 cup beef stock
2 tablespoons tomato paste
2 teaspoons Worcestershire sauce
2 bay leaves
1 teaspoon fresh thyme or dried rosemary
Salt and pepper to taste
1 ½ pounds potatoes, peeled and cut in halves
2 ounces butter
¼ cup milk



Directions:

Heat the oil in a frying pan over medium heat and cook the onions for 4-5 minutes, or until soft and golden brown. Remove and set aside. Bring 6 quarts of water to a boil and add potatoes and ½ teaspoon salt. Cook until tender and then drain.

Heat the remaining oil in the same frying pan and add the minced lamb. Cook the lamb over medium heat for 7 minutes, stirring occasionally. Stir in the flour and cook for another minute. Break up any lumps with a fork. Remove from heat and add the beef stock, stirring until blended. Bring back to a boil and stir occasionally until thickened. Add the cooked onions, tomato paste, Worcestershire sauce, bay leaves, and thyme or dried rosemary. Add salt and pepper to taste and set aside to cool.

Meanwhile, mash the potatoes with the butter and a little milk until smooth. Season with salt and pepper. Preheat the oven to 350 ° F. Transfer the meat mixture to a large ovenproof dish. Spoon the mashed potato on top and fluff with a fork. Top with some extra butter. Bake for 30 minutes or until golden brown and bubbling.

German Sweet Rice

Ingredients:

1 cup rice, uncooked
4 cups water
2 cups milk
½ cup sugar
1 tablespoon butter
Cinnamon



Directions:

Boil rice and water until tender. Add milk, sugar, and butter.
Put in a dish and sprinkle with sugar and cinnamon.

Burani Bonjon

Ingredients:

1 large eggplant
½ can diced tomatoes
4 cloves garlic, crushed or minced
4-6 tablespoons vegetable oil
1 tablespoon fresh cilantro
1 teaspoon turmeric
¼ teaspoon cayenne pepper
Salt & Pepper to taste



Directions:

Slice eggplants lengthwise ¼" thick. Salt both sides and lay on a cooling rack for about an hour. Rinse the salt off the eggplant and pat dry. Sauté crushed garlic in olive oil in a large, heavy bottomed skillet. Set aside garlic. Add vegetable oil to the skillet and heat on medium-high. Add eggplant and brown, cooking in batches if necessary. Reduce heat and add tomatoes, cilantro, garlic, cayenne, salt, and pepper. Simmer until the Eggplant is tender. Serve at room temperature with sour cream (optional).

Korean BBQ Beef

Ingredients:

- 1 pound beef sirloin steak, thinly sliced
- ¼ cup sesame oil
- ¼ cup soy sauce
- 2 garlic cloves, crushed
- 2 tablespoons fresh ginger, grated
- 1 tablespoon rice wine
- 2 tablespoons spring onions, chopped
- ¼ cup white sugar



Directions:

Remove some of the fat from the steak and thinly slice. Add rice wine, garlic, ginger, sesame oil, soy sauce, spring onion and sugar in a small bowl and mix with a spoon. Dip the beef slices into the marinade and coat well. Allow the beef to marinate for at least 1 hour.

Preheat a lightly oiled grill. When very hot, add the beef and brown on all sides until the meat is well sealed. Remove, wrap in foil and cook on the barbecue, turning occasionally for a further 15-20 minutes, depending on how rare or well done you like your meat. Allow the Korean BBQ beef to cool down for 10 minutes before serving.

Indian Chicken Curry

Ingredients:

- 1 pound chicken, diced
- 1 small onion, diced
- 3 garlic cloves, thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons curry paste
- 1 ¼ cups coconut milk
- Salt and freshly ground black pepper to taste
- ½ red pepper, thinly chopped
- 1 tablespoon fresh parsley, finely chopped



Directions:

Heat the oil in a frying pan. When the oil is hot, stir in the curry paste and cook for 2 minutes or until the curry paste starts to sizzle and become fragrant. Add the diced chicken and continue to cook until brown on all sides. Remove the chicken from pan and set aside. Heat oil in the same pan and add the chopped onion and garlic. Cook until the onion is soft. Add the red peppers and any other seasonal vegetables. Continue to cook until the vegetables are soft.

Add diced chicken to the softened vegetable mix and pour in the coconut milk gradually, stirring constantly until smooth. Season the curry with salt and pepper. Continue to simmer the curry over a low to medium heat for 20 minutes, stirring occasionally.

Aussie Burger**Ingredients:**

1 tablespoon vegetable oil
1 onion, finely chopped
1 pound ground beef
½ cup dried breadcrumbs
1 tablespoon Worcestershire sauce
1 egg for beef patties
Tomato or BBQ sauce
Salt and pepper to taste
1 onion, thinly sliced
4 eggs
4 hamburger buns, toasted
1 cup lettuce, shredded
8 tomato slices
4 beet slices

**Directions:**

Heat barbecue plate and brush with oil. Cook the onion for 2 minutes, or until soft. Combine with beef, breadcrumbs, Worcestershire sauce, egg, salt and pepper and shape into 4 patties. Using either BBQ plate or grill, cook patties for 8-

10 minutes on each side until they are done. Cook sliced onion for a few minutes on hot plate until soft and brown. Cook eggs in lightly oiled egg rings, as desired. Cut hamburger buns in half horizontally and toast cut sides of the hamburger buns on barbecue grill to make them crispy. On each base, put some lettuce, tomato, beet, cooked beef patty, egg, onions, and tomato or BBQ sauce. Top with toasted hamburger bun.

American Roast Chicken

Ingredients:

1 medium chicken
1 lemon, halved
5 garlic cloves, unpeeled
1 tablespoon olive oil
Salt and black pepper to taste
½ cup white wine
1 ½ cups chicken stock or water
Sprig of fresh rosemary



Directions:

Preheat the oven to 400° F. Rinse the chicken and pat dry with paper towels. Place in a baking pan, breast side up, and squeeze the juice of half a lemon over the chicken. Place the other lemon half inside the cavity of the chicken, along with 1 garlic clove. Scatter the remaining garlic cloves and the rosemary over the chicken.

Drizzle the oil over the chicken, coating it evenly, and sprinkle it with salt and pepper. Roast the chicken for 65-70 minutes, basting the chicken with the pan juices every 20 minutes. Test that the chicken is ready by inserting a sharp knife into the thigh. Juices should run out and be clear. When cooked, transfer the chicken to a serving dish and allow it to sit for 10 minutes.

To make a sauce, pour the juices from the baking pan, along with white wine and the chicken stock, into a saucepan. Cook the sauce over a medium heat, stirring constantly. Simmer for a few minutes until the sauce has reduced. Add salt and pepper to taste.

Italian Lasagna

Ingredients:

1 pound sausage (sweet Italian)
¾ pound ground beef
½ cup onion (diced)
2 cloves garlic (crushed)
28 ounces tomatoes (crushed)
12 ounces tomato puree
13 ounces tomato sauce
½ cup water
2 tablespoons white sugar
1 ½ teaspoons basil leaves (dried)
½ teaspoon fennel seeds
1 teaspoon Italian seasoning
1 tablespoon salt
¼ teaspoon black pepper
4 tablespoons fresh parsley (diced)
12 lasagna noodles
16 ounces ricotta cheese
1 large egg
½ teaspoon salt
¾ pound mozzarella cheese (sliced)
¾ cup Parmesan cheese (grated)



Directions:

Cook the sausage and beef together with the onion and garlic over medium heat in a Dutch oven until brown. Mix in all tomatoes (crushed, puree, & sauce) and water. Use the sugar, basil, fennel, Italian seasoning, salt (1 tablespoon), pepper, and parsley (2 tablespoons) to season. Cover and let simmer for around 90 minutes, stirring often.

Boil a pot of lightly salted water to cook lasagna noodles, around 10 minutes. Drain and rinse the noodles with cold water. Use a separate bowl to mix together the ricotta cheese with the egg, the rest of the parsley, and salt.

Heat oven to 375° F. In a 9"×13" baking dish, pour in about 1 ½ cups of the meat mixture evenly. Then place about 6 noodles on top of meat mixture. Add the ricotta cheese mix next, followed by about a third of mozzarella cheese slices. Add more of the meat mixture over mozzarella, and then add parmesan cheese on top. Repeat these instructions to add layers. Sprinkle mozzarella and parmesan cheese on top to finish. Cover with foil. Bake for 25 minutes. Remove foil and bake for another 25 minutes. Let cool a quarter of an hour.

South African Malva Pudding

Ingredients:

2 tablespoons unsalted butter
1 cup sugar
2 tablespoons smooth apricot jam
2 teaspoons white vinegar
2 cups flour
2 cups milk
2 eggs
2 teaspoons baking soda
Pinch of salt



Syrup:

1 cup sugar
½ cup boiling water
¾ cup unsalted butter
1 teaspoon vanilla extract

Directions:

Pre-heat oven to 350° F and grease a square 8" x 8" baking dish. In a large saucepan, melt the butter, sugar, apricot jam and vinegar together until the sugar has dissolved and the mixture is smooth. Remove from heat and allow to cool for 5 minutes.

Meanwhile sift the flour. Alternating, add the flour and milk until the mixture is smooth and thick. Add the eggs one by one, beating well after each addition. Add the baking soda and salt and beat well.

Pour the mixture into the prepared baking dish and bake for 30-45 minutes until the pudding is dark and baked through (a skewer inserted should come out clean). In a small sauce pan, heat the syrup ingredients and cook until all the sugar has dissolved. Pour the syrup over the cooked pudding and allow to stand for 10 minutes before serving.

Russian "Golubtsi"

Ingredients:

Cabbage, 2 small heads
½ cup rice
2 tablespoons olive oil
1 onion, chopped
1 pound extra lean ground beef
1 pound extra lean ground pork
1 chopped bunch of parsley
2 carrots, grated
2 teaspoons salt
½ teaspoon pepper
Bay leaf



For the sauce:

1 ½ cups chicken stock
1 cup sour cream
1 can crushed tomatoes

Directions:

Freeze the cabbage 3 days before you need it. The night before, defrost cabbage and keep it in the fridge until you are ready. Cook rice in plenty of water for about 5 minutes. Drain and set aside. In a frying pan heat olive oil and cook onions over low heat until tender.

In a large bowl combine beef, pork, parsley, onions, carrots, rice, salt and pepper. In a medium bowl whisk together stock, crushed tomatoes and sour cream. Set

aside. Place the head of cabbage on a cutting board, cut off the bottom, and pull the leaves away from the stalk. Repeat with the second head of cabbage.

Preheat your oven to 350° F. Take a cabbage leaf and put 2 tablespoons of filling at the bottom of the wide part of a leaf and roll it, tucking sides in. Pour a cup of the sauce on the bottom of a heavy casserole dish and start stacking the cabbage rolls. Half way through add a couple of bay leaves and continue stacking until all cabbage rolls are gone. Pour the sauce over cabbage rolls, cover with a lid, and bake in the oven for 1 hour. Take the lid off and bake for 30 more minutes. Serve with sour cream.