

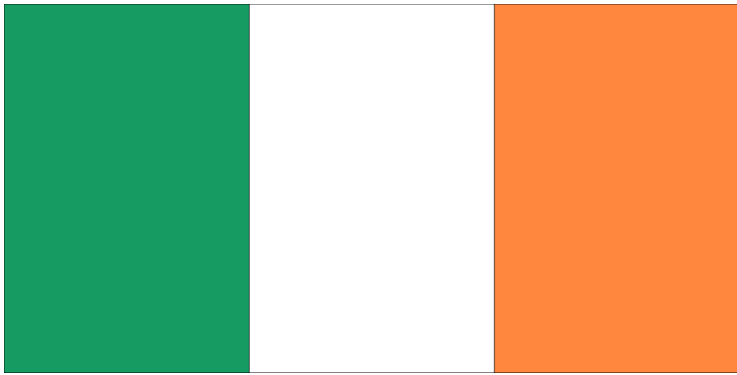


HMES – Multicultural Celebration

We are excited to be able to celebrate the many cultures of Henderson Mill Elementary School! This year we were able to pull together virtual collaboration, highlighting the diversity of our HMES community. Also, go see if you can locate your flag at the school!

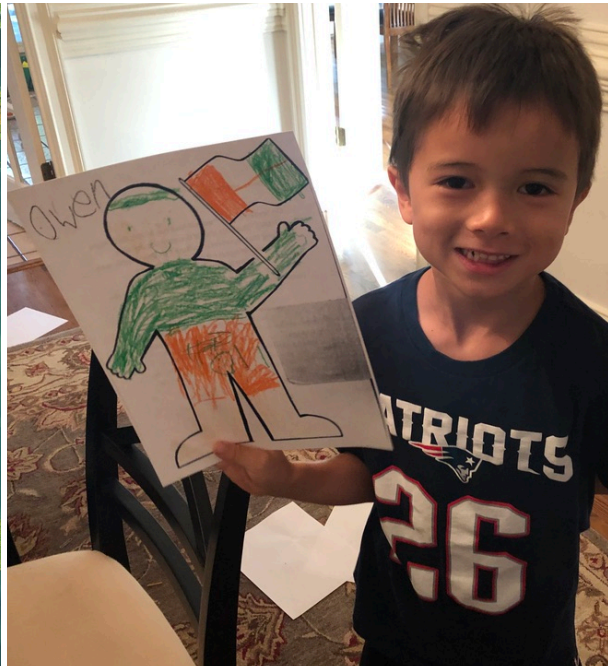
Included are the submissions we received of family pictures, country facts & (what we all love & enjoy) the food! Send in any pictures of food you cook & try from our compilation!

Thank you all for your support,
– Robin Doherty & Michelle Waite
Multicultural Event Co-Chairs



Ireland

Ireland is an island in the North Atlantic. It is separated from Great Britain to its east by the North Channel, the Irish Sea, and St George's Channel. Ireland is the second-largest island of the British Isles, the third-largest in Europe, and the twentieth-largest on Earth.



Irish stew

L Prep: 30 mins
Cook: 2 hrs

E Easy



Ingredients

- 1 tbsp sunflower oil
- 200g smoked streaky bacon, preferably in one piece, skinned and cut into chunks
- 900g stewing lamb, cut into large chunks
- 5 medium onions, sliced
- 5 carrots, sliced into chunks
- 3 bay leaves
- small bunch thyme
- 100g pearl barley
- 850ml lamb stock
- 6 medium potatoes, cut into chunks
- small knob of butter
- 3 spring onions, finely sliced

Method

- Step 1** Heat oven to 160C/fan 140C/gas 3. Heat the oil in a flameproof casserole. Sizzle the bacon for 4 mins until crisp. Turn up the heat, then cook the lamb for 6 mins until brown. Remove the meats with a slotted spoon. Add the onions, carrots and herbs to the pan, then cook for about 5 mins until softened. Return the meat to the pan, stir in the pearl barley, pour over the stock, then bring to a simmer.
- Step 2** Sit the chunks of potato on top of the stew, cover, then braise in the oven, undisturbed, for about 1½ hrs until the potatoes are soft and the meat is tender. The stew can now be chilled and kept in the fridge for 2 days, then reheated in a low oven or on top of the stove. Remove from the oven, dot the potatoes with butter, scatter with the spring onions and serve scooped straight from the dish.



Italy

Italy, a European country with a long Mediterranean coastline, has left a powerful mark on Western culture and cuisine. Its capital, Rome, is home to the Vatican as well as landmark art and ancient ruins.



Chicken Cacciatore (Italian recipe)

Ingredients:

- 1 whole cut-up chicken (bone-in)
- 1 large can Hunts Tomato Sauce
- 2 large green peppers-sliced
- 4 cloves crushed garlic
- 1 large onion
- 1 large pack sliced white mushroom
- Salt
- Pepper
- Oregano
- Dry Red Wine



Lightly brown the chicken pieces in Olive Oil. Remove from pan. Sauté onions, garlic and peppers for 5 minutes. Add chicken back in Pam and cover with Hunts Tomato sauce. Add 1/4 tsp salt, 1/4 tsp pepper, 1 tsp oregano and 1/2 cup dry red wine. Bring to a boil and then simmer on low for 3 hours. Serve over pasta or white rice.





Mexico



INGREDIENTES

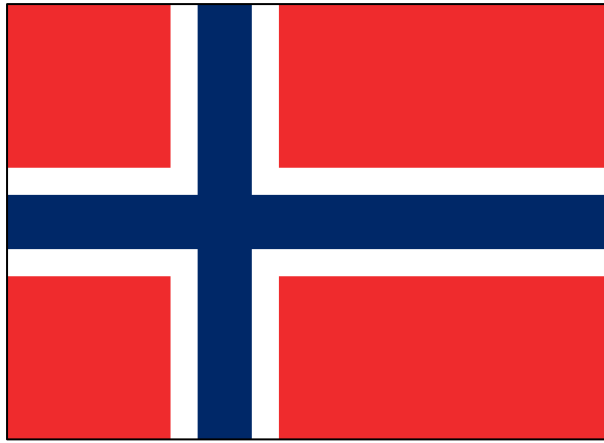
- 1 kg de maíz pozolero descabezado y precocido
- 4 dientes de ajo pelados
- 1 cebolla partida a la mitad
- 4 chiles ancho sin semillas
- 2 chiles guajillo sin semillas
- Sal al gusto
- 8 rábanos en rodajas
- 12 limones partidos a la mitad
- 1 lechuga finamente picada lavada y desinfectada
- 1 cebolla picada
- 2 aguacates cortados en gajos (opcional)
- Tostadas
- 1/2 taza de orégano molido
- 1/2 taza de chile piquín en polvo
- 1/2 kg de pulpa de cerdo picada



INSTRUCCIONES

1. Calienta 4 litros de agua y cuando comience a hervir agrega el maíz, los ajos y la cebolla; cocina a fuego medio hasta que el maíz comience a florear; sazón con sal.
2. Añade las carnes, baja el fuego y cocina hasta que estén cocidas (si es necesario, vierte más agua caliente); rectifica la sazón.
3. Mientras, remoja los chiles en agua caliente para que se suavicen y licúalos con 1/2 taza de agua del remojo hasta obtener una salsa.
4. Cuéllala sobre el pozole, rectifica la sazón y cocina a fuego bajo 20 minutos más.





Norway

Norwegian Lefse

★★★★☆

I was raised on Lefse as a special treat for the holidays. We still make it every holiday season, and this is the best recipe ever. We eat ours with butter and sugar. Note: you will need a potato ricer to prepare this recipe.

By DEBBA7



Ingredients

- 10 pounds potatoes, peeled
- ½ cup butter
- ⅓ cup heavy cream
- 1 tablespoon salt
- 1 tablespoon white sugar
- 2 ½ cups all-purpose flour

Directions

Step 1

Cover potatoes with water and cook until tender. Ricer potatoes with a potato ricer. Place into a large bowl. Beat butter, cream, and hot riced potatoes. Let cool to room temperature.

\$6.99

Step 2

Stir flour into the potato mixture. Pull off pieces of the dough and form into walnut size balls. Lightly flour a pastry cloth and roll out lefse balls to 1/8 inch thickness.

Step 3

Cook on a hot (400 degree F/200 C) griddle until bubbles form and each side has browned. Place on a damp towel to cool slightly and then cover with damp towel until ready to serve.

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Pandesal Recipe - Soft and Buttery By Foxyfolksy

Ingredients

- 3 cups all-purpose flour - see NOTE 1 about bread flour
- 1/4 cup sugar
- 1 teaspoon salt
- 1 cup milk - lukewarm
- 1 egg
- 2 tablespoon butter - melted (or margarine)
- 1 1/2 teaspoon instant dry yeast - see Note 2
- 1/4 cup breadcrumbs - see added Note 4



Instructions

1. In a big bowl, mix together flour, sugar, salt.
2. Pour in milk, beaten egg and melted butter. Mix several times until well blended. Make sure that the milk is only mildly warm and not hot.
3. Add the instant dry yeast and fold until a sticky dough forms.
4. Tip the dough on a floured surface and knead until it becomes smooth and elastic, about 5-10 minutes.
5. Form the dough into a ball and lightly coat with oil. Place it in a bowl and cover with a kitchen towel or plastic wrap and place it in a warm area and let it rise until it doubled in size. Depending how warm it is, could take 30 minutes to an hour.
6. Punch down the dough and divide into 2 equal parts using a knife or dough slicer. Roll each into a log. Cut each log into 6 smaller pieces.
7. Shape each piece into a ball and roll it in breadcrumbs, completely covering all sides.
8. Arrange the pieces on a baking sheet living some gaps in between (at least an inch). Leave them to rise second time until double in size.
9. While waiting, preheat oven 370° F /185°C. Bake the Pandesal for 15 minutes or until the sides are a bit browned.
10. Remove from oven and serve while hot!

Notes

- Note 1 - You can also use bread flour if you want it on the chewy side or 50/50 APF and bread flour for soft but slightly chewy bite.
- Note 2 - Using Instant Dry Yeast eliminates the need to proof it with warm liquid before adding to the rest of the ingredients. Just make sure that your yeast is still active. It also lessens the rising time.
- Note 3- You may also use Active Dry Yeast. It needs to be proof and might take longer to rise. Take 1/2 cup of the lukewarm milk from the recipe and 1 stp sugar. Add the yeast to it and let it bloom for 5 minutes before adding to the flour.
- Note 4 (not original to recipe) - Not crunchy; fine, almost powdery crumbs are better. Save some rolls from one batch to make them for the next one.



Las arras, or las arras matrimoniales are wedding paraphernalia used in Christian wedding ceremonies in Spain, Latin American countries, and the **Philippines**.



Poland



Golumpki's-aka Polish Pigs in a blanket

Get one large cabbage and remove the core. Well until all the leaves start to fall off.

Get 1 pound of ground beef, 1/4 cup of white rice, salt and pepper mix together well.

Take softened cabbage leaves, put a small amount of meat in it, and roll it like an eggroll. Line all of them up in a baking dish.

Take two cans of Campbell's tomato soup and add 1/2 small onion diced Pour over the cabbage rolls and bake for at least two hours on 325 until soft.

SWEET NOODLE KUGEL

YIELDS:6 - 8 SERVINGS

PREP TIME:0 HOURS 10 MINS

TOTAL TIME:1 HOUR 20 MINS

If you haven't tried Kugel before then this is a great one too start with. Not too sweet with a hint of cinnamon, it's worth making over and over again. If you're not a fan of egg noodles, pretty much any medium-sized noodle (like penne or fusilli) would work perfectly here!

INGREDIENTS

Butter, for greasing the pan

16 oz. wide egg noodles

5 large eggs

1/2 c. butter, melted

16 oz. sour cream

8 oz. cottage cheese

3/4 c. sugar

1/2 tsp. cinnamon

DIRECTIONS

1. Preheat oven to 350°. Grease a 9" x 13" baking dish. In a large pot of boiling water, cook pasta until al dente, 5 minutes. Drain.
2. In a large bowl mix together eggs, butter, sour cream, cottage cheese, sugar, and cinnamon then stir in noodles. Pour into prepared dish and bake until set, 1 hour. Cover with aluminum foil if the top starts to get too dark.





Puerto Rico

- The flower of the tree, known as **flor de maga**, is the official national flower of Puerto Rico. It is sometimes called a **hibiscus** in English, although it belongs to a different genus, and species from the true **hibiscus** and is more closely related to Cotton.
- Coquí is the common name for several species of small frogs in the genus *Eleutherodactylus* native to Puerto Rico. They are onomatopoeically named for the very loud mating call which the males of two species, the common coqui and the upland coqui, mate at night.



Arroz Con Gandules (Puerto Rican Rice with Pigeon Peas)

★★★★★

Course	Side Dish
Prep Time	5 minutes
Cook Time	25 minutes
Total Time	30 minutes
Servings	8

Ingredients

- 1 tablespoon olive oil
- 1/3 cup country ham or bacon, diced (optional)
- 1/3 cup sofrito homemade is best!
- 3 cups water or low sodium chicken broth
- 1 packet sazón con achiote y culantro
- 1 cube chicken bouillon or more if needed
- 2 tbsp tomato paste or 1/3 cup tomato sauce
- 1 teaspoon dried Italian seasoning or oregano Italian seasoning consists of dried herbs such as basil, marjoram, oregano, rosemary, and thyme
- 1/4 cup fresh cilantro, chopped optional
- 2-3 bay leaves
- 2 tablespoons pimento stuffed olives optional
- 15 ounce can Pigeon Peas/Gandules drained and rinsed
- 2 cups parboiled rice



Instructions

1. Heat your caldero or Dutch oven to medium heat, and add your olive oil, bacon/ham (if using) and sofrito. Stir constantly until fragrant and tender, but not browned, about 4 minutes.
2. Next add in the Sazon, tomato sauce or paste and chicken bouillon. Stir to combine.
3. Add in the drained pigeon peas, Italian seasoning or oregano, bay leaves, and water/broth. Add the cilantro and/or olives, if using. Allow the liquid to come up to a boil, and taste it for salt. If it needs more saltiness, add in another chicken bouillon cube. You want this liquid to be highly seasoned, as it will determine the final seasoning of the rice.
4. Once the mixture is boiling, add the rice. Stir the rice to get it submerged and distribute the pigeon peas throughout.
5. Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again. Lower the flame to low, and allow it to steam for 20-25 minutes. It's done with all the liquid is absorbed and the grains are fluffy and fully cooked.

Recipe Notes

This recipe freezes very well, so make a big batch and portion it into storage bags for a quick weeknight side dish. To reheat, transfer into a microwave safe bowl and cover with plastic wrap. Microwave for a few minutes, stirring occasionally until the rice is hot & fluffy.



Russia



Classic Borscht Recipe (Beet Soup)

Prep Time: 30 minutes *Cook Time:* 40 minutes *Total Time:* 1 hour 10 minutes
Our family's go-to recipe for Borscht (Red Beet Soup). It's best to have all of the ingredients prepped and ready to go which makes this soon super easy and care free. Serve with a dollop of sour cream or real mayo.

Author: Natasha of NatashasKitchen.com
Skill Level: Medium
Cost to Make: \$12-\$16
Keyword: Borsch, Borscht
Cuisine: Russian, Ukrainian
Course: Main Course, Soup
Servings: 10

Ingredients

For Borscht:

- 3 medium beets peeled and grated
- 4 Tbsp olive oil divided
- 4 cups reduced sodium chicken broth + 6 cups water
- 3 medium yukon potatoes peeled and sliced into bite-sized pieces
- 2 carrots peeled and thinly sliced

For Zazharka (Mirepoix):

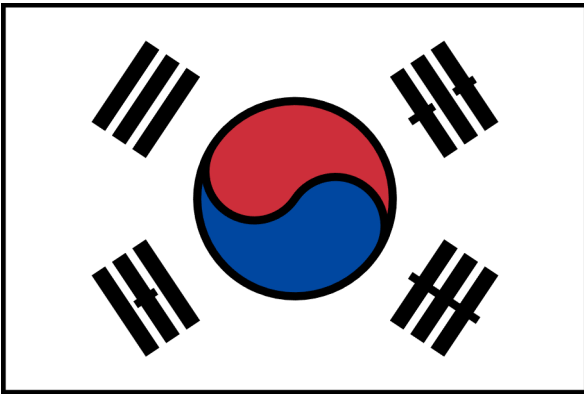
- 2 celery ribs trimmed and finely chopped
 - 1 small red bell pepper finely chopped, optional
 - 1 medium onion finely chopped
 - 4 Tbsp ketchup or 3 Tbsp tomato sauce
- Additional Flavorings:

- 1 can white cannellini beans with their juice
- 2 bay leaves
- 2-3 Tbsp white vinegar or to taste
- 1 tsp sea salt or to taste
- 1/4 tsp black pepper freshly ground
- 1 large garlic clove pressed
- 3 Tbsp chopped dill

Instructions

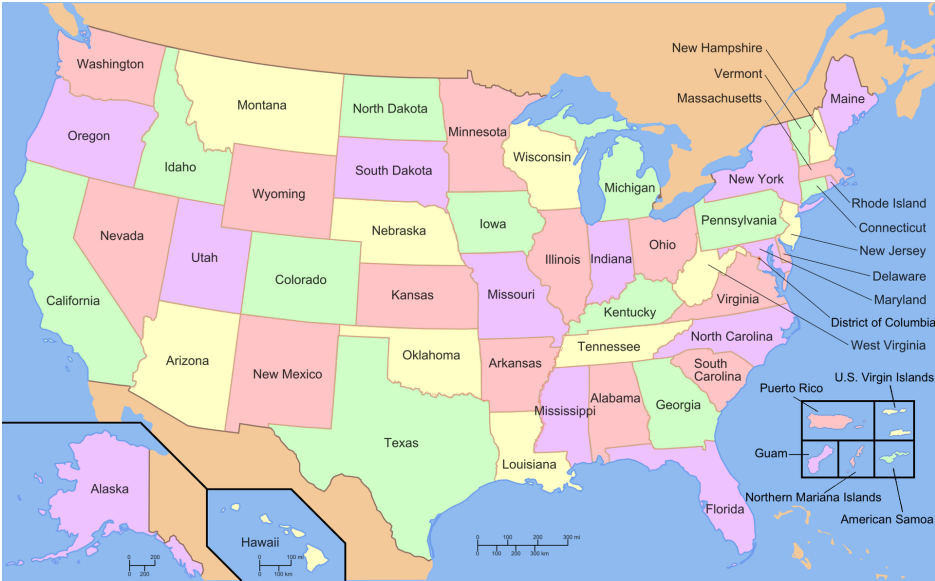
Peel, grate and/or slice all vegetables, keeping sliced potatoes in cold water until ready to use. Heat a large soup pot (5 1/2 Qt or larger) over medium/high heat and add 2 Tbsp olive oil. Add grated beets and sauté 10 minutes, stirring occasionally until beets are softened. Add 4 cups broth and 6 cups water. Add sliced potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork. While potatoes are cooking, place a large skillet over medium/high heat and add 2 Tbsp oil. Add chopped onion, celery and bell pepper. Saute stirring occasionally until softened and lightly golden (7-8 minutes). Add 4 Tbsp Ketchup and stir fry 30 seconds then transfer to the soup pot to continue cooking with the potatoes. When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2 bay leaves, 2-3 Tbsp white vinegar, 1 tsp salt, 1/4 tsp black pepper, 1 pressed garlic clove, and 3 Tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste.







United States of America



Ohio State Buckeyes (my grandma's recipe)

Ingredients

- 1 1/2 cup peanut butter
- 6 cup powered sugar
- 1 cup butter, softened
- 1/2 tsp vanilla extract
- 4 cup semi-sweet chocolate chips

1. Mix the peanut butter, powdered sugar, butter and vanilla extract in a large bowl until a dough forms. It will be nice and dry.
2. Roll the dough into 1 inch balls and place them on a wax paper lined cookie sheet. Stick the balls into the freezer to chill for half an hour.
3. Melt the chocolate chips in a double boiler or in a bowl set over a pot of simmering water. Stir it until it is smooth.
4. Stick a toothpick into the top of a peanut butter ball and dip it into the chocolate, being careful not to cover the whole thing. Buckeyes need a bald little head. Place the chocolate covered ball back onto the cookie sheet and smooth the peanut butter over the hole in the top to make it look seamless. Refrigerate until you serve.



Vietnam

Vietnam is the largest exporter of cashew nuts and black pepper in the world with one-third of the global production. The country is also the second largest exporter of rice behind Thailand. **Vietnam** has a high level of biodiversity, it is home to approximately 16% of the world's species.



Vietnamese Egg Rolls Recipe (Chả Giò)

Prep Time	Cook Time	Total Time
40 mins	30 mins	1 hr 10 mins

Course: Appetizer Cuisine: Vietnamese
Keyword: egg rolls, Vietnamese egg rolls Servings: 25 rolls
Calories: 73kcal Author: Hungry Huy

Ingredients

- 1 package Menlo brand egg roll wrappers

Filling

- 1 lb ground pork
- 1 medium jícama (about 1/2 cup)
- 2/3 cup onion chopped
- 1/2 cup bean thread noodle cut into 1"-1.5" threads
- 1/8 cup wood ear mushrooms chopped
- 1 tsp salt
- 1 tsp pepper
- 1 tsp sugar

Egg Roll Wrap Sealer

- 1/4 cup water
- 1 tbsp flour

Instructions

1. Soak bean threads in hot tap water and mushrooms in 40-second microwaved hot tap water until soft. About 30 minutes.
2. Shred or finely chop onion and squeeze excess moisture out by hand. Add 1/2 tsp salt to jícama, microwave until slightly soft and squeeze excess moisture out by hand.
3. When soft, roughly chop bean thread noodles and mushrooms.
4. Add bean thread, mushrooms, onion, salt, pepper, and sugar into a large mixing bowl and mix thoroughly. Add pork and mix well. Add jícama last and mix well.
5. Mix together water and flour for egg roll sealer, and microwave until just boiling. Wrap the egg rolls (see photos above for technique).
6. Fry at 325°F until golden brown and fully cooked inside. About 12-16 minutes per batch.





Thank you!

- Thank you so much to the families for your submissions
 - Ireland – Abby & Owen Doherty
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 - Lucy & Ray Waite
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