



PASSION FOR
SPICES™

AROUND THE WORLD THE ART & SCIENCE OF COOKING



with

May Abraham Fridel

August 3 - 15, 2015: Around the World Cooking Camp

August	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Week One	Day 1 ASIAN	Day 2 ITALIAN	Day 3 SOUTHERN AMERICAN	Day 4 BRITISH	Day 5 FRENCH
Kids' Time 9:30am - 12:30pm	Chicken & Vegetable Khati Rolls	Roasted Pepper Fettuccine	Chicken Strudel	Cottage Pie, Both Ways	Traditional Madeleines
Teens & Adults 2:00 pm - 5:00pm	Spinach Tahiri Shumai	Spinach Ravioli <i>pasta from scratch</i> Variety of Biscotti	Pickles <i>and the picking process</i> Peach Cobbler	Buttery Shortbread <i>with variations</i> Ginger Ale <i>from fresh ginger</i>	Crêpes <i>with fillings</i> Chocolate Fondue
August	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Week Two	Day 1 Powerful PROTEINS	Day 2 Science of BAKING	Day 3 Nature's Sweetener: HONEY	Day 4 Magical ENZYMES	Day 5 Wild for WHEAT
Kids' Time 9:30am - 12:30pm	Make home-made cheese, frozen fruit yogurt, and gelato	Learn how to make pastries like chocolate marshmallow pie with freshly made jam	Discover savory and sweet dishes with honey	Experiment with dairy by making Semolina Buttermilk Pancakes and a Creamcicle Panacotta	Create your own Foccacia and Mini Pizzas with various toppings, both savory and sweet
Teens & Adults 2:00pm - 5:00pm					

**Menu is subject to change*

British

WEEK ONE, DAY FOUR

British cuisine refers to the cooking traditions of the United Kingdom, specifically England, Ireland, Wales, and Scotland. Reputed to be plain and dull, British food, cooked properly, are often delicious wholesome meals. Often accompanied by simple sauces, British dishes often use meat and potatoes or other legumes and make for a filling meal. One cannot forget English cakes either, such as scones and teacakes, which are prized for their buttery nature.

While renowned for the full breakfast and dishes like fish and chips, British cuisine boasts other favorites such as Sunday roast, steak and kidney pie, and bangers and mash. Britain has more than just pub food; we hope you enjoy their fare as much as we do!



COTTAGE PIE, BOTH WAYS

Serving:

Makes 8 ramekins

Nutritional

Information:

Contains Dairy,

Poultry*

*vegetarian option available

INGREDIENTS:

1 2/3 C low sodium beef stock or chicken stock
3 tbsp unsalted butter
2 onions, peeled and finely chopped
2 carrots, peeled and finely diced
1 leek, trimmed and finely diced
1 C frozen peas
3 garlic cloves
1 tsp Keralan curry
1 tsp garam masala
1 sprig fresh thyme
1 bay leaf
1/2 lb minced beef (ground beef)
2 tbsp tomato puree
2 tbsp Worcestershire sauce

For the topping:

1 lb sweet potato or white potato
3 tbsp unsalted butter
1 tbsp whole milk
1 tbsp freshly grated parmesan cheese



PROCEDURE:

- I. Melt the butter in a pan on medium heat. Add the onion, carrot, leeks, garlic, thyme and bay leaf and sauté over medium low heat for 10 minutes, or until softened. Be careful not to brown the vegetables, as they will cook longer later.
- II. Add the spices, Keralan curry and garam masala to the softened vegetables and sauté for another minute.
- III. Add the beef mince and cook for about 10 minutes or until brown, constantly stirring. Add the frozen peas and sauté well for a minute, then add the tomato purée, Worcestershire sauce and Tabasco, while stirring, and cook for 2 minutes.

COTTAGE PIE, BOTH WAYS

MAY'S TIPS

- Also known as shepherd's pie, cottage pie is a hearty British dish that is fantastic for any cold or rainy day.
- If you do not have individual ramekins, fill a medium sized cake pan or pie plate instead.
- Try having it with your favorite BBQ sauce or HP sauce, a British classic.
- For a vegetarian option, replace the beef with 2 C of cooked lentils and substitute the chicken stock for vegetable stock.

PROCEDURE:

- IV. Turn the heat up to high and cook for about 3 more minutes. Let it bubble away and reduce for 5 minutes then add the stock and reduce to a medium heat. Simmer for a further 15 minutes, stirring often.
- V. Meanwhile, preheat the oven to 350 F. Cut the potatoes evenly into quarters. Cook them in a pan filled halfway with boiling, salted water for 15 to 20 minutes or until cooked they're through. Drain the potatoes in a colander and leave to dry.
- VI. Taste the beef mince, adding salt and pepper as desired, and fill 8 ovenproof dish ramekins and set aside.
- VII. Mash the boiled potatoes with butter, milk and a pinch of salt and pepper, then spread the mash over the top of each ramekin so that it covers mince.
- VIII. Finely grate a little parmesan cheese over the mash. Place ramekins on a baking sheet and bake for 20 25 minutes, or until the tops are golden and bubbling. Let cool and serve warm.

SPICED SHORTBREAD

Serving:

Makes over a dozen, depending on size

Nutritional Information:

Contains Dairy products, Gluten



INGREDIENTS:

3/4 lb unsalted butter, at room temperature (3 sticks)
1 C sugar, plus extra for sprinkling
1 tsp pure vanilla extract
3 1/2 C all-purpose flour
1/4 tsp salt
1 tsp garam masala
6 to 7 oz semi sweet or dark chocolate, finely chopped

PROCEDURE:

- I. In the bowl of an electric mixer fitted with a paddle attachment, mix together the butter and 1 cup of sugar until just combined. Add the vanilla.
- II. In a medium bowl, sift together the flour, garam masala and salt. Add the flour mixture to the butter mixture and mix on low speed until the dough starts to come together.
- III. Pour the dough out onto a counter heavily dusted with flour and shape into a flat disk. Wrap the disk in plastic and put it into the refrigerator for 30 minutes.

SPICED SHORTBREAD

MAY'S TIPS

- To melt the chocolate using a double boiler, see below.

Alternatively, following the instructions on the back of the bar.

- Put 3 oz of the chocolate in a glass melted on a double boiler.
- Add the remaining chocolate and allow it to sit at room temperature, stirring constantly, until it's completely smooth and glossy.
- Have the shortbread as a tasty treat or with afternoon tea!

PROCEDURE

continued:

- IV. Preheat the oven to 350 F. Roll the dough to a 1/2" thickness and cut with a 3" cookie cutter or any other cutter of your choosing. Place the cookies on an ungreased baking sheet and sprinkle with sugar. Bake for 20 to 25 minutes, until the edges begin to brown. Allow to cool to room temperature.
- V. Once cooled, place the cookies on a baking sheet lined with parchment paper. Melt the chocolate (see May's Tips for directions). Dip the cookies in the chocolate and place on the baking sheet, allowing the chocolate to set before moving.

FRESH GINGER ALE

Serving:

Makes 6 glasses

Nutritional

Information:

Contains Dairy
products, Gluten

INGREDIENTS:

1 C peeled, finely
chopped ginger
2 C water

For the Simple Syrup:

1 C sugar
1 C water
1 tbs molasses

For the garnish:

Club soda
Lime juice
Lime wedges



PROCEDURE:

- I. Bring 2 cups of water to a boil in a saucepan. Add the chopped ginger. Reduce heat to medium low and let ginger sit in the simmering water for 5 minutes.

- II. Remove the saucepan from heat and let sit for 20 minutes. Strain the liquid through a fine mesh strainer. Discard the ginger pieces.

FRESH GINGER ALE

MAY'S TIPS

- Feel free to double or triple the recipe for parties or as a ready-made, homemade refreshing drink!
- Simple syrup is a common liquid sweetener that is used for a variety of drinks, most notably in cocktails.

PROCEDURE

continued:

- III. In a separate saucepan, make the Simple Syrup by dissolving the granulated sugar into the boiling water. Stir in the molasses and when fully mixed, take the saucepan off the heat.
- IV. Mix 1/2 cup of ginger water with 1/3 cup of Simple Syrup and 1/2 cup of club soda in a single glass. Repeat with 5 more glasses or until there is nothing left to mix. Add a few drops of fresh lime juice and a lime wedges to each glass and serve.