



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*

Asian

WEEK ONE, DAY ONE

Asian cuisine refers to several regional cuisines, such as East, Central, and South Asia, and Middle Eastern. Ingredients such as rice, ginger, garlic, sesame seeds, chilies, dried onions, soy, and tofu are frequently used in dishes, while methods such as stir frying, steaming, and deep frying are common cooking methods.

We will be focusing on two countries: India and China. Indian dishes employ great amounts of spices and have either basmati rice or yogurt to accompany a meal. Chinese dishes, on the other hand, rarely incorporate dairy and instead have staples such as long-grain rice or noodles with a lot of seasoning and sauces.



SPINACH TAHIRI

Serving:

Makes 8 servings

Nutritional

Information:

Contains Dairy products

INGREDIENTS:

1 tbsp cilantro, chopped
12 oz fresh baby spinach
12 oz frozen petite peas
4 tbsp unsalted butter
1 C onions, diced
2 tsp garlic
2 tsp ginger
1 tbsp Keralan Curry
2 pieces star anise
2 cinnamon sticks
2 C white basmati rice, uncooked
1/2 C fresh tomatoes, diced
3 1/2 C water
1 tsp salt
1/2 tsp ground black pepper
1/2 tsp Kashmiri Garam Masala



PROCEDURE:

- I. Cook the frozen peas in salted, boiling water for five minutes. Set aside to cool.
- II. Place the cilantro, spinach and 1 cup of cold water in a blender and blend until very smooth. Place the puree in a fine sieve and squeeze as much water out of it as you can. Keep in the sieve over a bowl in the refrigerator until needed.
- III. Melt butter in a sauce pan and add the onions and sauce for 6 minutes or until transparent.

SPINACH TAHIRI

MAY'S TIPS

- For the best results, soak the rice for about an hour and then wash it, gently rubbing the grains to remove any dirt. The water should run clear when the rice is thoroughly clean.
- Long - grain white rice may be used instead of white basmati rice, though basmati rice is preferred.

PROCEDURE

continued:

- IV. Add the ginger and garlic and sauté for 1 minute. Add the curry, star anise and the cinnamon. Sauté for 1 minute.
- V. Add the rice and sauté for 2 more minutes. Add the water, salt, pepper and tomatoes. Bring to a boil. Once boiling, cover and let simmer for 20 minutes. Remove from heat and let rest for 5 minutes.
- VI. Once cooled, remove the cover and fluff the rice with a fork. Stir in the puree, the peas and the garam masala and serve.

VEGETABLE KATHI ROLLS

INGREDIENTS:

4 large chapattis
(see recipe below)
3 tbsp vegetable oil

For the filling:

2 1/2 fl oz vegetable oil

1 tsp cumin seeds

Fresh ginger cut into
matchsticks

1 tsp green chili, chopped

1 carrot, cut into
matchsticks

3 1/2 oz white cabbage,
cut into thin strips

2 oz shiitake mushrooms,
sliced

1 tsp chili powder

1 tsp Keralan Curry

1/2 tsp Kashmiri Garam

Masala

1/2 salt

5 oz paneer cheese, cut
into 1/4" strips

1 tbsp lemon juice

Handful of chopped
coriander leaves

For the batter:

2 oz gram flour

1/4 tsp salt

1/4 tsp chili powder

1/4 tsp ground turmeric

Handful of chopped
coriander leaves

Serving:

Makes 4 servings

Nutritional

Information:

*Contains Dairy
products, Gluten
if using wrap*



PROCEDURE:

- I. For the filling, heat the oil in a wok, then add the cumin seeds and sauté until they crackle. Add the ginger, green chili, and onion and sauté gently until the onion is softened.
- II. Add the carrot, cabbage, and mushrooms, and sauté for one minute. Add the spices and salt and cook for 2 - 3 minutes. The vegetables should be slightly softened. Add the strips of paneer and lightly toss with the vegetables. Remove the wok from the heat and allow the mixture to cool slightly before adding the lemon juice and coriander.

VEGETABLE KATHI ROLLS

MAY'S TIPS

- If you don't have a wok, a large non-stick pan will do.
- Tortillas may be used in place of chapattis.
- Hold the roll closed with a toothpick for a nice presentation. Serve either warm or cold.

PROCEDURE

continued:

- III. For the batter, put the gram flour, salt, spices, and chopped coriander into a bowl and stir well. Add about 5 - 6 tablespoons of water and mix to form a smooth, thick batter.
- IV. To cook the chapattis, heating 3 tablespoons of oil in a large frying pan. One at a time, dip the chapattis into the batter and pan-fry them for about 1 minute on each side.
- V. Lay out the chapattis on a clean surface and place a few spoonfuls of vegetables in the center of each. Roll up the chapattis.

TRADITIONAL CHAPATTI

Serving:

Makes 12 servings

Nutritional

Information:

Contains Dairy,
Gluten



INGREDIENTS:

2 C wheat flour
2 tbsp olive oil
1/2 tsp salt
2/3 to 3/4 C water
Unsalted butter, to top

MAY'S TIPS

- If available, you may use a tortilla press instead of a cast iron skillet in step 5.
- You may also use ghee instead of butter to brush the chapatis.
- Serve these delicious rolls with a meal or enjoy as a filling snack!

PROCEDURE:

- I. Except for the water and butter, mix in all the ingredients well in a medium sized bowl.
- II. Add water in intervals (around two tbsps worth), mixing well after each addition, until the dough becomes stiff.
- III. Once stiff, knead the dough within the bowl, then cover and let rest for 10 to 15 minutes.
- IV. Divide the dough into 12 small balls. Roll each between your palm and flatten. On a floured surface, roll the flattened disk until 6" in diameter.
- V. Heat a cast iron or other heavy-bottomed skillet on medium-high. Cook the chapati, one at a time, on both sides on the hot skillet. If the chapatti has puffed, it is done cooking. Transfer to a plate and brush with butter if desired.

CHICKEN SHUMAI

Serving:

Makes 40
dumplings

Nutritional Information:

Contains Poultry,
Coconut Milk

INGREDIENTS:

1 lb ground chicken
1/4 C unsweetened coconut
milk
1/4 C coarsely shredded
carrot
1 Thai chiles, minced
(optional)
2 tbsp chopped basil
2 tbsp asian fish sauce
(optional)
2 tbsp sugar
2 tsp fresh lime juice
1 garlic clove, minced
1 large egg, beaten
1 small shallot, minced
1/2 tsp minced fresh ginger
1/2 tsp kosher salt
1/4 tsp fresh ground pepper
40 wonton wrappers
green leaf lettuce leaf or
cabbage leaf, for steaming



PROCEDURE:

- I. In a large bowl, combine the ground chicken with the coconut milk, carrot, chiles, basil, fish sauce, sugar, lime juice, garlic, egg, shallot, ginger, salt, and pepper. Using your hands, mix thoroughly.
- II. Hold a wonton wrapper in the palm of your hand; keep the rest covered with plastic wrap. Place a rounded tablespoon of filling in the center of the wrapper and pinch the edges all around to form a cup that is open about 1" at the top. Cover the filled wrapper with plastic wrap and set aside. Repeat with the remaining wonton wrappers and filling.

CHICKEN SHUMAI

MAY'S TIPS

- Serve shumai warm with soy chili, if desired.
- Shumai are the open topped dumplings typically served at dim sum. The filling is typically beef, shrimp or pork, so chicken is a unique twist.
- The chicken may also be left out for a vegetarian option. Just be sure to add enough filling to fill the wonton wrappers if so.

PROCEDURE

continued:

- III. Fill a wok or a very large skillet with 2 inches of water and bring to a boil. Line a double-tiered bamboo steamer with lettuce leaves and arrange the shumai in the steamer without crowding.
- IV. Cover and steam over moderate heat until cooked through, about 10 minutes. Repeat with the remaining shumai.