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EMORY | *Dining*

Office of Global
Strategy and Initiatives

FLAVORS OF EMORY COOKBOOK

**Global Recipes from Emory Faculty and Staff in
Celebration of International Education Week 2024**

In celebration of International Education Week at Emory University, the Office of Global Strategy and Initiatives and Emory Dining are glad to present this cookbook that feature cherished family recipes, culinary memories from travels, and iconic regional dishes that connect our community to diverse cultures and places.



INTERNATIONAL EDUCATION WEEK 2024
Local to Global: Celebrating International Education at Emory
global.emory.edu/about/iew/



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Why is this dish important to you?

It reminds me of childhood, times with my family, and the magical land across the ocean we all dreamt about. Now I teach Italian at Emory University. The Italian American culture in my small town in Massachusetts was an entry-way into my family's history and past.

This is my grandmother's 3-day sauce recipe. My great grandmother was from Savignano di Puglia in Campania in Southern Italy but moved to the US in the early 1900s. I imagine this recipe was handed down from Campania but because meat was plentiful in the US and not in Campania, the Italian Americans added meatballs and sausage to the mix.

Submitted by:

Christine Ristaino, French & Italian Department, Emory College



Region / Country associated with this dish:

Campania, Italy and Franklin, Massachusetts



Photo: Canva

I learned how to make this recipe from my mom, who began cooking it every Friday night and served it on Sunday with pasta for lunch. It's complex and delicious.

Sauce: Stage 1:

- Twelve cans of 28-oz diced or whole tomatoes (any kind—I often buy six of each)
- 1 tablespoon Oregano
- $\frac{1}{4}$ teaspoon of sweet basil
- A sprinkle of salt
- 2 bay leaves
- A sprinkle of sugar
- 5 cloves of garlic
- 5 green peppers

LOMBARDI SAUCE

Sauce: Stage 1:

Put six cans of diced tomatoes into a large pot and begin to simmer. Add 1 tablespoon Oregano. Add $\frac{1}{4}$ teaspoon of sweet basil. Add a sprinkle of salt. Add two bay leaves. Add a sprinkle of sugar. Add five whole cloves of garlic. Take the seeds out of two green peppers, take off the stem, and put the peppers into the sauce whole. Leave to simmer.

Sausage:

- 6-12 mild Italian sausages

Put your sausages into a pot of simmering water and cook them for 20 minutes. Transfer the sausages into the sauce and let the whole thing simmer for hours, stirring occasionally.

Meatballs:

- 1 $\frac{1}{2}$ lbs of ground beef (you can also use $\frac{3}{4}$ lb ground beef and $\frac{3}{4}$ lb veal)
- 2 eggs
- $\frac{1}{2}$ to $\frac{3}{4}$ of a chopped green pepper (finely chopped)
- $\frac{1}{2}$ to $\frac{3}{4}$ of a chopped medium onion (finely chopped)
- 3 slices of bread in $\frac{1}{2}$ cup milk (without the crust)
- 2 tsp salt
- 2 cloves chopped garlic
- 1 cup grated Parmesan cheese

Combine all meatball ingredients in a dish and mix well with your hands. Roll the meatballs into balls (your preferred size). Place meatballs on an olive oil greased oven sheet and cook on 350 until all sides are brown (turn them over a few times to get desired effect). Transfer meatballs into the sauce pot. Put about 3-4 tablespoons of the oil from the meatball pan into the sauce to add flavor. Continue to simmer the sauce for many hours. If your pot is not large enough to hold everything, feel free to divide it into two pots. This often happens to me, so I divide the number of meatballs, sausages, and peppers evenly between the two pots.

LOMBARDI SAUCE

Sauce: Stage 2:

After the sausage and meatballs have been added to the sauce, keep the pot on low heat and stir as often as you can remember, trying not to burn the bottom.

Every few hours, add a new can of diced or whole tomatoes and a new green pepper. The other green peppers will begin to dissolve. This is good. Refrigerate overnight if you can. Keep at least one pepper and at least one can of diced tomatoes for the following day.

About two hours before you serve the sauce put your last can of diced tomatoes and your last pepper into the mix. When you add cans of sauce and peppers in stages, it adds layers to the sauce and it's really nice. If you taste your sauce and it tastes too acidic, feel free to add another sprinkle of sugar. Add salt to taste. I would simmer the sauce for at least six hours.

Make your favorite pasta dish and pour the sauce all over it with some Parmesan cheese. Freeze leftover sauce for future use.

BUCATINI ALL'AMATRICIANA A LA PIERINA

Why is this dish important to you?

I became friends with Pierina when I lived in Italy. She hailed from the town of Amatricia, Italy, and she gave me this recipe for Bucatini all'Amatriciana. It is my go-to recipe if I can find guanciale.

Ingredients:

- 1 lb. Bag of Bucatini
- 16 oz. of Canned Peeled Tomatoes (San Marzano are the best)
- 8 oz. of Guanciale (at least!)
- 1/4 of a Sweet Yellow Onion, diced
- 4 tbs. of grated Pecorino Romano
- 1 teaspoon Dried Red Pepper Flakes
- 4 oz of dry white wine
- Salt to taste



Photo: The Seasonal Gourmet

Steps:

- Dice the guanciale and brown for a few minutes, until it starts to turn golden brown.
- Drain some of the grease, but not all!
- Add the diced onion until it is translucent and sticks slightly.
- Remove part of the rendered fat, leaving about 2 tablespoons, and deglaze the pan with the white wine.
- When it has evaporated, add the coarsely chopped peeled tomatoes and the red pepper flakes, season with salt and continue cooking for about 15 minutes.
- Boil water and then add salt generously.
- Add the pasta and cook until it reaches al dente, then drain – reserve about 1/4 cup of pasta water.
- Pour the pasta into the saucepan with the sauce, sprinkle with 2 tablespoons of pasta water and mix it well.
- Add the Guanciale, mix and serve immediately.
- Add cheese on top to taste



Submitted by:

Mary Lynn Dalton

Emory Academic Innovation



Region / Country associated
with: this dish:

Italy

Why is this dish important to you?

My mom used to cook Galbi for my birthday every year. Galbi is a common main dish for celebrations in Korea.



Submitted by:
Eunyoung An, International Student and Scholar Services, Office of Global Strategy and Initiatives



Region / Country associated with: this dish:
South Korea

Ingredients:

- 2lb boneless or bone-in short ribs
- 1/2 cup of water
- 1/2 cup of chopped green onions
- 1/2 cup of sugar
- 1/2 cup of soy sauce
- 2T minced garlic

Steps:

- Chopped the green onions
- Combine all the ingredients to make the marinade
- Submerge the ribs in the marinade and leave in the refrigerator for at least 2 hours or overnight
- Grill the Galbi ribs and enjoy!

KOREAN GALBI



Photos: Eunyoung An

KOREAN CUCUMBER SALAD

Why is this dish important to you?

It's such a common refreshing side dish in Korea that brings back the memory of my mom's home-cooked meal.



Submitted by:

Eunyoung An, International Student and Scholar Services, Office of Global Strategy and Initiatives



Region / Country associated with: this dish:

South Korea

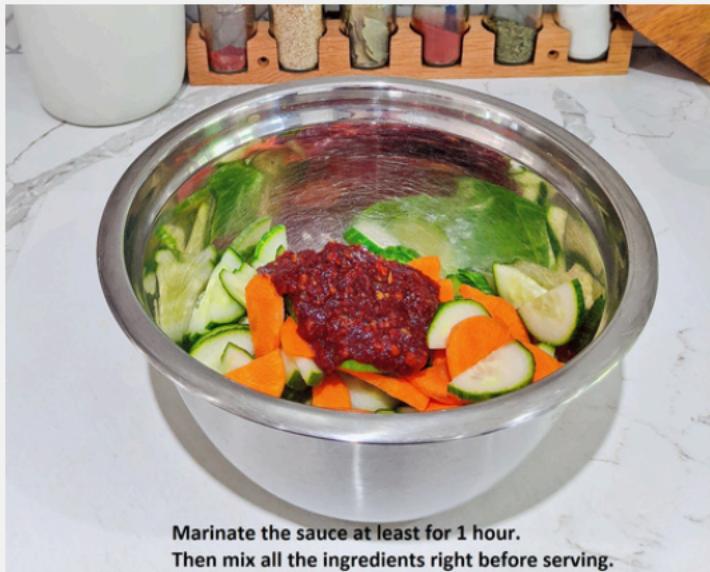
Ingredients:

- 2 large cucumbers
- 1/4 carrot
- 2T soy sauce
- 1T minced garlic
- 1T vinegar
- 1T sugar
- 1T red pepper powder

Steps:

- Cut the cucumbers and carrots in half lengthwise and sliced thinly, and leave them the fridge
- Mix all other ingredients to make the salad dressing
- Marinate the sauce by leaving them in the room temperature for about 1 hour
- Mix all the ingredients right before serving and enjoy!

KOREAN CUCUMBER SALAD



Photos: Eunyoung An

<https://global.emory.edu/about/iew/>

VEGGIE SOUPS (BEET SOUP AND CARROT-GINGER)

Why is this dish important to you?

My former AESL professor at Irvine Valley College prepared and shared these recipes with me.



Submitted by:

Alma Reynal Quintanilla, Office of Global Strategy and Initiatives



Region / Country associated with: this dish:

United States

Beet Soup

Ingredients:

- 1 pound of beets scrubbed and cut into small pieces. The smaller the pieces, the quicker they will cook.
- 1 large onion
- 1 medium or large clove of garlic
- 1 inch grated ginger
- Lime juice to taste
- 2 tablespoons of olive oil
- Salt



Photo: Canva

Steps:

- In a pot fry the onions in about 2 tablespoons of olive oil on medium low heat. Add the garlic (you can cut it in small pieces, but no need to grate it). Then add the grated ginger and stir over low heat for about one minute.
- Add the beets and enough water to barely cover the carrots. Boil until the beets are soft and then purée the soup. Add salt to taste. This should make about 4 cups of soup.

VEGGIE SOUPS (BEET AND CARROT-GINGER)

Carrot-Ginger Soup

Ingredients:

- 1 pound of carrots scrubbed and cut in 1/2-inch rounds
- 1 large onion
- 1 medium or large clove of garlic
- 1 inch grated ginger
- 2 tablespoons of olive oil
- Salt



Photo: Love, Chef Laura

Steps:

- In a pot fry the onions in about 2 tablespoons of olive oil on medium low heat. Add the garlic (you can cut it in small pieces, but no need to grate it). Then add the grated ginger and stir over low heat for about one minute.
- Add the carrots and enough water to barely cover the carrots. Boil until the carrots are soft and then purée the soup. Add salt to taste. This should make about 4 cups of soup.

IT'S SO EASY CHICKEN PASTRY

Why is this dish important to you?



Submitted by:

Lisa Fenn, Emory Libraries &
Museum



**Region / Country associated
with: this dish:**

Southeastern United States



Meet the MANLEY'S

It's-So-Easy-Chicken-Pastry



Photo: Lisa Fenn

Meet the Manley's: Ed and Lucinda, Malachi, Bertha, Elsie, and Lula.

The top left photo was taken in the Carrollton/Villa Rica area of Georgia, circa 1918. My favorite aunt, Aunt Elsie, was about five then. She once told me, that's when "Momma started me to cook'n!"

When she was 95, I captured the steps to her "It's-So-Easy-Chicken-Pastry." While the recipe had long been a cherished favorite at many family gatherings, the fact that the instructions include rolling dough represents a piece of my family's Southern history passed down through generations.

This recipe is important on so many levels, but the most important one is the memory it holds of the love and care Aunt Elsie put into cooking. She was so easy to love, and it is my desire that sharing this "It-So-Easy- Chicken-Pastry" dish with others honors the Manley's legacy and, in particular, the joy Aunt Elsie brought to my life through the love and care she put into cooking.

May it, as we say in the South, "bless your heart!"

<https://global.emory.edu/about/iew/>

IT'S SO EASY CHICKEN PASTRY

Ingredients:

Chicken and Chicken Broth:

- 2-1/2 pounds chicken breast + wings
- Season chicken parts with salt, pepper, and other spice blends of your choice
- ¾ bell pepper
- 1 large onion – quartered
- 2 celery stalks – cut in half
- 3 cloves garlic
- 1 stick of butter

Pastry:

- 2 cups of plain flour
- 1 cup chicken broth

Alternative Pastry Option:

- 12oz pack of your favorite brand of frozen dumplings .

Steps:

- Prepare the chicken and chicken broth: Place seasoned chicken parts, all vegetables, and butter in a large roasting pan and fill with water. Let chicken boil down for approximately 2 – 2-1/2 hours, or until done. Separate chicken, broth, and stewed vegetables. Discard the vegetables and return the chicken and chicken broth to the roasting pan or a wide pot on the stove top.
- Prepare the pastry: Mix flour and broth into a ball of dough. Sprinkle a little flour on the countertop and roll the dough thin. Slice rolled dough into strips 1½" - 2" wide by 3" long.
 - Skip this step if you are using frozen dumplings
- Cook the pastry with the chicken and broth: Bring the broth and chicken to a boil. Drop pastry strips in. Let cook for approximately 25 minutes – DO NOT STIR pastry while it cooks, or they will clump together.
 - If using frozen dumplings, cut them into squares, and drop dumplings in the broth one at a time. Let cook for approximately 25 minutes – DO NOT STIR pastry while it cooks, or they will clump together.

Enjoy!

LEONARD FAMILY LOUISIANA GUMBO

Why is this dish important to you?

My dad's side of the family is Cajun, going all the way back to the Acadian settlers from French Canada and their ancestors before them, and that meant that we ate a lot of really delicious home-cooked Cajun food. I was a picky eater as a kid, so regrettably I didn't always appreciate it until I was a little older, but as soon as I had some sense that I knew I wanted to learn how to cook my grandma's gumbo.



Submitted by:
Leslie Sorensen,
The Task Force for Global Health



**Region / Country associated with
this dish:**
Louisiana, USA



Photo: State of Dinner

My dad showed me how to make it, and I wrote down the recipe as best I could (but like any good family recipe, it's not an exact science) so that I'd be able to cook it on my own. It's fairly simple as far as gumbo goes, but in my opinion that's what makes it so delicious. I always love making it for gatherings & special occasions, and I hope that I've done it justice!

Ingredients:

- 1 cup vegetable or canola oil
- 1 cup all-purpose flour
- 1 yellow onion, diced
- 1 green & 1 red bell pepper, diced
- 3 celery stalks, chopped
- 1 bag frozen chopped okra (frozen is preferred just because it's less slimy -- if using fresh okra, you can put the pieces in ice water before adding in)
- 1 carton or large can (~4 cups) of low fat chicken stock
- 1 lb large Gulf shrimp (peeled & deveined preferred)
- 1/3 lb Andouille or smoked sausage, cubed
- 1 chicken breast, cubed
- 1 small jar oyster sauce (optional)
- Salt, pepper, garlic powder, & Tony Chachere's Cajun seasoning to taste
- Gumbo filé to sprinkle on the top when served
- Hot sauce for topping (e.g., Tabasco, Louisiana, Franks, etc.)
- Parsley for garnish
- White rice for serving (1/2-1 cup cooked, per person)

LEONARD FAMILY LOUISIANA GUMBO

Steps:

- Start by making the roux. Combine the flour & oil in a big stock pot, heat on medium- to medium-high while stirring CONSTANTLY (wooden long-handled spoon is best, because it gets very, very, very hot). After it starts bubbling, keep stirring until it's a medium to chocolatey brown color. It can get surprisingly dark & still be good, just don't let it burn or you gotta start over (you will know if it burns).
- When the roux is sufficiently brown, add all the chopped fresh veggies (the "holy Trinity" = onion, pepper, celery; don't add okra yet) and stir them around in the roux for a minute or two, then very gradually add the chicken broth so the overall temperature stays hot. Add in water as needed to get the amount of broth you want - probably a cup or two. Again, try to keep the temperature up as you add the liquids.
- Get it to a rolling boil and let it do that for 5 minutes, then reduce heat to an active simmer for 30-ish mins (note: all these times are extremely approximate; let the spirit guide you). Then add in the meats and spices (and oyster sauce, optional) and let those cook another 20-ish mins. Throw in the okra towards the end (about 5-10 mins before serving); they don't need long to cook and you don't want them to get mushy.
- Serve in bowls over white rice, and garnish as desired!

GAMBAS AL AJILLO (SPANISH GARLIC SHRIMP)

Why is this dish important to you?

I love this dish because my Argentinean sister-in-love passed it along to me. It is a staple in my home because it is delicious and easy!!!

Ingredients:

Yield: 4 servings

- 1 ½ pounds large shrimp, peeled and deveined
- (about 20)
- Salt and black pepper
- ½ cup extra-virgin olive oil
- 8 or more large garlic cloves, thinly sliced lengthwise
- 4 small dry red peppers, such as chile de arbol, or ½ teaspoon red pepper flakes
- ¼ cup white wine
- ½ cup chopped parsley

Submitted by:
Stacey Paschal
School of Medicine

Region / Country associated with this dish:
Spain



Photo: A Family Feast

Steps:

- Rinse shrimp with cold water and pat dry. Season with salt and pepper on both sides.
- Heat oil in a wide skillet over medium-high. When oil is wavy, add garlic, hot pepper and a pinch of salt, and turn heat to medium. Let garlic simmer gently without browning, stirring occasionally, for 2 or 3 minutes.
- Turn heat to high. Add shrimp to pan in one layer, without crowding, and cook for 1 minute. Add wine and let it evaporate, about 2 minutes. Turn shrimp over and cook just until firm and pink, 1 to 2 minutes more. Stir in parsley and transfer shrimp to a serving platter or individual bowls. Pour sauce over and serve immediately.

TRES GOLPES BREAKFAST DISH

Why is this dish important to you?

This is from my home country and is a part of my regular diet. A simple yet delicious dish originating from Dominican Republic, typically served at breakfast time. It consists of mashed plantains, fried eggs, fried cheese, and fried salami with red onions on top.

Ingredients:

- Green plantains
- Queso blanco (Tropical Brand)
- Dominican salami
- Red onions
- Eggs
- Butter
- Salt
- Vegetable oil



Submitted by:

Samantha Brito Rodriguez
Rollins School of Public Health



Region / Country associated with this dish:

Dominican Republic



Photo: Samantha Brito Rodriguez

Steps:

- Peel plantains and lightly salt the pot. Boil plantains for 10-15 minutes.
- Cut salami and cheese into $\frac{1}{2}$ inch slices.
- Sauté sliced onions until transparent. Place on the side to cool.
- In a pan, heat vegetable oil to a medium setting. Begin by frying salami until it takes on a brown color. Repeat this step for cheese slices.
- Lower heat to low, fry eggs over easy.
- Empty pot to leave only several tablespoons of water to mash boiled plantains. Add butter and salt to taste.
- Serve and enjoy!

MASALA DOSA

Why is this dish important to you?

My brother's wife is from Hyderabad, India, and she and I love to cook together. This is her recipe. We frequently make her masala dosa recipe, a thin crepe made from a fermented batter of lentils and rice, stuffed with potatoes, and served with coconut chutney (and sambar, which we typically omit) on the side.



Submitted by:
Erin Glogowski
Rose Library



Region / Country associated with this dish:
India



Photo: Erin Glogowski

Serves 4

- 1 container of dosa batter*
- 1 large onion, chopped
- 2.5 pounds of potato
- 4 Roma tomatoes, or 2 regular tomatoes
- 4 Thai green chilis, chopped
- Cilantro, handful
- Cumin seeds, 1/4 spoon
- Mustard seeds, 1/2 spoon

- Salt, 2 spoons
- Turmeric, 1 spoon
- Coriander powder, 1 spoon
- Asafoetida powder/lg hing, 1/4 spoon
- Curry leaves, small handful (5 or so)
- Oil, sesame, canola, or vegetable

* The batter is time consuming to make, almost like sourdough starter, so we tend to go to an Indian grocery store and buy a container of premade dosa batter to save time

Steps:

- Dice and boil potato, lightly mash, set aside. In a pan heat 2 spoons of oil over medium until it shimmers for tempering. Add mustard seeds and let them pop. Add cumin seeds and let them pop. Add the onion and sauté for a few minutes. Add the tomatoes and green chilis and sauté for a minute. Add the salt, turmeric, asafoetida powder, chilis, and curry leaves. Add the coriander powder last so it doesn't burn. Add potatoes to the mixture, stir, and turn the heat off. Add the cilantro.

MASALA DOSA

- In a separate pan prepare the dosa on medium heat, similar to making crepes (if the temp is too low it won't work). When the pan is hot add, one ladle of batter to the center of the pan and spread it from the center in a circles, making circles until you reach the edges so they are thin, adding a small sprinkle of oil if needed. When it turns slightly brown, flip over to cook the other side, and flip it back and cook until the dosa is golden. Add the potato mixture to half of the dosa and roll them over.
- Serve with the chutney.

Ingredients: Coconut Chutney

- 1 young coconut (or a few cups frozen shredded coconut), blended
- 1 or 2 spoons water, if needed
- Cilantro, handful or approx. 1 cup
- Curry leaves, small handful (10 or so)
- 1/4 cup tamarind pulp
- 1 spoon finely chopped fresh ginger
- 2 Thai green chilis
- 2 dried Kashmiri chilis
- 2 spoons oil
- 1/2 spoon black gram or urad dal
- 1/2 spoon chana dal
- 1/2 spoon mustard seeds



Photo: Erin Glogowski

Steps:

- Blend the coconut, cilantro, tamarind pulp, chili, and ginger so that it isn't too grated, in a blender or food processor. Blend it so that it is not perfectly smooth, but with some texture.
- For tempering, in a separate pan heat oil in a pan on medium heat until it shimmers.
- Add mustard seeds, black gram, chana dal and dried chilis crackle them for 1 minute or until slightly browned.
- Add curry leaves and turn off the heat. You can add half of the tempering seeds to the coconut puree and swirl the remainder on top as decoration if you like, or just stir them together.

Why is this dish important to you?

This is a traditional Spanish recipe that my mother used to prepare for the Christmas season. I recall my mother with her apron preparing these delicious cookies and the house surrounded with the sweet smell of the polvorones :)

Ingredients:

Yield: 18 servings

- 1 cup all-purpose wheat flour
- 1/4 cup lard
- 1/4 cup chopped almonds
- 2/3 cup powdered sugar, plus more for dusting
- Tissue paper, to wrap



Photo: L'autrichienne

Steps:

- Place lard in a mixing bowl, and allow to reach room temperature. Beat with a wooden spatula, until creamy and fluffy. Reserve.
- Place flour in a dry (no oil) frying pan over medium heat, stirring occasionally. It might seem like nothing changes for the first two minutes, then some steam will be produced from moisture evaporating; at that point, do not leave pan unattended, and start stirring constantly, since the flour will begin to brown rapidly. Continue cooking and stirring constantly for another minute or two, until flour looks uniformly, and just slightly, browned, then remove promptly from heat to avoid burning.
- Continue stirring, away from heat source, for a few more seconds, to cool down and avoid further browning; sift onto the reserved lard through a mesh to catch clumps and burnt bits. Discard anything trapped in the mesh



Submitted by:

Alma Reynal Quintanilla, Office of Global Strategy and Initiatives



Region / Country associated with: this dish:

Mexico / Spain

Steps:

- Mix flour and lard together, until a sandy texture is achieved, then incorporate powdered sugar and chopped nuts. Transfer mix to a clean working surface and continue mixing with hands just for one more minute. The mix will turn a tan tone, and should look quite grainy, but clump like wet sand when gently pressed.
- Use hands to bring the mix together to form a circle, then cover with plastic and continue molding, containing the edge with one hand, and using a rolling pin to compact and smooth the circle to around 1 cm (3/8 in) in thickness. Use a 4 cm (1.5 in) round or oval cookie cutter to cast pieces, pressing mix down with a finger before removing mold.
- Preheat oven to 325°F (160°C).
- Carefully transfer cut-out pieces to a baking sheet lined with parchment paper.
- Bake for 20 minutes, then remove from oven, and allow polvorones to rest in the tray, undisturbed, until they fully cool down to room temperature. They will not look too different from before baking in terms of size and color, but the texture will look firmer. If the cut-outs were not cast properly, they will tend to form fissures and might crack during baking.
- Place a mound of powdered sugar on a plate, then a polvorón on top, to cover the bottom with sugar. Coat the top dusting more powdered sugar through a mesh.
- It is better not to try to flip the treats, to avoid breaking or crumbling.
- Transfer to a single- or double-layered tissue paper rectangle (15×20 cm – 6×8 in), then fold paper and twist ends to wrap treat.
- Repeat with all the polvorones. They may be stored in a container with lid at room temperature for about one week.
- These sweet and delicate polvorones are a perfect treat for a coffee break. Enjoy!

PUMPKIN SCONES WITH MEDJOOL DATES, PECANS, AND BROWN BUTTER GLAZE

Why is this dish important to you?

Baking is my love language and have always enjoyed making scones. They are infinitely adaptable with different flavors and mix-ins. This is a great fall/winter recipe to share with friends and family.



Submitted by:
Shannon Marsh
Laney Graduate School



Region / Country associated with this dish:
United Kingdom

Ingredients:

Makes 8 scones

Scones :

- 2 cups all-purpose flour
- 1/4 cup light brown sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup cold unsalted butter, cut into 1/2-inch cubes

- 1/3 cup medjool dates, pitted and chopped
- 1/4 cup chopped pecans
- 1/2 cup buttermilk
- 1/2 cup canned pure pumpkin
- 1 teaspoon vanilla extract

Brown Butter Glaze:

- 6 Tablespoons unsalted butter
- Confectioners' sugar



Photo: Happy Edible After

PUMPKIN SCONES WITH MEDJOOL DATES, PECANS, AND BROWN BUTTER GLAZE

Steps:

- Preheat oven to 400F. In a large bowl, whisk together the flour, sugar, spices, baking powder, baking soda and salt. Place cold butter cubes into the dry ingredients, toss, and rub in with fingers. The mixture will end up looking like coarse crumbs. Stir in the dates and pecans. In a separate bowl mix together the buttermilk, pumpkin puree and vanilla and then add the buttermilk mixture to the flour mixture. Mix just until the dough comes together. Do not over mix.
- Transfer to a lightly floured surface and bring dough together by gently kneading a few times. Pat the dough into a circle that is about 7 inches round and about 1 1/2 inches thick. Use a floured biscuit cutter or a drinking glass to cut out scones. Place the scones on a half sheet pan lined with parchment. Re-roll scraps once to get a few more.
- Bake for about 18-20 minutes or until golden brown. Transfer to a wire rack to cool.
- While scones are baking, make the brown butter. Place butter into a small saucepan and heat over medium heat, swirling pan occasionally. Butter will melt and cook, eventually foaming a bit. It starts out yellow and eventually will turn into a golden-brown color. You will begin to smell a nutty fragrance and that is the time to remove the saucepan from the heat. Pour into a bowl to cool. Some folks will strain out the milk solids that sink to the bottom, but in this case, I leave them. Begin to whisk in sifted confectioners' sugar until you end up with a pourable glaze. Drizzle over scones with a fork.
- These would be amazing with your favorite cup of coffee, chai, or a Pumpkin Latte.

CARIBBEAN SORREL DRINK

Why is this dish important to you?

During my two years living in Jamaica, I fell in love with sorrel, a vibrant and refreshing drink made from hibiscus. Though it's traditionally a holiday beverage often enjoyed with rum, I savor my homemade version year-round - without the alcohol, of course! Hibiscus is not only delicious but also boasts health benefits. I've become known for my sorrel recipe, and I often share it at parties, with visitors, or when attending gatherings.

Since I tend to go heavy on the ginger, I always give people a friendly heads-up. To my delight, I've discovered there are many fellow sorrel and ginger enthusiasts out there!



Submitted by:

Kenya Casey

The Task Force for Global Health



Region / Country associated with this dish:

Jamaica



Photo: Now You're Cooking

Ingredients:

- 2-3 cups dried sorrel (hibiscus)
- 1-2 large pieces of ginger (about the size of your hand), cut into several pieces. See ginger tips below.
- 10 whole cloves
- 10 allspice berries
- Agave nectar, to taste (or granulated sugar, see instructions)
- 3 quarts of water

CARIBBEAN SORREL DRINK

Steps:

- Blend the ginger: In a blender, combine the ginger with about 3 cups of water. Blend until smooth.
- Combine ingredients: In a large (4-5 quart) Dutch oven or pot, combine the blended ginger mixture, sorrel, cloves, and allspice berries.
- Steep: Boil the remaining water. Pour the boiling water over the sorrel mixture in the pot. Cover tightly and let steep for at least 8 hours or overnight.
- Strain and sweeten: Strain the liquid through a fine-mesh sieve into a large pitcher or beverage dispenser.
- For agave: Add agave nectar to taste, stirring well to dissolve.
- For sugar: In a small saucepan, combine about 2 cups of the strained sorrel drink with granulated sugar to taste. Heat over medium heat, stirring constantly until the sugar dissolves. Remove from heat and add to the pitcher of sorrel drink.
- Chill and serve: Chill the sorrel drink thoroughly before serving.
- Tips: Adjust the amount of ginger to your preference. Start with a smaller piece if you prefer a milder ginger flavor.
- For a smoother texture, you can strain the drink a second time through cheesecloth or a coffee filter.
- This drink can be stored in the refrigerator for up to 5 days.

PINEAPPLE GINGER DRINK

Why is this dish important to you?

My Mom and Grandmother made this often and it is a comforting sweet taste of home.



Submitted by:
Lorna Cameron
The Task Force for Global Health



Region / Country associated with this dish:
Guyana WI

Ingredients:

- The skin of a large ripe pineapple
- 8 cups water room temperature
- 1-2 cups pure cane sugar
- 1 cinnamon stick (optional)
- 2 cloves (optional)
- 3 slices fresh ginger root chopped



Photo: Happy Baking Days

Steps:

- Wash pineapple before peeling.
- Add skin and core to boiling pot of water and let simmer 25 minutes
- Add spices if using
- Cover and let sit in a cool dry place for 2 days and allow to ferment.
- Strain water off using a sieve. You may line the sieve with cotton or muslin cloth.
- Add sugar to fermented water and sweeten to taste.
- Chill in refrigerator.
- Serve over ice.

RECIPES FROM EMORY UNIVERSITY ETHIOPIA

This selection of recipes come from the staff and faculty associated with Emory's country office in Ethiopia, which was established in Addis Ababa in 2010 to support a flagship maternal and newborn health project in the Nell Hodgson Woodruff School of Nursing. The following faculty and Emory Ethiopia staff contributed to these recipes:

- Dr. Abebe Gebremariam Gobezayehu, Assistant Professor, Nell Hodgson Woodruff School of Nursing
- Tamiru Kassa, Deputy Director and Deputy Country Representative, Emory University Ethiopia
- Prof. Gurmess Tura, Research and Documentation Coordinator, Emory University Ethiopia
- Endale Erko, MNCH Coordinator, Emory University Ethiopia
- Aynalem H/Michael, QI and Newborn Advisor, Emory University Ethiopia
- Roman Gebreyes, Monitoring, Evaluation, and Learning Advisor
- Jerusalem Mekonnen, Administration and Human Resources Officer
- Weynshet Tibebu, Finance Manager



Why did you select these dishes to share in the cookbook?

These are popular dishes across the country and often associated with special occasions.

KIBBEH NITER

DID YOU KNOW?

- Kibbeh niter (or niter kibbeh) is delicious spice-infused clarified butter found in many dishes in Ethiopian cooking.
- There are many different spice combinations for kibbeh niter, but this recipe adapted from Yohannis Gebreyesus' *Ethiopia: Recipes and Traditions from the Horn of Africa* is a guide you can use for your cooking.
- This recipe (and most like it) calls for the herbs *koseret* and *besobela*.
- You will likely be able to find these at Ethiopian markets (luckily there are several in the Atlanta area), online, or you can substitute dried oregano and thyme for the *koseret*, and you can substitute dried Thai basil and sage for the *besobela*.

Ingredients:

- 1 lb unsalted butter
- 1 tsp nigella seeds
- ½ tsp cardamom seeds
- 1 tsp coriander seeds
- 1 tsp dried koseret
- 1 tsp dried besobela



Photo: Daring Gourmet

Steps:

- In a saucepan, clarify the butter (cook at a low temperature until the milk solids separate from the butter, let cool slightly, and strain into a clean saucepan).
- To the clarified butter, add the nigella seeds, cardamom, and coriander seeds, and cook over low heat for 5-10 minutes, stirring occasionally. Add the koseret and besobela and cook for 5 minutes more.
- Remove pan from heat and leave to settle for 10 minutes (or longer as desired). Strain through cheesecloth into a container and let cool. Once cooled, cover and refrigerate until needed. Should last up to 2 months in refrigerator, sealed tightly.

DORO WAT

Doro Wat is a spicy chicken stew often served at holidays and special occasions across Ethiopia and neighboring countries.



Photo: The Spruce Eats

Ingredients:

- 3 – 3 ½ pound whole chicken cut in pieces or same amount of bone-in chicken thighs
- 2 Fresh lemon or lime
- 1/4 cup vegetable oil
- 4-6 cups of water and/or chicken stock
- 3 medium red onions diced
- 4 Tablespoon berbere (a hot spice mix. Substitute cayenne pepper as needed. You can find berbere at Your Dekalb Farmers Market, Ethiopian markets around Atlanta, or online)
- 1 Tablespoon minced garlic
- ½ Tablespoon minced ginger
- 1 Tablespoon tomato paste
- 3 Tablespoons clarified butter or Kibbeh Niter
- ¼ Teaspoon ground cardamom
- 6 Large soft-boiled eggs, shelled removed
- Salt to taste

Steps:

- Soak the chicken in cold water with lemon or lime squeezed into it for one hour.
- In a large pot, over medium heat, cook the red onions, stirring constantly, until onions are soft and deep brown color. At this stage, you are not cooking with any oil. Add water, 1 cup water at a time, if the onions start to burn or dry out.
- Add the berbere, garlic, ginger and oil, and cook, stirring frequently and adding water if necessary until everything is a deep red color.
- Add tomato paste and cook for another 15 minutes.
- Add the chicken, mixing to coat well with the berbere/onion mixture.
- Add 3-4 cups of water or chicken stock, bring to a simmer, cover, reduce heat to low and cook until chicken is very tender about 30 minutes.
- Remove the lid and add the clarified butter, cardamom, and salt. Increase the heat to medium and simmer, until the liquid is reduced, and the sauce is very thick – about 30 minutes, occasionally stirring and spooning the sauce over the chicken.
- Add the eggs and simmer for another 5 minutes. Season with salt to taste.

SHIRO WAT

Shiro Wot is a stew made of chickpea flour. The texture is velvety smooth rather than studded with individual chickpeas. It is a comforting favorite, and it is a welcome addition alongside meat or as part of a vegan or vegetarian platter. You will typically see two kinds of shiro powder in the market: mitin shiro or nech shiro. Mitin shiro is seasoned and is indicated here. Nech shiro is not seasoned and would require additional spices during cooking to prepare. You can find shiro powder at the Your Dekalb Farmers Market, Ethiopian markets around Atlanta, or online.

Ingredients:

- 1/4 cup olive oil
- 1 onion, diced
- 2 cloves garlic, minced/grated
- 2 tsp ginger, minced/grated
- 1 cup (or half of a 14.5 ounce can) of canned crushed tomatoes
- 1 cup mitin shiro powder
- 3 cups water
- 1-2 Tablespoons butter (optional)



Photo: Urban Farmie

Steps:

- In a medium-sized pot or Dutch oven, heat olive oil on low to medium heat. Add 1 diced onion over low to medium heat for a few minutes. This is just to get the aromatics fragrant, so 1-2 minutes is sufficient, don't let it brown!
- Next, add garlic and ginger and sauté for 30 seconds. Add the tomatoes and let cook for another 1-2 minutes.
- Now, gradually add the shiro powder while stirring to avoid lumps, along with salt and 3 cups of water, and bring to a boil on medium heat. Then, turn down the heat to a low to medium, and let it simmer for about 20 to 30 minutes to allow the mixture to thicken to your desired consistency. If the stew thickens too much, add more water until you reach the desired consistency.
- Taste for seasoning, add 1-2 tablespoons of butter for richness if desired.

MISER WAT

Misir Wat is a spicy stew of lentils, and it is a delicious side to a meat dish, alone, or as part of a vegan or vegetarian platter.

Ingredients:

- ¼ cup olive oil
- 1 onion, finely diced
- 1 tbsp garlic, minced/grated
- 1 tbsp berbere or cayenne pepper (a hot spice mix. Substitute cayenne pepper as needed. You can find berbere at Your Dekalb Farmers Market, Ethiopian markets around Atlanta, or online)
- 1 tbsp tomato paste
- 1 cup canned crushed tomatoes
- 1 tsp ground cardamom
- 1 cup split red lentils
- 2 cups water or vegetable broth
- 2 tbsp kibbeh niter or butter (optional)
- Salt to taste
-



Steps:

Photo: Spice Cravings

- **Start by cooking aromatics.** Heat a large skillet or Dutch oven with 2 tbsp of the olive oil. Then, add one finely diced onion and cook until it's soft on medium heat. Then, add a tablespoon of minced garlic followed by the berbere. Allow this to cook for a minute or two. Next, add the tomato paste and let cook for 1 minute, then add the canned tomatoes. Cook for 3-4 minutes. Next, add the remaining olive oil along with the cardamom powder, then give this all a good mix.
- **Add lentils and cook slowly until stew is done.** Rinse the lentils until the water runs clear and then add this to the pot along with two cups of water or vegetable broth. Add a pinch of salt to your taste. Bring this to a boil while still on medium heat. Then, turn the heat to a low-medium and allow the mixture to simmer at this heat for at least 15 to 20 minutes, covered. You might need to add more water as you go along, so make sure to check frequently. The amount of time to reach desired consistency will depend on the age and type of your lentils, as well as the strength of the stove! When finished, it should have an almost creamy but not too soft consistency. Finish with some kibbeh niter or butter for added richness, if you like.

GOMEN

This is a dish of aromatic cooked greens (collard greens or kale will work). You can also add meat to this dish to make gomen besiga – a delicious alternative! If you wish to make gomen besiga, follow the recipe below, and add 1 lb of lamb or beef cut into small pieces during step 2.

Ingredients:

- 1 pound collard greens - rinsed, trimmed and chopped
- 2 cups water
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup chopped onions
- 8 cloves garlic, chopped
- 1 tablespoon olive oil
- 1 $\frac{1}{2}$ cups sliced green bell pepper (use jalapeno peppers if you like more heat!)
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon ground allspice
- 2 tablespoons minced fresh ginger root



Photo: TwoSleevers

Steps:

- Place chopped collard greens in a pot with 2 cups of water. Bring to a boil, then reduce heat to low. Cover, and simmer until collards are tender, about 20 minutes. Drain but reserve the cooking water. Set aside.
- Heat 1 tablespoon olive oil in a pot over medium heat. Stir in onions and cook until just beginning to brown, about 10 minutes. Stir in garlic and cook for 1 minute. Add the cooked collards, 1 tablespoon olive oil, and the reserved cooking water. Simmer, uncovered, over medium-high heat until liquid is nearly evaporated, 10 to 15 minutes.
- Add the green pepper slices, lemon juice, salt, turmeric, paprika, allspice, and ginger root. Cook until peppers are soft, about 5 minutes.

Office of Global
Strategy and Initiatives

FLAVORS OF EMORY COOKBOOK

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Celebration of International Education Week 2024**



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