



Virtual Dance Room

“Festive Foreign Foods”

Volume 1

brought to you by

Ethnic Dance Chicago
Door County Folk Festival



<https://zoom.us/j/8478468139>



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FDCC Cookbook Vol - 1

FESTIVE FOREIGN FOODS



Festive Foreign Foods

FESTIVE FOREIGN FOODS

BY

CHICAGO FOLK DANCERS ·
· AND THEIR FRIENDS ·

PRESENTED BY

FOLK DANCE LEADERSHIP COUNCIL OF CHICAGO

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Members of FDLC.

(First Printing --- December, 1970.)

Hrate Palene (beverage)

HRATE PALENE
(Hrah' -teh Pah' -leh-neh)

Bob Yonco

5

Authentic Slovak drink (I know because Pa was a Slovak and he made it) served as part of authentic Slovak Christmas Eve supper (as presented by my authentic Mother)

| | |
|-------|---------------------------|
| Bacon | 5 slices |
| Onion | $\frac{1}{2}$ cup chopped |
| Sugar | 2 tsp. |
| Water | $\frac{3}{4}$ cup |
| Vodka | $\frac{1}{2}$ cup |

Chop bacon into $\frac{1}{4}$ " squares and fry in a sauce pan until starting to become translucent. Pour off excess grease, leaving enough to saute the onions to a full brown color. Add sugar and water and bring to a boil. Dump in vodka and serve hot (bacon and onions included) in double shot glasses.

Don't ask me how to drink it because the bacon and onions settle to the bottom of the glass and then (depending on who's watching) must be scooped out with a spoon, flicked out with the fingers, or lapped out with the tongue.

NOTE: No one was allowed to marry into our family until he (or she) drank one full slug of Hrate Palene at Christmas. One Swede almost didn't make it.

- * - * - * - * - * -

1-2-3 FROZEN DAQUIRIS

Betty Abson

| | |
|----------------------------|---|
| 1 6-oz. can frozen limeade | } -- use limeade can as your measure |
| 2 cans light rum | |
| 1 can pineapple juice | |
| 2 cans water | |

Mix thoroughly and freeze at least overnight. Before serving, beat to a sluchy consistency with electric mixer. Serve with a maraschino cherry on top.

Sopa Avgolemono / Gazpacho

SOUPA AVGOLEMONO (GREEK)
(Egg-Lemon Soup)

Mary Veremis 12

| | |
|--------------------|------------------------|
| 1 chicken (stewer) | 3 eggs, separated |
| 6 cups broth | 1 lemon (juice) |
| 1 cup rice | Salt & Pepper to taste |

Boil chicken until tender. Remove chicken and let cool. Boil 6 cups of broth and add one cup of rice. Add salt and pepper to taste. When rice is cooked, lower heat to simmer.

In a mixing bowl, put 3 egg whites and beat until stiff. Add the yolks; then add juice of one lemon slowly, beating well. Now comes the tricky part: add the broth, a little at a time, beating well, until most of the broth is used. The trick is that the broth should not be boiling hot or it will curdle the eggs and you will have little pieces of egg white floating around in the soup. Pour this mixture back into pot, stirring well. Pieces of chicken may now be added to the soup if desired.

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GAZPACHO (Spanish)

Betty Abson

1 46-Oz. can tomato juice
1 Tbsp. lemon juice
 $\frac{1}{2}$ tsp. garlic juice
5 chicken bouillon cubes
1 tsp. EACH Accent, salt, pepper, sugar
Sprinkle of paprika
Cut-up tomatoes, cucumber, green pepper and onions,
to make the soup as "thick" as desired.

Combine all ingredients and refrigerate overnight to blend flavors. Serve cold.

Bami [Goreng]

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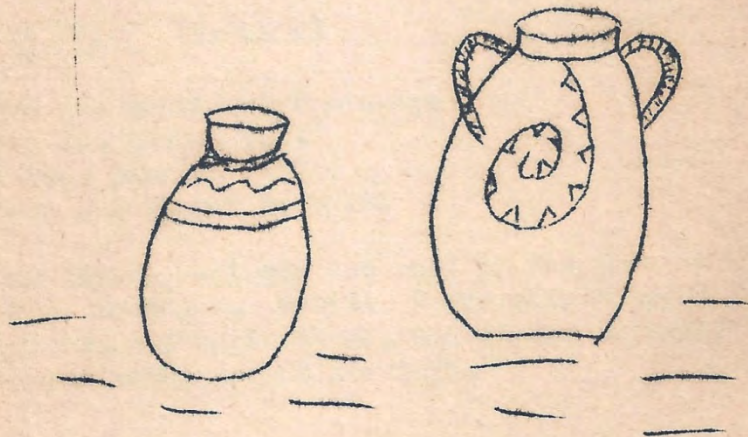
BAMI (Indonesian)

Edna Friedman

1/2 stick margarine
2 lge. onions
2 cloves garlic
2 1/2 to 3 cups cubed pork (approx. 3 lbs. pork
shoulder)
1 1/2 cups diced celery
3 cups finely sliced white cabbage (approx. 1 sm.
head)
2 or 3 sticks leek
Small pkg. frozen peas, cooked
1/2 lb. shrimp, cooked
Scant cup soy sauce
1 lb. thin Italian spaghetti, cooked

Saute onions and garlic. Add meat and most of soy sauce. Simmer until meat is cooked. Add celery, cabbage and leek and simmer 20 min. Add peas and shrimp. Add cooked spaghetti. May be made ahead and refrigerated to blend flavors. Reheat and serve in deep dish. Optional addition: Make a thin egg omelet, cut into strips and lay on top.

Serve Bami with sweet or sour pickles or a tossed salad. Serve with beer.



Nasi Goreng

NASI GORENG (Java.)

Polly Silberman

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2 c. rice (Uncle Ben's Converted rice preferred)
3 onions, sliced
1 clove garlic, crushed
1 green pepper, diced
1 can medium size shrimp
1 can large size shrimp
2 pork tenderloins, cooked (braised or baked whole)
1 cucumber
4 or 5 eggs, scrambled dry

Slice off 6 or 8 thin slices from the pork tenderloins and reserve. Cube remainder. Wash rice well, cover with cold water standing 1 inch above rice. Cook quickly on rather high flame until there is no water left (tilt pot to determine this) and little dents have appeared on surface. Cover tight, put on lowest flame, using asbestos cover on burner and cook at this low heat for at least 1 hour. It is very important that rice be dry, not soggy.

Mix cut onions, crushed garlic and diced green pepper in Dutch oven and fry in fat until golden brown. Add cubed meat and medium size shrimp, then the rice by tablespoonfuls and fry over small flame, until mixture is light brown in color. Do not stir, but lift with spatula, so as not to crush the rice kernels.

To serve: Place on large platter. Arrange slices of cucumber around the edge. Place the slices of meat across the top and arrange the large shrimp attractively among them. Arrange the scrambled eggs on top of all. Serves 4 or 5.

Should be served with "sambals", very hot condiments imported from Indonesia or the Netherlands which are available at Fields or gourmet food shops. Red hot sauce or tabasco may be used. A little goes a long way. Definitely serve beer.

Dolmades

DOLMADES (Greek)
(Stuffed Grape Leaves)

Sandra Faxon 40

2 lb. ground round

Add: 1 egg

1 c. rice (raw)

Dash of cinnamon

Dash of Paprika

5 crushed garlic cloves

Some pepper & Salt

Some oregano

(Can also add pine nuts or almonds)

A little sprinkle of
fine bread crumbs

$\frac{1}{2}$ minced onion

2-3 tsp. ch. parsley

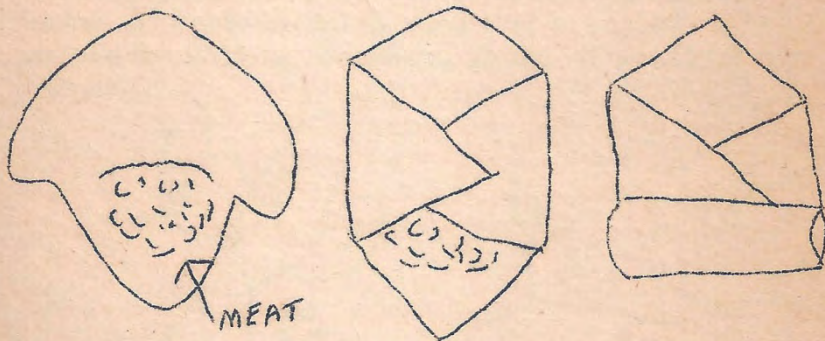
Some powdered ginger-
not much

$\frac{1}{2}$ squeezed lemon

Grape Leaves (NOTE: The grape leaves grow wild
down by the I.C. tracks in Hyde Park.)

Boil till soft and brown - about 20 min. (The water
will turn green!)

Put small amount of meat mixture on each leaf (or
use 2 leaves for each dolmade if you like the taste
stronger). Roll as below and hold with a toothpick.



Put dolmades rolls in baking dish - cover with water.
Put cover on dish. Bake at 350° for 40 min. or
cook on top of stove starting with medium flame --
bring to boil slowly and let cook for $1\frac{1}{2}$ hours,
adding water when necessary to keep rolls covered.

Chicken Curry / Chicken with Rice

CHICKEN CURRY (indian)

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Sandra Faxon

1/3 c. oil
2 medium onions, sliced thin
2 cloves garlic, minced
1 tsp. powdered ginger
2 tbsp. curry powder
1 tbsp. chili powder
1 large frying chicken, disjointed
1 c. chicken stock
1 tomato, sliced
1 cup (or more if desired) small curd cottage
cheese

Heat oil and fry onions, garlic, ginger, curry powder and chili powder till light brown. Add chicken, cover and continue cooking for 15 min. over low flame. Stir in rest of ingredients, cover and simmer until chicken is tender, about 40 minutes. Serve with rice or noodles.
Serves 6.

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CHICKEN WITH RICE (Slovak)

Anne Papp

Cut chicken into serving pieces. Sear chicken in a little fat; add 1 tsp. salt, 1 small diced onion. Add 1 c. water and 1 small can tomatoes, $\frac{1}{2}$ cup celery and green pepper chopped. Cook about $\frac{1}{2}$ hour, then add 1 c. uncooked rice. Cook until chicken and rice are done and all water absorbed, about another $\frac{1}{2}$ hour. Total cooking time about 1 hour.

Mexican & Croatian Style Scrambled Eggs

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Mary Veremis 12

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