



# The Cultural Care Kitchen

A collection of recipes, stories, and traditions  
inspired by our global families



# brigadeiro

The brigadeiro is a national symbol for Brazilians, holding tremendous sentimental value for people across the country. This dessert is normally served to children at birthday parties, as well as at reunions for old friends and family.

- 01** Add the condensed milk, cocoa powder, butter, and salt to a small saucepan. Cook over low-medium heat. Stir constantly until mixture thickens, at least 20 minutes.
- tip:* A way to know when the brigadeiro mixture is ready is to run a spatula or wooden spoon through the mixture. If it takes a bit for the mixture to move, then it is ready.

- 02** When thickened, remove from heat and let cool at room temperature.
- 03** Spread out the chocolate sprinkles on a large plate or in a bowl.

*tip:* If you'd like to add a pop of color for kids, use colored sprinkles instead!

- 04** When the brigadeiro mixture is cool, use butter to grease your hands and roll the brigadeiro mixture into a small ball. You can make the brigadeiros as small or as large as you'd like.
- 05** Once balls are formed, roll balls into the sprinkles and serve in mini paper cupcake cups.

## ingredients

2 dozen brigadeiros

Cook time: 30m

**1 (14oz.) can sweet condensed milk**

**4 Tbsp. cocoa powder, sifted**

**2 Tbsp. butter, plus more for rolling balls**

**Pinch of salt**

**Chocolate sprinkles**

## **A NATIONAL TREASURE**

“I think the brigadeiro is almost a patrimony for us Brazilians. It's much more than a simple dessert—this is our history, our heritage! I've been eating them my whole life; everybody in Brazil knows the recipe and how to make it. As a kid, I remember making them with my mom—and now, I've taught my host kids how to make them too. My whole host family loves it—now, they make it as dessert at all of the parties they host.”

—Sarah, au pair from Brazil

## did you know?

Why do British and Irish people call sausages “bangers”? The word’s origins date back to the early 1900s, during the World War I era. Sausages had always been a popular food for working class people, but thanks to the war, meat had become scarce. In an effort to make the most of the little meat they did have, food manufacturing companies started making sausages using cheap fillers and a large amount of water.

This combination caused the wartime sausages to explode violently when heated in a pan—hence, the name “banger” was born!

Today, bangers are a popular and iconic British and Irish food. Nowadays, the sausages are made using high-quality meats, and they come in a variety of flavors. It is estimated that butchers have created around 470 different sausage varieties throughout the United Kingdom alone.



# bangers and mash

Bangers and mash is a classic British and Irish breakfast dish, comprised of “bangers” (sausages) served with “mash” (mashed potatoes).

- 01 Preheat oven to 400°F.
- 02 Place the sausages into a roasting tin. Cook for 10 minutes, flip sausages over and cook for another 5 minutes.
- 03 Add the sliced onions to the tin. Mix the dried herbs, mustard, and stock together. Pour mixture over the sausages and onions.
- 04 Return the tin to the oven to cook for another 20 minutes, until sausages are cooked through and onion gravy is thickened. Season with salt and pepper.
- 05 For the mash, boil the potatoes in water until they are tender. Drain and mash.
- 06 Heat the butter and milk until the butter has melted. Add a pinch of salt and pepper then pour over the mashed potato and mix until smooth. Set aside until ready to serve.
- 07 For the sausages and onion gravy, mix the softened butter and flour together to form a paste. Remove the sausages from the baking tray, set aside and cover to keep warm. Place the baking tray on the stove. Add the butter and flour mixture and whisk until combined. Stir over medium-high heat for 2-3 minutes, until the gravy has thickened. Add the sausages back to the tray and warm for 1-2 minutes.
- 08 Serve the sausages, mash, and peas with onion gravy spooned over.

## ingredients

4 servings

Cook time: 45m

### **BANGERS AND GRAVY:**

**8 large chicken sausages**

**2 onions, sliced**

**½ tsp. dried mixed herbs**

**½ tsp. English mustard**

**2 ½ cups beef stock**

**2 tsp. butter, softened**

**2 tsp. flour**

**Salt and pepper**

### **MASH:**

**2 lb. potatoes, peeled and cubed**

**3 ½ tsp. butter**

**½ cup milk**

**2 cups frozen peas to serve**



# ratatouille

Ratatouille is a tasty vegetarian dish that's native to Provence, France. It consists of onions, zucchini, tomatoes, eggplant, and peppers, which are sautéed and then stewed in olive oil.

- 01** Heat olive oil in a saucepan over medium heat. Add minced garlic and chopped onion to the pan. Cook for 4-5 minutes, until lightly colored and soft.
- 02** Prepare the vegetables. Boil or steam the green beans. Once boiled, drain and cut into 2 centimeter pieces and put aside.
- 03** Add diced carrot, eggplant, zucchini, and peppers to the saucepan with the garlic and onion. Sauté for about 4-5 minutes. Add tomatoes and season with salt and pepper.
- 04** Reduce to low heat and cover for 20-25 minutes. All vegetables should be soft, al dente style. Add the green beans and cook for another 2-3 minutes.
- 05** Adjust seasoning if necessary and serve!

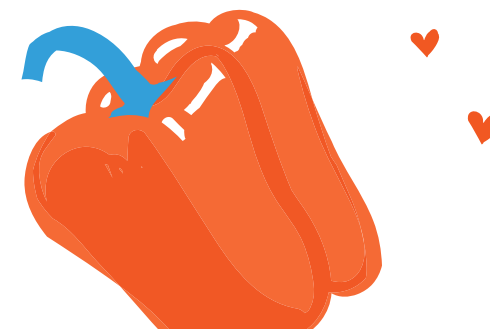


## ingredients

4 servings

Cook time: 40m

- 2 cloves garlic, pressed**
- 1 onion, finely chopped**
- 1 ½ cup green/snap beans**
- 1 carrot, diced**
- 2 zucchini, diced**
- 1 small eggplant, diced**
- 1 yellow or red sweet pepper, squared**
- 1 ½ canned tomatoes, diced**
- 2 Tbsp. olive oil**
- Salt and pepper to taste**





# german potato salad

This popular side dish—which has now spread to many parts of the world—originated in Southern Germany. It is best served cold or at room temperature.

- 01** Boil water in a large pot, adding a dash of salt. Place washed, whole potatoes in the pot and cook for about 15-20 minutes. Don't let the potatoes get too soft.
- 02** Drain water and let potatoes cool.
- 03** Wash and slice radishes.
- 04** Wash green onions and chop.
- 05** In a large bowl, add olive oil, vinegar, mustard, horseradish, salt, and pepper. Whisk until well-combined. Set aside.
- 06** Once potatoes are cool enough to handle, cut them into ½ inch slices and arrange on serving dish.
- 07** Add radishes in between and sprinkle with green onions.
- 08** Stir the dressing and pour it over the salad.

## *ingredients*

4-6 servings

Cook time: 35m

**3 lb. small yellow potatoes**

**1 bunch radishes**

**1 bunch green onions**

**3 Tbsp. olive oil**

**1 ½ Tbsp. white vinegar**

**1 Tbsp. German mustard**

**½ Tbsp. horseradish**

**½ tsp. salt**

**Pepper to taste**



# beef bobotie

Bobotie is a hearty meat casserole featuring curried minced meat and a creamy, aromatic egg custard topping.

- 01** Preheat oven to 340°F.
- 02** Meanwhile, heat butter in a large skillet. Add onions, garlic, and ginger and fry until golden brown.
- 03** Mix in all spices, chutney, beef, vinegar, Worcestershire sauce, and beef bouillon cube.
- 04** Soak the crustless white bread in milk. Add bread to skillet when beef has browned.
- 05** Transfer the beef mixture from the skillet to a baking dish. Cover the baking dish and bake in the oven for 40 minutes.
- 06** In a medium mixing bowl, beat together the egg, milk, and turmeric. If desired, add in the cream for a richer topping. Season with salt and pepper.
- 07** After 40 minutes, remove the dish from the oven and top with the egg mixture. Then, place bay leaves on top.
- 08** Place dish back in the oven to bake for another 15 minutes, until the top is golden brown.
- 09** Serve the pie with rice and top with additional chutney.

## *ingredients*

4-6 servings

Cook time: 1h 15m

- 2 Tbsp. butter**
- 2 medium onions, finely chopped**
- 3 cloves of garlic**
- 1 tsp. grated ginger**
- 1 tsp. curry powder**
- 3 cloves garlic**
- 2 Tbsp. chutney, more for topping**
- 1 ½ lb. minced beef**
- 1 Tbsp. vinegar**
- 1 Tbsp. Worcestershire sauce**
- 1 beef bouillon cube**
- 2 slices white bread, crustless**
- 1 egg**
- ½ cup milk, plus more for soaking bread**
- 1 tsp. turmeric**
- Salt and pepper to taste**
- Handful of bay leaves**
- 2 Tbsp. heavy cream, optional**

### A MOTHER'S LOVE

“This is a dish that most South Africans know and love. At my house we will usually eat it on Sundays when we have traditionally a big lunch or at Christmas dinner. For me, this dish reminds me of my mother and the love she has for her children. I've made this dish once for my host family and my host mom loved it! She even wanted to learn how to pronounce the name correctly.”

—Rencia, au pair from South Africa



# karelian pasties

Originating in the region of Karelia (an historically significant area of Northern Europe, including Finland, Sweden and Russia), karelian pasties are made with a rye crust and various fillings. They are a national dish of Finland.

## FILLING

Place milk, water, rice, and salt into a large saucepan and bring to a simmer, stirring regularly so it does not stick to bottom. It is ready once thickened and all the liquid is absorbed. It should resemble a porridge consistency.

## CRUST

Mix cold water, salt, rye flour, and plain flour into a hard dough. Roll the dough out into a log and cut it into 24 pieces. Roll each piece into a ball and press into a flat round cake on a floured board. Using a rolling pin, roll each cake into a paper thin round shape. Use flour sparingly to ensure surface and dough do not stick. Stack up the rolled out circles with a sprinkle of rye flour in between each sheet.

## ASSEMBLY

Once the filling has cooled down, brush off excess flour and spread about 2 tablespoons of rice porridge in the middle of the dough in an oval shape. Ensure the filling reaches the top and bottom of the circle but leave the sides empty. Start to shape by pinching the top end into a point, then with hands on either side of the circle, pinch the sides from the top end to the bottom. As you pinch, the dough will drag in to the center. Pinch the bottom end to a point.

Place finished pie onto a baking tray and bake in the oven at 450°F for 20-25 minutes, until the crust is crispy and lightly browned. After you remove from the oven, brush the top with butter while hot.

## *ingredients*

*24 pies*

*Cook time: 1h 45m*

### **FILLING:**

**1 qt. whole milk**

**1 ¾ cups water**

**1 cup short grain rice**

**Pinch of salt**

### **CRUST:**

**1 cup cold water**

**2 ¼ cups plain flour**

**1 ½ cups rye flour**

**1 tsp. salt**

#### A PIECE OF THAI HISTORY

“During World War II, Thailand suffered from a rice shortage due to the war and the flood. The Thai government under Prime Minister Plaek Phibunsongkhram promoted eating rice noodles to reduce domestic rice consumption and helped to establish the identity of Thailand. As a result, a new stir-fried noodle with tofu, egg, bean sprouts, chives, and dried shrimp was created. Because of the perfect combination of seasoning—sweet from palm sugar, sour from tamarind sauce, salt from fish sauce, and spicy from chili powder—pad thai has since become the most popular Thai national dish.”

—Sirikarn, au pair from Thailand



# shrimp pad thai

As popular on the streets of Bangkok as it is in small villages around the country, pad thai is perhaps the most universally known Thai dish—and features savory, sour, and sweet ingredients.

- 01** Cook noodles according to package directions. Drain.
- 02** In a small bowl, combine sugar, soy sauce, fish sauce, lime juice, and tamarind paste.
- 03** Heat a large skillet over medium-high heat. Add oil to the skillet. Add green onions, shrimp, and garlic. Sauté for 2 minutes, until shrimp is almost done.
- 04** Add cooked noodles and toss to combine.
- 05** Stir in the sauce and cook for 1 minute while stirring constantly.
- 06** To serve, divide among serving plates and top with bean sprouts, peanuts, and basil.

## *ingredients*

4 servings

Cook time: 25m

- 8 oz. uncooked flat rice noodles
- 2 Tbsp. dark brown sugar
- 2 Tbsp. soy sauce
- 1½ Tbsp. fish sauce
- 1½ Tbsp. fresh lime juice
- 1 Tbsp. tamarind paste
- 3 Tbsp. canola oil
- 1 cup green onion pieces
- 8 oz. large shrimp, peeled and deveined
- 5 garlic cloves, minced
- 1 cup fresh bean sprouts
- ¼ cup chopped unsalted dry-roasted peanuts
- 3 Tbsp. fresh basil, thinly sliced