Recipes from Around the World

Hampstead Hill Academy Culinary Arts Club
Grades 3-5
Ms. Demas, Food for Life Teacher
Spring 2020
Beef Gyoza (Japanese Dumplings)

By Sean & Melissa Gahagan

**Ingredients:**
- 1 lb ground beef
- ½ cup onion
- ½ cup scallion
- 2 tablespoons soy sauce
- 2 cloves garlic
- ½ tablespoon grated ginger
- 1 tablespoon sesame oil
- Gyoza wrapper

**Directions:**
1. Finely chop the onions and scallions.
2. Mix together the ground beef, onions, scallions, soy sauce, garlic cloves, grated ginger, and sesame oil.
3. Place a spoonful of the ground beef mix into the center of the gyoza wrapper, brush the edges with egg wash, fold over, and press to seal.

4. Fry the dumplings in oil until golden brown and crispy. Add some water to the pan and put the lid on to steam the dumplings.
Guacamole

By Gabriella Ramirez

Ingredients:
- 4 avocados
- 2 tomatoes
- ¼ red onion
- Handful fresh cilantro
- Salt to taste

Directions:
1. Dice the tomatoes and onion.
2. Chop the fresh cilantro.
3. Peel the avocados. Scrape the avocado fruit into a bowl.
4. Mash everything together.
5. Add salt to taste.
Greens
By Angela Scott

Ingredients:

- Mix of greens of your choice (collards, kale, mustard, turnip)
- Broth (homemade with smoked turkey or hamhock, or store-bought chicken or vegetable broth)
- Salt
- Season-all
- Pepper
- Hot sauce
- Cider vinegar

Directions:

1. Wash and chop the greens.
2. If you are making your own broth, boil the smoked turkey or hamhock in a gallon of water. If you are using store bought broth, heat it in a large pot.
3. Add the greens to the pot and cover with a lid.

4. When the greens cook down, add salt, pepper, hot sauce, season-all, cider vinegar and white vinegar to taste.

5. Cook for about 3 hours on medium heat with the lid on.
Fried Chicken
By the Tarver Family

Ingredients:
- Fresh or frozen chicken wings (thaw if frozen)
- Flour
- Seasonings of your choice - Old Bay or Curry Powder
- Vegetable oil

Directions:
1. Wash the chicken in cold water.
2. Put the chicken in a bowl. Season it and mix with clean hands.
3. Put the flour in a Ziplock bag and season the flour.
4. Put the chicken in the flour and shake to coat the chicken.

5. Heat the oil on high heat. Sprinkle some flour in the oil - the flour will sizzle if the oil is ready, it will sink if it’s not hot enough.

6. Fry the chicken until you don’t hear it sizzle, about 15 minutes.

7. Optional - for extra crispy chicken, bake it on a wire rack on top of a baking sheet for about 15 minutes.
Mashed Potatoes
By the Tarver Family

Ingredients:
- Idaho potatoes
- Seasonings - salt, pepper, garlic powder, onion powder
- 2 tomatoes
- Shredded cheese
- Sour cream
- Milk
- Butter

Directions:
1. Cut the potatoes in half.
2. Boil the potatoes in seasoned water (add salt and pepper, butter, garlic powder, onion powder). While potatoes are boiling, chop tomatoes.
3. Strain the potatoes.
4. Put the potatoes in a bowl and mash.
5. Season with salt, pepper, garlic powder, milk, ranch, and butter.
6. Serve mashed potatoes with sour cream, shredded cheese, and chopped tomatoes.
Pizza
By Kelly Beckham

Ingredients:
- 1 ½ teaspoon active or instant yeast
- 1 ½ cups warm water (wrist-temperature)
- 2 tsp. honey or sugar
- 2 Tbsp. olive oil
- 2 tsp. salt
- 4 cups all purpose flour
- 1 jar tomato sauce
- Cheese(s) of your choice: mozzarella, parmesan, pecorino
- Fresh basil leaves for garnish

Directions:
1. Make (or buy) the pizza dough: in a large bowl, mix the yeast and sugar in warm water. When the yeast has dissolved, add the olive oil, salt and flour. Stir to combine and use your hands to form a ball of dough. Add a tiny bit more water if needed.
2. Knead the dough on a lightly floured surface until it’s elastic (smooth and springy to the touch), about 10 minutes. Put the dough in a bowl and lightly coat the dough with oil. Cover the bowl with a damp towel and set it aside in a warm place to rise for 45 minutes to an hour.

3. When the dough has doubled in size, punch it down and make it into a ball.

4. Stretch the dough with your hands or roll it into a pizza crust. To make it really thin, roll it once, cover with a kitchen towel for 10 minutes, and then roll it out again.
5. Add sauce and cheese and bake at 425 F until dough is cooked through, 10-20 minutes, depending on the size and thickness of your pizza crust. Garnish with fresh basil.