

Eating Global History - Food as a Case Study in Global Interaction

A) Angel Hair Pasta from China?

Tangy Chinese Noodles

Ingredients:

12 oz package of chinese noodles or 12 oz. package of Angel Hair pasta
3 1/2 tbs. sesame oil
3 1/2 tbs. soy sauce
2 tbs. vinegar
1 tbs hot chili oil
2 tbs. sugar
2 ts. salt
6 tbs. thinly sliced scallions or one package frozen peas

- 1) Combine sesame oil, soy sauce, vinegar, hot chile oil, sugar, and salt.
- 2) Prepare noodles or pasta following instructions on the package.
- 3) Drain pasta. Add prepared ingredients. Mix.
- 4) Add either defrosted frozen peas or sliced scallions.
- 5) Refrigerate. Taste best the next day. Eat using chop sticks.

B) Are these Turkish, Greek or Arabic dishes?

Hummus bi Tahini (Chick Pea and Sesame Paste Dip)

Ingredients:

1/4 cup of sesame seed paste *
1/6 cup of water
1/8 cup of olive oil
3 tbs. lemon juice
2 cloves garlic
1 can (16 ounces) chick peas (garbanzos)
1/4 ts. cumin
1/2 ts. of ground coriander
1/4 ts. of salt
2 chopped scallions

* This is available in Middle Eastern food shops. If unavailable, a substitute can be made by mixing smooth peanut butter with sesame oil.

- 1) Combine all ingredients in a blender and blend until smooth.
- 2) To eat, dip pita wedges into the hummis.

Baba Ganouche (Eggplant)

Ingredients:

1 large eggplant
6 tbs. lemon juice
4 tbs. sesame seed paste
3 cloves garlic
1 1/2 ts. salt

- 1) Pre-heat oven to 400 degrees.
- 2) Prick eggplant with a fork. Bake for 30 minutes or until very soft. Remove from the oven and allow to cool.
- 3) When eggplant is cool enough, peel and mash.
- 4) Combine all ingredients in a blender and blend until smooth.
- 5) To eat, dip pita wedges into the hummis.

C) Aren't Potatoes from the Andes?

Colcannon (Potato and Cabbage Casserole)

Colcannon, a combination of mashed potatoes and a member of the cabbage family (cabbage or kale), is a favorite food in Ireland. Colcannon is traditionally eaten at Halloween, with symbols of fortune buried in it (a golden ring predicting marriage within a year, a sixpence for forthcoming wealth, a thimble for spinsterhood, and a button for bachelorhood). With or without the symbols, it will be your good fortune to try this simple version. This recipe serves twenty people.

Ingredients

5 lbs. all-purpose potatoes, washed but not peeled
4 qts. water
1 medium head green cabbage, shredded
1 large onion, chopped (1 cup)
1 cup skim or low-fat milk
4 tbs. butter or margarine
black pepper to taste
Salt, if desired, to taste

1. Boil the potatoes in lightly salted water for 40 minutes until they are very tender but not mushy. Drain the potatoes and save the cooking liquid. Set the potatoes aside to cool.
2. Use the potato water (add more water if necessary to cover the vegetables) to boil the cabbage and onion for about ten minutes until softened. Drain the vegetables thoroughly and set them aside.
3. When the potatoes are cool enough to handle, peel off the skin, place the potatoes in a bowl, add the milk and the butter or margarine, and mash them until they are smooth.
4. Add the boiled cabbage and onion to the potato mixture and mix.
5. Season the colcannon with pepper and salt and transfer it to a greased casserole or shallow baking dish. Before serving the colcannon, heat in a moderately hot oven (15 minutes at 350°).

Irish Soda Bread

Ingredients:

4 cups flour (either all-purpose or whole-wheat)
2 ts. salt
1 ts. baking soda
3/4 ts. double-acting baking powder
2 cups buttermilk

1. Combine and mix dry ingredients. Gradually add buttermilk, mixing. Knead for 5 minutes on a lightly floured board until smooth and velvety. Form a round loaf and place in a well-buttered 8 inch cake pan. Cut a cross on top.
2. Bake in a pre-heated oven at 375 degrees for 35 to 40 minutes or until loaf sounds hollow. Let cool before slicing.