

## THE NEW AMERICANS

WELCOME  
TO THE UNITED STATES  
A GREAT AMERICAN TRADITION

## Recipes from *The New Americans* Cookbook: Nigerian

### OGONI PEPPER SOUP

Pepper soup, or peppersoup, from Western Africa, really doesn't have any more pepper than many other African soups. It is usually made with goat meat, but can also be made with beef, chicken or mutton. There are many ways this soup can be seasoned. We've listed some substitutions below for traditional African herbs and spices. One Nigerian company makes "Peppersoup Cubes," which are available for order online. Visit African foods specialty stores for these and other hard-to-find ingredients.

#### Ingredients

1/2 cup cooking oil (palm oil if possible)  
1 or 2 onions, quartered  
1 to 3 pounds of stew beef (or chicken, goat, lamb or mutton), cut into bite-sized pieces  
2 or 3 hot chili peppers, cleaned and chopped  
2 or 3 tomatoes, chopped  
1 small can tomato paste  
1 sweet green pepper, chopped (optional)  
1 tsp. thyme  
1 or 2 Maggi (brand) cubes or Maggi sauce, or 1 tsp. curry powder  
Salt (to taste)  
Black pepper (to taste)  
Cayenne pepper or red pepper, optional (to taste)

#### Instructions

- 1) Heat the oil in a large stew pot or Dutch oven.
- 2) Fry the onions for a few minutes.
- 3) Add the meat to the pot.
- 4) Add water and cover.
- 5) Bring to a boil and allow it to cook until the meat begins to become tender.
- 6) Reduce heat.
- 7) Add all other ingredients and seasonings. Stir well.
- 8) Simmer for thirty minutes or until all ingredients are done.

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### Pepper Soup Seasonings

This is made up of a mixture of local herbs and spices which are not readily available in most supermarkets except in stores specializing in African foods, but similar herbs, which can be easily obtained, could be used to achieve almost the same effect.

#### Traditional

50g / 2oz atariko  
50g / 2oz uda  
50g / 2oz gbafilo  
50g / 2oz ginger (dried)  
50g / 2oz rigije  
50g / 2oz uyayak

#### Substitute

50g / 2oz aniseed  
50g / 2oz aniseed pepper  
25g / 1 oz cloves  
50g / 2oz coriander seeds  
50g / 2oz cumin seeds  
50g / 2oz allspice  
50g / 2oz dried ginger  
50g / 2oz tamarind pods  
50g / 2oz fennel seeds

Combine all the ingredients and grind in a clean coffee grinder to a smooth powder. Store in an airtight jar and use as required.

Source for Pepper Soup seasonings: [OnlineNigeria.com](http://OnlineNigeria.com)

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A LAND OF OPPORTUNITY**Recipes from *The New Americans* Cookbook: Arabic****MAKLOUBA**

Maklouba is a dish traditionally made for celebrations or for welcoming visitors or family members who have been away. Maklouba is Arabic for upside down; when serving it, the pot is turned over for the meat ingredients to end up on top of the rice.

Serves 8

**Ingredients**

2 lbs. meat (ground lamb or beef)  
2 lbs. rice  
2 heads cauliflower  
6 large carrots  
Salt and pepper to taste

**Instructions**

- 1) Cook the meat and drain the broth. Save the broth and put it aside.
- 2) Fry the cauliflower and carrots and add them on top of the cooked meat.
- 3) Soak the rice in hot water for 15 minutes.
- 4) Drain the rice and add it to the top of the cauliflower/carrots/meat.
- 5) Add the meat broth to water to make 6 cups. Pour the mixture on top.
- 6) Simmer until the rice is cooked (approximately 20 minutes).
- 7) Turn the pot upside down onto a serving dish and season with salt and pepper.
- 8) Sauté pine nuts in oil and sprinkle on top.

Serve with yogurt and cucumber/tomato salad.

## Recipes from *The New Americans* Cookbook: Dominican

### **POLLO LOCO (Crazy Dominican Chicken)**

Visit Caribbean food specialty stores for hard-to-find ingredients.

#### **Ingredients**

6 chicken breasts (cook as per instructions and cut into 1/2-inch portions)  
1/2 cube chicken bullion  
1 tsp. powdered seasoning (Maggi, Adobo or other "all spice")  
3 tbsp. corn oil  
1/4 cup raisins  
1/2 cup mayonnaise  
1 small onion (chopped)  
2 tsp. powdered curry  
1 tbsp. tomato paste  
1/2 cup red wine  
1 bay leaf  
2 tsp. fresh lime juice  
1/4 tsp. thyme  
1/4 tsp. oregano  
Salt and ground pepper to taste

#### **Instructions**

- 1) Put 2 tbsp. of corn oil in a frying pan over a medium to high flame.
- 2) Coat or dress the chicken breast with powdered seasoning (not breadcrumbs).
- 3) Fry the chicken breasts for about 3 minutes on each side.
- 4) Add 1/2 cup of water and the 1/2 chicken bouillon cube by breaking it into a powder with your fingers over the pan.
- 5) Place a lid over the pan and cook on low to medium for 8 minutes.
- 6) Turn off heat and remove chicken breasts (save the broth for later use).
- 7) Put the chicken on a paper towel-covered plate to drain off the oil.

## Recipes from *The New Americans* Cookbook: Dominican

### Instructions continued...

- 8) Cut the breasts into 1/2-inch cubes or strips.
- 9) In a new frying pan, add the remaining corn oil and place over a low flame.
- 10) Fry the chopped onions for 2 to 3 minutes.
- 11) Add the curry, thyme, oregano and chicken broth (left over from frying the breasts). Also add an additional 3/4 cup of water, the red wine and 1 tsp. of fresh lime juice.
- 12) Cook or simmer on a low flame for a few minutes. Turn off and allow the mixture to cool down.
- 13) In a mixing bowl, add the 1/2 cup of mayonnaise, 1 tsp. of lime juice, raisins, salt and pepper.
- 14) Strain off the liquid from the frying pan. Add 1/2 cup of this broth to the mayonnaise mixture in the bowl (without the onions).
- 15) Add the chicken to the bowl and toss it together with the remaining ingredients.

## Recipes from *The New Americans* Cookbook: Indian

### BISI BELE BAATH (Hot Dhal and Rice)

Bisi Bele Baath is a popular vegetarian dish from Southern India and one of Anjan's favorites. Visit Indian food specialty stores for hard-to-find ingredients.

#### Ingredients

1 1/2 cups rice  
1 cup toor dhal (split yellow lentils)  
Mixed vegetables: potatoes, carrots, pearl onions, beans, green squash (1 cup each, cut in cubes)  
Thick tamarind pulp  
1 tbsp. sambaar powder (South Indian spice mixture)  
1 tsp. chili powder  
1/2 tsp. turmeric powder  
Salt to taste  
Ghee (clarified butter)  
5-6 cups water

#### Grind together:

1 tsp. sesame seeds  
1/2 tsp. fenugreek seeds  
1 tsp. cumin seeds  
1 tsp. dhanias seeds  
Black pepper  
Fresh coconut (less than half a shell)  
Dry red chilies

#### Instructions

- 1) Pressure cook dhal and set aside.
- 2) Grind seeds, pepper, coconut and chilies.
- 3) Fry the ground ingredients with a generous portion of ghee, stirring until it becomes a paste.
- 4) Add the mixed vegetables, tamarind pulp and dry ingredients (sambaar powder, chili, turmeric powder and salt)
- 5) Add the washed rice, cooked dhal and water.
- 6) Cook until the consistency is semi-solid. Add more water if necessary.
- 7) Remove from heat and serve hot with papads (a thin wafer-like bread).

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## Recipes from *The New Americans* Cookbook: Mexican

*Three Mexican Dishes: Calabacitas, Nopales, Carne Adobada*

### CALABACITAS

A traditional dish of the Pueblo Indians of the Southwest.

#### Ingredients

2 lbs. diced zucchini  
1 cup onion  
Garlic to taste  
Cumin to taste  
Tomato  
2 serrano chilies

#### Instructions

- 1) Fry 1/2 onion, chili and tomatoes until soft.
- 2) Add zucchini.
- 3) Add more onion.
- 4) Add a pinch of cumin.
- 5) Fry together until tender.

Can be served with warm corn tortillas or as a side dish.

### NOPALES (Prickly Pear Cactus)

Nopales have been popular as a food source in Mexico for hundreds of years. Recently, they have gained increasing popularity in the United States as well. Thorny needles must be removed with a knife or vegetable peeler before cooking. Remove any nodules, the thick stem, and trim the edges off of the pads as well. Wear rubber gloves when handling nopales to avoid injury.

#### Ingredients

1 lb. nopales (cleaned)  
1 small diced onion  
2 tsp. cilantro  
1 serrano chili

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A GREAT PLACE TO LIVE**Recipes from *The New Americans* Cookbook: Mexican****Instructions**

- 1) Slice and dice the nopales.
- 2) Boil it in water until it becomes soft.
- 3) Strain water.
- 4) Add diced onion.
- 5) Add cilantro.
- 6) Add serrano chile to taste.
- 7) Mix together.

**CARNE ADOBADA (Pork with Roasted Chili)****Ingredients**

2 lbs. pork chunks  
5 serrano chilies  
1 lb. tomatoes  
1 red chili  
1 tooth garlic  
Salt (to taste)

**Instructions**

- 1) Fry pork chunks until they are brown. Set aside.
- 2) Roast serrano chilies.
- 3) Roast tomato with chilies.
- 4) Add red chili.
- 5) Add garlic.
- 6) Blend together and add a little water so it's not too thick and you've created a sauce.
- 7) Add mixture to browned meat continue and cook until you bring it to a boil.
- 8) Let it simmer for a few minutes.
- 9) Add salt to taste.