What you cook and eat is special; your meals connect you to memories, your family, the places you’ve traveled, and your cultural identity. ISSO asked Iowa State University International Students to submit their favorite recipe for #ISSOeats, and the response was overwhelming! In this collection of recipes, you will find a variety of cultures represented through food. Enjoy!
CRISPY ALMOND COOKIE

Recipe shared by Jinji (Kimki) Pang

INGREDIENTS

• Flaked almonds (100 g)
• Egg white (from 2 raw eggs)
• Sugar (30–50 g, depending on your sweetness preference)
• Sesame (10 g)
• Salted-Butter (30 g)
• All-purpose flour (30 g)

INSTRUCTIONS

1. Put two egg whites and sugar into a bowl, mix well.
2. Add flour, mix well.
3. Add melted butter, mix well.
4. Add the flaked almond and sesame, gently homogenize well.
5. Chill for 1 hour in the fridge (Can be skipped if not have enough time).
6. Preheat the oven to 160 Celsius (320 F).
7. Scoop the almond batter with a tablespoon and place on a baking sheet. Use the tablespoon to spread the mixture as thinly as possible into an oval shape.
8. Baking in the oven for 12-15 minutes or until evenly golden.
9. Remove the almond tuiles from the tray and place them on a plate, let it cool down. (Do not put them into a capped container immediately as they will become soggy)
10. Enjoy it!
**INGREDIENTS**

- 250 Gms Kabuli Chole
- Some Water
- 2 tsp Salt
- *Chole Masala Combination (below)*

**Chole masala combination:**

- 1 tsp Coriander Powder
- 1 tsp Anardana Powder (pomegranate powder) or Amchur Powder (dry mango powder)
- 2 Tbsp Chole Masala (use MDH or EVEREST)
- 1/2 tsp Haldi Powder
- 1/2 tsp Red Chilli Powder
- 3 Tomatoes
- 2 Onion
- 1 Inch Ginger
- 2 – 3 Green Chillies
- 2 tsp Tea
- 1/2 Baking Soda or Meetha Soda
- Ghee For Tadka
- 1 Big Spoon Oil For Cooking

**INSTRUCTIONS**

1. Prepare a purée of onions and tomatoes
2. Add oil to pressure cooker and start frying the onions paste in medium high heat. Stir continuously to prevent burning.
3. Add whole spices (cinnamon stick, black cardamom, cloves) in the paste and keep frying until the paste caramelizes to dark brown color. Add little bit of water to prevent burning.
4. Add tomatoes and keep cooking on medium high heat and keep stirring.
5. Add all the ground spices (salt, turmeric, red chilli powder, chole masala, dry mango powder) and keep frying everything until oil starts separating from the masala. Stir well in medium heat.
6. Add presoaked chickpeas (soak overnight) into the masala and mix well. Add just enough water to submerge the chickpeas.
7. Boil tea in 1 cup of water and add only the water to the chole. Add baking powder. Mix well.
8. Then start pressure cooking and allow for 6-8 whistles. Chickpeas should turn soft afterwards.
9. Keep the chole cooking on medium heat and add roasted dry kasuri methi.
10. In a separate, smaller vessel, add ghee. Keep the flame on high.
11. Add asfoetida (hing), sliced ginger and chilies and let them fry on high heat without burning.
12. Add the whole mix into the chole and give it a good stir. Chole is ready to serve!
INGREDIENTS

- 1 eggplant
- 1 Roma tomato
- 1 teaspoon minced garlic
- 1 tablespoon tomato paste
- 1 tablespoon butter
- Vegetable oil
- Salt, to taste
- Black pepper, to taste

INSTRUCTIONS

1. Preheat oven to 450 degrees. Make some punctures to the eggplant with a fork.
2. Put the eggplant in the oven for 1:45:00.
3. Peel the eggplant skin off; smash eggplant with a knife.
4. Chop the tomato into small pieces.
5. Pre-heat the pan to medium-low (2 out of 10) with vegetable oil.
6. Roast the garlic tomato and the tomato paste.
7. Wait for the tomato to dry up and become soft.
8. Add the eggplant and reduce to low heat.
9. Stir until the eggplant and the tomato are blended together.
10. Add salt, pepper, and butter; stir until butter melts down.
11. Enjoy!
INGREDIENTS

Broth and chicken topping:
• 2 lbs. Bone in and skin on chicken thighs
• 1 ltr. Pot of water
• 6 cloves garlic
• (7 if smaller, 3 if bigger) Shallots
• 2 pinches Fresh ginger
• Salt, to taste
• 1 tbsp White pepper
• 2 bunches Chopped green onions
• ½ c. Vegetable oil
• 8 tbsp ABC soy sauce (Best Indonesian soy sauce!)
• 4 tbsp Oyster sauce
• 1 container or more Mushrooms (Optional)

Noodles and garnish:
• Cooked canton noodles
• 2-3 lbs Boiled bokchoy
• 1 egg per 2 servings boiled eggs
• Fried shallots, enough for garnish
• ½ tsp Sesame oil
• 4-5 pieces per bowl Plain wonton chips
• Sambal oelek, to taste
• ¼ Lime per bowl

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8. Then start pressure cooking and allow for 6-8 whistles. Chickpeas should turn soft afterwards.
9. Keep the chole cooking on medium heat and add roasted dry kasuri methi.
10. In a separate, smaller vessel, add ghee. Keep the flame on high.
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12. Add the whole mix into the chole and give it a good stir. Chole is ready to serve!
INGREDIENTS

(makes 24 tarts)

Crust:
- 200g unsalted butter (room temperature)
- 60g icing sugar
- 2 egg yolks
- 400g all-purpose flour
- Vanilla extract (a few drops)

Filling:
- 240mL hot water (1 cup)
- 100g granulated sugar
- 3 eggs (room temperature)
- 120mL evaporated milk (1/2 cup)
- Vanilla extract (a few drops)

For Baking:
- Tart molds (or muffin tins)
- Mixing bowl
- Hand-mixer
- Whisk
- Sieve

INSTRUCTIONS

Crust:
1. Cream butter and icing sugar in a mixing bowl till smooth.
2. Add egg yolks and vanilla, and cream till combined.
3. Gradually add all-purpose flour to the mixture and mix till it combines.
4. Once the dough is formed, shaped it into tart molds/muffin tins.
5. Poke the ready-shaped crust with fork.
6. Bake at 300F / 150C for 20 minutes.
7. Let cool.

Filling:
1. Mix sugar and hot water in a bowl until sugar is completely dissolved. Let it cool to room temperature.
2. Mix eggs and evaporated milk in another bowl, then add cooled hot water + sugar mixture, and vanilla.
3. Sieve the mixture.
4. Pour the sieved mixture on individual baked tarts till 80% full.
5. Bake for another 25 minutes at 325F / 160C.
**SHIRAZI CABBAGE RICE**
(Kalam Polo Shirazi)

Recipe shared by Lale Madahali

**INGREDIENTS**

- 2 cups rice
- 3 tablespoons dried vegetables including parsley, teregan, leek
- Beef or lamb fried small meatballs (make ahead)
- Half of cabbage
- Seasoning like black pepper, red pepper, salt, to taste
- 3 tablespoons lemon juice, or to taste

**INSTRUCTIONS**

1. Create meatballs and fry them. Add minced beef or minced lamb to minced onion; add salt and fry.
2. Soak the rice and while cooking; add salt and dried vegetables.
3. Chop the cabbage; fry it with balck pepper, red pepper, and lemon juice.
4. When the rice water is gone, add cabbage and meatballs to it.
5. Let it cook for about 45 minutes.
6. Enjoy!
FRIED BREAD & CURRY
(Poori Masala)

Recipe shared by Nivi Palanisamy

INGREDIENTS

For making the pooris:

• 1 cup whole wheat flour
• ¼ cup water (Adjust accordingly)
• 1/8 tsp salt (Adjust as required)
• Oil for deep frying

For making masala:

• 2 tbsp oil
• ½ tsp mustard seeds (can be substituted with Cumin seeds)
• ½ tsp black gram
• ½ tsp split lentil
• 1 green chilli/jalapeno sliced (adjust according to your spice level)
• 5 Curry leaves
• ½ tsp chopped ginger
• ¼ cup chopped onion
• ½ tsp turmeric powder
• ½ tsp salt (adjust accordingly)
• 3 well boiled potato
• ½ cup water
• 2 tbsp Cilantro

INSTRUCTIONS

For the pooris:

1. Mix whole wheat flour and salt in a bowl.
2. Add lukewarm water gradually while mixing the flour to make a firm but smooth dough. (this can either be done in a stand mixer or by hand).
3. Heat oil in a deep pan.
4. Knead the dough by hand to make a pliable dough. Keep it covered and let it rest for 20 min.
5. Shape them into balls (1 1/2 inch) and roll them flat into round shapes (about 4 inch diameter) with a rolling pin.
6. The balls can be pressed, and both the sides can be coated with wheat flour to make the task easier.
7. Deep fry the pooris one by one in hot oil (after each poori is dropped in the oil, make sure it is immersed in the oil completely by gently pressing with a spatula and turn the poori to the other side and press again to get a fluffed poori.

Tips:

• The pooris can be made into tortilla thickness.
• After rolling them flat, a round 3-4 inch cookie cutter can be used to get the shapes. Alternatively, a think rimmed glass container works well too.
• The oil for frying can be tested with a tiny pinch of the dough. Once it is dropped in the oil, it should immediately float to the surface.

For the masala:

1. Heat the oil in a shallow pan, and add mustard, black gram and split lentil and cook for less than a min (until the mustard splutters and the lentils turns golden brown)
2. Add ginger, curry leaves and chopped onion and sauté until onion turns translucent.
3. Add turmeric powder and salt.
4. Cube the boiled potatoes and partly mash them. Add it to the pan along with ½ cup water.
5. Mix all the ingredients well and bring to boil in low flame for 10 min. (Get this to a gravy consistency, add or reduce water accordingly)
6. Garnish with chopped cilantro and serve with hot pooris

Tips:

• Adjust water quantity according to the thickness of the curry
• Potatoes can be either boiled in boiling water or can be microwaved immersed in water
• Mustard/cumin seeds should be added in oil that is not too hot to avoid charring them
• 4 tbsp of green peas can be tossed along with the mashed potatoes