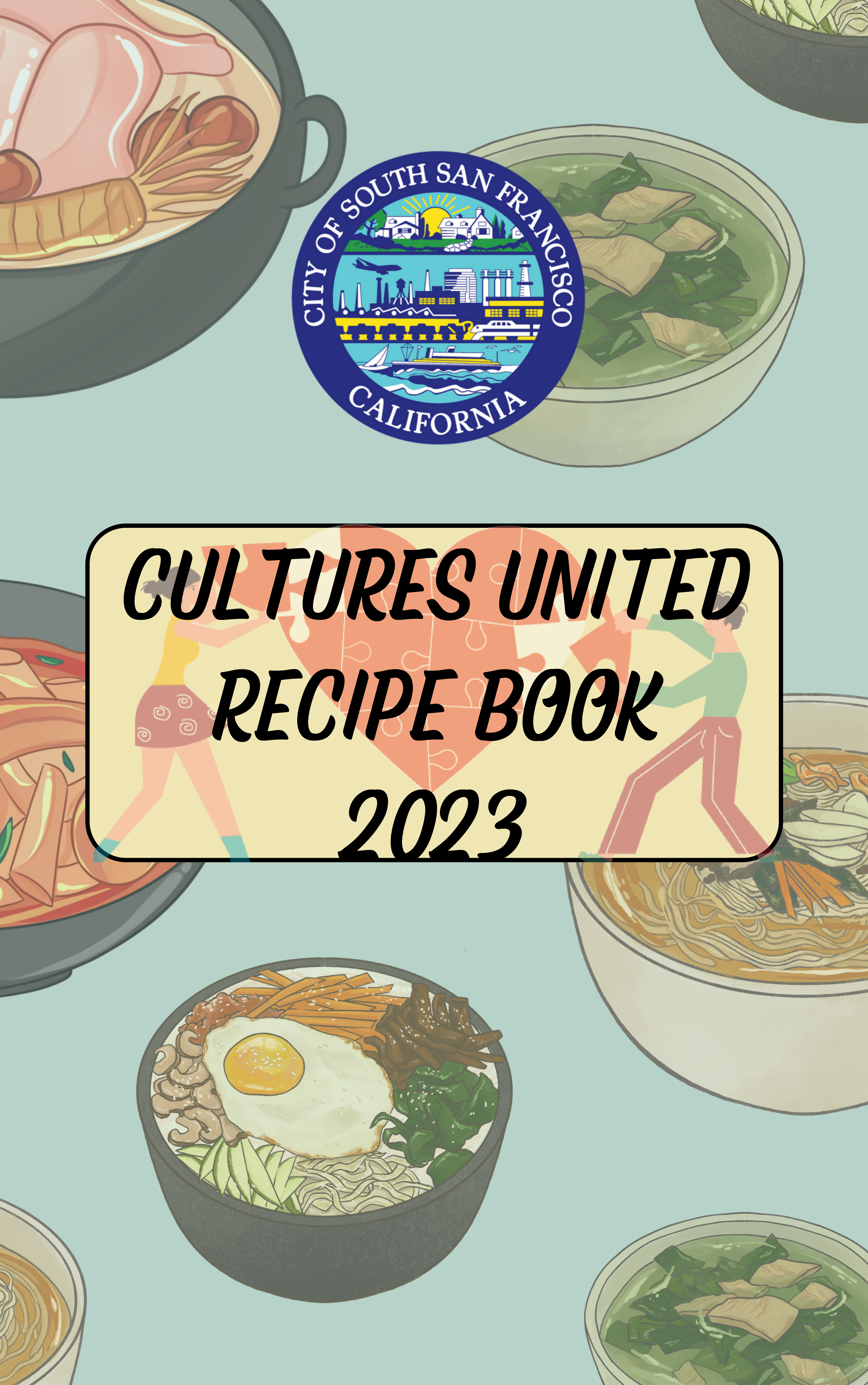




***CULTURES UNITED
RECIPE BOOK
2023***





Recipe

German Potato Salad

From Bill Zemke



Ingredients

12 to 15 medium potatoes
1/4 to 1/2 diced bacon, fry until crisp
1 small green pepper

Directions

Boil potatoes, slice or cut up in chunks.
Add diced green pepper, chopped onion, chopped celery and fried bacon.
Head bacon drippings, sugar and flour; at boiling point, add vinegar, water and heat again to boiling.
Stir until thick and somewhat clear.
Pour over potatoes etc.
Serve warm.
Serves 6.

Background Story

From Joan Zemke, Bill Zemke's mother. Bill doesn't know the origin of where his mother got the recipe. Zemke is a Germanic name, and her maiden name was Loughlin, which had a different cultural history. Bill doesn't know if it came from his father's side of the family. But it was always a family favorite!



Recipe

Greek Meatballs

From Mary Giusti

Ingredients

1 lb ground beef, pork, or lamb
1 medium sized yellow onion, shredded and drained
2 – 3 slices bread
½ cup milk
1 egg

Directions

Soak the bread in milk and crumble into moist crumbs.

If mix is too watery, add another slice of bread. Make sure it is crumbled well.

Add the meat and all other ingredients, mix well using your hands.

Let the mix stay in the refrigerator for at least an hour. The longer it stays, the better for the flavors for the mix. You can prepare 24 – 48 hours ahead of time.

When you are ready to fry your meatballs, take the meat mix out of the refrigerator. Using a teaspoon, take meat mix in your hands and shape it into small balls.

Place the balls on a flat surface like a cookie sheet. Put the flour in a deep plate and drop the meatballs in one at a time. Make sure they are coated with the flour.

Heat the oil in a deep pot and drop the meatballs in it one at a time. Dust off of them any excess flour.

At the beginning, meatballs will go to the bottom of the oil. And when they start cooking, they will rise to the surface. Make sure you leave some space around them and do not crowd them, so that they can form a golden brown surface.

When they get to that point, using a slotted spoon, remove them from the oil and place them on a platter prepared with paper towels to absorb the extra oil.

Serve room temperature with Dijon mustard or tzatziki sauce, or plain.

Background Story

My mother and grandmother used to make it. It's a traditional Greek thing, served at all of the Greek affairs, dinners, etc. It's a staple.



Recipe

Vakalolo

From Fareen Mohammed



Ingredients

1 cup sugar

1 tsp cardamom powder

1 tsp nutmeg powder

Directions

Combine grated cassava and grated coconut with sugar, nutmeg, and cardamom. Steam them together and you get an irresistibly delicious sweet.

Background Story

Vakalolo is a signature dessert of the Fiji Islands. It celebrates the tropical ingredients of grated cassava and grated coconut.



Recipe

Raw Fish Salad

From Nicolas Tom



Ingredients

1 lb. Julienne Very Fresh Fish (Salmon, Red snapper, Hamachi, or your favorite sushi fish)
5c Shredded Lettuce
3 Shredded Scallion
1/3 c Chopped Cilantro
5T Julienne Pickled Sushi Ginger
5T Sliced Chinese Pickled Leeks (also can be labelled as Pickled Shallots)

Toppings:
2 tsp Sesame Seeds
2T Crushed Toasted Walnuts
1 1/2c Crushed Fried Bean Thread noodles or Won Ton Skin

Dressing:
5T Plum Sauce
2T Hoisin Sauce
1 1/2T Key Lime, Pomelo, or Grapefruit Juice
1T Sesame Oil
2 tsp Vegetable Oil
1/2 tsp Salt
1/2 Tsp Sugar
1/4 tsp White Pepper
2T Water (if needed to thin out dressing)

Directions

Cut lettuce into 1/2-inch by 3-inch shreds. Quarter scallions lengthwise and then cut into 1-inch pieces to shred. Rough chop the cilantro (it is ok to use some of the stem). Mix the dressing and adjust to your taste. Chill the salad ingredients. Frying the bean thread is a little difficult. First separate the dry noodles so that they are loose and easy to grab. Heat 3-4 c (or enough to submerge bean thread) oil in wok or deep skillet on medium heat. Fry a small handful at a time. The bean thread will immediately crackle and puff up. Flip to make sure it is fully fried, then remove and drain on a paper towel lined tray. You will have extra if you fry an entire bundle of bean thread noodles. Toss salad with dressing right before serving and top with the sesame seeds, nuts, and fried bean thread (crush fried bean thread with your hands before sprinkling on salad).

Background Story

This is an old Cantonese recipe my grandfather used to make. When my father first told me about it, I had no idea Chinese people ate raw fish. After asking my grandfather for the recipe (with my father as a translator), it is very similar to a traditional Chinese chicken salad. I had to play around with the proportions as, like many home cooks, the recipe had no measurements. My grandfather's recipe is a little more simple since it was harder to source ingredients when he immigrated to the US. This dish is usually eaten during Lunar New Year, but I make it any time I see fresh fish. Hope you enjoy.



Recipe

Ja Jeung Mein
(Fried Bean Sauce Noodles)
From Nicolas Tom

Ingredients

1 lb Ground Pork (with a decent amount of fat)
1/4 - 1/3c Your favorite brand of Korean Spicy Pork Marinade
Chinese Egg Noodles or Spaghetti

Toppings:
1 Julienne Cucumber
1/2 carrot, Julienned
1 can Drained & Rinsed Julienne Bamboo Shoots
Scallion for garnish

Sauce:
4 Cloves Minced Garlic
1/2 an Diced Onion
1/4 c Chinese Brown Bean Sauce
2T Chinese Black Bean and Garlic Sauce
Up to 1 c Chicken Broth
1/2 tsp Sesame Oil
2T Sugar
1 1/2T Soy
Salt & Pepper to Taste

Directions

Marinate the pork with Korean spicy pork sauce. Julienne topping vegetables and set aside. Brown pork then add garlic, onion and bean sauces. Stir fry for 2 minutes before adding the rest of the seasonings and broth. Simmer meat sauce for 30 minutes. When pork is tender, adjust seasoning to taste and thicken with corn starch slurry if desired. Boil and drain noodles. Top noodles with sauce then vegetables. Mix together in Bowl before eating.

Background Story

This is a recipe inspired by my first taste of this dish. The restaurant is now closed and other places serve the Northern Chinese or Korean style, which don't hit the spot. The Cantonese style has a more sweetness and a little heat to it. After experimenting for years, I finally recaptured the taste from my childhood. Please enjoy.



Recipe

Garlic Noodles

From Nicolas Tom

Ingredients

1 lb Chinese Egg Noodles
3T Minced Garlic
1/4c Oil
1/4c Parmesan Cheese

1T Fish Sauce
2T Soy Sauce
2T Sugar
1T Oyster Sauce
Butter

Directions

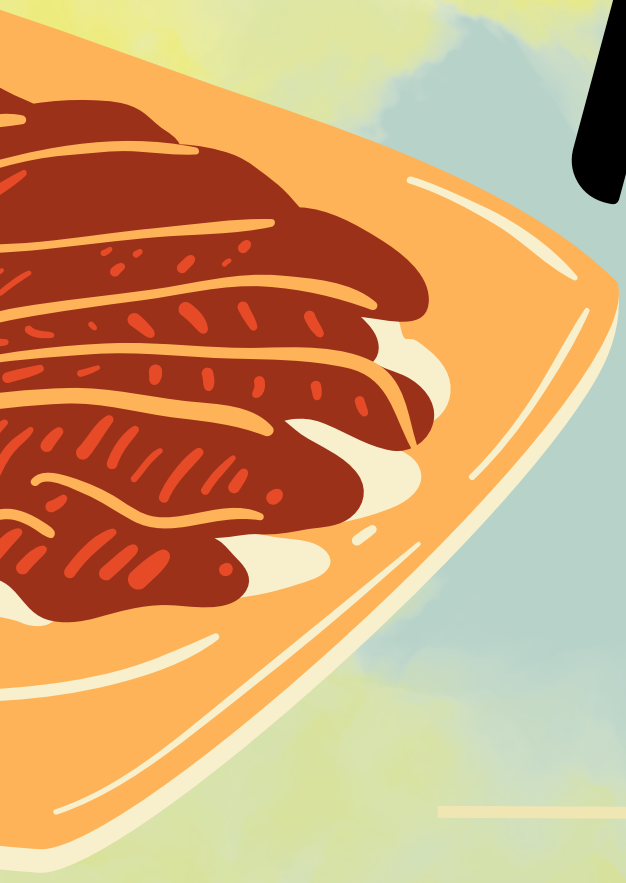
Cook garlic in oil for 10 min on low to make garlic oil. Boil noodles 2 minutes less than instructed, then drain and cool on oiled tray. Strain the oil and mix the cooked garlic with other ingredients to make the sauce. Brown the noodles in batches in the garlic oil and a teaspoon of butter. Place hot noodles in a large dish and toss with some of the sauce as soon as they are removed from the pan. Repeat process until completed.

Background Story

Everybody knows about the garlic noodles from the famous Vietnamese crab restaurant in San Francisco. After years of experimentation, this recipe is even better than the original if I do say so myself.

Recipe

Braised Duck with Taro *From Nicolas Tom*



Ingredients

1 1/2 - 1 1/2 lbs Leftover Roast

Duck

2-3 lbs Large Speckled Taro

Root

2 lbs Chinese or Korean Daikon
(stout & round) or Lotus Root

2 Cloves Chopped Garlic

2T Oil

2T Hoisin Sauce

2-3T Chinese Brown Bean Sauce

2 Star Anise

2 tsp Soy

1/2 - 1 tsp 5-spice

Chicken Broth

Directions

Peel and cut the daikon into 1-inch by 2 1/2-inch rectangles and taro into 1 1/2-inch cubes. Heat oil in a wok on medium heat. Fry the garlic with hoisin and brown bean for 30 seconds to 1 minute, stirring constantly. Add roots and 5-spice, stir frying for 2 min. Add soy, star anise, and duck. Add broth to 1/2 way up items in wok. Cook at a high simmer (between medium and medium-low) for 20-30min stirring often. When the taro root begins to melt, it dish is done. Serve over rice.

Background Story

This dish is a family favorite from my grandmother. It is a homestyle comfort food dish that is usually made with a fresh duck, but my grandmother took advantage of the abundance of Chinese BBQ shops in the Bay Area and used leftover roast duck. With this shortcut, the dish becomes an easy and economic dinner. Enjoy.



Recipe

Dry Fry Sauce

From Nicolas Tom



Ingredients

6 Cloves Minced Garlic
1T Minced Ginger
1 Chopped Scallion
1/4c Soy Sauce
6T Light Corn Syrup
2T Dark Corn Syrup
3T Sugar
White Pepper to taste

Directions

Sweat minced ginger and garlic on medium-low heat. Turn to low heat and add soy sauce, corn syrups, and sugar. Mix well on medium heat and when sugar is dissolved, add green onion. Bring to boil for 3-5 minutes stirring constantly. Remove from heat and season to taste with white pepper. Toss with fried chicken, shrimp, fish, etc. The sauce will thicken as it cools, so make sure to toss within 10 minutes.

Background Story

There is a famous restaurant in San Francisco that specializes in Dry Fried Chicken wings. After years of experimenting and searching YouTube, I have a recipe that is so close, that you may not need to ever go back to the restaurant. :P



Recipe

Macanese Piri Piri Sauce *From Nicolas Tom*

Ingredients

- | | |
|------------------------------------|--------------------------------|
| 1 Red Bell Pepper | 2T Rice Vinegar |
| 6-8 Red Thai Chile or 1-2 Habanero | 1 tsp Salt |
| 2-3 Cloves Garlic | 1 tsp White Pepper |
| 1/4 tsp Ground Bay Leaf | 1 1/2 tsp Sugar |
| 1/4c Olive Oil | 2 tsp Chinese Brown Bean Sauce |
| 2T Red Wine Vinegar | |

Directions

Cut and clean bell pepper. Freeze bell pepper and Thai chiles. The next day, thaw and pat dry the bell pepper. Blister the bell pepper in a pan. Rest peppers for 10 minutes and then remove as much skin as possible. Blend ingredients until smooth. The sauce can separate if jarred and stored in the refrigerator; just stir before using again.

Background Story

A dumpling restaurant in our very own downtown was the first place I encountered this orange hot sauce. I now see it in almost every dumpling shop. When I saw a similar looking African orange hot sauce on TV it clicked. After a little research, I found out the Portuguese colonized that region of Africa. The Portuguese also colonized Macau and Hong Kong before the British. That is how I believe this hot sauce appeared in our downtown dumpling restaurant.



Recipe



Deep-Fried Fish with Herbs and Chili Sauce

From Tanawan Teesuka

Ingredients

Whole fish, cleaned and scaled

10-15 red chilis

5 - 6 ghost peppers, green and red

Directions

1. Deep fry whole fish in plenty of hot oil until golden on both sides.
2. Blend garlic, chilis, and ghost peppers in the food processor until thoroughly blended.
3. Stir fry the mixture of garlic and chili in oil over medium heat until fragrant.
4. Season with palm sugar and fish sauce and simmer, until it thickens.
5. Pour over the deep fried fish.

Background Story

I learned this recipe from my grandmother and my mother. Also, my mother used to have a Thai restaurant in Thailand for more than 10 years.



Recipe



One-Pot Lemon Garlic Shrimp
From Amy Matthews

Ingredients

Shrimp

Garlic

Olive Oil

Cherry tomatoes

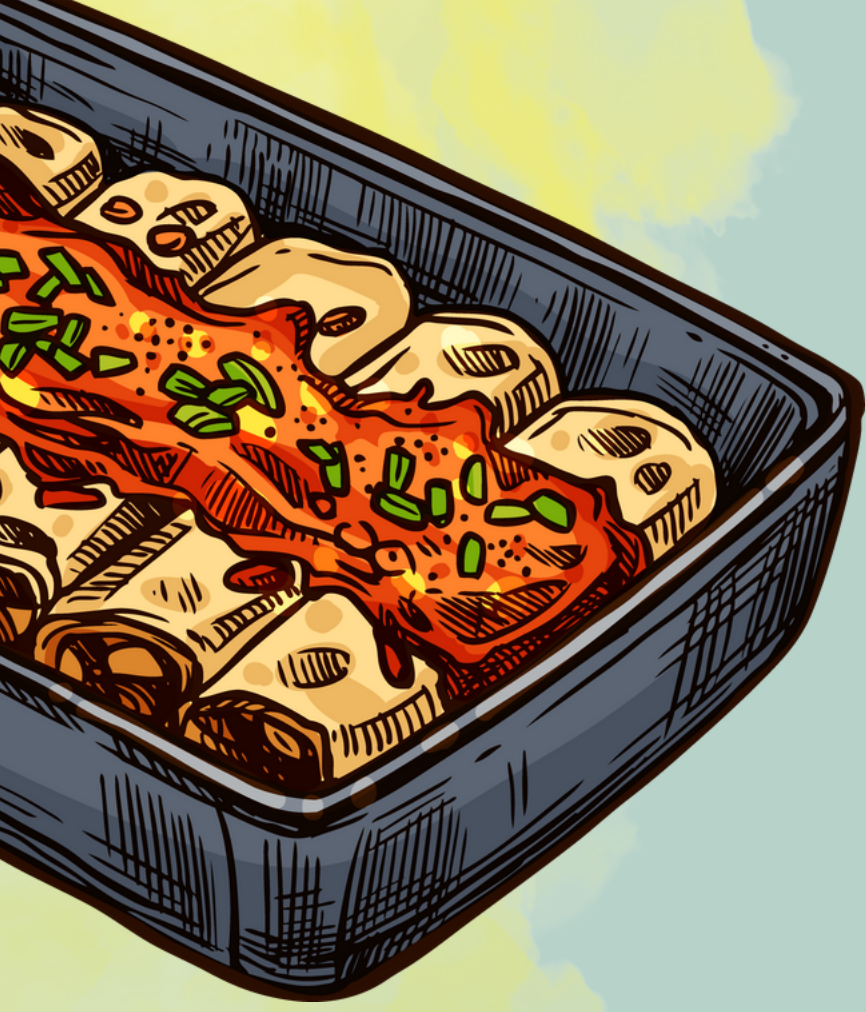
Spinach

Directions

1. Saute shrimp, garlic, and olive oil
2. Mix in cherry tomatoes and spinach

Background Story

So easy - it's just one pot!



Recipe

Taco Beef

Red Enchilada casserole

From Ava Marie Romero

Ingredients

12 @latortillafactory corn Tortillas cut into wedges
2 cups @505southwestern red enchilada sauce about a half a jar
1 lb Kirkland organic signature ground beef
1 onion chopped
1 packet @tacobell at home seasoning mix
2 cups shredded cheddar cheese

Directions

1. Preheat oven to 350F grease an casserole dish set aside.
2. In a large nonstick skillet over medium high brown meat and onions until rendered down no more pink color. Drain excess fat and return to pan add in taco seasoning and ingredients called for taco seasoning mix and cook for 7-8 minutes or until reduced by 1/3 turn off heat and set aside
Cut Tortillas in half and into quarters
3. Spread a little enchilada sauce onto bottom of the casserole dish. Layer with Tortilla pieces in an even layer then meat and then 1/3 cheese and spoon with more enchilada sauce repeat 2 or 3 more times. For the last layer spread final coat of enchilada sauce on top of Tortillas and then top with remaining cheddar. Bake for 35 minutes or until golden brown on top and crisp on bottom and allow to sit 30 minutes before eating

Background Story

This recipe is a spin on an award-winning chicken enchilada casserole that I learned from my dad's side of the family my aunt Laura and she cooked at family holiday parties with her mom, my grandmother vi and every Christmas there was scalloped potatoes, baked ravioli and of course this Mexican staple the enchilada bake I won at the San Mateo County Fair Culinary Arts in 2010 best in show. Since then I went on to compete at the World Food Championships dessert finalist 2018 and online competitions and appeared on KQED check please bay area and live in the bay tv and was featured on everything south city local page



Recipe



Gramps' Pasta Sauce
(Richard Altizio family recipe)
From Courtney Tetreault

Ingredients

2 cans of Whole Peeled Tomatoes (28 oz)
1 can of Tomato Paste (6 oz)
1 can of tomato sauce (8 oz)
1/2 small onion, diced

2 tsp of minced garlic
1 tsp Italian seasoning
pinch of sugar
olive oil

Directions

1. Blend together one can of whole tomatoes and the can of tomato paste. Set aside
2. Blend the other can of whole tomatoes and the can of tomato sauce. Set aside
3. In a large pot, heat a drizzle of olive oil over medium heat.
4. Add the diced one and saute until translucent and fragrant.
5. Add the minced garlic and saute for one minute, watching for burning.
6. Add all the blended tomato ingredients and stir.
7. Add the Italian seasoning and a pinch of sugar.
8. Stir everything and bring to a gentle boil.
9. Reduce heat to low. Cover and simmer for 3-4 hours, stirring occasionally.
10. Use your fresh sauce or freeze in individual servings.

Background Story

My grandpa has made this pasta sauce for decades. It was at every holiday or event. It's always perfect and now the younger generation has learned to make it too!



Recipe

Turon

From Diego Anderson

Ingredients

- 15 pieces bananas saba or plantains, cut in half (lengthwise)
- 2.5 cup jackfruit ripe, sliced (optional)
- 3.75 cup sugar
- 30 pieces lumpia wrapper
- 3 cups cooking oil

Directions

1. Roll the saba or banana on the sugar plate and ensure that the banana is coated with enough sugar
2. Place the banana with sugar coating in the spring roll wrapper and add some ripe jackfruit (jackfruit is optional!)
3. Fold and lock the spring roll wrapper, use water to seal the edge
4. In a pan, heat the oil and put-in some sugar.
5. Put-in the wrapped banana and fry until the wrapper turns golden brown
6. Serve hot as a dessert or snack. Share and Enjoy!

Background Story

My lola used to make turon, and I have been trying to replicate her recipe. This recipe from Panlasang Pinoy has helped me when I was first starting off to make turon. Turon is very easy to make and a great dessert. I encourage you all to try it!

CULTURES UNITED

RECIPE BOOK 2023

ACKNOWLEDGMENTS



Heritage months are important to celebrate because they provide a space to teach and learn the stories and histories of each ethnic culture. They provide the opportunity to acknowledge the complexity and richness of each cultural identity from the narrative of the community.

Although there are designated heritage month celebrations, the #CulturesUnited Campaign aims to acknowledge and pay tribute to all groups of people beyond the designated heritage months. To honor the different communities that call our city home, this initiative will acknowledge all heritage months into a year-long campaign.

Food is an important aspect of traditions we pass down. With this recipe book, we hope that residents are inspired to learn more about their own culture(s) and the cultures of their neighbors.

Thank you to our South San Francisco City Council for their support of Cultures United and to our City Staff. Lastly, thank you to our South City residents without whom this recipe book would not have been possible.

