



Expatriate Cuisine

with 10 Recipes from Home





“Hi, and welcome to my first Expat Cuisine eBook with recipes from all over the world.

I reached out to other expat bloggers, who started a new life in America, and asked them what food they like to make from back home. Recipes that everybody could try out themselves with ingredients easily available in America.

Please also check out the blogs of all the contributors. They all put a lot of time and dedication into their blogs, sharing stories and tips about life in America and their experiences. You will even find additional recipes on some of them.

Enjoy your culinary trip around the world!



Dan

www.LiveWorkTravelUSA.com



Draniki Potato Cakes



Evg. Enko from Belarus

Ingredients

5 large potatoes
1 egg
1 medium onion (optional)
1 tbsp sourcream
Pinch of Salt
7-8 tbsp Vegetable Oil – for frying

Instructions

Peel and grate potatoes and onions on a fine grater. Add egg, salt and sour cream into the mixture. Skip the onion, if desired.

The batter may seem a bit liquid, but that's normal. It will still hold together due to starch from potatoes.

Warm up the frying pan, add a drop of vegetable oil.

Drop about a tablespoon of batter into the hot oil to form round potato cakes, approximately 4 per each pan.

Fry on one side until golden crisp, then flip and fry on the other side.

Repeat for the remaining batter, which should yield about 20 potato cakes.

Serve hot with sour cream on the side.



Karelian Rice Pastries



Katariina from Finland

Ingredients

Filling:

2 cups water
1 cup uncooked rice
2 cups milk
salt

Crust:

1/2 cup water
1 teaspoon salt
1 cup rye flour
1/4 cup all-purpose flour



Directions

For the Filling:

In a saucepan combine the water and rice. Bring to a boil. Stir, cover, and cook over low heat for 20 minutes, stirring occasionally. Add the milk, cover, and continue cooking until the milk is completely absorbed and the rice is soft and creamy.

Preheat oven to 450°F

For the Pastry:

In a medium-sized bowl, combine the water, salt, and rye and white flours to make a stiff dough. Shape the dough into a log and cut into 16 portions and shape each into a round. On a lightly floured board, roll out each round into a 6-inch circle.

Spread about 3 tablespoons of filling evenly on each round. Fold two opposite edges of the pastry over the filling and crimp the edges of the dough toward the center to make an oval-shaped pastry, allowing about 1/2-inch of the crust to overlay the filling and leaving the center of the filling exposed.

In a small bowl, stir together the melted butter and hot milk and brush on the pastries.

Baking Time

Bake for 10 to 15 minutes at 450°F, brushing once during baking, until the pastries are golden on the edges. Remove from the oven and brush with the butter mix again.

Risotto Alle Fragole

Strawberry Risotto



Simona from Italy

Ingredients

12 oz. [340 g] strawberries, organic or pesticide-free
1/2 teaspoon balsamic vinegar (aceto balsamico) of good quality
1 teaspoon sugar, possibly ultra-fine
1/2-1 tablespoon olive oil
2 tablespoons minced shallot
1 cup [200 g] Vialone Nano, Carnaroli or Arborio rice
2 tablespoons [30 ml] white wine, not cold
2 cups [475 ml] vegetable broth, possibly homemade
+ 1 cup [235 ml] water to make a light vegetable broth
Sea salt, to taste
2-3 tablespoons freshly grated Parmigiano-Reggiano

 *Listen to the Italian pronunciation of the ingredients.*

Instructions

Wash strawberries and carve out stem. Place in a bowl, sprinkle balsamic vinegar and sugar on them, and toss gently. Heat the oven to 350°F. Line a baking sheet with a silicone baking mat that is wider and longer than the sheet, so no juice can escape from any side. Place strawberries on the sheet on a single layer. Put the baking sheet in the oven and bake for 20 minutes. Let strawberries cool slightly, then cut them (length-wise) into 4-6 pieces, depending on their size. Set aside a dozen pieces to garnish the bowls at serving time.

Bring broth and water to a simmer in a 1 qt. saucepan and keep it at that temperature (you may not need it all, depending on the variety of rice you use). In a 2 qt. saucepan, warm up olive oil, then add the shallot and stir. Cook for a few minutes until the shallot is translucent, then add the rice.

Toast the rice for one minute, while stirring, then add the wine. Let the wine evaporate, while stirring the rice, then add enough of the simmering broth to barely cover the rice. Allow the rice to absorb most of the broth, then add more broth, a ladleful at a time, letting the rice absorb most of the broth before adding more. Make sure the rice never gets dry, keep it at a lively simmer and stir at regular intervals.

If the strawberries are cold, warm them up (in the microwave, use the defrost option to do this; otherwise, keep the bowl where they are on top of the pan with the broth). Ten minutes after the first addition of broth, pour strawberries and their juice into the pan and stir well. Make sure the rice comes back to a lively simmer. Continue cooking the rice as before, adding simmering broth as needed.

Taste the rice 6 minutes after adding the strawberries: if it feels a bit hard at the core, cook it a minute or two longer, then check again. (The cooking time depends on various factors, including the kind of rice.) If cold, warm up the strawberry pieces you set aside earlier.

Risotto should be soft and creamy, but with some body (slightly al dente). Remove the pan from the heat, add a bit of salt and the cheese and stir well to incorporate. Taste and adjust the salt, if needed. Let the risotto rest, covered, for a couple of minutes while you gather the guests around the table. Plate and decorate with the strawberry pieces. Serve immediately and enjoy.



Intolerant-Friendly Homemade Kale Chips



JoAnna from Canada

Ingredients

2 bushels of kale (frizzy, Russian, broad leafed, etc.)
2-4 tablespoons of olive or sesame oil
Spices to taste (salt, pepper, cumin, turmeric, cayenne, nutritional yeast)
Hemp hearts (optional)
Flax meal (optional)

Also needed:

oven and parchment paper



Instructions

Set oven on the lowest temperature possible. I usually set mine to 100°C and use the convection option as I find it speeds up the whole process. If you don't have a convection oven just set it to the lowest temperature point possible.

Strip the kale leaves from the stalk (I don't fancy the stalk as it's quite bitter and doesn't bake all that well) and rinse and pat dry to remove any dirt/residue. Place into a large bowl and add 2 tablespoons of olive or sesame oil. Turn over the leaves in your hands and make an attempt to coat every leaf with a thin layer of oil. This step is important in helping the kale get crispy. They don't need to be drenched with oil, but the leaves shouldn't be dry either.

Once coated, place the leaves on a piece of parchment paper. Try to space them out because if they're stacked on top of each other they'll take longer to bake and some might remain soggy, which isn't all that fun... or tasty.

When all the leaves are laid out on your parchment paper start going mad with the seasonings that suit your palate. I often make two batches of chips: one with salt, pepper, cumin (sometimes turmeric) and a pinch of cayenne flakes, while the other rack is sprinkled with salt, a tablespoon or two of nutritional yeast and a handful of hemp hearts. The idea of hemp hearts comes from Mama Intolerant and it's a fantastic one, as the hearts adds a rich nutty flavour to the chips and goes well with the nutritional yeast.

Once seasoned, place the trays into the oven and set a timer for 20 minutes. You'll want to check on the chips to see how they're progressing at that point and if you find they're still soft, leave them in for another 10-15 minutes. If at that point they still need a bit of time, turn up the oven by 50 degrees or so and check on them at 5 minute intervals until crisp.

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Visit JoAnna's blog at www.fortheintolerants.com

Intolerant-Friendly Homemade Kale Chips (cont.)



JoAnna from Canada

Et voilà, you have a perfectly portable and wildly delicious homemade snack that is ready to be devoured at a moment's notice. Enjoy!

Bonus Tip

If you're worried the oven might be too hot (no one wants burned kale), open the oven door after the first 10 minutes of cooking time to take note of how much steam is escaping. If you open the door and your glasses get foggy the oven is too hot and you need to turn it down a couple of notches. If the oven's already on the lowest temperature possible and you're still getting a lot of steam, stick a wooden spoon in oven door to keep it slightly ajar. This will allow the steam to escape and create a dehydrator sort of environment that will prevent your chips from burning.



Baking Time

25–60 minutes (depending on the type of oven)
100–200°C

Mini-Frittatas

with Caramelized Onions, Potatoes and Bacon



Mathilde from France

Ingredients

2 medium onions, chopped
3 tbsp of butter
5 tbsp of honey
2 potatoes, peeled and uncut
2 eggs
½ cup of sour cream
½ cup of grated cheddar
bacon
thyme
salt and pepper



Directions

Prepare the caramelized onions. Melt some butter in a skillet over medium heat. Add the onions and cook until golden and soft (about 10 minutes). Add the honey and stir.

Put the potatoes in a large saucepan and cover with cold water. Add some salt and bring to a boil. Cover the saucepan and cook for about 20 minutes until the potatoes are soft. Drain them and cut them in thin slices.

In a bowl, combine the eggs, sour cream, cheddar, thyme, salt and pepper.
Light spray the mini-muffins tins with cooking spray.

Assemble the mini-frittatas. Fill each of the tins with the caramelized onions, then a slice or two of potatoes and then fill with the eggs and sour cream mix. Add on top a tiny bit of bacon.

Heat the oven to 400°F. Bake the mini-frittatas for 20-25 minutes till the top is golden.

Bon appétit!

Anzac Biscuits (Cookies)



Molley from Australia

Anzac biscuits were invented during WWI, when the women back home wanted to send care packages to the soldiers fighting on the front. There was food rationing at that time, so these humble anzac biscuits were made out of ingredients readily available in the pantries of Aussie women.

The name ANZAC refers to soldiers of 'Australian and New Zealand Army Corps'

These humble biscuits make you feel warm inside. Nothing better than eating one warm out of the oven with a cup of coffee.

Here's how you do it:

Ingredients

- 1 cup oats
- 1 cup plain flour
- 3/4 cup sugar
- 3/4 cup coconut
- 1 stick butter
- 3 tbs boiling water
- 3 tbs golden syrup substitute for maple)
- 1/4 tsp baking soda

Directions

Mix oats, flour, coconut and sugar together. In saucepan melt butter and add syrup and boiling water. Once melted add baking soda, when it foams up pour into dry ingredients. Combine and roll into 1 inch balls, flatten on a greased baking tray with a fork. Leaving space in between.

Baking Time

Bake in slow (350°F) oven until golden brown. Approx 10 minutes but watch them so they don't burn.



Chicken Adobo



Per from the Philippines

Ingredients

- 1.5 lb chicken
- 4–5 cloves of garlic (minced)
- ¼ cup soy sauce
- 3 tbsps vinegar
- ½ cup water
- 1 bay leaf
- 1 tsp ground pepper
- 1 quartered russet potato (optional)
- 1 tsbp brown sugar (optional)



Directions

1. Prepare the marinade by placing the chicken in a plastic container, add the garlic, soy sauce, vinegar, sugar, and ground pepper. Mix until the chicken's well coated.
2. Store the mixture in the refrigerator for at least three (3) hours or overnight.
3. Pour all the mixture in a pan, add the water, and then bring to a boil. Reduce to low heat, cover, and simmer for 30 minutes.
4. In the 15-minute mark, stir the chicken so it will be evenly cooked, then add the potatoes.
5. Serve hot with white rice. Enjoy!

Bonus Tip

If you're in a hurry, you can simply put the mixture in the pan and cook it right away although marinating it overnight is always recommend.

You can add 1 teaspoon of chili sauce if you want a spicy kick to your chicken adobo.

Healthy Fish and Chips



Claire from England

I decided to make a 'healthy' (or 'healthier') version of the good old British Fish 'n' Chips whilst living in the USA.

I haven't yet found anywhere in the States that does it just like the Brits, and I guess I am kind of glad because it is a whole lot of fat and carbs (not saying that sometimes I don't crave the chips in real newspaper, dripping in salt and vinegar, whilst sitting on the seafront avoiding the seagulls...). But anyway, this is the some-what-kinder-to-your-arteries fish and chips, and all ingredients are available in the USA. And none of it comes out of a packet, America! ;)

Ingredients (2 servings)

- Two skinless and boneless salmon fillets
- Two medium sweet potatoes
- A bunch of asparagus
- Refined Coconut Oil (2 tps)
- Crushed garlic
- Salt and pepper (optional)
- Horseradish sauce

Directions

Par-boil the sweet potato. Drain and add to 1 tsp of heated coconut oil in pan (medium to high heat) and add the crushed garlic. Fry up until golden and crispy on the outside.

At the same time fry the salmon fillet and the asparagus in another pan in 1 tsp of coconut oil on medium heat. The salmon should be golden and crispy on the outside and cooked to well done, medium or rare as required. The asparagus needs to be cooked until crispy and slightly darkened.

All three should be ready at the same time, added to a plate (or day-old newspaper if you feel like it) and served with a little horseradish sauce on the side if a little 'kick' is required. Add salt and pepper to taste.

Serve with a cool glass of Sauvignon Blanc.





Ming Lim from Malaysia

Malaysian Curry Laksa

Curry Laksa, also known as curry mee, is a popular spicy noodle soup dish that is commonly served in restaurants and by street food vendors all over Malaysia.

The dish is a flavourful curried soup with a delicious mix of ingredients – noodles, prawns and/or chicken, fish balls, tofu puffs and veggies. If you love noodle soups, this is one dish you won't want to miss trying!

Traditional curry laksa is made from scratch. Finely grinding down spices like peppercorns, chillies, coriander seeds, garlic, belacan and lemon grass, is a loving process that requires time, patience and skill. For that reason, Malaysians rarely cook this dish at home, but instead call up friends and meet up at our favourite street food vendor to for some mouthwatering laksa!

Luckily, there are now quick ways to fix up this dish. You can purchase the soup ingredients in paste form, add to boiling water, add in milk to lightly thicken the soup, drop in the rest of the ingredients and voila! A steaming hot bowl of curry laksa for you to enjoy.



Notes about recipe

- The laksa paste is VERY spicy. Use less two thirds of the packet or less if you aren't used to spicy food.
- Most of the ingredients can be found at your local Chinese/Asian grocer.

Ingredients (4-5 Servings)

- 1 packet of Tean's Gourmet Curry Laksa Paste
- 40 oz. water
- 6 oz. whole milk or coconut milk
- 8 medium prawns
- 1 chicken breast, sliced
- 20 oz. Shanghai (yellow) egg noodles or vermicelli (rice noodle, the milky white kind, not bright white)
- 8 cubes of soy puffs (omit if unavailable)
- 4-8 fish balls (frozen section, omit if unavailable)
- 2 oz. green beans

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Malaysian Curry Laksa (cont.)



Ming Lim from Malaysia

Directions

Add laksa paste to boiling water in pot. Add milk. Bring to boil. Add remaining ingredients, green beans and chicken last. Reduce fire and allow to simmer for 1–2 minutes. Turn off fire and cover.

Prepare noodles concurrently in separate pot of boiling water. Cook egg noodles for 2–3 mins; Vermicelli for 4–5 mins. Drain well. Prepare noodles in bowls, ladle ingredients on top of noodles, then use ladle to pour soup over. Serves 4–5.



German Cheesecake



Dan from Germany

Ingredients

Crust:

4.5oz Margarine
4.5oz Sugar
9oz All Purpose Flour
1 tsp Baking Powder
dash of Salt
1 Egg

Filling:

1 Egg
3.5oz Sugar
1 tbsp Vanilla Sugar
1 Pack Jell-O Instant Vanilla
3/4oz Vegetable Oil (optional, makes it smoother)
1 cup Milk
27oz Plain 0% Greek Yogurt (e.g. from FAGE or Chobani)



Instructions

Beat together the margarine, sugar, flour, baking powder, salt and one egg until you have some Play-doh kind of batter. Put it into a round cake pan and use your hands to spread it out. Form the side of the crust about 1–2 inches tall.

Filling: In a separate bowl beat together one egg, vanilla sugar and regular sugar first, then add milk and Jell-O. Add greek yogurt, vegetable oil and blend together until smooth.

Pour filling into crust and put into the preheated oven.

Bonus Tip

To make the filling extra yummy, you can add a few canned mandarines or small apple slices. For Thanksgiving add a few scoops of pumpkin puree.

Baking Time

60–70 minutes
360° F