



4-H Around the World Cuisine Recipe Book



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Italy



Bruschetta

Ingredients:

- 1 Baguette
- 3 Tbsp Extra Virgin Olive Oil, divided
- 1/8 tsp Salt
- Pepper
- 1 tbsp Balsamic Vinegar
- 1 Garlic Clove
- 2 tomatoes, finely diced
- 1 tbsp Basil thinly sliced

Instructions:

1. Slice baguette into 1/2" pieces
2. Heat a grill pan or skillet to medium high heat. Drizzle 2 tbsp olive oil over both sides of bread slices. Grill bread for 1-2 minutes per side.
3. While bread grills chop tomatoes and thinly slice basil into ribbons and put into a mixing bowl. To the tomatoes and basil add 1 tbsp olive oil, 1 tbsp balsamic vinegar to tomatoes along with salt and pepper.
4. Remove bread from grill and rub each piece of grilled bread with garlic clove.
5. Top bread slices with tomato mixture and serve immediately.

Source: Amy Lawson, 4-H Volunteer Harnett County

Pesto Pasta with Roasted Vegetables

(Pasta & Roasted Vegetables)

Ingredients

- 16 oz dry pasta (such as Penne)
- 1 Red Bell Pepper
- 1 Yellow Bell Pepper
- 1 Zucchini
- Vidalia Onion
- 1 Broccoli Crown
- tbsp Extra Virgin Olive Oil
- tsp Salt, divided
- 1/2 tsp Pepper

Instructions

1. Prepare pesto according to instructions.
2. Heat a large pot with water bring to a boil add 1 tsp salt. Prepare pasta according to package and drain.
3. While pasta is cooking prepare vegetables.
4. Heat oven to 425 F. Wash all vegetables except the onion. Cut vegetables into 2" dice. Place vegetables on sheet tray. Drizzle with 2 tbsp olive oil, 1 tsp salt and 1/2 tsp pepper. Mix the vegetables, olive oil and salt and pepper together directly on sheet tray.
5. Roast vegetables at 425 F for 15 minutes. After 15 minutes turn the oven to broil and broil vegetables for 2-3 minutes until just browned.

6. Combine pasta and vegetables in a large bowl. Add 1/4 cup pesto and mix well. Serve with extra pesto and grated Parmesan cheese.

(Pesto)

Ingredients

- 1/3 cup walnuts
- 2 large garlic cloves, roughly chopped
- 2 cups gently packed fresh basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2/3 cup extra virgin olive oil
- 1/2 cup grated Parmigiano-Reggiano

Instructions

1. Place the walnuts and garlic in the bowl of a food processor fitted with a steel blade. Process until coarsely chopped, about 10 seconds.
2. Add the basil leaves, salt, and pepper and process until mixture resembles a paste, about 1 minute. With the processor running, slowly pour the olive oil through the feed tube and process until the pesto is thoroughly blended.
3. Add the Parmesan and process a minute more.
4. Use pesto immediately or store in a tightly sealed jar or air-tight plastic container, covered with a thin layer of olive oil (this seals out the air and prevents the pesto from oxidizing, which would turn it an ugly brown color). It will keep in the refrigerator for about a week.

Cannoli

Ingredients

- cannoli shells, homemade or store bought will work
- 2 cups ricotta cheese
- 1 cup confectioners' sugar, plus extra for dusting
- 3/4 cup mini chocolate chips, divided
- 1 and 1/2 teaspoons pure vanilla extract

Instructions

1. Place the ricotta cheese into a fine mesh strainer and place it in the fridge to drain for at least 12 hours and up to 24 hours.
2. When you're ready to make the filling:
3. In a large bowl combine the drained ricotta cheese, confectioners' sugar, 1/4 cup of the mini chocolate chips, vanilla extract, mix well. Using a spatula, carefully scrape the mixture into pastry bag fitted with a 1/2 inch open tip. Use at once, or refrigerate until needed; filling can be made up to 24 hours in advance.
4. When ready to serve, pipe the filling into one end of cannoli shell, filling shell halfway, then pipe into other end. If you don't have a piping bag, you may spoon the filling into the shells. Repeat with remaining shells.
5. Place remaining mini chocolate chips on a small plate. Dip each end of the cannoli into the chocolate chips, then lightly dust with confectioner's sugar. Serve at once.

Source: Amy Lawson, 4-H Volunteer Harnett County

ASIA



Mango Chicken Stir Fry

Ingredients

- 1 tablespoon coconut oil or olive oil, divided
- 1 pound boneless skinless chicken breast, diced into bite-sized pieces
- 1 red onion, diced
- 8 ounce snap or snow peas (or sub chopped broccoli)
- 1 red bell pepper, sliced
- 1 large ripe mango, diced
- Optional: Sesame seeds, to garnish

For the sauce

- 2 tablespoons soy sauce
- 2 tablespoon cashew butter (or peanut butter)- Replace with sunbutter or leave this out
- 2 cloves garlic, minced
- 1/2 tablespoon freshly grated ginger
- 1 teaspoon honey
- 1 tablespoon warm water, to thin
- 1 teaspoon red pepper flakes
- 1/2 teaspoon tapioca flour, arrowroot flour or cornstarch

Instructions

1. First prepare your stir fry sauce: In a medium bowl, whisk together the soy sauce, cashew butter, garlic, ginger, honey, warm water, red pepper flakes and tapioca flour. Set aside.
2. Now you're ready to cook your stir fry: Add coconut oil to a large wok or pot and place over medium high heat. Once oil is hot, add chicken and generously sprinkle with salt and pepper. Cook chicken for 5-6 minutes or until fully cooked and no longer pink. Once chicken is cooked, transfer to a bowl.
3. Add in the other 1/2 tablespoon of coconut oil to the skillet and reduce heat to medium. Add minced garlic and cook for 30 seconds or until fragrant, then chopped red onion, snap peas and red bell pepper. Stir-fry for 5 minutes or until onions cook down and bell pepper becomes a little tender. Reduce heat to low, add in chicken, mango and your sauce, gently stirring to coat veggies and cook for another few minutes.
4. Serves 4; I love serving this meal with brown rice or quinoa for a full meal.

Source: <https://www.ambitiouskitchen.com/healthy-mango-chicken-stir-fry/>

Chinese-style Egg Roll

Ingredients

- 1 tsp sesame oil
- 1/2 lb 99% fat free ground turkey
- 1/2 tsp Chinese Five-Spice (or just use a few dashed on garlic and ginger powder)
- 1/2 tsp ground pepper
- 4 cups coleslaw mix
- 1 tbsp soy sauce
- 1/4 cup chopped green onion
- 6 egg roll wrappers

Instructions

1. In a large skillet, brown turkey in sesame oil, seasoning with spices.
2. Add in coleslaw mix and 1 tbsp water. Saute until just soft, about 4-5 minutes.
3. Add in green onions. Let mixture cool.
4. Take one egg roll wrapper out at a time, fill with about 3 tbsp meat and veggie mixture, and roll (according to previous directions). Spray each side of rolls with cooking spray and place seam-side down in your cooking vessel.
5. Air fry at 380°F for 12-15 minutes, flipping halfway through, or at 390°F for 10 minutes, flipping as well. I like them at the lower temperature because they seem more like actual fried food--not extra crispy, but crispy enough. If you want extra crispy egg rolls, cook at 390°F, though they may burn just a bit on the ends.

Germany



Chicken Schnitzel

Ingredients

- 4 (4-ounce) skinless, boneless chicken breasts, pounded to 1/8-inch thickness
- Kosher salt and freshly ground black pepper
- 1 cup all-purpose flour (for dredging)
- 2 large eggs
- 1 tablespoon Dijon mustard
- 2 cups (or more) whole wheat (or regular) panko (Japanese breadcrumbs)
- 2 tablespoons canola oil, divided
- 2 tablespoons unsalted butter, divided
- Chopped flat-leaf parsley
- Lemon wedges

Instructions

1. Line a baking sheet with waxed paper. Season chicken breasts with salt and pepper.
2. Place flour on a plate. Beat eggs and Dijon mustard to blend in a shallow baking dish. Place 1 cup panko in another shallow baking dish, adding remaining 1 cup panko, or more, to dish as needed throughout process.
3. Working with 1 chicken breast at a time, dredge in flour, shaking off excess, then dip into egg mixture, turning to coat evenly; carefully coat with panko, pressing panko gently to adhere to chicken. Transfer chicken to prepared baking sheet.
4. Heat 1 Tbsp. oil and 1 Tbsp. butter in a large skillet over medium-high heat (pan should be large enough to hold 2 breasts). Add 2 chicken breasts to skillet and cook until golden brown on both sides, 8-10 minutes.
5. Transfer chicken breasts to a paper towel-lined plate and season with salt. Add remaining 1 Tbsp. oil and 1 Tbsp. butter to skillet and repeat with remaining chicken breasts. Transfer chicken breasts to plates and garnish each with parsley and a lemon wedge.

Bavarian Soft Pretzel

Ingredients

- 1 package active dry yeast
- 1/8 cup warm water
- 1-1/3 cup warm water
- 1/8 tsp sea salt
- 4-1/2 cups flour
- 2 tbsp baking soda

Instructions

1. Preheat oven to 400°F.
2. In a bowl, dissolve yeast in 1/8-cup warm water. Stir in remaining warm water, salt, and flour. Knead dough until smooth and elastic. Dough does not need to rise.
3. In a saucepan, measure 2 tablespoons baking soda to each cup of water. Put enough water to fill the saucepan at least 3 inches high. Bring soda and water mixture to a light boil and simmer. Make sure the baking soda is well dissolved.
4. Cut the dough into eight pieces. Roll a long thick pencil shape with your hands but keep the middle a little thicker. Pick up both ends, cross to form rabbit ears and then twist the ends and pull them back to the rest of the loop. Place aside on lightly floured surface and let rise about 10 minutes.
5. Place pretzels one at a time into the liquid baking soda mixture for 10-15 seconds. Using a large slotted plastic spatula, push each pretzel into the water to ensure it is fully covered. Remove the pretzel from the liquid mixture and place onto a baking pan, lined with parchment paper.
6. Use a sharp knife and slit the thickest part of the pretzel lengthwise. Salt the top of pretzels with course ground sea salt as desired. Place the pan with the pretzels into the oven for 18-19 minutes or until pretzels are to desired darkness.

German Cucumber Salad

Ingredients

- 2 English cucumbers, or 4 medium cucumbers
- 1/2 cup sour cream
- 1 tbsp white vinegar
- 1 tsp sugar
- 1 tbsp dill, fresh or frozen
- 1/2 tsp salt
- black pepper, to taste

Instructions

1. Peel the cucumbers if desired and thinly slice them with a mandoline slicer. The thinner the better! Put them in a large salad bowl.
2. In a medium bowl whisk together the sour cream, vinegar, sugar, and dill. Add salt and pepper to taste.
3. Pour dressing over cucumber slices and toss until combined. Cover and let chill in the fridge for at least 4 hours or overnight.
4. Serve with a slotted spoon.

Latin America



Air Fryer Churros with Chocolate Sauce

Ingredients

- 1/2 cup water
- 1/4 teaspoon kosher salt
- 1/4 cup, plus 2 Tbsp. unsalted butter, divided
- 1/2 cup all-purpose flour
- 2 large eggs
- 1/3 cup granulated sugar
- 2 teaspoons ground cinnamon
- 4 ounces bittersweet baking chocolate, finely chopped
- 3 tablespoons heavy cream
- 2 tablespoons vanilla kefir

Instructions

1. Bring water, salt, and 1/4 cup of the butter to a boil in a small saucepan over medium-high. Reduce heat to medium-low; add flour, and stir vigorously with a wooden spoon until dough is smooth, about 30 seconds. Continue cooking, stirring constantly, until dough begins to pull away from sides of pan and a film forms on bottom of pan, 2 to 3 minutes. Transfer dough to a medium bowl. Stir constantly until slightly cooled, about 1 minute. Add eggs, 1 at a time, stirring constantly until completely smooth after each addition. Transfer mixture to a piping bag fitted with a medium star tip. Chill 30 minutes.
2. Pipe 6 (3-inch long) pieces in single layer in air fryer basket. Cook at 380°F until golden, about 10 minutes. Repeat with remaining dough.
3. Stir together sugar and cinnamon in a medium bowl. Brush cooked churros with remaining 2 tablespoons melted butter, and roll in sugar mixture to coat.
4. Place chocolate and cream in a small microwavable bowl. Microwave on HIGH until melted and smooth, about 30 seconds, stirring after 15 seconds. Stir in kefir. Serve churros with chocolate sauce.

Empanadas

Ingredients

Empanada Dough

- 3 cups all-purpose flour, plus more for the work surface
- 1 tablespoon baking powder
- 2 teaspoons sugar
- Pinch salt
- 1/2 cup lard or shortening
- 1 egg
- 3/4 cup chicken stock

Empanada Filling

- 2 tablespoons olive oil
- 1 pound ground beef
- 1 tablespoon garlic salt
- 2 tablespoons tomato paste
- 2 tablespoons vinegar
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon seasoned salt
- 5 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- Oil or shortening, for frying

Aioli Dip

- 1 cup real mayonnaise, such as Kraft
- 1 tablespoon adobo sauce
- Juice of 1/2 lime

Instructions

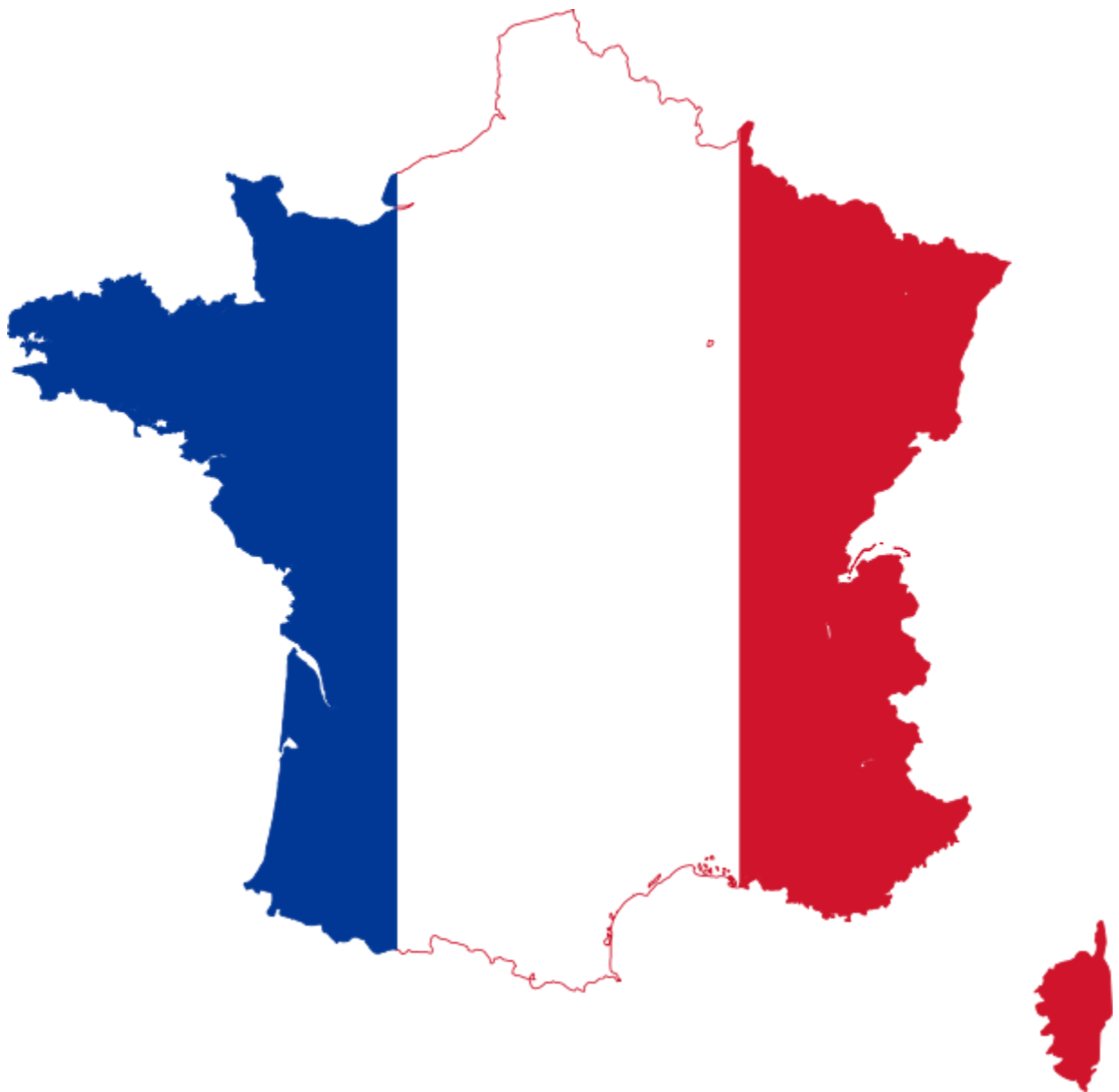
1. For the empanada dough: Combine the flour, baking powder, sugar and salt in a large bowl. Cut in the lard with a pastry blender or 2 knives until the mixture resembles coarse cornmeal.
2. In a separate bowl, beat the egg and then whisk in the stock. Add the egg mixture to the flour mixture and knead until a dough forms. Cover and refrigerate for 30 minutes.
3. Meanwhile, for the empanada filling: In a large nonstick skillet, heat 1 tablespoon olive oil over medium heat. Add the ground beef and garlic salt and cook until the beef is cooked completely. Drain the grease and set the beef aside.
4. In the same pan, heat the remaining 1 tablespoon olive oil. Add the tomato paste, vinegar, cumin, chili powder, oregano, seasoned salt, garlic, bell peppers and onions. Cook until softened, 8 to 10 minutes. Add the beef and let them love each other with fire over low heat for about 5 more minutes. The mixture should be moist but not dripping wet. Now you are ready to fill the empanadas.
5. Lightly flour a work surface and roll out the dough to 1/4 inch thick. Cut out 4-, 5- or 6-inch rounds, depending on how large you prefer. Add some meat filling to each empanada and fold the dough over in half to enclose the filling. Use a fork to press and seal the edges closed. You can refrigerate the uncooked empanadas for up to 3 hours.
6. Heat the oil in a deep fryer to 350 degrees F. Fry the empanadas until golden brown, 6 to 7 minutes.
7. For the aioli dip: Mix together the mayonnaise, adobo sauce and lime juice. (The flavor will enhance if it sits in the refrigerator.)

Cook's Note

Goya makes empanada disks, but if you cannot find them or prefer fresh, you can make your own following this recipe.

Source: <https://www.foodnetwork.com/recipes/empanadas-recipe2-2041608>

France



Gougères

Ingredients

- 8 tablespoons unsalted butter
- ½ cup milk
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup all-purpose flour
- 4 eggs (room temperature)
- 6 ounces Gruyere cheese (grated)

Instructions

1. Preheat oven to 425 degrees F. Line two baking sheets with silicone baking mats or parchment paper.
2. Place the butter, milk, water, salt, and pepper in a medium saucepan and bring to a boil over medium-high heat. Add all of the flour at once, reduce heat to medium-low and stir with a wooden spoon until the mixture forms a ball and appears to dry out (a film or “crust” will develop on the sides and bottom of the pan), another 2 to 3 minutes.
3. Immediately place the dough into a mixing bowl and beat on low until it stops steaming and is just warm to the touch, approximately 1 minute.
4. Increase mixer speed to medium and add the eggs, one at a time, beating well after each until fully incorporated and scraping the sides and bottom of the bowl as needed. Add the cheese and mix until thoroughly combined, about 1 minute. The final dough will appear smooth, creamy, and shiny.
5. Transfer the dough to a pastry bag fitted with a large round piping tip (I recommend Ateco #809), and pipe 1-2 tablespoons of dough onto the prepared sheets. Alternately, use a medium cookie scoop, drop the dough onto the prepared baking sheets, leaving 2 inches between them. You can wet your hands and gently smooth out the scoops, if you'd like.
6. Bake for 10 minutes, reduce oven temperature to 350 degrees F, and continue to bake until puffed and golden brown, an additional 5 to 10 minutes. Allow to cool for at least 5 minutes, then serve warm or at room temperature.

Madeleines

Ingredients

- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- ¾ cup all-purpose flour, plus more for dusting
- 2 large eggs
- ⅓ cup granulated sugar
- 1 tablespoon light brown sugar
- 1 tablespoon honey
- 2 teaspoons finely grated lemon or orange zest
- 6 tablespoons (¾ stick) unsalted butter, melted, warm
- Nonstick vegetable oil spray
- Powdered sugar

Instructions

1. Whisk baking powder, salt, and flour in a small bowl.
2. Whisk eggs, granulated sugar, light brown sugar, honey, and lemon zest in a medium bowl until smooth. Whisk in dry ingredients until just incorporated, then whisk in melted butter until smooth. Transfer batter to a pastry bag or re-sealable plastic bag and chill at least 1 hour.
3. Preheat oven to 400°F. Lightly coat madeleine pans with nonstick vegetable oil spray and dust with flour, tapping out excess. Snip end off pastry bag (or 1 corner of re-sealable bag) and pipe batter into each mold, filling two-thirds full (you may have a little batter left over).
4. Bake madeleines until edges are golden brown and centers are puffed and lightly spring back when gently pressed, about 5 minutes for mini and 8–10 minutes for regular cakes.
5. Tap pan against counter to release madeleines. Dust with powdered sugar and serve warm.

DO AHEAD: Batter can be made 1 day ahead. Keep chilled.

French Crepe Recipe

Ingredients

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons butter, melted

Instructions

1. In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.