



Chapter 1

THE INTERNATIONAL HOUSE COOKBOOK



***A COLLECTION OF RECIPES
FROM AROUND THE WORLD***



FOREWORD

BY I-HOUSE EXECUTIVE CHEF

ABIGAIL SERBINS

This collection of recipes has been written in the kitchens of past generations. It encapsulates the vividness of life through its pages. It brings us back to our core, our passion, our existence. As you browse the pages of this book, let it guide you to a world you have never been to before, and let your mind travel along with the nostalgia of a beloved one's cooking. Let yourself smell the aroma of the food that is so dear to you. The very food that signifies the genesis of your taste buds, the distinctive taste, flavor, fragrance that left an immortal imprint on your being that defines your origins and cultural background. Our earth's immensity and vastness are far beyond our imagination. This book will let you explore some of the greatest cuisines of the world that traveled throughout the globe and are now brought to life by the inheritors of the recipes — International House residents who carried their family traditions in their hearts wherever they may go.



I came from a town in Manila, the Philippines called Navotas. It is where you will find the freshest seafood that one can only imagine. As a child, I recall wondering if other places/countries have such abundance. Our dinner table was a representation of nature's bountiful grace and beauty. We give thanks and recite a prayer before each meal and hope that everyone in this world receives the same blessings. When I migrated to the United States and lived in San Francisco, I realized that different cultures and ethnicities speak one language when it comes to food. We all gathered and harvested the same crop even if we come from different parts of the world. As I recognized this commonality, I became hungrier than ever and the hunger is insatiable. The more I learn about different cuisines the more I want to live. I often wonder if my life existence can sustain myself trying to devour each and every cuisine that was created to nourish and satisfy one's soul.

*Food is the universal language of love, humanity, and existence.
I hope this collection of recipes brings you tremendous joy
and everlasting memories of food made from love.*

*Marie Abigail Mallari - Serbins "Chef Abbie"
Executive Chef, International House UC Berkeley*



I-HOUSE CHEF

Chef Abbie

Country: Philippines

Meal Type: Dinner

Difficulty: ●●●

Number of Servings: 3

PANCIT MALABON

PREP TIME

30 min

COOKING TIME

120 min

INGREDIENTS

Sauce:

- 1 lb thick rice noodles
- 1/2 lb pork belly, boiled and sliced
- 1/2 cup annatto seeds diluted in 1/2 cup water (also known as annatto water)
- 3/4 cup shrimp juice
- 3 tablespoons fish sauce (patis)
- 1/2 teaspoon ground black pepper
- 1 tablespoon fresh garlic, minced
- 1 medium-sized onion, minced
- 1/4 cup pork rinds (chicharon), pounded

Toppings:

- 1/2 lb shrimp, shelled, cooked, and halved lengthwise
- 1/4 lb adobong pusit, sliced
- 1/2 cup pork rinds (chicharon), pounded
- 1 cup napa cabbage (pechay baguio), chopped then blanched
- 1 piece lemon, quartered
- 3/4 cup tinapa (dried smoked herring) flakes
- 3 pieces hard boiled eggs, sliced
- 1 tablespoon parsley, chopped
- 2 tablespoons toasted garlic

This is a dish that is very dear to me. The authenticity and originality speaks true of who I am and where I came from in the Philippines. When this dish is mentioned, automatically it is often followed by songs of praise and glory. I grew up savoring every bite. I still haven't found many restaurants that serve this dish as good as my family makes it. Please enjoy!

Maraming Salamat (Thank you very much).

PANCIT MALABON STEPS

Cook the noodles according to package instructions. If you are using the traditional Pancit Malabon noodles, you will need to soak it in water overnight before cooking. Set aside.

2. Make the sauce.

2.1. In a cooking pan or pot, sauté minced garlic and onion.

2.2. Add chopped boiled pork and cook for 3 minutes.

2.3. Add fish sauce and ground black pepper then stir.

2.4. Pour in shrimp juice and annatto water and let boil.

2.5. Add pounded pork rinds (chicharon) then stir.

2.6. Simmer for 2 to 3 minutes then turn off heat.

3. Place the cooked noodles in a large bowl then pour in the sauce and mix well.

4. Transfer the sauce and noodle mixture in a wide serving plate and arrange the toppings.

5. Serve with lemon or calamansi and a lot of love. Share and enjoy!



RESIDENT'S NAME

Lynn Shiyayo

Country: Kenya

Meal Type: Any

Difficulty: ●●○

Number of Servings: 5

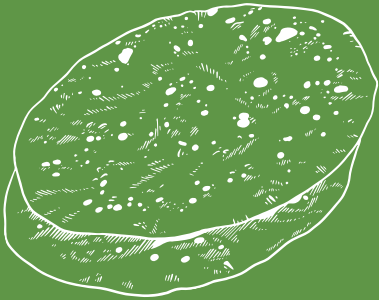
KENYAN CHAPATI

PREP TIME

45 min

COOKING TIME

45 min



INGREDIENTS

- 2 cups of flour
- About 1 cup of warm water
- 1 tsp of salt
- 4 tbs of sugar
- 5 tbs of sunflower oil/other vegetable oil

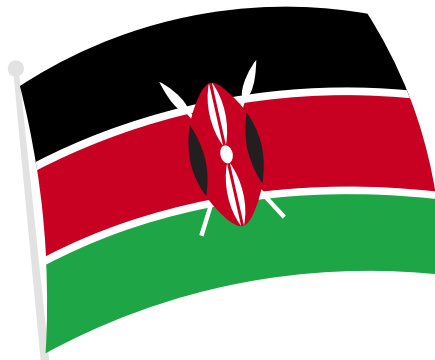


Resident
Lynn Shiyayo



HOW TO EAT THEM

Kenyan Chapati are very versatile – you can eat them with anything or as anything (breakfast, lunch, dinner, snack or dessert)! I love them so much!



KENYAN CHAPATI STEPS

1. Add the flour into a large bowl
2. In a separate bowl, mix the water and the oil, sugar and salt until well combined (the oil will sit on the top but the sugar and salt should be mixed in)
3. Add the water into the bowl with flour (bit by bit) and keep mixing in as you add
4. Knead the mixture: we are looking for a dough consistency - not sticky but not too hard
5. Keep adding water or flour depending on the consistency
6. Once you have a good consistency - divide the dough into spherical balls (you can do this with your hand by just pulling the dough apart). The size of the balls should be just about half the size of a tennis ball)
7. Roll the dough ball into a circular flat shape of about 0.5cm in thickness
8. On medium heat on a dry pan, place the flat dough and cook until brown spots appear (add about a tsp of oil on each side while cooking)
9. Repeat for all others until all are cooked
10. You can serve this alone or with vegetables or meat or really anything you'd like.

RESIDENT'S NAME

Lucia Zamora Gonzalez

Country: Spain

Meal Type: Lunch or Dinner

Difficulty: ●●○

Number of Servings: 6

TORTILLA DE PATATAS

(Potato omelette)

PREP TIME

40 min

COOKING TIME

25 min

INGREDIENTS

- 1 kg of potatoes
- 7 eggs
- 1 onion (optional)
- Salt to taste
- Olive oil to fry



Resident

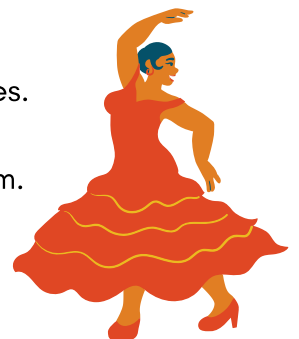
Lucia Zamora Gonzalez





TORTILLA DE PATATAS STEPS

1. Wash and peel the potatoes, cut them into thin slices and add the salt.
2. In a non-stick pan, heat the oil. It's important to use good quality oil.
3. Cook the potatoes in the oil at medium heat for 15 minutes, until they are tender (but don't overcook). You can cook the diced onion with the potatoes or in a different pan.
4. In a separate bowl, beat the eggs and add a pinch of salt.
5. Taste the cooked potatoes and add more salt if needed. Then, drain the potatoes and combine them (and the onion) with the eggs. Let rest for 10 minutes.
6. In the same pan, heat a bit of oil and add the potatoes and the eggs. Mix it with a spoon but only for a couple of seconds, then let the edges set. Cook at medium heat for approximately 5 minutes, but here the cooking time depends on the taste of the cook. Some people like their omelette to be a bit runny, some people prefer theirs completely set.
7. During this time, run a spatula along the outer edges of the omelette to make sure it's not sticking and to help it form its shape.
8. Once it starts to firm up around the edges and in the center (although it will still be a little runny) place a large plate (larger than the pan) over the pan and flip the pan so that the omelette falls onto the plate. The cooked side of the omelette should be facing up. Now gently slide the omelette back into the pan, so that the uncooked side is in contact with the pan. Use the spatula to press the sides of the omelette, to give it a round shape.
9. Cook at medium-low heat for another 2 or 3 minutes.
10. Flip the omelette back into a plate, and serve warm.



RESIDENT'S NAME

Holly Pilling

Country: Iran

Meal Type: Dinner

Difficulty: ●●●

Number of Servings: 3

KHORESH BADEMJAN

(Eggplant Stew)

PREP TIME
30 min

COOKING TIME
120 min

INGREDIENTS

- 6 Chinese eggplants skinned and sliced lengthwise (3lbs) - (you can use Italian eggplants sliced 1/2" thick and take the bitterness out by salting)
- 1 large Onion thinly sliced (1 to 1.5 lb)
- 1.5 lb (6 thighs) boneless skinless chicken thighs cut into 1" cubes - Can use about 6 skinless chicken thighs with bone-in or about 1.5 lb beef or lamb
- 1.5 lb tomatoes or a jar of tomatoes (crushed, diced, or whole)
- 2 teaspoons of Advieh (Persian spice mix)
- 1 teaspoon pepper
- 1 tsp sea salt
- 1/2 tsp ground saffron dissolved in hot water
- 2 tsp dried lime
- 1 cup water
- Oil (Avocado, Grape-seed, or vegetable)



Holly Pilling
and her mother

RESIDENT STORY

This recipe was written out by my mum!
She learned it from her mum, who imaginably learned it from hers. The way it's made in our family is unique and you can't get it in Persian restaurants, even if you order the same dish!



KHORESH BADEMJAN STEPS

1. Take out the bitterness of the eggplants using the salt
2. Fry the eggplants in oil (You can leave them on paper towels to get the excess oil off)
3. Sauté the onions until they are golden
4. Add the chicken and advieh to the sauté
5. Arrange the eggplants on top of the chicken
6. Add tomatoes, salt, pepper, dried lime, saffron and water
7. Boil
8. Lower and simmer for about an hour. If it's too watery, you can boil the water out. If there is not enough water, add more! Taste for spices and adjust as you like
9. Ready to eat! – usually with saffron rice, although you can also eat it with bread.



RESIDENT'S NAME

Miranda Jiang

Country: China

Meal Type: Dinner

Difficulty: ●●○

Number of Servings: 6

LIANG FEI

(Spicy Mung Bean Jelly Noodles)

PREP TIME

60 min

COOKING TIME

6 Hours

INGREDIENTS

For the Noodles:

- 1/2 cup of mung bean starch (note: It is starch, not powder or flour)
- 3 cups of water

For the Sauce:

- 1 teaspoon sugar
- 1 tablespoon Chinese vinegar
- 2 tablespoons soy sauce
- 1 - 2 tablespoons chilli oil or chilli sauce
- Some green onion, chopped
- Some garlic, chopped
- Some coriander, chopped

For the Peppercorn oil:

- Oil, Sichuan peppercorns

For the Toppings:

- Fresh cilantro



Resident
Miranda Jiang

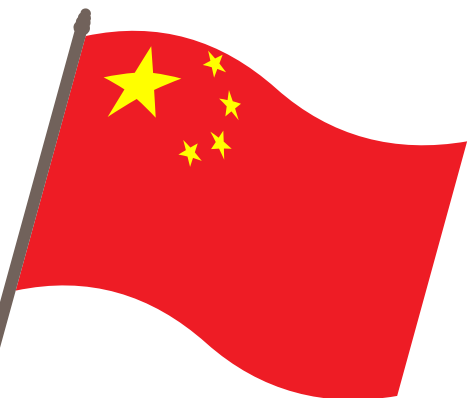
RESIDENT STORY

I always begged my mom to make this dish growing up, and I will do the same when I visit home. Our family friends ask her to bring it to every potluck! I've never actually made it myself, but I'd like to compile this dish and all the others into a family cookbook. I think like many others, my family doesn't write down any recipes/measurements unless asked. And I want to preserve everything we've eaten together.



LIANG FEI STEPS

1. Mix starch and water well, use medium-high heat to cook it until boiling (stir constantly to avoid scorching).
2. Cool at room temperature for around 5 hours until it becomes solid. Then, slice it into small pieces. We use a grater to make them noodle-shaped.
3. Mix sugar, vinegar, soy sauce, chilli oil, sugar, green onion, garlic, and coriander.
4. In a wok or a small pan, heat oil, put a teaspoon of Sichuan peppercorns into the oil, cover until it just starts to smoke (just when you see a little bit of smoke), then turn off the heat.
5. Wait a few minutes, then remove the cover. Filter out the peppercorns.
6. Pour the sauce into the mung bean noodles, then add the Sichuan peppercorn oil when the oil is still very hot. Top with fresh cilantro.



RESIDENT'S NAME

Louise Riché

Country: France

Meal Type: Desert

Difficulty: ●●○

Number of Servings: 6

CRÈME RENVERSÉE

PREP TIME

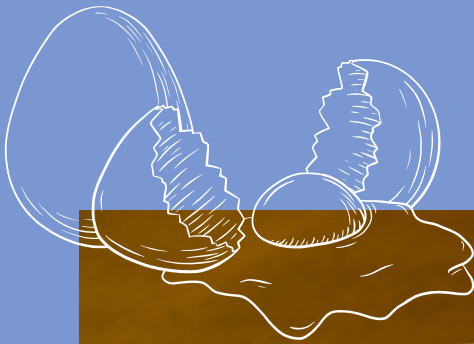
20 min

COOKING TIME

50 min

INGREDIENTS

- Half a litre of milk
- 75g of sugar
- 2 teaspoons of Vanilla Sugar
- 3 eggs



RESIDENT STORY

Crème Renversée is my favorite french dish! I remember eating it whenever I would visit my grandparents in Normandie. Now, every time someone comes over, I make them Crème Renversée for dessert!

CRÈME RENVERSÉE STEPS

1. Prepare the caramel by putting five large spoons of sugar and two large spoons of water into a pan. Cook at low heat until the mixture turns brown and the caramel is produced. While heating don't stir the sugar and water and don't heat to fast!



2. Pour the caramel into a baking pan

3. Mix the milk with the sugar and vanilla sugar. Heat the mixture until it boils.

4. Beat the eggs

5. Add the heated milk to the eggs

6. Add the obtained mixture to the baking pan on top of the caramel

7. Put the baking pan in a bowl full of water (At least 4cm of the baking pan should be immersed) and put it in the oven at 140 Degrees Celsius for 45 minutes. To see if it is properly cooked, press slightly the centre of the cake, if it shows resistance it is done!

8. Put the baking pan in the fridge until it cools down (you can also eat it warm but it's better cold!)

9. Bon Appétit!



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