

## Chapter 2

# THE INTERNATIONAL HOUSE COOKBOOK



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



# FOREWORD

## BY I-HOUSE EXECUTIVE CHEF

### ABIGAIL SERBINS

*Chapter Two leads us to a global journey that takes place in the hearts of these recipes from Southeast Asia and Africa. Humans around the world are bound by the necessity and pleasure of eating, and there is no faster way to get a glimpse of one's culture, background, heritage, and place, than by experiencing its food. This perpetual mantra guides the residents and employees of International House to bring forth a community that serves and enjoys global cuisine. A landmark that promotes diversity and inclusion in its most elemental form.*

*You'll find within these pages that adventure doesn't always require a plane ticket. Through each recipe, we visit these countries and experience how each one of these magnificent dishes signifies its culture and leaves a lasting mark on each soul. You can experience Thailand, "the land of smiles" and imagine the rice plantations, ornate temples, and busy cosmopolitan centers that reflect the diversity and lifestyle as you start your meal with a vibrant, Yum Woon Sen. Diving in the great continent of Africa, we will dream of the golden beaches of Tunisia while devouring the freshest Tunisian salad, and waking up with a steaming hot rice soup, Vary amin'anana sy kitoza from the world's fifth largest island, Madagascar. Next, enjoy scraping a bowl of wat with Ethiopia's delicious Injera, and Reunion Islands' sweet delight, Gateau ti son. Lastly, Singapore's finest Hainanese chicken and rice will make you come back for more.*

*I always believed that wonder can be found wherever you are open to searching for it. Please join us, as we embark on this new chapter of the International House cookbook.*

*"Food is symbolic of love when words are inadequate."*

*Chef Abbie Serbins (2023)*

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



RESIDENT'S NAME

*Kanyawee Srikulwong*

Country: Thailand

Meal Type: Lunch/Dinner

Difficulty: ●●●

Number of Servings: 1-2

## Thai Yum Woon Sen

**PREP TIME**

**30 - 40 min**

**COOKING TIME**

**17 min**

INGREDIENTS

- 40 g dry glass noodles (bean threads/"Woon Sen")
- 1 heaping Tbsp dried shrimp
- 2 cloves garlic
- 10 sprigs cilantro, stems and leaves separated
- 2 Thai chilies
- 1 Tbsp palm sugar, finely chopped, packed
- 2 Tbsp + 1 tsp fish sauce
- 3 Tbsp fresh lime juice
- 1 tomato, cut into wedges
- ¼ cup julienned onion
- 1 stalk Chinese celery or 2 inner small stalks and leaves of regular celery
- 100 g minced pork
- 6 medium shrimp
- ¼ cup roasted peanuts



**Resident**

Kanyawee Srikulwong



# Yum Woon Sen Steps

1. Soak the glass noodles in room temperature water for 7-10 minutes until soft.
2. Drain the water, then cut the noodles with scissors 2-3 times to shorten them.
3. Cook the glass noodles in boiling water for 2 minutes. Remove from the water with tongs (you want to keep the water) and place into a strainer to drain excess water; set aside.
4. Place dried shrimp in a small heatproof bowl, cover with hot water and let sit for 3-4 minutes to soften. (Large, dried shrimp might take longer to soften).
5. When the dried shrimp are ready, drain and pound them in a mortar or chop them roughly.
6. Prepare the dressing: Cut cilantro stems into small chunks and place in the mortar and pestle along with garlic and chilies; pound into a paste. Add palm sugar and pound until dissolved. Add 2 Tbsp of the fish sauce and lime juice and stir to mix all the ingredients.
7. Put tomato, onion, Chinese celery and dried shrimp into a large mixing bowl.
8. Cook fresh shrimp and minced pork in boiling water separately, then drain the water and add the meat to the mixing bowl.
9. Add the glass noodles and the dressing into the mixing bowl, toss in cilantro leaves and mix all the ingredients.
10. Sprinkle with peanuts and serve!





RESIDENT'S NAME

*Yordanos Degu*

Country: Ethiopia

Meal Type: Any

Difficulty: ●●○

Number of Servings: 5

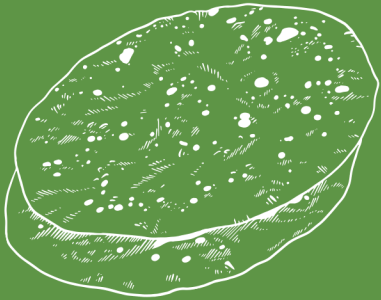
# Ethiopian Injera

**PREP TIME**  
*2-3 hours*

**COOKING TIME**  
*1-2 mins per one injera*

## INGREDIENTS

-500 g teff flour  
-2 tsp dry active yeast  
-800-1 litter ml warm water  
-125 ml very hot water  
just off the boil is perfect



## INSTRUCTION: THE STARTER/BATTER

- Place the teff flour, yeast and water in a large ceramic bowl and mix thoroughly with the warm water and combine using hand or large spoon.
- Gradually, add more warm water, stirring with a wooden spoon/hand until you have a smooth batter, thus time the consistency of thick pancakes batter. (You may not need all the water).
- Cover with a kitchen paper/cling film and leave somewhere warm to sit for 1/2 hours (in traditional way it will stay for 2-3 days and have additional steps before cooking), to rise.
- After an hour or two, the batter would have increased slightly. Give it a stir, and pour the hot water, stirring constantly, until you get the thick batter.
- Wait for another 20 minutes, then proceed to bake as below:



**Resident**  
Yordanos Degu



## Baking the Injera Steps

- Ethiopians bake injera using traditional griddle and flying/nonstick pan can be used.
- Transfer the injera batter to a jug, and when the pan has heated up, pour the batter in a circular motion completely covering the pan. (You can also tilt the pan to cover all of it but do it quickly).
- After about 30 seconds, you will start seeing holes on the surface, now, cover the pan top/cover and bake for 1-2 minutes (depending on the batter thickness) until the edge of the injera kind of curls up.
- Use a large, wide spatula, lift the side of the injera and slide onto a plate.
- Continue cooking the rest of the injera batter and stack them on top of each other on the plate.
- Cover the baked injera with cling film and leave at room temperature to cool.



RESIDENT'S NAME

Chen Wei

Country: Singapore

Meal Type: Any

Difficulty: ●●○

Number of Servings: 4-5

# Hainanese Chicken Rice

PREP TIME

60 min

COOKING TIME

90 min

1. Soup – 30g ikan bilis (optional ingredient but provides a nice background flavor. 3 anchovy fillets possible if ikan billis not available) – 3 liters of water (or enough to submerge the chicken basically) – 30g soya beans (also optional but would be a nice addition as well) – 200g cabbage – 6cm ginger – 2 tsp neutral cooking oil (canola, sunflower etc. is fine. Just not a low smoke point oil like olive) – 4 whole cloves of garlic (skin on is fine) – 2 spring onions shoots – salt to taste (after cooking that is, don't bother seasoning before because it'll mellow out when the chicken releases water / boiling).
2. Rice – 2 cups rice – 3 cups chicken soup (as above) – 3 tbsp butter – 1 onion (finely chopped).
3. Parboiling – 1 whole chicken – 10cm ginger – 4 cloves garlic – 2 whole spring onion shoots.
4. Roasting – 3 tbsp dark soya sauce – 3 tbsp light soya sauce – 3 tsp sesame oil – 2 tbsp ginger garlic paste (basically equal portions of ginger and garlic, mashed to a paste).
5. Chili – 3 bird's eye chilies (or 10 regular serano chilies if bird's eye not available) – 5cm of ginger – 4 cloves garlic – 3 limes (vinegar is fine in a pinch) – 1 tbsp sesame oil – 1 cup of chicken soup.
6. Black sauce – 50ml dark soya sauce – 50ml water – 1.5 tbsp Sugar.
7. Vegetable – 1 pack of bak choi (200g roughly) – 2 cloves garlic – 4 tbsp oyster sauce (vegetarian one is fine too) – 1 tsp sesame oil.



**Resident**  
Chen Weiz





# Hainanese Chicken Rice Steps

Wash and peel the potatoes, cut them into thin slices.

Soup 1. In a large stock pot, add the ikan bilis and fry lightly until fragrant on low heat. 2. Add in the water and increase to high heat to start a simmer. 3. While waiting for the water to simmer, add in the soya beans, (chopped) spring onions, whole ginger and whole garlic. 4. Carefully place the stuffed chicken into the soup. 5. Remove the chicken after 30 minutes. 6. Add in the cabbage and cook until the cabbage is soft. 7. Season to taste.

Rice 1. In a new pot, add in the butter and heat until melted. 2. Add in the chopped onion and stir fry for a minute until the onion turns translucent. 3. Add in the raw but washed rice and stir for 2 minutes on medium heat. 4. Add in the rice mixture into a rice cooker and add the chicken soup to it and cook.

Chicken 1. Stuff the chicken with thick slices of the ginger, whole folded spring onion shoots as well as thick slices of garlic. 2. Tie up the chicken with butcher's twine.

Roasting 1. Mix all the ingredients thoroughly first. 2. Coat the chicken in the mixture, getting it under the skin etc. for at least an hour. Overnight in the fridge is preferred 3. Place the chicken in the oven @ 180C for 45 minutes.

Chili 1. Blend the chili, ginger and garlic into a paste. 2. Add in lime juice, sesame oil and chicken soup. 3. When happy with the taste / heat, add salt to taste.

Black sauce 1. Heat the dark soya, water and sugar on high heat until it turns thick and syrupy. 2. Turn off the heat when it is thinner than desired.

Vegetable 1. Blanch the bak choi for about 40 seconds or until slightly wilted but still dark green. 2. Fry up slices of garlic until lightly browned. 3. Top with oyster sauce. 4. Sprinkle sesame oil over it.



RESIDENT'S NAME

Wassim Ben Salah

Country: Tunisia

Meal Type: All

Difficulty: ●●●

Number of Servings: 4

# Tunisian Salad

PREP TIME

15 min

COOKING TIME

0 min



## INGREDIENTS

- 4 firm tomatoes.
- 2 green peppers.
- 1 medium-sized onion
- 1 cucumber.
- A few dried mint leaves.
- Salt and pepper.
- 3 tablespoons of oil.
- 2 tablespoons vinegar or lemon.
- Hard-boiled eggs and pieces of tuna for garnish.



**Resident**

Wassim Ben Salah

## SUBSTITUTE INGREDIENTS

**You can remove the egg to  
put tofu or something else.**





## Tunisian Salad Steps



1 Cut the cucumber, tomato, bell pepper, and onion into small cubes.

2 Put everything in a bowl and mix.

3 In a small bowl, mix the lemon juice, olive oil, salt and pepper.

4 Add the dried mint and mix well with a fork.

5 Add this mixture to the chopped vegetables.

6 Pour into a serving dish and decorate with hard-boiled eggs and tuna.



RESIDENT'S NAME

*Prisca Ratsimbazafy*

Country: Madagascar

Meal Type: Breakfast & Dinner

Difficulty: ●●○

Number of Servings: 2-3

# Vary amin'anana sy kitoza (Rice soup with beef)

**PREP TIME**  
*30 mins*

**COOKING TIME**  
*70 Mins*

## INGREDIENTS

Rice 1 cup

Beef fillet 1 pound

Mustard greens 3 leaves (or more if you want)

Tomato 1

Large onion 1

Ginger 2 inches

Garlic 3 cloves

Water 3 cups

Oil

Salt

**Resident**

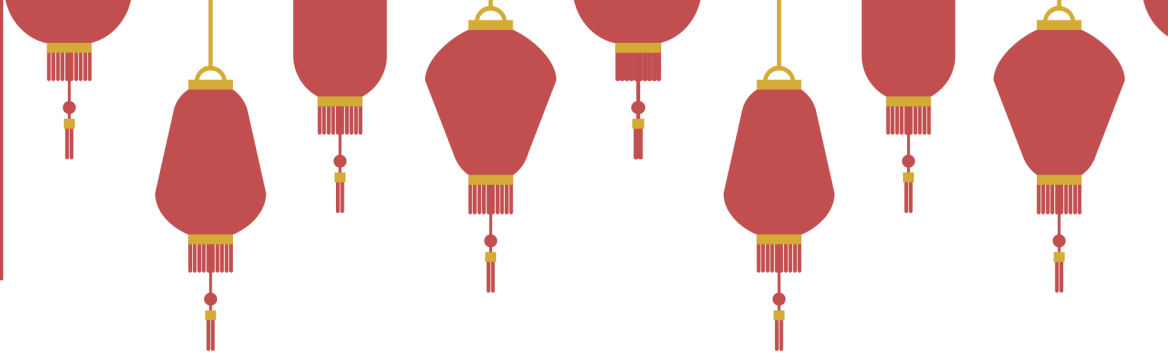
Prisca Ratsimbazafy



## SUBSTITUTE INGREDIENTS

Instead of beef, you can also serve the rice with an omelet.





## **Vary amin'anana sy kitoza (Rice soup with beef)**

### **Steps**

Wash all the ingredients.

Cut the mustard greens thinly.

Cut the tomatoes and onion into small pieces.

Heat 1 tablespoon oil in a pot, add onion and tomato.

Let it cook for about 3 minutes, then add the mustard greens.

Salt to taste, stir and let it cook for 10 minutes.

Now add washed rice into the pot, stir again and pour in water.

Let it cook for one hour on low heat.

Add a few slices of ginger a few minutes before removing from heat.

Mince 1 inch ginger and 3 garlic cloves.

Wash and slice the beef fillet, then put in a bowl.

Add in salt, ginger and garlic.

Let it sit for 30 minutes.

In a pan, heat 3 tablespoon of oil, then stir fry the beef.

Serve everything warm.



**RESIDENT'S NAME**

*Mary Pompée*

Country: Reunion Island (France)

Meal Type: Desert

Difficulty: ●●○

Number of Servings: 6

# Gâteau ti son

**PREP TIME**

*15 min*

**COOKING TIME**

*35 - 40 min*

## INGREDIENTS

- 250 g of corn-based flour (ti son).
- 250 g of sugar.
- 250 g of butter.
- 5 eggs.
- 1 sachet of vanilla sugar (8g).
- 4 tablespoons of anisette/ rum (optional).
- 1 pinch of salt.

**Resident**

Mary Pompée



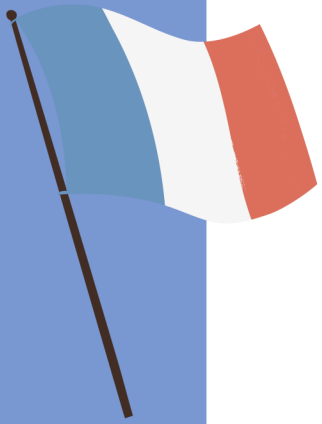
## RESIDENT STORY

It's a traditional recipe made in Reunion Island for family gatherings, birthdays or even for a small snack!





## Gâteau ti son Steps



- Mix the butter and sugar together until the entire mixture turns white.
- Add eggs and stir it up.
- Pour the flour in and mix everything together well.
- If the texture of your mixture is too dry, add 5 cl of water or milk.
- Add the anisette/rhum and vanilla sugar.
- Butter up your baking pan and pour the mixture into it.
- Preheat the oven and cook at 175°C for 35 minutes! You're good to go!

### SUBSTITUTE

Maybe removing the eggs would be a solution and adding water instead of milk to add consistency as well as using another vegan form of butter or oil







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*International House Residents who submitted recipes:*

*Kanyawee Srikulwong*

*Yordanos Degu*

*Chen Wei*

*Wassim Ben Salah*

*Prisca Ratsimbazafy*

*Mary Pompée*



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