



# THE INTERNATIONAL HOUSE

# Cook Book



## CHAPTER THREE

*A COLLECTION OF RECIPES FROM I-HOUSE CHEFS*

# FOREWORD

BY I-HOUSE EXECUTIVE CHEF ABIGAIL SERBINS

Welcome to Chapter Three of our International House Cookbook. This chapter signifies some of the many memorable interactions I've had with the dedicated and passionate chefs whom I work alongside day in and day out. Since I-House's reopening after the pandemic in Fall 2021, I had the opportunity to experience their thoughts, feelings, heritage, and taste buds. The recipes on the pages that follow were cooked by ancestors and passed down to our generations for us to bring remarkable memories and flavors into each other's lives.

Chef **Victor Taylor** is a longtime colleague of mine. We worked in some of the most renowned kitchens in the corporate dining industry here in the Bay Area. I still vividly recall the first time he showed me how to make

*Crème Chantilly*, a sweetened whipped cream of French origin named after the Château de Chantilly, a historic castle located in the town of Chantilly, north of Paris. The cream was created by François Vatel, a chef who worked at the château in the 17th century. Crème Chantilly was a favorite of his mother's to whip during an elegant gathering at their home, where they showcased their family heirloom recipes from Louisiana. That was when I realized where Victor's in-depth passion for food emanated from. Through the years of our endeavors as chefs, I recognized Chef Victor's intricate relationship with the food that he grew up eating and how he applies it to our evolving generation. I was fascinated by his vast knowledge of American Cuisine from the South, a staple to many of us called "soul food."

I then met Chef **Aarash Zarrabi** and instantly thought he'd be a great addition to our team as a sous chef. He is of Persian descent, was born in the United States, lived his life traveling different parts of the world, and resided in various states in the U.S. I related to his stories of how his grandmother made the most loving and soothing dishes from Iran and taught Aarash as her kitchen helper when he was a toddler. I see the depth of passion he has when speaking elaborately about his family heritage in Persia and how the family adapted to living and migrating to the United States. Somehow, I can smell the aroma of Aarash's grandmother's kitchen, the crunchy *tahdig*, and the green bean *loobia polo*, I can picture little Chef Aarash handing his grandmother the green beans and being her sous chef. When we celebrated *Nowruz* (Persian New Year) at I-House last semester, the fond memories of some residents from Iran were brought to life by his food. Some residents who had never tasted Persian cuisine before found a closeness to the dishes. It somehow reminded them of home.



Chef **Aidan Pitt** came on a while after the reopening in 2021. The kitchen was running efficiently but we were looking for a sous chef who could incorporate diversity and bring forth knowledge that we could share with each other. Aidan's background in food did not start from culinary school. Instead, his pursuit of passion stemmed from figuring out what was making him ill, and by navigating different options for himself, he found a niche in cooking his own food that was suitable for his health. From then on, he devotedly followed the culinary path. Chef Aidan prepares delicious gluten-free meals from Latin America and Great Britain.

Lastly, Chef **Ceajay Palanca** is one of the most influential chefs I have encountered in my life. I met him decades ago, in one of the biggest corporate kitchens I have ever managed in the Bay Area. He was a young lad, Filipino in heritage, born and raised in San Francisco, California. Graduated from Le Cordon Bleu in San Francisco, just like me, Aarash, and Victor. He is extremely vivacious; I was drawn to him instantly when he told me he does not speak the native tongue of the Philippines, but he loves the food of the Filipinos. He told me a story of how his grandmother nourished them with some of the most authentic Filipino cuisines growing up as a child and all the way to adulthood. I was envious just imagining his grandmother's perfectly seasoned *Adobo*, *Mechado*, and steaming *La Paz batchoy*, to name a few. Years passed and we went our own separate ways, tackling every kitchen that came our way. One day, here at I-House, I was preparing food for the residents' dinner, Ceajay came across my mind when one of the residents asked for a gluten-free, non-dairy, and extraordinarily good dessert. I thought of Chef Ceajay's Filipino steamed sweet rice wrapped in banana leaves with coconut sugar reduction sauce, called *Suman sa Latik* in Tagalog. I then realized we needed him in our kitchen to build a community that is full of delightful cuisines from all over the globe.

As the Executive Chef, I serve meals to six hundred and more residents, originating from 80 different countries of the world. I was ecstatic when I began my first day and told myself, *you have finally arrived at your destination and the world is your oyster, Chef Abbie!* My imagination was dancing for joy, clenched by the thought that I could finally be who I am and show the world what I've got! That is, I am an aficionado of global cuisine. I hold an insatiable hunger for food, its origin, its message, and what sustainability it brings into our lives. I love how global cuisine bounces from continents to countries and captures us all in a majestic place called the International House at UC Berkeley.

Chef Abbie Serbins,  
I-House Executive Chef



## CHEF'S NAME

### Abigail Serbins

Country/Culture: The Philippines

Meal Course: Soup

Difficulty: ●●○

Number of Servings: 4



# ADOBONG PUSIT

(Squid Stew)

## Prep Time

10 mins

## Cooking Time

20 min

## INGREDIENTS

- 2 lbs. medium-sized squid (note 1)
- 1 piece onion (note 2)
- 2 pieces tomatoes (note 3)
- 1/2 cup soy sauce
- 1/2 cup vinegar
- 1 cup water
- 5 cloves crushed garlic
- 1 teaspoon sugar
- Salt and pepper to taste
- 2 tbsp cooking oil

## Steps for Adobong Pusit

1. Heat a wok or cooking pot then pour in soy sauce, vinegar, and water then bring to a boil.
2. Add the squid and wait for the liquid to re-boil. Simmer for 5 minutes.
3. Turn off the heat then separate the squid from the liquid. Set aside.
4. Pour in cooking oil on a separate wok or cooking pot then apply heat.
5. When the oil is hot enough, sauté the garlic, onions, and tomatoes.
6. Put in the squid then cook for a few seconds.
7. Pour in the soy sauce-vinegar-water mixture that was used to cook the squid a while back. Bring to a boil and simmer for 3 minutes.
8. Add in the salt, ground black pepper, and sugar then stir. Simmer for 3 minutes.
9. Transfer to a serving bowl then serve.
10. Share and enjoy!
11. Note: If you want a thicker sauce, remove the squid from the wok or cooking pot and let the sauce boil until enough liquid evaporates. Once done, you may top the squid with the sauce.



Notes:

1. The squid should be cleaned properly before cooking. Make sure to remove the innards and beak along with the film on its back.
2. Use a large yellow onion. Diced onion is ok, but minced is best in my opinion.
3. Tomatoes are an optional ingredient for this recipe. It makes this version of adobong pusit quite different. I have been using this ingredient for as long as I can remember. You see, this is a heirloom recipe and our family has been doing it this way for generations.

**Nutrition:**

**Serving:** 4g | **Calories:** 101kcal | **Carbohydrates:** 5g | **Protein:** 3g | **Fat:** 7g | **Sodium:** 1625mg | **Potassium:** 101mg | **Sugar:** 2g | **Vitamin C:** 2.4mg | **Calcium:** 12mg | **Iron:** 0.8mg



*Chef Abbie Serbins,  
Executive Chef  
International House  
Berkeley, California*

**CHEF'S NAME**

**Abigail Serbins**

Country/Culture: The Philippines

Meal Course: Snack

Difficulty: ●●○

Number of Servings: 6

# KINILAW NA TANIGUE RECIPE

(FISH CEVICHE)

**Prep Time**

3 hours

**Cooking Time**

1 min

**INGREDIENTS:**

- 2 lbs. Tanigue/Wahoo fish (Spanish mackerel), fillet and cut into cubes
- 2 thumbs fresh ginger minced
- 8 pieces hot chili - Thai chili or siling labuyo, chopped
- 15 to 20 pieces *calamansi* (Philippine lime)
- 1 medium red onion chopped into small pieces
- ¼ teaspoon ground black pepper
- ½ teaspoon sugar
- Salt to taste



## Steps for Kinilaw Na Tanigue Recipe

1. Squeeze the juice out of the calamansi over a large bowl. Use a sieve to filter the seeds. Discard the seeds.
2. In the bowl with calamansi juice, add sugar, ½ teaspoon salt, and ground black pepper. Stir until the sugar and salt are diluted.
3. Add the ginger, chili, and onion. Stir for a few seconds until all ingredients are well blended.
4. Arrange the raw fish cubes in a large bowl. Pour the calamansi mixture. Toss until the fish cubes are coated. Let it sit for 10 minutes.
5. Toss one more time and taste. Add more salt if needed. You can also add more calamansi juice if needed. Toss to blend all the ingredients. Securely cover the bowl and place it inside the refrigerator. Let it chill for at least 3 hours.
6. Serve. Share and enjoy!



## CHEF'S NAME

### Abigail Serbins

Country/Culture: The Philippines

Meal Course: Snack/ Soup

Difficulty: ●●○

Number of Servings: 6

# SEAFOOD KARE KARE

## Prep Time

15 mins

## Cooking Time

40 mins

**Author:** Vanjo Merano

## INGREDIENTS:

1/2 lb. shrimp with head and shell cleaned

2 crabs steamed

1/2 lb. mussels boiled in 3/4 cup water

1 medium squid

8 to 10 string beans tied in knots

1 small banana heart chopped

2 cups coconut cream

5 tablespoons peanut butter

1 1/2 tablespoons annatto (achiote tree seeds) powder (astuete)  
diluted in 3 tablespoons water

2 tablespoons fish sauce

3 tablespoons shrimp paste

6 tablespoons cooking oil

Water



## Steps for Seafood Kare Kare

1. Pour 5 cups of water into a cooking pot. Let boil. Blanch the string beans and banana blossoms by placing them in the pot with boiling water and cooking them for 3 to 4 minutes. Remove the vegetables and put them in a bowl with cold water and ice. Let it stay in the bowl for 3 minutes. Remove from the bowl and set aside.
2. Heat 3 tablespoons of cooking oil in a pan. Pan-fry the shrimp on medium heat for 2 minutes per side. Remove the shrimp from the pan. Set aside.
3. On the same pan, pan fry the squid using the remaining oil for 2 minutes per side. Do not overcook the squid as it will get tough. Remove the squid from the pan and set it aside.
4. Pan-fry the steamed crabs on the same pan for 2 1/2 minutes per side. Add more oil if needed. Set aside.
5. Put the mussels on the same pan and pan fry or stir fry for 4 minutes total. Pour in the water used to boil the mussels (or if you are using pre-cooked mussels, use the water in the package). Deglaze the pan by gently rubbing your spatula on the surface until bits of seafood are diluted in the liquid. Remove the mussels from the pan and then place the liquid in a separate bowl.

6. Using a *palayok* (clay pot) or regular cooking pot, heat 3 tablespoons of cooking oil and then sauté the garlic and onion.

7. Once the onion turns soft, pour in the coconut milk. Let boil.

8. Add the liquid from the frying pan. Stir.

9. Add the peanut butter. Stir and cook until it is completely diluted.

10. Add the fish sauce (patis). Stir.

11. Pour in the annatto powder diluted in water. You may add more annatto powder to get your desired color. Cook for 2 to 5 minutes in medium heat while stirring.





**CHEF'S NAME**

**Abigail Serbins**

Country/Culture: The Philippines

Meal Course: Main Course

Difficulty: ●●○

Number of Servings: 4

# SINIGANG NA HIPON

(SHRIMP AND VEGETABLE SOUP IN SOUR BROTH)

**Prep Time**

10 mins

**Cooking Time**

20 mins

**INGREDIENTS**

- 1 lb. shrimp cleaned
- 44 grams Knorr Sinigang sa Sampaloc (Tamarind Soup Mix by Knorr)
- 1 bunch kangkong (water spinach)
- 15 pieces of snake beans
- 5 pieces okra
- 1 piece eggplant
- 1 cup daikon (Japanese white radish) sliced
- 1 piece tomato sliced
- 3 pieces long green pepper
- 1 piece onion
- 2 quarts water
- Fish sauce and ground black pepper to taste



## Steps for Sinigang na Hipon

1. Boil water in a cooking pot. Add onion, tomato, and radish. Cover and continue to boil for 8 minutes.
2. Add shrimp. Cook for 1 minute.
3. Add Knorr Sinigang Sa Sampaloc Recipe Mix. Stir until it dilutes completely. Cover and cook for 3 minutes.
4. Add long green pepper, snake beans, okra, and eggplant. Stir. Cook for 5 minutes.
5. Put the kangkong stalks into the pot. Season with fish salt and ground black pepper.
6. Add kangkong leaves. Cook for 1 minute.
7. Transfer to a serving bowl. Serve warm with rice.

**Nutrition:**

**Calories:** 283kcal | **Carbohydrates:** 38g | **Protein:** 32g | **Fat:** 3g | **Saturated Fat:** 1g | **Cholesterol:** 286mg | **Sodium:** 955mg | **Potassium:** 1367mg | **Fiber:** 15g | **Sugar:** 19g | **Vitamin A:** 3752IU | **Vitamin C:** 74mg | **Calcium:** 356mg | **Iron:** 7mg

**CHEF'S NAME**

**Victor Taylor**

Country/Culture: United States

Meal Course: Soup

Difficulty: ●●○

Number of Servings: 10

**SEAFOOD GUMBO**

**Prep Time**

20 mins

**Cooking Time**

2 hours 10 mins



**Steps for Seafood Gumbo**

1. Peel and devein shrimp, placing shrimp shells in a large pot. Refrigerate shrimp until needed.

2. In a large pot, melt 1/4 cup butter over medium heat. Add shrimp shells and cook until pink. Then add broth.

3. Bring broth to a boil, reduce heat, and simmer for 15 minutes. Remove from heat and keep warm until needed.

4. In a large Dutch oven, cook sausage until browned. Remove sausage with a slotted spoon and set aside.

5. Add oil and remaining 1/4 cup butter to Dutch oven. Heat over medium heat until the butter is completely melted.

6. Add flour and stir with a wooden spoon until smooth.

7. Reduce heat to medium low and cook, stirring frequently until roux is a dark caramel color. This will take 30 to 40 minutes.

**INGREDIENTS**

2 pounds unpeeled fresh large shrimp

1/2 cup butter, divided

2 (32-ounce) cartons chicken broth

1 pound andouille sausage, sliced

1/2 cup vegetable oil

1 cup all-purpose flour

2 cups finely chopped yellow onion

1 cup finely chopped green bell pepper

1 cup finely chopped celery

2 tablespoons minced garlic

1 (12-ounce) bottle amber beer

1 tablespoon Cajun seasoning

2 teaspoons Worcestershire sauce

1 teaspoon dried thyme

2 bay leaves

1/2 cup green onion tops

1/4 cup chopped fresh parsley

1 pound lump crabmeat

Cooked rice for serving

8. Add onion and cook for 5 minutes, stirring frequently.
9. Add green pepper and celery and cook for 5 more minutes, stirring often.
10. Add garlic and cook for 1 minute.
11. Add beer and stir in well.
12. Pour shrimp stock through a fine-meshed sieve into a Dutch oven. (I like to add it in 3 separate additions, mixing well between additions.
13. Add Cajun seasoning, Worcestershire sauce, thyme, and bay leaves, plus the reserved andouille sausage. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 1 1/2 hours.
14. Add green onions, parsley, and shrimp. When shrimp are pink, remove from heat and stir in crab meat.
15. Serve with white rice.

Note:

This delightful Seafood Gumbo is full of shrimp and crab and it has a nice spicy kick.

*Chef Victor Taylor,  
Sous Chef  
International House  
Berkeley, California*



## CHEF'S NAME

### Victor Taylor

Country/Culture: United States

Meal Course: Side dish

Difficulty: ●●○

Number of Servings: 8

Author: Jocelyn Dell Adams

# SOUTHERN COLLARD GREENS

## Prep Time

10 mins

## Cooking Time

20 mins

### INGREDIENTS

- 6 small bunches of collard greens about 3 - 3 1/2 lbs.
- 1 extra-large smoked ham hock make sure it is meaty!
- 2 tbsp granulated sugar
- 1 tbsp bacon grease
- 1 tbsp seasoned salt
- 2 tsp Worcestershire sauce
- 2 tsp apple cider vinegar
- 1 tsp crushed red pepper flakes (or 1/2 tsp if you like less heat)
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 cup finely chopped onion



## Steps for Southern Collard Greens

1. Start by pulling and tearing greens away from stems. Take a handful of greens, roll them up, and cut the rolls horizontally into small pieces. We remove the stems but this is a personal decision.
2. Next, add greens to an empty clean sink, and wash them removing all grit, sand, and debris thoroughly with cold water until the water becomes clear.
3. Next rinse the ham hock very well then add to a large pot along with enough water to fully submerge the ham hock then cover with a lid. Cook over medium-high heat for about 45 minutes or until the ham hock is near being tender.
4. Once the ham hock is almost tender, add greens and about 4-5 additional cups of water, or enough to just barely cover the greens in the pot. This will become your *potlikker* (the brothy liquid gold left behind after boiling greens and beans.)
5. Add the rest of the ingredients to the pot and cook while covered for at least 2 hours or until completely tender. Most water should have evaporated by this point just having enough to barely cover the greens.

**Nutrition:**

**Calories:** 88kcal | **Carbohydrates:** 4g | **Protein:** 5g | **Fat:** 6g |  
**Saturated Fat:** 2g | **Cholesterol:** 19mg | **Sodium:** 936mg |  
**Potassium:** 100mg | **Fiber:** 1g | **Sugar:** 3g | **Vitamin A:** 485IU |  
**Vitamin C:** 3.2mg | **Calcium:** 22mg | **Iron:** 0.4mg

**Notes:**

To pick wonderful greens at your local grocery store or farmer's market, be sure to pay close attention to the leaves. They shouldn't be too tough. You want to make sure that the leaves are easy to pull away from the stem and tear/cut later when preparing them to cook. You can scale back the spice to 1/2 teaspoon if 1 teaspoon of red pepper flakes is too much. You will need some liquid left for the pot likker but it shouldn't be way more water than what tops the greens. You should continue to cook down.

*Chef Victor Taylor,  
Sous Chef  
International House  
Berkeley, California*





## CHEF'S NAME

### Victor Taylor

Country/Culture: United States

Meal Course: Dessert

Difficulty: ●●○

Number of Servings: 15



### Steps for Rum Cake

1. Preheat the oven to 350 degrees Fahrenheit with oven rack in the center of oven.
2. Whisk the milk, sour cream, and rum together in a liquid measure and let come to room temperature.
3. In a large bowl or stand mixer whip the butter on medium speed for 1 minute. Add the granulated sugar and beat for 4-5 minutes more. Mix in the vanilla.
4. Add the eggs and egg yolks, one at a time, mixing just until combined in between additions. Scrape down the sides of the bowl.
5. Combine the cake flour, baking powder, baking soda and salt.
6. Add 1/3 of the dry ingredients to the batter and mix just until combined. Add 1/2 of the milk/sour cream mixture and mix.
7. Add another 1/3 of the dry ingredients, mixing just until combined. Add the last 1/2 of the milk/sour cream mixture and beat until just combined.
8. Add the final 1/3 of the dry ingredients and mix just until combined, scraping down the sides of the bowl.

# RUM CAKE

## Cooking Time

1 hour

## Prep Time

20 mins

### INGREDIENTS

- 1/4 cup milk, room temperature
- 1/3 cup sour cream, room temperature (light or regular)
- 1/3 cup rum (Bacardi Gold or Dark Myer's rum, or your favorite kind)
- 1 cup butter, room temperature
- 1 3/4 cups granulated sugar
- 2 teaspoons vanilla extract
- 3 large eggs, room temperature
- 2 large egg yolks, room temperature
- 2 1/4 cups cake flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt

### For the Glaze:

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup rum
- 1/4 cup heavy cream
- 1 teaspoon vanilla extract

8. Grease and flour Bundt pan. I use shortening, and make sure every crevice of the pan is coated! Pour batter evenly into the pan and bake at 350 degrees F for about 50 minutes or until a toothpick inserted in the center comes out clean, or with few crumbs.

9. Make the glaze: Add sauce ingredients to a saucepan over medium heat. Stir well until butter has melted and mixture is smooth. Bring mixture to a boil, stirring, and boil for 2 minutes.

10. Allow the cake to cool in the pan for at least 15 minutes before gently inverting it. (I like to remove the cake first, to make sure to get it out easily). Then wipe the pan clean and put the cake back in it. Poke holes all over the cake and gently pour most of the sauce over the cake, reserving just a little.

11. Allow the cake to soak up the glaze and then invert it onto a plate or serving platter. Spoon remaining glaze on top.

12. Store rum cake well-covered in the refrigerator.

**Make Ahead Instructions:** This homemade rum cake can be made and kept in the refrigerator for up to 5 days. You can reheat a slice in the microwave for 15 seconds or enjoy cold.

**Freezing Instructions:** Bake the cake but do not make the glaze sauce. Allow cake to cool completely then wrap in plastic wrap then tinfoil and store in the freezer for up to 3 months. Thaw the cake completely in the refrigerator overnight. When ready to eat, make the sauce, poke holes in the cake, and gently pour the glaze on top. Allow it to rest for at least 30 minutes before serving.

### **Nutrition**

**Calories:** 439kcal | **Carbohydrates:** 52g | **Protein:** 5g | **Fat:** 22g

**Saturated Fat:** 13g | **Polyunsaturated Fat:** 1g |

**Monounsaturated Fat:** 6g | **Trans Fat:** 1g | **Cholesterol:** 117mg

**Sodium:** 281mg | **Potassium:** 107mg | **Fiber:** 1g | **Sugar:** 38g |

**Vitamin A:** 717IU | **Vitamin C:** 1mg | **Calcium:** 53mg | **Iron:** 1mg

*Chef Victor Taylor,*

*Sous Chef*

*International House*

*Berkeley, California*



## CHEF'S NAME

### Aarash Zarrabi

Country/Culture: Persia

Meal Type: Any

Difficulty: ●●○

Number of Servings: 4-6



# LOOBIA POLOW

## Prep Time

2-3 hours

## Cooking Time

1-2 mins per one injera

## INGREDIENTS

2 cups long grain basmati rice  
1 1/2 pounds lamb or beef, cut into small pieces  
1 lb fresh string beans, washed, cut into 1-inch lengths  
1 large onion, finely chopped  
1 large ripe tomato, diced  
1 (16-ounce) can tomato sauce  
1/2 teaspoon turmeric  
1/2 teaspoon cinnamon  
Juice of a lime/lemon  
Salt and pepper to taste  
Vegetable oil

## Steps for Loobia Polow

1. In a large bowl wash the rice thoroughly, rinse with cold water, and drain. Soak the rice in 8 cups of water, add 4 tablespoons of salt, and set aside for a couple of hours.
2. In a pan, sauté chopped onions in 3 tablespoons of oil over medium heat for 5-7 minutes or until transparent. Add turmeric powder, and mix well.
3. Add the meat and cook until browned. Add tomatoes and the green beans to the pan and cook for another 5-7 minutes. Add tomato sauce, juice of a lime/lemon, cinnamon, salt and pepper to taste. Cook for another 15-20 minutes on low heat.
4. In a large saucepan, bring 3 quarts of water to a rapid boil. Drain the rice and pour it into boiling water. Bring the water back to a boil, and cook for about 7 minutes on medium-high heat or until the grains are long, soft on the outside, and firm in the center. Test to see if the rice is ready. Drain the rice in a colander and rinse well with cool water.
5. Add 4 tablespoons of oil to the bottom of a non-stick pot. Add a layer of rice and the mixture of meat and bean sauce, building it up to a pyramid shape away from the sides of the pot. Make 4-5 holes in the rice with the bottom of the spatula. Cook for about 7- 10 minutes on medium-high heat until rice is steaming. You may cover the lid with a kitchen towel to prevent the moisture from building up in the pot. Cover, reduce heat to low, and cook for 50 minutes to an hour. Don't overcook this rice. You don't want it to become too mushy.
6. Place rice on a serving platter, gently remove the crusty bottom (tahdig), and serve on a separate plate. Serve with salad, mast o khiar (yogurt and cucumber dip), or some torshi (pickles).

## Grandmothers and Green Beans

Everyone has a story about when they started cooking. Mine started when I was three years old. My grandparents would travel around and stay with their kids and help them raise the next generation. When they would come to our house, one of my favorite things to do was to sit in the kitchen and try to help my grandmother, but since I was so young, the answer was always no.

Finally, one day, she said yes. She was making Loobia Polo, which is a rice dish with meat, tomato, and green beans. I asked her if I could help, and she took me over to a table and gave me a bag of green beans. She showed me how to snap the ends off, and told me to start while she did other parts of the preparation. She cut the meat and onions, sautéed them, worked in the tomato, and parboiled the rice, all while I did some of the beans. Eventually, she came to help me finish. I watched her cut and sauté the green beans and get everything into the pot to finish cooking. When we ate dinner, she made a point to say that I helped her, which I remember made me very happy. I always asked to help her, and depending on the dish, the answer varied. But every time she made Loobia Polo, there was a bag of green beans waiting.

After a few times, I asked her if I could help her cut the beans. She got me a butter knife, and I helped her cut the beans. In reality, I probably cut 5 beans at a very slow pace, while she cut the rest of the bag, but it made me really happy. Over time, she let me cut more and more things and gave me better and better knives, and eventually, I'd help her with lots of things for many dishes. She is the one who taught me how to and helped me love cooking. I always looked forward to her visits and always looked forward to cooking with her.

*Chef Aarash Zarrabi,  
Sous Chef,  
International House  
Berkeley, California*



## CHEF'S NAME

# Aarash Zarrabi

Country/Culture: Persia

Meal Type: Any

Difficulty: ●●○

Number of Servings: 4-5



# PERSIAN HALVA

## Prep Time

60 min

## Cooking Time

90 min

### INGREDIENTS

#### *For The Syrup*

1 1/2 cup sugar

1 1/2 cups water

1/4 cup rosewater

1/4 teaspoon ground cardamom

1/4 teaspoon powdered saffron dissolved in 2 tablespoons of hot water

#### *For The Halva*

2 cups whole wheat flour, sifted

1 cup vegetable oil or unsalted butter

#### *Garnish*

Slivered almonds

Chopped pistachios

Shredded coconuts

## Steps for Persian Halva

1. Combine the sugar and water in a medium saucepan over medium heat. Bring to a gentle boil, add the cardamom, saffron, and rosewater. Remove from the heat, and set aside.
2. Place a heavy-bottom pan over medium-low heat and lightly toast the flour for 8-10 minutes, until you smell the aroma. Stirring frequently.
3. Add the oil and stir continuously for about 10-12 minutes over low heat.
4. While stirring, gradually pour the sugar syrup into the pan, until it is fully absorbed and the halva has thickened.
5. Remove from the heat and transfer the halva onto a serving platter. With the back of a spoon flatten the halva and garnish with the desired toppings.



## **REGULAR HALVA - NO ONE DIED**

My grandmother used to make halva for us on a fairly regular basis. She never let me help because it involves making a roux and very hot pans.

One day a family friend came over and got very serious quickly. We asked what was wrong and she asked, "Who died? Are you all okay?"

I didn't know what she was talking about. But then I heard my grandmother laughing and telling her that everything was fine. She knew how much we loved Halva, and made it for us now and then. Later on, she explained that you usually make halva for funerals, and that it's not something that is eaten very often, but that she made it for us because we loved it.

*Chef Aarash Zarrabi,  
Sous Chef,  
International House  
Berkeley, California*



**CHEF'S NAME**

**Aidan Pitt**

Country/Culture: England

Meal Course: Entree

Difficulty: ●○○

Number of Servings: 5-6

# CALIFORNIA-ENGLISH SANTA MARIA SUNDAY ROAST

WITH SWEET POTATO PUREE, ROASTED ASPARAGUS AND GF YORKSHIRE PUDDINGS

## Prep Time

10 mins

## Cooking Time

45 mins



## INGREDIENTS

*Santa Maria Tri-Tip Roast*

3lbs (more or less 1 medium to large) Tri-Tip roast

1 tbsp Salt

1 tsp ground black pepper

1 ½ tsp garlic powder

2 tsp Paprika

1 tsp Onion Powder

½ tsp Dried Rosemary

½ tsp Cayenne Pepper

3 tbsp Olive Oil

½ tsp Dijon mustard

⅓ cup red wine vinegar

1 bushel parsley for garnish

## Steps for California-English Santa Maria Sunday Roast

### Technique:

Combine all the marinade ingredients in a bowl and mix until homogeneous. Place Tri Tip roast in a large Ziploc bag and pour the marinade into it. Push out the excess air in the bag and seal the bag. Massage the marinade around the roast to ensure even coverage across the surface, and rest the marinating roast in the refrigerator overnight.

Preheat an oven (or fire up the grill/smoker) to 350 degrees Fahrenheit. Remove the roast from the refrigerator and place on a wire rack inside a rimmed baking sheet. Dab the roast with a paper towel to remove excess moisture. Allow the to roast rest at room temperature for 1 hour before placing it in the oven and roasting until an internal temperature of 145 degrees (a medium cook on a tri-tip is optimal in my opinion) is obtained. Allow the roast to rest for at least 15 minutes before thinly slicing and serving.

CHEF'S NAME

**Aidan Pitt**

Country/Culture: England

Meal Course: Sauce/Side

Difficulty: ●○○

Number of Servings: 5-6



# SWEET POTATO PUREE

**Prep Time**

15 mins

**Cooking Time**

25 mins

**INGREDIENTS**

4 medium sweet potatoes, peeled and thinly sliced

1 ½ stick unsalted butter

Salt and pepper to taste

Honey to taste

Maple syrup to taste

Put the sweet potatoes, butter, and a pinch of salt in a pot and barely cover with water. Boil over high heat until the butter is melted and the sweet potatoes can be easily broken up with a fork. Carefully transfer the contents of the pot into a blender and blend until smooth. You are looking for a consistency somewhere in between mashed potatoes and brown gravy. Add salt, pepper, honey, and maple syrup to taste and blend to combine.

CHEF'S NAME

**Aidan Pitt**

Country/Culture: England

Meal Course: Side

Difficulty: ●○○

Number of Servings: 5-6



# ROASTED ASPARAGUS

**Prep Time**

40 mins

**Cooking Time**

20 mins

**INGREDIENTS**

1 bushel asparagus

4 cloves crushed garlic

Salt and pepper to taste

Olive oil

Preheat the oven to 400 degrees Fahrenheit. Wash asparagus thoroughly. Add asparagus to a bowl and cover with water. Add a healthy pinch of salt and stir to combine. Allow the asparagus to brine for 30 minutes. Drain the water and dry out the asparagus with paper towels. Once the moisture is removed, add the asparagus to a bowl and add a healthy splash of olive oil, a small pinch of salt, a few twists of the pepper mill, and crushed garlic. Toss to spread around the seasoning. Spread the seasoned asparagus out on an aluminum foil-lined baking sheet and roast until the asparagus is softened and the garlic is browned.

## CHEF'S NAME

### Aidan Pitt

Country/Culture: The England

Meal Course: Snack/ Soup

Difficulty: ●●○

Number of Servings: 6



# GF YORKSHIRE PUDDINGS

## Prep Time

20 mins

## Cooking Time

40 mins

### INGREDIENTS:

1 cup gluten free all purpose flour

¼ tsp Xanthan Gum

½ tsp Salt

1 ¼ cups lukewarm milk

4 eggs

2 tbsp melted butter

High smoke-point oil such as avocado oil

Optional:

Black pepper

Red pepper flakes

## Steps for GF Yorkshire Puddings

Preheat the oven to 415 degrees Fahrenheit. Pour your high smoke point oil into popover tins (or muffin tins) in order to cover the bottom of each tin. Preheat the tins in the oven while you prepare your batter. Combine the flour, xanthan gum, and salt in a bowl (Optionally, add black pepper and red pepper to taste). Melt butter in a small saucepan and then add the milk, slowly heat up until warm. Slowly stream the butter and milk mixture into a bowl of beaten eggs, whisking the mixture to combine as you add it. Slowly spoon in the dry ingredients to the wet until fully combined and the batter is smooth. Once the tins are preheated, remove them from the oven and carefully pour your batter in order to fill each tin ⅓ of the way. Bake for 25 minutes at 415 degrees and then for 15 minutes at 365 degrees. Do not open the oven during any point of the baking process as the change in oven temperature may deflate your Yorkshire puddings. Remove from the oven and serve immediately.

### THE PLATE:

Ladle a generous pond of Sweet Potato Puree onto the plate and gently place a serving of tri-tip on the top. Arrange asparagus and Yorkshire puddings on the plate. Garnish with parsley and enjoy!

*Chef Aidan Pitt,  
Sous Chef  
International House  
Berkeley, California*



## CHEF'S NAME

### Ceajay Palanca

Country/Culture: The Philippines

Meal Course: Main Entree, Soup

Difficulty: ●●●

Number of Servings: 6

Calories: 346k cal



# NILAGANG BAKA

## Prep Time

10 min

## Cooking Time

30 min

## INGREDIENTS

2 pounds beef shanks, bone-in

1 pound beef tendons

8 cups water

1 large onion, peeled and quartered

1 teaspoon peppercorns

2 tablespoons fish sauce

3 corn, husked and cut into halves

2 medium potatoes, peeled and quartered

1 small cabbage, cut into wedges

12 green beans, ends trimmed

Salt to taste, green onions, optional

## Steps for Nilagang Baka

1. In a pot, combine beef shanks, beef tendon, and water. Over medium heat, bring to a boil, skimming scum that floats on top.
2. When clear of froth, add onions, peppercorns, and fish sauce.
3. Lower heat, cover and cook at no more than a simmer for about 2 to 2 1/2 hours or until shanks are tender and tendons are soft. Add more water as needed during cooking to maintain about 6 to 7 cups.
4. Add corn and cook for about 5 to 7 minutes.
5. Add potatoes and cook for about 5 minutes or until almost tender.
6. Add green beans and cabbage and cook for another 2 to 4 minutes or until vegetables are tender yet crisp.
7. Season with salt to taste. Ladle into serving bowls and garnish with chopped green onions, if desired. Serve hot.



**Notes:**

Since beef tendons are tough and fibrous connective tissues, they are almost impossible to cut uncooked. Ask the butcher to slice tendons into pieces or halfway during cooking and when tendons are soft enough to slice through, remove them from the pot, cut them into serving parts, and then return to the pot to continue to cook.

**Nutrition:**

**Calories:** 346kcal | **Carbohydrates:** 21g | **Protein:** 39g | **Fat:** 12g  
**Saturated Fat:** 5g | **Cholesterol:** 88mg | **Sodium:** 642mg |  
**Potassium:** 1230mg | **Fiber:** 6g | **Sugar:** 6g | **Vitamin A:** 235IU |  
**Vitamin C:** 66.2mg | **Calcium:** 137mg | **Iron:** 7mg

*Chef Ceajay Palanca,  
Sous Chef,  
International House  
Berkeley, California*



**CHEF'S NAME**

**Ceajay Palanca**

Country/Culture: The Philippines

Meal Course: Breakfast & Dinner

Difficulty: ●●○

Number of Servings: 4-6

**BATCHOY TAGALOG**

**Prep Time**

20 min

**Cooking Time**

40 min

**INGREDIENTS**

- 1/4 pound coagulated pork blood drained
- 1 tablespoon oil
- 1 onion peeled and sliced thinly
- 4 cloves garlic peeled and minced
- 2 thumb-sized ginger peeled and julienned
- 1/2 pound pork tenderloin cut into thin strips
- 1/4 pound pork heart about 1 piece, cut into thin strips
- 2 tablespoons fish sauce
- 1/4 pound pork liver cut into thin strips
- salt and pepper to taste
- 2 ounces Misawa (wheat vermicelli)
- 1 bunch fresh sili (chili) leaves stems trimmed



**Steps for Batchoy Tagalog**

1. In a sauce pot, combine pork blood and enough water to cover. Bring to a boil for about 2 to 3 minutes or until firm. Drain well and cut into cubes.
2. In a large pot over medium heat, heat oil. Add onions, garlic, and ginger, and cook until aromatic. Add pork and heart. Cook, stirring occasionally, until lightly browned. Add fish sauce and cook for about 2 to 3 minutes.
3. Add about 4 cups of water and bring to a boil. Lower heat, cover, and continue to cook for about 15 to 20 minutes or until meat is tender. Add pork liver and cook for about 5 minutes. Add coagulated blood and cook for another 3 to 5 minutes.
4. Season with salt and pepper to taste. Add miswa and continue to cook for 1 to 2 minutes. Add chili leaves, pressing down into the broth. Turn off the heat and cover to allow residual steam to cook leaves. Serve hot.

*Chef Ceajay Palanca,  
Sous Chef  
International House  
Berkeley, California*



## CHEF'S NAME

### Ceajay Palanca

Country/Culture: The Philippines

Meal Course: Side dish/ Soup

Difficulty: ●●○

Number of Servings: 6



### Steps for Sotanghon at Bola Bola Sopas

1. Prepare the meatballs. In a bowl, combine ground chicken, green onions, water chestnuts, garlic, carrots, soy sauce, salt, and pepper. Stir until well distributed.

2. Using a small scoop, portion the meat mixture and shape it into 1-inch balls. Set aside.

3. In a pot over medium heat, heat oil. Add shallots and garlic and cook until softened.

4. Add water and bring to a boil.

5. Gently drop meatballs into boiling water and cook, skimming scum that floats on top, for about 3 to 5 minutes or until meat changes color.

6. Lower heat and simmer for about 10 minutes or until meat is fully cooked.

7. Add noodles and stir to loosen. Cook for about 2 to 4 minutes or until translucent and softened.

# SOTANGHON AT BOLA BOLA SOPAS

(Cellophane Noodles and Meatball Soup)

## Prep Time

10 min

## Cooking Time

20 min

## INGREDIENTS

- 1 tablespoon canola oil
- 2 shallots, peeled and chopped
- 2 cloves garlic peeled and minced.
- 6 cups water (or chicken broth)
- 4 ounces (about 2 coils) Sotanghon(cellophane) noodles
- salt and pepper to taste
- 2 cups napa cabbage, chopped
- 1 cup *kinchay* (Chinese celery), finely chopped

### For the Chicken Balls:

- 1/4 pound ground chicken
- 1/4 cup green onions, finely chopped
- 1/4 cup water chestnuts, finely chopped
- 1 clove garlic, peeled and minced
- 1/4 cup carrots, shredded
- 1 teaspoon soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

8. Add napa cabbage and kinchay and continue to cook for about 2 to 3 minutes or until the cabbage is tender yet crisp.
9. Season with salt and pepper to taste. Serve hot.

**Notes:**

Make sure the water is boiling before adding the meatballs to keep them from falling apart.

**Nutrition:**

**Calories:** 209kcal | **Carbohydrates:** 33g | **Protein:** 7g | **Fat:** 6g  
| **Saturated Fat:** 1g | **Cholesterol:** 24mg | **Sodium:** 431mg |  
**Potassium:** 383mg | **Fiber:** 2g | **Sugar:** 2g | **Vitamin A:** 1651IU  
| **Vitamin C:** 15mg | **Calcium:** 76mg | **Iron:** 2mg



## CHEF'S NAME

# Ceajay Palanca

Country/Culture: The Philippines

Meal Course: Snack/ Soup

Difficulty: ●●○

Number of Servings: 6



## Steps for Goto

1. In a bowl, combine tripe and enough cold water to cover. Soak in refrigerator overnight. The next day, drain well.
2. Generously apply salt on tripe and vigorously rub on surfaces. Rinse well under cold, running water, and repeat for about 2 or 3 times.
3. In a large pot over medium heat, combine 1 liter of water and 2 tablespoons salt. Bring to a boil. Add the tripe and cook for about 10 to 15 minutes. Drain well, discarding liquid. Rinse pot.
4. In the pot, combine the parboiled tripe, beef bones, and about 8 cups water. Bring to a boil over medium heat, skimming scum that floats on top.
5. When the broth has cleared, add onion, garlic, ginger, and peppercorns. Lower heat, cover, and cook for about 3 to 4 hours or until desired tenderness. Add more water as needed to maintain about 7 cups.

# GOTO

## Prep Time

12 hours

## Cooking Time

5 hours

## INGREDIENTS:

### For the Tripe:

- 1 pound beef tripe
- rock salt
- 3 pieces beef bones
- 8 cups water
- Salt
- 1 onion, peeled and quartered
- 4 cloves garlic, peeled and smashed
- 1 thumb-size ginger, cut into half and pounded
- 1/2 teaspoon peppercorns

### For the Goto:

- 1 tablespoon canola oil
- 1 onion, peeled and chopped
- 5 cloves garlic, peeled and minced
- 2 thumb-size ginger, peeled and julienned
- 1 tablespoon fish sauce
- 1 cup glutinous rice
- 7 cups broth, reserved from cooking the tripe
- salt and pepper to taste

### Toppings:

- fried garlic bits
- green onions, chopped
- Calamansi (Philippine hybrid citrus), sliced



6. Remove tripe. Using a fine-mesh sieve, strain broth. Reserve liquid and discard bones and aromatics.
7. Allow tripe to cool to touch and slice into 1/2-inch thick x 2-inch long strips.
8. In a pot over medium heat, heat oil. Add onions, garlic, and ginger and cook until softened.
9. Add tripe and cook, stirring occasionally, for about 3 to 5 minutes.
10. Add fish sauce and continue to cook for 1 to 2 minutes.
11. Add rice and cook, stirring regularly, for about 2 to 3 minutes.
12. Add broth and bring to a boil, skimming any foam that may float on top. Lower heat, cover, and cook for about 25 to 30 minutes or until rice grains are softened and have burst.
13. Season with salt and pepper to taste.
14. Ladle congee(pudding) into serving bowls and garnish with chopped onions and fried garlic bits.

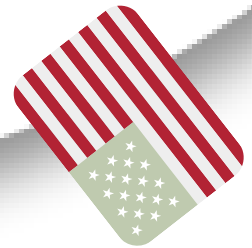
Serve hot with calamansi.

**Nutrition:**

**Calories:** 353kcal | **Carbohydrates:** 31g | **Protein:** 16g | **Fat:** 18g  
**Saturated Fat:** 6g | **Cholesterol:** 54mg | **Sodium:** 2632mg |  
**Potassium:** 318mg | **Fiber:** 2g | **Sugar:** 2g | **Vitamin C:** 4mg |  
**Calcium:** 43mg | **Iron:** 2mg

**Notes:**

You can add beef bouillon cubes to boost the flavor if you don't have beef bones.



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