



THE I-HOUSE COOKBOOK



Chapter Four: A Journey Through Global Comfort Food

A Collection of Recipes from Bangladesh,
the USA, Uganda, France, Somalia,
Ecuador, and Ghana





image & recipe from: haleemeats.com

Bhuna Khichuri



Main course



8 servings



8 min
prep time



45min - 1hr
cooking time

INGREDIENTS:

- 2 cups basmati/chinigura/kalijeera rice
- 1 cup mixed daal (masoor, chana, moong, toor) OR half and half chana+masoor
- 6 tbsp oil (half veg, half mustard/ghee)
- 1 cup onion (thinly sliced)
- 2 bay leaves
- 1 cinnamon stick
- 3 cardamom pods
- 1 tsp whole cumin
- 1 tbsp ginger paste
- 1 tbsp garlic paste
- 1 1/2 tsp red chili
- 1 tsp turmeric
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 4 tsp salt (or to taste)
- 4 1/2 cups water (for boiling)
- 5 green chilis (half split)
- Cilantro to garnish (chopped)
- Fried onions to garnish

DIRECTIONS

- Toast your lentils in a small pan on medium – medium low heat for a few minutes until nice and fragrant, do not burn.
- Pour into a bowl, add in your rice, then wash the mixture several times until the water runs clear. Then soak it in water for 15 minutes (while you prep) then drain well.
- Heat your pot on medium-high. Add in your oils, wait for it to heat up, then add in your bay leaf, cinnamon, and cardamoms. Fry for about 30 seconds, then add in your cumin seeds. Fry for a bit until they start to pop, do not burn.
- Then add in your onions. Fry for a few minutes until they soften. Then add in your ginger and garlic paste. Stir for a couple minutes until raw smells are gone, adding in a splash of water if needed to keep from burning
- Then pour in a splash of water and all your ground spices. Stir and fry for a minute or two
- Then add in your drained rice and lentils. Fry in the oil for about 5-7 minutes, stirring constantly, until they get nice and flakey. You can hear the sound change once it's done
- Then add in 4 1/2 cups of water and your salt. Bring it up to a boil. Then cover and turn the temp down to low.
- Let it simmer until you can see the rice through the bubbles. Then throw in your green chilis and poke them into the rice. Put the lid back on.
- Let it simmer/steam for another 12-15 minutes until the rice/lentils are pretty much cooked through. Test a piece of rice from the top to check, all the steam should be gone by now,
- Garnish with chopped cilantro, more mustard oil/ghee (optional) and some fried onions.
- Put the lid back on and let all the flavors come together for a few minutes, Fluff with a fork, and you're done!



Masuma Mollika Miti

Bangladesh
(IH 2023-2024)



Khichuri: The Taste of Home and Heart

In our culture, khichuri isn't just a dish; it's a feeling of home. Made with a comforting blend of rice and lentils, it's the food we turn to on rainy days when everything feels better with a warm bowl in hand. When it's raining, nothing tastes better than this simple dish. You can have it plain or throw in whatever you like for sides—salad, fried eggplant, egg fry, beef curry, chicken curry, you name it. But the real star is the khichuri itself. The best thing about khichuri is that there's no one way to cook it—it's all about what you enjoy. There's no right or wrong way, just your way. It's a dish that's made for sharing, often at the center of a picnic. Cooking khichuri with friends is a simple joy that sticks with you, making any gathering a bit more special.



image from: banglarrannaghor.com

Fuchka



Snack



2 servings



1 hr
prep time



20 min
cooking time

INGREDIENTS:

Puri

- 1 cup unroasted semolina flour
- ¼ cup all-purpose flour
- 1/3 cup water

Sauce

- 50-gram tamarind pulp
- 3 cups of water
- 1 tsp salt
- ½ tsp black salt
- 1 ½ tbsp ground roasted coriander
- 1 tbsp ground roasted red chili
- 1 ½ tsp ground roasted cumin
- 3 tbsp sugar
- 1 tsp lime juice

Filling

- 3 cups white peas
- 2 medium potatoes
- 2 tbsp chopped red onion
- 4-5 freshly chopped green chili
- 1 tsp ground roasted coriander
- 1 tsp ground roasted cumin
- 1 tsp ground roasted red chili
- 2 tbsp freshly chopped coriander
- ½ tsp salt to taste
- ½ tsp lime juice

DIRECTIONS

- Mix semolina with all-purpose flour very well using your hand
- Gradually add water as you mix and knead while allowing the semolina to absorb the water
- Once the dough has reached an elastic-like texture, cover it up with a moist cloth and let it rest for 10 minutes and make sure your dough is not too soft nor hard
- Knead the dough again before cutting the dough in half and roll it out thinly flat using a rolling pin
- Cut out into small round pieces using a cookie cutter
- Deep dry and gently tap as it puffs up and lights golden in color
- For the sauce, pour in tamarind pulp along with 2 cups of water and bring to a boil
- Strain out the tamarind sauce into a clean bowl, add 1 cup of water, salt, black salt, coriander, red chili, cumin, sugar, and lime
- Mix the tamarind sauce and set aside
- In a new bowl, add boiled white peas, boiled potatoes, red onion, green chili, ground coriander, cumin, red chili, fresh coriander, salt to taste, and lime juice along with a 2 tbsp of tamarind sauce



Masuma Mollika Miti

Bangladesh
(IH 2023-2024)

Fuchka: The Flavorful Street Treat

On the streets, fuchka is what you'd call a true crowd-pleaser.

Fuchka is the king of street food around Bangladesh. These little balls of flavor are everywhere, and they're irresistible. Each fuchka is a burst of sweet, sour, and spicy tastes that come together in a single, perfect bite. It's not just food; it's an adventure for your taste buds, served up at carts along the lively streets. And nothing beats having a Fuchka party. It's a common scene: friends and families gathered around, sharing stories and laughter with every bite. It's these moments that turn a simple snack into a celebration of community. It's not just about the food; it's about the good times and memories we make while preparing and eating it.



Stuffin Muffins



Dinner



6 servings



15 min
prep time



45min - 1hr
cooking time

INGREDIENTS

- Stuffing mix
- Onion chopped
- 3 stalks celery
- 1 stick melted butter
- 3 eggs beaten
- 1 can chicken broth

DIRECTIONS

- Mix all ingredients in a bowl, stir, and put into greased muffin tin.
- Put a little bit of butter on top of each before putting in oven.
- Heat in oven at 375F - 400F for 45 minutes to 1 hour.
- (It's basically wet dressing cooked in muffin tins-- any dressing recipe would work).



Ryan Miles Beam

The United States of America
(IH 2021-2024)



My family calls these "Stuffins," a portmanteau of stuffing and muffins. Stuffing/dressing is a classic American Thanksgiving dish, often served either inside or alongside a Thanksgiving turkey. When served alongside turkey, it is usually prepared in a baking dish, just like a sheet of brownies. The problem? People prefer the pieces cut from the edges and corners of a sheet of dressing since these pieces have a crispier texture and greater structural integrity than pieces cut from the middle of the sheet. Because there are so few of these pieces, however, and because Thanksgiving is often a large family gathering, the inevitable jockeying over who gets these coveted edge-and-corner slices is a leading source of holiday strife. My grandpa credits himself with the invention of stuffins, which solve the classic problem of edge piece distribution by turning every serving of stuffing into an edge piece. They've been a staple of family Thanksgiving for my whole life, and also make a hearty comfort food.



image & recipe from: fabwoman.ng

Ugandan Rolex



All



6 servings



45 min
prep time



15 min
cooking time

CHAPATI

INGREDIENTS:

- 3 cups all-purpose flour
- 1 tsp Kosher salt
- 1 tsp granulated sugar
- 3 tbsp oil (vegetable oil like grapeseed works)
- 1¼ cups water (adjust as needed based on humidity)

DIRECTIONS

- Combine flour, sugar, and salt in a bowl.
- Add oil and gradually add water, stirring until you have a soft, non-sticky dough.
- Knead the dough for 10-15 minutes until smooth, then let it rest for 20-30 minutes.
- Divide into 6 pieces, shape into balls, and roll each into a 10-inch circle.
- Roll into a tightrope, coil like a snail, flatten, and roll out to 8 inches.
- Cook on a griddle with oil until golden (2-3 minutes per side).

OMELETTE

INGREDIENTS:

- 12 eggs (divided, 2 per serving)
- ¾ cup shredded cabbage (divided, ~2 tbsp per serving)
- 6 tsp finely chopped Roma tomato (1 tsp per serving)
- 6 tsp finely chopped red onion (1 tsp per serving)
- 3 tsp finely chopped bell pepper (½ tsp per serving)
- ½ tsp Kosher salt

DIRECTIONS

- Beat 2 eggs in a cup, add tomato, onion, bell pepper, and salt.
- Cook on a griddle with oil until set, flipping halfway through.

ASSEMBLY

Place the omelette on a warm chapati and roll them up.
Serve warm.

NOTE:

The chapati dough can be stored in the refrigerator for a few days and shaped before grilling.

Regarding the cabbage, the recipe doesn't specify whether it's pre-cooked. You may want to experiment by adding it directly to the egg mixture or pre-cooking it before incorporating.



Marion Apio

Uganda

(IH 2023-2024)



What is a Ugandan Rolex?

A Ugandan Rolex is a popular street food in Uganda, and it's not what you might be thinking—it's the experience which comes with you watching the step by step process while they're making it. The fire, smoke, heat and craft that it takes to have it made in 5- 10 minutes makes you want it even more. It's a delicious combination of a chapati (a type of flatbread) and an omelette filled with veggies. People love it for its tasty and filling nature, and the good news is, you can easily make it at home!

I had my first rolex at the tender age of five. I recall attempting to make my own rolex at twelve, however I lacked the finesse for the perfection of blending eggs and veggies to place on the chapati.

Sharing rolexes with friends and siblings has been a cherished tradition. The convenience of running to your "Rolex guy" for a quick bite has proven invaluable during road trips, school excursions, or family outings. The experience reached new heights with Uganda hosting the biennial Rolex Festival, a vibrant affair featuring street vendors showcasing various tricks, ingredients, and styles.

If ever in Uganda, I encourage you to seek out your own "rolex guy" or, at the very least, give this delightful street food a try. The experience is not just about the food; it's a cultural journey filled with flavors and shared moments that make Uganda truly special.



image from: loveandlemons.com

Socca



Appetizer



4 servings



5 min
prep time



15 - 45 min
cooking time

INGREDIENTS

- 1 cup chickpea flour
- 1 cup water
- 1¾ tablespoons extra-virgin olive oil, divided
- ½ teaspoon sea salt

DIRECTIONS

- Preheat the oven to 475°F with a 10-inch cast-iron skillet inside.
- In a medium bowl, combine the chickpea flour, water, 1 tablespoon olive oil, and salt and whisk until smooth. Cover and set aside to soak for 30 minutes.
- Using a potholder, remove the preheated skillet from the oven and add the remaining ¾ tablespoon olive oil, brushing to coat the bottom and sides of the pan. Pour the batter into the pan and bake for 17 to 20 minutes or until the socca is well-browned and crisp around the edges. Do not underbake - the crispier the better.
- Remove from the oven, let cool slightly, and then use a spatula to loosen and transfer the socca from the skillet to a serving plate.
- Enjoy as a flatbread served with suggested spices, herbs, dips and/or toppings listed in the post above.

NOTES

Socca is best just out of the oven, while the edges are crispy. If you have leftover socca, store it at room temperature for up to 2 days or freeze it for up to 1 month. Reheat the socca on a baking sheet in a 400°F oven until the edges are crisp again.



Capucine Hustin

France
(IH 2023-2024)

This recipe holds a special place in my heart, a delightful taste of my beloved hometown, Nice, in the sun-drenched South of France. Traditionally, we prepare this dish in a massive, communal plate, inviting everyone to gather around and share in the experience. It's more than just a meal; it's a celebration of togetherness, a moment to create lasting memories with loved ones.

My brother takes great pride in making this whenever we have guests. It's a ritual that fills our home with the tantalizing aromas of our childhood, transporting us back to simpler, carefree days when laughter echoed through the streets. As we gather around the table, passing the plate from one person to another, we exchange stories, reminisce about cherished moments, and forge new bonds.



image from: cooking.nytimes.com

Somali Saldata Spaghetti



Main Course



4-6 servings



45 min
prep time



30 min
cooking time

INGREDIENTS:

- 0.5 kg (1 lb.) spaghetti
- 0.5 kg tomatoes, chopped
- Fresh coriander, ground (to taste)
- 1 teaspoon Xawaash spice mix
- 2 tablespoons salt (or Magi seasoning as an alternative)
- Optional: 1 potato, peeled and mashed (if thicker sauce desired)
- 100 gm tomato sauce
- 2 onions, finely chopped
- Cooking oil (for frying)
- Tamarind water or normal water (as needed)
- Optional: Tamarind paste mixed with a little water

DIRECTIONS:

Pre-cook the Spaghetti:

Cook the spaghetti until it is about 70% done. This usually means cooking it for a couple of minutes less than the package instructions. Once cooked, drain the spaghetti and set it aside.

Prepare the Sauce:

- In a large skillet or pan, heat some oil over medium heat.
- Add the chopped onions to the oil and sauté until they become translucent.
- Stir in the ground coriander and Xawaash spice mix, cooking for a minute to release their flavors.
- If using, add the mashed potato at this stage and mix well.
- Add the chopped tomatoes to the pan. Cook for about 10 minutes, allowing the mixture to dry out slightly and intensify in flavor.
- Gradually add a little tamarind water or normal water, just enough to keep the sauce from becoming too dry, but not too much as to make it watery.
- Season with salt (or Magi seasoning) to taste.
- Finally, stir in the tomato sauce and let the mixture simmer. The sauce should be ready in about 15-20 minutes, especially if you're not using potato.

Fry the Spaghetti with Sauce:

- In a separate frying pan, add a portion of the cooked spaghetti and a scoop of the sauce.
- Fry them together, ensuring the spaghetti is well coated and infused with the sauce. Repeat this process until all the spaghetti and sauce have been combined.
- This step should be done right before serving to ensure the spaghetti is hot and flavorful.

Serve:

- Serve the Somali Saldata Spaghetti hot, possibly with a side of salad and banana or your choice of accompaniment.



Mohamed Mohamed

Somalia
(IH 2023-2024)



Pasta Saldato isn't just spaghetti to me; it's a piece of my childhood, a taste of home, and a connection to my family's traditions. This savory dish holds a special place in my heart as it happens to be my father's all-time favorite.

My mother taught me how to make Pasta Saldato, and for me, cooking is a love language. When you see this dish on the menu at International House, know that it's my way of extending that love and sharing a piece of my heritage with the entire community.

The devoted kitchen team keeps this tradition alive, ensuring that every bite of Pasta Saldato is a taste of the nostalgia and connection that it represents for me. It's a dish that transcends the simple ingredients, carrying with it the warmth of family and the rich tapestry of our diverse community.



Tigrillo



Breakfast



2 servings



15 min
prep time



25 min
cooking time

INGREDIENTS

- 2 green plantains (verde)
- 2 spoons of butter
- 2 – 3 eggs
- 100 g grated cheese
- 30g coriander
- half an onion, chopped
- Salt and Pepper

DIRECTIONS

- Boil some water in a pot, chop the onions and coriander, grate the cheese and prepare the butter.
- Peel and halve the plantains, cut them in half and place them in the boiling water.
- After about 10 minutes, the plantains are soft enough to crush like the potatoes in mashed potatoes.
- While the plantains are cooking, heat some oil in a pan and prepare a classic scrambled egg.
- Then melt the butter in another pan. Add the onions, and sauté lightly. Then add the crushed banana mixture and let it heat up.
- To make your Tigrillo creamier, add some broth or cream. Add the scrambled eggs and cheese, let it warm for a short while and refine with delicious coriander, salt, and pepper

NOTE

It's important to use the green plantains called "verde" and not the over-ripe or over sweetened ones.

Tamarillo or Tree Tomato Aji Hot Sauce

INGREDIENTS

- 4-5 fresh or frozen tree tomatoes
- 2 hot peppers (ajies, serranos, red chilies, or habaneros)
- 2 tbsp finely chopped white onion
- 1 tbsp finely chopped cilantro
- 1 tbsp lime or lemon juice
- 1/4 cup water
- Salt to taste

DIRECTIONS

- Fresh tree tomatoes: Peel and boil for 5 minutes for easier peeling.
- Frozen tree tomatoes: Defrost overnight in fridge, then halve and scoop out insides.
- Blend tree tomatoes with hot peppers (seeded for milder taste).
- Transfer blend to saucepan, add water, cook for 5-8 minutes (optional for fresher sauce).
- Add onion, lime juice, cilantro, chochos (optional), and salt to taste.
- Serve warm or cold.



Nico Weers

Germany
(IH 2023-2024)

Tigrillo is a traditional vegetarian breakfast dish from the coastal region of Ecuador, a place I have come love. It's typically eaten with Ají, a spicy sauce made with pepper and tomatoes. I worked in Ecuador for a while before coming to Berkeley and during my time there, Tigrillo became one of my all-time favorite breakfasts. I first tried it through my Ecuadorian-American friend Amelia, who is from the coastal city of Guayaquil.

This dish holds a special place in my heart. The aroma reminds me of cherished moments I created and the people who became loved ones while I was in Ecuador. Preparing and eating Tigrillo reminds me of the Ecuadorian traditions I came to love and helps me keep those moments and lessons alive and part of my story no matter where I am.

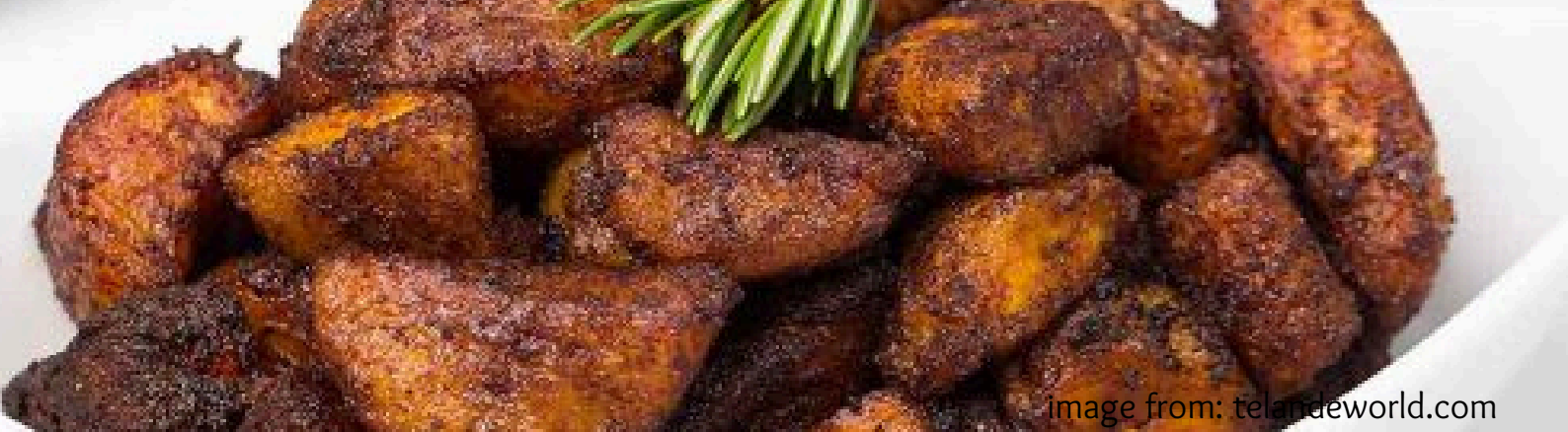


image from: telandeworld.com

Kelewele



All



4-6 servings



10 min
prep time



10 min
cooking time

INGREDIENTS:

- 3 Ripe Plantains
- 1 tsp Nutmeg
- 1/4 onion cut in pieces
- 1 tsp Chili pepper
- 1-2 Garlic cloves
- 1 tsp Ginger (chopped)
- 1 teaspoon lemon
- 1 teaspoon bouillon powder or small bouillon cube (optional)
- 1/2 tsp Salt or to taste
- 1 Tbsp olive oil
- Olive Oil for deep frying

DIRECTIONS:

- Peel the plantains and cut them into bite-sized cubes or chunks.
- Blend onions, ginger, garlic, in a blend or food processor, with just enough water to facilitate blending, then add cayenne pepper, lemon, nutmeg, salt, and the one tbsp of olive oil and bouillon. Set aside.
- In a large bowl toss the plantain cubes and ginger spice mixture
- Let it rest for about 10 to 20 minutes to absorb the flavor
- Heat up a large skillet or cast iron with oil up to ½ inch- medium-high heat until hot but not smoking.
- Fry the plantain cubes in batches , turning once, until golden brown, about 5 minutes. Do not overcrowd the pan (it will cause the plantains to be soggy and absorb excess oil
- Using a slotted spoon, transfer the fried plantains to pan lined with paper towels.
- Serve warm.

NOTES

Ensure the oil is hot before frying the Kelewele. If the oil isn't sufficiently hot, the plantains will soak up the oil, resulting in a texture that's too soft and oil-saturated.



Essenam Dorkenu

Ghana

(IH 2023-2024)



Kelewele, a beloved nighttime street snack in Ghana, has been a true lifesaver in my personal experience. After particularly exhausting days at work or church when I lack the energy to cook or even reheat a meal, I can always rely on the friendly Kelewele vendor at the corner of the street to come to the rescue.

This spicy and delectable delight not only satisfies my taste buds but also serves as a well-balanced meal, in my opinion, especially when paired with fried chicken gizzards or sausages. The combination of flavors and textures is simply irresistible.

I have fond memories of when my uncles visited our home; they knew that was one present we always welcomed. We made sure they took us to the corner vendor many times during their stay as it was our top choice when they asked how they could spoil us.



COOKBOOK

THE INTERNATIOAL HOUSE

CHAPTER FOUR: A JOURNEY
THROUGH GLOBAL COMFORT FOOD



See all chapters at: <http://ihouse.berkeley.edu/cookbook>

