Koko na Soussou
(cooking time: some minutes)

Ingredients Needed:
Koko (1 package dried wild vine leaves, chopped)
Yellow Onion (1 onion, chopped)
Soussou (1 package smoked catfish)
Maggi bouillon (2 small cubes)
Vegetable oil (1/2 cup or thereabouts)
Cassava (1 tube)
Salt (1/2 teaspoon)
Cooking Instructions:
1) Bring large pot of water to medium heat
2) Chop onion
3) In a container or bowl, pour hot water over fish and soak for 5 min. (or until tender) and then debone fish and set aside.
4) In a separate bowl, pour hot water over leaves and soak for 5 min. (or until soft) and then strain and set aside.
5) Pour cooking oil in the pot and cook onions on low to medium heat for 5 min.
6) Add fish to pot and stir
7) Mix in Maggi cubes and salt
8) Add leaves to pot, bring to low boil and cook for 5 minutes, adding more water as needed
9) Remove outside peel of cassava and heat in microwave for 1 minute.
10) Serve!
Momo (dumplings)

Ingredients Needed: dumplings

2 Heads of Cabbage
2 Medium red onions
4-5” ginger, peeled
¼ C salt
1 ½ C cilantro, chopped
2 T turmeric
1 T Chinese salt
1 T Dhanajiru (coriander-cumin)
¼ C canola oil
2 pkgs. Dumpling wrappers
(62 wrappers each)
1 water finger-dipping bowl
Ingredients Needed: Achar Dipping Sauce

¼ C Canola oil
½ medium red onion, chopped
2 habanero peppers, diced
2 T salt
2 t turmeric
2 T Dhanajiru (coriander-cumin) powder
7 medium tomatoes, chopped with skins on
2 T Chinese salt
3-4 small potatoes, peeled
¾ C cilantro
Method: Prepare the filling.

- Mix finely shredded cabbage with onions and ginger in a very large bowl.
- Mix in cilantro and salt. Let sit for 5 minutes then squeeze out all excess water from the cabbage mixture.
- Discard the water. Mix in turmeric, Dhanajiru, Chinese salt and canola oil.
Prepare the dumplings:
- Place 2 T filling in the center of a dumpling wrapper (if purchased frozen, thaw first).
- Utilizing a finger-dipping bowl, dab a little water on one half of the wrapper's edge, fold in half and seal with a crimping method: starting at one corner of the fold, work your way along the edge, gathering the wrapper in small pinched folds.
- Repeat to use all filling.
Steam the dumplings:
- Use a dumpling steamer to cook the Momos (a veggie steamer basket in a pot can be used but would require multiple single-layer batches).
- Bring a pan of water to a boil over medium heat.
- Lightly oil the bottom of each steamer pan and arrange one layer of slightly touching dumplings.
- Stack steamer pans on a pot of water and cover with the lid.
- Steam Momos for 15 minutes, re-order the stacked steamer pans for even cooking and steam for 15 minutes more.
- After 30 minutes total cooking time, remove the Momos from the pans and serve warm with sauce.
Prepare the Achar Dipping Sauce

-Heat oil in a large frying pan over medium heat.
-Add onion and habanero peppers and cook until slightly tender.
-Mix in salt, turmeric, Dhanajiru and Chinese salt.
-Stir in tomatoes and cover. Cook for 25 minutes, stirring occasionally and smashing until the softened tomatoes down with the back of a spoon.
-Remove from the heat and let stand for 15 minutes. While the sauce is cooking, peel and boil, reduce the heat and simmer covered, 15-20 minutes, or until done. Potatoes are done when a fork can be easily inserted into the potato without the potato breaking apart.
-Drain potatoes and lightly mash. Once the sauce is slightly cooled add the mashed potatoes and cilantro.
-Pour into a blender and combine until smooth (use caution when blending hot liquids).
-Serve the Momos warm with the Achar sauce on the side for dipping.
Fun Fact about Momo:

Bhutanese call it Momo and it is one of the most popular dishes in Bhutan and still beloved by those in the U.S. as a regular meal and snack at gatherings. Although meat is common, these cooks prefer to feature cabbage as the main ingredient. The Achar dipping sauce can be used in other dishes, including for dipping Roti- a traditional Bhutanese bread.
Fufu (Cassava Dough with Beef & Greens)

Ingredients Needed: Fufu
2 C water
⅔ C cornmeal
1-1 ½ C manioc flour
¼ t salt

Ingredients Needed: Greens
3 bunches of collard greens, de-stemmed
1 large yellow onion, diced
1 large tomato
⅓ C palm oil
2 t salt
Ingredients Needed: Beef

1 lb beef tips
1 t salt
1/3 C palm oil, divided
1 large yellow onion, diced
2 large tomatoes

Method: Prepare the beef

- Place the beef tips in a large pan with a well-fitting lid, cover with water and season with salt.
- Bring to a boil, reduce to simmer, cover and cook for 45 minutes until brown and tender.
Prepare the greens

- Prepare all the collard greens by rolling together several leaves at a time and slicing thinly.
- Put the sliced collard greens into a different pot with a tight fitting lid, cover with water and simmer for about 15 minutes. Remove and drain greens; set aside.
- Place the whole tomato in the pot and ensure that it is covered with hot water. Simmer for 10 minutes.
- Remove tomato and cut into cubes. Discard water.
- In the pot, combine oil, onion, collard greens and diced tomatoes and cook over medium heat. Season with salt and sauté for about 5 minutes, mashing the tomatoes in the process.
- Remove from heat.
Create the beef dish

Measure 2 C oil.
- Heat 2-3 T of this oil in a large pot over medium heat.
- Sauté the onion until translucent. Remove onion and set aside.
- Add the remaining oil to the pot and, once hot, add the beef tips.
- Cook until browned, about 10 minutes.
- Simmer and dice the tomatoes as described in Step 2 above.
- Add the sautéed onions and diced tomatoes to the beef.
- Stir and heat briefly to blend flavors, mashing tomatoes in the process.
Prepare Fufu

- In a large pot, heat salted water.
- Once boiling, slowly add corn meal and 1 C manioc flour while stirring vigorously to avoid lumps forming.
- Simmer and stir constantly for 10 minutes. The mixture should be similar to the texture of bread doubt. *If thinner, add more manioc flour.*
- When it reaches correct consistency, take off the heat.
- Shape into a ball - you can use a small bowl to shape the Fufu.
Serve and enjoy!

- Place the greens, beef dish, and fufu on separate plates and serve.
- The dish is to be eaten by hand, without using utensils.
- Take a small ball of fufu with your fingers, shape it into a small bowl and use to scoop the beef and vegetables.

Fun fact about Fufu:

Fufu is one of the staples of Congolese cooking. It is typically formed into a ball and used to scoop the other meal items - vegetables, meat or fish.
# Biryani

## Ingredients Needed:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 C</td>
<td>basmati rice</td>
</tr>
<tr>
<td>8 oz</td>
<td>short, thin egg noodles</td>
</tr>
<tr>
<td>2 lbs</td>
<td>lamb shanks</td>
</tr>
<tr>
<td>1 ½ C</td>
<td>raisins</td>
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<tr>
<td>2 C</td>
<td>canola/vegetable oil</td>
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<tr>
<td>¼ C</td>
<td>olive oil</td>
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<tr>
<td>1 medium</td>
<td>onion, small diced</td>
</tr>
<tr>
<td>2 large</td>
<td>potatoes, peeled and cubed</td>
</tr>
<tr>
<td>2 C free</td>
<td>bag of frozen mixed vegetables</td>
</tr>
<tr>
<td></td>
<td>(carrots, peas, corn and green beans)</td>
</tr>
<tr>
<td>1 ⅓ C</td>
<td>almonds, whole skinless</td>
</tr>
<tr>
<td>3</td>
<td>cloves garlic, diced</td>
</tr>
<tr>
<td>2 t</td>
<td>onion powder</td>
</tr>
<tr>
<td>2 t</td>
<td>ground sumac</td>
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<tr>
<td>2 t</td>
<td>onion powder</td>
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<tr>
<td>2 t</td>
<td>ground sumac</td>
</tr>
<tr>
<td>1 t</td>
<td>ground cumin</td>
</tr>
<tr>
<td>2 sticks</td>
<td>cinnamon</td>
</tr>
<tr>
<td>½ t</td>
<td>ground cumin</td>
</tr>
<tr>
<td>2 cubes</td>
<td>chicken bouillon</td>
</tr>
<tr>
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<td>parsley, rough-chopped</td>
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<td>1 t</td>
<td>ground cinnamon</td>
</tr>
<tr>
<td>½ t</td>
<td>curry powder (yellow)</td>
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<td>citric acid (sour salt)</td>
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<tr>
<td>¾ t</td>
<td>ground turmeric</td>
</tr>
<tr>
<td>2 t</td>
<td>ground sumac</td>
</tr>
<tr>
<td>1 t</td>
<td>ground cumin</td>
</tr>
</tbody>
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**WORLD Refugee Day**
Method: Soak the Rice
-Rinse basmati under running water and drain. Then cover with cold water and soak for 30 minutes.

Lamb Shanks
-Season the lamb with olive oil, 1 t garlic powder, salt and pepper and sear in a pot that has a tight fitting lid - but don’t cover them yet. Flip to sear both sides.
-Then, cover with water and put the lid on. When the water comes to a boil, turn the heat down to simmer. The lamb shanks will be done in about an hour- test them for tenderness. If they are still tough, continue simmer in 15 minute increments. Be sure to add water as necessary.
Noodles

- Add the dry noodles to a hot pan and add about 2 T olive oil. Stir to coat and turn the heat down to low.
- Continue stirring until the noodles are toasted and brown.
- Once noodles are toasted evenly, add some salt and about 1 ½ C water - turn the heat up and boil the noodles until the water has been absorbed/evaporated. Leave the noodles al dente for reheating.
- Remove from heat and set aside.
Potatoes
- Keep the potatoes covered with water until all vegetables are prepared, then drain and dry with a towel before cooking.
- Heat about 1 cup of vegetable oil until a dry potato cube starts cooking immediately when dropped in for a test.
- Add potatoes and stir to prevent clumping. Turn down the heat if necessary - you want a potato that is cooked through with some good color on the edges, not brown and crispy.
- Stir occasionally until done, then drain on a paper towel.

Almonds
- Once you have removed potatoes from oil, add the dry almonds to the oil and deep fry (raise the heat) slowly just until they start to cool.
- Remove the almonds to drain like the potatoes. Keep the oil for the next step.
Finish the Rice

- Add the onion to the hot oil and sauté until translucent.
- Add the mushrooms, diced garlic and cinnamon sticks. Cook to release flavors for 1 minute.
- Add the rice dry seasonings (salt, curry powder, onion powder, cinnamon, black pepper, ground suman, garlic powder, citric acid, ground cumin, ground turmeric).
- Stir and add the 2 bouillon cubes.
- Slowly add 2 C of water, and bring to a boil.
- Meanwhile, drain the basmati, and add it to the water once it reaches a boil. Cover and simmer for about 12 minutes.
- While the rice is cooking, heat the vegetables and the raisins.
Vegetables
-Sauté over medium heat with olive oil until tender, about 3 minutes. Season with salt and pepper, and set aside.

Raisins
-In a small pot, heat 2 t olive oil and sauté the raisins.
-Remove and drain.

Assemble
-Center on the platter as vertically as possible: rice, noodles, vegetables, potatoes.
-Garnish with almonds, raisins, and parsley.
-Place lamb around the sides.
Fun fact about Biryani:

Unlike dishes that combine ingredients in one pot or sauce, Biryani showcases the flavors of the individual ingredients. Prepared individually to maintain unique flavors and textures, the ingredients are assembled for presentation to be enjoyed in concert with one another. Biryani’s roots date back at least 500 years to the Middle East. It spread throughout South Asia and in recent decades, around the world.