

INTERNATIONAL EDUCATION WEEK DINNER

November 18, 2011 • 4:30 - 7:00 p.m. • \$8.00 for adults, \$4.50 for children
Fairmount Towers Cafeteria

ENTREES:

BULGOGI OVER RICE

Country: South Korea

One of Korea’s most famous foods. Bulgogi literally means “fire meat” and refers to meat cooked over an open flame (as opposed to its spiciness). Bulgogi is thin strips of beef marinated in soy sauce, scallions, garlic, and other flavorings. It is grilled or stir-fried. Americans might think of it as the Korean version of fajitas.



GARAM MASALA CHICKEN

Region: Throughout the Middle East

This fried chicken dish is made with garam masala and spices. In Hindi, garam means “hot” and masala is “mixture,” but garam refers to the intensity of the spices, rather than the heat one associates with a chili pepper. It is a blend of ground spices common in North Indian and other South Asian cuisines.



MALAI KOFTA

Country: India

Wonderful balls of ground vegetables with a sweet surprise inside made up of raisins, nuts and cilantro, drenched with a coconut sauce.



POTSTICKERS (Chinese Ravioli)

Country: China

Potstickers, which are also popular in Japan and Korea where they go by different names, are little dumplings filled with ground pork, cabbage, and tasty herbs and spices. They are often served with dipping sauces made of either soy sauce or black Chinese vinegar.



SPINACH-MUSHROOM QUICHE

Country: France

Delicate egg mixture with spinach and mushrooms baked in a pastry crust.



SIDE DISHES:

CHIPA GUAZU

Country: Paraguay

Chipa Guazu is a home-style casserole made with corn, eggs, cheese, milk, and more. Very tasty!

SESAME-GINGER GREEN BEANS

Country: Japan

Whole green beans combined with toasted sesame seeds, flavored with ginger.



VEGETABLE EGG ROLLS

Region: East Asia

Tender shredded cabbage, carrots and other Asian vegetables and spices surrounded by a crispy egg roll wrapper, then deep-fried.



SOUP:

BUTTERNUT SQUASH SOUP

Region: Europe and the U.S.

A pureed, vegetarian soup of butternut squash, onions, and more. The butternut squash lends a delicate sweetness to this filling soup.



CHICKEN THAI FIRE ‘N RICE SOUP

Country: Thailand

Thai-inspired soup featuring white meat chicken, rice, peppers, and mushrooms in a lively and indulgent chicken broth seasoned with lemongrass, coconut, red curry and other Thai seasonings.



SALADS:

SALATA HORIATIKO (GREEK SALAD

Region: Middle-East

A traditional Middle-Eastern salad made with cucumbers, onions, tomatoes, parsley, mint, olives, and feta cheese topped with a tangy vinaigrette dressing.



HUMMUS WITH PITA CHIPS

Region: Found throughout the Middle-East and Greece

Hummus is a delicious pureed dip made of chick peas, sesame paste (tahini), garlic, olive oil, lemon juice, and more. Everybody, including Americans, loves hummus!



TABBOULEH

Region: Middle-East

A traditional Middle-Eastern dish of Bulgar wheat mixed with parsley, mint, tomatoes, onions, lemon juice, and oil.



DESSERT:

TRES LECHES CAKE

Region: Latin America

Three different milks go into a very moist cake with just the right amount of sweetness.

LEGEND:

Pork



Mildly Spicy



Vegetarian



Soy

