

# *International* **SHOCKER RECIPES**



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# BIEROCKS

## → Ingredients

Homemade bread dough: (or use 1 loaf of defrosted frozen white bread dough, if in a hurry)

2 c lukewarm milk or buttermilk  
1/4 c oil (I use olive, but your choice)  
2 ea large eggs (beaten)  
2 pks yeast  
1/2 c white sugar  
1 tsp pink salt  
2 c white or whole grain flour

Filling:

1 lb. ground beef  
1/2 bag of tri-colored coleslaw, about 8-10 oz. (or chopped small head cabbage)  
1 small onion chopped (1-2 cups/red, yellow, white or combo)  
2 Tbl Kerrygold butter  
Pink salt and white pepper  
Worcestershire sauce

Egg wash - one large egg and 1 Tbl water

## → Instructions

Homemade dough is much better and worth the effort, But you can use refrigerated dough if time is of the essence. Mix together milk and oil. Add remaining ingredients. Knead then let rise for 1 hour. While bread is rising cook filling.

Filling - Sautee onion in butter until golden brown. Add beef, cook until no pink shows, do not drain. Add coleslaw and cook thoroughly but still a bit crisp. Salt, pepper and Worcestershire sauce to taste.

Dough - Roll out 6ea hunks of dough (about the size of a tennis ball) as thin as possible. Add 1/6 of the filling, fold over and seal. You can do that with fingers pressing dough together or use a fork.

Egg wash - Crack an egg in a bowl and whip with water. Brush the tops of the pastry with beaten egg before baking, this makes a nice shiny crust.

Bake 325-350 degrees for 30 min. or until golden.



# BRIGADEIRO



## → Ingredients

1 tbsp butter  
14 oz (1 can) sweetened condensed milk  
3 tbsp chocolate powder  
1 cup chocolate sprinkles, as needed

## → Instructions

In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until it thickens enough so you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.

Pour onto a greased plate, then chill for 1 hour.

Shape and roll the chilled mixture into balls.

Roll the balls in chocolate sprinkles.



# “GERMAN” PANCAKES

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## → Ingredients

1 cup Flour  
1 cup milk  
1 dozen eggs  
1 stick of butter  
Pinch of sugar  
Vanilla to taste

## → Instructions

Preheat oven to 400 degrees.

Melt butter in 7x11 baking dish. Mix milk, eggs and flour, adding vanilla and sugar if desired. Pour into baking dish and bake for 25 minutes in 400 degree oven.



# INDIAN SPINACH DAL



## → Ingredients

2 fists full of spinach finely chopped)  
1 cup Toor Dal  
3 spicy green chilli (finely chopped)  
1 medium size red onion (finely chopped)  
3 cups water  
3 pods garlic (finely chopped)  
6 curry leafs (roughly chopped)  
1 tsp chilli powder  
1 tsp salt (or to taste)  
1 tsp tamarind paste  
1/2 tsp turmeric  
2 tsp ghee  
1/4 tsp asafoetida  
1/2 tsp mustard seeds  
1/2 tsp cumin seeds

## → Instructions

Pressure cook dal, water, spinach, onion, green chilli, tamarind paste, salt, chilli powder, and turmeric all together for 18 minutes high pressure (for instant pot).

Season with ghee, asafoetida, mustard seeds, cumin seeds, and curry leafs.

Serve with freshly cooked rice or roti.

# KAISERSCHMARRN MIT ZWETSCHKENRÖSTER

## → Ingredients

Serving 1 person:

For the Kaiserschmarrn:

1 egg  
250 milliliter milk  
1-2 spoons of sugar (depending on how sweet it should be)  
200 gram flour  
one pinch of salt  
a little bit of vanilla extract  
butter to put into pan to avoid the dough from sticking to it

For the Zwetschenröster:

4 Plums  
300 milliliter water  
1-2 cinnamon sticks  
2-3 spoons cane sugar (depending on how sweet the plums are)

## → Instructions

Making the Kaiserschmarrn: Separate the egg yolk from the egg white. Mix the egg yolk with the milk, sugar, vanilla extract, salt and flour until you get a smooth dough. Beat the egg white until stiff. Slowly and carefully mix the dough with the stiffly beaten egg white. Put some butter in a pan and fill in the finished dough. Take care to not fill it to the edge of the pan because it will rise during baking. Bake at 180°C/~355°F for about 50 minutes. Take it out of the oven and tear the dough a little bit up and put it for about 5-10 minutes back into the oven, so that the Kaiserschmarrn will get crispy at the edges. Serve on a plate with powdered sugar.

Making the Zwetschenröster: Put water, cane sugar and cinnamon sticks in a pot and start boiling it. Cut the plums into little pieces and put them into the pot too. Boil on medium heat for about 20 minutes until the plums are really soft. You can add more cinnamon sticks or sugar if you like, always depends on how much you like cinnamon and how sweet you want it.

Kaiserschmarrn and Zwetschenröster are usually served together but they taste also really good if you just eat one at a time.



# MILANESAS



## → Ingredients

1 ½ pound of thin cut top round beef steaks (6 steaks)  
3 eggs  
2 cups of bread crumbs or saltine crackers ground into crumbs  
2 cups of flour  
2 garlic cloves chopped  
½ teaspoon black peppercorns  
Vegetable oil for frying  
Salt to taste

## → Instructions

Grab a thin cut of beef steak and coat it in flour. Whisk the eggs in a bowl with the garlic and peppercorns and use it to coat the steak after the previous step. Then add the breadcrumbs with salt to the steak uniformly.

Leave it in the fridge for 10 minutes before frying.

Fry over medium-high heat in 1/2 inch of oil for 3 minutes on each side or until golden brown in color.





# PARIPPU



## → Ingredients

8 oz. red lentils (masoor dal)  
2 cloves garlic , chopped  
2 onions , chopped  
4 curry leaves , thinly sliced  
¼ teaspoon saffron powder  
½ teaspoon curry powder  
½ teaspoon turmeric  
½ teaspoon fenugreek seeds  
¼ teaspoon cumin seeds  
1 teaspoon mustard seeds  
½ teaspoon chili powder  
2 whole cloves  
1 cup coconut milk  
1¼ cup water  
2 tablespoons vegetable oil  
½ lime  
1 green hot pepper  
Salt

## → Instructions

Wash the lentils well by changing the water at least three times. Boil them in the water with the saffron, chili powder, turmeric, curry and cloves. After about 15 minutes, when the color of the lentils changes from red to yellow, remove from the heat and pour into a large bowl.

Heat the oil in a very large skillet over medium heat. Add the mustard, fenugreek, and cumin seeds and fry for 20 seconds.

Add the onion and garlic and mix well for 20 seconds.

Add the boiled lentils and mix well. Cook for 5 minutes.

Add the coconut milk and salt to taste. Cook until the curry begins to boil.

Remove from heat and add the lime juice.

Add the raw or fried green hot pepper on top (optional).

Serve hot with rice or bread.



# RAJMA CHAWAL

## → Ingredients

For the masala:

2 tbsp oil, use oil of choice

1 tsp cumin seeds

1 cup grated onion from 2 medium red onion

1 tbsp ginger-garlic paste

1 green chili chopped

4 medium tomatoes pureed

1 tbsp coriander powder

1/2 tsp turmeric powder

1 tsp garam masala

1.5 tsp kashmiri red chili powder

3/4 tsp salt or to taste

1.5 cups water 12 oz, divided

1 tbsp kasuri methi crushed, dried fenugreek leaves

2 tbsp chopped cilantro

1 tbsp ghee

To pressure cook:

1.5 cups kidney beans 300 grams, raw beans, soaked in 4 cups water

3.5 cups water 28 oz

1 tsp salt

## → Instructions

Soak kidney beans overnight in 4 cups water. In the morning, drain the water in which the beans were soaked and then transfer them to a pressure cooker. You can use canned beans to avoid soaking and pressure cooking steps of the kidney beans.

Add 3.5 cups water, 1 teaspoon salt and pressure cook on high heat for 1 whistle, then lower the heat to medium and cook for 15 minutes. Let the pressure release naturally. If using an Instant Pot, pressure cook for around 45 minutes at high pressure with natural pressure release. Beans should be completely soft when done. Set aside.

To a pan, add 2 tablespoons oil on medium heat. Once hot, add the cumin seeds and let them sizzle. Then add the grated onions and mix. Cook the onions for around 7 to 8 minutes, stirring often until very light golden in color and there should be no raw smell. Compared to chopped onions, (if using chopped, cook for 3-4 minutes only) the grated ones needs to be cooked for a longer time to get rid of the raw smell. Don't rush the step else curry will have raw onion taste. Then add ginger-garlic paste and green chili and cook for 1 minute. Add the pureed tomatoes and mix. Cook for 5 minutes. Then add the spices- coriander, turmeric, kashmiri red chili, garam masala and salt. Mix and cook on medium-low heat for around 10 mins until oil oozes out of masala. Cook the tomatoes for around 15 minutes before adding the beans (important step, don't rush it).

Add the boiled beans along with all the water in which they were boiled. I add one additional cup water here. Stir well and set heat to low-medium. Let the curry simmer for 20 to 30 minutes. In between use a potato masher to mash some of the beans. This makes the curry creamier and thickens it. After it has simmered for 20 to 30 minutes, add kasuri methi and cilantro. If you want you can also add bit of cream (optional). I also add another 1/2 cup water here as it became quite thick while simmering. You can adjust consistency to preference.

Finally add a tablespoon of ghee and mix. If you want you can fry some ginger julienne in ghee and then add that to the rajma too. Turn off the heat. Serve rajma with rice and enjoy!



# SMASHED CUCUMBER SALAD

## → Ingredients

Two medium size English cucumbers  
1 tsp salt  
2 tsp fresh crushed garlic (no canned garlic)  
4 tsp rice vinegar/black vinegar  
1 tsp sugar  
1 tbsp soy sauce  
2 tsp sesame oil  
1 tsp chili oil (optional)  
1 tsp toasted sesame seeds (optional)

## → Instructions

Two medium sized English cucumber. It has to be the English cucumber. Trim bottom and top off of the cucumber and cover it with a piece of plastic to avoid splashing. Smash the cucumber flat with any kind of heavy object (small pan or pot) and remove the plastic after you are done. Then cut the smashed cucumber into 1/2 inch pieces (or your favorite size). It is important to smash the cucumber before cutting it.

Put all cucumber pieces into a bowl and mix with 1 teaspoon of salt then let it set in the fridge for 15-30 minutes.

While you are waiting, prepare the dressing:

- 2 tsp Fresh crushed garlic (please do not use the canned garlic)
- 4 tsp rice vinegar/Black vinegar
- 1 tsp sugar
- 1 tbsp soy sauce
- 2 tsp sesame oil
- 1 tsp chili oil (optional)

Put everything in a mixing bowl, whisk it. Let it sit for 5 minutes, waiting for your cucumber. Get your cucumber out of the fridge, and draw the excess liquid out of the bowl, then mix it with the dressing. You can add some toasted sesame seed at the top as an optional choice. Tested and adjusted for seasoning. If it is too salty add a little bit more sugar, if not, enjoy!



# TETRAZZINI



## → Ingredients

8 oz spaghetti cooked  
1/2 cup butter  
6 tbsp flour  
2 cups chicken broth  
1 can evaporated milk  
1 tbsp chopped parsley  
1 tsp salt  
1/4 tsp nutmeg  
3 cups cubed cooked chicken or turkey  
1/2 cup grated parmesan cheese

## → Instructions

Heat oven to 350 degrees.

Melt butter in pan, stir in flour, and then slowly add broth until it thickens. Remove from heat and stir in spices and milk. Toss meat and spaghetti in bottom of greased 13 x 9 in pan and pour sauce over top. Sprinkle with cheese.

Bake for 50 min or until bubbly. Let set for 10 min and cut in squares to serve.





**SPECIAL THANKS TO EVERYONE  
WHO SUBMITTED A RECIPE FOR  
SHOCKER NATION TO SHARE!**