

# **Eat Your Way Around the World**

by Jamie Aramini

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## **Dedication**

To my husband, Joe,  
for your willingness to eat even the most exotic foods  
without complaining—I love you.

## About the Author

Jamie Aramini is the author of *Geography Through Art* with Sharon Jeffus and *The Adventures of Munford* series. Jamie graduated co-valedictorian of her high school class and was a Kentucky Governor's Scholar. Now she is a stay-at-home wife and mother whose interests include organic gardening, cooking, and making stuffed animals from old socks. Jamie can't wait to start homeschooling her one-year-old son, but in the mean time entertains herself by teaching a writing class to the very creative students at the local home-school co-op. Visit Jamie's website at [www.jamiearamini.com](http://www.jamiearamini.com).

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# Introduction

## How To Use This Book

*Eat Your Way Around the World* can be used in several ways. You can take your family on a whirlwind tour of the world, eating a meal from a different country each week of the month. Alternately, you could use the meals in this book to introduce each country as you study it. This should really help spark the imaginations of all the children in your home. How great it would be to have an English tea party before studying about Parliament!

One of my favorite ways to use this book is to use it at the end of the study of a particular country. Invite friends and family and treat them to an international meal. Have your kids tell what they have learned about the country. Be creative! Don't just limit them to reading a country report. Perhaps they could sing a song in the native tongue or read a popular children's story for that area.

A great way to learn about the culture of a country is to learn about the country's art. What better way to learn than to make the art yourself? Use my book, *Geography Through Art* with Sharon Jeffus, to find fun art projects from countries all over the world. Countries with corresponding projects are marked with this symbol  throughout the cookbook and in the Table of Contents.

## The Recipes

When researching this book, I tried to choose recipes that were historically the most popular for a country. As technology advances and the world becomes more and more connected, the culture of each country slowly meshes with the countries near it and even the countries on the other side of the world. This especially is apparent in a nation's cuisine. While at one time the food of England may have just been that—English food—now it is a mix of food that visitors and immigrants have imported from all over the world. I have tried my best to focus on what is traditionally eaten in a country, rather than giving a foreign recipe just because the English love Indian food or the Americans love Chinese!

I adapted recipes to be as simple as possible and to use ingredients widely available no matter what country you are in. You should be able to find the ingredients in any grocery store. No special trips to an ethnic or specialty food store needed! Each recipe is rated for ease of preparation. The simplest recipes are one fork, and the most complicated are four forks.

## Make More Than Dinner!

The more authentic the dining experience is, the more your kids will love it! Try the following suggestions and use the space provided with each country to jot down ideas for making it more than dinner:

- ❶ **Set the table.** Try to set the table with decorations and colors from that country. Visit your local fabric store for fabrics that might work. You can also visit an import store for affordable decorations from the country of your choice. Check out books from your local library that contain pictures of what life is like. Some other decoration ideas might include flags or maps of the country.
- ❷ **Set the tone.** One of the best ways to set the mood is to play music from the country you are studying. Visit your local library to see their selection of world music. If they don't have what you are looking for, talk to the librarian to see if they can request it through the InterLibrary Loan program. You can also look online at [worldmusic.nationalgeographic.com](http://worldmusic.nationalgeographic.com) and [www.smithsonianglobalsound.org](http://www.smithsonianglobalsound.org).
- ❸ **Learn the Language.** Learn a few words in the native language of the country you are studying. Say What! sections throughout the book will give you a jump start. See how many words you can use through the course of the meal.
- ❹ **Dress the part.** Research the native dress from the country. Make costumes for the whole family. These do not have to be elaborate. It could be as simple as a sheet wrapped like an Indian sari or a sombrero for Latin America.
- ❺ **Do the research.** Try to find someone in your community who has lived in or spent extensive time in the country. Most people would be more than happy to tell you about their experiences. Be sure to invite them to your dinner as a thank you for all their help!

## Food Activities

- ❶ **Be a food critic.** Have each child record their response to the meal. Sweet? Salty? Bitter? Creamy? Chunky? Rich? Descriptive adjectives are a must! A thesaurus would be helpful. This is a great way to expand their vocabulary. Some samples from a newspaper or magazine might help get the creative juices flowing. It is also helpful to compare new dishes with familiar tastes and textures.

- 🍷 **Be a travel agent.** Have your child create a brochure or poster advertising the country's culture. Be sure to highlight the local cuisine! If you are inviting guests, make these ahead of time and use as invitations.
- 🍷 **Be a travel journalist.** After each meal is over (and the dishes are done!), have your child record his thoughts about his "trip" to the country. What sights did he see and sounds did he hear? Be sure to include photos or even drawings!
- 🍷 **Fill a passport.** This is a great way to help picky eaters expand their horizons. Designate a small notebook as the child's "passport." For each country they "visit," let them add a stamp for the country. (Tasting all the foods is a requirement!) Use stamps you already have on hand, or let the kids draw their own. Check out the passport in the Appendix created just for this purpose. Copy the passport or cut out of the book. If you copy the stamps on adhesive paper you've created stamp stickers.
- 🍷 **Have a world travel night!** This is a great group project, perfect for school classrooms or homeschool co-ops. Have each child prepare a dish from a different country along with a creative poster telling important facts. (This would be a quick way to fill up the passports!) Although the recipes serve four to six people, they could easily be multiplied to serve more.
- 🍷 **Keep a food journal.** A food journal is a great way to keep track of your favorite meals and to remember your food experiences. You can start one by making copies of the sample page in the back of the book. Just fill in the blanks after each meal and you are ready to go! Keep the pages in a folder or three-ring binder. You don't have to limit your food journal to meals from this book. You can use it to record any memorable meal event!

Bon appétit,

*Jamie Aramini*

(Please note: I would be happy to hear your feedback about the book. Any questions, comments, or suggestions would be appreciated. If you prepare a special ethnic meal using this book, please let me know about it! I would love to hear all the details! Email me at [jamiaramini@yahoo.com](mailto:jamiaramini@yahoo.com).)

# Africa



# Egypt



Egypt is often called “The Gift of the Nile.” Farmers have harnessed the power of the Nile to create fertile cropland with abundant results for millennia. In fact, a large amount of the world’s food knowledge from ancient times has come from Egyptian walls, art, and pyramids.



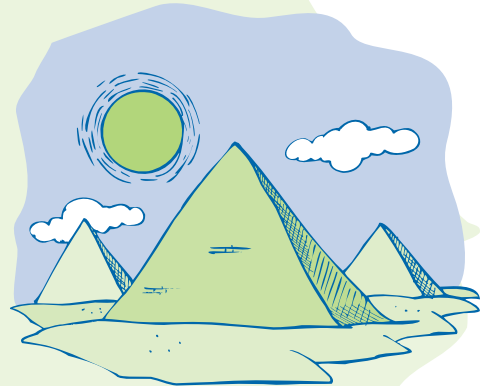
## Gebna Makleyah

These cheese balls are a delicious appetizer and the kids will love getting their hands messy to make them!

**1 cup crumbled feta cheese**  
**1 T flour**  
**1 egg**

**3 T olive oil**  
**salt and pepper**

1. Preheat oven to 400°F. Mix cheese, flour, and egg well in a bowl. This is easiest if you use your hands—as long as you wash them first! Salt and pepper to taste.
2. Roll mixture into walnut sized balls. If the mixture falls apart, add more flour. If the mixture is too dry, add a little water.
3. Cover a cookie sheet with the olive oil. Roll the balls on the cookie sheet to coat with oil.
4. Bake for ten minutes, shaking the cookie sheet (with an oven mitt, of course) every two or three minutes to turn the balls and prevent burning. Serve when lightly golden.



## **Biram Ruz**

This rice casserole, an Egyptian classic, is an excellent accompaniment to almost any dish from Africa!

**2 cups long grain rice**

**2 cups whole milk**

**2 cups heavy cream**

**½ tsp salt**

**½ tsp pepper**

**1 T butter**

1. Preheat oven to 400°F. Combine milk and cream in a saucepan; bring to a light boil. (Be careful not to burn it!)
2. In a casserole dish, add rice, cream mixture, salt, and pepper. Bake, covered, for thirty five minutes.
3. Uncover and slice butter into rice. Cook uncovered for twenty minutes more or until rice is browned on top.

## *Culture à la Carte*

- In Ancient Egypt, taxes were often paid with honey.
- The first recorded watermelon harvest took place in Egypt.
- Wealthy Egyptians of the past ate off of plates made of silver, gold, or bronze.

## **Food Profile: The Onion**

The onion was highly valued by the ancient Egyptians — they believed that the many layers represented eternity. They even placed their hands on an onion to take an oath! Traces of onion have been found in the tombs of many pharaohs and other ancient Egyptians.

Have you ever wondered why cutting an onion makes you cry? It is because the gases released by the onion's cells when it is cut irritate your eyes. If you want to avoid these troublesome tears, the best way is to wear goggles to protect your eyes from the gases. If this seems a little nerdy, try chilling the onion in the fridge beforehand, which helps neutralize the gases, or cut it under running water.



# Shish Kebabs

**1 lb ribeye, cubed**

**1 T cumin**

**1 tsp salt**

**1 tsp ground ginger**

**½ tsp cinnamon**

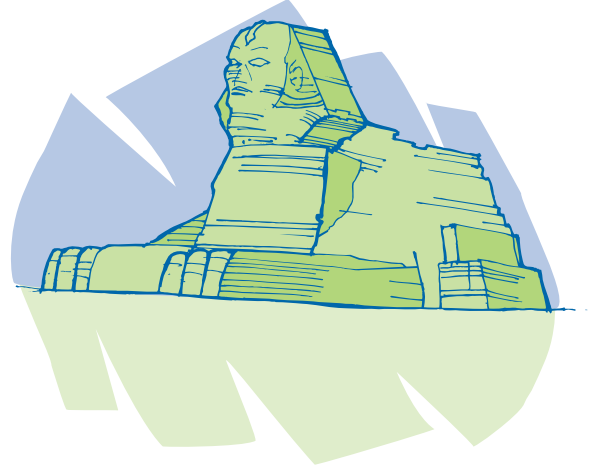
**¼ tsp ground cloves**

**2 garlic cloves, minced**

**2 large onions, cut in wedges**

**2 T olive oil**

1. Combine all ingredients but onion in a plastic container. Cover and marinate for thirty minutes in refrigerator.
2. Preheat oven to 400°F. Thread meat and onions onto skewers.
3. Bake for twenty-five minutes or until meat is done. (Alternately, these can be grilled.)



*Make More Than Dinner!*

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# Ethiopia

Ethiopia is in northern Africa, between the countries of Sudan and Somalia. The mountainous terrain has traditionally prevented Ethiopia from having much interaction with the outside world, thus leaving the native food culture largely intact. The cuisine of Ethiopia is famous because of its extreme spiciness—so hot that many foreigners cannot eat it—and because the meal is served without utensils or plates!

## Dine Ethiopian-style!

A traditional Ethiopian meal begins with a pitcher of water and an empty basin. Water is poured from the pitcher over the right hand of each guest, the excess water going into the basin. The hands are then dried on a hand towel. The left hand is not used during dining. This may prove quite difficult, especially if you are left-handed! After the handwashing, the *injera*, a large flatbread, is placed directly on the table, covering it much like a tablecloth. The *injera* we will prepare probably won't be big enough to cover the whole table, so you can just place a large piece in front of each person. (If placing it directly on the table makes you uncomfortable, place some aluminum foil underneath.) The food is then served directly on the *injera*. To eat, tear off a piece of the *injera* (right hand only!), and scoop up the food. Dessert is not traditionally served in Ethiopia, although small cups of coffee are brought out after the meal.

## Make your own Berbere!

This is a spice mix, red in color, used as a base for many Ethiopian dishes. You may be able to purchase it at an ethnic food store, or you can make this simple version at home. Simply mix the ingredients in a baking dish, then bake in a 300 degree oven for twenty minutes. Be sure to stir frequently to keep from burning! When you are done, store in an airtight container.

**1/8 tsp cinnamon**

**1/8 tsp allspice**

**1/8 tsp cloves**

**1/4 tsp coriander**

**1/4 tsp cardamom**

**1/4 tsp nutmeg**

**1/2 tsp black pepper**

**1/2 tsp ginger**

**1 T salt**

**1/4 cup paprika**

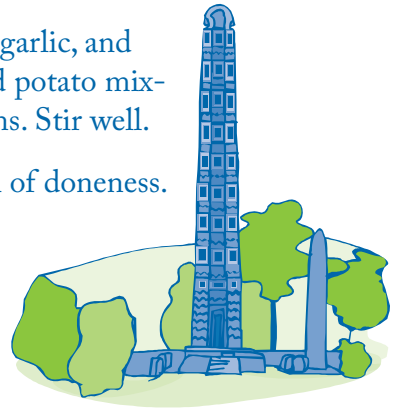
**1/2 cup cayenne pepper**



## **Yataklete Kilkil (Ginger Vegetables)**

- 3 cups water**
- 3 potatoes, peeled and sliced**
- 2 carrots, sliced**
- ¼ lb. fresh green beans, trimmed**
- 3 T vegetable oil**
- 1 onion, chopped**
- 1 green bell pepper, seeded and sliced**
- 1 jalapeno pepper, seeded and sliced**
- 1 garlic clove, peeled and chopped**
- 1 1-inch piece fresh ginger, peeled and chopped**
- 1 tsp salt**
- ½ tsp pepper**
- 3 green onions, chopped**

1. Bring water to a boil. Add potatoes, carrots, and green beans. Return to a boil. Continue boiling for five minutes. Remove from heat; drain.
2. In a large skillet, saute onion, green pepper, jalapeno, garlic, and ginger in vegetable oil until they begin to soften. Add potato mixture to skillet along with salt, pepper, and green onions. Stir well.
3. Continue cooking until vegetables reach desired level of doneness. They are best if they retain some crispness.



## **Injera**

If you are not able to make the *injera*, use pita bread or flour tortillas as a substitute.

- 3½ cups warm water, divided**
- 1 package (¼ oz) active dry yeast**
- 1 tsp sugar**
- 3 cups flour**
- ¼ cup whole wheat flour**
- ½ cup cornmeal**
- 1 T baking powder**
- 1 T salt**
- 1½ cups water, divided**

1. Combine ¼ cup of the warm water with the yeast and sugar. Let sit until foamy, about ten minutes. Add remaining ingredients except last 1 1/2 cup water and stir well. Cover with a damp cloth and let rise until doubled, about one hour.
2. Punch down dough. Mix in a blender, two cups at a time. Add ½ cup water with each batch. The mixture will be liquid.
3. Heat a large skillet to medium-low heat. Pour a thin layer of batter in the skillet. (No need to add anything to the bottom to prevent sticking.) When bubbles form over the entire surface, the *injera* is done. You do not need to flip it to cook the other side. Remove with a spatula, and place right on the table! Your Ethiopian plate is ready!

## **Doro Wot (Chicken Stew)**

This stew is not for the faint of stomach! To make it less spicy, cut back on the amount of *berbere*.



**2 T butter**

**2 red onions, chopped**

**4 garlic cloves, chopped**

**2 tsp salt**

**½ tsp ground cumin**

**½ tsp ground cardamom**

**½ tsp ground nutmeg**

**2 T berbere (p. 8)**

**1 1-inch piece fresh ginger, peeled and chopped**

**2 lb. boneless chicken thighs, cubed**

**1 lemon, juiced**

**1 cup chicken stock**

**4 eggs, hard-boiled with shells removed**

1. In a medium pot, saute onion and garlic in butter until onions are tender. Add salt, cumin, cardamom, nutmeg, berbere, and ginger. Stir well.
2. Add in lemon juice and chicken stock. Bring to a boil. Stir in chicken. Reduce heat, cover, and simmer for twenty minutes
3. Pierce eggs with a fork and add to stew. Turn chicken to be sure it is coated with sauce. Continue simmering until chicken is done, another fifteen or twenty minutes. Serve warm, draining off excess juice before placing on *injera*. Each person receives one of the eggs.

### *Culture à la Carte*

- Each Ethiopian woman has her own mix of berbere. Many believe that the tastier the mix, the better off she will be when finding a husband.
- For many years, bars of salt were used as currency in Ethiopia.
- The coffee bean was originally discovered in Ethiopia.

*Make More Than Dinner!*

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