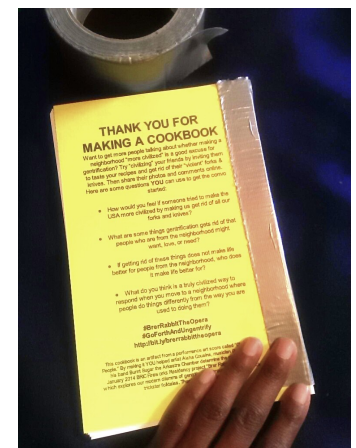
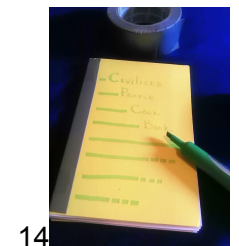
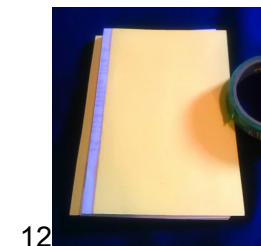
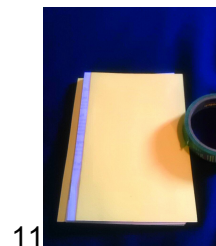
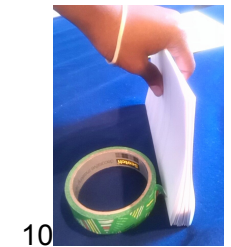
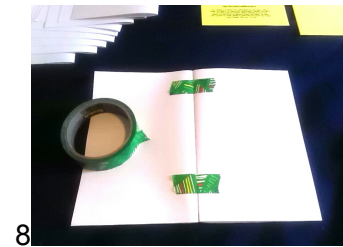
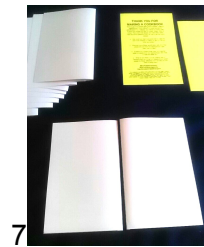
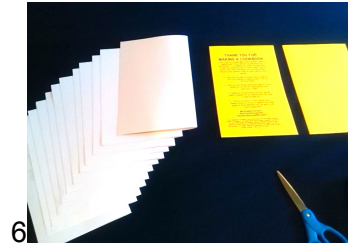
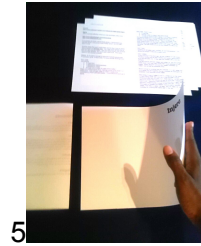
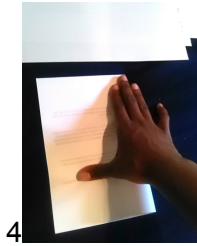
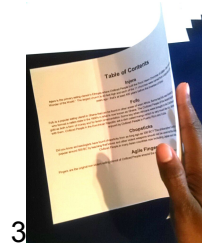
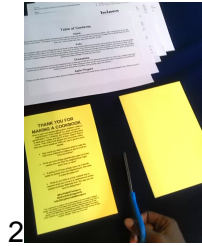
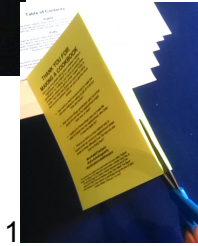


How to Assemble Your Cookbook

Print pdf of cookbook. Follow Assembly diagram below.



THANK YOU FOR MAKING A COOKBOOK

Want to get more people talking about whether making a neighborhood “more civilized” is a good excuse for gentrification? Try “civilizing” your friends by inviting them to taste your recipes and get rid of their “violent” forks & knives. Then share their photos and comments online. Here are some questions **YOU** can use to get the convo started:

- How would you feel if someone tried to make the USA more civilized by making us get rid of all our forks and knives?
- What are some things gentrification gets rid of that people who are from the neighborhood might want, love, or need?
- If getting rid of these things does not make life better for people from the neighborhood, who does it make life better for?
- What do you think is a truly civilized way to respond when you move to a neighborhood where people do things differently from the way you are used to doing them?

#BrerRabbitTheOpera
#GoForthAndUngentrify
<http://bit.ly/brerrabbittheopera>

This cookbook is an artifact from a performance art score called “Civilized People.” By making it YOU helped artist Aisha Cousins, musician Greg Tate, & his band Burnt Sugar the Arkestra Chamber determine the plot of their January 2014 BRIC Fireworks Residency project “Brer Rabbit: The Opera” which explores our modern dilemma of gentrification through the lens of black trickster folktales. Thank you. You rock!

This
CIVILIZED PEOPLE
COOKBOOK
belongs to

Table of Contents

Injera

Injera is the primary eating utensil in Ethiopia where Civilized People built the Rock Hewn Churches of Lalibela - often considered to be the "8th Wonder of the World." The largest church is 40 feet high and each of the 11 churches were carved from a single block of granite back over 700 years ago - that's at least 400 years before the invention of forks!

Fufu

Fufu is a popular eating utensil in Ghana that can be found in other areas of west Africa. Some say fufu was invented by the Asante or Ashanti people who formed a nation state in the 1600's in what is now known as Ghana. The Civilized People of the Ashanti kingdom were known for their use of gold as both a form of money and for lavish ornamentation. Some say when Africans were brought to the Caribbean via the slave trade, fufu traveled with them. Civilized People in the Dominican Republic eat a dish called mangu which is very much like fufu. Mofonogo which is also a lot like fufu is enjoyed by Civilized People in Puerto Rico and Cuba.

Chopsticks

Did you know archaeologists have found chopsticks from as long ago as 300 BC? The philosopher Confucius is said to have helped make them popular around 500 BC by teaching that knives and other violent weapons should not be used at the dinner table. Chopsticks are popular with Civilized People in many Asian countries now including Japan and Vietnam.

Injera

Source:

<http://www.owlhaven.net/2011/01/10/how-to-make-great-injera/>

Injera

Injera requires teff flour which you can purchase online here

<http://www.elenskitchen.com/online-store/>

<http://www.bobsredmill.com>

or in person at some natural food stores. I recommend you call the store in advance to see if they carry it, as it is often hard to find.

Another thing that you'll most likely want to buy if you're serious about injera is a Heritage Grill. It is a big round griddle that is just the right size for injera. The next best thing is one of those big pancake griddles, but you'll also need a lid. The injera needs to be cooked covered.

Makes: 8-10 injera, enough to serve 6-8 people generously
Preparation time: 3 days (only 1.5 hours actual working time)

DAY ONE

Ingredients

- 5 cups flour
- 1 tablespoon baking powder
- 1 tablespoon yeast
- enough warm water to make a thin batter

Combine the flour, baking powder and yeast in a large bowl. Add enough water to make a batter the consistency of thin pancake batter. Cover the bowl and set it aside.

DAY ONE, PART TWO:

- 5 cups teff
- enough water to make a very thick dough
- 1/2 cup or more of injera 'starter' (optional)

In a second large bowl combine teff with enough water to make a very thick heavy dough. Knead this dough for ten minutes or so on a floured counter. Return the dough to the bowl, press it down into the bowl, and pour just enough water over the top of the dough ball to cover it with water. Cover and set aside. Let both bowls sit out on your kitchen for about two days.

DAY TWO

Continue to let batter rest, covered, at room temperature. This allows the dough to become properly sour.

DAY THREE

In the morning on the third day, stir the contents of both bowls. The flour mixture will be light colored and bubbly before stirring, a lot like pancake mix. It may also be covered with a thin film of liquid.

The teff mixture will look craggy and puffed up, like the surface of the moon, and may have some dark liquid gathered at the edges. When stirred it will look like melted chocolate ice cream, but will still be extremely thick.

Now it is time to combine the two mixtures. In a very large bowl (or a large pot) stir together the two mixtures as thoroughly as possible. It will become a thick batter.

Now bring 2 cups of water to boil in a small pot on the stove. To the boiling water add one cup of the flour/teff mixture, whisking briskly as you pour it in. Keep stirring. As the mixture returns to a boil, the mixture will get so thick that it becomes hard to stir. Remove it from the stove and pour it back into the big bowl containing the mixture of flour and teff. Whisk it thoroughly to spread the heated mixture evenly through all the batter. This step is called "ob-seet" and will really rev up the bubbles for cooking the injera later in the day.

Injera (continued)

Once the 'obseet' has been thoroughly mixed into the batter, cover the bowl one last time and let it sit for 2-4 hours more. The batter is ready to cook when it starts to develop small bubbles.

COOKING- AFTERNOON OF DAY THREE

When you're ready to cook the injera, plug in your skillet or griddle and set it to 450 degrees. It is best to use a non-stick skillet.

If your skillet is not non-stick, wipe a small amount of shortening all over the skillet with a paper towel, repeating between each injera. Put the lid on and let it heat up.

Once the skillet is hot, give the batter a stir. It should be about the consistency of pancake batter. Using a measuring cup with a spout, pour some of the batter onto the skillet in a single swirling circle, beginning at the outer rim of the skillet and gradually moving inward until the whole skillet is covered. If you miss a small spot here or there, rock the skillet back and forth a little so that the still-wet batter can fill any empty spaces in the pancake.

As quickly as possible after pouring, cover the skillet. You'll only cook the injera on one side (no flipping it over) and the top of the injera gets cooked mostly by steaming inside the covered skillet. Let the injera cook, undisturbed for 3 minutes or so. Then lift up the lid a little and peek at it. The top will still look shiny and sticky, but if the edges are starting to curl up and look dry, the injera is most likely done. If the edges are not yet curling up, give the injera another minute or two to cook.

Using a couple of large non-stick spatulas or a wooden pizza 'peel', lift the injera gently off the skillet and set it on a wooden cutting board or a large flat basket to cool. Pour the next injera onto the skillet and let it cook. By the time it is done, the previous injera will be cool enough that you can lay the fresh one on top of it to cool. Repeat until all the batter is cooked, remembering to set aside a cup of batter in a jar in the fridge to use as a starter for next time.

To serve, roll up each injera into a cylinder and cut diagonally into thirds or fourths. At the meals folks will each take a piece or two, unroll them onto their plate, and top with various stews. I'm assuming that most people who care enough to try making their own injera have eaten Ethiopian food before and know what kinds of stews are served with the injera. But here are a couple recipes to get you started.

Source:

<http://www.marcussamuelsson.com/recipe/berbere-spice-blend-recipe>

Berebere Spice Blend

Berebere is the most essential spice blend used in Ethiopian cuisine. It's a great addition to help spice up any ordinary dish and take it to the extraordinary!

Makes about 3/4 cup

Berebere Spice Blend Recipe

Prep Time: 10 mins

Cook Time: 5 mins

Time:

Total Time: 15 mins

Ingredients

- 2 tsp. coriander seeds
- 1 tsp. fenugreek seeds
- 1/2 tsp. black peppercorns
- 1/4 tsp. whole allspice
- 6 white cardamom pods
- 4 whole cloves
- 1/2 cup dried onion flakes
- 5 dried chiles de árbol, stemmed, seeded, and broken into small pieces
- 3 tbsp. paprika
- 2 tsp. kosher salt
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground ginger
- 1/2 tsp. ground cinnamon

Directions

1. In a small skillet, combine coriander seeds, fenugreek seeds, black peppercorns, allspice, cardamom pods, and cloves. Toast spices over medium heat, swirling skillet constantly, until fragrant, about 4 minutes.
2. Let cool slightly; transfer to a spice grinder along with onion flakes and grind until fine. Add chilies, and grind with the other spices until fine.
3. Transfer the mixture to a bowl and stir in paprika, salt, nutmeg, ginger, and cinnamon. Store in an airtight container for up to 6 months.

Source: <http://www.ethiopianspices.com/html/recipes.asp>

Doro Wot (Red Chicken Stew): One of the most popular dish of Ethiopia.

Measurements and Ingredients (serving for 10)

5-8 pounds of chicken drumsticks and thighs skinned and cleaned
8 large onions fine chopped
2 cup of vegetable oil
5 teaspoons minced or powder garlic
2 teaspoons minced or powder ginger
1/2 cup of authentic Ethiopian Berbere(more to make spicier)
1/4 cup of Paprika for redness
2 teaspoon Korerima
2 teaspoon Wot Kimem (Mekelesha)
2 teaspoon salt (as needed)
1-3 cup of water

Preparation Method: In large pot, simmer onion, garlic and ginger with vegetable oil till lightly brown. Add Berbere and Paprika, continue to simmer for about 15-20 minutes at low heat stirring occasionally by adding a touch of water as needed to avoid sticking. Add chicken and simmer until chicken is done while adding the remaining water as needed. Finish of simmering by add salt, Koreria, Wot kimem (Mekelesha). Serve hot with Injera (Ethiopian flat bread made of teff).

Source: <http://www.ethiopianspices.com/html/recipes.asp>

Misir Wot (Yellow Lintel Stew)

Measurements and Ingredients (serving for 10)

4 cups of split red lintel
2 large onions fine chopped
1 cup of vegetable oil
2 teaspoons minced or powder garlic
2 Teaspoon Turmeric
2 Teaspoon salt (as needed)
8-10 cups of water

Preparation Method: In large pot, simmer onion, garlic, and turmeric with vegetable oil for 10 minutes. Add lintel and water continue to simmer for about 20-30 minutes at low heat, stirring occasionally until lintel fully cooked. Serve hot with Injera (Ethiopian flat bread made of teff).

Fufu

Source:

http://www.congocookbook.com/staple_dish_recipes/fufu.html

Fufu

Fufu (*Foo-foo*, *Foufou*, *Foutou*, *fu fu*) is to Western and Central Africa cooking what mashed potatoes are to traditional European-American cooking. There are [Fufu-like](#) staples all over [Sub-Saharan Africa](#): i.e., Eastern Africa's [Ugali](#) and Southern Africa's [Sadza](#) (which are usually made from ground *corn* (*maize*), though West Africans use maize to make [Banku](#) and [Kenkey](#), and sometimes use maize to make Fufu). Fufu is a starchy accompaniment for stews or other dishes with sauce. To eat fufu: use your right hand to tear off a bite-sized piece of the fufu, shape it into a ball, make an indentation in it, and use it to scoop up the soup or stew or sauce, or whatever you're eating.

In Western Africa, Fufu is usually made from *yams*, sometimes combined with *plantains*. In Central Africa, Fufu is often made from *cassava* tubers, like [Baton de Manioc](#). Other fufu-like foods, Liberia's *dumboy* for example, are made from cassava flour. Fufu can also be made from semolina, rice, or even instant potato flakes or Bisquick. In general, making fufu involves boiling, pounding, and vigorous stirring until the fufu is thick and smooth.

What you need

- two to four pounds of yams (use large, white or yellow yams; not sweet potatoes, not "Louisiana yams"); or equal parts yams and plantain bananas
- one teaspoon butter (optional)

What you do

- Place yams in large pot and cover with cold water. Bring to a boil and cook until the yams are soft (maybe half an hour). Remove pot from heat and cool yams with running water. Drain. Remove peels from yams. Add butter. Put yams in a bowl (or back in the empty pot) and mash with a potato masher, then beat and stir with a wooden spoon until completely smooth. This might take two people: one to hold the bowl and the other to stir.
- Shape the fufu into balls and serve immediately with meat stew or any dish with a sauce or gravy. To eat it, tear off a small handful with your fingers and use it to scoop up your meat and sauce.

Source:

<http://latinfood.about.com/od/plantains-roots-tubers/r/Yam-Fufu-recipe.htm>

Yam Fufu

Clearly, [Fufu](#) is a food tradition that followed West African slaves to the Caribbean; it's an essential food in most of West Africa. It can be made with any of the starchy ground provisions such as plantains, cassava, malanga, etc. But this recipe calls for [true yams](#). The traditional method is to boil the yams, pound them in a wooden mortar until smooth and sticky like dough, and then serve with stew or soup.

It's customary to eat fufu with clean hands. Pull off a pinch of the dough about the size of a quarter. Roll into a ball in your hand and then make an impression in the ball with your thumb to make an indentation. Scoop up the stew and enjoy. The closest thing I can think to compare fufu to is a dumpling. I've modernized the following recipe with the use of a food processor, which cuts down on the amount of work in preparing yam fufu.

INGREDIENTS

- 2 pounds [true yams](#)
- fresh ground black pepper to taste
- salt to taste
- 1 teaspoon of olive oil (or butter, or margarine)
- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Total Time: 40 minutes
- Yield: 4 servings

PREPARATION

1. Fill a pot large enough to hold the yams half way with cold water.
2. Peel the yams. Be careful. They can be slippery.
3. Cut the peeled yams into chunks and place them in the pot with water.
4. Place the pot over high heat and bring the water and yams to a boil.
5. Continue to boil the yams until soft. This should take about 25 minutes.
6. Remove the yams and reserve about a cup of the water you cooked them in. Allow the yams to cool.
7. Place cooled yams in a large bowl along with the salt, pepper, and olive oil.
8. Using a potato masher, mash the ingredients together to break up the yams. Don't worry about it looking like a dough, yet.
9. Place the fufu mixture into a food processor or blender. Pulse briefly to remove any lumps. Do not puree the mixture.
10. Place the yam mixture back into the bowl and beat with a wooden spoon until it is smooth. The mixture should be sticky and slightly elastic. It's alright to use your hands if needed.
11. With your hands shape the fufu into equal sized balls. Serve warm with your favorite [Caribbean soup or stew](#).

Source:

<http://latinfood.about.com/od/saladsdressings/r/Pepperpot-Soup-Recipe.htm>

Pepperpot Soup

Pepperpot soup is another one of those recipes whose ingredients vary from island to island. Some islands are heavier on the meat and others are heavier on the vegetables. It's similar to [callaloo soup](#) and actually includes [callaloo leaves](#), but pepperpot has more ingredients. If the leaves are not available in your area, you may substitute the same amount of spinach in its place. [Cassareep](#) is added to pepperpot soup in Guyana, Trinidad, and Tobago. The list of ingredients looks intimidating, but it's actually very simple.

INGREDIENTS

- 1/2 pound eggplant (cleaned, peeled, cut into 1/2 inch cubes)
- 1/4 pound spinach (cleaned, shredded)
- 1/4 pound callaloo leaves (cleaned, shredded)
- 1/4 cup okra (cleaned, pared, and cut into 1/2 inch rounds)
- 1/2 pound true yam (cleaned, peeled, cut into 1/2 inch cubes)
- 1/2 pound West Indian pumpkin or butternut squash (cleaned, peeled, cut into 1/2 inch cubes)
- 1 scallion with green tops (cleaned and cut into 1 inch pieces)
- 1 onion (cleaned, peeled, and chopped)
- 1 yellow summer squash (cleaned, pared, cut into 1/2 inch pieces)
- 2 carrots (cleaned, peeled, cut into 1/2 inch pieces)
- 1/4 pound corned beef brisket (salt beef – cut into 1 inch cubes)
- 1/4 pound pig's feet (cleaned and split)
- 2 1/2 cups water
- 1 1/2 cups coconut milk
- 2 whole cloves

- 1 garlic clove (minced)
- 1 teaspoon fresh chives (minced)
- 1 sprig fresh thyme
- 1 cup peas (fresh, frozen or canned)
- 2 tablespoons tomato paste
- 1 whole scotch bonnet pepper (or milder chili pepper if you like)
- salt and pepper to taste.
- Prep Time: 30 minutes
- Cook Time: 120 minutes
- Total Time: 150 minutes
- Yield: 6 servings

PREPARATION

1. Pace the eggplant, spinach, callaloo leaves, okra, yam, pumpkin, scallion, onion, summer squash, carrots, salt beef, pig's feet and water in a large soup pot.
2. Bring the mixture to a boil over high heat. Then reduce to medium heat and continue to boil until the meat is tender (about one hour).
3. Remove the pig's feet from the soup and allow them to cool enough to handle. Shred the meat from the bone and then place the shredded meat back into the soup pot. Next add the coconut milk, cloves, garlic, chives and sprig of thyme to the mix.
4. Allow the ingredients to return to a boil and then add the peas, tomato paste and whole chili pepper.
5. Reduce heat and allow the soup to simmer for one hour more. Salt and pepper to taste at the end of the cooking time. Serve hot.
6. Remove the sprig of thyme and chili pepper before serving.

Cook's Note: The chili pepper is added whole in order to impart flavor, rather than heat. If you want your pepperpot spicier, just split open the chili pepper before adding it to the pot.

Source: <http://m.allrecipes.com/recipe/60516/fufu>

Fufu

This is a very good dish. It is Ghanaian, and it tastes very well with steaming groundnut soup on top of it.

- 4 yucca (cassava) roots, peeled and sliced
- 5 yellow plantains
- 1/2 cup butter

Directions

1. Place the cassava and plantains (with peels on) into a large pot, and fill with enough water to cover. Bring to a boil, and cook until cassava is soft, about 30 minutes; drain. Remove and discard peels from plantains, and return them to the pot. Mash with butter, then beat with an electric mixer until smooth. Use as much butter as needed to get the mixture moist enough to blend.
2. All done! Now take a photo, rate it, and share your accomplishments!

Source:

<http://www.ghananation.com/recipes/Groundnut-Peanut-Soup.asp>

Groundnut Soup

- # salt and pepper, to taste
- # 2 large onions, finely chopped
- # 4 large very ripe tomatoes or
- # 13 ounces canned tomatoes
- # 6 1/2 ounces creamy peanut butter
- # 3 1/2 pints boiling water
- # red chilies, to taste
- # 4-8 mushrooms
- # Meat - Any meat of your choice, pork, beef, fish or chicken.

1. Blanch the tomatoes in boiling water, peel off the skin and blend the flesh to a smooth juice. If using canned tomatoes, blend. Cut the meat into small pieces, wash and season with salt, garlic and chopped shallots. Add a little water, put it on the fire and allow to boil for about 10 minutes.
2. Put the peanut butter into a big bowl, add 3/4 pt. of the boiling water and use a wooden spoon or a blender to blend the peanut butter and water carefully together to form a creamy, smooth sauce.
3. Mix together the tomatoes, peanut butter mixture, red chilies and mushrooms.
4. Continue to simmer, stirring only occasionally to prevent the food sticking to the bottom of the pan. This is now the basic soup.
5. Pour the rest of the boiling water into the soup and simmer slowly on medium heat for 20 mins or so.

This Ghanaian recipe soup is usually served with FUFU, an Akan dumpling made from yams, plantains, cassava or even processed potato flakes. The FuFu should sit like an island in a sea of soup. This is a dish that is traditionally eaten with your fingers - even the soup!!

Source:

<http://www.theguardian.com/world/2013/apr/24/ghana-ground-nut-peanut-soup>

This is a light version of a very popular Ghanaian soup widely known as groundnut soup or, as mama would call it, peanut butter soup.

- 2 medium onions or 1 large one
- 3 very ripe large tomatoes
- A whole chicken, chopped to pieces (we like "boiler" chicken, free range, "koko ya Setswana")
- [Garden eggs](#) (optional)
- 12 okra (with ends trimmed)
- 1 scotch bonnet pepper or kpakpo shito
- Ginger
- 2 bay leaves
- 1 rosemary sprig
- 1.75 L chicken stock
- 4 tbsp peanut butter
- Water to mix with the peanut butter

1. Place the whole onion, pepper, tomatoes and chicken pieces in the pot and top with the stock. Cover, bring to the boil and reduce to simmer for 15 minutes till vegetables are soft and tender. Remove the vegetables.
2. Blend the vegetables and ginger in a food processor and return to the soup. Bring to the boil then reduce to simmer while you make the peanut butter sauce. If you are using boiler chicken, it can be quite tough, so it may need extra time cooking.
3. Meanwhile, make the peanut butter sauce. Scoop the desired amount of peanut butter into a saucepan and put on gentle heat with constant stirring, peanut butter burns easily. Note: Add water a little at a time. Once a smooth sauce is achieved, allow to simmer. You will find the peanut oil begins to separate from the peanut butter. When this happens, you can add the peanut butter sauce to the rest of the soup and simmer for 20 minutes till oil rises to the surface of the soup.

Chopsticks

Source: <http://www.chinasichuanfood.com/singapore-mei-fun>

Singapore Chow Mei Fun

Ingredients

100g dried rice noodles
6 to 8 whole Shrimp (peeled and deveined)
2 whole Eggs
1 cup Shredded Napa Cabbage
1/2 cup shredded carrot
1/2 cup shredded red onion
1 fresh green pepper, shredded (I use half green and half red)
1 scallion or green onion, cut into 2 inch sections
1/3 cup Chinese Char Siu or sausage, finely sliced or shredded
1/2 +1 tablespoon vegetable oil
1/2 tablespoon golden curry powder
Stir fry sauce
1 tablespoon cooking wine
1/2 tablespoon light soy sauce
1 teaspoon dark soy sauce
2 teaspoons sesame oil
1/2 tablespoon oyster sauce
1 teaspoon sugar
1/2 teaspoon salt or as needed

Instructions

Pre-soak the rice noodles for around 20 to 30 minutes until soft and then drain.
Heat up around 1/2 tablespoon oil in pan and make a thin omelet. Then shred the egg omelet on your cutting board after cooling down.
Slice other ingredients and mix the stir fry sauce in a small bowl.

Heat up around 1 tablespoon oil in wok over medium fire. Add shrimp and Char Siu meat or sausage or ham to fry for around 10 to 20 seconds until aroma. Add other side ingredients including carrot, green pepper, onion and cabbage to fry for another 30 seconds or until they are slightly soften.
Spread the curry power on the mixture and mix well.
Add rice noodles in and after that stir in the stir fry sauce in. Make quick movements to coat all the contents with stir fry sauce evenly.
Add shredded egg omelet and scallions or green onions. Fry for another 20 second or so.
Transfer out and serve hot.
Notes

Since both soy sauce and oyster sauce contains salt, so I spare salt in this recipe. For any reason you need to cut or reduce any of the ingredients, increase the salt amount accordingly.

Please test with small batch firstly as chow Mei fun or other rice noodles needs frying practices. If you are trying to make a larger batch, make sure you get a larger wok and stronger fire.

Source:

<http://www.koreanbapsang.com/2012/03/tteokbokki-spicy-stir-fried-rice-cakes.html>

Tteokbokki - Spicy Stir-Fried Rice Cakes

Ingredients

1 pound tteokbokki tteok 떡볶기떡 (about 24 3-inch long rice cake pieces) - See note.

1 sheet of eomuk 어묵 (fish cake - aka oden)

4 ounces green cabbage (yangbaechu, 양배추)

1 - 2 scallions

3 cups anchovy broth (or water)

3 tablespoons Korean red chili pepper paste (gochujang, 고추장)

1 - 3 teaspoons Korean red chili pepper flakes (gochugaru, 고추가루) - optional for extra heat

1 tablespoon soy sauce

1 tablespoon sugar

1 tablespoon corn syrup (or 1 more tablespoon sugar)

2 teaspoons minced garlic

1 teaspoon sesame oil

1 teaspoon sesame seeds (optional)

Instructions

Make anchovy broth (see note). Soak the rice cakes for about 20 minutes if hardened or refrigerated. Cut the fish cake, cabbage, and scallions into about 2-inch long pieces.

Add the anchovy broth (or water) to a large pan. Stir in the sauce ingredients, except the sesame oil and optional sesame seeds. Bring it to a boil over medium high heat, stirring to dissolve the red chili pepper paste (gochujang).

Add the rice cakes. Boil until the rice cakes become very soft and the sauce is thickened, about 8 - 10 minutes. Stir frequently so the rice cakes don't stick to the bottom of the pan.

Add the vegetables and fish cakes. Continue to boil, stirring constantly, for an additional 4 - 6 minutes. Taste the sauce, and adjust the seasoning if needed. Add the sesame oil and optional sesame seeds right before turning the heat off. Serve immediately.

Tteokbokki doesn't reheat well in the microwave. Reheat any leftovers, along with a little bit of broth or water, in a small pan over low heat.

Notes

You can find these types of rice cakes either fresh, refrigerated or frozen, (in order of preference for this dish), at Korean markets.

Add 8 to 10 medium dried anchovies (the guts removed) and 1 piece of dried dashima (about 4-inch square) to the pan along with 4 cups of water. Bring it to a boil, uncovered, over medium high heat, and boil for 10 minutes. Remove anchovies and dashima from the stock. See more here:

<http://www.koreanbapsang.com/2011/06/how-to-make-anchovy-broth-for-korean.html>

Source:

http://www.phamfatale.com/id_95/title_Phbo-Tai-Nam-The-Perfect-Vietnamese-Beef-Rice-Noodle-Soup

Pho Bo Tai Nam (The Perfect Vietnamese Beef Rice Noodle Soup)

Ingredients

Yields: 10 servings

6 1/2 quarts water
1 dozen oxtail bones
5 lbs large knuckle beef bones with marrow
1 yellow onion
1 chunk fresh ginger, about 4 inches
1 chunk daikon , peeled
3 sticks cinnamon, broken in half
2 Tbs coriander seeds
1/3 cup star anise seeds
2 Tbs whole cloves
2 black cardamom pods
8 green cardamom pods, slightly crushed
1/3 cup salt
4 tsp mushroom powder
1 tsp MSG, (optional)
3 Tbs sugar
2 to 2-1/2 lbs "outside" flank steak, very cold
2 packages rice noodles
2 cups bean sprouts
1 bunch Thai basil
1 bunch Vietnamese mint
1/2 bunch fresh cilantro
2 limes, cut into wedges
3 fresh green jalapeno peppers, sliced
5 red Thai bird chiles
5 Tbs hoisin sauce, as needed
5 Tbs chili garlic sauce, or Sriracha
1 white onion (milder in flavor), sliced paper-thin
1/2 bunch green onions, finely chopped

Directions

For the beef broth (the most important part to me):

In a pot, soak the knuckle bones in about a quart of water with 1 tablespoon of salt overnight. The next day, rinse the bones and place them with the oxtail bones in a pot and cover with water. Bring to a boil and cook for 5 minutes. Drain the water. Rinse the bones under running tap water and set aside. This step is important to get a clear broth before starting the long slow-cooking.

In a giant spice strainer (see tips below), combine the cinnamon, star anise, cloves and both kinds of cardamom. Set aside.

Char the onion and ginger: Wash the whole unpeeled ginger; pat dry. Peel the whole onion without cutting the stem to make sure the onion doesn't fall apart in the broth. Place a grill on your stove, then char all the skin of the ginger and onion. Wrap them in aluminum foil. Let cool for about 10 minutes. Wash the ginger and onion under running tap water; the blackened skin will come right off. Bruise the ginger using a hammer to loosen the flesh and help release all its flavor.

Fill a 12-quart stockpot with 6 1/2 quarts of water. Place the oxtail bones from before, whole daikon, the strainer of spices and the charred ginger and onion in the pot. Bring the liquid to a boil. Then lower the heat to a bubbly simmer. Cook for about 2 hours. Regularly skim the impurities rising to the surface of the broth using a fine mesh strainer. Add salt, mushroom powder, sugar and MSG if you choose to. Cook for another 30-45 minutes.

Pho Bo Tai Nam (continued)

Fish out the oxtails bones using a slotted spoon, transfer to a big bowl. Cover with cold water and set aside for about 15 minutes. (Note: The method used to ensure that the meat does not darken as the broth cools down is basically the same procedure as that used to keep vegetables a bright green color). Drain the water from the oxtail bones, then refrigerate until it's time to serve.

If you're health conscious, you can remove the fat from the broth: Let the broth cool down to room temperature, plastic wrap the pot tightly and place the whole pot in the refrigerator. The fat from the broth may pick up some other odors from the refrigerator if the container is not sealed properly. A layer of fat will form at the surface, which can be removed using a spoon. You can skip this step by regularly degreasing as the broth cooks using a fine mesh strainer.

At the end, add the bones with marrow into the beef broth and cook for another 15 minutes.

The beef broth is ready. Get the rest of the pho preparation ready...

For the rice noodles:

Soak the dry rice noodles in a big bowl filled with cold water for 45 minutes. Drain the water using a colander. Set aside until the beef broth is ready.

When you're ready to serve, fill a medium-sized pan with about 2 quarts of water. Bring to a boil. Then place deep size bouillon strainer (or a large strainer that can fit in the pan) and add about 1 cup of the rice noodles. Wait for the water to come back to a boil (about 1-2 minutes) then cook for about 30-45 more seconds.

Lift the strainer, drain the liquid and transfer the noodles to a serving bowl. Repeat for each individual bowl.

For the beef slices of flank steak:

You can ask your butcher to thinly slice it for you. My local Asian store provides this service. Just mention you need flank steak for phở bò.

Your other option is to place the whole piece of meat in the freezer for about 30 minutes. Then thinly slice the meat using a sharp chef's knife. Make sure to cut the meat perpendicular to the grain so that the slices remain tender.

I like to make the bowls of pho individually. Pour about 2 ladles of beef broth into a small saucepan. Add one oxtail and one knuckle bone. Bring the broth to a boil. Then add about 2 tablespoons of the sliced raw flank steak. As soon as the beef slices are in the broth, transfer immediately to your serving bowl so that the meat keeps a slightly pink color and remains tender.

Repeat for each individual bowl.

Serving time:

Be organized. Line up the serving bowls. Place a little chopped white onion, some green onions, bean sprouts and cilantro in each bowl. Add the boiled drained rice noodles. Add the slightly cooked slices of beef along with the boiling broth you have prepared.

Serve with chili garlic sauce and hoisin sauce, Thai basil, mint, jalapeno peppers and the bird chiles. Squeeze some lime juice into the beef broth to finish.

Source: <https://kanakoskitchen.com/2009/11/26/yose-nabe-2>

Yose-Nabe: Simple Japanese Hotpot

Ingredients

For the nabe

These are highly variable. For tonight's dinner we used:

Scallops – four

Shrimp – four

Leek – one stalk

Enoki mushrooms – a big bunch

Shiitake mushrooms – one (It's better to add more than one)

Shungiku – a generous bunch

Tofu – 250 grams (I prefer silken tofu, but many people make nabe with cotton tofu)

Nappa Cabbage – a sixth of one

Mochi (rice paste) – one

Other possible ingredients include

Chicken thighs

Udon noodles

Carrot

Codfish

Pork

Kudzu noodles

Gobou

Preparation:

Place cold water in the nabe pot, add a piece of konbu sea-kelp

Slice the leek into medium size chunks, diagonally

Cut away the dirty roots of the enoki mushrooms and divide into several bunches

Wash the shungiku

Cut nappa cabbage into chopstick friendly sized bits

Cut tofu into pieces

Cut mochi in half

Arrange the ingredients beautifully in big plates

Make the sauces:

For the Goma Dare (sesame paste) Sauce

Mix together the following ingredient, in the order given:

Sesame paste – 2 tablespoons (Don't use Lebanese Tahina, choose Chinese or Japanese one)

Soy Sauce – 1 table spoon

Vinegar – 2 teaspoons

Sugar – 1 teaspoon

Hot water with a pinch of dashi dissolved in it

For the Ponzu (vinegar based) Sauce

Mix together the following ingredient, in the order given:

Soy sauce – 3.5 tablespoons

Vinegar – 1.5 tablespoons

Sugar – 1 tablespoon

Lime juice – from one lime

Serving tips:

At the table, bring water with konbu to a boil

Add in ingredients, obviously putting in the ones that need to cook a long time first.

Each diner takes out ingredients using a slotted spoon, places them on a dish, then adds sauce before eating.

Remember, you are not eating soup! Use a slotted spoon to get just the solid ingredients, leaving the broth in the pot.

Source:

<https://shizuokagourmet.com/tonkotsu-ramen-professional-recipe/>

Tonkotsu Ramen broth

INGREDIENTS

-Pork bones: 5 (2500 g)

-Water: 13 litres (this will boil down to 3.5 litres)

RECIPE:

Bring frozen bones to room temperature in plenty of water.

It should take about 2 hours. If you cook frozen bones directly, the blood will solidify and will be very difficult to get rid of.

If you can get fresh bones, skip this step.

Fill a very large cooking pot with water and bring to boil.

Switch off fire as soon as the water boils. Drop in the bones and let cool. This process will help you get rid of the blood and blood vessels easily.

Leave it to cool down for 30~40 minutes.

Drain the water off the bones in a large strainer.

Throw off the water.

Check and take off any blood or blood vessels from the bones.

Don't forget to clean the pot!

Break all the bones in two with a hammer.

Fill the pot again with clear water and bring to boil.

Drop the bones inside.

Keep cooking over a strong fire and scoop out foam and unwanted matters coming up on the surface (this should take 20 minutes at the most).

As the bottom might get hotter than near the surface, stir with a large ladle from time to time.

If the inside of the pot over the water surface gets clogged with matter or gets dark, switch off fire, clean with a clean cloth and switch fire on again.

Cover with a lid and a weight to prevent steam coming out from under the lid. Keep simmering on a low fire. Cook 15 hours (start early in the morning!!)

After 12 hours you may raise the fire to accelerate the cooking.

Continue cooking with lid on until volume is reduced to 3.5 litres of soup.

Filter the soup and here you have your tonkotsu base soup ready!

After that it is up to you and your preferences: add miso, tofu, salt, sesame oil, garlic chips and your little secrets!

Source:

<http://www.easypeasyjapanese.com/blogeasypeasyjapanese/2015/01/23/homemade-ramen-noodles>

Homemade Ramen Noodles

Making ramen from scratch is a pretty intensive process. Sometimes, I'll use a ramen substitute like getting freshly made ramen at a local asian market or venturing to Japan Town in San Francisco to buy them fresh from one of the many markets there. You could even use a package of dry instant ramen noodles and throw the seasoning packet out but as with anything, fresh is better.

My advice for making homemade ramen noodles is to take a weekend day to get these done ahead of time and then freeze them in individual portions (for up to a month). Then when you are ready to use them, it won't feel like you've slaved away in a kitchen all day. Plus you should have already made your miso base so you're almost there!

You do need a pasta machine and it's super helpful to have an electric mixer with a dough hook, unless you want to develop Popeye forearms. Pasta machines all have a similar notched number system for the width of noodle so you will be fine using the widths I recommend in this recipe.

If you do decide to venture down the homemade noodle path, then know this. A perfect noodle has a yellowy hue, is cooked on the al dente side and has a chewy, elastic yet firm texture that will hold up to the soup without turning limp or soggy.

Ingredients:

3 1/2 cups bread flour
1/2 cup cake flour
1 cup wheat flour
2 teaspoons 'baked baking soda', recipe included below or kansui powder
1 1/4 cups water (if you are hand kneeding, change water to 1 1/2 cups)
)
1 tablespoon salt
corn starch

First you need to make some 'baked baking soda'. This replaces a Japanese ingredient known as 'kansui' that gives ramen noodles their signature yellowy hue and firmness but is often difficult to find. Harold McGee, the king of kitchen science, discovered that by baking baking soda, you could get the same affect as the kansui. Spread about 1/4 cup of baking soda on a foil-lined baking sheet and place it in the oven at 275 degrees for 1 hour. You can save the remainder in a ziplock bag as this recipe only calls for 2 teaspoons. Just fold up your tinfoil to make it easier to put in a storage bag.

Directions:

1. In a small bowl, combine the baked baking soda or kansui powder and water until it dissolves.
2. In a stand mixer fitted with a dough hook, combine the bread, cake and wheat flours, kansui water and salt. Mix for 10 minutes on the lowest speed until the dough forms little pellets. If you need to, add up to 5 additional teaspoons of water. The dough is ready when it feels dry but will come together when squeezed with your hand.

Homemade Ramen Noodles (continued)

3. Pour the dough out onto a floured board and kneed into a ball for at least 10 minutes. Alternatively, you can put your dough in a plastic zip lock bag and form it into a ball so that it is easier to bring together and knead.

4. When you are ready to make your pasta, set up your pasta machine so that it is stable and won't slip from your work surface.

5. Cut your dough ball into 8 equal pieces (in half, then in quarters) and use one piece at a time, keeping the rest wrapped tightly with plastic wrap or sealed in your zip lock bag.

6. Roll out one piece until it resembles a flat, long shape. Sprinkle with some cornstarch so it doesn't stick to the pasta maker.

7. Pass it through your pasta machine on the largest setting – it will be a bit rough on the edges but don't worry about how it looks. Fold it over on itself and pass it again.

8. Reduce the width to 2 and pass through. Fold it over on itself and pass it again.

9. Reduce the width to 4 and pass through once. You'll have one long strip that you can then cut in half.

10. Reduce the width to 6 and pass through one of the halves twice. Repeat with the other half.

11. Now you are ready to run it them through the noodle cutter attachment.

12. The two strips will yield enough noodles for 1 bowl of ramen. Sprinkle each batch of noodles with additional cornstarch, lifting up the noodles to separate and lightly coat them, then pack them individually in plastic wrap. Let sit for at least a day before using. If planning to use later, put them in individual zip lock bags and store in the freezer for up to one month.

13. Cook fresh pasta in a pot of boiling water. Depending on the number of portions, cook for 1-2 minutes. Shake out all excess water and lay a portion in your bowl of hot soup by folding them over onto each other so they do not look messy. Then add toppings.