

## Thai Chicken, Cilantro & Coconut Stew

Serves 6

### INGREDIENTS:

- Olive oil
- 4 cloves garlic, minced
- 2 tablespoons fresh ginger, peeled and diced, or ¼ teaspoon ground ginger
- 2 green chilies, diced
- 1 tablespoon lemongrass, chopped fine (optional)
- 1 large red onion, chopped
- Juice and zest of 3 limes
- 4 boneless, skinless chicken breasts sliced into strips (about 1 inch wide)
- 2 large leeks, chopped
- 1 large red bell pepper, chopped in large pieces
- 1 large orange bell pepper, chopped in large pieces
- Salt and pepper
- 1 cup coconut milk
- 1 cup chicken stock
- 1 cup fresh cilantro, chopped (or 2 tablespoons dried)
- Lime wedges, for garnish

### DIRECTIONS:

1. Heat olive oil in a heavy soup pot over medium-high heat. Add garlic, ginger, chilies, lemongrass, onions, and lime zest and cook until the onions are tender.
2. Add chicken and cook another few minutes, trying to brown the chicken a bit. Add leeks and stir well.
3. Add red and orange peppers and continue to cook mixture for another few minutes.
4. Add lime juice, salt and pepper.
5. Add coconut milk and let boil for about 3 minutes on high heat. Reduce heat to simmer.
6. Add chicken stock and stir well. Simmer for about 45 minutes. Add cilantro and stir well just before serving. Garnish with lime wedges.

## TIPS BEFORE TAKEOFF

- ▶ This badge is all about new cuisine, so choose dishes you've never tried before.
- ▶ **Make it a menu:** If each dish you choose in steps 1 to 4 works as a separate course, you could have a "new cuisine" feast in step 5!  
**Example:** Appetizer: Indian Samosas, Beverage: Southern Sweet Tea, Entrée: Stir-Fry Black Bean Tofu and Broccoli, Dessert: Trifle

### STEP

## 1 Make a dish from another country

Thai food is often spiced with lemongrass and hot chilies. In Japan, some people breakfast on pickled-plum-stuffed rice balls or miso soup. Ethiopians often use a delicious flat bread to scoop up lentils or veggies. Expand your palate and your culinary repertoire by going international in this step—no passport needed.

### CHOICES – DO ONE:

- Cook something from an area of the world you're curious about.** Find a cookbook with recipes from that place and pick a dish that looks yummy. Or call a travel agency and ask for a favorite dish from the area.

**FOR MORE FUN:** Let a world atlas fall open to a page or spin a globe and see where your finger lands, then cook a recipe from that place.

**OR** .....

- Find a relative, friend, or neighbor who's an immigrant.** Ask that person for a personal recipe that represents their country of origin and cook it with them.

**OR** .....

- Let a particular ingredient be your tour guide.** Check out the international section of a grocery store or an international specialty store for an ingredient—a spice, a dried fruit, a canned good. Make a dish that uses that ingredient.

### When you find a recipe, ask yourself these questions:

- Can I find the ingredients? Is there a good substitute for anything that's hard to find?
- Will I need special equipment?
- How will I learn any specific cooking techniques?
- Do I want to adjust any ingredients to better fit my approach to healthy living?

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

## A Sampling of Regional Specialties

### NORTHEAST

clam chowder  
lobster roll  
sugar on snow



### MID-ATLANTIC

Philadelphia cheesesteak  
scrapple  
beef on weck sandwich  
Buffalo wings



### MIDWEST

mac and cheese  
German potato salad  
kringle  
cheese curds



### SOUTH

boiled peanuts  
grits  
gumbo  
muffuletta sandwich  
Key lime pie



### SOUTHWEST

corn bread  
fry bread  
Tex-Mex nachos



### WEST

sourdough  
California burrito  
Spam sushi



## STEP

# 2 Discover a dish from another region of the United States

Southern barbecue, New England clam chowder, Tex-Mex tacos, Native American fry bread—this step will take you on a stateside road trip without leaving your kitchen.

### CHOICES - DO ONE:

- Put together a meal based on a food-related news story.** Find a story about another region in the United States. It could be about shrimp fishing in Louisiana or apple orchards in Washington State. Use that story to inspire the dish you choose.

**FOR MORE FUN:** Write a short piece on the dish, take a picture, and submit it and a recipe to a local newspaper from the area that inspired you.

**OR** .....

- Research and cook a regional specialty that's become a cultural phenomenon.** The Toll House cookie was invented at the Toll House Inn in Boston. The Cobb salad came from a lucky accident with leftovers at the original Brown Derby restaurant in Hollywood.

**OR** .....

- Find out how well you know your region.** Visit the local history center or library, or ask an elderly community member, for a recipe from your hometown that's become a phenomenon (or needs your help to gain popularity!). Cook it. Did you match the local standard for phenomenal? Does it taste like you expected it to?

**Q:** What country does each of these foods come from?

tortilla chips

fortune cookie

chop suey

jambalaya

**A:** All of them were invented in the United States.

STEP

# 3 Whip up a dish from another time period

Scour the past for a tasty dish, and cook up a piece of history.

**CHOICES - DO ONE:**

- Try a recipe inspired by a historical book or movie.** Did you read *Little House on the Prairie* and wonder what "headcheese" was? Or watch *The Sound of Music* and really want to try a Viennese pastry?

**FOR MORE FUN:** Make up a recipe for a fantasy food from your favorite fantasy novel.

**OR** .....

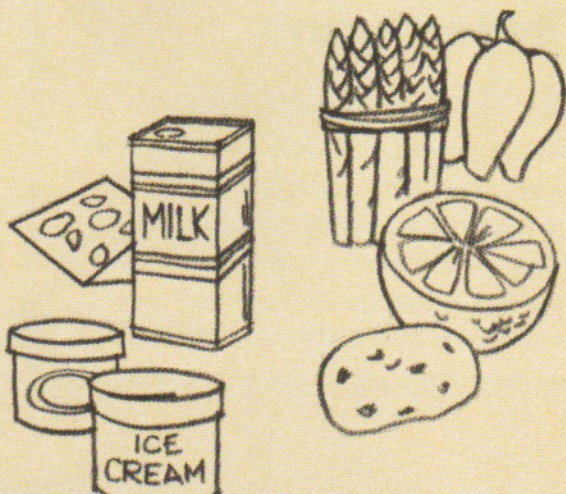
- Ask a grandparent or other relative for an old family recipe.** Get their help to make it. What was your grandmother's favorite pasta? Did your great-uncle love anything with tomatoes? Is there a favorite dish at every family gathering? Learn to make a recipe that's been passed down in your family.

**OR** .....

- Pick a piece of the past that excites you.** Find a classic recipe from that time and place; it might be from the Renaissance, pirate lore, Juliette Low's time, or the Wild West. Where and why was this recipe served? Maybe you can find out what it was supposed to taste like back then to know how your version compares.

## More to Explore

**Pretend you're a Senior in 1963.** Try this activity from the "Meal Preparing and Serving" project: Follow a "heritage trail" in your community to collect favorite recipes of older residents. Try some of the recipes you collect. Make a cookbook of your collection. Present it as a gift to those who helped you.



## Chickpea Hummus

Serves 8

INGREDIENTS:

- 2 cloves garlic, minced
- 2 cans chickpeas, drained and rinsed
- ¼ cup olive oil
- 2 tablespoons lemon juice
- ¼ cup water
- ½ cup tahini (sesame seed paste), optional
- 1-2 teaspoons salt

DIRECTIONS:

*Combine all ingredients in a blender and mix until smooth.*



## Pulled Pork in a Crock-Pot with Barbecue Sauce

Serves 6

### INGREDIENTS:

#### For the dry rub and pork:

- 2 tablespoons dark brown sugar, packed
- 1 tablespoon smoked paprika
- 1 tablespoon cumin
- 1 tablespoon black pepper
- 2 tablespoons coarse salt
- 4-5 pounds pork butt, cut into a few large pieces

#### For the barbecue sauce:

- 2 cloves garlic, peeled
- ¼ cup brown sugar, packed
- ¼ cup honey
- 1 cup apple cider vinegar
- 2 teaspoons salt
- 1 teaspoon red pepper flakes
- 1 teaspoon black pepper
- ⅓ cup tomato sauce

### DIRECTIONS:

1. In a small mixing bowl, mix all of the spices for the rub. Rub mixture all over pork butt pieces, and set aside.
2. Mix all ingredients for the barbecue sauce together until smooth.
3. In a hot and lightly greased cast-iron pan over high heat, sear the pork butt pieces on each side until a brown crust is present.
4. Place pork butt pieces and barbecue sauce in a Crock-Pot on low, about 6 to 7 hours.
5. Pull meat apart with two forks, and mix with sauce.
6. Enjoy on its own, or in a toasted whole-wheat roll or pita.

## STEP 4 Cook a dish that makes a statement

The food that's on your plate sends a message—your choices about health, convenience, the environment, and religion all show up in what you choose to eat.

### CHOICES – DO ONE:

- Take a processed food you love and make a homemade version.** It might be a packaged gingerbread, a cream-filled cupcake, or a ruffled potato chip. Compare your ingredients with the list on the package. Knowing where your food comes from can be a challenge, especially if the package has a list of chemical ingredients that seems 10 miles long!

OR

- Choose a veggie protein and find a recipe that features it.** How about tofu, tempeh, seitan, or beans and rice? Or, look at how vegan creativity has sparked some delicious baked goods that substitute plant-based ingredients for dairy, eggs, and even honey. (Think dark chocolate chips, applesauce, soy milk, or black beans in your brownie mix!)

**FOR MORE FUN:** Take your favorite cake or cookie recipe and make it vegan!

OR

- Try a recipe for a special diet.** Ask a friend, neighbor, or family member who follows a special nutritional plan or diet for a recipe. You might try a kosher kugel, gluten-free bread, or a raw-food feast (raw foodists eat only vegetables, nuts, seeds, and fruits that have never been heated above 115° F).

**FOR MORE FUN:** Take a favorite dish and make it fit a specific diet. What substitution would you make in a PB and J sandwich to feed someone who has a peanut allergy?

## Spinach vs. Supertasters

Research shows that about 25 percent of people have more taste buds than average—which makes them more sensitive to certain tastes. These so-called “supertasters” usually don’t like coffee, grapefruit, cabbage, Brussels sprouts, or spinach because they all taste too bitter.