THE COMMITTEE ON INTERNATIONAL EDUCATION AND OIE PRESENT:

INTERNATIONAL FRIDAY SERIES

WHAT'S ON YOUR TABLE?

SEPTEMBER 25, 2020
THE COMMITTEE ON INTERNATIONAL EDUCATION IS PARTNERING WITH OIE TO LAUNCH INTERNATIONAL FRIDAY SERIES. WITH THIS SERIES, WE WANT TO STRENGTHEN OUR INTERCONNECTIVITY AS A COMMUNITY AND SHOWCASE WHAT THE BELOIT EXPERIENCE LOOKS LIKE FOR ALL OF OUR STUDENTS, ESPECIALLY THOSE WHO HAVE NOT BEEN ABLE TO COME BACK TO CAMPUS AND ARE TAKING CLASSES REMOTELY AT DIFFERENT LOCATIONS OF THE UNITED STATES AND AROUND THE WORLD.

ON TODAY'S INTERNATIONAL FRIDAY WE WANT TO SHOWCASE FOODS FROM TABLES ACROSS THE WORLD, THE STORIES BEHIND THEM, AND HOW FOOD CONNECTS US ALL ACROSS BORDERS/ HERE ARE THE SUBMISSIONS WE RECEIVED FROM SOME OF OUR STUDENTS, ALUMNI AND FACULTY:
TRAN ("GATTER") DINH THU, CLASS OF 2021: VIETNAMESE CUISINE

"ME AND MY FRIENDS LOVE THIS DISH. IT'S CALLED “PHỞ TRÔN”, WHICH IS PHỞ BUT WITHOUT THE BROTH. WHEN YOU TALK ABOUT PHỞ, YOU ALWAYS THINK OF THE REGULAR PHỞ WITH THE RICHNESS OF THE BROTH, BUT NOT MANY KNOW ABOUT THIS. THIS IS A PERFECT SUMMER DISH. IT'S SERVED COLD WITH A BOWL OF THE BROTH, JUST IN CASE YOU MISS THAT ORIGINAL TASTE. THE TOPPINGS USUALLY CONSIST OF CHICKEN, BEAN SPROUTS, CORIANDER, DEEP-FRIED SHALLOTS, PEANUTS, SOY SAUCE MIXED WITH LIME JUICE, AND CHICKEN BROTH ON TOP. YOU CAN ADD MEATBALLS WITH WOOD EAR MUSHROOM, AND EVEN SMALL HARD BOILED EGGS!"

Phở trộn
MARIA
ASCHENBRENER,
CLASS OF 2021:
ITALIAN CUISINE

"THE FIRST PHOTO IS FROM A BIG CHOCOLATE FESTIVAL IN TUSCANY! THE PINK CHOCOLATE IS A MUST-HAVE. THE SECOND PHOTO IS FROM A CAFE, WHERE I GOT THIS LOVELY BREAKFAST."
LAYNA THOMPSON, CLASS OF 2022: CHINESE CUISINE

SAYS LAYNA: “BREAKFAST WAS REALLY DIFFERENT!”
EBONY MILLER, CLASS OF 2020: BAHAMIAN CUISINE

Clockwise from top left: Crack conch and shrimp, Guava duff, Conch fritters, conch, jerk chicken, and fries.
MARÍA ELVIRA LÓPEZ, CLASS OF 2021: ECUADORIAN CUISINE

“PATACONES - THEY’RE FRIED PLANTAIN WE GENERALLY EAT WITH SEAFOOD!”
“SUMMER IS APPROACHING IN AUSTRALIA AND THAT MEANS BEETROOT (PICKLED BEETS). SUBWAY BOLDY ADVERTISES THEIR RETURN, AND THEY ALSO FEATURE IN MCDONALD’S MCOZ BURGER. AT FISH N’ CHIP SHOPS THEY’RE FOUND ON THE “HAMBURGER WITH THE LOT” ALONG WITH A FRIED EGG AND PINEAPPLE.”
SEVA POITEVIN, CLASS OF 2021: GHANIAN CUISINE

"GHANIAN THANKSGIVING!"
ON NORWEGIAN LEFSE:

“AT EVERY SPECIAL EVENT MY FAMILY ALWAYS HAS LEFSE ON THE TABLE. IT'S A TRADITIONAL NORWEGIAN FLAT BREAD MADE OUT OF POTATOES. IT'S COOKED UNTIL IT'S POCKETS ARE GOLDEN BROWN IN A LEFSE PRESS, THEN SMOTHERED IN BUTTER AND SUGAR OR BUTTER AND JAM (PREFERABLY LINGONBERRY). USUALLY IT'S EATEN ROLLED UP BUT SOMETIMES EVERYONE IS SO IMPATIENT THAT IT GETS STUFFED INTO MOUTHS ANYWAY IT CAN. THE LEFSE ITSELF WAS TREATED LIKE GOLD IN OUR HOUSEHOLD: ONLY MY GREAT GRANDMAS KNEW HOW TO MAKE IT AND WOULD ONLY MAKE IT ON SPECIAL OCCASIONS. LEFSE FOR NORWEGIAN FAMILIES GOES BEYOND FOOD. IT IS A WAY TO SHOW LOVE AND CARE. WHEN MY GRANDPA PASSED AWAY, EVERY NORWEGIAN MATRIARCH BROUGHT OVER SOME FRESH LEFSE. NOW, WHENEVER I AM FEELING HOMESICK OR SAD I DRIVE TO THE SCANDINAVIAN MARKET NEAR MY APARTMENT TO BUY SOME LEFSE. IT BRINGS ME CLOSER TO HOME THAN ANYTHING ELSE CAN.”
I was fortunate enough to be invited to a Matariki celebration (the Māori New Year) and got to try some Hangi food. Hangi is a Māori method of cooking where they dig a big hole in the ground, putting stones in the bottom, then building a big fire in the hole on top of the stones. After the stones are good and hot, and the fire is put out, they lower baskets full of food on top, and then reburying it all until it is cooked! The food in the Hangi that I went to was mostly chicken, lamb, beef, onions, kumaras (a root vegetable similar to a yam), potatoes, and carrots….SOOOOOO TASTY.”
EMILY SAGER, CAREER & COMMUNITY ENGAGEMENT CENTER: AMERICAN CUISINE

EMILY SAGER’S HOT CHOCOLATE RECIPE THAT SHE ENJOYS WITH HER DAUGHTER:

INGREDIENTS:
- 4 CUPS OF MILK
- 1/4 CUP UNSWEETENED COCOA POWDER
- 1/4 CUP OF SUGAR
- 1/2 CUP OF CHOCOLATE CHIPS
- 1/4 TSP OF VANILLA EXTRACT
- PEPPERMINT- (OPTIONAL)
- WHIP CREAM- (OPTIONAL)

INSTRUCTIONS:
WHISK IN EACH INGREDIENT ON THE STOVETOP, ONE INGREDIENT AT A TIME. WARM ON MEDIUM HEAT- DO NOT BOIL.

SAYS EMILY SAGER: "I LIKE TO ADD PEPPERMINT TO MY HOT CHOCOLATE AND DON'T FORGET THE WHIP CREAM ON TOP!"
"BEEF STEW WITH RICE, AND RICE BALL WITH PORK STUFFINGS - TWO CHINESE DISHES!"
Pasteis de Nata

“PORTUGUESE CUSTARD TARTS -- THEY’RE EVERYWHERE IN LISBON.”
LINCOLN BUDASI, CLASS OF 2021:
CHAMORRO CUISINE

Kalamai

SAYS LINCOLN: “ONE OF MY NÅNA’S (GRANDMOTHER’S) FAVORITE CHAMORU DESSERTS IS KALAMAII, A COLORED CORN PUDDING. MY SISTER AND I STARTED MAKING THIS RECIPE A COUPLE YEARS AGO TO SURPRISE OUR NÅNA.”

CHAMORU RECIPE:

INGREDIENTS:

- HALF CUP MASÁ
- HALF CUP SUGAR
- HALF CUP + 1 TBSP CORN STARCH
- 1.5 CUPS THICK COCONUT MILK (MIX UNTIL SMOOTH)
- 1 TSP VANILLA 1 TBSP UNSALTED BUTTER HALF TSP FOOD COLORING (ANY COLOR!)

INSTRUCTIONS:
TURN HEAT ON BETWEEN LOW AND MEDIUM – ADD TWO CUPS BOILING WATER—STIR CONTINUOUSLY UNTIL THE CONTENTS BECOME THICK. PLACE INTO A PIE DISH OR A SIMILAR SUBSTITUTE, SPRINKLE CINNAMON ON TOP. ENJOY!
EVA HAYKIN, CLASS OF 2021: CHILEAN CUISINE

Cazuela chilena

SAYS EVA: "MY HOST MOM OFTEN MADE A TRADITIONAL CHILEAN SOUP, CALLED CAZUELA. THE DISH ITSELF IS NAMED AFTER THE CERAMIC COOKING POT OR VESSEL IN WHICH IT IS PREPARED. TRADITIONAL CAZUELA CHILENA IS SERVED AS A SAVORY BROTH, WITH CORN ("CHOCLO"), CHICKEN/SEAFOOD/OTHER MEAT, ONION, SQUASH, POTATOES, GARLIC, RICE, AND HERBS. I LIKE TO ADD HOT PEPPERS (IDEALLY SERRANOS) TO MINE!"
GRACE ZAFFIRO, CLASS OF 2021: ENGLISH CUISINE

English teatime!
ELLIS LEWIS, CLASS OF 2019:
AMERICAN CUISINE

Mom's chicken

SAYS ELLIS:

"TO BEGIN THIS STORY, I WOULD LIKE TO SAY THAT I LOVE CHICKEN (NO SURPRISE THERE). BUT I SPECIFICALLY ENJOYED MY MOTHER'S BAKED CHICKEN. AFTER A LONG DAY OF BEING A KID, MY MOTHER WOULD USUALLY MAKE IT BECAUSE IT WAS EASY AND HER SON ENJOYED IT. IN SPITE OF IT BEING SIMPLE, IT WAS GREAT. LOOKING BACK I THINK THAT WHAT MADE ME LOVE THIS MEAL WASN'T THE FOOD ITSELF, BUT INSTEAD IT WAS THE LOVE AND PASSION FROM MY MOTHER THAT MADE THIS SIMPLE MEAL SPECIAL."