

RVUCOM Feast of Flavors Cookbook





We are excited to present the inaugural Feast of Flavors Cookbook! While this event is usually held in person, we hope these recipes bring joy and new flavors at home in the kitchen. We are excited to share a collection of family recipes from across cultures, countries and our own RVU campus.

-Sincerely, Student National Medical Assoc.

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APPETIZERS & SIDE DISHES

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Frog Eye Salad

Kendra Brummund, OMS I

INGREDIENTS

- 8 ounces Acini De Pepe pasta
- 1 cup pineapple juice (reserved from pineapple tidbits)
- 1/2 cup sugar
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1 egg (beaten)
- 1/2 Tablespoon lemon juice
- 22 ounces mandarin oranges (drained)
- 1 (20 ounce) can pineapple tidbits (drained and reserve juice)
- 1 (8 ounce) can crushed pineapple (drained)
- 1/2 cup chopped maraschino cherries
- 1 (8 ounce) Cool Whip

INSTRUCTIONS

1. Cook the Acini De Pepe pasta according to package directions. When done, rinse under cold water in strainer. Let cool.
2. In a saucepan over medium high heat stir together pineapple juice, sugar, flour, salt and egg. Cook and stir constantly until mixture thickens and is smooth. Remove from heat and stir in lemon juice. Let cool.
3. In a large mixing bowl combine the pasta and thickened mixture.
4. Then gently fold in the mandarin oranges, pineapple tidbits, crushed pineapple, and maraschino cherries. Fold in Cool Whip.
5. Enjoy!

SIGNIFICANCE: This recipe is a family favorite at picnics. I requested it from my Great Aunt, Joann at my grad party. It's one of my fiancé's favorite dishes. I am expanding this odd named dish to be made vegan so my best friend that I made in medical school can enjoy!

Garlic Cheese Grits

Laura Dement, Staff

INSTRUCTIONS

- 3 cups of white or yellow grits (Quaker brand is best)
- Cook with water according to directions on box
- Mix in 1 lb. of shredded cheddar cheese and
- 2 tablespoons of garlic salt (parsley adds color)
- Pour into casserole dish and bake in oven at 350 degrees until top is brown.

Serves 8-10



SIGNIFICANCE: Garlic Cheese Grits is a southern dish but originates from Germany. Grits can complement any meat dish and are also one of the best foods to fill you up when you're on a tight budget!

Indian Pakora

Prakhar Singal, OMS II



INGREDIENTS

- Besan (Gram Flour)
- Salt
- Chili Powder
- Cumin Seeds
- Bread and/or Vegetables (ex: sliced potatoes, cauliflower)

INSTRUCTIONS

1. Make Pakora batter with Besan, Salt, Chili Powder, Cumin Seeds, and water.
2. Dip bread and/or vegetables into batter, ensuring to coat the bread/vegetables sufficiently.
3. Heat oil in a deep pan and deep fry batter-coated bread/vegetable until golden brown.
4. Let cool and serve to eat with chutney or ketchup.

SIGNIFICANCE:

Pakora is one of my family's favorite breakfast dishes, especially my sister's. Usually on the weekends, I would wake up to sound and smell of frying dough. Having pakora was the best way to start the day with my entire family passing around a different variety of pakora, even new ones my parents would like to try on a whim. It was always so rich and enriched my heart with joy.

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Aloo Achari

Shivani Dixit, OMS I



INGREDIENTS

- Baby Potatoes boiled and peeled 500 grams
- Vinegar 1/4 teaspoon
- Mustard seeds 1/2 teaspoon
- Fennel seeds (saunf) 1/2 teaspoon
- Dried red chillies 4
- Mustard oil 2 tablespoons
- Cumin seeds 1 teaspoon
- Onion seeds (kalonji) 1/2 teaspoon
- Turmeric powder 1/4 teaspoon
- Garlic paste 1 tablespoon
- Ginger paste 1 1/2 teaspoons
- Salt to taste
- Black salt (kala namak) 1/4 teaspoon
- Sugar 1 teaspoon
- Vinegar 3 teaspoons

INSTRUCTIONS

1. Grind together fenugreek seeds, mustard seeds, fennel seeds and red chillies to a coarse powder.
2. Heat mustard oil in a pan till it begins to smoke. Add cumin seeds, onion seeds and sauté for half a minute. Add turmeric powder and potatoes and stir. Add garlic paste and ginger paste and quarter cup of water and mix.
3. Add the ground spices, salt, black salt and sugar and mix well. Add vinegar and quarter cup of water and cook till dry.
4. Serve hot.

Arroz Caldo

Kristoff Aragon, OMS I

INGREDIENTS

Serving size: 6

- 3 tbsp of vegetable oil
- 1-2 inch knob of ginger, peeled and chopped
- 1 small onion, chopped
- 1-2 tbsp of *patis* or fish sauce (I used soy sauce because of a seafood allergy T.T)
- 1-2 lbs of boneless chicken thighs
- 8 cups of chicken stock
- 1 ½ cup of uncooked jasmine rice

Garnish

- Chopped scallions
- Toasted chopped garlic (6-8 cloves)
- Lemon wedges
- Ground pepper
- Sliced boiled eggs (optional)
- Crushed chicharron (optional)

SIGNIFICANCE: Whenever I think of *arroz caldo* I always think back to the day I first got braces, my mouth felt tight and it was painful to bite down. We had some overcast and drizzle that day too, so a time like this called for something soft and warm that was nourishing for the soul. My dad decided to cook *arroz caldo*, a chicken rice porridge infused with ginger and flavored with green onions, pepper, lemon and garlic. It was the kind of soothing comfort I needed, and I hope will also bring to you.

Filipino food means a lot to me because I feel like it's one of the few connections I have left to my cultural heritage. I think many Filipino-Americans wrestle with this identity crisis of whether we are Filipino or American enough. I don't know how to speak the language and sometimes I still feel a rift between me and my roots. But I grew up with my parents' cooking, large family parties, and the nuanced behaviors that only other Filipinos would understand. These experiences have shaped my identity and I'm proud to call myself FilAm.

INSTRUCTIONS

1. In a large pot, heat oil over medium heat then add onions. Cook for a couple of minutes, then add ginger and 1 tbsp of fish sauce or soy sauce. Cook the ginger for about a minute and stir occasionally.
2. Add chicken, stock, and rice and bring to a boil. Once boiling, reduce heat to medium-low to low, cover and simmer for at least 30 minutes. Stir occasionally to prevent rice from sticking to the bottom. The rice will soak up the stock overtime and will take on a porridge-like consistency. Turn off heat and add an additional tbsp of soy sauce.
3. Take cooked pieces of chicken out of the pot, shred them or cut them into bite size pieces, and add the meat back in.
4. Serve in bowls then garnish with pepper, toasted garlic, scallions, and a squeeze of lemon juice. You can also top with a sliced boiled egg and crushed chicharron.

To Prepare Toasted Garlic:

1. In a pan, add 1-2 tbsp of oil over medium heat. Add chopped garlic and cook for about 4-5 minutes. Garlic should toast and brown gradually, if they brown too soon adjust the heat.
2. Once toasted drain and set aside.



BENGALI EGG CURRY

ILMA CHOWDHURY, OMS II

PREP TIME: 10 minutes

COOK TIME: 20 minutes

TOTAL TIME: 30 minutes

INGREDIENTS

- 1 large potato
- 1 red onion
- 1 tomato
- 6 hard-boiled eggs
- 1 inch ginger
- 3 garlic cloves
- 1 tsp turmeric
- 1 and ½ teaspoon salt
- ¾ tsp chili powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- ½ tsp fennel powder
- 3 green chili
- 1 tsp Bengali Garam Masala



INSTRUCTIONS

1. Depending on the size of the potato, slice in big cubes or bite size wedges.
2. Thinly slice the onion
3. Pound the garlic and ginger with a pinch of salt.
4. In a bowl mix ½ tsp cumin powder, ½ tsp turmeric powder, ½ tsp coriander powder and ½ tsp fennel powder with 2 tablespoons water.
5. In a bowl add the boiled eggs along with ¼ teaspoon salt and ¼ teaspoon turmeric. Toss it around to coat the spices to the egg.
6. Place a pan at medium heat and pour 1 tablespoon oil. Drop the potatoes, sprinkle ½ teaspoon salt and ½ teaspoon turmeric. Mix it around and let it cook for 5 minutes. Take it off the pan once it's done.
7. To the same pan, drop the eggs and stir it around. Let it fry for 2 minutes. (Don't fry for too long or else it can taste like rubber). Take it off the pan once done.
8. To the same pan, pour 1 tsp oil and add the whole spices (bay leaf, clove, cinnamon stick and cardamoms). Sprinkle 1 tsp sugar (for a gorgeous color to the gravy)
9. Drop the sliced onion and ¼ tsp salt. Add the garlic and ginger, stir it around. Drop the spice paste and mix it around. Cook for 1 minute.
10. Drop the tomatoes and the fried potatoes. Stir it around, cover the pan and let it cook for 5 minutes.
11. Pour 1 cup water, add the fried boiled eggs and 3 green chili. Simmer for 5 min.
12. Finally add the Bengali Garam Masala, stir around and cook for 1 minute. Check for salt and add any if needed.
13. Serve the curry warm with rice or bread.

Chinese Sausage Fried Rice

Florence Yip, OMS II



Time: 20 minutes

INGREDIENTS

- 3 Chinese sausages (lop cheung, diced, you can steam or boil the Chinese sausage before slicing for a softer texture) – This can be bought at H-mart or Pacific Ocean in Colorado
- 1 medium onion (chopped)
- 5 cups cooked white rice
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 2 teaspoons hot water
- 1/4 teaspoon sesame oil (or any oil you have at home)
- 1 teaspoon soy sauce
- 1/8 teaspoon white pepper
- 3 tablespoons vegetable oil (divided)
- 2 eggs (beaten)
- 2/3 cup frozen green peas (thawed to room temperature)
- 2 green onions (chopped)

INSTRUCTIONS

1. First, prepare your Chinese sausage, onion, and rice (either dig some leftover rice out of your refrigerator, or make a batch).
2. In a small bowl, add 3/4 tsp salt, 1/4 tsp sugar, 2 tsp hot water, 1/4 tsp sesame oil, 1 tsp regular soy sauce, 1/2 tsp dark soy sauce and 1/8 tsp ground white pepper. Set aside.
3. Heat your wok over medium high heat and spread 2 tbsps of vegetable oil around the perimeter of the wok. Next, add the 2 beaten eggs to the oil, scrambling them and breaking them up into smaller pieces with your wok spatula just until done. Transfer them back to the bowl you used to beat them and set aside.
4. Heat the wok over medium heat and spread 1 tablespoon oil around your wok. Add the Chinese sausages (lop cheung), and stir-fry for 20 seconds.
5. Add chopped onion and stir fry for another 1-2 minutes until translucent. Turn the heat to high and add rice. Use your metal wok spatula to flatten and break up any clumps. If using leftover white rice, you will have to cook and stir fry the rice longer to heat it through.
6. Once the rice is warmed, pour the sauce mixture you prepared earlier evenly over the rice. Mix the lop cheung fried rice using a scooping motion with your spatula for 1-2 minutes, until the rice is evenly coated in the sauce. At this stage, there shouldn't be any more clumps of rice, and it should be steaming as the sauce distributes and cooks.
7. Add the cooked egg and 2/3 cup frozen peas. Stir fry the rice for another minute.

Chinese Sausage Fried Rice



Florence Yip, OMS II

SIGNIFICANCE:

My father is an amazing cook, but this is one of my favorite and simplest dishes from him. I grew up loving fried rice – Thai fried rice, Chinese fried rice, ALL fried rice. When I moved to America to attend university by myself, it was very lonely, and I missed my family’s cooking. I spent 3 years in America without my family (until they moved back to support me through medical school). During those times, this was the only dish I really learned how to make – it is simple and very tasty. Chinese sausage (lop chueng) is super tasty and easy to buy at any Asian market. This dish to my father is incredibly simple and he could make it with a flick of his wrist. To me, however, it is the taste of home.

Nepali Momo

Dikchhya Karki, OMS II



INGREDIENTS

(for 80 Momos)

FILLINGS

- 1 lb ground chicken
- ½ red onion, finely chopped
- ½ cup scallions, finely chopped
- ½ cup fresh cilantro, finely chopped
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 1 teaspoon turmeric
- 1 teaspoon red chili powder
- 1 teaspoon garam masala
- 2 tablespoons ghee, melted, or butter
- 2 tablespoons olive oil
- 80 small dumpling wrappers
- napa cabbage, or parchment paper, to line the steamer
- 2 cups chutney, optional
- 1 tablespoon olive oil
- 4 medium tomatoes, chopped
- 4 thai chilis, chopped
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- ½ teaspoon turmeric
- 1 teaspoon szechuan pepper, or dried chilies
- salt, to taste
- 2 tablespoons toasted sesame seeds
- ¼ cup fresh cilantro

INSTRUCTIONS

1. Make the filling: In a large bowl, combine the ground chicken, red onion, scallions, cilantro, garlic, ginger, turmeric, chili powder, garam masala, ghee, and olive oil. Mix well with your hands.
2. Place a tablespoon of filling in the middle of a dumpling wrapper. Using your finger, lightly wet the outer rim with water.
3. Pinch the top of the wrapper, using your fingers to pleat and tighten as you close so it looks like a little pouch. Repeat with the remaining wrappers and filling.
4. Bring a large pot filled a third of the way with water to boil over high heat and top with a dumpling steamer basket. Line the basket with cabbage leaves. Steam the momos in batches for 12-15 minutes, until the wrapper becomes slightly translucent.
5. Make the dipping sauce: In a medium saucepan, heat the olive oil over medium heat. Add the tomatoes, thai chilies, garlic, ginger, turmeric, and Szechuan peppers. Season with salt. Cook, stirring occasionally, until the tomato is softened, for 5 minutes. Remove the pan from the heat and let cool for 5-10 minutes.
6. Transfer the tomato mixture to a blender and add the sesame seeds and cilantro. Blend until smooth.
7. Serve the momos with the dipping chutney.
8. Enjoy!

Spicy Rice Cakes (tteokbokki)

Miryam Ha, OMS II



INGREDIENTS

- 1lb of cylinder-shaped rice cakes (you can find these at any Asian market)
- 5 cups of water*
- 5-7 large dried anchovies*
- 6 x 8 inch dried kelp*
- 1/3 cup pepper paste (they come with different spice levels so you can choose which one you would like!)
- 1 tablespoon of hot pepper flakes
- 1 tablespoon sugar
- 1/2 pound fish cakes (optional, highly recommended)
- Mozzarella cheese (optional, highly recommended)
- 2-3 hardboiled eggs, shelled (optional)
- 3 chopped green onions for garnish (optional)

*The anchovies and dried kelp are boiled in water to make a stock. It has a savory, light flavor and is used in a lot of different Korean dishes. You can substitute this stock with 3 cups of water and 2 cups of chicken or vegetable broth.

Spicy Rice Cakes (cont.)

Miryam Ha, OMS II

INSTRUCTIONS

1. Boil the water, dried anchovies, and dried kelp in an uncovered pan or shallow pot over medium high heat for 15 minutes.
 2. In another bowl, mix the pepper paste, pepper flakes, and sugar until well combined
 3. Cut the fishcakes into triangles and run them under hot water for 1-2 minutes
 4. Remove the anchovies and kelp from the pot*
 5. Add the rice cakes, red pepper mixture, eggs, and fish cakes
 6. Gently stir with a spoon when it starts to boil
 7. Keep stirring until rice cakes turn soft and the sauce starts to thicken. This should take about 10-15 mins depending on the type of rice cake you buy.
 8. Remove from the heat, top with mozzarella cheese, and serve
- *Skip this step if not using anchovies and kelp

SIGNIFICANCE: Spicy rice cakes are a staple street food dish in Korea. When I think of spicy rice cakes, I am reminded of the first time I visited Korea in high school. My family and I went on a road trip to the mountains and stopped by a food court and ordered rice cakes and fish cake soup. Even though the dish is simple, it is delicious and is one that connects me to my Korean heritage.

Sweet Noodle Kugel

Cheryl Johnston, Staff



INGREDIENTS

- 1 package of large (wide) egg noodles
- 8 ounces of sour cream
- 1 block of softened cream cheese
- 4 tablespoons (1/4 cup) of softened butter
- 1 tablespoon of honey
- 3/4 cup of sugar
- 5 eggs
- 1 can of drained cherries
- 1 can drained mandarin oranges
- 1 small can of drained crushed pineapple

INSTRUCTIONS

- Heat oven to 350 degrees
- Cook noodles on stove-top per package instructions; drain and set aside
- In a bowl, mix sour cream, cream cheese, and butter until smooth
- Add honey, sugar, eggs and mix until smooth
- Add all drained fruits
- Add in the noodles so they are coated with the above mixture
- Transfer to a 9 x 13 baking dish (at this point, if you wanted to you could sprinkle a light layer of cinnamon sugar over the top)
- Cover with foil and bake at 350 for 1-hour

Tortilla Española

Dr. Fernando Gomez



INGREDIENTS

- 2 large potatoes peeled and cut into 1/4-inch slices
- 1 large onion peeled and cut into 1/4-inch slices
- 6 eggs
- 1/4 to 1/2 teaspoon of salt (individual preference)
- 1/4 cup of oil to fry potatoes and onions
- 2-4 tablespoons of oil to fry omelet

(Variations):

- Can substitute one can of strained cooked white beans for the potatoes.
- Can add small cubes of your favorite lunch meat (preferably dry cured Spanish chorizo or jamon serrano), bell peppers, canned tuna, etc. (whatever pre-cooked ingredient you would like to add to your omelet).

INSTRUCTIONS

1. Put about 1/4 cup of oil in a non-stick pan to boil (low temperature frying) the onions to translucent and potatoes until soft. Allow to cool at room temperature.
2. In a bowl, beat the eggs and fold in the salt and cooled cooked potatoes and onions.
3. Cover the pan bottom completely with oil and preheat. Add the contents from the bowl.
4. Cook on low heat until eggs are cooked most of the thickness of the omelet.
5. Carefully flip the omelet onto a plate and slide the omelet back into the pan to finish cooking (with the uncooked side now on bottom). Omelet will be about 1/2 inch to 1 inch thick depending on the size of your pan.
6. Slide out of the pan onto a clean plate and slice into wedges to serve. 18

Tuscan Gnocchi

Rachel Abercrombie, OMS I



INGREDIENTS

4 Tbsp butter
2 cloves minced garlic
2 cups of halved cherry tomatoes
1 carton mushrooms
3 cups of spinach
2/3 cups low sodium chicken broth
2/3 cups heavy cream
1/2 cup parmesan cheese
1 cup mozzarella
1 package gnocchi
1 tablespoon red pepper flakes
1/2 tablespoon basil
1/2 tablespoon oregano
2 tsp salt
1/2 tablespoon black pepper
1/2 cup pesto

INSTRUCTIONS

In a large skillet; medium heat

- Melt butter
 - Add in garlic and sauté until sizzling
 - Add in tomatoes and sliced mushrooms - cook until tomatoes burst.
 - Add in spinach - cook until it wilts
 - Stir in broth, heavy cream, and parmesan -- bring to a simmer and then reduce heat for 3 minutes
 - Add in the gnocchi
- Transfer into a glass baking dish 9x9
Top with mozzarella

Bake @ 350 for 30 minutes

Add in bacon or chicken for extra protein

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Fenugreek Tangzhong Roll

August Stuppy, OMS II



TANGZHONG INGREDIENTS

- 3 tablespoons (43g) water
- 3 tablespoons (43g) whole milk
- 2 tablespoons (14g) unbleached flour
- 2 teaspoons fenugreek seeds

DOUGH INGREDIENTS

- 2 1/2 cups (298g) unbleached flour
- 1/8 cup (25g) sugar
- 1 teaspoon salt
- 1 tablespoon instant yeast
- 1/2 cup (113g) whole milk
- 1 large egg
- 4 tablespoons (57g) unsalted butter, melted

INSTRUCTIONS

1. First you need to make the tangzhong.
Combine all of the tangzhong ingredients in a saucepan and whisk until there aren't any lumps.
2. With low heat, cook the mixture, whisking frequently to prevent burning. This should take about 3-5 minutes. Continue until the mixture is reduced and thicker. The whisk should leave a line on the bottom of the pan.
3. Move the tangzhong to a separate bowl to let it cool down to room temp.
4. While the tangzhong is cooling, get started on the dough mixture. Start with adding milk to a bowl, dissolve the sugar in it, and add the yeast. Let the yeast feast for about 5-10 minutes until the yeast is bubbly.
5. Whisk the egg. Add flour to the yeast mixture. Add whisked egg, butter, salt, and tangzhong. Mix with a spatula until roughly formed into a dough, then begin kneading by hand. Knead until the bread is smooth and elastic, and you can easily manipulate the dough without too much sticking. If it sticks too much, add a tbsp of flour and knead for another minute or so.
6. Lightly grease the bowl, shape the dough into a ball, and let it rest for 60-90 minutes.
7. Right before the dough is done with the first rise, lightly grease an 8" or 9" round cake pan.
8. After the first rise, break the dough into 8 equal pieces and shape each of the pieces into balls. Place the balls into the greased cakepan to rise for 50 minutes.
9. Before the end of the second rise, pre-heat the oven to 350F.
10. Bake for 25-30 minutes. The internal temperature should be at least 190F, or golden brown on top.
11. Remove the rolls from the oven and brush a bit of butter on top of the rolls.
12. Cool the rolls in the pan for 10 minutes, and then transfer them to a rack to cool completely.

Mango Lassi

Nadira Matin, OMS II

INGREDIENTS

- 1 can mango pulp (usually Kesar mango pulp which can be bought at Indian stores).
 - Milk (I recommend 2% milk, but any type can be used).
 - Sugar (to taste).
-

SERVING SIZE: This will make a gallon or more of the drink, depending on how much milk and sugar is added.



SIGNIFICANCE: This drink is a staple in my household and whenever there are guests over or family from out of town, my dad will always have some mango lassi ready for everyone.

Kate's Morning Muffins

Kate Cheney, OMS I

INGREDIENTS

- 2 cups whole wheat pastry flour
- ¼ Cup Ground Flax Seed
- 1 Tsp Ground Cinnamon
- 2 Tsp Pumpkin Pie Spice
- 1 ½ Tsp Baking Soda
- 1 Tsp Baking Powder
- ¼ Tsp Salt
- ½ Cup Brown Sugar
- ½ Cup Honey
- 1 15oz Can Pumpkin
- ¼ Cup Soy Milk
- ¼ Cup Vanilla Yogurt (non-fat)
- 3 Tbsp Canola Oil
- 1 Egg + 1 Egg white
- 1 ¼ Cup Frozen (or Fresh) Blueberries
- ¾ Cup Finely Chopped Walnuts

INSTRUCTIONS

Whisk together dry ingredients in large mixing bowl (Ingredients 1-7).

Mix brown sugar and wet ingredients (Ingredients 8-14) in a separate mixing bowl.

Combine wet and dry ingredients. Mix well.

Fold in blueberries and walnuts.

Coat muffin pan with cooking spray.

Fill 12 count muffin pan with mixture.

Bake 28 min at 375 degrees.

SIGNIFICANCE

My father created this recipe for my morning breakfasts before I would leave for school. The combination of complex carbs, omega three's and flax seed is a great source of brain food!

Steamed Egg Custard

Florence Yip, OMS II



SIGNIFICANCE:

When my parents emigrated over to America (from Thailand/China), they left behind their degrees in Asia and started working in Chinese restaurants here in Colorado. Since my father loved cooking so much, he would be the main person in the kitchen, while me and my mother would set up the table and clean afterwards. Because my father spoiled us with food, my mother would leave the cooking to him. However, one of my favorite dishes from my mama is this: sweet, steamed egg custard. It is a simple recipe, but a very elegant one. Whenever she made it for me, it made me feel warm and loved inside. I believe this is a Hong Kong dish, but some could trace it to Hoi San as well. This dish is silky smooth and very easy to make: my mama would always make a batch each time so we would have many bowls in the fridge to eat for the week.

Time: 20 minutes

INGREDIENTS

- 4 eggs
- 2 cups of milk
- 2/3 cup sugar
- 1/2 cup water

INSTRUCTIONS

1. Dissolve sugar in water over medium heat.
2. Remove from heat.
3. Add milk & mix well. Let the liquid cool.
4. Beat the eggs.
5. Add the liquid to the eggs & mix.
6. Strain the egg mixture into 3 to 4 small bowls. Make sure there are no bubbles.
7. Cover the bowls with foil.
8. Steam the eggs for 10-12 minutes over low medium heat.

Three-colored Dessert (Chè Ba Màu)

Sao Ton, OMS I



INGREDIENTS

- 1 tbsp agar-agar powder or gelatin powder
- 2/3 tsp pandan extract
- 1/2 cup peeled mung beans
- 1 cup sugar
- 1 can red beans
- Coconut cream/milk

SIGNIFICANCE:

When I was growing up in Vietnam, my mom would take me to fun places after school when she has time off from work. One of those places was a very popular dessert store that had tons of “chè” varieties, which is a Vietnamese dessert that has many combinations of ice, sweet beans, jellies, and tapiocas. I remember being very happy to not only eat sweets, but also spend time with my mom or my other family members that were able to join. Now, whenever I have chè, it makes me really miss my childhood and the family I still have in Vietnam.

INSTRUCTIONS

1. Making the green layer: Dissolve 1 tbsp agar-agar powder in 4 cups of water. Bring to a boil, add 1/4 cup sugar while stirring. Turn off heat and add 1/2 tsp of pandan extract. Stir then let it cool. Cut the jelly into thin strips (or cubes).
2. Making the yellow layer: Wash and soak 1/2 cup of peeled split mung beans. Cook in water until soft. When the beans turn mushy, add a 1/4 cup of sugar and mix it into a paste. Cook on low heat for about 10-15 minutes. It should thicken as it cools down.
3. Making the red layer: Dissolve 1/2 cup sugar with 2 tbsp of water under low heat. Add the red beans and simmer for about 10-15 minutes.
4. Add the red beans to a cup, then the mung bean layer, then the green jellies on top. Serve cold with crushed ice. Top with coconut cream/milk.