

# AG BELL



Multicultural  
Night Recipes

:: 2020 ::



## ***Australia***

### **Australian Chocolate Crackles**

- 250g coconut oil
- 4 cups rice bubbles
- 1 cup icing (powdered) sugar
- 1/3 cup Cocoa powder
- 1 cup desiccated coconut

#### **Method**

- Step 1

Melt the coconut oil gently in a small saucepan. Cool slightly.

- Step 2

Combine the rice bubbles, sifted sugar and cocoa with the desiccated coconut in a large bowl. Stir in the coconut oil and mix well. Spoon mixture into paper patty cases and refrigerate until firm.

*Jenna Swift*

# Classic Brigadeiro (Brazilian Truffle) Recipe



## Ingredients for 8 servings

- 1 tablespoon butter
- 14 oz sweetened condensed milk
- ¼ cup cocoa powder
- 1 cup chocolate sprinkle, as needed



## Preparation

- In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.
- Pour onto a greased plate, then chill for 1 hour.
- Shape and roll the chilled mixture into balls.
- Roll the balls in chocolate sprinkles.
- Enjoy!

Parents Name: Josie and Eric Larson.

Student Name: Cecilia Larson.

Grade: 2nd Grade.

Recipe Originally from the country of Brazil.

# CRETONS

## LA DESCRIPTION

This is a cold pork spread. The pâté-like dish is common in the cuisine of French Canada. Mostly eaten during breakfast as a spread on crackers, bread or toast and topped with mustard or jam. Also you will commonly find this served as a spread on plogues (pronounced ploye).

Plogues are a thin buckwheat pancake which can replace bread in many meals. During breakfast you will find it smothered with creton, for lunch smothered in butter and for an after dinner treat drizzled with molasses or maple syrup.

The recipe varies from family to family, below is our family recipe.

## RECETTE

### INGREDIENTS

4 lbs of pork without bone, remove excess fat but leave some to hold it together  
3 onions, diced  
½ tsp nutmeg  
½ tsp cinnamon  
½ TBSP salt

### INSTRUCTIONS

Preheat oven to 350 degrees.

Cook the meat in the oven until done with 1 inch of water in the pan. Do not allow it to over roast.

Remove the meat from the roasting pan. Cook the onions in the broth with the spices (about 10 minutes as they need to be fully cooked). Strain the broth.

Grind the meat and onions together. Add the ground pork and onion mixture to the broth and mix well.

Add additional spices and salt to taste.

If you like a smoother creton grind everything again--therefore double grinding.

Pack tightly in in glass pan and refrigerate.

When cooled you can cut into squares and freeze.

*Michelle & Ben Ferris*



# POUDING CHÔMEUR

POOR MAN'S PUDDING OR PUDDING OF THE UNEMPLOYED

## HISTOIRE

Legend has it that the pouding was created by factory workers during the Great Depression, women making do with few ingredients, including butter, flour, milk and eggs. The sweet caramel sauce that bathes the simple batter is made from maple syrup. The dessert is a bit more popular during "saison des sucres", when maple syrup is collected and processed and offers as a meal at a sugar shack.

## RECETTE

### MAPLE SAUCE

2 cups (480ml) pure maple syrup  
1½ cup (300g | 10.6oz) light brown sugar  
1-1/2 cup (360ml) heavy cream  
1/2 cup (120g | 4.2oz) butter, softened  
1 tbsp pure vanilla extract  
1/2 tsp salt

### CAKE

1/2 cup (120g | 4.2oz) butter, softened  
3/4 cup (150g | 5.3oz) granulated sugar  
2 large eggs, at room temperature  
3/4 cup (180ml) buttermilk, at room temperature  
1 tsp vanilla extract  
Dry Ingredients  
1-1/2 cup (190g | 6.8oz) unbleached all-purpose flour  
1/4 cup (28g | 1oz) corn starch  
2 tsp baking powder  
1/2 tsp salt

## INSTRUCTIONS

Preheat oven to 350°F

Combine the maple syrup, brown sugar, cream, butter, salt and vanilla extract in a medium saucepan; cook over medium heat, stirring from time to time, until the butter is melted and sugar is dissolved. Turn off the heat and reserve.

In a large mixing bowl, cream the butter and sugar with an electric mixer until light and creamy, about 5 minutes. Add the eggs and resume mixing until fluffy, about 2 minutes.

In a separate bowl, place all the dry ingredients and mix until very well combined. Then, mix the vanilla extract in with your buttermilk.

Add one third of the dry ingredients to the creamed mixture and mix on low speed until barely just incorporated, then pour in half the buttermilk and vanilla and resume mixing on low speed until just combined. Repeat with 1/3 of the dry ingredients, then buttermilk, and finally, add the rest of the dry ingredients

Transfer the batter to a 9" square baking dish and spread lightly to the edge.

Delicately pour the reserved syrup over the batter (place a spoon under the stream of syrup to help break its fall) and bake for 40 to 45 minutes, or until the top is beautifully golden and appears completely set.

Remove the cake from the oven and allow it to cool for a few hours before serving.

*Michelle & Ben Ferris*



## ***Colombia***



### **Arepas**

Ingredients:

1 Cup warm water

1 Cup precooked white corn meal (such as P.A.N.)

1 Cup shredded mozzarella cheese

1 TB butter

1 Tbs salt

Mix all ingredients in a large bowl, add more water if it's too dry.

Shape dough into small balls and flatten with a spatula. Grill arepas until golden brown.

*Lina Gomez*

## ***Slovakia***



### **Crispy Ginger Cakes or Zázvorníky**

Makes about 75

350 g plain flour

200 g castor (powdered) sugar

8 – 10 g ground dried ginger

70 g butter, diced and softened

2 eggs

1 teaspoon baking ammonia (can be replaced by baking soda or baking powder)

Line two baking trays with baking parchment. Place the dry ingredients in a large mixing bowl and stir in the butter. Add the eggs and knead by hand until the mixture comes together and forms a semi-thick dough. Transfer the dough onto a floured rolling board and roll out to 3mm thickness.

Cut out the cakes and place them on the baking trays. Let the cakes dry overnight to better keep the shape. Preheat the oven to 200°C, and bake the cakes in batches for about 10 minutes or until they turn golden brown. Let cool thoroughly before transferring to an airtight container.

*Amanda & Ben Martinka*



## ***Sweden***



### **Swedish Meatballs**

- 1 Cup ground beef (higher fat is better)
- 1 Cup ground pork
- 1 cup Milk
- 1 cup chopped (yellow) Onion
- 2/3 cup Bread crumbs (may need more if mixture too wet)
- 2 tsp Salt
- 2 tsp White pepper
- 2 eggs

Thoroughly mix together in a bowl with either a sturdy spoon or mix by hand. If mixture too wet, add 1/8 of a cup of bread crumbs at a time. Mixture needs to hold together.

Heat one or two pans over medium low heat. Add butter to coat. To roll a meatball, wet hands and take about 1 Tsp (or more depending on preferred size) and roll into ball. After butter melted, place rolled meatballs in the pan. After about four minutes, carefully turn them over. They will have to turn again on sides as they cook. Generally, they are done in 12-15 minutes depending on size.

*Brandy & Magnus Andersson*

# Bara Brith



UK

- 2 1/2 cups raisins, sultanas or currants (12 ozs)
- 1 1/2 cups brown sugar (8 ozs)
- 1 1/4 cups hot black tea (1/2 pint UK)
- 2 cups flour (10 ozs)
- 3 teaspoons baking powder } or use self raising flour
- 1 egg, beaten

1. Measure the fruit and sugar into a bowl. Pour the hot tea over, and leave overnight.
2. Preheat the oven to 300 F. Grease a 2lb. loaf tin well, or line with parchment paper.
3. Stir the flour and egg into the fruit mix. Turn into the bread pan and level the surface.
4. Bake about 1 1/2 hrs, till risen and firm to touch, or until a skewer poked in comes out clean.  
Cool in the pan. Slice and butter

## Ingredients:

### Cookies

Butter  
Sugar  
Egg  
Vanilla  
flour + baking powder  
Corn flakes  
salt

### Bara Brith

Raisins  
Sugar  
Egg  
Black tea  
Flour + bak. powder

### Scones

Flour + bak. powder  
Butter  
Milk  
salt

## Melting Moments

1 cup (soft) butter  
3/4 cup sugar  
1 egg 1 tsp. vanilla  
about 2 cups flour + 3 tsp baking powder  
cornflakes, crushed

1. Cream the butter and sugar.
2. Add the egg + beat in vanilla too
3. Add the flour + baking powder gradually, mixing well.
4. Roll little balls of dough in your hands, + then in cornflakes, flattening them slightly
5. Bake about 8-12 mins at 350°

## Scones

2 cups flour  
4 tsp. baking powder  
1/4 tsp salt  
2ozs (1/2 stick) butter  
Milk to mix

(Extra additions: e.g.  
Sugar  
raisins,  
cheese  
egg - - - - )

1. Rub the butter into the flour + baking powder mix
2. Add enough milk to mix not too sticky
3. Roll it out (gently) or just pat it flat (1")
4. Cut out circles. Put on a greased cookie tray
5. Bake at 450° about 7 mins.
6. Cut open and spread with butter and jam.