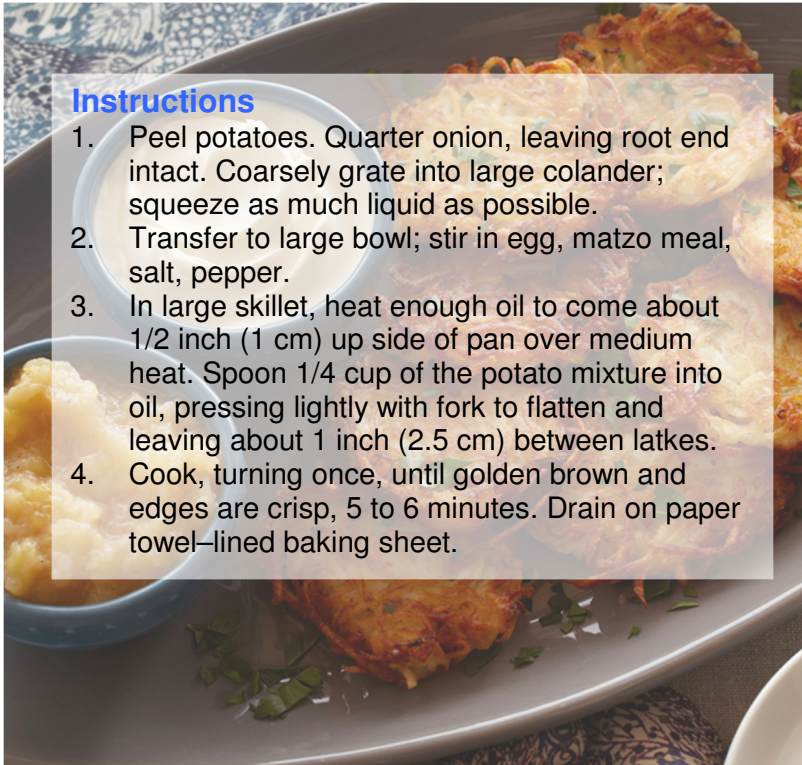


# Festive Five Holiday Guide

Week 2:  
Cultural Recipes over  
the Holidays

Here are a few traditional holiday recipes that individuals around the world may eat. Although these may be unfamiliar, why not gather some loved ones and give them a try?



## Instructions

1. Peel potatoes. Quarter onion, leaving root end intact. Coarsely grate into large colander; squeeze as much liquid as possible.
2. Transfer to large bowl; stir in egg, matzo meal, salt, pepper.
3. In large skillet, heat enough oil to come about 1/2 inch (1 cm) up side of pan over medium heat. Spoon 1/4 cup of the potato mixture into oil, pressing lightly with fork to flatten and leaving about 1 inch (2.5 cm) between latkes.
4. Cook, turning once, until golden brown and edges are crisp, 5 to 6 minutes. Drain on paper towel-lined baking sheet.

## TRADITIONAL POTATO LATKES

Fried food is traditionally eaten on Hanukkah in commemoration of the oil that miraculously burned for eight days when the Maccabees purified and rededicated the holy Temple in Jerusalem.

## Ingredients

- 2-3/4 lb (5) baking potatoes
- 1 onion
- 1 egg
- 1/3 cup (75 mL) matzo meal or all-purpose flour
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- vegetable oil, for frying

Source: <http://kosherfood.about.com/>,  
<http://www.canadianliving.com>

## AFRICAN PEANUT SOUP

Originating from African harvest festivals, Kwanzaa is a vibrant week-long holiday (Dec 26-Jan 1) devoted to the celebration of African-American culture and community.

## Ingredients

- 2 tbsp olive oil
- 2 medium onions, chopped
- 2 red bell peppers, chopped
- 4 cloves garlic, minced
- 1 (28oz) can crushed tomatoes
- 8 cups vegetable broth
- 1/4 tsp chili powder
- 2/3 cup crunchy peanut butter
- 1/2 cup uncooked brown rice

## Instructions

1. Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender. Add garlic. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat and simmer, uncovered, for 30 minutes.
2. Stir in rice, cover, and simmer another 15 minutes or until rice is tender. Stir in peanut butter until well blended, and serve.



Source: <http://allrecipes.com/>

## KUTIA WIGILIJNA (Christmas Cooked Wheat Pudding)

### Ingredients

- 1 cup wheat berries or pearl barley
- ¾ cup poppyseeds
- ½ cup sliced almonds, toasted
- ½ cup honey
- ½ tsp salt
- 7 dried apricots, thinly sliced
- ½ cup raisins
- ¼ cup sugar, optional
- ½ tsp cinnamon optional

Russian Christmas (*Rozhdestvo*) is celebrated on January 7<sup>th</sup>. This dish consists of whole or cracked wheat or barley, poppy seeds, honey, and sweetmeats (*takocie*) like figs, raisins and nuts, and sometimes cream. It is typically the first course served at the Christmas Eve dinner known as wigilia.



### Instructions

1. In medium saucepan over high heat, combine barley and 5 cups water. Bring to boil, reduce heat to low and simmer for ~30 minutes, adding more water if necessary.
2. Bring small saucepan water to boil. Stir in poppy seeds, then remove from heat and let stand, covered, 30 minutes.
3. Drain poppy seeds, then transfer to food processor. Process until finely ground. When barley is tender, drain, reserving 1/2 cup of liquid. (If there isn't enough, add water to make 1/2 cup.) Transfer barley to large bowl. Stir in reserved liquid, honey, and salt. Stir in toasted almonds, ground poppy seeds, apricots, and raisins.
4. Preheat the oven to 325°F. Lightly butter 8-inch square baking dish or 2-quart shallow casserole dish. Press barley mixture evenly into pan. Bake 20 minutes and chill overnight.
5. Mix sugar and cinnamon. Spoon chilled *kutia* into small bowls, sprinkle with cinnamon-sugar if desired, and serve.

Source: <http://www.epicurious.com/>, <http://easteuropeanfood.about.com/>

Nutritional Information (per serving)	Latkes	African Soup	Kutia Wigilijna
Calories	183	222	237
Protein	3	7.4	6
Carbohydrates	19	23.5	43
Total Fat	11	12.2	6
Saturated Fat	1	2	1
Potassium	487	558	200
Cholesterol	15	0	0
Sodium	106	558	104
Fiber	2	5.2	7
# Servings	12	10	12