

A SEAT AT OUR TABLE



A global cookbook made up
of favorite recipes from the
staff at Kitsap Immigrant
Assistance Center.



KIAC

KITSAP IMMIGRANT ASSISTANCE CENTER



The table of

CONTENTS

PONCHE DE FRUTAS	3
SWEDISH PANCAKES	4
TONGAN FRUIT SALAD	5
TOSTONES (FRIED PLANTAINS)	6
PUERTO RICAN MOFONGO	7
ITALIAN SALAD	8
CRUNCHY THAI VEGGIE BOWL	9
WHITE CHICKEN CHILI	10
DISHPAN COOKIES	11
FRENCH ALMOND CAKE	12-13

Ponche de Frutas

Shared by team member Nanci! This hot fruit punch recipe is a traditional Guatemalan drink typically served around Christmas time. The warm spices mixed with tropical fruits are a flavorful combination that warms your soul!

INGREDIENTS

- 10 cups water
- Sugar to taste
- 1 cinnamon stick
- 1 cup diced pineapple
- 1 cup diced watermelon
- 1 cup diced apple
- 1 cup diced cantelope
- 1 cup diced grapes
- 1 cup diced guava
- Sugarcane sticks, chopped

DIRECTIONS

1. Bring a large pot of water to boil.
2. Once boiling, add sugar and cinnamon.
3. Add the chopped fruit and sugarcane.
4. Reduce heat and cover the pot. Simmer for approximately 1 hour. Stir frequently, tasting the fruit to see if it is cooked through.
5. To serve, fill cups with punch and pieces of the fruit. Put a small spoon in the cups to eat the fruit.
6. Serve with a cinnamon stick.

Fun tips!

To make this a boozy adult beverage, add 1/4 cup of rum before serving!

Feel free to get creative, substituting your favorite fruits or even adding roasted unsalted nuts!



Swedish Pancakes

Shared by team member Annika. "My mom's family is Swedish and this recipe was shared by a close family friend, Bill. Swedish pancakes are similar to crepes and very easy to make!"

INGREDIENTS

- 3 eggs
- 1 cup milk
- 1 1/2 cups flour
- 1 Tbsp white sugar
- 1/2 tsp salt
- 1/2 cup half-n-half
- 2 Tbsp melted butter

Chef's Tip:

Serve filled with your favorite toppings, such as butter, sugar, jam, berries, whipped cream, or fruit!



DIRECTIONS

1. Beat the eggs with a whisk.
2. Add half of the milk to the eggs and whisk.
3. In a small bowl, mix the dry ingredients - flour, sugar, and salt.
4. In a separate small bowl, mix the remaining wet ingredients - the half-n-half, melted butter, and other half of the milk.
5. Fold half of the dry ingredients into the egg and milk mixture. Then add half of the wet ingredients and fold in. Fold in the remainder of the dry and wet ingredients until everything is combined.
6. Heat a medium sized pan on medium heat. If the pan is not non-stick, spray with cooking spray.
7. Once the pan is heated, pour a small amount of batter into the pan and swirl the pan around until the batter is coating the bottom of the pan in a thin layer.
8. Once one side of the pancake is light golden-brown, flip it over and cook the other side.
9. Repeat until all batter is used up.

Tongan Fruit Salad

Shared by our friends at Kitsap Public Health District. This is a fresh, tropical fruit salad that packs a ton of flavor!

INGREDIENTS

- 1 pineapple, peeled and diced (about 4 cups)
- 1 mango, peeled, pitted and diced
- 2 bananas, peeled and sliced
- 1 lime, juiced (about 2 tablespoons)
- 3 tablespoons dried shredded unsweetened coconut

DIRECTIONS

1. In a large bowl, combine the cut fruit and lime juice.
2. Stir in the shredded coconut, gently combining all ingredients.
3. Serve immediately, or cover and store in the refrigerator.
4. Best if consumed within 8 hours of slicing the fruit.



Fun tip!
Try substituting other fresh tropical fruits like watermelon, papaya, or oranges!



Tostones (Fried Plantains)

Shared by team member Samantha: "One of my best friends lived in Chile for 6 years, and shared this recipe with me. If you've never had a fried plantain before, you are missing out! You can also switch up this recipe to make it sweet instead of savory using ripe plantains instead of green ones! Just omit the cayenne and sprinkle cinnamon and sugar over the plantains instead of cheese."

INGREDIENTS

- 2 large green (unripe) plantains
- 1 cup vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 8 oz monteray jack cheese, shredded

DIRECTIONS



1. Preheat oven to 375 degrees.
2. Cut either end off the plantain and use a knife to slice the peel from end to end. Do not cut through the plantain. Remove the peel from the plantain. Note, in green plantains, the peel is very tough and you may need to cut it off if it doesn't come off clean when you peel it.
3. Cut the plantains into round approximately 1 inch thick.
4. Spray a baking sheet with nonstick spray and place the plantain rounds on the baking sheet with at least 1-2 inches between each one.
5. Bake for 15 minutes.
6. Remove the plantains from the oven, and while hot, take a can or jar and use the flat base to press into each plantain slice. Press down firmly to flatten the plantain into a round disc approximately 1/4 to 1/8 inch thick.
7. Once all plantains have been flattened, sprinkle with salt and cayenne.
8. Place vegetable oil in a large pan that has sides at least 1 inch high. You may need to adjust the amount of vegetable oil depending on the size of the pan, but the oil should coat the bottom of the pan and come up about 1/8 of an inch.
9. Put the pan on medium heat to heat the oil. Tip: The oil is ready when the end of a wooden spoon placed into the oil causes bubbles to form quickly all around the wooden handle.
10. When the oil is hot, place a few plantains in the oil, leaving enough room that they aren't touching.
11. Cook until the bottom is a light golden brown, and then flip over using a fork or metal spatula to cook the other side.
12. Once both sides are golden brown, remove the plantains from the oil and place on paper towels to drain.
13. Once all plantains are cooked, place them on a plate or serving dish. Add more salt and cayenne to taste. Cover with shredded monteray jack cheese.
14. Serve immediately to enjoy while hot!

Puerto Rican Mofongo

KIAC's Executive Director, Jayson, is from Puerto Rico. This is one of his favorite foods to make and it reminds him of home. It's a side dish, meant to be served alongside your favorite meat and it's best served with some home-made Mayo-Ketchup sauce.

INGREDIENTS

- 4 large green (unripe) plantains
- 1 lbs chicharrón (crunchy pork skin)
- 3 garlic cloves, mashed
- 4 tsp olive oil
- 2 cups frying oil



DIRECTIONS

1. Peel the plantains, cut them into 1 1/2-inch slices. Soak them in salty water for 15 minutes, drain them and dry them thoroughly.
2. Put the vegetable oil in a large skillet and place it on medium-low heat.
3. Once the oil is hot, please the plantain slices in the oil.
4. Fry the plantains for about 12 minutes or until they turn light brown, turning them once part-way through. Do not brown them too much, so they are easy to mash. Stick a fork in them to check if they are done.
5. Remove the plantains from the oil and place them on paper towels to drain.
6. Mash the plantains on a mortar. Add some mashed garlic and pieces of chicharrón.
7. Once you have mashed all the plantains, mold them into the shape of half sphere using your hands or a container. Serve hot with your favorite meat.

Mayo Ketchup Sauce

This delicious garlicky mayo ketchup sauce is perfect for Mofongo.

- Mix equal parts mayonnaise (or vegan mayo) and ketchup.
- Add garlic powder to taste (be sure not to use garlic salt).
- Enjoy!

Chef's Tip:

To make the Mofongo vegan, replace the chicharrón with your favorite crunchy chip or roasted, salted nuts.

Italian Salad

Shared by team member Annika, this salad has a creamy home-made Italian dressing. You can change up the toppings of the salad to include your favorite Italian vegetables and flavors and make this recipe your own!

INGREDIENTS

Dressing:

- 1 cup vegetable oil
- 1/2 cup white sugar
- 1/2 cup apple cider vinegar
- 1/2 cup grated parmesan cheese
- 1/3 of a medium onion, diced
- 1 Tbsp fresh basil, chopped
- 1 Tbsp Italian seasoning
- 2-4 gloves of garlic
- Salt and pepper to taste

Salad Ingredient Suggestions:

- Romaine lettuce
- Cherry tomatoes, sliced in half
- Sliced roasted almonds
- Kalamata olives
- Feta cheese
- Sliced avocado
- Sliced cucumber

Chef's Note:

If you want a purple dressing, use red onion. For a white dressing, use a yellow or white onion.

DIRECTIONS

1. To make the dressing, combine all ingredients in a blender or food processor.
2. Blend on high for at least 3 minutes, until smooth.
3. To make the salad, add all ingredients into a bowl, adjusting quantities based on personal tastes and preferences.
4. Drizzle the dressing overtop and enjoy!
5. Remaining dressing can be stored in an air-tight container in the fridge.



Crunchy Thai Veggie Bowl with Peanut Sauce

Shared by team member Annika, this crisp veggie bowl is perfect for a warm summer night. The creamy peanut sauce is the perfect blend of sweet and spicy and gives delicious Thai-inspired flavor!

INGREDIENTS

For the Sauce:

- 2 red or green Thai chiles, chopped
- 1 garlic clove, grated
- 1 cup creamy peanut butter
- 3/4 cup unsweetened coconut milk
- 2 Tbsp dark brown sugar
- 2 Tbsp fresh lime juice
- 2 Tbsp soy sauce
- 2 Tbsp fish sauce (optional)
- Salt to taste

For the Salad:

- 4 large eggs, room temperature
- 1/4 head of Napa cabbage, thinly sliced
- 3 scallions, thinly sliced
- 1 golden beet, scrubbed and cut into matchsticks
- 1 celery stalk, thinly sliced on the diagonal
- 1 Persian cucumber, halved lengthwise, thinly sliced crosswise
- 1 large handful of bean sprouts
- 1 cup coarsely chopped cilantro
- 1/3 cup torn mint leaves
- Salt to taste
- 1/3 cup unsalted, toasted peanuts, crushed
- 4 cups warm cooked brown rice

DIRECTIONS

Make the sauce:

1. Pulse chiles, garlic, peanut butter, coconut milk, brown sugar, lime juice, soy sauce, and fish sauce in a blender until smooth.
2. Transfer peanut sauce into a saucepan and add 1/4 cup water (if too thick, add a splash of water as needed).
3. Heat over medium-low heat, whisking often until smooth and hot, approximately 5 minutes. Add salt to taste.

Chef's tip:

To make vegan, replace the egg with grilled tofu and skip the fish sauce!



Assemble the Bowl

1. Cook eggs in a large saucepan of boiling water for 7 minutes (the whites will be set and the yolks slightly soft). Drain and transfer eggs to a bowl of ice water to chill until cold. Then drain and peel, set aside.
2. Toss cabbage, scallions, beets, celery, cucumber, sprouts, cilantro and mint in a large bowl then combine. Season with salt and top with peanuts.
3. Serve salad with brown rice and eggs, drizzed with the peanut sauce overtop.

Instant Pot White Chicken Chili

Shared by team member Kim, this White Chicken Chili is the perfect warm soup on a cold winter evening. It's super easy to make, and the Instant Pot means it's ready in no time at all!

INGREDIENTS

- 1 Tbsp olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 pound boneless, skinless chicken breast
- 2 cups chicken broth
- 2 (16 oz.) cans Great Northern Beans, drained and rinsed
- 1 (4.5 oz) cans chopped green chiles, undrained
- 1 tsp ground cumin
- 1 tsp chili powder
- 3/4 tsp salt
- 1/4 tsp cayenne pepper
- 4 ounces cream cheese, cut into cubes
- 1/4 cup chopped fresh cilantro, plus more for garnish
- Sour cream, tortilla strips, lime wedges, and shredded Monterey Jack cheese for topping



DIRECTIONS

1. Select SAUTÉ setting on a programmable pressure multicooker (such as Instant Pot). Select HIGH temperature setting, and allow to preheat 3 to 4 minutes. Add oil to cooker. Add onion and garlic; cook, stirring occasionally, until onion is translucent, about 5 minutes. Press CANCEL.
2. Add chicken, chicken broth, beans, green chiles, cumin, chili powder, salt, and cayenne pepper to cooker. Cover cooker with lid, and lock in place. Turn steam release handle to SEALING position. Select MANUAL/PRESSURE COOK setting. Select HIGH pressure for 12 minutes. (It will take 14 to 16 minutes for cooker to come up to pressure before cooking begins.) When cooking is finished, carefully turn steam release handle to VENTING position, and let steam fully escape (float valve will drop). (This will take 2 to 4 minutes.) Remove lid from cooker.
3. Remove the chicken to a plate or bowl, and shred with 2 forks. Return shredded chicken to cooker. Add cream cheese and cilantro, stirring until cream cheese melts and mixture is combined. Garnish with sour cream, tortilla strips, lime wedges, or shredded Monterey Jack cheese.

Chef's tip: To make vegan, replace chicken with meatless chicken, replace the chicken stock with veggie stock, and replace the cream cheese with vegan cream cheese or cashew cream.

Recipe and photos sourced from: <https://www.southernliving.com/recipes/instant-pot-white-chicken-chili>

Dishpan Cookies

Shared by team member Kim. "This recipe was passed down to me by my mom and grandma and is my favorite cookie recipe! Several years ago, I became vegan and no longer eat animal products. I was worried I wouldn't be able to eat my favorite cookie because it calls for eggs. I experimented with egg substitutes and they work just fine in this cookie! If you want to make these recipe vegan, just swap out the four eggs with an egg replacer like Bob's Red Mill."

INGREDIENTS

- 2 cups light brown sugar
- 1 cup white sugar
- 2 teaspoons vanilla
- 2 cups oil
- 4 eggs
- 4 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 1/2 cups quick oats
- 4 cups cornflakes

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a very large bowl cream together the sugars, vanilla extract, oil and eggs.
3. In a separate mixing bowl, mix together the flour, baking soda, and salt.
4. Combine the wet and dry ingredients, and then fold in the oats and cornflakes.
5. Drop 1/4-cup sized dollops of dough onto an ungreased cookie sheet. This batter might be a little dry and you may have to smooch it together with your hands to get it into a ball when you put it onto the pan.
6. Bake for 10 to 12 minutes at 375 degrees, or until edges are lightly browned. If you want the cookies to be chewy, bake them a little less. If you want them to be crispy, a little more.
7. This recipe freezes well both as a dough or as a finished cookie.



French Almond Cake

Shared by team member Samantha. "This is my absolute favorite cake to bring to family events and I've been making it for years! It's a light, refreshing summer dessert, topped with delicious fresh berries!"

INGREDIENTS

For cake:

- 4 oz almond paste
- 1/2 cup sugar
- 1/2 cup butter
- 3 large eggs
- 1/2 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt

For cream cheese frosting:

- 4 oz. cream cheese
- 1/4 cup powdered sugar
- 1/2 cup heavy whipping cream
- 1/4 tsp almond extract

For berry topping:

- 1/2 lb strawberries
- 1 cup blackberries
- 1 cup raspberries
- 1/8 cup powdered sugar

Other topping:

- 1/4 cup seedless raspberry jam



DIRECTIONS

Prepare the cake

1. Preheat oven to 375 degrees. Grease and flour 9-inch round tart pan or cake pan.
2. Crumble almond paste into food processor or blender. Add granulated sugar and pulse until almond paste is finely ground and blended with sugar.
3. Add butter and process until smooth. Then add the eggs and process until combined, occasionally stopping to scrape down the sides of the processor or blender.
4. Add flour, baking powder, and salt and process until blended.
5. Spoon batter into prepared pan and spread evenly.
6. Bake for 20 minutes or until cake is golden and a toothpick inserted in the center comes out clean.

Prepare the frosting

1. While the cake is baking, prepare the cream cheese frosting by placing the cream cheese in a medium bowl and beating with a hand mixer or stand mixer until smooth.
2. Add 1/4 cup powdered sugar and beat until blended.
3. Add the heavy cream and almond extract, beating on high speed until the frosting is thick and fluffy. Refrigerate until ready to use.

Prepare the berry mixture

1. Be sure to wash and dry all fruit before use.
2. Slice strawberries in half or in quarters. Place in a large bowl with the raspberries and blackberries and add 1/8 cup powdered sugar and toss gently to combine. Let stand for 10 minutes to allow the sugar to dissolve and flavors to blend.



Assemble the cake

1. Once cake is cool to the touch, remove from the pan and place on a cake plate.
2. Gently spread the raspberry jam over the top of the cake, all the way to the outer edge.
3. Spoon the cream topping over the jam, spreading almost to the edge, but leaving a bit of the jam exposed.
4. Spoon the berry mixture over the cream, piling up a bit in the center of the cake.
5. Serve immediately and enjoy!



"A few years ago, I made this recipe for my sister's engagement party, but instead of topping it with berries and cream, I doubled the recipe and turned it into a two-layer cake filled with lemon curd and frosted with vanilla buttercream frosting. She loved it so much, she had it again for her wedding cake and now she requests it every year for her birthday!"