

2022

IUPUI ANNUAL
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BEST RECIPES

Food is an integral part to understanding any culture, and we'd like to share some of our cultures with you! All the recipes you see were submitted by IUPUI students, faculty, and staff over the years. We've collected a few of the fan favorites for you to make at home.

Of course there is much, much more to explore with students from 140+ different countries, but maybe you'll find a taste of home in the following pages and at

go.iu.edu/ifest

DRINKS & SNACKS

Milk Tea - Boba

Ingredients:

- 1 cup water
- 3 tbsp loose leaf black tea
- 1 cup whole milk
- Sugar to taste (for Boba, simple syrup is often used)
- Optional: Cooked tapioca balls/pearls

Instructions:

1. Bring the water to a boil over medium high heat.
2. Add the tea leaves, reduce heat, and simmer for 1-2 minutes.
3. Add milk slowly, bringing to a gentle simmer, but not boiling.
4. Remove from heat, pour through a strainer, and serve warm with sugar to taste.
5. Optional: Add cooked tapioca balls to make the milk tea into boba tea.



Masala Chai

Ingredients:

- 2 cups water
- 2 tsp loose leaf black tea
- 2 cardamom pods*
- 1 clove*
- 1 in knob of ginger, chopped into slices*
- 1/4 tsp black peppercorn, freshly cracked*
- 1/2 cinnamon stick*
- 1 cup whole milk
- 2 tsp sugar



*For authentic masala (spice mix), you need to crush your own spices with a mortar and pestle. Don't have one? You can use a pre-made mix!

Instructions:

1. Add the spices to a mortar and pestle and crush them lightly into smaller pieces.
2. In a small pot, bring the water to a boil on medium to high heat and add the black tea and spices. Simmer for two minutes and bring the heat down to medium and pour in the milk.
3. Bring the chai to a boil, so that it starts aerating and bubbling to the top. Remove from heat until the bubbles come down. Bring it up again to a boil, then remove from heat a second time until the bubbles go back down.
4. Simmer the chai until desired consistency and color. Remove from heat.
5. Strain the chai with a sieve into glasses or mugs. Mix in the sugar and serve.

Mango Lassi

Ingredients:

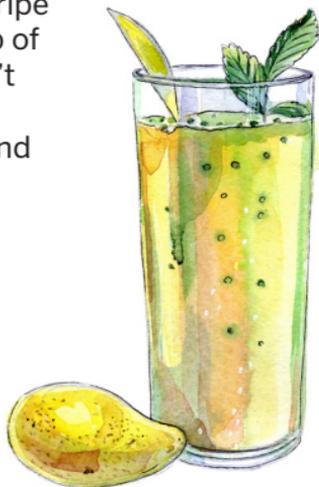
- 1 cup plain yogurt
- 1/2 cup milk
- 1 cup chopped mango (frozen or pulp)
- 4 tsp sugar or honey, plus more to taste
- A pinch of ground cardamom
- Ice (optional)



Instructions:

Put all the ingredients into a blender and blend until smooth.

1. Add more mango, either very ripe or frozen (or even add a scoop of mango ice cream!), if it doesn't have a strong enough flavor.
2. For a colder version, add ice and blend until smooth.



Acuka

Ingredients:

- 2 tbsp tomato paste
- 1 tbsp tatli biber salcasi (sweet red pepper paste)*
- 1/2 cup chopped walnuts
- 1 clove minced garlic
- 1 1/2 cups goat cheese
- 1/2 cup olive oil
- A few sprigs fresh oregano or peppermint, chopped for a garnish

*Make your own tatli biber salcasi:

- 12 roasted sweet red peppers, pureed
- 3 tsp paprika
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 1/2 tsp salt, to taste

Simmer on the stove at low heat for 45 minutes until reduced.

Instructions:

1. Mix all ingredients together.
2. Serve with bread or chips as a dip!



MAIN COURSES

Chicken Shawarma

Ingredients:

- 2 lbs chicken thighs (skinless, boneless)

For the marinade:

- 1 clove minced garlic
- 1 tbsp ground coriander
- 1 tbsp cumin
- 1 tbsp cardamom
- 2 tsp smoked paprika
- 2 tsp salt
- 2 tbsp lemon juice
- 3 tbsp olive oil
- Black pepper to taste



For the sauce:

- 1 cup Greek yogurt
- 1 clove crushed garlic
- 1 tsp cumin
- A squeeze of lemon
- Salt and pepper to taste

Instructions:

1. Combine all marinade ingredients in a plastic sealable bag and let sit overnight, or up to 24 hours.
2. The next day, make the yogurt sauce by combining all the ingredients in a bowl; set aside.
3. Heat the grill or a heavy pan in the oven.
4. Remove chicken from bag and spread thighs evenly on the grill. Cook 4-5 minutes, then flip. Cook for 3-4 minutes on the other side until nicely charred. If using a pan, cook in oven for 20-30 minutes at 425° F flipping over halfway through.
5. To serve: Slice chicken into strips. Serve with flatbread, yogurt sauce, and sliced lettuce.

Note: This is a more Indian-spiced Shawarma. For more Middle Eastern flavors, omit all spices except garlic, black pepper, and salt.

Pastel de Choclo

Ingredients:

- 4 onions
- 3 tbsp vegetable oil
- 1.5 lb ground beef
- 2 tsp cumin
- 2 tsp salt
- 1/2 tsp pepper
- 3 cups corn kernels (if using US sweet corn, lessen sugar)
- 1 cup whole milk
- 1/4 cup butter
- 1 tbsp sugar
- 2 tbsp chopped basil
- 1/2 cup raisins
- 1/3 cup black olives
- 3 hard-boiled eggs
- 1 cup roasted chicken (shredded)



Instructions:

1. Saute the onions in vegetable oil until soft/translucent.
2. Add ground beef, cumin, 1 tsp salt and pepper and cook until brown. Drain excess liquid.
3. Combine corn kernels and 1/4 cup milk in a food processor. Blend until smooth.
4. Melt butter in saucepan. Add corn mixture, 1 tsp salt, and sugar.
5. Add remaining milk and simmer over low heat until mixture thickens. Stir constantly.
6. Remove from heat and add chopped basil.
7. Place cooked beef mixture in casserole dish.
8. Chop olives, raisins, and hardboiled eggs roughly. Spread evenly over beef.
9. Evenly spread shredded chicken, then top with the thickened corn mixture.
10. Bake 30-45 minutes until dish bubbles and corn begins to brown. Serve hot.

Chakalaka

Ingredients:

- 3 tbsp oil
- 1 onion, finely chopped
- 2 green birds-eye chiles, seeded and chopped
- 2 crushed garlic cloves
- 4 tbsp finely grated ginger
- 2 tbsp mild curry powder
- 3 finely chopped green, red, and yellow bell peppers
- 5 large carrots, grated
- 1 can chopped tomatoes
- 2 tbsp tomato paste
- 1 can baked beans
- 2 sprigs fresh thyme leaves
- Salt and pepper to taste



Instructions:

1. In a large pan or pot, heat the oil and fry the chopped onions.
2. Add the chiles, garlic, curry powder, and half the ginger, reserving the other half for the end of the recipe.
3. Once that has combined, add the bell peppers and cook for 2 minutes until slightly softened.
4. Add in the carrots and stir until well-combined.
5. Finally, add in tomatoes and tomato paste, then simmer until the mixture has slightly thickened, 5-10 minutes.
6. Remove from heat, then add baked beans, thyme, and ginger. Season to taste with salt and pepper, then serve hot or cold.

DESSERTS

Scottish Shortbread

Ingredients:

- 1 cup cold unsalted butter
- Pinch of salt
- 1/2 cup caster sugar (extra fine)
- 2 cups all-purpose flour
- 7 tbsp cornstarch

Instructions:

1. Preheat oven to 325° F.
2. Cream together the butter, salt, and sugar until fluffy and pale in color (approximately 10 minutes).
3. In separate bowl, mix together flour and cornstarch.
4. Using a sieve, add dry ingredients to wet and mix until combined. It should have a crumbly texture.
5. Tip the crumbly dough onto a cold and floured surface and knead lightly until it forms a loose dough.
6. Grease a 13x9" pan with butter, then press dough evenly into pan and poke evenly across surface with fork.
7. Bake 45 minutes or until golden brown.
8. Cut sheet of biscuit into squares while still hot. Let cool before removing squares from pan.



Malva Pudding

Ingredients:

For the pudding:

- 3/4 cup sugar
- 2 large eggs
- 1 tbsp apricot jam
- 10 tbsp flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1 tbs butter
- 1 tsp vinegar
- 1/3 cup milk

For the sauce:

- 3/4 cup fresh cream
- 7 tbsp butter
- 6-10 tbsp sugar
- 1/3 cup hot water
- 2 tsp vanilla



Instructions:

1. Preheat oven to 350° F.
2. Grease an oven-safe dish (7x7 in).
3. In a mixer, beat together sugar and eggs until they are thick and lemon-colored, then mix in jam.
4. Melt the butter, making sure that it doesn't boil, then add it and the vinegar to the eggs, sugar, and jam mixture.
5. Sift together flour, baking soda, and salt.
6. Add the flour mixture to the eggs mixture and beat well.
7. Pour the batter into a greased dish and bake 35-45 minutes, or until well-risen.
8. While the pudding is baking, make the sauce: In a saucepan, melt together all ingredients for the sauce and stir until combined.
9. As soon as the pudding is baked, take it out of the oven and pour the sauce over it.
10. Let cool slightly, then serve warm.