



A Snack and Recipes from Japan

Pocky

Pocky is a brand name of sweet biscuit-sticks dipped in chocolate, strawberry, or other flavors. Available at any Asian market (such as the Asian Market at 24 West Clay Street or at the Quoc Thai Asia Food Market at 617 North Prince Street in Lancaster, Pa.), these Japanese snacks are so popular in Japan that they are sold in their own vending machines.

Basic Sticky Rice

Soak 2 C uncooked sticky rice (also called glutinous rice, available in Asian stores) in water at least 4 hours, or overnight. Drain and rinse in cold water. Steam over boiling water 20-30 minutes. (I don't have a rice steamer, so I put it in a colander over a big pot of water, and clamp the pot's lid on top of the colander!) For uniform steaming, flip rice over for last 5-10 minutes. This can be formed into rice balls and eaten plain, or can be used in the recipe below.

Sweetened Sticky Rice

(A big hit with kids!)

Prepare the Basic Sticky Rice recipe. While it is still warm, mix the rice with 1 C coconut milk (Goya brand is the cheapest, available at the supermarket), 1/3-1/2 C sugar, and 1/2 tsp. salt. Cover and let stand 15 minutes before serving. Mixture is very wet. It scoops nicely into balls with a melon baller and can be kept in the refrigerator for up to a week. The recipe notes say that this Laotian recipe is usually eaten with mangoes but also goes well with fresh or canned peaches. It is also delicious plain!



Snacks and Recipes from England

Snack Idea

Drink *hot tea* and eat "*biscuits*" (cookies).

Sugar 'n' Spice Apple-Nut Cake

Cream 4 Tbsp butter and 1 C sugar. Add 1 egg. Sift in 1 C flour, 1 tsp baking soda, 1 tsp cinnamon, 1/2 tsp nutmeg, and 1 pinch salt. Add 1 tsp vanilla, 1/2 C chopped nuts, and 2 C finely chopped apples. Bake in 8" square pan for 35-40 minutes. Serve with topping of whipped cream or ice cream.

Apple Dumpling Rolls

In a saucepan, combine 1 1/4 C sugar (half brown if desired), 1 1/2 C water, 1/4 tsp cinnamon, 1/4 tsp nutmeg. Heat to boiling. Remove from heat and add 3 Tbsp butter or margarine. Set sauce mixture aside. Pare, core, and slice 6 medium-sized apples. Set them aside. Sift together 2 C flour, 2 tsp baking powder, and 1 tsp salt. Cut in 2/3 C shortening until crumbly. Add 1/2 C milk and toss with fork until moistened. Press dough together, then roll into a rectangle 1/4" thick. Spread with sliced apples. Sprinkle with brown sugar and cinnamon. Roll up like a jelly roll, cut into 1 1/4" slices, place in pan, pour syrup over, and bake at 375 degrees for 35 minutes or until done. Makes 6-8. (If you are serving other snacks as well, you could cut these rolls thinner, and do not bake them as long.)



A Snack from East Africa

Wheat Berries

Serve toasted wheat berries. An East African snack, wheat berries can be bought in health food shops. To toast them, heat a small amount of oil in a skillet, then add wheat berries and

pop them like popcorn. They will puff up slightly but not actually pop. Add salt and serve. These are best served hot, but may also be eaten at room temperature.



Recipes from Russia

Russian Tea Cakes

Mix 1 C soft margarine, 1 tsp vanilla, 1/2 tsp almond flavoring, and 1/2 C sugar. Sift together 2 1/4 C flour, 1/4 tsp baking soda, 1/4 tsp salt. Add dry ingredients to margarine mixture. Stir in 3/4 C chopped nuts. Roll in balls and coat with powdered sugar. Bake on ungreased sheet at 360 degrees for 9-10 minutes. Do not overbake. If desired, re-roll in powdered sugar. Makes 3 1/2 dozen.

Cucumber and Yogurt Dip

In a serving bowl, combine: 1 1/2 C plain low fat yogurt, 1/3 C sour cream, 2 large cloves minced garlic, 2 medium cucumbers (peeled, grated, and squeezed dry in paper towels), 2 Tbsp chopped fresh mint, 1 Tbsp chopped fresh cilantro, and 1 1/2 tsp olive oil. Cover and refrigerate for 6 to 8 hours to allow the flavors to settle. Accompany this dip with toasted pita triangles. Makes about 2 1/2 cups.



Snacks and A Recipe from Cuba

Snack Ideas

Serve "Maria" crackers spread with cream cheese and a slice of guava paste. Both the crackers and guava paste are available in local supermarkets in the Spanish foods aisle. The crackers will get soft if the cream cheese is spread on too far in advance, so these must be made within an hour of the serving.

Or try serving a variety of fresh tropical fruits (papaya, pineapple, mangoes, bananas, etc.) or dried mango pieces and sweetened banana chips (available in grocery stores' bulk food sections).

Fast Tres Leches Cake

1 white cake (fresh baked or frozen), thawed if frozen
1 cup heavy cream
1 can sweetened condensed milk
1 (12 ounce) can evaporated milk

Mix together cream, sweetened condensed milk and evaporated milk. Poke holes all over the cake. Spoon the milk mixture over the top. Serve with whipped cream, if desired. Garnish with strawberries.



A Snack and Recipe from Iraq

Snack Idea

Serve *sesame candy*, available at Al-Mahdi International Store at 798 New Holland Avenue, as well as at Quoc Thai Asia Food Market at 617 North Prince Street in Lancaster, Pa.

Dates Halva

8 oz pitted dates, finely chopped
2 oz chopped walnuts
2 oz chopped almonds
1/4 tsp ground cinnamon
1/4 tsp ground allspice
powdered sugar for dusting

Mix the dates, nuts and spices in a bowl, using your hands to work them together. Dust a work surface with powdered sugar, and roll out the halva to about 3/4 inch thickness. Cut into squares and sprinkle with more powdered sugar. Delicious!



A Snack and Recipe from Australia

Snack Idea

Serve "fairy bread"—white bread spread with butter and sprinkled liberally with colored round sprinkles, as eaten on birthdays in Australia.

Lamingtons Scratch Recipe

Lamingtons are a cake served on holidays in Australia.

1 cup butter
1 cup sugar
4 eggs (beaten)
2 cups self-raising flour
Icing (recipe follows)

Preheat oven to 350°F. Grease a 13 x 9 inch pan and set aside. Cream together butter and sugar. Gradually add the eggs, mixing well. Add 1/3 cup of flour at a time, stirring gently and thoroughly after each addition. Pour batter in pan and bake for 1 to 1 1/4 hours, reducing the temperature to 325°F after 30 minutes. Let cool. Cut into 2 inch (4 cm) squares.

Chocolate Lamingtons Icing

500 grams / 1 lb of icing sugar
1/3 cup of cocoa
15 grams / 1/2 oz of butter
1/2 cup of milk
Coconut

Melt the butter in a saucepan and remove from the heat. Sift the icing sugar and cocoa into the saucepan, add the milk and mix through. Dip squares of sponge cake into the icing mix. Roll in coconut.

(Recipe courtesy of www.dltk-kids.com.)



A Snack from Appalachia USA

Apple Cider

Serve apple cider, which is usually available in the supermarket.