

In Bangladesh people speak Bangla and if they are Muslim they also speak Arabic. Most People in Bangladesh are Muslim and some are Hindu. The President of Bangladesh is Abdul Hamid and the prime minister is Sheikh Hasina. Most people go to school in Bangladesh. In pre-k through eighth grade its free but higher grades cost money. Bangladesh is similar to the Romans because schools cost money there for wealthy people and higher grades than eighth grade in Bangladesh cost money.

The most popular food in Bangladesh is rice and fish. Panta vat is what they eat for breakfast, Panta vat is rice soaked water overnight and is seasoned with salt and onions or chili. Muslim are forbidden to eat pork and Hindus do not eat beef. Lamb is very common food for Muslims. Food in Bangladesh is similar to the Chinese people because they eat rice like Bengali people do.

The most popular sport in Bangladesh is Cricket and Soccer. Cricket is kind of like baseball. Another sports that children play is badminton, badminton is kind of like tennis but higher net. Girls usually play Cricket, Volleyball and badminton. Bangladesh sports similar to the Egyptians because the Egyptians like playing ball games like soccer, cricket and badminton those are ball games.

Research by Ishrak Haque Mr.Schoenherr's class 3rd grade Room 112

Basmati Rice/Pillau

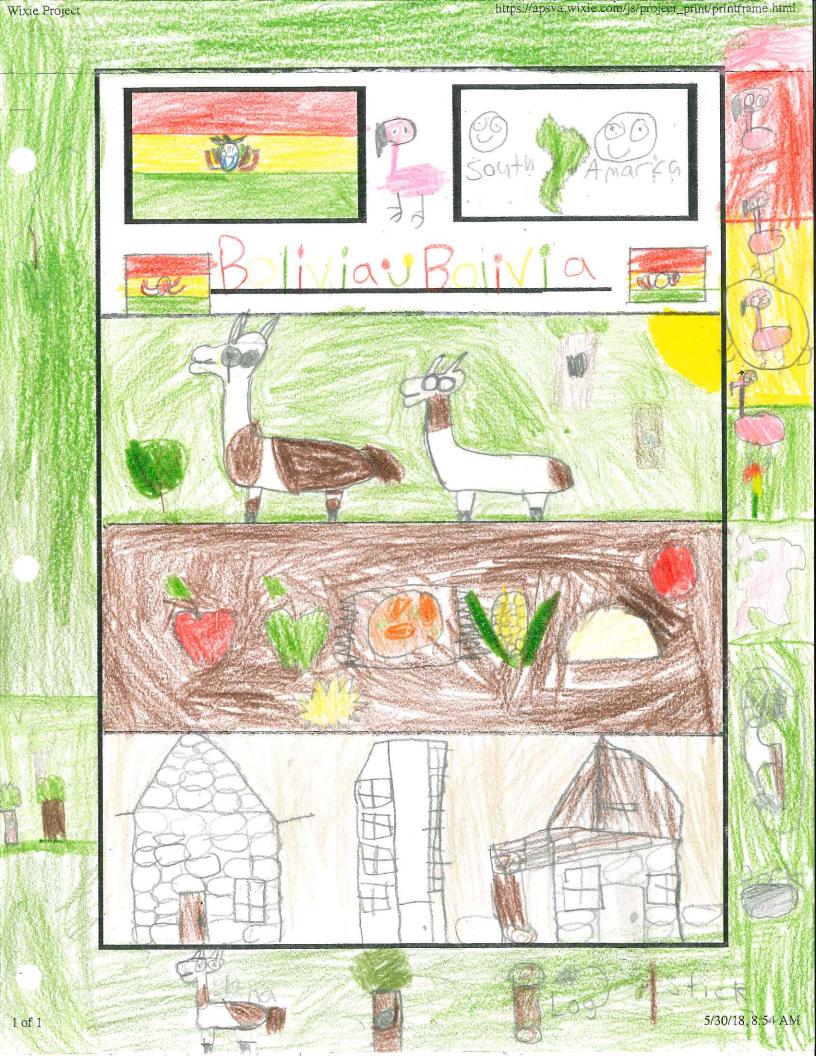
note

This dish is often served at weddings and other important gatherings.

ingredients

- 1 cup basmati rice
- 2 cups water
- 3 medium carrots
- 1 small onion
- 1 bay leaf
- 1 cinnamon stick, crumbled
- 2 cloves
- 4 black peppercorns
- 1/4 teaspoon cumin seeds
- 1 tablespoon light vegetable oil
- 2 tablespoons butter
- 1 tablespoon kosher salt, or to taste

- 1. Wash the rice in cool water until the water runs clear. Put the rice in 2 cups of cool water to soak for 20 minutes.
- 2. Strain the rice and put the remaining water into saucepan and heat. Leave rice to dry in strainer. Preheat oven to 350°F.
- 3. While rice is drying, dice carrots and onion and set aside. Mix bay leaf, cinnamon stick, cloves, peppercorns, and cumin. When rice is dry, heat oil over mediumhigh flame in heavy, ovenproof skillet or casserole dish. Add spices.
- 4. When spices become fragrant, add butter and onions. Cook until onions are tender and light golden brown. Add carrots and cook for 3 to 5 minutes. Add rice and cook, stirring very gently for 5 minutes. Add salt and heated water, bringing it to a boil. Reduce heat and simmer until water on top of rice has boiled off.
- 5. Cover tightly and cook in oven for 20 minutes at 350°F. Remove from oven and let stand for 10 minutes. Serve



Spicy Braised Beef

ingredients

1 pound cow meat (hip)

1/2 cup oil

1 cup green peas

2 cups finely chopped white onion

1 cup peeled and finely chopped tomato

1/2 cup ground spicy red pepper

1/2 teaspoon ground cumin

1 teaspoon crumbled oregano

Half a bunch of fresh parsley, finely chopped

1/2 teaspoon ground black pepper

1 spoonful salt

3 cups broth or cold water

8 potatoes, peeled and boiled

Steamed rice

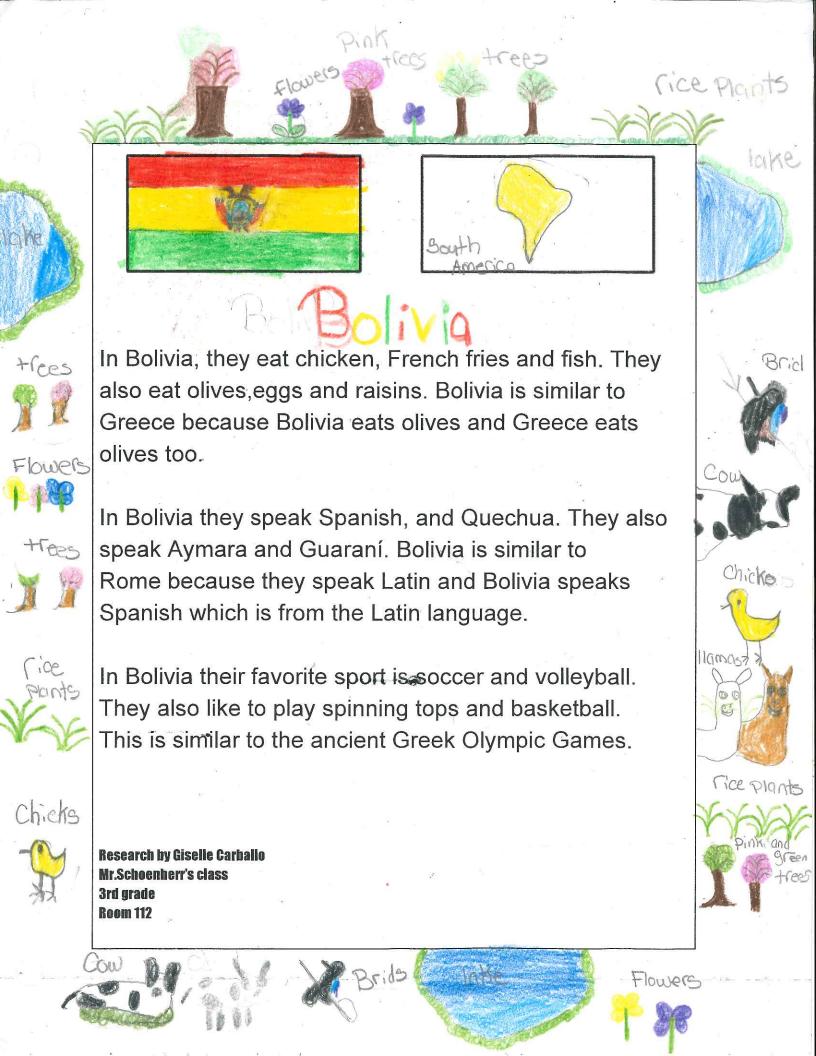
directions

1. Cut the meat into very small pieces.

- 2. In a pot, combine the meat with all other ingredients (except potatoes and rice), including the broth or water. Place over high heat until it boils, then turn heat down and cook for at least an hour or until everything is very well cooked. Add more broth or water as needed.
- 3. Serve soup in a deep plate or bowl with one cooked potato, steamed rice, and fresh, chopped onion and tomato.

yields

8 servings



Pique Macho

ingredients

10 potatoes

2 pounds beef

1/2 pound spicy sausage

Oil

Salt, to taste

1 teaspoon ground black pepper

3 teaspoons white vinegar

2 onions

1 tomato

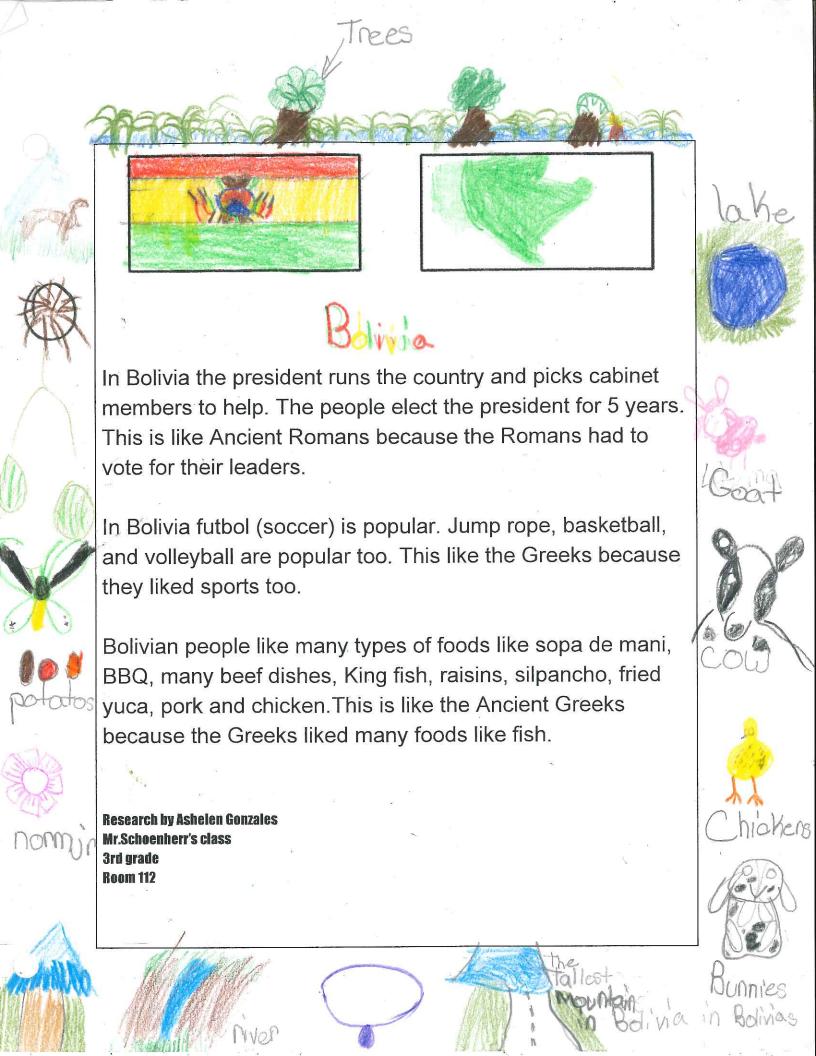
3 locotos, or very hot chili peppers

directions

- 1. Cut the potatoes into thick oblong pieces and fry them until tender.
- 2. Cut both kinds of the meat into 1-inch cubes.
- 3. Mix the meat and fry it in a small amount of oil, along with salt, pepper, and vinegar.
- 4. Add fried potatoes and mix well.
- 5. In a bowl, cut the onion into halved rings, the tomato into wedges, and the *locoto*, or hot peppers, into tiny slices. Make sure to remove all seeds from the *locoto*.
- 6. Mix everything together and serve.

yields

6 servings



Sopa de Maní

Peanut Soup

ingredients

6 chunks lamb meat

1 onion

1 turnip

1 sprig parsley

1 cup peas

1/3 cup rice

6 peeled potatoes

1 teaspoon ground cumin

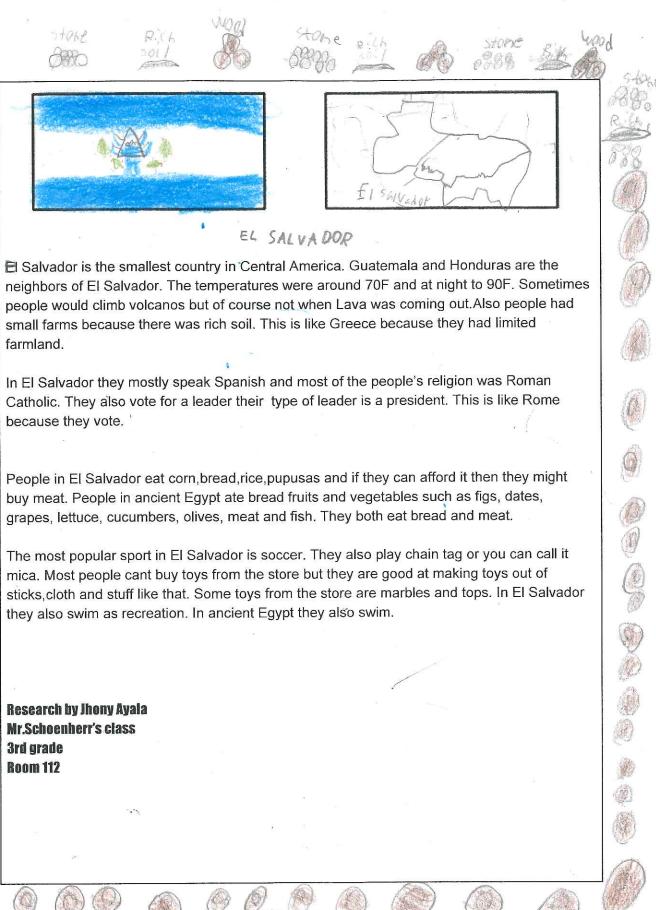
1 teaspoon ground yellow chili pepper

1/2 cup ground raw peanuts, slightly toasted

Salt, to taste

- 1. Bring water to a boil. Cook the lamb, onion, turnip, and parsley.
- 2. After 20 minutes, add the peas.
- 3. When the lamb is tender, add the rice and whole potatoes.
- 4. After about 5 minutes, add the cumin, yellow chili pepper, peanuts, and salt.





Pupusas

Tortillas Stuffed with Meat and Cheese

note

Pupusas can be made with a meat or cheese filling. This recipe uses meat. Grated farmer's cheese, mozzarella, Swiss, or any combination of these cheeses will work nicely.

13 November is National Pupusa Day in El Salvador.

ingredients

1 pound ground pork (sausage)

1/2 large onion, finely diced

1 clove garlic, minced

1 medium fresh green chili, seeded and minced

1 small tomato, finely chopped

1/4 pound white cheese, grated

1/2 teaspoon salt

5 cups flour

4 cups water, approximately

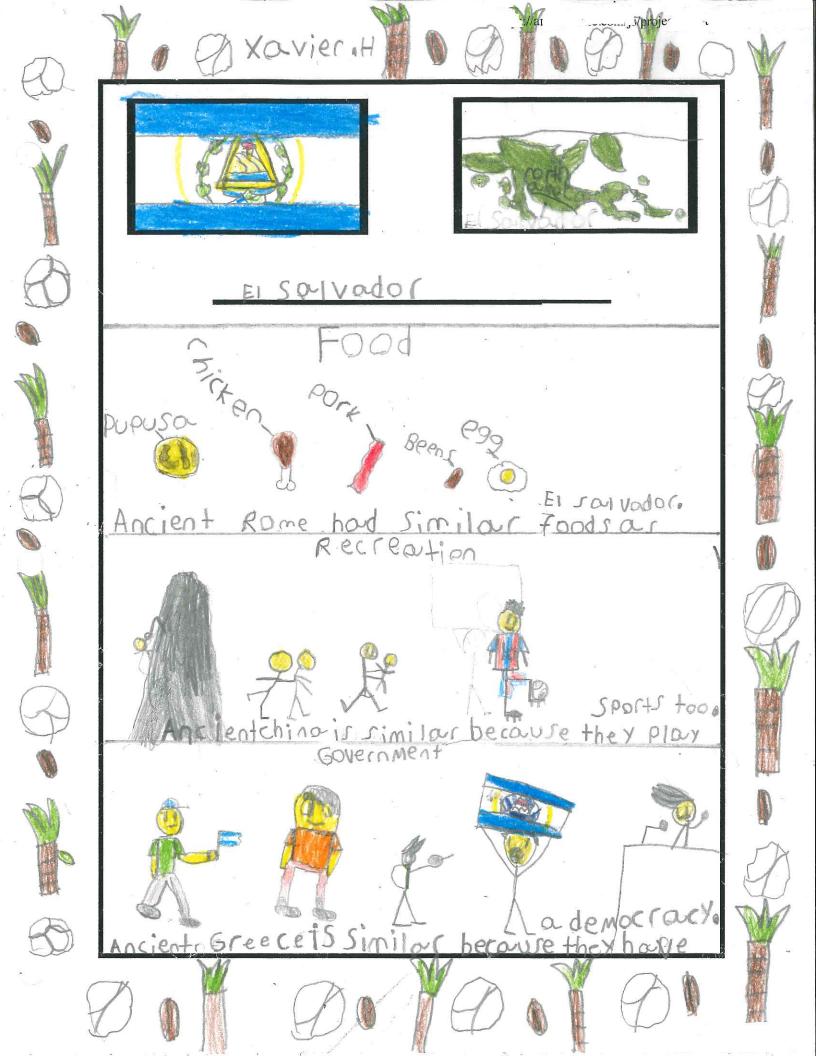
1 teaspoon vegetable oil

directions

- 1. In a large nonstick saucepan, cook pork, onion, and garlic over high heat. If necessary, add small amounts of water to the pork to prevent sticking. When the meat is cooked thoroughly, reduce heat to low and add chili and tomato. Let mixture cook until all liquid has evaporated. Set aside to cool. Stir in the cheese and salt.
- 2. In a large mixing bowl, put flour and enough water to make a dough. Divide the dough into 25 pieces and roll each into a ball. Flatten each ball between the palms of your hands to 1/2-inch thickness. Put a spoonful of the meat mixture in the middle of each disk of dough and enclose it firmly. Flatten the *pupusas* again until 1/2 inch thick.
- 3. Heat a flat, heavy-bottomed skillet until it is very hot. Brush the skillet with a little oil. Cook the *pupusas* on each side for 4 to 5 minutes, until nicely browned.
- 4. Serve immediately.

hint

Using a tortilla press is an easier and quicker flattening method for beginning *pupusa* makers. Experts slap the dough from palm to palm to flatten it out.



Xavier H. – El Salvador

Pupusas de Queso

Ingredients

1 cup masa harina

1 cup water

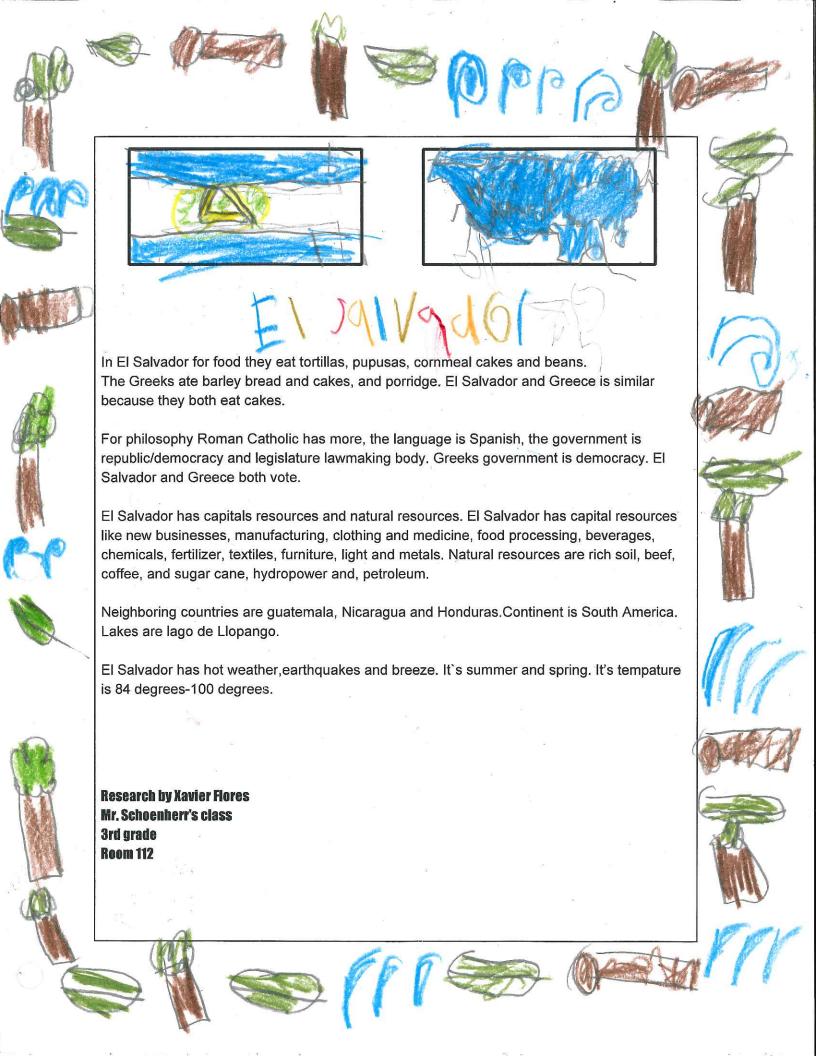
1 cup queso fresco, crumbled

Directions

1. Stir the masa harina and water together in a mixing bowl until smooth; knead well. Cover bowl, and let the dough rest 5 to 10 minutes.

2. Shape the dough into eight, 2 inch diameter balls. On a lightly floured surface, roll out each ball into 6 inch diameter round. Sprinkle 1/4 cup queso fresco over each round. Place a second tortilla over the cheese, and pinch the edges together to seal in the cheese.

3. Heat ungreased skillet over medium-high heat. Place one tortilla into the skillet at a time, and cook until cheese melts and tortillas are lightly browned, about 2 minutes on each side.



Salvadoran Chicken

note

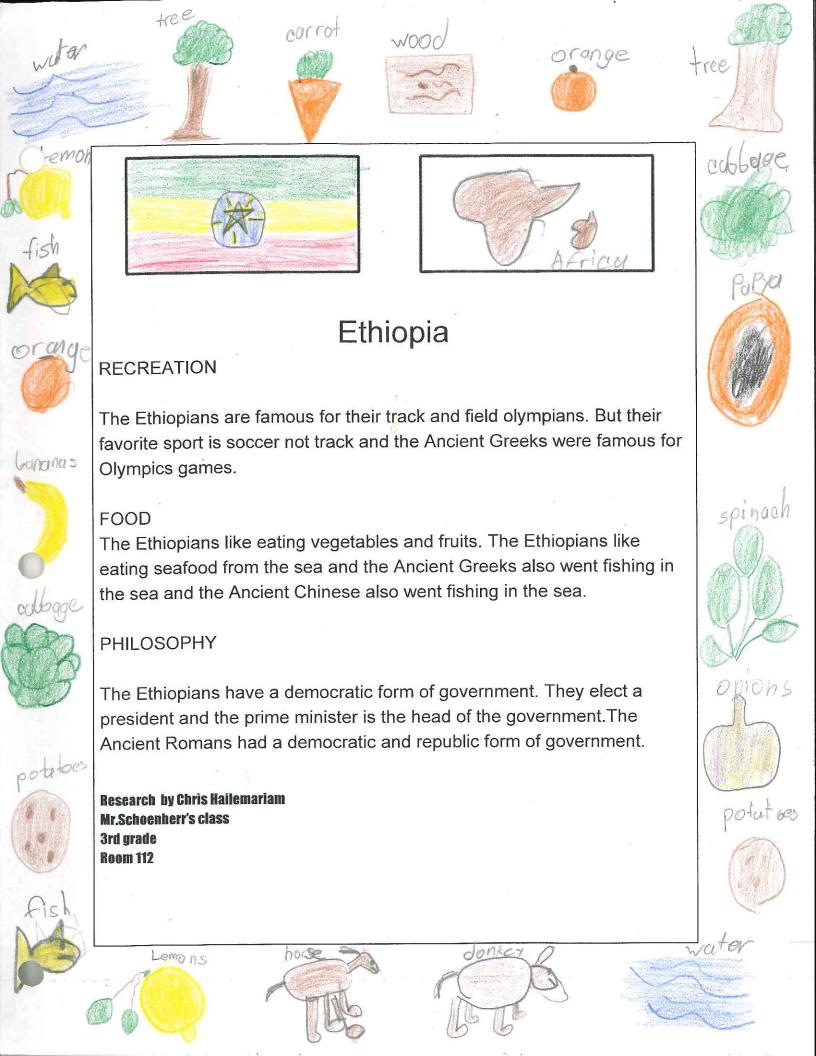
Chicken is often eaten in affluent Salvadoran homes.

ingredients

2 1/2 pounds chicken, cut into pieces Salt, to taste
Pepper, to taste
Lemon juice, to taste
1 pinch oregano
1/2 teaspoon *achiote* paste
1/2 teaspoon vinegar
5 cloves garlic, crushed
2 medium onions, finely sliced

5 ripe tomatoes, peeled and seeded

- 1. Season chicken with salt, pepper, and lemon juice.
- 2. In a separate bowl, mix well salt, oregano, *achiote*, vinegar, and garlic. Add chicken and marinate for 2 hours.
- 3. Remove chicken from marinade, and fry in a skillet until browned.
- 4. In a heavy saucepan, layer half the browned chicken, half the onions, and half the tomatoes, and then repeat layering. Sprinkle with salt and pepper. Cover and simmer 1 hour, or until tender.



Doro Wat

Chicken Stew

note

Ethiopians serve this dish by placing the stew on a large platter in the center of the table and using *injera* (flat bread) to scoop up individual bites.

ingredients

- 2 to 3 pounds chicken
- 3 sticks butter
- 3 pounds onion, finely chopped
- 2 large cloves garlic, minced, or 2 teaspoons powder
- 3 heaping tablespoons berbere
- 9 ounces tomato paste

Water

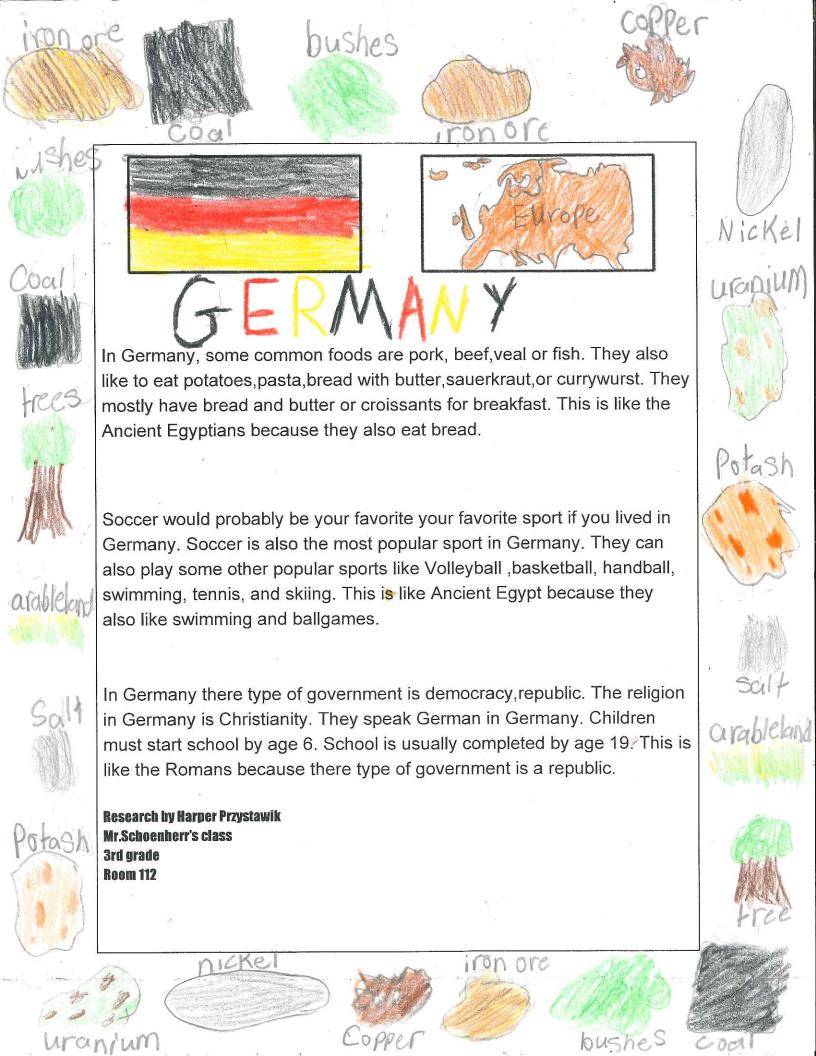
- 10 hard-boiled eggs
- 1 teaspoon ground black pepper

directions

- 1. Remove skins from chicken and score each piece with a knife.
- 2. In a large pot, melt the butter. Sauté the onions and garlic in the butter for 5 minutes. Add *berbere*, followed by tomato paste, stirring occasionally. Simmer for about 15 minutes. Stir in a piece of chicken at a time, coating well with the sauce. Continue to simmer, adding enough water to maintain the consistency of a thick soup.
- 3. After about 20 minutes, or when the chicken is half done, add the hard-boiled eggs. Cover and continue simmering until chicken is tender.
- 4. The dish is ready when the oil has risen to the top. Add black pepper and let stand until slightly cooled.
- 5. Serve with *injera*. Lay out a piece of *injera* on each individual plate. Dish the stew into the middle of the *injera*. Diners should tear off pieces of *injera* from the edges as scoops to eat the stew.

vields

8 to 10 servings



Harper – Germany

Lebkuchen

Gingerbread

ingredients

2 3/4 cups sifted flour

1/2 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon ground cloves

1/2 teaspoon ground nutmeg

1/2 cup chopped pecans

1 egg, slightly beaten

1 cup dark corn syrup

3/4 cup light brown sugar

1 tablespoon lemon juice

1 teaspoon grated lemon rind

1/2 cup sifted confectioners' sugar

1 tablespoon water

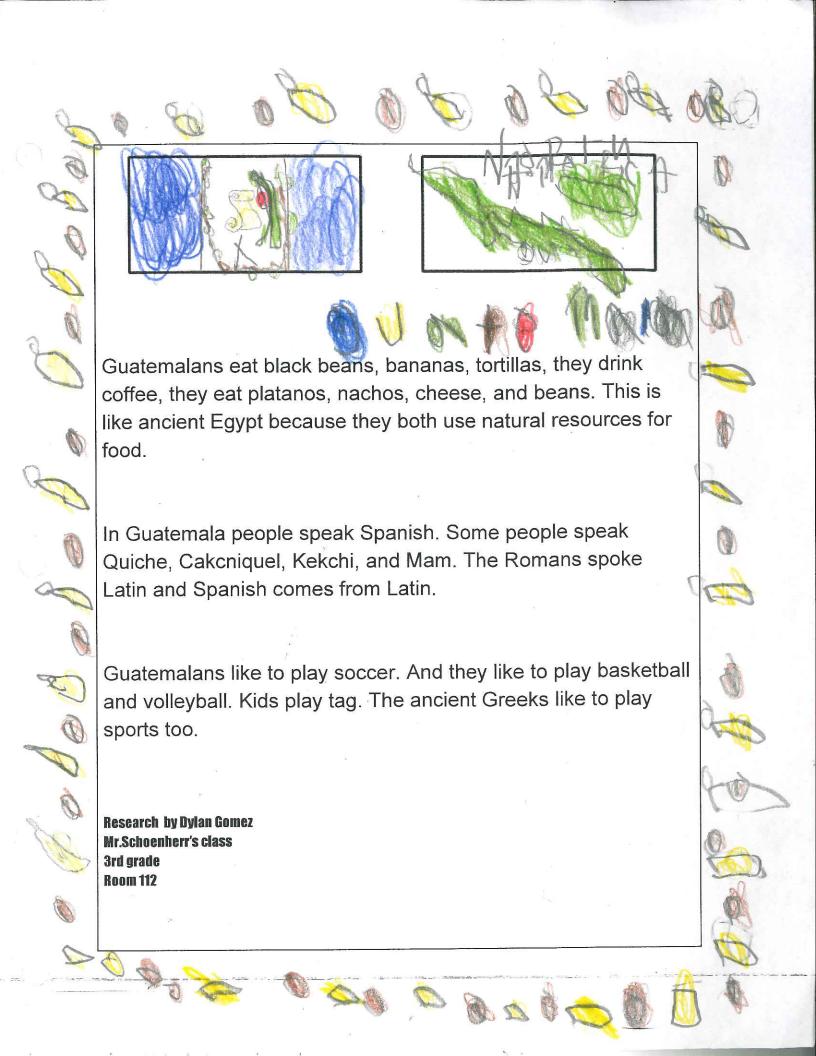
directions

1. Sift together flour, soda, and spices; stir in nuts.

2. Beat egg and add corn syrup, sugar, lemon juice, and rind and mix well. Stir in the flour mixture.

3. Divide the dough in half and put it on greased and floured baking sheets. Flatten dough with moistened hands to 1/8 inch thick. Bake in 400°F oven 13 to 15 minutes, or until lightly browned.

4. Remove from oven and brush with icing made by mixing confectioners' sugar with water. Cut while still warm. Cover and store in a tightly fitting container.



Dylan – Guatemala

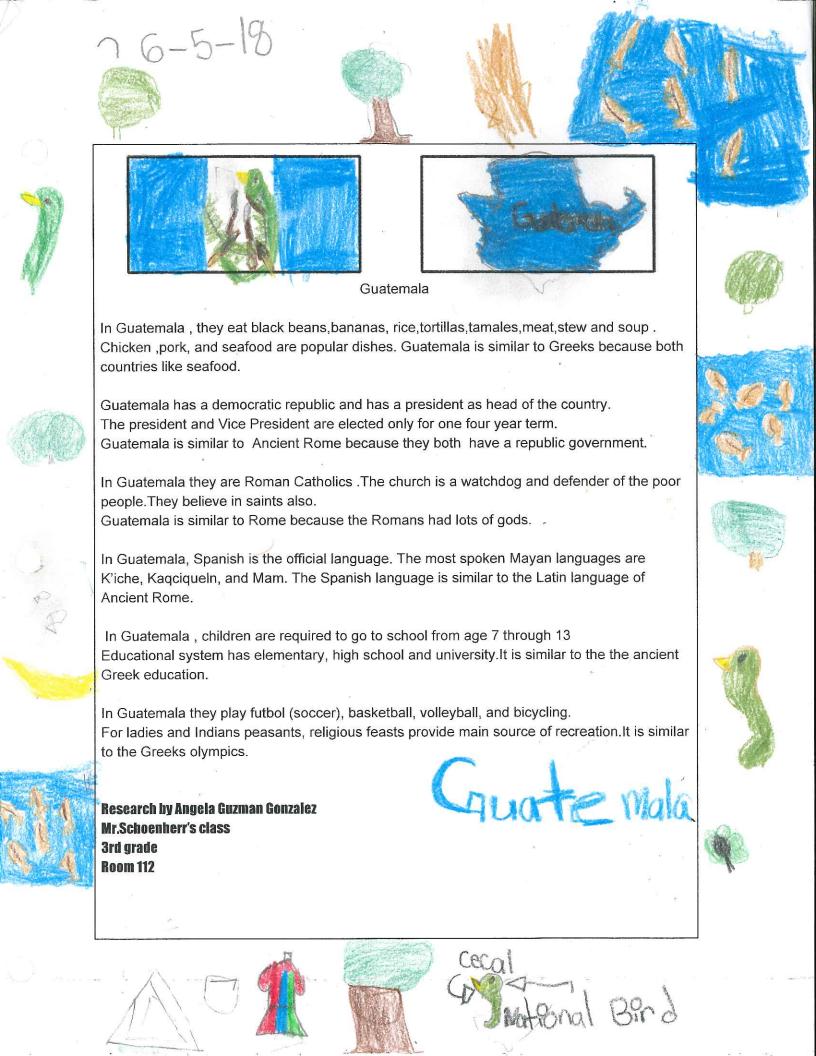
Plátanos al Horno

Baked Bananas

ingredients

- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 2 ripe bananas
- 2 tablespoons butter

- 1. Mix sugar and cinnamon together.
- 2. Peel the bananas and split them open lengthwise, but do not cut completely through. Sprinkle them inside and out with the sugar mixture. Cut dabs of butter into the slits.
- 3. Coat a baking dish with butter and add the bananas. Bake in a 350°F oven for 20 to 30 minutes, until soft and brown.
- 4. Serve warm with fresh cream and honey





Adrian – Guatemala

Arroz Guatemalteco

Guatemalan Rice

ingredients

2 cups rice

2 tablespoons peanut oil

1 cup mixed vegetables (carrots, celery, sweet red peppers, and peas)

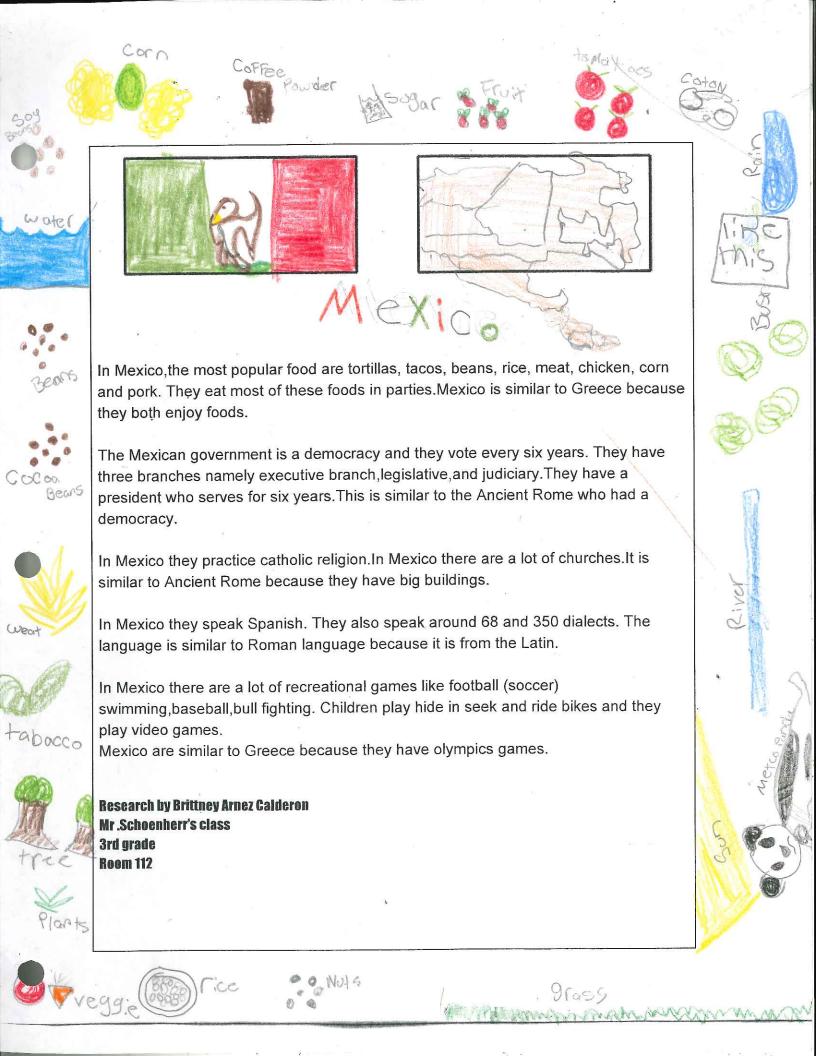
Salt and pepper, to taste

4 cups chicken or beef stock

directions

1. Sauté rice in oil, until rice has absorbed the oil but has not changed color.

2. Add vegetables, salt and pepper to taste, and 4 cups of stock. Bring to a boil. Cover, reduce heat, and simmer until liquid has been absorbed (about 20 minutes).



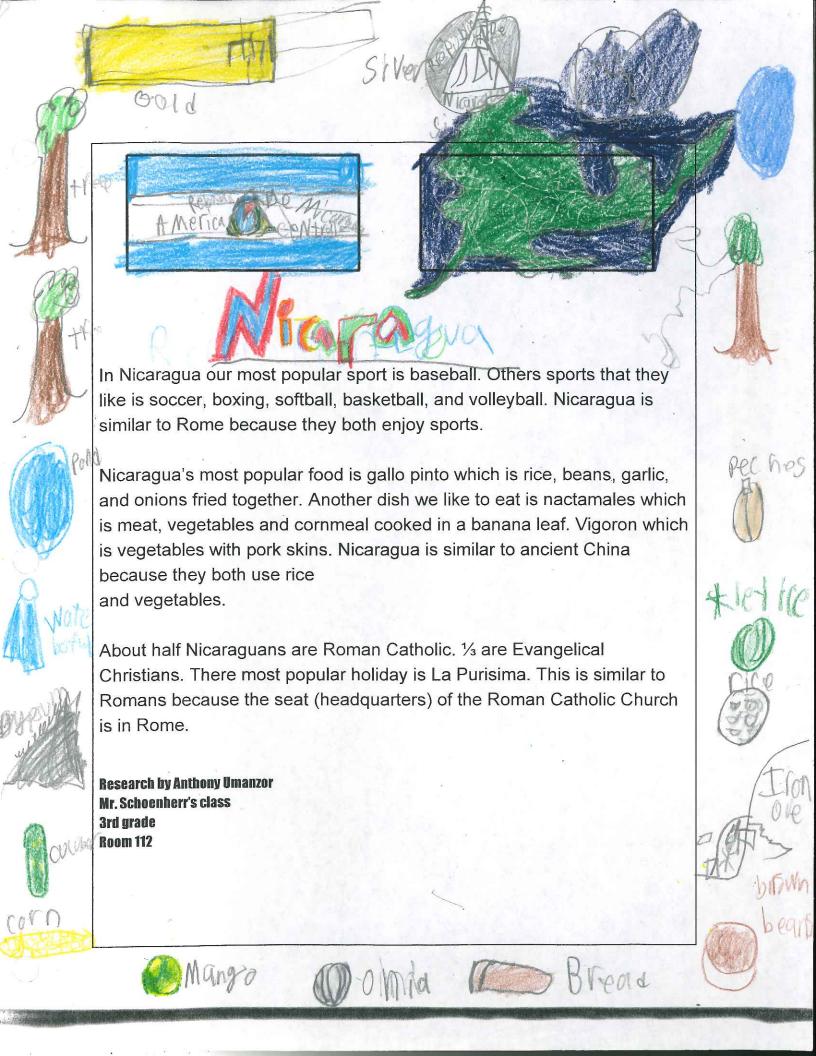
Ceviche Acapulco

ingredients

3/4 pound red snapper fillets, cut in 1-by-1/2-inch pieces
Juice of 6 to 8 limes (enough to cover fish)
1/4 cup olive oil
2 tablespoons finely chopped jalapeño peppers
1/2 cup finely chopped white onion
1 pound tomatoes, finely chopped
1/4 cup finely chopped cilantro
Salt, to taste

Garnish: Avocado Cilantro, chopped

- 1. Place fish in glass bowl. Cover with lime juice. Refrigerate at least 4 hours or overnight, and stir occasionally. Drain.
- 2. Add oil, jalapeños, onion, tomatoes, cilantro, and salt to the fish, and mix gently.
- 3. Fill serving cups or *tostadas* (flat or bowl-shaped tortillas that are toasted or fried) with *ceviche*, garnished with avocado and cilantro.



Gallo Pinto

Red Beans and Rice

ingredients

1 cup gallo pinto beans

1 bay leaf

1 small onion, peeled

1 clove

2 cloves garlic, peeled

Salt

1 1/2 cups long-grain white rice

4 tablespoons olive oil

1 onion, finely chopped

Freshly ground black pepper

- 1. Soak the beans in a pot in cold water covered by at least 3 inches for at least 4 hours
- 2. Drain the beans and place in a large pot with 2 quarts of water. Pin the bay leaf to the onion with the clove and add to the beans. Add the garlic. Gradually bring the beans to a boil, skimming off any foam. Reduce the heat and gently simmer beans, uncovered, until tender (about 1 to 1 1/2 hours), adding salt to taste during the last 10 minutes. Drain the beans and refresh under cold water. Discard the onion.
- 3. Bring 2 1/2 cups of water and 1 teaspoon salt to boil in a large heavy saucepan. Add the rice and return to a boil. Reduce the heat and gently simmer the rice until tender (about 18 minutes). Let the rice sit 5 minutes, covered. Fluff with a fork.
- 4. Heat oil in a large frying pan. Add the chopped onion and thoroughly brown over medium heat (about 5 minutes). Add the beans and rice and cook over medium heat until the rice is lightly browned (about 5 minutes).



Chapli Kebab

ingredients

2 eggs

Salt, to taste

Pepper, to taste

1 medium-sized onion, chopped

1 small onion, sliced

Oil or ghee

1/2 kilogram beef, finely minced

1 teaspoon ginger paste

1 teaspoon crushed cumin seeds

1 tablespoon crushed whole dried red chilies

1 teaspoon crushed cilantro/coriander seeds

1 teaspoon pomegranate seeds

2 to 3 green chilies, chopped

1/2 cup of fresh cilantro or coriander leaves

1 large tomato

1 teaspoon lemon juice or vinegar

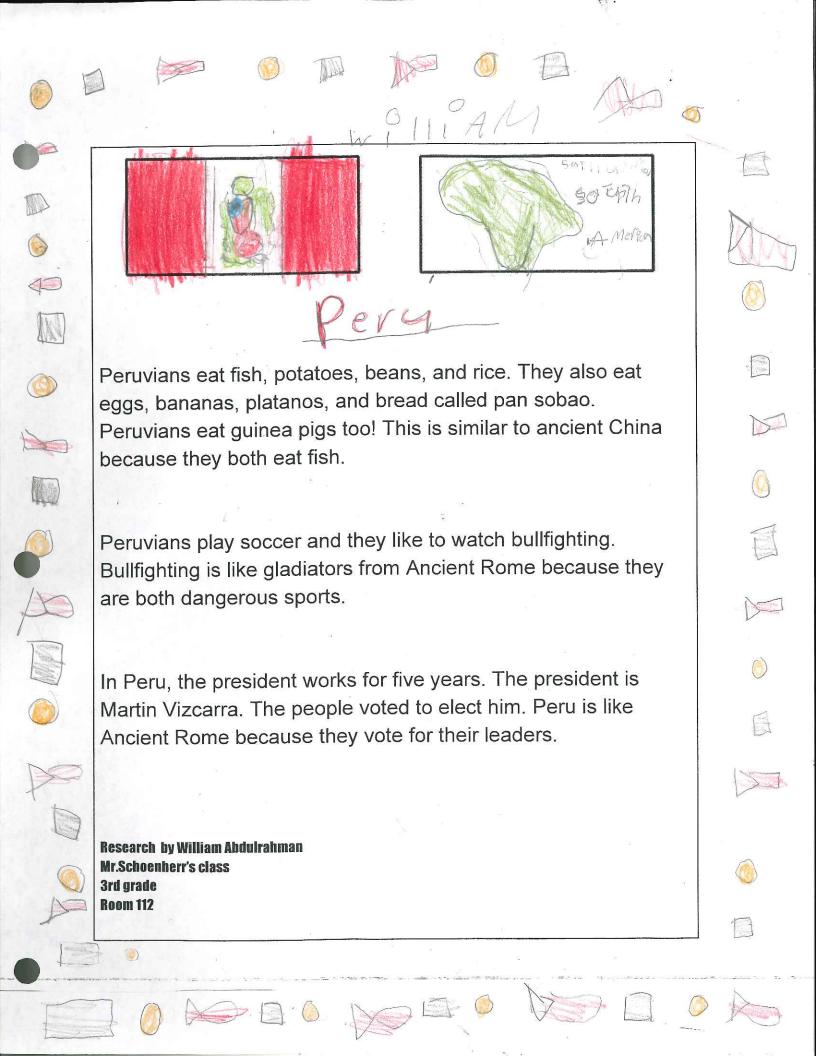
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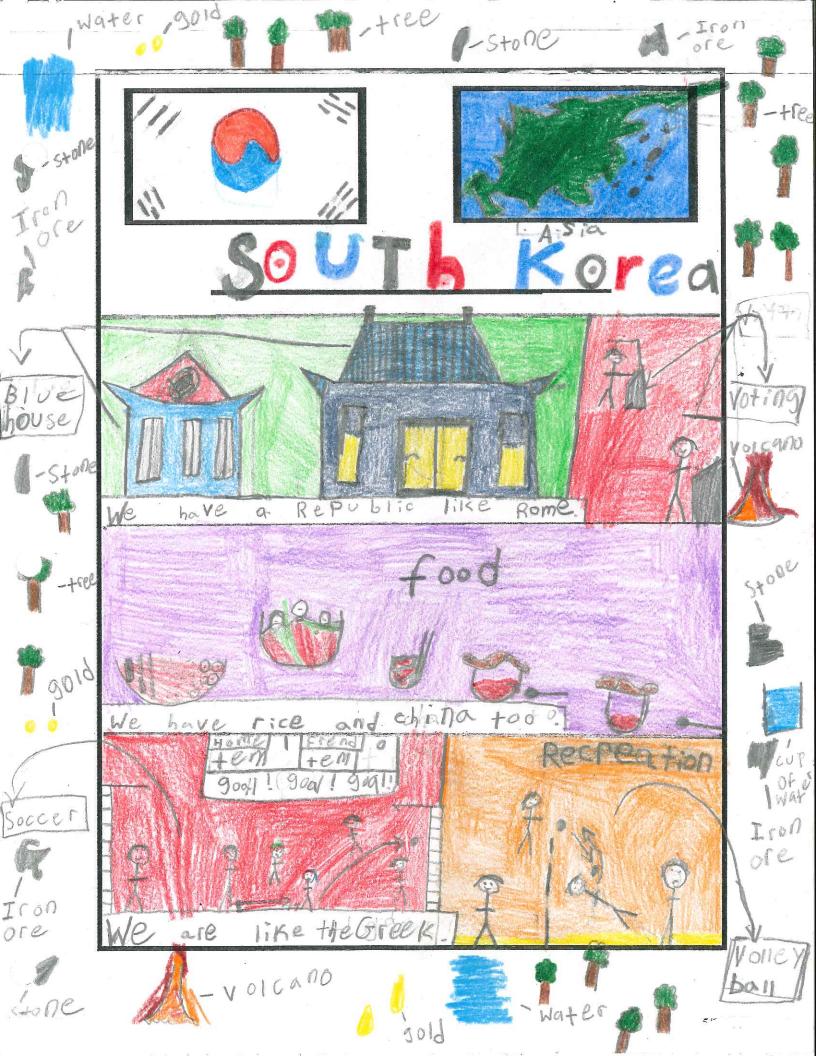
directions

- 1. Beat eggs, salt, and pepper together. Make an omelet, then break into pieces. In separate frying pan, fry onion in a little oil or ghee. Mix omelet pieces, onion, and all other ingredients. Refrigerate mincemeat mixture for 2 to 3 hours.
- 2. Shape into 6 flat patties and fry each in a little oil.

yields

6 kebabs





Stir-Fried Cucumbers and Beef

ingredients

4 small cucumbers

1 teaspoon salt

5 1/4 ounces lean beef

1 tablespoon vegetable oil

Mixture A:

1/4 teaspoon crushed garlic

Salt and pepper

Mixture B:

1 tablespoon finely chopped green onion

1 teaspoon roasted sesame seeds

1 teaspoon sesame oil

1/2 teaspoon soy sauce

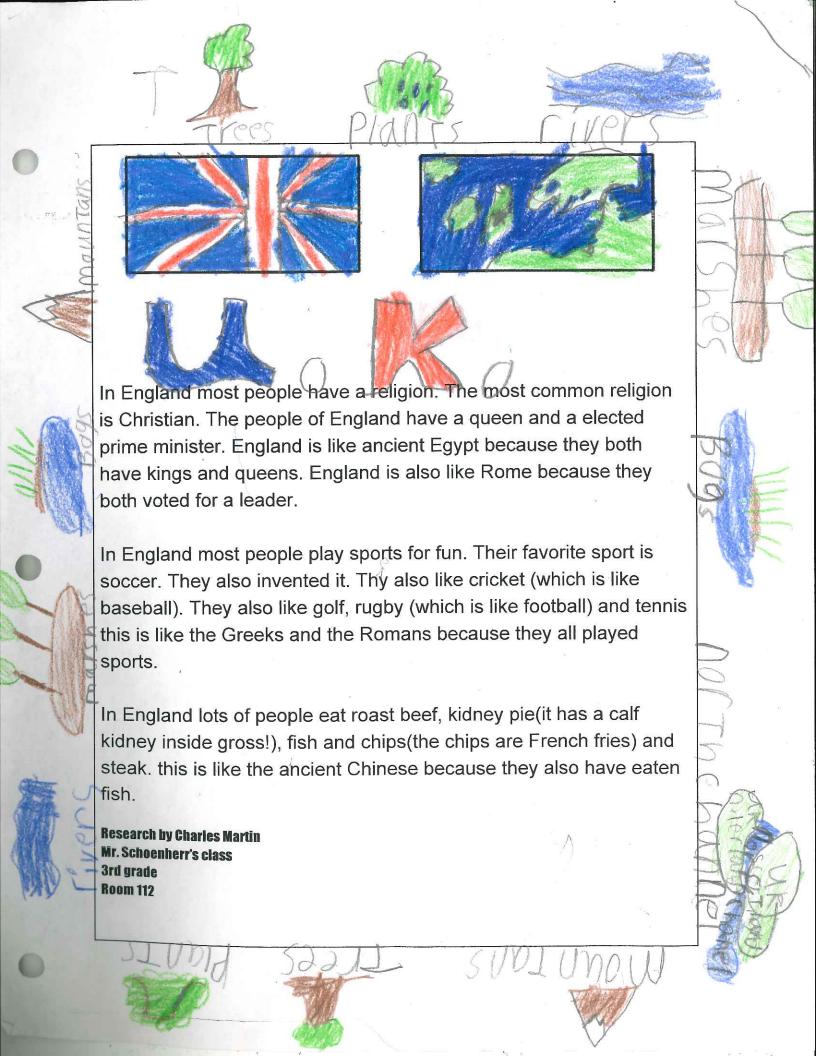
1/2 teaspoon ground chili pepper

1/4 teaspoon salt

Garnish:

Chili pepper, shredded

- 1. Cut off both ends of cucumbers and slice thinly. Place the cucumbers in a bowl and sprinkle with 1 teaspoon salt; let stand 5 to 10 minutes. When cucumbers are flexible, wrap in a cloth or paper towel and squeeze out water.
- 2. Cut beef into julienne strips. Heat vegetable oil. Quickly stir-fry beef over high heat and season with Mixture A.
- 3. Add cucumber slices and stir-fry briefly. Season with Mixture B.
- 4. Transfer to serving plate and garnish with shredded chili pepper.



Bara Brith

Welsh Bread

ingredients

1 pound mixed dried fruit

6 tablespoons sugar

1/2 pint warm tea, without the milk

1 pound self-rising flour

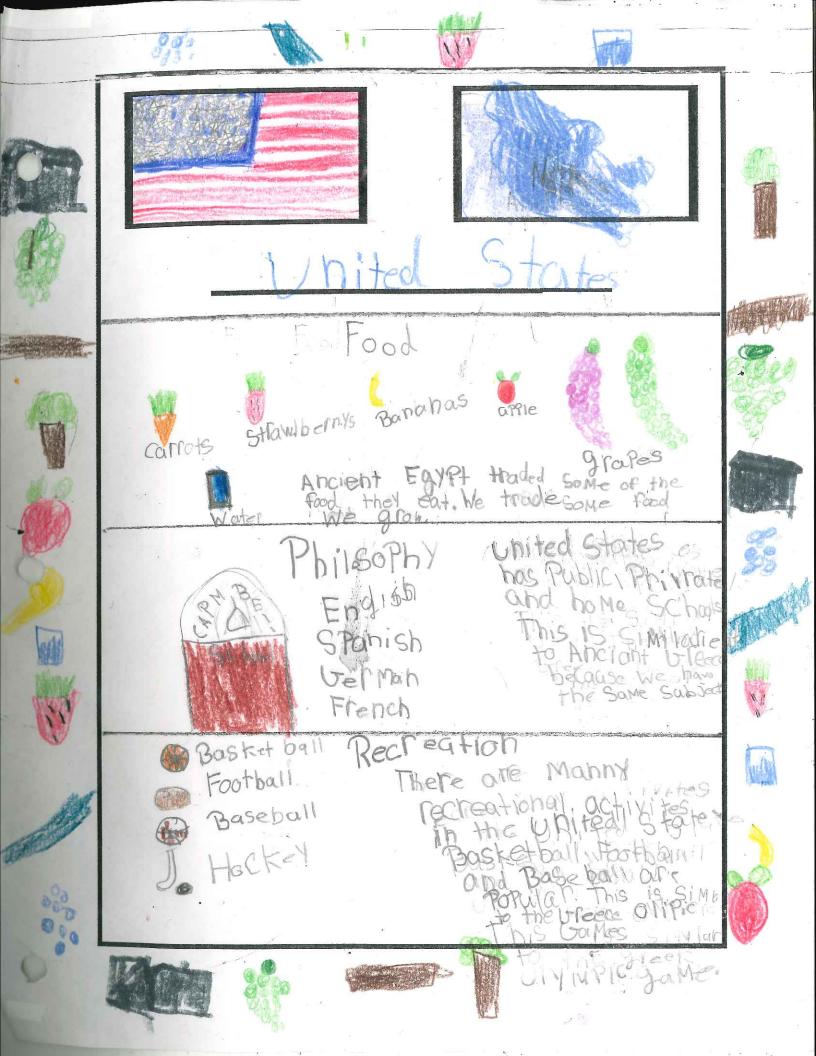
1 teaspoon mixed spice

2 tablespoons marmalade

1 egg

Honey, to glaze

- 1. Mix the dried fruit, sugar, and tea. Leave this mixture to stand overnight.
- 2. On the next day, stir in the flour, spice, marmalade, and the egg (well beaten).
- 3. Line a loaf tin with grease-proof paper. Pour in the mixture.
- 4. Cook at 325°F for 1 3/4 hours.
- 5. Turn out on a rack and brush with warm honey to glaze.



Southern Fried Chicken

ingredients

1/2 cup water
1/2 cup rich or evaporated milk
3 pounds fryer chicken
Cooking oil
2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon paprika
1 cup flour

- 1. Mix water and milk.
- 2. Cut chicken and dip in liquid mixture.
- 3. Heat oil in skillet.
- 4. Put dry ingredients in paper bag. Take the chicken from liquid and put 1 piece at a time into the paper bag and shake.
- 5. Put in skillet. Brown both sides while tightly covering the pan. Turn heat on low and cook 40 minutes. Uncover. Turn heat up to make the chicken crispy. This should take 5 to 10 minutes, turning the chicken once.