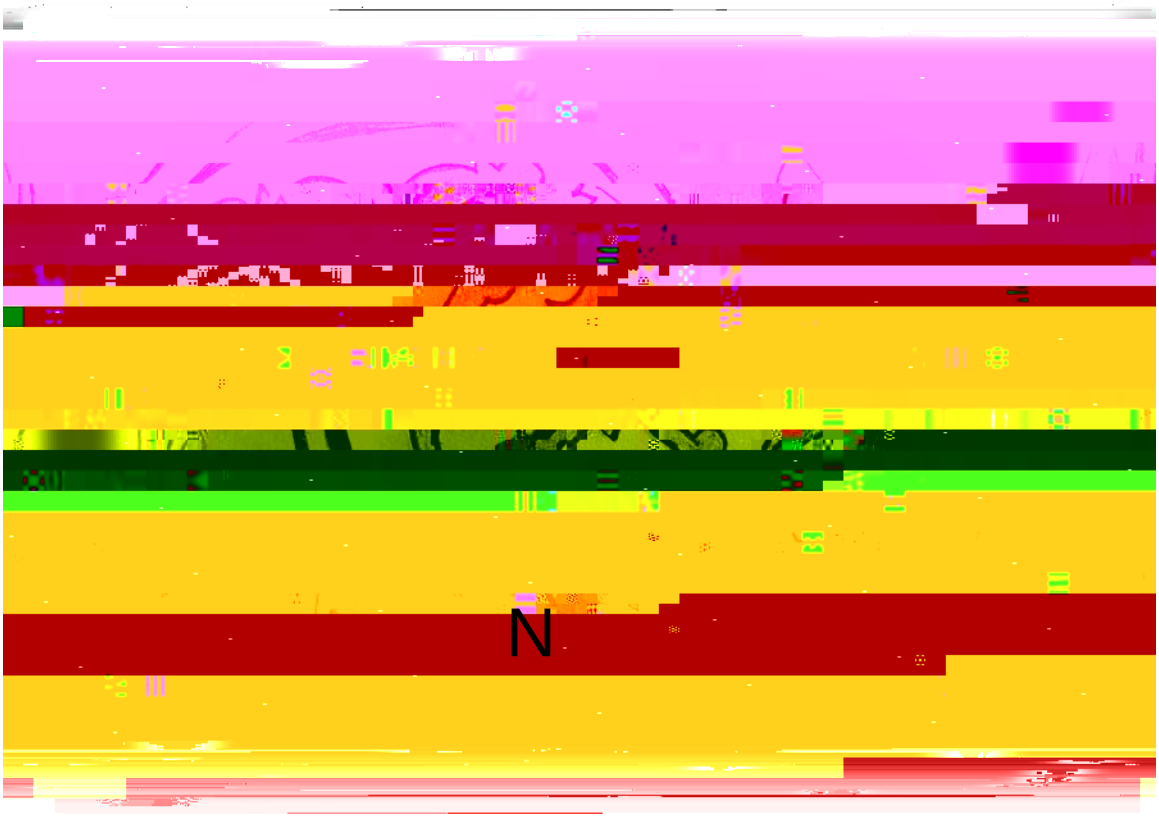

Peace Corps Kyrgyzstan Cookbook

Melt butter in skillet over medium -

Beginning at the 15-inch side, role up dough and pinch

Salt and pepper

Cook the beans in 4-6 cups of salted water. Depending on the age of the beans, this
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Whisk together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still mixing. Stir in salt and pepper.

Sweet & Sour Sauce

(1 ½ cups)
½ cup packed brown sugar
1 tbs corn starch
1 can (8 ounces) crushed pineapple in juice, drained and juice reserved (optional)
• cup white vinegar o r apple cider vinegar
1 tbs soy sauce
¼ cup finely chopped green bell pepper (optional)
2 tbs olive oil

Heat oil in a saucepan. Add brown sugar and stir. Add enough water to reserved

Vegetable Soups

Butternut Squash Soup

(6 servings)
1 large squash
1 large yellow onion, sliced

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Bring beans to a boil with curry, ginger, garlic, and chili paste (if extra spice is desired) in 5 cups of water. After 30 minutes, add rice or gretchka. Add carrots, chopped, then cabbage and diced onions. Slice

type of pasta noodles for another 20 minutes. Taste and add any additiona3 o,asonings such as red pepper or salt if needed.

Zuppa Toscana

(6 o,rvings)
Olive Garden recipe

½ kilo ground pork

” ¨ µ º Ã-- Manti (Steamed Dumplings)

(8 servings)

These dumpli

4 medium carrots, peeled and cut into rounds

Moon Time's Bean Burger

(4 servings)

Try adding curry powder or chili powder to this recipe for variety.

Vegetables

Cheesy Potato Casserole

Combine all of the vegetables into a wok with the sesame oil and turn the heat on.
Add the can of coconut water into the wok . Chop the coriander and add it into the
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adventurous. C8ok for about 10 to 15 minutes, until the veggies seem done. If you use
eggplant, cook the eggplant a bit first, and then add

2 tbs oil
1 large bell pepper, diced
1 medium onion, chopped
1 hot chili pepper, min ced
1 tbs finely chopped fresh parsley
1 kilo tomat(o)oes, peeled and chopped

Grind walnut s with the bottom of a jar or whatever works. Mix with all ingredients.

necessary. Using a fork press all 4 sides down to seal and decorate. Cook in boiling, salted water until the pieces float. Coat with sauce and s erve.

Sauce: Sauté garlic slowly in butter and olive oil. Add more butter if needed to increase amount of sauce. Cook sauce over medium heat until butter browns. Stir

3 cloves garlic, minced
2 tsp oil

Beets with Toasted Sunflower Seeds

Combine all ingredients in large bowl and mix well. Season generousl y with salt and pepper. Heat oil in heavy skillet until sizzling, but not smoking, over medium heat. Drop potato mixture by spoonful into oil. Cook until golden, about 2 minutes per side.

Roastp 1Ro4 sS1 ary & Thyme Potatoe4 sS

(4 servings)

Fudgy Cappuccino Crinkles

(3 dozen)

- cup softened butter

Preheat oven to 180°C (350 °F). Melt butter and chocolate together; remove from heat. Mix in eggs, sugar and vanilla. Lightly beat in flour and nuts or chocolate or

in center comes out clean.

other additives. Spread in greased pan and bake for 30 minutes, or until straw inserted

No Bake Cookies

(2 ½ dozen)

cup peanut butter, ½ cup coconut flakes, ½ cup chopped nuts

1 tsp vanilla extract or vanilla powder
3 cups instant oatmeal

Combine sugar and milk in a large saucepan over medium heat and melt in butter

Preheat oven to 180°C (350 °F). In a large b owl stir together flour, sugar, baking powder, cinnamon, baking soda, salt, and cloves. Stir in eggs, pumpkin, oil until combined. Spread on ungreased pan. Bake for 25 ²30 minutes. Cool two hours. Spread with cream cheese icing. 133 cal/ bar

Spiced Apric ot Bars

(24 bars)
1 cup flour
½ tsp baking powder
¼ tsp soda
¼ tsp each cardamom and nutmeg
1 slightly beaten egg
½ cup brown sugar

1 tsp lemon juice
1 Buttery P

pieces and smush them into the flour with your fingers, as if you were making the money sign. This should form small balls of flour and butter mixture. Continue until all of the flour has been converted to little balls. Put your apples into the pan and top it with the flour mixture. Bake it for 30 minutes, or until the flour mixture is golden and delicious looking.

Applesauce Cake

(12 servings)
1 cup raisins, coarsely chopped
1 ½ cups all-

2 cups flour TJ ET EMC /P <</MCID 0>>1>> BDC BT 1 0 0 1 90 697.44 Tm [(1 ¾ tsp gr)-6(ou)-3(nd cin

Orange Rosemary Pound Cake
(12 servings)

Mix all ingredients in a medium saucepan. Cook over medium heat, stirring occasionally until hot and bubbly.

Honey Glaze

(1 ½ cups)
Try using this with butter cake or over apples.

½ cup sugar
½ cup milk
¼ cup butter
¼ cup honey

Mix all ingredients in a saucepan and bring to a boil.

Fudge Frosting

(1 ½ cups)
1 cup sugar

White Sauce

(1 cup)
1 cup whole milk
2 tbs butter

1 tsp cinnamon

gently for 10 minutes before using. Do this before you neee them on jars.
Leave in hot water and remove as needed. To prepare jars, wash them in h ot soapy
1. First, sterilize jars and lids. Place lids in a small sauce pan filled with water and boil
water and rinse well. Place in a large pot of wr, and boil gently for 10 minutes.
Leave in boiling hot er until needed. Then remove a fe a time and place
upside din. They are ready in less than a minute.

2. Use a l D U J H N D] D Q R U S R W D V D Z D W H U E D W K F D Q Q H U < R X · O O
in the kazantely submerge filled canning jars by 2 inches of water. This can

Applesauce

(4 cups)
1 kilo tart apples, peeled, cored and cut into ½ inch cube s
1 cup distilled water
½ - 1 cup sugar
juice of ½ lemon
2 tsp cinnamon (optional)

Bring apples to boil in large saucepan over high heat. Reduce heat to medium and cook

Never allow raw meat, poultry and fish to come in contact with other foods. Most often food poisoning comes from cross-

same pot you used to boil it, and leave it for an hour or two. Much of the fat should

Ingredient Substitutions

Plum	‹ ¸ » À ¨	ˆ ³ ´ » ¸ » º
Pomegranate	‹ ¸ ¨ µ ¨ º	