



TASTE OF THE WORLD 2011



Office of Minority Health & Health Disparities

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- To provide leadership in improving health outcomes by advocating for health equity for at-risk populations as defined by race or ethnicity, education, disability, gender, geographical location, income, and sexual orientation.

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Cajun Red Beans & Rice

- "**Cajun food**" comes from the deepest Southern parts of Louisiana and Mississippi. Like the area it originated from, Cajun flavor is spicy, rich, and really, really good! A lot of people don't know that the typical Cajun food was developed by extremely poor people. Refugees and farmers used what they had to feed large families.
- This is one reason that rice is a staple in Cajun food. Adding rice to a stew, or a dish, 'stretched' the food so that there would be plenty. Rice is still added to Cajun food, even if it is for the love of the flavor, and not for necessity.
- Cajun spices always consist of three things. **Bell pepper, onions and celery** are the favorite vegetables to add flavor for the Cajun food. It is referred to as the '**Holy Trinity.**' A couple of other favorites are cayenne pepper and garlic.

<http://www.ethnic-spicy-food-and-more.com/cajunfoodhistory.html>

Cajun Red Beans & Rice (cont).

- **Red beans and rice** is an emblematic dish of Louisiana Creole cuisine, traditionally made on Mondays with red beans, vegetables and pork bones as left over from Sunday dinner, cooked together slowly in a pot and served over rice.
- Meats such as ham, sausage (most commonly Andouille), and Tasso ham are also frequently used in the dish.
- It is an old custom when ham was a Sunday meal and Monday was washday. A pot of beans could sit on the stove and simmer while the women were busy scrubbing clothes.
- Celebrated jazz trumpeter and New Orleanian, Louis Armstrong's favorite food was red beans and rice. The musician famously signed his name "Red Beans and Ricely Yours, Louis Armstrong."

Pulav (Spicy Rice with Veggies)

- Pulav is a dish in which rice is cooked in a seasoned broth with bits of browned or burned onion and a large mix of spices.
- In South Asia, pulao or pulav is a dish consisting of rice, peas, potatoes, mutton, beef, or chicken.
- It is usually served on special occasions and weddings and is very high in food energy and fat.
- Pulov also known as Palau was served to Alexander the Great following his capture of regions.
- The first preparation was documented by a Persian scholar, Ibn Sina, who is considered the “father” of modern pilaf.
- Pilau is standard fare in the Middle East and has variations when prepared by Arabs, Turks, and Armenians.
- It was first introduced to Israel by Bukharian and Persian Jews.
- Throughout the Soviet Union, Pilau or Pulav has become a favorite dish in Russia, the Ukraine, and Geor.

Brownie Bites



- A **chocolate brownie** is a flat, baked square or bar sliced from a type of dense, rich chocolate cake, which is, in texture, like a cross between a cake and a cookie.
- Brownies come in a variety of forms. They are either fudgy or cakey, depending on their density, and they may include nuts, frosting, whipped cream, chocolate chips or other ingredients.
- A variation that is made with brown sugar and no chocolate is called a Blondie.
- The brownie first appeared in public during the 1893 Colombian Exposition, held in Chicago. A chef at the city's Palmer House Hotel created the confection .
- These first brownies featured an apricot glaze and walnuts, and they are still being made at the hotel according to the original recipe.
- The name "brownie" first appeared in the 1896 version of The Boston Cooking School Cook Book , but this was in reference to molasses cakes baked individually in tin molds, not true brownies.

Blueberry Apricot Compote

- **Compote** (French for "mixture") is a dessert originating from 17th century France made of whole or pieces of fruit in sugar syrup.
- Whole fruits are immersed in water and with sugar and spices added to the dish, over gentle heat. The syrup may be seasoned with vanilla, lemon or orange peel, cinnamon sticks or powder, cloves, ground almonds, grated coconut, candied fruit, or raisins. The compote is then served either warm or chilled arranged in a large fruit bowl or single-serve bowl for individual presentation.
- The dessert may be topped with whipped cream, cinnamon, or vanilla sugar.
- Dried fruit compote is a common passover food.

Wikipedia.com



Sausage and Potato Casserole

- The word *sausage* is derived from Old French *-saussiche*, from the Latin word *salsus*, meaning *salted*.
- *Germany* boasts more than 1200 types of sausage, distinguishes *raw*, *cooked* and *pre-cooked* sausages.
- A **sausage** is a food made from ground meat and often salt, herbs, and spices.
- Typically, it is formed in a casing made from intestine, but sometimes synthetic. Some sausages are cooked during processing and the casing may be removed afterwards.
- Sausage making is a traditional food preservation technique. Sausages may be preserved by curing, drying or smoking.
- The Spanish had an empire across Europe, and brought potatoes for their armies. Peasants along the way adopted the crop, which was less often pillaged by marauding armies than above-ground stores of grain.
- In France and Germany government officials and noble landowners promoted the rapid conversion of fallow land into potato fields after 1750. The potato thus became an important staple crop in northern Europe.

Collard Greens

- **Collard greens** date back to prehistoric times, and are one of the oldest members of the cabbage family.
- Collards are also known as tree cabbage or non-heading cabbage, are a cool-season vegetable and extremely nutritious -- rich in vitamins and minerals that help prevent and fight disease.
- **Greens** originated in the eastern Mediterranean, but it wasn't until the first Africans arrived in Jamestown, Virginia in the early 1600s that America got its first taste of the dark green leafy vegetable.



- **Greens** were just one of a few select vegetables African-Americans were allowed to grow and harvest for themselves and their families throughout slavery, and so over the years cooked greens developed into a traditional food.

Collard Greens (cont).

- Even after the Africans were emancipated in the late 1800s, their love of **greens** continued, and they kept handing down their well developed repertoire of **greens** recipes from one generation to the next.
- Though **greens** did not originate in Africa, the habit of eating **greens** that have been cooked down into a low gravy, and drinking the juices from the **greens** (known as "pot likker") is of African **origin**. Pot likker is quite nutritious and delicious, and contributes to the comfort-food aspects of the dish.

<http://cutnclean.com/history/>

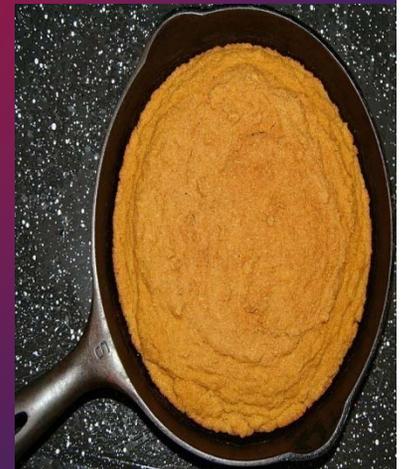
PurpleHull Peas

- The PurpleHull Peas are close cousins to the more familiar, but less tasty, black-eyed peas.
- They are members of the "cow pea" or "southern pea" family, just as are black-eyed peas and crowder peas.
- Botanists believe the cow pea originated in Africa, specifically in an area which is now the country of Niger.
- As a result, these peas were associated with one of our nation's saddest eras. It's believed this family of peas came to America in tandem with the slave trade.
- Eaten by slaves, and used as a forage crop for livestock (thus the name "cow peas"), whites were initially not attracted to them.
- However, eventually the white population got wise and came to appreciate the wonderful flavor of the cow pea, of which the Purple Hull Pea is its pinnacle.



Cornbread

- Cornbread is a popular item in soul food enjoyed by many people for its texture and scent. Cornbread can be baked, fried or, rarely, steamed. Steamed cornbreads are mushy, chewier and more like cornmeal pudding than what most consider to be traditional cornbread. Cornbread can also be baked into corn cakes.
- Skillet-fried or skillet-baked cornbread is a traditional staple of rural cuisine, especially in the South. This involves heating bacon drippings, lard or other oil in a heavy, well-seasoned cast iron skillet in an oven, and then pouring a batter directly into the hot grease. The mixture is returned to the oven to bake into a large, crumbly and sometimes very moist cake with a crunchy crust.



Sweet Potato Pie

- **Sweet potato pie** is often a favorite dish, especially for Thanksgiving.
- The **sweet potato** itself is a dicotyledonous plant. It a root vegetable and is a rather long in shape and sweeter-tasting than the average **potato**.
- The **sweet potato** is native to South America and was originally domesticated there around 5,000 years ago. It has also been grown in the western parts of Polynesia and is referred to as kumara in those parts of Peru.
- It is a possibility that the Polynesians brought this **sweet** treasure back to South America, Hawaii and New Zealand.
- From there, African Americans created the **sweet potato pie** that can also be considered a comfort food. To make the already **sweet** potatoes even sweeter, marshmallows are used to top it off.

(<http://www.howtocooksweetpotatoes.org>)



Sweet Potato Pie (cont).

Why are sweet potatoes pies sometimes served with marshmallows?

- During the late 19th/early 20th century marshmallows were very trendy. Mass-manufactured, plentiful and inexpensive, they were aggressively promoted by food companies. Marshmallows were incorporated into cakes, pies, gelatin desserts, hot chocolate, candies, and were promoted as a modern whipped cream substitute. The earliest recipes combining sweet potatoes with marshmallows date to the 1920s. Coincidentally, many signature dishes of the 1920s were exceptionally sweet. Some food historians hypothesize this was a tasteful reaction to Prohibition.

(<http://www.foodtimeline.org/foodpies.html#sweetpotatopie>)

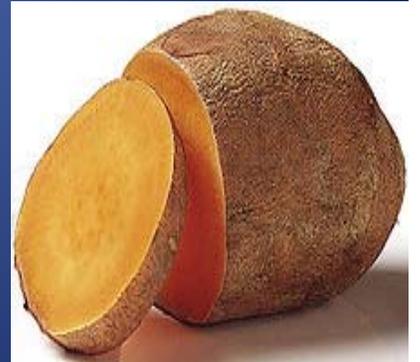


Pfeffernuse

- Pfeffernusse are small, firm, round biscuits including sometimes ground nuts.
- Pepernoten are originally a Dutch treat baked during 'Sinterklaas', a feast on 5 December (6 December in Belgium and Germany) on which little children receive gifts from the holy St. Nicholas, the partial inspiration for Santa Claus.
- In Germany, Pfeffernüsse are traditionally made during the Christmas season.
- Recipes often call for the dough to be rounded into a ball. Today they are sometimes produced with a chocolate base.
- German Pfeffernüsse are often confused with Russian tea cakes because they are a similar shape and are both generally covered in powdered sugar, but they are different internally.

Sweet Potato

- The sweet potato is only distantly related to the potato. The softer, orange variety is often called a **yam** in parts of North America, a practice intended to differentiate it from the firmer, white variety. The sweet potato is botanically very distinct from the other vegetable called a yam, which is native to Africa and Asia.



Potato Salad

- **Potato salad** is a dish made from potatoes, the versions of which vary throughout different regions and countries of the world.
- Although called a salad, it is generally considered a side dish, as it usually accompanies the main course.
- **General Versions by ingredients**
 - Mayonnaise
 - Vinegar
 - Bacon, anchovies, or mustard
 - Herb or dill
 - Tomatoes or green beans
 - Eggs
 - Ham, pickles, corn



Akara

- **Akara** is a dish made from peeled black-eyed peas formed into a ball and then deep-fried in oil.
- The dish is traditionally encountered in Brazil's northeastern state of Bahia, especially in the city of Salvador, often as street food, and is also found in most parts of Nigeria, Ghana and the Republic of Benin.
- **Akara** (as it is known in southwest and southeast Nigeria) was a recipe taken to Brazil by the slaves from the West African coast. It is called "akara" by the Igbo people of south-eastern Nigeria and in the Yorubaland of south-western Nigeria, "kosai" by the Hausa people of Nigeria or "koose" in Ghana and is a popular breakfast dish, eaten with millet or corn porridge.



Chicken Salad



- **Chicken salad** is any salad that comprises chicken as a main ingredient. Other common ingredients include mayonnaise, hard-boiled egg, celery, and a variety of mustard.
- In the US it refers to a salad consisting primarily of chopped chicken meat and a binder such as mayonnaise or salad dressing. Like tuna salad, it may be served on top of lettuce, tomato, avocado, or some combination of these. It may also be used for sandwiches. Typically it is made with leftover or canned chicken.
- In Europe and Asia the salad may be complemented by any number of dressings, or indeed no dressing at all, and the salad constituents can vary from traditional leaves and vegetables, to pastas, couscous, noodles, or rice.

Chicken Spaghetti

- *Spaghetti* is the plural form of the Italian word *spaghetto*, which is a diminutive of *spago*, meaning "thin string" or "twine".
- Pasta in the West may first have been worked to long, thin forms in Southern Italy around the 12th century. In the United States around the end of the 19th century, spaghetti was offered in restaurants as *Spaghetti Italienne* (which likely consisted of extremely soggy noodles and a tomato sauce diluted with broth) and it wasn't until decades later that it came to be prepared with garlic or peppers, chicken or beef.

Spinach Quiche'

- Quiche is a classic dish of French cuisine. The word quiche is from the German Kuchen , meaning cake. Quiche is an oven-baked dish made with eggs and milk or cream in a pastry crust. Usually, the pastry shell is blind-baked before the other ingredients are added. Other ingredients such as cooked chopped meat, vegetables, or cheese are often added to the egg mixture before the quiche is baked.

Spinach Quiche (Cont.)



- Spinach quiche has as its ingredients: butter, garlic, onion, frozen chopped spinach, mushrooms, herb and garlic feta, shredded Cheddar cheese, salt and pepper, eggs, milk, salt and pepper, and an unbaked pie crust. Quiche is baked and may be garnished with pastry leaves or sliced tomatoes.

Sukuma Wiki

- Sukuma Wiki is a popular Kenyan side dish that can be made out of collards or kale. In Kenya, the plant traditionally used is a tall-growing cabbage variety known as “walking stick cabbage” because of the tall woody stalk it produces. Sukuma Wiki is often served with ugali (a porridge made from maize). Translated from Swahili, sukuma wiki means ‘to push out the week’, implying that it is a staple used to stretch the family meals to last for the week.

Recipe:

- 2 tbsps. Fat (oil or shortening); 1 Onion; 1 Tomato; Salt; a bunch of Sukuma (kale or collard greens), chopped
- Melt fat in a pot and add the onions. Stir well and saute for a bit. Add tomato and saute. Add sukuma and saute for a short time. Add ½ cup water and then add salt to taste. Let the mixture simmer until the sukuma has reached a desired tenderness.

Macaroni & Cheese

- Macaroni is mentioned by various medieval Italian sources.
- The British English refer to it as macaroni pie.
- A cheese and pasta casserole known as Makerouns was recorded in an English cookbook in the 14th century consisting of fresh hand-cut pasta sandwiched between a mixture of melted butter and cheese.
- It was considered an upper class dish in Italy in the 18th century.
- In Switzerland a similar dish is called Alplermagronen which is made of macaroni, cream, cheese, roasted onions, and potatoes.



Dirty Rice

- **Dirty rice** is a traditional Cajun dish made from white rice cooked with small pieces of chicken liver or giblets, which gives it a dark ("dirty") color and a mild but distinctive flavor.
- Similar to a pilaf, it also includes green bell pepper, celery and onion (the "holy trinity"). Parsley and/or chopped green onions are common garnishes.
- Dirty rice is most common in the Cajun regions of southern Louisiana and Mississippi; however, it can also be found in other areas of the American South.
- In some southern regions, it is also called rice dressing. It is often served as a side dish with salmon.
- Zatarain's offers boxed dirty rice that does not have pieces of chicken liver in it and uses soy sauce to achieve the desired color. Zatarain's suggests adding a blend of ground beef, sausage, and finely chopped chicken giblets for a more robust flavor.



Noodle Kugel

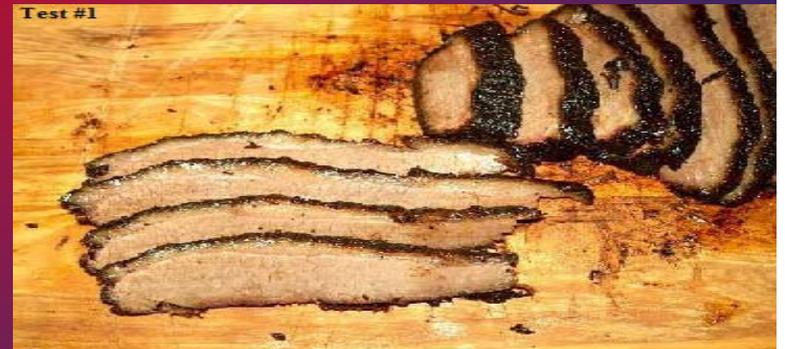
- Noodle Kugel is a baked Ashkenazi Jewish pudding or casserole, similar to a pie, most commonly made from egg noodles or potatoes, though at times made of zucchini, apples, spinach, broccoli, cranberry, or sweet potato.
- The name of the dish comes from the German Kugel meaning “sphere, globe, ball,” thus the Yiddish name likely originated as a reference to the round, puffed-up shape of the original dishes.
- The first kugels were made from bread and flour and were savory rather than sweet. About 800 years ago, cooks in Germany replaced bread mixtures with noodles or farfel.
- Eventually eggs were incorporated. The addition of cottage cheese and milk created a custard-like consistency which is common in today’s dessert dishes.
- Kugel is usually served as a side dish on Shabbat and Yom Tov.

Bread

- Bread is a staple food prepared by cooking a dough of flour and water and often, additional ingredients.
- It may be leavened or unleavened. Salt, fat and leavening agents such as yeast and baking soda are common ingredients, though bread may contain other ingredients, such as milk, egg, sugar, spice, fruit, vegetables, nuts or seeds (such as poppy).
- Bread is one of the oldest prepared foods. Evidence from 30,000 years ago in Europe revealed starch residue on rocks used for pounding plants. It is possible that during this time, starch extract from the roots of plants, such as cattails and ferns, was spread on a flat rock, placed over a fire and cooked into a primitive form of flatbread.
- Around 10,000 BC, with the dawn of the Neolithic age and the spread of agriculture, grains became the mainstay of making bread.

Smoked Brisket

- Brisket is a cut of meat from the breast or lower chest of beef or veal.
- The beef brisket is one of the eight beef primal cuts.
- Brisket can be cooked in many ways . Slow and moist cooking methods are common to all.
- A hardwood, such as oak, pecan, hickory, or mesquite, is sometimes added. The smoke from these woods and from burnt dripping juices enhances the flavor.



Pasta Salad

- **Pasta salad** is a dish prepared with one or more types of pasta, usually chilled, and most often tossed in a vinegar, oil or mayonnaise-based dressing. It is typically served as an appetizer or a main course.



Fried Plantain

- **Fried plantain** is an African dish cooked wherever plantains grow, from West Africa through Central Africa to East Africa.
- It is called **aloco** in Côte d'Ivoire and **dodo** in Nigeria.
- Kelewele is a fried plantain dish of Ghana.
- Fried plantain may be served as a snack, a starter or as a side dish to a main course, such as lollof rice, spicy barbecued meat, tomato stew or beans.



Cakes

- Cakes normally contain a combination of flour, sugar, eggs and butter or oil, with some varieties also requiring liquid (typically milk or water) and leavening agents (such as yeast or baking powder).
- Flavorful ingredients like fruit purées, nuts or extracts are often added, and numerous substitutions for the primary ingredients are possible.
- In ancient Rome, basic bread dough was sometimes enriched with butter, eggs, and honey, which produced a sweet and cake-like baked good.

Island Chicken Salad

- **Chicken salad** is any salad that comprises chicken as a main ingredient. Other common ingredients include mayonnaise, hard-boiled egg, celery, and a variety of mustards.
- In the US it refers to a salad consisting primarily of chopped chicken meat and a binder such as mayonnaise or salad dressing.
- It may be served on top of lettuce, tomato, avocado, or some combination of these. It may also be used for sandwiches. Typically it is made with leftover or canned chicken.
- In Europe and Asia the salad may be complemented by any number of dressings, or indeed no dressing at all, and the salad constituents can vary from traditional leaves and vegetables, to pastas, couscous, noodles or rice.

Tabbouleh

- Tabbouleh is a Levantine salad traditionally made of bulgur, finely chopped parsley and mint, tomato and spring onion, seasoned with lemon juice and olive oil.
- Originally from the mountains of Syria and Lebanon, tabbouleh has become one of the most popular salads in the Middle East.
- The largest recorded dish of tabbouleh was created on October 24, 2009 in Beirut, Lebanon. It weighed 3557 kilograms and earned a Guinness World Record.



Mostacholi Casserole

- Mostacholi is a pasta dish composed of noodles, pasta sauce, onions, green peppers, cheese and Italian sausage.
- Mostacholi is a nutritious and tasty meal, great for picnics or potluck get-togethers.



Authentic Florida Key Lime Pie

- Key lime pie is an American dessert made of key lime juice, egg yolks, and sweetened condensed milk in a pie.
- The pie is named after the small key limes (*Citrus aurantifolia* 'Swingle') that are naturalized throughout the Florida Keys.
- During mixing, a reaction between the condensed milk and the acidic lime juice occurs which causes the filling to thicken on its own without requiring baking. The acid in the lime juice actually cooks the pie.
- Key lime pie was invented in the late 19th century in Key West, Florida



Chinese Almond Cookies

- The **almond cookie** is believed to have been derived from the ancient **Chinese walnut cookie** (a butter **cookie** with a walnut in the center), which was thought to bring good luck.
- The **almond cookie** originated when **Chinese** immigrants came to the U.S. in the mid 1800s, and the walnut was replaced with the **almond**.



Czechoslovakian Cookies



- Czechoslovakian *cukrovi* is the generic term for confections, and cookies, shortbread and biscuits (as the English use the word) are known as *susenky*.

Meatloaf

- The **meatloaf** has European origins and was mentioned in the famous Roman cookery collection "Apicius" as early as the 5th century.
- It is a traditional German, Belgian and Dutch dish, and it is a cousin to the Italian meatball.
- American **meatloaf** has its origins in scrapple, a mixture of ground pork and cornmeal served by German-Americans in Pennsylvania since Colonial times. However, **meatloaf** in the contemporary American sense did not appear in cookbooks until the late 19th century.
- **Meatloaf** is formed into a loaf shape and baked or smoked. The loaf shape is formed by either cooking it in a loaf pan, or forming it by hand on a flat baking pan.



Baklava (Baklava)

- Baklava is a rich, sweet pastry made of layers of filo pastry filled with chopped nuts and sweetened with syrup or honey.
- Claims about baklava's origins include: that it dates back to ancient Mesopotamia, and was mentioned in a Mesopotamian cookbook on walnut dishes; that al-Baghdadi describes it in his 13th century cookbook; that it was a popular Byzantine dessert.
- Baklava has been claimed by many ethnic groups, but there is strong evidence that it is of Central Asian Turkic origin, with its current form being developed in the imperial kitchens of the Topkapi Palace.



Fried Chicken

- **Fried chicken** (also known as **Southern fried chicken**) is a dish consisting of **chicken** pieces usually from broiler chickens which have been floured or battered and then **pan fried**, **deep fried**, or **pressure fried**.
- The breading adds a crispy coating or crust to the exterior.
- What separates **fried chicken** from other **fried** forms of **chicken** is that generally the **chicken** is cut at the joints and the bones and skin are left intact. Crispy well-seasoned skin



Chickpeas in Spicy Goan Curry

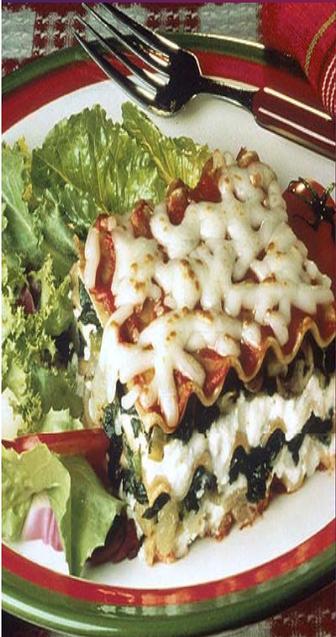
- If you love Indian food, chances are that you will have tried one of these popular Indian curries. If you're heading to India, you may find the taste quite different to the versions served in Indian restaurants in the west.
- Another **curry of Goan origin**, vindaloo is a fiery, hot "sweet and sour" style **curry**. Great for chili lovers, but if you don't like **spicy** food it's definitely best avoided. Goans love to eat it with pork, but it can have any other type of meat in it. A little bit of trivia: Vindaloo comes from the Portuguese term "vin d'algo," or garlic wine. It originally referred to a stew of meat, usually pork, and was made with red

Lazy Lasagna

- Typical of the cuisine of Italy, many regional variations of lasagna exist.
- In some areas, especially in the southern regions of Italy, the sauce is likely to be a simple tomato sauce or a ragù, whereas in other areas, particularly in Northern Italy, a Béchamel sauce is used.

– Two Theories of Origin

- The main theory is that lasagna comes from Greek *λάγανον* (*laganon*), a flat sheet of pasta dough cut into strips. The word *λαγάνα* (*lagana*) is still used in Greek to mean a flat thin type of unleavened bread.
- The other theory is that the word lasagna comes from the Greek *λάσανα* (*lasana*) or *λάσανον* (*lasanon*) meaning "trivet or stand for a pot", "chamber pot".



Beef Vegetable Soup

- One of the first types of soups can be dated to about 6,000 BC.
- The word *soup* comes from French *soupe*
- In America, the first colonial cookbook was published by William Parks in Williamsburg, Virginia, in 1742, based on Eliza Smith's *The Complete Housewife; or Accomplished Gentlewoman's Companion*.



Mexican Bread

- There is a wide variety of breads found in Mexico. Wheat was first introduced by the Spaniards. The cereal was cultivated throughout all of Mexico. Nowadays, wheat is abundant.
- Some of the breads originate from many centuries ago. People in Mexico bake their own breads from scratch, or purchase them at food markets.
- There are many types of breads, with unique names. Some are named after horns, bald ladies, policemen, keys, and pigs. Whatever type of bread you prefer, they will have in Mexico. If you would like to try the breads fresh, find a local Mexican grocer to purchase a loaf, or a few rolls. You will be able to find the type of bread you enjoy, either for lunch, dinner, dessert, or a snack.

Jamaican Corn Pone

- **Corn pone** (sometimes referred to as "Indian pone") is a type of cornbread made from a thick, malleable cornmeal dough and baked in a specific type of iron pan over an open fire
- **Corn pones** have been a staple of Southern U.S. cuisine, and have been discussed by many American writers, including Mark Twain. In the Appalachian Mountains, cornbread cooked in a round iron skillet is still referred to as a "**pone**" of cornbread.
- The term "**corn pone**" is sometimes used to refer to one who possesses certain rural, unsophisticated peculiarities ("he's a **corn pone**"), or as an adjective to describe particular rural, folksy or "hick" characteristics (e.g., "**corn pone**" humor). The term is sometimes intended as a pejorative, often directed at persons from rural areas of the southern and mid-western U.S

Chicken & Dumplings

- **Chicken and dumplings** is a popular comfort food dish, commonly found in the Southern and Midwestern United States, that is also attributed to being a French Canadian meal that originated during the Great Depression.
- A dumpling in this context is a mixture of either flour, shortening, and water or milk or flour and stock, which is then formed into a ball or rolled out flat.
- Chicken and dumplings as a dish is served with a combination of boiled chicken meat, the broth produced by boiling the chicken, multiple dumplings, and salt and pepper for seasoning.



Cheese Cake

- **Cheesecake** is a dessert consisting of a topping made of soft, fresh cheese on a base made from biscuit, pastry or sponge.
- The topping is frequently sweetened with sugar and flavored or topped with fruit, nuts, fruit flavored drizzle and/or chocolate.
- Cheesecake was already a popular dish in ancient Greece before Romans adopted it with the conquest of Greece.
- The earliest attested mention of a cheesecake is by the Greek physician Aegimus, who wrote a book on the art of making cheesecakes



Addressing Health Disparities TOGETHER

