DISCOVERIES
The 2019 Collection of Stories & Recipes
Written by BoulderReads Learners

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AALOO KO ACHAR
(NEPALI POTATO PICKLE)
BY SWATANTRA NEUPANE POUDEL

INGREDIENTS
2 pounds potatoes
½ cup cooking oil
½ cup sesame seeds
1 spoon cumin powder
Some fenugreek seeds
¼–½ spoon turmeric powder

1 spoon coriander powder
Pinch asafetida (heeng) (optional)
5–10 green chilies
½ cup lemon juice
Some cilantro leaves
1 spoon salt (or to taste)

INSTRUCTIONS
• Boil potatoes, peel and chop into quarters.
• Roast sesame seeds in a pan, low heat, until they turn brown.
• Grind seeds in a grinder into a paste.
• In frying pan, heat ½ cup oil, then fry 30–40 fenugreek seeds until seeds look dark brown or black.
• Add cut green chilies (7–10 depending on your taste). Light fry chilies 10–20 seconds.
• Add coriander, cumin and turmeric powder, and potato.
• Add the ground sesame and salt.
• You can add a pinch of asafetida (optional).
• Cool for a minute on low heat. Stir it continuously.
• Add the ground sesame, salt, and lemon juice, stirring continuously for about 3–4 minutes.
• Turn off heat; keep half hour outside of cooler.
• Garnish with cilantro.
• You can serve with rice or tortilla and flat rice.
Abgoosht is one of the most traditional Iranian foods. It’s also called Dizi, which refers to the traditional stone pots it is served in. Grandmothers usually cook it on weekends for gathering the family. If grandparents call children and say, “We are having Abgoosht this weekend,” it means they want to invite their children. That is an indirect and kind way for parents to invite their children and grandchildren to come together and have a happy time.

Here is how your family can cook Abgoosht together:

Place the meat (half pound of lamb), an onion (peeled and whole), chickpeas (half a cup), white beans (half a cup) and two peeled tomatoes in a pot. Place the pot over medium heat. Add one teaspoon turmeric and five cups of water and bring to a boil. Cover and cook on low heat for one and half hours. Make sure the meat is cooked, then remove tomatoes, onion and any fat from the meat and using a hand-masher, smash them in separate bowl. Add salt, pepper, tomato paste (one tablespoon), two whole peeled potatoes and a little lemon juice to the pot, then pour the mashed ingredients into the pot. Cover and continue cooking on low-moderate heat for another hour. That’s it (figure 1).

In Iran Abgoosht is served with a special kind of bread that is called Sangak. Nowadays it’s made across the country in the same traditional way. Sangak bakeries use a special oven filled with cleaned fine to medium-size pebbles. They turn on their ovens at least one hour before cooking the bread and let the ovens heat the pebbles. Bakers spread bread pastes (using a special kind of shovel with a long handle to access all parts of oven) in triangle shapes on the hot pebbles (figure 2).
BAKED SHRIMP WITH CHILI-GARLIC BUTTER BY JOSÉ AND MICAELA ORTIZ

Pat Phillipson, Tutor

INGREDIENTS
1 ½ pounds medium raw shrimp in shells
½ cup of butter
¼ cup vegetable oil
8 cloves garlic, fine chopped
1–3 dried arbol chilies, coarsely crumbled
1 tbsp fresh lime juice
¼ tsp salt
Green onions, slivered, for garnish

INSTRUCTIONS
• Preheat oven to 400 F. Shell and de-vein shrimp leaving tails attached. Rinse and drain well.
• Heat butter and oil in a small skillet over medium heat until butter is melted and foamy. Add garlic, chilies, lime juice and salt. Cook and stir for one minute. Remove from heat.
• Arrange shrimp in an even layer in a shallow 2 quart gratin pan or baking dish. Pour hot butter mixture over shrimp.
• Bake shrimp 10–12 minutes until shrimp turn pink and opaque, stirring once. Do not overcook or shrimp will be dry and tough. Garnish if desired.

DOLL’S HOME
BY TAYEBEH FIRUZKAHI

Lynn Weatherwax, Tutor

When I was child, I used to play with my handmade dolls made by my sisters. We had a big house with a big yard. In the back of our dining room was a corridor with a niche in the beginning. One of my sisters and I had made doll’s homes with some bricks. We had put a small rug on the floor of the rooms and hung a curtain on the front of the door. Every morning after having breakfast we played with our dolls like real life. We had a lot of fun together.

One night we had laid our dolls in their homes. The next morning, when we went to play with them, we saw everything had been completely destroyed. The doll’s home had been collapsed, all of the dolls had been broken and the curtain had been torn. We started crying and crying. It seemed as if our children died. My mother came and consoled us. She told us, “Last night a calf ran out from his stable (the station in the corner of the yard where we had our cow and chicken) and did it. I promise to make dolls for you more beautiful than those you had before.” After that we buried our dolls in a cemetery that we made for them in the other corner of our yard. We did it just like a real mourning.
FATHER

My father’s name is Bhim Prasad Poudel. He is 81 years old. He was born in 1938. He is a hard worker, honest and helpful. He had no education but he is my first teacher. He always guided me on a good path in my life. I have five siblings. My father took care of all of us. He is a farmer and he handles many things for our family. He pays for our clothes, our school fees and groceries. He takes care of the animals on the farm. We get milk from the cows and buffaloes and meat from the goats. He cuts grass by hand for the animals to eat. He is not only my father. He is my friend, teacher and the head of our home. He helps our neighbors who had big problems. He is the rock in our community. He gives advice to our family, friends, relatives, and neighbors. Even as a father myself, I appreciate his advice. He is old right now but he is very healthy. He has never seen a doctor in his whole life. He is no longer working full time. I am proud of my father.

MOTHER

My mother’s name is Kamala Poudel. She was born in 1945. She is a hard worker. She is a housewife. She is always busy. She is always there for me and ready to help. She is my best friend, not only my mother. She works hard morning through evening at home, cooking, cleaning, doing the laundry and feeding the animals. She spent a lot of time with her children when we were young. She helps the poor people and sometimes she gives food to them. She is a cheerful, healthy and beautiful woman. She never gets angry. She spreads her smiles all the time. She solved our problems. She is my friend, teacher and parent. That’s why she is an important person in my life.

GRANDMOTHER

My grandmother is a very important person in my life. She was not only important to me, she was important to all my family. She was the rock of our family. She made time for all of us. She took care of us – our food, clothes, health, education, and our agriculture. She fed the cows, buffaloes, goats, etc.

My grandmother had no education but she knew everything. She solved our problems. When I was small she told me some stories like “Punte and Bayar” and “Tiger and Fox.” She was not only my grandmother, she was my teacher, friend, and parent. That’s why she was a very important person in my life.

TWO SONS

My older son’s name is Sushanta Poudel. He is 21 years old. He is a student at the University of Colorado. He studies biology. He is a senior undergraduate. He is helpful and polite. He is not only my son, he is also my friend. He gives our family advice. He wants to help the poor people. He is a good cook. He makes delicious food.

My younger son’s name is Suyogya Poudel. He is 17 years old. He is a high school student, a junior. He is very talented. He always wins at chess. He usually gets “A” grades. He does not like to help at home. He does not like to cook food. Sometimes he makes Nepalese tea for me and my wife. He likes to watch movies and play games.
**FROG EYE SALAD**
**BY DAVID ALLSHOUSE**

**Recipe adapted from Tastesbetterfromscratch.com**

**FROG EYE SALAD**
Prep Time: 15 minutes | Cook Time: 10 minutes | Refrigeration: 2 hours
Total Time: 2 hours 25 minutes

Creamy, fluffy, homemade Frog Eye Salad with acini de pepe pasta, pineapple, coconut, mandarin oranges, marshmallows, and bananas.

Course: Salad, Side Dish | Author: Lauren Allen

**HOW TO MAKE FROG EYE SALAD:**
In a saucepan, heat sugar, pineapple juice, egg yolk, salt, and cornstarch and whisk until combined. Bring the mixture to a boil and wait for it to thicken slightly. Remove it from heat. Cook the acini de pepe noodles separately.

Combine the acini de pepe and the thickened sauce in a tupperware. Refrigerate for a few hours or overnight. When you’re ready to serve the salad, combine the pineapple, oranges, coconut, bananas, and marshmallows. Then add the fruit mixture to the acini de pepe noodles. Fold in the fresh whipped cream and serve with a cherry on top!

**HOW DO YOU COOK ACINI DE PEPE NOODLES?**
Bring a pot of water to a boil. Add noodles, lower the heat to a simmer and cook for about 6 minutes or until al dente.

**INGREDIENTS**
- 20 oz can pineapple tidbits, drained and juice reserved
- 10 oz can crushed pineapple, drained and juice reserved
- 1 cup reserved pineapple juice
- 1/2 cup granulated sugar
- 1 large egg yolk
- 1/4 tsp salt
- 1 tbsp cornstarch
- 1/2 cup acini de pepe noodles
- 15 oz can mandarin oranges, drained
- 1/2 cup shredded sweetened coconut
- 1 cup mini marshmallows
- 1 banana, sliced
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar

**INSTRUCTIONS**
- Drain the pineapple cans and reserve the juice. Reserve the pineapple fruit in the fridge for later.
- In a saucepan over medium heat combine the pineapple juice, sugar, egg yolk, salt and cornstarch and whisk until smooth.
- Cook until mixtures comes to a low boil and thickens slightly. Remove from heat and allow to cool.
- Cook acini de pepe noodles according to package instructions. Drain and cool.
- Combine the acini de pepe and the thickened sauce in a tupperware. Refrigerate for a few hours or overnight.
- Once the acini de pepe mixture has chilled add it to a large bowl with the pineapple, mandarin oranges, coconut, marshmallows, and bananas.
- In a separate bowl beat the cream and sugar together until stiff peaks. Fold fresh whipped cream into the acini de pepe mixture. Serve immediately or refrigerate.
GHORME SABZI
BY REZVAN KHAKIPOUR

Ghorme Sabzi is a stew. It is the national dish of Iran and a very popular dish. It is prepared with fresh herbs and is usually served with rice.

When I attended Doorways English School I met a teacher from Bulgaria. She wanted to talk to me about home and traditional dishes. She knew about my favorite dish and she had tried it before in Afghanistan. She asked me to come to her house to teach her how to make Ghorme Sabzi. After cooking together we became good friends.

I have another friend who is a manager at Family Housing. We meet every month. She hosts events at the Community Center, and she sometimes serves Iranian food. One time she asked me to help her cook Ghorme Sabzi for an event. We made it for more than fifty international people. Everyone loved it! Many of them asked for the recipe. Not only is Ghorme Sabzi delicious, it also brings people together.

The dish is my family’s favorite as well. One day I spent a long time cooking Ghorme Sabzi for my family. I wanted to keep some leftovers for my son’s lunch for school. I left it on the stove and went to do my homework.

My husband and his friend saw the leftovers and ate all of them. He didn’t realize it was for our son. He felt bad, but said it was so good!

INGREDIENTS

- 1/2 cup dried red beans
- 1/2 cup dried pinto beans
- 4 dried whole limes
- 1 medium-sized onion
- 1/2 pound of lamb
- 1 bunch of parsley
- 1 bunch of spinach
- 1 bunch of cilantro
- 1 bunch of green onions
- 4 cups water
- Salt, turmeric and red pepper to taste

INSTRUCTIONS

- Cut off the stalks of the cilantro, parsley, and spinach, and remove any yellow leaves.
- Clean the vegetables and herbs.
- Cut them up as finely as possible.
- In one pan, fry vegetables and herbs with oil over medium heat for 30 minutes.
- In another pan, fry the onion with the chopped lamb with oil over medium heat.
- Add seasoning to the onion and chopped lamb.
- Add the beans, the dried whole limes, and the water to lamb and onion.
- Let cook for three hours.
- When the beans and lamb are almost cooked, add the fried herbs and vegetables.
- Let cook for half an hour.
- Serve.
CRANBERRY SHORTBREAD COOKIES BY PING

INGREDIENTS
345g all purpose flour
225g unsalted butter
120g sugar powdered
100g dry cranberry
45g egg

INSTRUCTIONS
• Melt butter in room temperature add sugar powdered.
• Add a egg stir till smooth.
• Add dry cranberry in.
• Mix flour and mix well.
• Roll into loaf, use plastic wrapper to cover it, and freeze it about 30 minutes for sizing.
• Take out cranberry loaf cut in about 0.5cm (thin). Put in baking pan with cake paper, don’t put too close in case cookies stick together.
• Preheat oven to 300°F, put cookies in second level bake about 15-20 minutes until golden and risen.
• Take out from oven, cooling cookies.
• Enjoy the homemade cranberry shortbread cookies, and packaging!

MOLE DE POLLO BY JULIA

INGREDIENTS: Serves 6-8
10 dry chile guajillo
Half little onion
Salt
1 bulb of garlic
1 glass Mexican mole sauce 8.25 Oz
2 cloves
2 cloves
1 cinnamon stick
½ cup unsalted almonds
½ cup raisins
4 tbsp cocoa
4 tbsp oil

INSTRUCTIONS
• Boiled the breast with the necessary water, with the onion and the garlic “add salt to taste”; you will need approximately half a liter of chicken broth.
• Boil the dry red chile guajillo for 5 minutes, blend it and pass it through a sieve.
• In a pot use the 4 tablespoon of oil for heating the raisins, add one complete cinnamon stick, almonds, clove until the almonds are brown.
• Gradually add the pasta of mole sauce with the half liter of broth in the blender together with the ingredients, raisins, almonds, etc., including the cocoa (except the cinnamon). If you think you need more broth, it is fine. Then in a deep pan put it with the chili and the cinnamon stick, simmer for 40 minutes until sauce has thickened.
• Crumble the breasts chicken and add them to the cooked sauce. Serve with warm tortillas and enjoy!
KOREAN PUMPKIN SANDWICHES
BY JIEUN SHIM

In Korea, many people enjoy eating pumpkin sandwiches. Pumpkin sandwiches are considered a special meal, but they are easy to prepare so many people eat them often. Pumpkin sandwiches are rich in nutrients and fiber. They are good for both adults and young children. Since you can eat the rest of the salad the next day again, you can prepare once and have a meal for two days.

Total Time: 35 Minutes

INGREDIENTS: Serves 7
1 3 pound pumpkin
2 tbsp almond slices
2 tbsp raisins
4 tbsp mayonnaise
4 tbsp whipped cream
2 pinches of salt

INSTRUCTIONS
• Wash the pumpkin and cut in half.
• Scrape out all the seeds of the pumpkin.
• Place pumpkin halves open side down on microwavable plate. Place in microwave for 15-20 minutes on high.
• Peel the cooked pumpkin and mash it. (You can also mash the pumpkin skin and add it to the mashed pumpkin)
• Mix in mayonnaise, whipped cream, salt, almond slices, and raisins.
• The mashed “pumpkin salad” is complete.
• Lightly toast six slices of bread.
• Cool the bread a little and place a thick layer of pumpkin salad between two slices of toast.
• Finish completing the other sandwiches the same way. (You can keep any remaining pumpkin salad in the refrigerator. It will stay fresh up to two days.)

MAJARETE BY IRMA SEQUERA

Majarete, a traditional dessert of Venezuela
It seems that the most beloved and emotional recipes of our childhood are born from the hands of grandmothers! This is how “El Majarete was born”. Majarete, a celestial dessert made of coconut milk and corn flour, sprinkled with cinnamon powder, is truly a reconciliation with life.

INGREDIENTS
1 cup cornmeal
2 cinnamon sticks and cinnamon powder
2 cups brown sugar or molasses
1/4 tbsp salt
2 cans coconut milk

INSTRUCTIONS
• Place the coconut milk in a container. Add the flour slowly, stirring continuously with a spoon or palette until it dissolves. Add the sugar and the salt and stir until the mixture is homogenized.
• To mount to medium fire the preparation, stirring constantly with wooden spoon so that it does not stick. It is cooked until the mixture is removed from the container.
• It is emptied into a mold, left to cool and sprinkled with cinnamon powder and allowed to set at room temperature or in the fridge.
• Enjoy!
BLACK BEAN MANGO SALAD  
BY SUAN SCHNELL

INGREDIENTS
Couple cloves of garlic
1 finely diced jalapeno
Diced meat of one mango
One can black beans
Some cilantro & 1 sprig of spring onions &/or one tablespoon of diced red onion
Juice of one fresh lime, salt to taste.

INSTRUCTIONS
• In the bowl you wish to serve this wonderfully nutritious and delicious salad, place a clove or two (or more!) of finely diced garlic.
• Add 1 (or less) finely diced jalapeno. Squeeze the juice of one lime over the garlic & jalapeno,
• Pour a drained can of black beans into the bowl.
• Dice a mango into half inch cubes, or rough chop the meat of a mango into the same bowl.
• Add some diced stalks of cilantro and/or spring onions and mix well for flavors to blend.
• Sometimes I add diced red onions, or diced peaches etc. Most any fruit seems to go well.

MEXICAN RICE PUDDING  
BY BLANCA ALICIA UREÑA

Total Time: 25-30 minutes

INGREDIENTS:
Serves 6-8
1 cup washed white rice
3 cups water to cook the rice
1 tsp cinnamon powder
1/2 cup milk
1/2 cup evaporated milk
1/2 cup condensed milk
1/2 cup sugar
2 tbsp sugar
A pinch of salt
Walnuts and raisins for decoration

INSTRUCTIONS
• Step 1
  Put 3 cups of water in a pot. Add the cinnamon and a pinch of salt and stir until it’s mixed. Wash the rice and put into the pot.
  Boil about 15–20 minutes until the rice is almost cooked.
• Step 2
  While stirring with a wooden spoon slowly add the milk, evaporated milk, condensed milk (in that order). This should take about 3–5 minutes.
• Step 3
  Taste the rice, and if it’s needed add up to two tablespoons of sugar. Continue stirring until the rice is cooked.
• Step 4
  Pour the pudding into the glass container. Level the rice pudding with the spoon.
  Finally add the chopped nuts and raisins. Serve warm or cold.
Hi. My name is Djeneba Sako. I’m from Mali, West Africa. My friend’s name is Djeneba Seck. She is a national hero in Mali because she is a great female singer. She won a medal. Before she was a singer, she was a dancer like me. We were in the same dance company in Bamako. She left the company before me to start singing. I went to her music studio every day for her first CD, Mirimagni.

Mirimagni means that thinking too much is not good because it makes you sad. My friend can sing with any group in Mali, in any language. Last year, she came to the U.S. to my house. We were so happy, talking and laughing. She may be famous, but she never forgets our friendship.

**PEANUT BUTTER, OKRA & SPINACH SAUCE BY DJENEBA SAKO**

**INSTRUCTIONS**

- Recipe from Mali, West Africa (In Mali, we don’t measure our ingredients)
- Put some water (not too much or too little) in a medium sauce pan.
- Put in spinach (and some meat like chicken if you want).
- Add chopped, mashed tomatoes, a small can of tomato paste, onion, garlic, and salt to taste.
- Simmer.
- When it boils, add peanut butter (two big spoons).
- Stir just a little.
- Add okra and simmer for about an hour to an hour and a half.
- Stir enough to keep from sticking but not too much.
- Serve with rice.
Nowruz is the traditional Iranian festival of spring. It starts at the exact moment of the vernal equinox, commencing the start of the spring, which usually occurs on March 21 or the previous or following day depending on where it is observed. The moment the sun crosses the celestial equator and equalizes night and day is calculated exactly every year and Iranian families gather together to observe the rituals.

Nowruz is considered to be the start of the New Year among Iranians along with some other ethno-linguistic groups. The name comes from Avestan meaning “new day” or “daylight”.

Nowruz has been celebrated for over 3,000 years in Iran (Persia), Central Asia, the Caucasus, Western Asia, the Black Sea Basin, and the Balkans. It marks the first day of the first month (Farvardin) in the Iranian calendar.

NOWRUZ TABLE SETTING OR HAFT SIN, OR 7 S’S

Haft Sin or the seven ‘S’s is a major traditional table setting of Nowruz, the traditional Iranian spring celebration. The haft sin table includes seven items starting with the letter ‘S’ or Sin in the Persian alphabet. The items originally represented seven of the Zoroastrian yazatas or divinities including Atar and Asman (Zoroastrian concepts of holy fire and sky, respectively).

THE HAFT SIN ITEMS ARE:

• Sabzeh – wheat, barley or lentil sprouts growing in a dish. Symbolizing rebirth
• Samanu – a sweet pudding made from germinated wheat. Symbolizing affluence
• Senjed – the dried fruit of the oleaster tree. Symbolizing love
• Sir – garlic. Symbolizing medicine
• Sib – apples (mostly red ones). Symbolizing beauty and health
• Somagh – sumac berries. Symbolizing (the color of) sunrise
• Serkeh – vinegar. Symbolizing age and patience

WISHES

Family members always sit around the Haft sin table at the moment the New Year begins. They wish the best things for each other and themselves. Let the New Year bring all people in the world joy, love, peace, prosperity and fulfillment of all dreams.

My name is Franklin Escobar and I’m from El Salvador. My family lives outside of the city.

I have five sisters and two brothers which is a big family. My father and I used to wake up around 5:00 am to work. We grew corn, beans, rice and other vegetables.

My mother also woke up early to prep breakfast.

One of my favorite recipes of hers is beans and cheese pupusa. They were made of beans, onions, garlic and bell pepper, salt and pepper to taste.

When the beans were ready, she blended all the ingredients together. Then she re-fried the beans and left to cool down and added the cheese to mix. I love cheese so I always wanted extra cheese on it!

Now it is time to prep the masa. My mother cooks the corn in a pot with water and cal (calcium hydroxide) which helps to peel the shell off the corn.

She then washes the corn until it is clean and grinds it in a molino (mill) to grind it again and adds water to get a better texture.

When she has everything ready it is time to mold the pupusa. She takes about 3–4 oz of masa on her hands and shapes it like a tortilla. Then she adds the beans and cheese mix on the center of the tortilla, wraps it and removes the masa that is on the top because it is unnecessary. It will look like a ball. She adds a little oil on her hands and shapes it again as a tortilla. Finally, the pupusa is grilled on both sides until it’s crispy and ready to eat.
In most books that are written about colors and their characteristics, orange is always the symbol of happiness and liveliness.

Orange is a combination of two warm colors, red and yellow. It has absorbed energy and happiness from both colors.

Now let’s talk about a very special kind of orange! It is a very precious spice from the east: Saffron.

It is believed that saffron originated in Persia. It is the stamen derived from the Croucus Stativus flower.

Persian foods are very aromatic, and people from other countries who try Persian cuisine always ask, “Where does that wonderful scent come from?” and, “What is the name of that specific spice?”

Although we have many spices, the magic of Persian food is saffron.

Iranians put a little ground saffron in hot water and leave it for several minutes to let the essence and beautiful golden color appear. Then they add it to white rice, chicken, lamb and all kinds of Persian stews.

Saffron also has a very special importance in confectionaries. Bakers mix saffron and rose water and use that flavor combination in most of their cookies, ice creams and desserts.

This special spice is also considered to be a natural treatment for depression in Persian traditional medicine. It has been proven that having a little saffron in our daily food will make us happier and more energetic. Don’t forget the properties of the color orange!

This is why Buddhists wear saffron colored robes, just as ancient Persian craftsmen used it as a pigment 3,500 years ago.

Of course, sometimes turmeric is used instead of saffron, but the result is completely different.

Poached eggs with tomato broth (Spanish Huevos Ahogados) has a very special meaning in my life, especially as I was growing up. However, for my mom it has an even greater meaning because this was the first dish she prepared for my dad when they began their life together. It is very beautiful for me to know that my dad was the one who taught my mom how to make it.

**INGREDIENTS:**
- 10 eggs
- 5 tomatoes
- 1 small onion
- 2 garlic cloves
- 1 green chile
- Pinch of oregano
- Espazote leaves, to taste
- Salt

**INSTRUCTIONS**
- On the stove, in a pan with 2 tablespoons of oil, fry the sliced small onion till brown.
- Add the diced garlic. Fry for 1 minute then add the sliced tomatoes and green chile.
- When all is well-mixed, add 4 cups of water, salt, pinch of oregano and the espazote leaves.
- When the broth is boiling, break the eggs slowly one by one and add to the broth. Finally, cook for about 10 minutes. Serve immediately.
TAHCHIN CHICKEN (PERSIAN)
BY TAYEBEH FIRUZKAHI

INGREDIENTS
4 cups basmati rice
1.5 cup greek thick yogurt
4 eggs
1.5 chopped raw chicken (skinless and boneless)
2 onion chopped
9 tbsp olive oil or melted butter
2 tsp saffron (mixed with one third cup boiled water)
2 tsp turmeric
2 tsp black pepper
3 tbsp salt
1 tsp cinnamon or 3 tbsp rose water (optional)
3 tbsp dried barberries mixed with 1 tbsp sugar in a small bowl (optional)

INSTRUCTIONS
• Soak the rice with 2 tbsp of salt in water for 2 hours (water should cover the rice by 2 inches). Fry chopped onions with 2 tbsp oil in a pan on medium heat until half golden, then add the turmeric and 1 tsp black pepper. Stir and cook for 3 minutes. Add chopped raw chicken and 1 tsp salt and cook completely until juice is evaporated. Add 1 cup water and cover the pot with the lid. Let simmer until most of the water is evaporated. Next add 2 tbsp of the saffron and water mixture to the cooked chicken. Remove the pot from the heat and set aside.

• In a bowl beat 4 eggs. Add the yogurt and blend together. Add the rest of the saffron and boiling water mixture, 1 tsp salt, 1 tsp black pepper, 1 tsp cinnamon or 3 tbsp rose water (optional) and 4 tbsp oil. Blend all together.

• Fill a 5-quart pot with water and bring it to a boil. Drain the rice and add it to the boiling water. Let the rice cook for 10–12 minutes, stirring twice. Don’t lower the heat. Then use a colander to drain the rice and let it rest for 5–7 minutes. After that, add the drained rice into the bowl of yogurt and eggs. Blend to mix them completely.

• Take a 4 or 5 quart casserole dish (or pan) and use 3 tbsp oil to oil it well. Place half of the mixed rice at the bottom of casserole dish (or pan). Press the rice down gently and make it smooth. Add all the chicken in a layer over the rice, leaving ½ inch at the edge not covered by chicken. Press the chicken down firmly. Sprinkle mixture of barberry and sugar over the chicken. Add the rest of the rice over the chicken. Press it down gently. Cover the casserole dish and bake it in the middle of the oven at 300 degrees or on low heat on stove for 1 hour. After Tahchin is ready, remove the lid from the casserole dish. Put a serving plate on top of the casserole dish, then carefully turn casserole dish upside down, so the molded Tahchin is on the plate. Serve it with extra yogurt on the side.

• Enjoy!
It was a memorable year because all my dreams come true. At the beginning of the summer of 1980 when I was seven years old, my parents took me and my sister to Crimea for vacation. We were excited for adventures ahead because everything was a new experience: travelling by plane, a new country with new people and traditions, but the most intriguing part was the sea. I had never seen a sea before, except in books and movies. Many times, in my thoughts, I had painted the picture of the sea, shimmering in the rays of the sun. I had imagined the waves rhythmically beating on the shore and dolphins splashing joyfully in the water. In my dreams, I was swimming as smoothly as a mermaid playing joyfully in the water. In reality, I had no experience with swimming.

I got in a trouble one day while swimming alone, and yet it was unforgettable, because it brought a new understanding of human capabilities.

When we arrived at Koktebel, popular resort in South-Eastern Crimea, that is located near Kara-Dag mountain. What I saw there was better than I imagined. The sea looked like a sparkling blanket, which vanished in a silver line of the horizon. The sky was painted like a curtain of silk with a pattern of fluffy clouds drifted past. Below the clouds the arch-like cliff, named the Devil’s-Gate rose above like a big horseshoe. It gave this place a fairytale landscape. I could see and feel calming music of the pulsing waves. The sea was like an opera. The protagonist voices of this sea opera were squabbling seagulls, who constantly circled above our heads in the hope of finding food. We relaxed, inhaling the fresh, salted air. It was 3-D therapy. On that day I never realized how dangerous swimming could be and could teach some life lessons.

As soon as I got to the beach, I felt excited for my first swimming lessons that my father had promised my sister and me. My father started to teach us how to swim from the first day. We really enjoyed our personal lessons, because my father was a very friendly and encouraging person.

We learned how to not be afraid of waves, to breathe rhythmically and correctly – breathe in when you’re out of the water, breathe out when you’re in the water. He also showed us how to move our hands and legs and how to let our bodies float in the water. Our practice was fun and enjoyable, but at the same time it was a workout for body and mind. I learned how the use of body muscles keeps one afloat while proper leg and arm movements propel one forwards or backwards. After lots of practice, all that steps are controlled intuitively. We swam, at first, using inner tubes. I felt secure with that tool and with my father beside me.

After an entire month, one day I decided to swim without anyone’s knowledge. I really enjoyed that sunny day being alone in the water without any thoughts.

Suddenly, when I was far away from the shore, my tube got a hole in it. When I realized that my tube was losing air I started to panic: my heart pounded, my arms and legs tingled and fear washed over me. I yelled and waved my arms, but my actions weren’t noticed. My father’s voice started beating like a gong in my mind: “Don’t be afraid of water, it has own rules. Inhale and exhale deeply with same rhythm. Imagine I support you, I am here. Relax and try to balance your body in the water.” I followed these and it worked. I swam automatically and eventually reached the beach; with multiple feelings: overwhelmed, exhausted and relieved. Logic can’t explain what happened to me at that moment, something unconsciously took over. I felt protected and my fear was gone.

After a while, I realized this situation revealed some hidden personal traits. They included: the ability to make a right decision in tough situations and overcoming my fears. I got confidence from being independent. In difficult times, emergency situations we realize who we are and what we are capable of. Sometimes catastrophe brings another insight. If we can overcome our fear, we can find the solution.
POTATO CURRY
BY NISA FERNANDO

INGREDIENTS
- ¾ tsp coriander seed
- ¼ tsp fennel seed
- 4 leaves fresh curry
- 4 large potatoes – peeled & cubed
- 1 tbsp ghee (clarified butter)
- ½ onion, finely chopped*
- 1 clove garlic, minced
- 1 (1 inch) piece fresh ginger root, grated
- ½ tsp cumin seed
- ½ tsp coriander seed
- ½ cup coconut milk
- 1 tbsp chopped fresh cilantro
- Salt to taste

INSTRUCTIONS
• In a small skillet, over a low heat, dry roast the ¾ teaspoon coriander, ¼ teaspoon fennel, and ¼ teaspoon cumin seeds individually until an aroma is starting to be given off. Combine all these with the curry leaves, and over a low heat, dry roast for about 5 minutes more. Do not burn. Grind the spices and leaves using a mortar and pestle or a clean coffee grinder. Set aside.
• Place potato cubes in a microwave-safe bowl, and microwave until about ½ cooked (time depends on individual microwave), about 3–5 minutes.
• In a large skillet, melt the ghee over medium heat. Cook the onion, garlic, and ginger in the ghee until golden and aromatic. Meanwhile, grind the remaining coriander and cumin seeds; add with one teaspoon fresh curry powder (prepared in the first step) to the onions and garlic. Cook, stirring, for 30 seconds. Stir in the potatoes and cook for 3 minutes. Stir in the coconut milk, bring to a simmer, and then reduce heat to low. Cover, and cook until potatoes are tender, about 7 minutes. Season with salt to taste. Top with chopped fresh cilantro and serve.

ENCHILADAS POTOSINAS
BY CARMEN ROBERG

INGREDIENTS:
- Corn flour
- Guajillo chiles
- Onion
- Garlic
- Cheese
- Serrano chiles
- Tomatoes

INSTRUCTIONS
• To make the tortillas:
  Toast the guajillo chiles in a pan, take out the seeds, soak the chiles with hot water for 30 minutes, put the chiles in a blender with salt and water, and blend. Drain the salsa and put half in the corn flour and mix very good until the dough is very soft.
• To make the salsa:
  In a pan with water, put the tomatoes and serrano chiles to cook for about 20 minutes until the serrano chiles and the tomatoes are soft, then blend it with salt and garlic. Mix the salsa with the cheese.
• Put the skillet in the stove to heat. Make each tortilla with the tortilla maker and put in the skillet for 10 seconds. Put the cheese with the salsa in the middle of the tortillas, fold the tortilla in half, and let them cook for 3 minutes, turning the tortilla every minute.
• Repeat the process until there is no more dough or salsa.
• When all the enchiladas are ready, fry them again with oil, and drain the enchiladas with a paper towel.
• Serve with rice and beans and on the top of the enchiladas sprinkle with cheese, chopped onion, and avocado.

This potato curry is real nice; it uses a homemade Sri Lankan curry powder incorporated in the recipe.
CAULIFLOWER SOUP
BY MARINA RUMANOVA

Jane Thomas, Tutor

This recipe does not have meat or vegetable oil and is our lovely family recipe.

All ingredients calculated for 5.0 QT/4.8L of pan volume.

Our stove top temperature control knobs have 9 numbers on its temperature dials.

INGREDIENTS
3 quarts water
Sea salt to taste
1 medium onion
2 medium carrots
1 medium head cauliflower, broken into florets
1 sweet pepper
2–3 medium potatoes
1 zucchini
2–3 medium tomatoes
Chopped greens, optional
Sour cream, optional

INSTRUCTIONS
• Raw vegetables have to be washed, cleaned or peeled, and cut into small pieces (1/2 inch size) separately.
• Chop the cauliflower into 1 inch chunks.
• Bring 3 QT/2.8L water to a boil in your soup pan with 1 tbsp of sea salt under a lid over medium-high heat (set the temperature dial on 6, 7, or a bit lower than 8).
• Add cut onion and carrots, bring water to a boil again, reduce heat to 5–4, and cook vegetables for 5 minutes. In this case I do not use pan lid until the soup is ready because it helps me to control the cooking process.
• Then add cauliflower florets and chopped sweet pepper, and boil them for 10 minutes. Now add some more sea salt to taste (optional).
• Then add cut potatoes and zucchini, bring water to a boil and simmer for 15 minutes or until all vegetables are tender. Finally, cauliflower soup is done.
• If the consistency of your soup becomes thick, add boil water before the soup is done.
• If desired, top each serving with a spoon of sour cream, chopped green onion, Italian parsley, and dill plus a pinch of black pepper.
• Bon appetit!
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