

Celebrating World Heritage

Old World Meets New World

The Red Gold of Hungary

Mr. Pierogi's Party

New World Artists Balut, Chemao, Haupt

Cuisine from Brazil and Morocco







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The Pizza Is Still Old World, Only Now the Old World Is Tibet

What do you say to the sushi chef who has just served you the most sublime yellowtail? Often these days, it is "gracias." New tides of immigration have so transformed New York City that classic ethnic foods and drinks are increasingly being prepared by people whose ethnicity does not necessarily match the menu's.

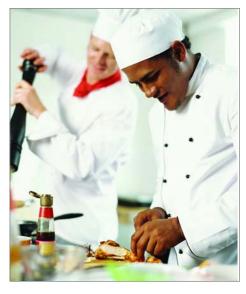
Exhibit A: the egg cream. For New Yorkers of a certain age, this was the nectar of a Jewish neighborhood, and Gem Spa was the drink's sacred temple, certified as such by magazines and travel writers. Gem Spa is still there, but the person who owns the store and taught the staff to make this curious concoction of seltzer, milk, and chocolate syrup is Ray Patel, a 62-year-old immigrant from Gujarat state in India. He learned the recipe from the previous owner (Italian), who learned it from the old owner (Jewish). "People try to learn new things in a land of opportunity," is Ray's elegant explanation for how an Indian came to make a drink that is considered exotic west of the Hudson River, let alone in Guiarat.

The changing of the food guard has been so gradual that New Yorkers often don't notice that the falafel at their favorite stand has been whipped up by someone from Latin America. But some of the changes have been striking. The pastry chef at Brasserie La Côte Basque is Ecuadorian; the pizza maker at Totonno's is Tibetan; and one of the sushi chefs at Hatsuhana, among the pioneers in initiating the city into the delights of raw fish, is Mexican.

The main reason for this phenomenon — one observed across the nation — is that the old immigrant pipeline is drying up. The Italians, Irish, Jews, and French who made fortunes in the food business sent their children to graduate schools to become lawyers and doctors. But somebody has to layer the moussaka and coddle the crepes and, increasingly, those willing to put in the hours are newcomers from Latin America and Asia. "When the supply of your fellow ethnics isn't available to staff the place, you turn to the newest group on the block," said Joel Denker, author of *The World on a Plate: A Tour Through the History of America's Ethnic Cuisine*.

While the new immigrant workers may start out behind the scenes as busboys and dishwashers, many rise to positions as chefs or counter people who master not just the art of preparing other cultures' foods but also the whole accompanying cultural repertoire. Kenny Sze, an immigrant from Hong Kong who started out filleting herrings, now owns Sable's Smoked Fish on 78th Street. He has learned not only how to pick out a slab of nova before dawn at the right smokehouse, but also how to speak the smattering of Yiddish needed to kibitz with customers like former Mayor Edward I. Koch.

Armando Martinez came to the United States in 1994 from the Mexican city of Puebla. One of his first jobs was as an all-purpose kitchen worker at a Japanese restaurant. He enjoyed the precision of boning fish and rolling rice so much that he moved two years later to



Hatsuhana, where he now works the sushi counter. "He's better than most Japanese chefs," says President Keita Sato.

Totonno's, which claims to be the "oldest continuously operating pizzeria in the U.S. run by the same family," doesn't hire just anybody. Phuntsok Tashi, who is of Tibetan ancestry, started as a busboy but soon mastered the trick of flattening the dough and spreading patches of mozzarella, tomato sauce, and Romano over it.

Rosa Vergara, 42, who emmigrated from Cuenca, Ecuador 12 years ago, eventually landed a job at La Côte. Jean-Jacques Rachou, the owner of the longtime institution of haute cuisine, said Rosa worked under his pastry chefs and one day told him, "Give me the chance and I can show you I can do it. And she does it," he said.

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Get ready for

Pierogi Fest

When a group of friends met for breakfast at Dimitri's Cake and Steak in Whiting, Indiana, the conversation soon turned to their ethnic heritage and the memories so many in the community had in common. They decided that it would be a real honor to their grandparents to celebrate and retain that special heritage. Now, all they needed was a symbol to pin it on. If it were not for their foresight, today I could be writing about "Kielbasa Fest" or "Charnina Days." Thankfully, the group

settled upon the innocent and darling little Eastern European dumpling, the pierogi or pirohi, depending on which church you go to!

Personally, I have no talent for languages and cannot roll my r's, therefore my pronunciation of "pierogi" is incredibly flat, and it's obvious my ancestors were farming potatoes instead of making kraut. So I always enjoy when strangers call about the "pierrrroghi" fest. You can tell they have an ethnic background somewhere, probably learning their pronunciation from a beloved grandma who let them help roll the dough when they were little kids. It's also fun when people call and ask, "What's

"continued on next page"



Why We Love This **Edition of** *Unity*

This edition of Unity — our annual tour of world cuisines — has quickly become one of our favorites. Of course, we don't mean to slight any other edition; it's just that exploring the flavors and customs of other countries allows us to fulfill our childhood dreams of traveling the globe. Even if we only do it from the same kitchen or office chair we inhabit every day, it's still a wonderful experience.

Hungary, Brazil, and Morocco are in the spotlight this year, and honestly, we don't have a good reason for choosing these countries, except that we want to go there, eat their food, listen to their music, and catch all the attractions. Saveur magazine describes it best, "Experiencing the world food first." We borrowed that line last year and it's so good, we're unabashedly doing it again this year.



Chicken tagine, which is frequently made with lamb or beef (never pork, which is forbidden in Muslim culture), is a complicated dish that is simply incredible. It's a spicy combination of meat, olives, and fruit served in the cooking dish. Have water on hand!

No one can do justice to all the culinary traditions of a single country unless they are writing an encyclopedia, and even then something will be left out, prompting calls and e-mails from jaded readers who feel their heritage has been betrayed. Rest assured, we only want to help you start



Churrasco is a Brazilian favorite.

a journey into international cuisine, or perhaps suggest a "port of call" for those who already have ambitious appetites. We, of course, welcome your suggestions for future editions.

On the Cover

Top: Horses by Mountassir Chemao. Middle left: Camarão na Moranga (Winter squash with shrimp) from Eat Smart in Brazil by Joan Peterson. Middle right: Red Gold, or Hungarian paprika. Bottom left: "Dark Dancers" from Whiting, Indiana's Pierogi Fest. Bottom right: Lamb kebabs from The Scent of Orange Blossoms by Kitty Morse.

a pierogi?" Needless to say, there are no great r-rollings in these conversations.

Whiting, Indiana's Twelfth Annual Pierogi Fest will feature a polka parade, live music, games, a beer garden, and "more pierogi than there are in Warsaw." It will take place, July, 28-July 30, 2006. Mr. Pierogi will be there to welcome you back "home," to a time when grandmas still wore babushkas, rolled their r's, and took the time to let your little hands help make the homemade dough.

Visit www.pierogifest.net for more information. (Story by Gayle Faulkner Kosalkoer)



World Beat

A guide to world music on the Net

You'll need a wad of cash and several months of nothing to do if you want to tour the world, yet most of us have the dream to do it one day. It may not be possible for the vast majority to go globetrotting, but the Internet can bring one bit of world culture right into your living room as if you were there. The music industry is more at home on the Internet than in the typical brick and mortar, and it delivers a "product" you can hear and feel. To get started, here are a few places to visit. (Google the keywords to find the sites.)

downloaded). iTunes offers a wide variety of streams from Iran, Australia, Germany, Arabia, Japan, and many more countries. If you do visit music stores, scan the world music section and you won't miss all the CDs from Putumayo World

Start with iTunes radio (installed

on most computers or easily

its music travels to nearly every global hot spot, including Turkey, Tealands of Asia, Celtic Europe, and Africa. You can also stream in the world music radio hour for free.

Music. Putumayo comes from South America, but

The World Music Network produces the Rough Guide music series, covering destinations from Haiti to the Himalayas, musical styles from arabesque to samba, and popular genres such as salsa, Paris café music, Zydeco, highlife, and African rap. You can stream in the Rough Guide Radio show for free or sample MP3 files from artists around the world.

Ready to come back to the states? You can listen to the sounds of the Hawaiian Islands at Mountain Apple Company or the earth rhythms of Native America at Native Radio.

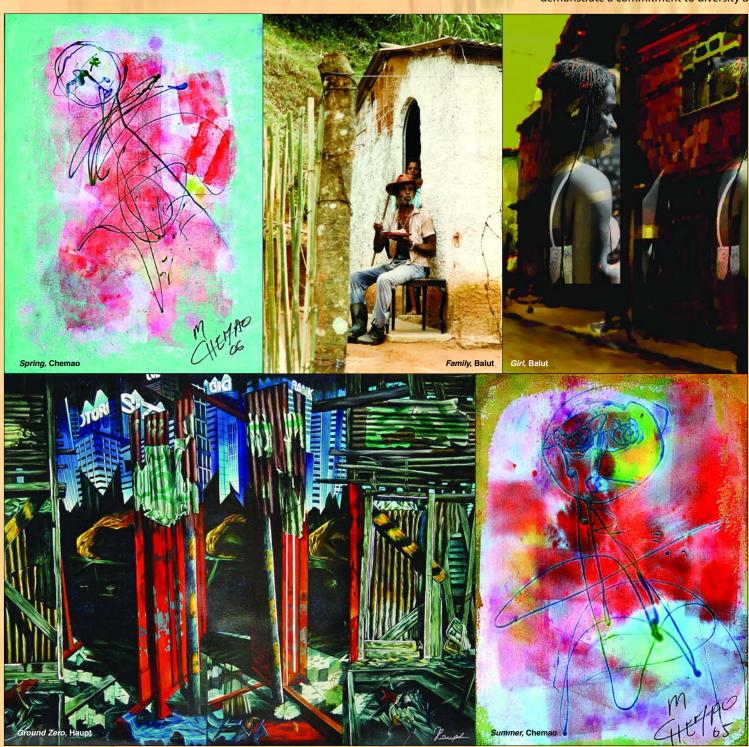
Once you start your journey, you'll find it hard to stop and impossible to know where you will find yourself — perhaps drifting through the Sahara, the plains of Mongolia, or finding a piece of Americana you never knew existed.

BorderLESS

A Tapestry of World Art From Brazil, Germany, and Morocco

Promoting Cultural Awareness

Diversity, as it is represented through art, provided cultural differences. Our art collection attempt clients, shareholders, and communities. *Unity,* and diversity program and be used as a stand-alone demonstrate a commitment to diversity and discontinuous diversity and discontinuous diversity and discontinuous diversity.



Agnieszka Balut is a photographer, journalist, and painter. From 1984 to 1994 she made mural and oil paintings, conservations, ceramics, and gildings while living in Germany and Poland.

Shortly after that, she entered the world of journalism, preparing reports and short commentaries for three television programs. She also wrote for several newspapers.

In 1998, she moved to Brazil. While continuing to work with the international media, Agnieszka honed a style of photography that captures candid images of everyday people walking, sleeping, shopping, or dancing in the streets. "By showing life through photographs taken without posing, showing and recognizing emotional and social dimensions within, one may have the impression that we are observing the world from a far distance with a hidden camera."

Mountassir Chemao was born in Morocco, and, while living in Rabat, found an intense determination to paint, an impulse that began in 1994. "This sudden desire to let my heart speak on a canvas meant so many things," he says. Mountassir's works are often in the form of acrylics worked with artistic effects, superpositioning matters and pigments and mixing itself with an alchemy of shapes and colors. His unique process gives life to the canvas while also

and Diversity Through the Arts

es a personal and visual expression of our valuable s to mirror the diversity of employees, students, and the artwork it showcases, can supplement your diversity publication. They are the perfect way to over the vibrancy of new cultures and lifestyles. For more information on our cultural fine art collection, visit www.picture-that.com





conveying a sense of history. His style sometimes shouts out an emotion, passion, or laughter.

Mountassir finds inspiration from his travels, sometimes lending to the imaginary, or vacillating between abstract and realism. Yet the common thread in all his works is a passion for the feelings within. He holds the prestigious title of Président Association Marocaine des Arts Contemporains.

Joachim Haupt is a German artist who was born in Berlin. Across Europe, Asia and the United States, Joachim is known for the modern abstract mixed media technique that he developed called Lacquer Foil Art. His lacquer foil paintings incorporate lacquer, gold and silver leaf, acrylic paint, wood, silk, abalone shells, eggshells, and mother-of-pearl to bring the painting to life with "The Magic Shine."

The "living" painting changes as the viewer or the light source moves. The reflections, the shimmers, and the play of light created by these impressive artworks cannot be shown in photos. You can find more of his work in the beautiful hardback book titled *Joachim Haupt, The Shine of Magic*, which features over 20 years of his art and an explanation of his unique creation process.



Frita, chouchouka,

whatever they call

it, Moroccan Jews

have a particular

fondness for this

refreshing salad.

chakchouka-

The Scent of Orange Blossoms Sephardic Cuisine from Morocco

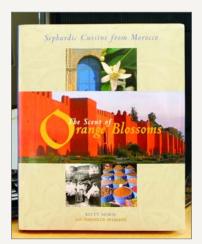
During Spain's Inquisition (1478-1834), Jews were forced to flee the country for more welcoming shores. Many of these refugees landed in Northern Africa, specifically Morocco, and a unique cuisine was born of the marriage of Spanish, Moorish, and traditional Jewish culinary influences. *The Scent of Orange Blossoms* celebrates this cuisine, presenting the elegant and captivating

flavors passed down through generations of Jews in Morocco.

The Sephardim – Jews of medieval Spain and Portugal and later including Southern Europeans and non-Europeans – brought a number of culinary refinements to North African cuisine. New World ingredients such as tomatoes, potatoes, and chili peppers entered the diet of the Moroccan Jews. They intro-

duced Moroccan palates to the gustatory and aromatic delights of saffron, cinnamon, nutmeg, and mace, whose seductive scents permeate the Shabbat stew called *dafine*, the eggplant *baraniya* of Yom Kippur, as well as the judiciously seasoned *temrika*.

While Jewish expatriates embrace the language and culture of their adopted countries, most retain a visceral attachment to the cuisine of their ancestors and follow the Hebrew tradition of celebrating life's salient events with a communal meal.



Authors Kitty Morse and Danielle Mamane, both born in Morocco, share their family stories and recipes for Moroccan hot sauce, preserved lemons, fava bean salad, lamb tagine, and more. Published by Ten Speed Press.

About the Authors

Kitty Morse was born in Casablanca, Morocco, and immigrated to the United States in 1964. She is the author of nine cookbooks, four of them on the subjects of Moroccan and North African cuisine. She conducts cooking classes throughout the states and organizes gastronomic tours of Morocco. Read more about Kitty at www.kittymorse.com.

Danielle Mamane lives with her husband, Jacques, in Fez, Morocco. When she is not in her exclusive boutique at the legendary Palais Jamai Hotel, she can be found in her kitchen, preparing the delicious Sephardic meals for which she has gained considerable renown among local and international guests.

Tita's Tomato and Bell Pepper Salad Frita de Tita

Serves 6

- 4 bell peppers, roasted and seeded, (use green, red, and yellow for a colorful dish)
- 2 tablespoons virgin olive oil
- 4 tomatoes, peeled, seeded, and coarsely diced
- 2 cloves garlic, minced
- 1/2 teaspoon sugar1 tablespoon tomato paste
- 3/4 teaspoon salt
- 1 teaspoon sweet Hungarian paprika

Cut peppers into 1/2-inch strips. Set aside in a colander to drain.

In a large skillet, heat the olive oil over medium heat. Add the tomatoes, garlic, sugar, and tomato paste. Cook, uncovered, lightly pressing on the tomatoes, until most of the liquid evaporates, 12 to 15 minutes. Add the drained peppers and season with the salt and paprika. Cover and cook, stirring occasionally, until the mixture thickens, 10 to 15 minutes. Remove the lid. Continue cooking until most of the liquid evaporates, another 10 to 12 minutes.

Let cool and serve at room temperature. Frita will last 4 or 5 days in an airtight container in the refrigerator. Bring to room temperature before serving.

Lamb Kebabs

Brochettes d'Agneau
Slide these succulent, marinated morsels of tender grilled lamb into a pocket of warm bread, or slip them onto a plate with assorted salads. Serve with saucers of cumin and harissa for a true Moroccan experience.

Serves 4

- 2 pounds boneless leg of lamb, trimmed of fat and cut into 1-inch cubes
- 15 sprigs cilantro, finely chopped 1 teaspoon sweet Hungarian
- paprika 2 cloves garlic, minced 1/2 teaspoon ground cumin,
- plus additional for dipping 1/2 teaspoon salt, plus
- additional for dipping
- 2 tablespoons freshly
- squeezed lemon juice 1 tablespoon virgin olive oil Harissa,* (hot sauce) *available in Middle Eastern

markets or make your own from a recipe in this cookbook

In a large bowl, combine the meat with the cilantro, paprika, garlic, 1/2 teaspoon cumin, 1/2 teaspoon salt,

lemon juice, and olive oil. Cover and refrigerate at least 2 hours, or overnight.

Prepare a fire in a charcoal grill or preheat a gas grill. Thread the meat onto metal skewers, allowing 8 to 10 pieces of meat on each skewer. Place the skewers on the grill rack and grill, turning occasionally, for 5 to 6 minutes for rare.

Serve with little saucers filled with cumin, salt, and harissa, for dipping, on the side.





Eat Smart Around the Globe

Food is one of the first and most immediate contacts a traveler makes with a foreign country. Joan Peterson knows this well, as she has traveled extensively for many years and led culinary tours to Morocco, India, and Turkey. Her love for travel and food inspired her to create the *Eat Smart* series of culinary guidebooks. Each book is designed for travelers and cookbook lovers who want to get to the heart of a country's culture through its cuisine. To date she has written guides for Brazil, Turkey, Indonesia, Mexico, Poland, Morocco, India, and Peru.

All too often, when it comes to eating in a foreign country, travelers stick to the tried and true, and miss the opportunity to enjoy the unique, unusual, and delicious foods that you can't get anywhere else in such an authentic way. The *Eat Smart* series is an easy-to-use culinary guide that helps travelers break the barriers between cultures.



Camarão na Moranga

Winter squash with shrimp Serves 8

1 winter squash, medium 3 tbls. oil

2 lbs. medium shrimp, deveined 8 jumbo shrimp, deveined

Salt and white pepper to taste

Juice of 1 lemon

2 tbls. butter

2 onions, chopped

1 tsp. sweet paprika

1 tsp. mustard powder

(or 2 tsps. prepared mustard)

6 tbls. cognac

2 tsps. flour

2 cups cream

1 ¾ cup cream cheese, softened* *Use "requeijão cremoso" if you can find it, however, cream cheese is a reasonable substitute.

Cut off and discard the top of the squash, remove all seeds and stringy fibers, and rub the outside with 2 tablespoons of oil. Bake 1 hour at 250 degrees.

Eat Smart in Brazil

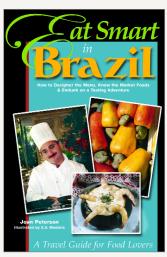
Dining in Brazil offers many options. Those heading north to the Amazon won't want to miss **camarão na moranga**, a tasty main dish of winter squash filled with a creamy shrimp mixture. In the

While the squash is baking, season the shrimp with salt and white pepper to taste

and sprinkle with lemon juice. Heat butter and remaining oil in a pan and fry the onions until limp, but not dark. Add the shrimp, including the jumbo shrimp, and sauté until pink, approximately 2 minutes on each side. Remove the jumbo shrimp and set aside. Season the remaining shrimp with paprika and mustard. Remove the pan from the stove, pour the cognac on the shrimp mixture, and flame it. When the flames are out, return the pan to the stove. Mix the flour with the cream and add it to the shrimp mixture. Stir over low heat until thickened. Add the cream cheese and continue to stir over low heat until the cheese melts. Adjust the seasonings as desired.

Remove squash from the oven to a serving plate and fill with the shrimp mixture. Decorate the rim with the reserved jumbo shrimp. Serve with white rice. northeast, try **carurú**, a delicious recipe of okra cooked with ground, dried smoked shrimp, ground peanuts and cashews, malagueta peppers, and cilantro in dendê palm oil. **Galinhada com pequí** is a classic dish from the central-west region. It has shredded chicken in a mixture of rice, corn, and olives and is seasoned with malagueta pepper and a pinch of saffron. Seed kernels of the souari nut, or pequi, impart a distinct flavor to the dish.

A delicious dish characteristic of the southeast is **camarões a paulista**, a preparation of unshelled shrimp marinated in cilantro-seasoned lime juice and fried in olive oil and garlic until crispy. **Arroz de carreteiro**, or



More information on the Eat Smart series at www.ginkgopress.com.

"wagoner's rice," is a specialty of the south. It is a mixture of rice and small pieces of rehydrated dried meat topped with chopped parsley and scallions and given a bit of a bite with hot malagueta peppers.

This is just some of what travelers to Brazil will discover in *Eat Smart in Brazil*, the second edition, which hits bookstores this summer. This guidebook, as well as the others in the series, allows travelers to quickly decipher menus and shop or browse in supermarkets and outdoor markets throughout the country with greater confidence.

Quindins de Yá-Yá*

"Young Girl's Dessert"
Makes about 16 cakes
1/4 pound butter, softened
1 1/2 cups sugar
9 egg yolks
1 cup coconut, freshly grated

Preheat oven to 350 degrees. Cream the butter and sugar, mixing well. Add the egg yolks, one by one, stirring well after each addition. The sugar must be completely dissolved. Add the coconut and blend without beat-

ing. Lightly grease a shallow muffin pan and fill each well to a 1-inch depth. Set the filled muffin pan into a baking tray containing about 1/2 inch of water and bake for 35 minutes. Make sure water does not boil over into the muffin pan. The quindins will be lightly browned on the surface. Cool.

Carefully and thoroughly loosen the edges with a knife or poke all along the edge with a cake tester before inverting the muffin pan over a flat surface to unmold the cakes. To help ensure that the cakes slip out of the pan intact, try removing a few individually until comfortable with the technique. The tops of the quindins are golden yellow and have a gelatin-like consistency. The bases are like coconut macaroons.

*During colonial times in the northeastern region, the young girls of the plantation mansions, or casas grandes, were addressed as Yá-Yá by the slaves.





Red Gold

by Theresa Agovino, originally printed in Saveur magazine, © 1999, reprinted with permission



Shiny, scarlet paprika pods make southern Hungary — more than 13,000 acres around the towns of Kalocsa and Szeged — shimmer. Red peppers are heaped on flatbed trucks, piled into horse-drawn carriages, and festooned on the sides of homes. The Great Hungarian Plain is where the world's finest paprika, the spice most definitive of Hungarian cuisine, is produced. Of course, the paprika plant, Capsicum annuum, isn't native to Eastern Europe. Like the potato and tomato, it came from the New World.

It is hard to imagine Hungarian cuisine without this vibrant seasoning. Paprika is an essential flavoring for such classic dishes as pörkölt (a thick stew made of pork, goose, duck, beef, game, and lots of onions), tokány (essentially a pörkölt with more vegetables), paprikás (a creamy stew usually made with chicken or veal), and gulyás (the ubiquitous Hungarian beef soup or stew, originally made with reconstituted dried meat). Sometimes known as "red gold," paprika is also a standard tabletop condiment, accompanying salt and pepper (and often reached for first). Other major paprika-growing nations include Spain, the United States, Morocco, Egypt, and Mexico, but the Hungarian product is often considered the best. It is typically richer, darker, and sweeter than the rest, and it commands a price higher by 15 to 20 percent.

Hungarians were responsible for introducing important new paprika production techniques now employed worldwide. In 1859, two brothers from Szeged invented a machine that stripped the peppers of stems and veins and milled the pods. Forty years later, Hungarian scientist Ferenc Horvath developed a milder paprika pepper that led to growers tinkering with the pungency of their peppers ever since. Today, Hungarian paprika is available in six categories: exquisite delicate, noble-sweet, semisweet, rose, delicatessen, and hot. Another Hungarian scientist, Nobel Prize-winning biochemist Albert Szent-Györgyi, discovered that paprika peppers have an amazingly high concentration of vitamin C, even when dried. This may explain why Hungarians remain comparatively healthy in spite of their rich diets.

Hungarian Goulash

Recipes for goulash vary widely, but one thing is certain: Hungarian paprika makes the dish. This recipe comes from Chef Steve Holzinger.

- 5 pounds beef shin, large dice
- 1 cup Hungarian paprika (fine-sweet)
- 4 large onions, diced
- 2 heads garlic, peeled and minced
- 1 cup fat from top of brown stock, melted
- 8 each Idaho potatoes, peeled and diced (90 count, 8 ounces each)
- 2 1/2 quarts brown beef stock
- Salt and freshly ground black pepper to taste

Dice shin beef as large as 2 inches square. In a large roast pan, roll the beef in paprika, generously coating all surfaces. Set side.

Add diced onions and garlic and coat them, too. Add melted fat from the brown stock and toss all to coat well. This should be just one layer deep, so that everything can brown evenly.

Place in preheated oven (350 degrees) and allow to brown, stirring from time to time so that all surfaces color. Adjust oven heat as needed to keep from burning, but don't let it cool or the meat will sweat out its juices. You should be able to hear the meat "singing softly in the pan."

When the meat is brown, transfer it to a heavy pot, and add the peeled diced potatoes. Cover with brown stock and bring to a boil. As soon as it boils, cut to a simmer. As fat and undesirables rise to the surface, skim them off. Stir gently from time to time.

When the meat is tender, the potatoes will have rounded edges, where they were originally square. The thickening that has taken place is exactly what you want. This benefits from overnight refrigeration, so that the fat rises and forms a cap on the top. It will be bright orange, and is very nice for sautéing veal cutlets and the like. I like to grind onions and garlic and mix it with this fat to "paint" chickens before

roasting. The point is that this fat is very nice, everywhere but in the goulash. Remove it.

Naturally, before serving, you will want to reseason it, salt first. If you used Kingred Hungarian paprika, I doubt you will want more pepper, unless you are a real chili head.

Serve this on top of buttered noodles or spaetzle.



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