

TASTE THE WORLD COOKBOOK

Bringing the flavor around the globe to your table



TEXAS STATE UNIVERSITY
International Student
& Scholar Services



HELLO

WELCOME

Welcome to “Taste the World” Cookbook, where recipes around the world are brought to you by your fellow bobcats. Get started on putting the world’s flavors on your table. If you ever wondered what recipes your friends have back home. You can now make some for yourself to enjoy, or perhaps make your friends missing home a meal. Food is as much of a universal language as music is. Enjoy!

Thank you to all the TXST students, faculty, and staff who provided recipes from their home countries.

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BANGLADESH

MISHTI DOI



RECIPE PROVIDED BY SHARMINA AKTER

mishti doi

RECIPE:

- Number of Servings: 6
- Estimated prep time: 20 minutes
- Estimated cook time: 45 minutes

INGREDIENTS:

- 4 cups of full fat milk
- $\frac{3}{4}$ cup of brown sugar or palm sugar
- 2 tablespoons plain unsweet yogurt

INSTRUCTIONS:

Reduce the milk

- Pour 1 liter (4 cups) full-fat milk into a heavy pot.
- Boil, then simmer 20–30 minutes, stirring often, until it reduces slightly (about 10–20%).
- Goal: richer milk = better set.



mishti doi



INSTRUCTIONS:

Caramelize the sweetener:

- In a small pan, melt $\frac{3}{4}$ cup brown sugar on low heat with 1–2 tbsp water.
- Stir until it becomes a smooth syrup and deep golden-brown.
- Do not burn it.

Mix milk and sugar syrup:

- Turn off heat and add the caramelized syrup into the hot reduced milk.
- Stir well until fully dissolved.
- Optional: add $\frac{1}{4}$ tsp cardamom powder.

Cool to lukewarm:

- Let the sweetened milk cool until it's lukewarm (warm like baby bottle temperature, not hot).
- Practical test: you can hold a clean finger in it comfortably for 10 seconds.



mishti doi

INSTRUCTIONS:

Cool to lukewarm:

- Let the sweetened milk cool until it's lukewarm (warm like baby bottle temp, not hot).
- Practical test: you can hold a clean finger in it comfortably for 10 seconds.

Add yogurt starter:

- In a bowl, whisk 2 tbsp plain yogurt until smooth.
- Add a few spoonfuls of the lukewarm sweet milk to the yogurt (to temper it), whisking.
- Pour this back into the pot and mix gently.

Set in containers:

- Pour into earthen pot(s) or glass/ceramic bowls.
- Cover loosely (lid or foil. Don't seal airtight).

Preheat the oven:

- Preheat to 170°F / 75°C for 5–10 minutes, then turn the oven OFF.
- You want residual warmth, not active heat. Think “incubator,” not “baking.”

Ferment in oven:

- Place containers in the switched-off oven to keep warm in oven.

mishti doi

INSTRUCTIONS:

Fermentation time:

- 6–8 hours → mild sweetness, softer set
- 8–10 hours → classic texture and balance (recommended)

Check doneness:

- Gently tilt the bowl center should jiggle slightly but not flow.
- If unset, leave another 1–2 hours in the closed oven.

Chill:

- Refrigerate a minimum of 4 hours before serving.
- Texture tightens, flavor matures.

Critical Guardrails (don't skip):

- Do not turn the oven back on during fermentation.
- If your oven light produces heat, you can leave the light ON instead of preheating.
- Overheating ($>110^{\circ}\text{F}$ / 43°C) kills cultures. That's a hard stop.



BRAZIL

BRIGADEIRO



RECIPE PROVIDED BY ANDREIA TEIXEIRA ALVES

brigadeiro

INSTRUCTIONS:

- Place the sweetened condensed milk, chocolate chips, cocoa powder, and butter in a small saucepan.
- Cook over medium-low heat for about 10 minutes, stirring constantly, until the mixture becomes thick, glossy, and fudgy.
- The mixture is ready when it begins to pull away from the bottom of the pan and slides together as one piece when the pan is tilted.
- Transfer the mixture to a shallow dish and allow it to cool completely.
- Once cooled, lightly grease your hands with a small amount of butter.
- Portion the mixture and roll it into small, smooth balls.
- Place the balls on a plate and repeat with the remaining mixture.
- Roll each brigadeiro in chocolate sprinkles until fully coated.



NEPAL

SEL ROTI



RECIPE PROVIDED BY UNIQUE LAMICHHANE

sel roti



RECIPE:

- Number of Servings: 9
- Estimated prep time: 14 hours
- Estimated cook time: 45 minutes

INGREDIENTS:

- 5 cups rice flour (prepared by soaking rice overnight and grinding)
- 1–2 cups sugar, to taste
- 2–3½ cups water
- 5–6 tablespoons ghee
- 2 teaspoons cardamom powder
- Oil, as needed for deep frying





sel roti

INSTRUCTIONS:

Prepare the rice:

- Wash the rice thoroughly and soak it in cold water overnight to ensure it softens properly.

Blend the batter:

- Drain the soaked rice and transfer it to a blender. Gradually add water and little milk in around 5:1 ratio, blending until you achieve a thick, smooth paste. Avoid adding too much liquid at once; the consistency should be pourable but thick enough to hold its shape when fried.

Mix ingredients:

- Pour the rice paste into a large bowl. Stir in the sugar, melted ghee, cardamom powder, and salt. Mix thoroughly until the sugar is fully dissolved and the batter is lump-free.

Rest the batter:

- Cover the bowl and let the batter rest for at least 30 minutes to a couple of hours for the flavors to develop and the texture to improve.

Heat the oil:

- In a deep, wide pan, heat enough oil to allow the sel roti to float freely. The oil should be hot but not overheated to ensure even cooking.

sel roti



INSTRUCTIONS:

Shape and fry:

- Pour the batter into the hot oil in a circular motion to form a ring shape. Note that it's the most difficult part to create a ring shape and one must be really very careful to avoid the burn from the oil. A piping bag, a squeeze bottle with a small nozzle, a cut-off water bottle top, or just our hand for the skilled one are useful tools for this.

Cook evenly:

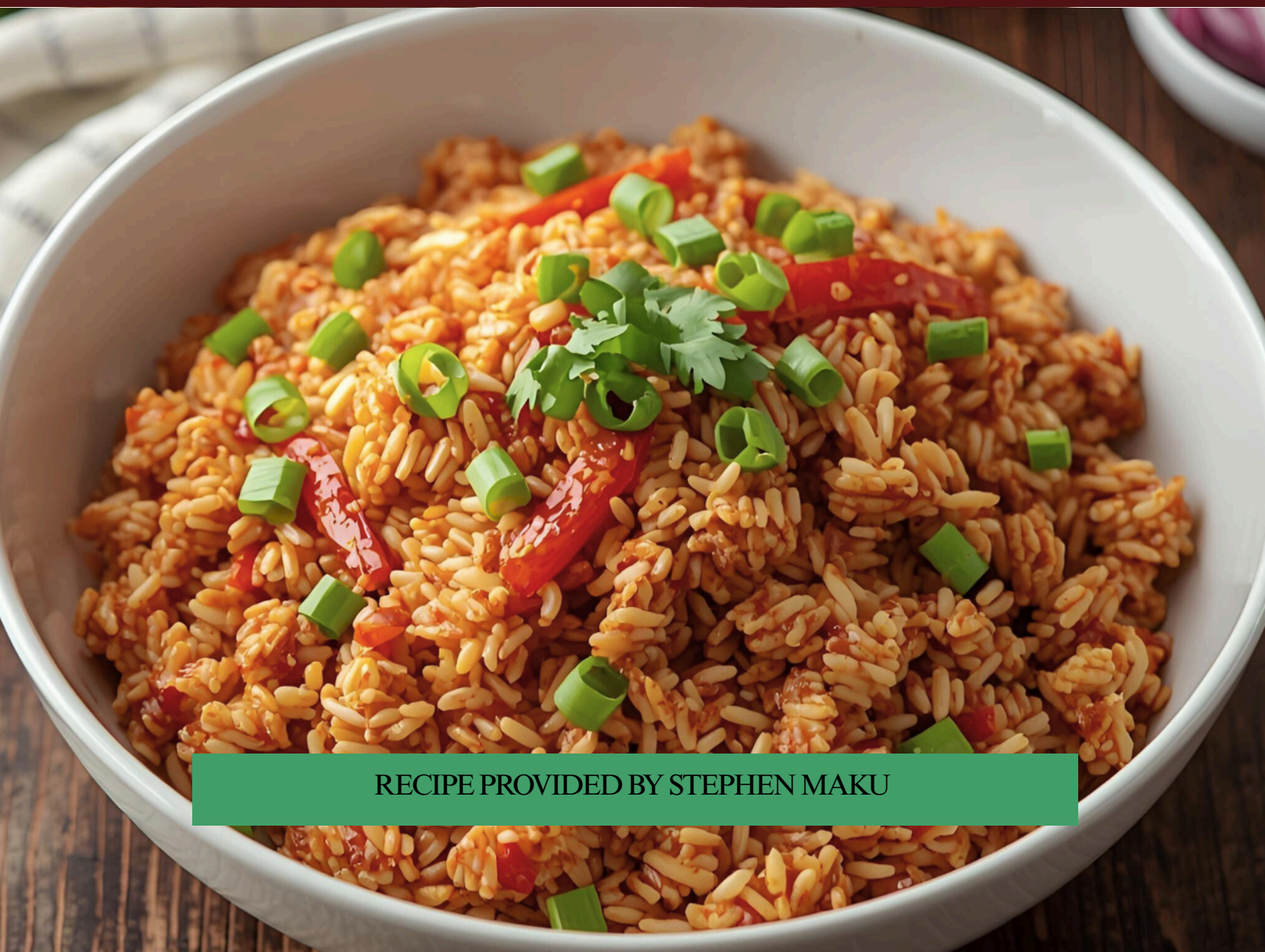
- Fry the sel roti on medium flame. Use a long bamboo stick or chopsticks to flip it and ensure it cooks until golden brown on both sides.

Drain and store:

- Remove the cooked sel roti and drain on paper towels to absorb excess oil. Once completely cooled, you can store them in an airtight container and enjoy it for few days. Do not refrigerate it.

NIGERIA

JOLLOF RICE



RECIPE PROVIDED BY STEPHEN MAKU

jollof rice

RECIPE:

- Number of servings: 8
- Estimated prep time: 30 minutes
- Estimated cook time: 30-50 minutes

INGREDIENTS:

- 4 cups of rice
- 1 kg meat
(chicken/beef)
- 1000 ml of Ground
Fresh tomatoes your
blender is calibrated,
1000ml = 1 liter
- 50 ml Ground Fresh
peppers
- Spices Curry, Thyme,
Delice, Nutmeg,
Chicken spice
- 3 Seasoning cubes
- 2 cups of sliced onions
- 300 ml Vegetable oil
- Salt to taste.
- 2 Cloves of garlic and
- 2 Fingers of ginger



jollof rice



INSTRUCTIONS:

- Begin by precooking the meat with the following spices: 1 teaspoon each of thyme, curry powder, and salt, two seasoning cubes, and sliced onion. Cook until the meat becomes tender.
- Peel the outer skin from the ginger and garlic, then pound or grind them into a paste.
- Parboil 4 cups of rice, rinse thoroughly, and set aside in a bowl.
- Once the meat is tender, remove it from the stock (reserve the stock) and deep-fry the meat until golden.
- In a pot, fry the ground tomatoes for about 20–25 minutes, stirring continuously to prevent burning.
- Once the tomatoes are well fried, add the reserved chicken or beef stock to the pot.
- Stir in the blended ginger and garlic, 1 teaspoon each of curry powder and thyme, and 2 teaspoons of salt.
- Add 4 cups of water, stir well, and taste the mixture. Adjust the salt as needed.
- Add one seasoning cube, stir, and taste again. The mixture should be well-seasoned, as the rice will absorb some of the flavor during cooking.
- Allow the mixture to come to a boil before adding the parboiled rice. Stir to combine.
- Cover the pot and cook until the rice is soft and fully cooked.
- Fluff the rice evenly and serve with the fried chicken or beef.

TURKIYE

SARMA



RECIPE PROVIDED BY ZAFER BUBER

sarma

RECIPE:

- Number of Servings: 5
- Estimated prep time: 90 minutes
- Estimated cook time: 40 minutes

INGREDIENTS:

- 2 large onions
- 1 cup rice
- 100 grams of pine nuts
- 100 grams of currants
- 10-12 sprigs parsley, finely chopped
- ¼ bunch dill, finely chopped
- 350 g brined grape leaves (or 150-200 g fresh grape leaves)
- 1.5 cups of hot water
- 1 cup of olive oil (about 200 ml)
- 7 cloves
- 1 tablespoon dried mint
- 2 teaspoons allspice
- 1 teaspoon ground cinnamon
- 1 tablespoon sugar
- 1 level tablespoon salt
- 1 teaspoon black pepper



sarma



INSTRUCTIONS:

Preparing the Leaves:

- If using fresh grape leaves, blanch briefly in salted boiling water.
- If using brined leaves, skip this step if they are already tender.

Rolling the Sarma:

- Lightly oil your work surface. Place a leaf shiny side down.
- Put 1 teaspoon of filling in the center. Fold the sides inward, then roll forward. Do not roll tightly - the rice will expand during cooking.
- Line the bottom of a pot with large grape leaves and drizzle with olive oil.
- Arrange the stuffed leaves neatly. If stacking a second layer, start from the center. Place lemon slices on top and cover with an inverted plate.

sarma



INSTRUCTIONS:

Cooking:

- Add 1 cup of hot water.
- Cover and cook over medium heat until it boils, then reduce to low heat and simmer for about 40 minutes.
- Cooking time may vary depending on the type of leaves and rice.



UKRAINE

POPPY SEEDS CAKE



RECIPE PROVIDED BY OLEKSANDRA SEHIN

poppy seeds cake

RECIPE:

- Number of Servings: 12
- Baking time: 40 minutes

INGREDIENTS:

- 2 glasses of poppy seeds
- 16 eggs
- 1 teaspoon of honey
- 1 glass of honey
- 1 glass of sugar
- 6 dinner spoons of ground crackers
- Lemon Peel
- 100 grams of ground walnuts

Cream Frosting:

- 300 grams of butter
- 200 grams of ground walnuts
- 3 egg yolks
- ½ cup of coffee (dark prepared)
- 200 grams of powdered sugar

INSTRUCTIONS:

- Place the poppy seeds in hot water and cook until softened. Drain and grind the seeds until they reach a light, almost white consistency.
- In a mixing bowl, beat the egg yolks with sugar using a mixer until the mixture becomes light and creamy. Add the honey and grated lemon peel and mix well.
- Stir in the ground poppy seeds, walnuts, and crushed crackers until evenly combined.
- In a separate bowl, beat the egg whites with a mixer until stiff peaks form. Gently fold the egg whites into the batter.
- Pour the batter into a greased baking pan and bake for 40 minutes.

poppy seeds cake



INSTRUCTIONS:

Cream Frosting:

- In a bowl, mix 300 g of butter with 200 g of powdered sugar until smooth and creamy.
- Add 3 egg yolks and continue mixing until well incorporated.
- Stir in $\frac{1}{2}$ cup of strong brewed coffee and 200 g of ground walnuts.
- Mix until the cream becomes smooth and spreadable.
- Once the cake has cooled, spread the cream evenly over the cake before serving.



TASTE OF

THE WORLD

THANK YOU

Enjoy cooking and sharing these delightful recipes with your loved ones. Happy cooking!



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