

# TASTE OF UC BERKELEY

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## AN INTERNATIONAL COOKBOOK FOR STUDENTS

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Curated by  
University Health Services  
Nutrition Outreach Workers

Peri Peri Baked Chicken / 8  
Huevos Rancheros / 9  
Mapo Tofu / 15

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# INTRODUCTION: THE POWER OF COMFORT FOOD



Dear UC Berkeley students,

Who doesn't love a home-cooked meal? No matter their cultural background, everyone remembers the foods they ate growing up and the positive memories associated with them. Food means more to people than just fuel for the body. Food connects us to who we are. People tend to associate particular foods from their childhood with warm, happy feelings and memories. This phenomenon is where we get the concept of comfort food. Studies show that foods from our culture that are familiar to us are the foods that we turn to in stressful situations.

But in college, most students no longer have easy access to the foods they grew up with and no longer have family around to guide their food choices or prepare meals. As UC Berkeley students ourselves, we understand how challenging this transition into college can be and how extremely stressful the UC Berkeley environment is. We wanted to come up with a way to make it easier for students to access foods that are comforting to them. So, we have developed a more affordable, accessible, and time-efficient way for you to enjoy the amazing foods that are connected to the wide range of cultural backgrounds that exist in our campus community.

This ebook includes recipes that are easy to recreate and all use ingredients that are commonly available in most grocery stores. We hope these recipes bring you closer to your own cultural community, help you connect to the culture of those around you, enjoy food as a means of comfort and self-care, and learn to utilize a variety of ingredients to promote a balanced and nutritious diet. For more healthy and easy recipes and information about free nutrition resources for UC Berkeley students, visit the UHS Berkeley Student Nutrition Page linked here:

[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)

Sincerely,

Nutrition teachers



# KIMCHI BOKKEUMBAP

*area*

## Directions

**Time** 15 minutes   **Servings** 4

On medium high heat, preheat a pan/wok and once heated, add the cooking oil and spread it well with a spatula.

Add the garlic, stir it fast for about 10 seconds.

Then add the bacon and stir it well until half of it is cooked.

Add the Kimchi and stir until 80% of it is cooked.

Reduce the heat to medium-medium low.

Add the rice and the kimchi juice. Mix all of them together well and thoroughly.

Add the sesame oil and mix them well. Remove from the heat.

Serve the Kimchi fried rice on a plate. Garnish with the sesame seeds, green onion and seaweed strips (optional). Place the cooked egg on top. Enjoy!

## Ingredients

- 1 cup kimchi
- 150 g bacon (5.3 ounces), cut into thumbnail size pieces
- 3 cups steamed short grain rice (or medium grain rice), – if it is freshly cooked, leave it out for 5 to 10 mins at room temperature to cool down before cooking
- 4 extra large eggs cooked sunny side up or per your preference
- 1/2 tsp minced garlic
- 1/4 cup Kimchi juice – this liquid is from the bottom of the kimchi container
- 1/2 Tbsp sesame oil 1 Tbsp cooking oil
- OPTIONAL 1/2 stalk green onion to garnish, thinly sliced; roasted seasoned seaweed, shredded; 1 Tbsp toasted sesame seeds to garnish



# COCONUT MASOOR DAL

*India*

## Directions

**Time** 55 minutes **Servings** 6

Heat the coconut oil in a large pot or skillet over medium-high heat.

Add the cumin and coriander seeds and toast until they start to brown, about 45 seconds.

Add the garlic to the pot and let it brown, about 2 minutes.

Add the can of crushed tomatoes, ginger, turmeric, and sea salt to the pot and cook, stirring the pot a few times, for 5 minutes.

Add the lentils and, if using, the cayenne powder, and the water to the pot and bring it to a boil.

Reduce the heat to low, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to look dry, add an extra 1/2 – 1 cup of water.

Once the lentils are soft and the curry is thick, add the coconut milk and bring the pot back to a simmer. Remove the pot from the heat and stir in the cilantro.



## Ingredients

- 2 tablespoons coconut oil
- 1 tablespoon each: cumin seeds and coriander seeds
- 1 head of garlic, chopped (10-12 cloves)
- 1 28-ounce can of crushed tomatoes
- 2 tablespoons ginger, chopped
- 1 tablespoon turmeric
- 2 teaspoons sea salt
- 1 cup dried brown lentils
- 1-2 teaspoons cayenne powder, optional
- 3 cups of water
- 1 15-ounce can coconut milk
- 1 cup chopped cilantro

# FUL MUDAMMAS

*gpt*

## Directions

**Time** 15 minutes **Servings** 2-4

Start by draining and rinsing your canned beans, before adding to a medium sized pan on low heat along with the water.

Using a fork or potato masher, mash the roughly until there are very few whole beans left.

Stir in more water as needed along with the garlic, cumin, salt and pepper.

Allow the mixture to heat thoroughly for a few minutes before turning off the heat.

Stir in your chopped veggies, parsley, lime juice and olive oil.

Taste and adjust seasonings as needed.

Finish with a tablespoon of tahini on top and serve with your bread of choice.



## Ingredients

- 1 can of Fava Beans
- ½ - ¾ cups of water
- 1 medium tomato, diced
- ½ a medium red onion, finely chopped
- 1 clove garlic, minced
- 1 small cucumber, diced
- 2-3 tbsp fresh parsley, finely chopped
- ½ tbsp cumin powder
- 1 tbsp extra virgin olive oil
- 1 tbsp tahini
- 1 tbsp of lime juice
- Sea salt and black pepper to taste



# BIRCHER MUESLI

*Schweizerland*

## Directions

**Time** 10 minutes **Servings** 4

The night before, mix oats, milk, lemon juice, lemon zest, and apple in a large, sealable container.

Let sit overnight, covered in the refrigerator.

Right before serving mix yogurt, honey, raisins, and cinnamon into the oat mixture. Top with pecans and fresh fruit!



## Ingredients

- 2 cups rolled oats (not quick oats)
- 2 cups milk of choice
- Juice from 1 medium lemon
- Zest from ½ lemon (to taste\*)
- 1 large granny smith apple, peeled and grated
- 1 cup Greek yogurt
- 1 tablespoon + 1 teaspoon honey (more to taste)
- 1 teaspoon cinnamon
- ¼ cup Golden Raisins
- ¼ cup shredded coconut
- ¼ cup toasted pecans
- 1/4 cup chopped berries

# PERI PERI BAKED CHICKEN

*ozambie*

## Directions

Time 75 minutes    Servings 4-5

Blend red pepper, jalapeno pepper, chili pepper, garlic, basil, oregano, and onions in a food processor or blender. Add olive oil, coconut milk to facilitate blending. Then mix in smoked paprika, lemon juice, black or white pepper and coconut milk.

Adjust for salt and seasoning.

Refrigerate and use when ready. You may make this a day or more ahead of time.

Trim chicken of excess fat and pat dry with a cloth or paper napkin. Rub with lemon, and season with salt, chicken bouillon and pepper. Drench the chicken with peri- peri marinade, place in a zip lock bag, or sealed containers and refrigerate for at least 2 hours, preferably overnight.

When ready to bake, preheat oven to 425° F. Line a baking pan with foil; top with a wire rack. Arrange chicken pieces out in a single layer. Bake chicken until cooked through and skin is crispy, about 45-50 minutes, rotating half way through after roughly 20 minutes.



## Ingredients

- 3 1/2 - 4 pound chicken cut up
- 1/2 Teaspoon salt plus more to taste
- Black pepper to taste
- 1 teaspoon chicken bouillon, optional
- 1/4 medium red pepper
- 1 fresh jalapeno peppers, coarsely chopped, seeds removed
- 1 fresh chili pepper or more, coarsely chopped
- 3-4 garlic cloves
- 4 large basil leaves
- 1-2 tablespoon fresh oregano
- 1/4 cup chopped onions
- 1/4 cup olive oil or more
- 1/2 cup coconut milk
- 1 teaspoon smoked paprika
- Juice of 1 medium sized lemon, adjust to taste



# HUEVOS RANCHEROS

*elico*

## Directions

**Time** 25 minutes **Servings** 2

In a small or medium skillet, heat oil over medium-high heat. Lightly fry the tortillas for about 15 seconds per side until they've softened and are beginning to get some crispy edges. Transfer to a baking sheet, blot tortillas with a paper towel to remove any excess oil.

In the same skillet, fry the eggs using the leftover oil (add more if necessary) without flipping until the whites are set and the yolks are still runny.

Slide 1 egg over each tortilla; Top with salsa and toppings of your choice, including cotija cheese (or other Mexican cheese), avocados, radishes, hot sauce, beans, and cilantro.



## Ingredients

- 1.5 tablespoons frying oil
- 4 corn tortillas
- 4 fried eggs
- salsa roja
- For serving: cotija cheese, avocados, radishes, hot sauce, beans, and/or cilantro

# ZARU SOBA

*apan*

## Directions

Time 30 minutes    Servings 4

Boil a lot of water in a large pot for the soba.

Meanwhile, for the sauce, in a medium saucepan, add ¼ cup sake and bring it to a boil over medium high heat. Let the alcohol evaporate for a few seconds

Add ½ cup soy sauce and ½ cup + 1 Tbsp. mirin. Add 1 x 1 inch (2.5 x 2.5 cm) kombu and 1 cup dried bonito flakes (katsuobushi).

Bring it to boil and cook on low heat for 5 minutes. Turn off the heat and set aside until it cools down. Strain the sauce and set aside. You can keep the sauce in an airtight container and store in the refrigerator for up to a month.

Add dried soba noodles in the boiling water in circulate motion, separating the noodles from each other. Unlike pasta, you **DO NOT** add salt to the water. Cook soba noodles according to the package instructions (each brand is slightly different). Once in a while stir the noodles so they don't stick to each other. Check the tenderness and do not overcook.

Drain the soba noodles into the sieve and rinse the noodles to get rid of starch under running cold water. This is a very important step. Shake off the sieve to drain completely and transfer the noodles to the iced water in a large bowl. Set aside till the noodles are cold.

To make the dipping sauce, combine 1 part of cooled dipping sauce and 3 parts of iced water in a serving pitcher or small individual bowls.

Chop green onions to top the noodles and serve, dipping the noodles into the *tsuyu* (the dipping sauce).



## Ingredients

- 14 oz dried soba noodles (buckwheat noodles)
- 3 cups iced water
- ¼ cup sake
- ½ cup mirin
- ½ cup soy sauce
- 1 kombu (dried kelp) (1" x 1" OR 2.5 cm x 2.5 cm)
- 1 packed cup katsuobushi (dried bonito flakes)
- 2 green onions, optional



# SHAKSHUKA

*Israel*

## Directions

**Time** 40 minutes **Servings** 6

Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Add garlic and continue to sauté till mixture is fragrant.

Add the diced bell pepper, sauté for 5-7 minutes over medium until softened.

Add tomatoes and tomato paste to pan, stir until blended. Add spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.

At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka.

Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce.

Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced.

Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top-- then, cover the pan and cook the eggs to taste. Garnish with the chopped parsley, if desired.



## Ingredients

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 4 cups ripe diced tomatoes or 2 14 oz. cans diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper, or more to taste
- Pinch of sugar
- Salt and pepper, to taste
- 6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)



# PISTO

*Spain*

## Directions

**Time** 50 minutes   **Servings** 4

Thinly slice 5 cloves of garlic, cut 1 large onion into large chunks, cut 1 red bell pepper and 1 green bell pepper into 1/2 inch by 1/2 inch pieces and cut 1 zucchini into 1/4 inch thick pieces.

Heat a large frying pan on low-medium heat and add a generous 1/4 cup of extra virgin olive oil.

Add the sliced garlic. After 2 minutes, add the chunks of onion and stir continuously.

After 5 minutes and the onions are translucent, add the pieces of red and green bell pepper and continue to mix.

After 10 minutes, add the zucchini pieces and continue to mix. You want all the vegetables to be soft but not falling apart.

About 8 minutes after adding the zucchini into the pan, season everything with a generous pinch of sea salt & black pepper.

Add 15 ounce cans of diced tomatoes and season again with salt, pepper and a pinch of white sugar to cut the acid from the tomatoes. Mix together and let it simmer for 10 to 15 minutes.

Remove from the heat and serve on shallow bowls. If you'd like, top with a fried egg and serve with toasted bread.



## Ingredients

- 1/4 cup extra virgin olive oil
- 5 cloves garlic
- 1 large onion
- 1 green bell pepper
- 1 red bell pepper
- 1 zucchini
- 2 15 oz. cans diced tomatoes
- 1 tsp sea salt
- 1 tsp black pepper
- pinch white sugar
- 2 tbsp extra virgin olive oil
- 4 eggs (optional)
- bread, toasted (optional)

# CHICKEN ADOBO

*Philippines*

## Directions

**Time** 40 minutes **Servings** 4

Combine chicken, soy sauce, and garlic in a large bowl. Mix well.

Marinate the chicken for at least 1 hour.

Heat a large pot. Pour cooking oil. When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side. Pour-in the remaining marinade, including garlic.

Add the water. Bring to a boil.

Add dried bay leaves and whole peppercorn.

Simmer for 30 minutes or until the chicken gets tender. Add vinegar. Stir and cook for 10 minutes.

Put-in the sugar, and salt. Stir and turn the heat off. Serve hot.



## Ingredients

- 2 lbs chicken cut into serving pieces
- 3 pieces dried bay leaves
- 8 tablespoons soy sauce
- 4 tablespoons white vinegar
- 5 cloves garlic crushed
- 1 1/2 cups water
- 3 tablespoons cooking oil
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1 teaspoon whole peppercorn



# SUCCOTASH

*Native  
American*

## Directions

**Time** 40 minutes   **Servings** 6

If you are using whole ears of corn, clean the corn of its husk, silk and fibers. Cut the cobs into pieces that are about 1-2 inches in length. In a large pot of boiling water, add corn and boil 5-7 minutes. After corn is cooled, cut the corn off the cob.

Place lima beans in a medium saucepan, and add water to cover. Bring to a boil over medium-high. Reduce to medium-low, and simmer until beans are just tender, 8 to 10 minutes. Drain and set aside.

Add oil to a pan on medium heat. (If you are using frozen corn, add it now). Add bell peppers and cook until they begin to soften. Stir in boiled corn and lima beans. Add salt and pepper. Add 1/2 cup of stock and cook on medium heat for about 5 minutes.



## Ingredients

- 3-4 ears of fresh sweet corn or frozen sweet corn (10oz. package)
- 1 package (10oz.) frozen lima beans
- 1 1/2 cups water
- 1 tablespoon vegetable oil
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1/2 cup turkey or vegetable stock
- salt and pepper, to taste



# MAPO TOFU

*China*

## Directions

**Time** 25 minutes **Servings** 2

Combine ground meat, cooking wine, soy sauce, and ginger in a bowl. Mix well.

Combine cornstarch with 1 tablespoon water in a small bowl. Mix well and set aside.

Heat vegetable oil and Sichuan peppercorns in a large nonstick skillet over medium high heat. When the Sichuan peppercorns turn dark brown and crispy, scoop them out with spatula and transfer into a bowl layered with paper towel to soak extra oil. Save to use for garnish the dish. When oil is hot, add ground meat and Doubanjiang. Stir-fry over medium heat with a spatula, until pork is evenly coated with Doubanjiang.

Add green onion and stir fry for another minute. Spread tofu evenly on top of ground pork. Add chili oil, five-spice powder, and sugar. Pour in water and cook until bringing to a simmer.

Simmer, covered, over low heat for 10 to 15 minutes, until tofu becomes tender and the sauce has reduced to half the original amount. Taste the tofu with some broth (be careful, it will be very hot!). Adjust seasoning by adding salt. If the dish is too spicy, add another teaspoon of sugar. Gently mix well with spatula.

Meanwhile, grind the fried Sichuan peppercorns (you used when heating up the oil) in a coffee grinder or by using mortar and pestle.

Mix cornstarch water again until fully dissolved and swirl it into the skillet. Gently stir a few times with a spatula, until sauce thickens. Turn off heat and transfer everything to a bowl.

Garnish with green onion and a small pinch the ground Sichuan peppercorns. Serve warm over steamed rice or by itself as main.



## Ingredients

- 120 grams (4 ounces) ground meat (pork, chicken or turkey)
- 2 teaspoons Shaoxing wine (or dry sherry)
- 1 teaspoon light soy sauce
- 1/2 teaspoon ginger, minced
- 1 teaspoon cornstarch
- 2 teaspoons Sichuan peppercorns
- 1 tablespoon vegetable oil
- 3 tablespoons Doubanjiang
- 2 tablespoons green onion, chopped
- 1 block (400-g / 14-oz) firm or medium firm tofu, cut into 1.5cm (1/2 inch) squares
- 1 cup water (or chicken stock)
- 2 teaspoons chili oil
- 1/4 teaspoon five-spice powder
- 1 teaspoon sugar (or to taste)

# TABBOULEH

*Lebanon*

## Directions

**Time** 45 minutes **Servings** 4

Cook bulgur according to the package and set aside to cool.

Rinse all vegetables and let dry, especially the parsley and mint. Cut stems off parsley then chop finely. Spread chopped parsley on paper towels and let rest for a few mins in order to get rid of the moisture. Cut stems off mint, and finely chop the leaves. Lay them on a paper towel and let dry. Chop tomatoes into small cubes of less than 1/2 in then place in strainer to rid them of the juice. Finely chop onions and mix with 7-spices. Finely chop the cucumber.

Add the lemon juice on top of the bulgur. Combine all ingredients and add the olive oil and salt. Then mix lightly with a fork and avoid over-mixing so it doesn't turn soggy. Serve immediately.



## Ingredients

- 4 bunches of Italian Parsley chopped finely, drained
- 1 bunch of fresh green mint chopped finely, drained
- 1 Persian cucumber chopped finely
- 5 medium sized tomatoes, chopped, drained
- 1 small white onion chopped finely
- 1/4 cup of fine bulgur
- 1/3 to 1/2 cup of quality olive oil
- 1/2 cup of freshly squeezed lemon juice
- 1/2 to 2/3 teaspoon of salt
- 1/3 teaspoon of Lebanese 7-Spices (Optional)
  - Lebanese 7-Spices contain equal proportions of the following ground spices: Allspice, Black Pepper, Cinnamon, Ground Cloves, Ground Nutmeg, Fenugreek, Powdered Ginger



# CHAO GA

## Vietnam

### Directions

Time 60 minutes Servings 4

Take the onion half and cut off of two thin slices so there are a few slivers of onion. Leave the remainder of the onion uncut. Peel the skin from the ginger and discard. Smash slightly with a pestle. Rub 2 tsp salt onto the chicken thighs and then rinse well with cold water.

Add the water into a large pot along with 1 tsp salt, the leftover onion half, and smashed ginger. Bring to a boil over high heat and then add the chicken thighs. Gently stir. When the water starts to a boil, reduce the heat to low. Skim off the foam and discard. Cover the pot and cook for 15-20 minutes or until the chicken is fully cooked. Transfer the chicken to a clean bowl and allow to cool. When the chicken is cool enough to handle, cut or shred into thin strips.

Remove the onion and ginger from the stock and discard. Wash the rice by swirling in cold water for 30 seconds and pouring out the rinse water. Repeat these steps until the water is clear. Drain well. In a medium skillet over medium low heat, add the vegetable oil, onion slivers and washed rice. Cook for 7-8 minutes stirring frequently until the rice is lightly roasted. Remove from the heat. Remove the onions and discard.

Add the roasted rice into the pot of chicken stock and stir to combine. Bring to a boil over high heat and skim off any foam. Reduce the heat to low, cover and cook for 20 minutes or until the rice has expanded fully. Stir occasionally to prevent the rice from sticking to the bottom of the pan. Turn off the heat and add the fish sauce and ground black pepper. Add the shredded chicken and reserve a few larger pieces to garnish the soup. Mix everything together. Chop the green onions and cilantro and combine in a small bowl. Ladle the porridge into a soup bowl. Top with the remaining shredded chicken, chopped onion/cilantro mix and fried onions. For a simple meal, serve with bean sprouts, fresh mint and red chilies.



### Ingredients

- 1/2 small onion, peeled
- 1/2-inch knob fresh ginger
- 3 tsp salt
- 1 1/2 lbs boneless skinless chicken thighs
- 8 cups spring water
- 1 cup jasmine rice
- 1 tsp olive oil
- 2 tsp fish sauce
- 1/4 tsp finely ground black pepper
- 2 green onions
- 6 sprigs cilantro, trimmed and washed
- 2 tsp fried onions



# JOLLOF RICE

*Nigeria, Ghana, and  
Senegal*

## Directions

**Time** 30 minutes   **Servings** 5

Heat oil in a medium saucepan over medium-high heat. Next add onions, thyme, and garlic, cook for about 2 minutes or until onion becomes soft and translucent.

Add rice, season with paprika, bouillon, salt, and pepper. Cook, stirring often until fragrant, for about 30 seconds, stirring occasionally, for about 2-3 minutes.

Pour tomatoes sauce, chicken broth, and hot pepper, into saucepan. Bring to a boil stirring once or twice. Reduce heat to low, cover saucepan and simmer until rice is tender and liquid is absorbed, for 15-18 minutes.

Remove pan from heat, let it sit covered for 5 minutes then fluff rice with a fork or serving spoon. Then throw in sauteed veggies and/or beef, chicken and shrimp and mix, if desired. Garnish with parsley and serve.



## Ingredients

- 3-4 tablespoons vegetable oil
- 1 medium onion, diced
- 2 teaspoons fresh thyme or 1 teaspoon dried thyme
- 1 tablespoon minced garlic or garlic powder
- 3 cups long-grain uncooked rice
- 1 tablespoon paprika
- 2 teaspoons chicken bouillon
- salt and pepper to taste
- 1 14-ounce can of tomato sauce or puree
- 5 1/4 cups chicken broth or water
- 1 scotch bonnet pepper or 3/4 teaspoon hot pepper
- 1 pound vegetables (optional) (can be peas, carrots, green beans, and/or corn)
- parsley for garnishing

# MIE GORENG

*Indonesia*

## Directions

**Time** 30 minutes **Servings** 4

Prepare the sauce by combining the kecap manis, soy sauce, oyster sauce and white pepper.

Heat cooking oil in a wok over medium-low heat. Add the sliced shallots, then increase the heat to medium.

Remove the shallots from the wok using a spider skimmer or a soup skimmer when they are just about golden brown. Spread them out on a paper towel so that it can soak up the excess oil. Use a wok spatula to remove most of the oil from the wok, leaving behind about 2 tablespoons of the oil.

Add garlic to the wok, followed by the shrimp. Stir-fry for about 30 seconds or until the shrimp are half-way cooked. Add sliced cabbage. Stir-fry till slightly softened (about one minute). Add noodles.

Give the sauce a stir, then pour the sauce over the noodles. Stir-fry the noodles to distribute the sauce evenly, then add fresh bean sprouts to the wok.

Stir to combine all the ingredients well, then transfer the noodles to a serving dish. Top with crispy shallots, sliced red chili, and chopped scallions.



## Ingredients

- 4 tablespoons kecap manis (sweet soy sauce)
- 1 tablespoon soy sauce
- 2 teaspoons oyster sauce
- 2 dashes ground white pepper
- 2 small shallots, thinly sliced
- 1/4 cup cooking oil
- 2 cloves garlic
- 8 - 10 medium shrimp (deveined, tail on)
- 2 cups shredded cabbage
- 1 1/2 lbs fresh yellow egg noodles
- 1 1/2 cups fresh bean sprouts
- sliced fresh red chili (garnish)
- chopped scallions (garnish)
- calamansi lime or regular lime wedges (garnish)



# CAMARÃO COM LEITE DE COCO

## *Brazil*

### Directions

Time 30 minutes Servings 4

Place the peeled shrimp in a bowl with 1 tablespoon of oil, one minced garlic clove, ½ teaspoon salt, and ½ teaspoon black pepper. Toss to coat and let marinate. Meanwhile, heat a large skillet over medium heat with 2 tablespoons of vegetable oil. Add the onion and bell pepper and let cook for approximately 3 minutes. Add the 2 coarsely chopped garlic cloves and cook for about 1 minute. Add the canned diced tomatoes, basil, and cilantro/parsley. Let cook for about 2 minutes. Transfer the cooked vegetables to a blender and set aside.

Add the 2 remaining tablespoons of oil to the skillet and cook the shrimp for 2 minutes, then flip and cook for another 1-2 minutes or until it starts getting pink. Transfer the shrimp to a plate or bowl.

Add the coconut milk, chicken/vegetable broth, lime juice, ground ginger, paprika (optional), and the remaining salt and pepper to the cooked vegetables and blend everything until vegetables are completely ground and mixture is homogeneous. Transfer blended mixture to the skillet and bring to a boil; then reduce to simmer and cook for about 5 minutes. Add the cream cheese and stir until melted and the sauce is creamy and homogeneous. Add the cooked shrimp to the skillet and toss to coat. Garnish with basil leaves, chopped cilantro/parsley, and slices of red jalapeno pepper if desired. Serve over white rice (preferably) or noodles. Enjoy!



### Ingredients

- 1½ pounds jumbo raw shrimp (deveined, both shell and tail removed)
- 5 tablespoons vegetable oil divided
- 3 gloves garlic, 1 minced and 2 coarsely chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ½ large white or yellow onion peeled and coarsely chopped
- 1 large orange or red bell pepper de-seeded and sliced
- 1/2 cup canned diced tomatoes
- 2 leaves large basil plus more to garnish
- 2 tablespoons chopped cilantro or parsley plus more to garnish
- 1 cup canned coconut milk
- 1/3 cup chicken or vegetable broth
- 2 tablespoons lime juice (about 1 large lime, juiced)
- 1 teaspoon ground ginger
- 1 teaspoon sweet paprika (optional)
- 4-6 oz cream cheese softened
- 1 red jalapeno pepper thinly sliced (optional)





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