



ANNUAL
women's
LUNCHEON

RECIPES FROM
OUR KITCHENS
AROUND THE WORLD



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FEATURED DISH

KHAO SOI
GREEN CURRY SOUP

From *Top Chef* Finalist Michelle Minori
(Based in San Francisco, CA)

To watch Michelle's cooking demonstration,
visit [InternationalMedicalCorps.org/Luncheon](https://www.internationalmedicalcorps.org/Luncheon)



JORDAN

STUFFED ZUCCHINI IN YOGURT

From Amani Khassawneh, Child Protection Case Manger



PAKISTAN

AALOO KAY QATLAY

FRIED SLICED POTATOES

Ramla Batool Naqvi, Communications Coordinator



KENYA

UGALI WITH SPINACH AND BEEF

Esther Wanjiru Kariuki, Communications Officer



PHILIPPINES

BISTEK TAGALOG

FILIPINO BEEF STEAK

Dr. Jojo Cangao, Medical Coordinator

KHAO SOI

GREEN CURRY SOUP



FROM TOP CHEF FINALIST MICHELLE MINORI
BASED IN SAN FRANCISCO, CA

To watch Michelle's cooking demonstration,
visit [InternationalMedicalCorps.org/Luncheon](https://www.InternationalMedicalCorps.org/Luncheon)

INGREDIENTS

1 serrano chili, destemmed, chopped
4 cloves garlic, peeled
2-inch piece ginger, peeled, sliced into rings
1 bunch cilantro, stems included (reserve 4 sprigs for garnish)
1 stalk lemongrass, chopped
1 teaspoon coriander, ground
1½ teaspoons turmeric powder
2 teaspoons curry powder
2 teaspoons kosher salt
2 tablespoons neutral oil (such as sunflower or canola)
4 cups vegetable stock (or water)
1 can coconut milk (look for fair-trade brands)
4 leaves makrut lime leaf (optional)
2 tablespoons soy sauce
1½ to 3 tablespoons lime juice (about 3 limes)
1½ tablespoons coconut palm sugar (look for fair-trade brands), or brown sugar
1 tablespoon fish sauce, Red Boat preferred
8 ounces dried noodles of choice (egg noodles, somen, ramen, udon, rice noodles, etc.)
2 cups crispy chow mein, wonton noodles or fried vermicelli
1/2 package (8 ounces) firm tofu, diced in half-inch chunks
8 ounces sustainably caught fish of choice (cod, halibut, barramundi, sole), cut into 1½-inch pieces (ask your fishmonger for the best options, or read the labels on frozen fish to help support sustainable fishing)

Serves 4

INSTRUCTIONS

Blend first nine ingredients in a blender (or smash in a mortar and pestle) until as smooth as possible, to make a paste.

Heat a medium-sized pot over medium-high heat. Add a thin layer of neutral oil.

Add the paste and cook over low heat, about 2 minutes, or until slightly darker in color.

Add the vegetable stock and coconut milk. Add the makrut lime leaves. Simmer on low heat for about 15 minutes to release the aromatics.

Take the pot off of the heat. Remove and discard the lime leaves. Season with soy sauce, lime juice, sugar and fish sauce.

Season the fish with a sprinkling of salt and add it to the broth, along with the diced tofu. Simmer for about 3 minutes, or until the tofu is warmed through and the fish easily flakes when gently pierced with a knife.

In a separate pot, fill with water and bring to a boil. Cook your favorite noodles until al dente.

TO SERVE

Fill a bowl with 8 ounces of the broth, some tofu and fish. Add some of the cooked noodles and top with a small handful of the crunchy noodles. Garnish with a few cilantro leaves if you like. Chili oil also is a great addition. This soup will be even more tasty the next day, so feel free to make a double batch and enjoy again on day two.

STUFFED ZUCCHINI IN YOGURT



JORDAN

FROM AMANI KHASSAWNEH, CHILD PROTECTION CASE MANGER

INGREDIENTS

1/2 lb ground beef or similar meat

4 zucchinis cut in half lengthwise

2 onions, diced

1 teaspoon black pepper

1 teaspoon salt

4 cups Greek yogurt

5 tablespoons vegetable oil

INSTRUCTIONS

Preheat the oven to 300°.

Boil water in a large pot. Soak the zucchini in the boiling water for 5 minutes. Remove from water and let cool. After the zucchini cools, remove the inside of the zucchini with a spoon to make a boat shape.

In a separate pan, add the vegetable oil. When the oil is hot, add the onions and sauté until soft.

Add the meat to the onions and cook through. Add salt and black pepper to taste.

In a large pot, bring the Greek yogurt to a low boil. Stir the yogurt as to not burn.

In a baking dish, place the zucchini beside each other, scooped-side up, adding the cooked meat into the zucchini boats.

Add two cups of warm water above the zucchini platter, cover the baking dish with tin foil and bake at 300° for 15–20 minutes.

Remove the tin foil and add the warm Greek yogurt to the zucchini. Return to the oven for 10 minutes.

To watch Amani prepare her dish, visit
InternationalMedicalCorps.org/Luncheon

AALOO KAY QATLAY

FRIED SLICED POTATOES



PAKISTAN

FROM RAMLA BATOOL NAQVI, COMMUNICATIONS COORDINATOR

INGREDIENTS

8 medium potatoes, sliced
4 tablespoons cooking oil
1 cup tomato puree
3–4 green chiles
½ teaspoon cumin seeds
½ teaspoon red chili flakes
½ teaspoon turmeric powder
½ teaspoon paprika powder
½ teaspoon fennel seeds
½ teaspoon Greek seeds
½ teaspoon onion seeds
½ teaspoon salt to taste
Fresh chopped coriander for garnish

INSTRUCTIONS

In a large frying pan, heat cooking oil.

Sauté whole green chiles in hot cooking oil until they soften and the skin blisters.

Add cumin seeds, fennel seeds, onion seeds and Greek seeds to the pan. Stir in and fry for 30 seconds.

Add red chili flakes, paprika and turmeric powder to the pan. Stir in and fry for 30 seconds.

Add sliced potatoes. Fry for 2–3 minutes.

Add tomato puree and salt. Gently combine and let cook for 4–5 minutes.

If desired, garnish with fresh coriander.

Ramla serves her Aaloo Kay Qatlay with a creamy sauce made of yogurt, fresh coriander and mint.

To watch Ramla prepare her dish, visit [InternationalMedicalCorps.org/Luncheon](https://www.internationalmedicalcorps.org/Luncheon)

UGALI

WITH SPINACH AND BEEF



KENYA

FROM ESTHER WANJIRU KARIUKI, COMMUNICATIONS OFFICER

INGREDIENTS

- 2 cups maize flour*
- 2 cups water*
- Butter (optional)*
- Salt (optional)*
- 2 large onions, chopped*
- 4 cups of spinach, chopped*
- ½ lb beef, cut into small cubes*
- 3 tomatoes, sliced*
- 2 cloves of garlic, diced*
- 2 tablespoons cooking oil*
- 1 teaspoon ground coriander*
- 2 bell peppers (red, yellow or green), sliced*
- Other spices to taste (optional)*

INSTRUCTIONS

UGALI

Bring water to a rapid boil water. The water should be very hot. This ensures the ugali will cook perfectly.

Add 1 cup of flour into the water. Let it cook a few seconds until water starts to cover the flour.

Use a wooden spoon to quickly start mixing the flour and water. Add the remaining flour and continue to mix the water and flour until it is well mixed into a paste.

Reduce heat to medium and keep turning the ugali as it continues to stick together.

Gather the ugali and press it onto the side of the cooking pot. Place the wooden spoon under the ugali and form into a ball in the middle of the pot

Once the ugali has become firm, turn it once more and smoothen it into a round. You will know your ugali is ready once you start to smell the aroma clearly.

Turn the ugali over onto a plate.

SPINACH

In a medium frying pan, heat 1 tablespoon of cooking oil. Add one of the chopped onions and sauté until golden brown. Add the chopped spinach, and salt to taste. Stir to combine. Cook the spinach until it's reached your desired consistency.

BEEF STEW

In a large frying pan, heat 1 tablespoon of cooking oil. Add one of the chopped onions and the chopped garlic, and sauté until golden brown.

Add the bell peppers, stirring to combine. Sauté an additional 5 minutes.

Add the beef cubes, and salt to taste. Stir to combine.

Add ¾ cup of water to the pan and let it come to a boil.

Add the sliced tomatoes and let them cook for a few minutes.

Add the coriander and stir to combine.

Once ready, enjoy with Ugali and spinach.

To watch Esther prepare her dish, visit InternationalMedicalCorps.org/Luncheon

BISTEK TAGALOG

FILIPINO BEEF STEAK



PHILIPPINES

FROM DR. JOJO CANGAO, MEDICAL COORDINATOR

INGREDIENTS

1/2 cup calamansi (local lemon) juice or other available lemon juice

4 tablespoons cooking oil

2 large onions

Pinch of salt

1 large potato

2 lbs beef sirloin, thinly sliced

6 tablespoon soy sauce

1½ cups water

INSTRUCTIONS

Marinate beef in calamansi or other lemon juice overnight, or for at least 30 minutes.

Cut onions into rings. Cut potato into thin slices.

Heat cooking oil in a large pan.

Fry half of the onions, adding a pinch of salt when the onion looks soft, then remove and set aside.

Fry the potatoes in the same oil until brownish, then remove and set aside.

Pan fry the beef in the same oil used for frying the onions and potatoes (about 2–3 minutes on both sides or until brownish); remove and set aside. Keep the calamansi juice used to marinate the beef.

Sauté half of the remaining onions in the frying pan. Once soft, add in the earlier fried onions and the beef. Let simmer for about 3 minutes.

Pour in the soy sauce and simmer for 5 minutes, then pour the calamansi juice used to marinate the beef. Add the cooked potatoes into the pan.

Continue to simmer until the beef is tender. Add water later as needed to make the beef more tender. Cover the pan.

When beef is tender, place the remaining onion rings on top of the beef and let simmer for 2 more minutes (making sure the onions added at this time remain crunchy), then transfer to serving bowl.

Jojo serves his Bistek Tagalog with rice.

To watch Jojo prepare his dish, visit InternationalMedicalCorps.org/Luncheon