

Recipes for International Peace:  
The importance of food in interfaith and  
intercultural dialogue

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The recipes are divided into three sections:

“American” Twists,  
Addressing Conflict and  
Topical Discussions

The “American” Twists section highlights recipes that are cross-cultural in nature and feature either American food with an international taste or international food with an American take on it. This is in no way trying to define American food or trying to misappropriate international foods. It is food that introduces a new flavor and a new way of looking at a dish. Two of the dialogues that some of these foods were served at were “Interacting Cultures: A Dialogue on Identity in International Environments” and “Islam in America: Conflict, Coexistence, and Community.”

Recipes in the Addressing Conflict section are foods from conflict zones. These are designed to add to conversations to raise awareness and discussion on the conflict as well as bring people in these conflict zones together to eat. The areas highlighted are not exhaustive, as there are certainly more areas of conflict to draw attention to at the present. But this is also in hope that these areas cease to be areas of conflict.

The Topical Discussions section includes foods that have the potential to be served at a variety of different dialogues, intercultural and interfaith included. These are dialogues that I have participated in, moderated, or hoped to run. Again, this section is not exhaustive as there are many topics to discuss. A few of the ones included are women in faith, thanksgiving, holidays, and interfaith dating and marriage.

These dishes are meant to pair with conversations, but conversation is not limited to the topic at hand. Enjoy!

## Introduction

A Recipe for International Peace is meant to combine the love of food with the global peace movement. As a religious studies major and the daughter of an interfaith couple, I see the need for productive interfaith dialogues and discussions to foster peace. These dialogues and discussions need to happen at many different levels- from neighborly summer dinners to international government officials.

What I am proposing in this compilation of recipes is that food can be used to contribute to the peace process. Commensality, the act of eating collectively builds camaraderie and can help individuals see the people across the table as multi-dimensional human beings- regardless of the conversation. Inviting diverse perspectives to the table can be used as an educational tool for insight into other worldviews. These assorted tables have the potential to discuss conflicts from multiple viewpoints and lenses to ultimately contribute to the global peace process.

When designing this conglomeration of recipes, I looked at what interfaith groups were doing to enact peace in various current global conflicts, the current dialogue groups run at American University, and my own experience with dialogue groups.

“On all social levels sharing a table is the first sign of membership in a group. That might be the family but also a broader community- each brotherhood, guild, or association reasserts its own collective identity at the table.”<sup>1</sup> The people at this table do not need to be in an official guild or association, but in a *brotherhood of humankind*. When people sit around a table together, they become a community of

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<sup>1</sup> Montanari, Massimo. *Food is Culture*, trans. By Albert Sonnenfeld, (New York, Columbia University Press: 2004), pg. 94.

humans. Once we are able to see the humanity of others who may be dissimilar from us in many ways, we can have constructive conversations towards peace.

This 'ethos of friendship' that develops from sharing a meal together is common in many approaches to the peace process.<sup>2</sup> The act of sharing a meal can also be used to network and build relationships between actors on every level of policy and society. The Community, a voluntary charitable organization with Catholic origins, actively connects social service, ecumenical and political networks, and interfaith collaboration to become successful conflict mediators.<sup>3</sup> The Community does not consciously use food to enable these friendships across social lines, but I propose that doing so can further their mission. "Our human socializing instinct immediately attributes meaning to the gestures performed while eating. So in this way we define food as an exquisitely cultural reality, not only with respect to nutritive sustenance itself but to the ways in which it is consumed, and to everything around it and pertaining to it."<sup>4</sup> Whether discussing national policy or the difficulties of being a pet-owner, sharing a meal helps you connect with everyone involved.

This theory is also based in the Contact Hypothesis, which asserts that, "under the right conditions, contact among members of different groups will reduce hostility and promote more positive behavior in intergroup meetings."<sup>5</sup> Part of the discussion of Culinary Diplomacy, defined as "the use of food and cuisine as an

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<sup>2</sup> Scott Appleby, "Religion as an Agent of Conflict Transformation and Peacebuilding" in *Religion, Conflict Transformation, and Peacebuilding*, pg. 828.

<sup>3</sup> *Ibid.*

<sup>4</sup> Montanari, *Food is Culture*, pg. 93.

<sup>5</sup> Sam Chapple-Sokul. "Culinary Diplomacy: Breaking Bread to Win Hearts and Minds," *The Hague Journal of Diplomacy*, 8 (2013), pg. 171.

instrument to create cross-cultural understanding in the hope of improving interactions and cooperation,” is how this theory can be applied to high-level discussions between diplomats. Culinary Diplomacy specifically is not meant to simply “ease relationships between people of different cultures,” but an “institutionalized method to conduct diplomacy.” As a field of research, this is not as established as one would hope since the idea of food as unifying has been around since Aristotle; but is becoming a ‘hot topic’ in international relations.

Food is a form of ‘soft power’ of countries as they export their cuisine can have large impacts. Soft power, or co-optive power is defined by Nye as “the ability of a country to structure a situation so that other countries develop preferences or define their interests in ways consistent with its own.”<sup>6</sup> Food has the power to change hearts, minds, and stomachs, as “the process of familiarization is the key to cultural diplomacy.”<sup>7</sup> The idea is that if people are introduced to a cuisine and grow to like it, they will gain respect for the culture and country. For a diplomat, “a good table is the best and easiest way of keeping himself well informed. The natural effect of good eating and drinking is the inauguration of friendships and the creation of familiarity,” so this is important for diplomats and common people alike.<sup>8</sup> “The gastronomic meal draws circles of family and friends closer together and, more generally, strengthens social ties” which can be as small a circle as 2 friends meeting

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<sup>6</sup> Joseph Nye. “Soft Power,” *Foreign Policy*, No. 80, (Autumn 1990), pg. 168.

<sup>7</sup> Chappelle-Sokul, “Culinary Diplomacy,” pg. 169.

<sup>8</sup> François de Callières, *De la Manière de Negociier avec les Souverains*, UK Foreign and Commonwealth Office website under Quotations on Diplomacy and Foreign Policy , available at <http://www.fco.gov.uk/en/about-us/our-history/historical-publications/research-projects/people-policy-places/quotations-diplomacy-foreign>, accessed on 27 November 2011, quoted in “Culinary Diplomacy: Breaking Bread...,” pg. 164.

for Colombian coffee, or State Dinners seating hundreds.<sup>9</sup> Food is central to humanity, no matter class, status, nationality, or religion.

This recipe book is not meant to be ‘cooked for kings,’ but to incite grassroots dialogue groups to move towards a diverse, globally minded, community of peacemakers. These grassroots exchanges of ‘soft power,’ whether it is for countries, faiths, cultures, or just friends, can be empowering. Positive connections are best formed through intimate proximity of equals including discussion, learning and teaching to break down stereotypes.<sup>10</sup> Good food can lead to conciliatory attitudes among people who have the potential to become friends. These can help break down barriers between people to pave the way towards peace.

So is the actual food important for interfaith or cross-cultural dialogue? Yes and no. Food is intricately tied to culture and religion, as discussed later. Therefore serving particular foods in particular settings can be relevant. That is to say, people should like the food and feel comfortable eating it. Furthermore, ‘communal’ foods help facilitate this feeling of camaraderie between members of the group. This recipe book can outline some dishes and meals to get you started. However, the mere act of sitting around a table together and eating and drinking is significant in and of itself. So have fun with it- bring people together over a good meal and a lot can happen!

Note: It is also important to note that food can be a cause for dissent between groups of people. For example, the movie *Falafelism* traces the making of falafel in the Middle East and highlights the implications of the national claims of the

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<sup>9</sup> Chapple-Sokul, “Culinary Diplomacy,” pg. 165.

<sup>10</sup> *Ibid*, Pg. 171.

delicious snack food in conflicting cultures.<sup>11</sup> This food may be argued over in politics, but this book hopes to highlight the importance of sharing a meal between different people. No matter what religious or cultural background, people come together across the Middle East to munch on falafel and these shared meals have potential to blossom friendships and long-term peace.

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<sup>11</sup> Ari Cohen, *Falafelism: The Politics of Food in the Middle East/ A Rotating Planet Production*, video-recording, directed by Ari Cohen, (2013, Seattle: Typecast Releasing).



### The Power of Food and Interfaith Dialogue

Using food in a dialogue setting has the potential to further conflict resolution initiatives in civil society. This delicious form of track II diplomacy is being used in conflicts all over the world in peace dialogues. Through eating, people innately have a sense of shared humanity. The recognition of this shared humanity is significant in dialogues between people in conflict from different backgrounds, faith traditions, and cultures. In this setting, “not only can food be used as a tool of diplomacy, there is potential in its use as an instrument of conflict resolution... through citizen-to-citizen interaction, food can be used to cross battle lines in protracted social conflicts.”<sup>12</sup> This citizen-to-citizen interaction is important at the local level of the conflict, but also internationally as the global community struggles to understand the conflict or what is happening on the ground. Food being present at these exchanges of ideas is crucial for people in conflict since “the act of eating together, or commensality, can set the table for potentially healing conversations.”<sup>13</sup> These healing conversations can lead to global and cultural understandings, when put to practice can lead to peace building processes.

Prior to tensions rising to conflict situations, diverse groups of people regularly dining together can promote understanding between people at a base human level. “In all societies, sharing food is a way of establishing closeness, while conversely, the refusal to share is one of the clearest marks of distance and enmity. These points have been repeatedly made by both anthropologists and psychologists.

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<sup>12</sup> Sam Chapple-Sokol. “War and Peas: Culinary Conflict Resolution as Citizen Diplomacy,” *Public Diplomacy Magazine*, University of Southern California Online, posted March 2, 2014.

<sup>13</sup> *Ibid.*

Commensality, the action of eating together, is thus one of the most powerful operators of the social process.”<sup>14</sup> This is especially applicable to interfaith, or even intra-faith, groups to dispel any misunderstandings and to see each other as humans who can work together towards peace. There are many religious contributions to peace building efforts at a civil society level, whether it is interfaith or not. Religious actors have the potential for “building social relations and political institutions characterized by an ethos of tolerance and nonviolence.”<sup>15</sup> Grassroots faith groups can be crucial in this conflict transformation since conflict management efforts include people working at a distance from actual sites of deadly conflict including religious communities who are probing and strengthening their traditions of nonviolence.<sup>16</sup> As individuals operate in their own traditions of nonviolence, they can participate in interfaith dialogues (with food of course) to understand and learn from other faith groups and their approach to peace.

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<sup>14</sup> Maurice Bloch. “Commensality and Poisoning,” *Social Research*, 66, 1, (Spring 1999), pg. 133.

<sup>15</sup> David Little and Scott Appleby. “A Moment of Opportunity? The Promise of Religious Peacebuilding in an Era of Religious and Ethnic Conflict,” in *Religion and Peacebuilding* ed. Harold Coward and Gordon Smith (Albany: State University of New York Press, 2004) pg. 5.

<sup>16</sup> *Ibid.*

### From Table Talk to Global Peace Solutions

This commensality does not need to directly discuss world peace solutions at every dialogue. The exchange of ideas over food influences your approach to your own faith, your approach to politics, and your approach to the diverse world around you. The meal is part of a process of humanizing the different people we interact with on a daily basis. This conversation has far-reaching potential to break down the barriers made in society between people to create avenues for discussions of peace to happen.

When initiating interfaith or intercultural communal meals there are a number of factors that need to be acknowledged. Successful intercultural communication comes from an understanding that communication styles may differ. This does not just apply to language barriers, but extends to nonverbal communication such as touching, eye contact, simple gestures and posture.<sup>17</sup> Furthermore, religious food laws should be acknowledged and respected. The fact that dietary restrictions were taken into account shows that the host has extended respect towards the individual(s). Additionally, many religions have times of the year where they traditionally abstain from food or abstain from certain foods. The two rules I would suggest are:

- 1) **Always ask.** Asking shows that you are willing to respect their tradition and each person's interpretation of their diet.
- 2) **Keep it vegetarian.** Many traditions avoid meat and others have laws around how the animal was killed, what you can eat meat with, and which parts of the

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<sup>17</sup> Pamela Goyan Kittler and Kathryn Sucher. *Food and Culture*, Third edition. (Belmont: Wadsworth/ Thomson Learning, 2001), pgs. 51-57.

animal are edible. It's safer to stick to vegetarian cooking. There are many traditions where partaking in meat is part of the feast and celebrations including holidays, but make sure to ask first if you are worried about serving meat.

# “American” Twists

## Nihari over Grits

Nihari is a spicy traditional Pakistani beef stew, usually served with Naan, a leavened flatbread. As a half-Pakistani, half-Southerner, I decided to try this beef stew over grits since it is similar to grits and grillades, a Cajun dish. This twist on a classic Pakistani dish is inspired by my own background and served to the “Islam in America: Conflict Coexistence, and Community” dialogue group on campus. It is a great warm soup for a cold night.

### Ingredients:

2 ¼ lbs. Beef, in about 5 large chunks  
 Beef bones, for flavor  
 ½ cup oil/ghee  
 ½ cup all-purpose flour  
 1 teaspoon garlic paste  
 ½ teaspoon ginger paste  
 ¼ cup yogurt  
 1 Shan Nihari Curry spice packet  
 10 glasses\* of water, approximately  
 ¾ cup fried onions  
 Garnish:  
 Cilantro  
 Fried onions  
 Chili peppers, chopped  
 Lime  
 Fresh ginger, chopped

\*glasses of water does not equal standard measuring cups of water

### Directions:

1. In a bowl, combine Shan spice packet, yogurt, and meat. Mix well.
2. In a large pot\*, heat oil, ginger paste, and garlic paste. Add the meat mixture and bones. Fry for a few minutes then add 10 glasses of water. To make the dish less spicy, use more water and not all of the spice packet.
3. Cover and cook on simmer/very low heat for 6-8 hours or until meat is very tender. For best results, create pressure by adding weight to lid.
4. Combine flour with about 3 cups of water and slowly add to pot, stirring constantly.
5. Remove the bones and cook on medium/high heat for 15 minutes. Add ¾ cup fried onions, cover, and reduce heat for 20-25 minutes.

\*Can use pressure cooker to reduce cook time.

## Falafel Burgers

Falafel burgers are simply falafel sandwiches modeled to look like mini-hamburgers. This presentation of a Middle Eastern snack food was inspired by the “Islam in America: Conflict, Coexistence, and Community” dialogue on campus and my personal culinary experience in Israel, Palestine, and Jordan. Falafel is a contested snack food in the Middle East, but is loved by most who visit or live there and can be a force for unification in a shared love for these delicious fried beans.<sup>18</sup> These mini-burgers make great appetizers.

### Ingredients:

12 falafel  
 12 mini dinner rolls  
 1 cucumber, thinly sliced  
 4 squat tomatoes, thinly sliced  
 Hummus or babaganoush\*  
 Lemon juice  
 1 yellow onion, diced  
 Salt to taste

\*Foul can also be used

### Directions:

1. Obtain *fresh* falafel. You can buy ready-made falafel from your local Middle Eastern market, buy falafel mix and fry it yourself, or make your own falafel from scratch.
2. Take each dinner roll and cut in half to resemble mini hamburger buns.
3. Use a fork to slightly squish or flatten each falafel and place on the bottom bun.
4. Spread hummus or babaganoush on the top bun and pour about ¼ teaspoon of lemon juice on top. Sprinkle salt if needed.
5. Place a slice or two of cucumbers and tomatoes on each falafel and sprinkle diced onion on top.
6. Finish assembling your mini-burgers and serve while the falafel is still warm!

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<sup>18</sup> If you are interested in the contested history of falafel and hopes for gastrodiplomacy in the Middle East, I’d suggest Falafelism, directed by Ari Cohen.

## Indian Style Macaroni and Cheese

This is a fun, spicy twist on a classic American dish. First cooked for “Interacting Cultures: A Dialogue on Identity in International Environments,” this dish adds to the discussion of what fun flavors immigrants can introduce to a cuisine.

### Ingredients:

16 oz. elbow macaroni, cooked  
¾ stick of unsalted butter  
4 cups cheddar cheese, shredded  
6 cups whole milk  
1 teaspoon paprika  
1 teaspoon salt  
1 ½ teaspoon garam masala  
½ teaspoon curry powder  
½ teaspoon black pepper  
½ teaspoon cayenne pepper  
½ teaspoon turmeric  
2 teaspoons garlic paste  
1 teaspoon ginger paste  
¼ cup flour  
½ cup plain bread crumbs  
½ cup fried onions  
¼ cup asiago cheese, grated

### Directions:

1. Place cooked macaroni in a casserole dish and set aside. In a saucepan, melt butter and add garlic paste and ginger paste. Stir for about a minute.
2. Combine salt, garam masala, curry powder, black pepper, cayenne pepper, and turmeric. Add to butter and stir for about 2 minutes then add flour and mix well.
3. Add milk and whisk until everything is combined and mixture is thick and bubbly. Slowly add cheddar cheese and continue whisking until cheese is melted and combined.
4. Pour over macaroni and lightly stir. Place in oven at 350 degrees and cook uncovered for 20 minutes.
5. While macaroni is baking, combine breadcrumbs, fried onions, asiago cheese, and paprika in a bowl and mix. After 20 minutes in the oven, take macaroni out and sprinkle breadcrumb mixture to top and put back in the oven for 15 minutes.



## Pan Asian Hot Dogs

This twist on hot dogs adds some new, fun and foreign options to an outdoor barbeque. This dish was served to “Interacting Cultures: A Dialogue on Identity in International Environments,” with all of the toppings separate so each individual could add what they wanted to their hot dog. Even across the US, different regions and cities have different definitions of what should go on a hot dog!

### Ingredients:

Hot dogs

Hot dog buns

Cilantro, chopped

Sesame seeds

Lime Juice

Sriracha sauce\*

Ketchup

Relish

Kimchi

Chinese mustard

\*Some people combine mayonnaise with sriracha to get the taste without the spice

3 cups cabbage, finely chopped

½ cup carrots, grated

3 tablespoons rice vinegar

3 teaspoons sugar

4 tablespoons cilantro, chopped

Sesame seeds

3 teaspoons sesame oil

2 tablespoons vegetable oil

1 tablespoon creamy peanut butter

2 green onion, finely chopped

Salt, pinch

1. Whisk rice vinegar, sugar, sesame seeds, sesame oil, vegetable oil, peanut butter and salt together.
2. Combine cabbage, carrots, cilantro, and green onions. Mix well then add oil mixture and set aside.
3. Combine cilantro, sesame seeds, and lime juice and set aside.
4. Grill hot dogs and serve with all of the options available for toppings.

## South Asian Sloppy Joes

This twist on an classic American dish adds some rich color and is great for introducing kids to South Asian flavors.

### Ingredients:

- 2 tablespoons vegetable oil
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste
- ½ serrano chili pepper, seeded and minced
- 1 teaspoon garam masala
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper
- 1 can tomato sauce (15 oz)
- 3 tablespoons vegetable oil
- ¾ cup okra, chopped finely
- 1 ½ teaspoons cumin seeds
- 1 large white onion, finely diced
- 1 red bell pepper, seeded and finely diced
- 1 serrano chile pepper, chopped
- 2 teaspoons salt
- 1 pound ground beef/turkey
- ¼ cup cilantro, chopped
- 4 hamburger buns

### Directions:

1. Heat the vegetable oil in a medium saucepan over medium heat. Add the ginger paste, garlic paste and chile pepper and cook about 1 minute. Add the garam masala, cayenne, and paprika and cook 30 seconds. Add the tomato sauce and 1 cup water, stir and bring to a boil. Reduce the heat to low and simmer, uncovered, 15 minutes.
2. In a large frying pan, put 2 tablespoons of vegetable oil on with cumin seeds for 30 seconds then add okra, onion, bell pepper, and chili pepper for about 5 minutes on medium/high heat.
3. Add salt and meat to the frying pan and brown about 8 minutes, breaking up chunks.
4. Pour prepared sauce onto meat and onion mix and stir until it comes to a boil, then reduce heat to simmer for about 10 minutes.
5. Mix in cilantro directly before serving on buns and enjoy!

## Daal over Pasta

Another combination of South Asian flavor with a twist. Daal is simply lentils, so they are very nutritious and soak up flavors well. This twist is not specific, you can use any type of pasta that may be in your pantry, though I don't suggest spaghetti.

### Ingredients:

1 cup chana daal  
3-6 cups water  
1 tablespoon vegetable oil  
1 ½ teaspoon cumin seeds  
2 cloves garlic, minced  
2 tablespoons grated ginger  
2 chili peppers, diced  
1 small onion, diced  
1 tomato, diced  
1 teaspoon turmeric  
1 teaspoon chili powder  
1 teaspoon salt  
½ teaspoon paprika  
1 tablespoon fennel seeds, roasted  
Sugar, pinch  
½ lemon, juice only  
¼ cup chopped cilantro  
Pasta of choice

### Directions:

1. Bring daal and 3 cups of water to boil. Skim off foam and reduce to simmer. Gradually add an additional 2-3 cups of water as daal cooks.
2. In a sauce pan, sauté cumin seeds in oil for 40 seconds then add garlic, ginger, chili, onions, salt, paprika, and sugar then cook until onions are translucent, about 10 minutes.
3. Add tomato and then wait for water to reduce. Add turmeric and chili powder and stir well.
4. As the daal starts to become a gravy-like consistency, add tomato-onion mixture and stir well. Let this cook for about 5 minutes.
5. Start pasta in separate pot.
6. Add roasted fennel seeds to daal and stir well. Allow to simmer for 5 minutes.
7. Turn off heat then stir in lemon juice and cilantro and serve over pasta!

## Southeast Asian Potato Salad

This dish combines some of the rich, bold flavors found in parts of Southeast Asia with a seemingly 'normal' potato salad.

### Ingredients:

2 lbs. red onions  
2 tablespoons rice vinegar  
2 tablespoons dark sesame oil  
5 teaspoons lemongrass, peeled and minced  
1 ½ tablespoons water  
2 teaspoons fresh ginger, grated  
¾ teaspoon salt  
¼ teaspoon sugar  
1 chili pepper, minced  
1/3 cup green onions, minced  
3 tablespoons fresh cilantro, chopped

1. Cut potatoes into 1 inch cubes and place in saucepan. Fill pan with cold water and bring to boil. Once it boils, reduce heat and let simmer for about 10 minutes or until potatoes are tender.
2. While potatoes simmer, combine rice vinegar, oil, lemongrass, water, ginger, salt, sugar, chili pepper, and green onions and mix well.
3. Drain potatoes then add lemongrass mixture and stir well. Allow to cool and refrigerate 1 hour before serving.
4. Sprinkle cilantro on top before serving.

## Canja Chicken Soup

This Brazilian soup is very similar to the common cold remedy that many Americans grew up with, but adds some new flavors. There are many variations of Canja in the region, just as there are many variations of chicken soup.

### Ingredients:

- 1 whole small chicken
- Salt and pepper to taste
- 2 tablespoons extra-virgin olive oil
- $\frac{3}{4}$  cup diced ham
- 1 medium carrot, cut into small cubes or grated
- 1 medium onion, sliced
- 1 clove garlic, finely chopped
- 2 bay leaves
- $\frac{3}{4}$  cup tomatoes, peeled, seeded, and diced
- 3 quarts water
- 2 bouillon cubes
- 1 cup white rice
- 3 tablespoon Italian parsley, finely chopped
- additional olive oil to taste

### Directions:

1. Thoroughly wash the chicken, and then break it into large pieces. Season the pieces with salt and pepper.
2. In a large saucepan or stockpot, heat the olive oil, then add the carrot, onion, and the garlic, and cook, stirring until the vegetables are softened and the onion is transparent. Add the chicken pieces and cook, stirring frequently until the chicken begins to brown slightly (about 5 minutes).
3. Add the water and bouillon cubes, stir to mix all, then increase heat and bring to a boil. Reduce heat to low, cover the pan or pot and cook for about one hour, or until the chicken is well-cooked and tender.
4. Remove from heat and let cool completely. Remove the chicken from the soup, discard the skin and shred the meat with 2 forks.
5. Reheat the soup, adding the chicken, rice, ham, and tomatoes. Bring to boil then reduce heat to low and cover for about 15-20. Add water if needed.
6. Remove from heat and sprinkle with parsley to serve warm.

### **Basboosa Sauce over Ice Cream**

This sauce is usually served over a semolina cake in the area around Sudan and Saudi Arabia. This recipe contains rosewater which often replaces vanilla in several Arab countries since alcohol was avoided after the spread of Islam. I would suggest serving this warm sweet sauce over vanilla ice cream to mix the flavors.

#### **Ingredients:**

3 cups white sugar\*  
1 cup water  
1 ½ teaspoons rosewater  
2 ½ tablespoons lemon juice  
1 cinnamon stick  
5 cardamom seeds  
Vanilla bean ice cream

\*Can be replaced with honey

#### **Directions:**

1. Mix sugar and water together in a pot on high heat. Stir well.
2. Add rosewater, cinnamon stick and cardamom seeds and stir.
3. After a minute or two, add lemon juice and stir well. Allow to boil 1 minute then remove from heat.
4. Let the mixture cool a bit before serving onto ice cream.

# Addressing Conflict

## Beef Bulgogi

Bulgogi is a common meat dish in Korea. This dish was made initially for the “Close Yet Far: Dialogue between Korean and Japanese Students” at American University. It is prepared in a variety of ways, but is usually marinated and then grilled. Divisions between North and South Korea remain terse, but communing around a table can open up discussions about the complicated nature of politics concerning Korea, and the opportunity for civil society action.

### Ingredients:

- 1 ½ pounds flank steak, thinly sliced
- 2 tablespoons minced garlic
- 2 tablespoons sesame seeds, plus some for garnish
- 2 tablespoons sesame oil
- 3 tablespoons Sriracha sauce
- 1 teaspoon black pepper
- 3 tablespoons white sugar
- 2 green onions, minced
- ½ Asian pear, grated
- ½ cup white onion, grated
- ⅛ cup soy sauce
- 2 teaspoons rice vinegar

### Directions:

1. Whisk together all ingredients except for the meat in a bowl then put meat in and cover.
2. Refrigerate for 1-2 hours.
3. Preheat grill to high heat and lightly oil.
4. Sear each piece of meat on each side 1-2 minutes.



## Spanish Cous- Cous

This dish was originally prepared for a interfaith dinner where 2-3 representatives from each faith group on campus were invited to come network. The dinner was Spanish themed to commemorate the interfaith cooperation and co-existence in Spain prior to 1492. An interesting discussion for this dish would be the history of interfaith relations all around the world.

### Ingredients:

$\frac{3}{4}$  cup jarred, roasted and peeled pimento peppers, drained

$\frac{1}{4}$  cup olive oil

$\frac{1}{4}$  cup balsamic vinegar

1 garlic clove

1 teaspoon smoked paprika

$\frac{1}{2}$  teaspoon sea salt

$\frac{1}{4}$  teaspoon fresh ground pepper

Pinch of sugar

3 cups dry couscous

3 cups water

1 cup roasted, salted almonds, coarsely chopped

1 cup coarsely chopped green Spanish olives\*

$\frac{1}{2}$  cup yellow onion, finely chopped

3 tablespoons chopped fresh parsley

1 teaspoon sea salt

Ground pepper to taste

Olive oil for drizzling

\*Make sure to buy pitted

### Directions:

1. Place first 8 ingredients in a blender to make the dressing. Set aside.

2. Cook couscous in water and fluff with fork then transfer to a big bowl. Add almonds, olives, onion, parsley, salt and pepper and mix well.

3. Add dressing and mix well. Refrigerate at least 1 hour before serving. Drizzle with olive oil and toss before serving.

## Udon Oden Soup

This dish was also served to the “Close Yet Far: Dialogue between Korean and Japanese Students” at American University. It is an easy Japanese dish that is easily served for large groups. Amounts are not specified to allow for flexibility. To accompany this dish, I would suggest discussing the absence of a military for Japan and the implications of this on a world scale and the possibility of non-violent forces as a state.

### Ingredients:

2 packets udon noodles  
3 oden fish cake slices, about 2 cm each  
½ cup mung beans  
1 big bag bean sprouts, separated in half  
3 baby Chinese cabbage, whole but separated  
Vegetable broth (amount depends on pot used)  
Sriracha to taste

### Directions:

1. Throw the udon, oden, mung beans, and bean sprouts into a tall pot. Then add the cabbage on top. Add enough vegetable broth to fill pot, but allow cabbage to only be partially covered. \*
2. Bring pot to a boil and let boil for 10-15 minutes.
3. Serve warm with fresh bean sprouts added.

\*If you run out of vegetable broth, I suggest you add water and a bit of mushroom soy sauce to flavor.

## Gulab Jamen

This is a traditional feast dessert served in South Asia for weddings and celebrations. To accompany this dish, I would suggest a look into the history of South Asia since British occupation including a look at Kashmir. The narratives of Kashmir shed light on different areas of the conflict. Communally eating Gulab Jamen adds sweetness to the discussion where a narrative of hope can be cultivated.

### Ingredients:

#### Balls

1 cup dry milk powder  
 3 tablespoons all-purpose flour\*  
 2 ½ tablespoons of ghee/butter, melted  
 ½ teaspoon baking powder  
 ½ teaspoon ground cardamom  
 ½ cup warm milk  
 1 quart vegetable oil  
 Chopped pistachios (optional)

#### Syrup

1 ¼ cup white sugar  
 7 fl. oz. water (almost 1 cup)  
 1 ½ teaspoon rose water  
 ½ teaspoon cardamom  
 1 pinch saffron

\*Do not try to substitute whole-wheat flour

### Directions:

1. Combine milk powder, flour, ghee/butter, baking powder, and cardamom. Slowly mix in warm milk.
2. Knead the dough and hand- form into about 20 small balls. Cover with damp towel and set aside for about 10 minutes.
3. In a pot on the side, combine syrup ingredients and bring to boil. Reduce to simmer for 2 minutes.
4. In large frying pan, add oil and heat on medium heat for 8 minutes then reduce to low and fry balls until light golden brown. Place on paper towels and pat dry. Let cool.
5. Add balls to syrup and let simmer for 5 minutes then turn heat off and let soak until serving.
6. Serve hot or cold with chopped pistachios on top.

## Rice Pudding

This rice pudding recipe was served to the interfaith dinner at American University as dessert, but rice pudding is a very universal dish. Many cultures and areas have rice as a part of their diet, so rice pudding is a natural dish. For a discussion, you could talk about the universal nature of conflicts. From this, you can attempt to define conflict by what you see global conflicts have in common. Or just enjoy rice pudding as a dessert!

### Ingredients:

4 cups milk  
3 cups white rice  
1 cup sugar  
1 stick unsalted butter  
Peel of half a lemon  
1 cinnamon stick  
3 teaspoons ground cinnamon  
4 teaspoons ground cardamom

### Directions:

1. Pour approximately 3 cups of water in a large pot and bring to a boil. When it begins to boil, add the rice. Reduce heat a bit and simmer for about 10 minutes. Turn off burner and allow rice to sit in pot of water off to the side.
2. Pour milk into another large pot and add sugar. Turn burner on low to medium heat. Stir until sugar is completely dissolved. Bring milk to a boil over medium heat, being careful that it does not boil over. This may take a while. While you are waiting for the milk to boil, drain the water from the rice.
3. Once the milk boils, add drained rice, butter, cinnamon stick and lemon peel.
4. Allow to gently boil for about 15-20 minutes, until rice is soft. Remove cinnamon stick and lemon peel.
5. Remove from heat and sprinkle with ground cinnamon and cardamom. Allow to cool for 15 minutes before serving because the mixture retains the heat. Can be served warm or refrigerated.

## Palak Paneer

Palak Paneer is a common dish in Pakistan and Northern India. It is not a celebration food, but an every-day type dish. With this vegetarian dish, I would suggest discussing how conflict, such as the conflict over the Kashmir region, can have an effect on every-day life. Beyond politics, there are individuals and families on the ground who are impacted not just by direct violence, but the small things that people often depend on the government to take care of and address. While eating palak paneer, reflect on the everyday issues that come with living in a conflict zone.

### Ingredients:

1 teaspoon turmeric  
1 teaspoon cayenne  
Kosher salt  
2 teaspoons vegetable oil  
12 oz. paneer, cubed

16 oz. chopped spinach, thawed  
1 yellow onion, chopped  
1 tablespoon ginger paste  
4 tablespoon garlic paste  
1 large Serrano pepper, chopped finely  
1 teaspoon garam masala  
2 teaspoons ground coriander  
1 ½ teaspoons cumin  
½ cup plain yogurt

### Directions:

1. In skillet, lightly fry paneer in the vegetable oil, salt, cayenne pepper, and turmeric for 5 minutes.
2. In a different frying pan, add 1 teaspoon vegetable oil, onion, ginger, garlic, and chile. Saute the mixture for about 15 minutes or until toffee-colored. If the mixture seems dry, add water.
3. Add garam masala, coriander, and cumin and cook for 5 minutes.
4. Add spinach and stir well. Cook for another 7 minutes then turn off heat.
5. Add yogurt a little bit at a time and mix really well. When the yogurt is fully incorporated, add paneer and turn heat back on until everything is warmed through.
6. Serve warm.

## Groundnut Stew

Socio-economic conflicts disguised as religious conflicts also arise with changes in migration. This is true in Nigeria as the class divisions are seen as Christian and Muslim conflicts. However, organizations working in the area are hoping to turn this around and use interfaith dialogue to ease the often violent tensions between class struggles in the Plateau state. As you gather around this stew, discuss whether or not this model has the potential to resolve the conflict and if this model could be applied to other seemingly religious conflicts.

### Ingredients:

2 tablespoons groundnut oil or peanut oil  
 1 red onion, chopped  
 2 cloves garlic, minced  
 2 tablespoons ginger paste  
 1 pound chicken or goat\*, cut into chunks, with bones  
 2 tablespoons crushed red pepper  
 5 cups chicken stock  
 4 small sweet potatoes, cut into chunks  
 1 can chopped tomatoes, with liquid  
 ¼ pound collard greens or morning glory, roughly chopped  
 1 cup chunky peanut butter  
 Salt and pepper to taste

\*goat is often replaced by lamb in the US

### Directions:

1. In a large pot, heat the onion, garlic, and ginger in oil until softened. Add meat chunks and cook until slightly browned and then season with red pepper, salt, and pepper.
2. Pour in chicken stock and add the potatoes. Bring to boil then reduce heat to low and cover. Let simmer for about 15 minutes.
3. Stir in the tomatoes, greens, and peanut butter and stir well. Partially cover the pot and stir occasionally for another 20 minutes.
4. Serve hot.

### 3 Teas

Tea can be found all over the world. Drinking tea together builds relationships. In the book *Three Cups of Tea*, Greg Mortenson was told “The first time you share tea with a Balti, you are a stranger. The second time you take tea, you are an honored guest. The third time you share a cup of tea, you become family, and for our family, we are prepared to do anything, even die.” This building of relationship is key in breaking down barriers between individuals. Here are three types of tea for a nice afternoon chat.

#### Sudanese Cinnamon Tea

##### **Ingredients:**

4 cups boiling water  
4 english tea bags (or 4 teaspoons loose)  
4 cinnamon sticks  
4+ lumps of sugar

##### **Directions:**

1. Place tea in water and brew for several minutes.
2. Place a cinnamon stick and lump of sugar in each cup.
3. Pour tea into each cup and stir using cinnamon stick.

#### Mongolian Salt Tea

##### **Ingredients:**

2 cups boiling water  
2 cups milk  
Loose black tea leaves  
Salt

##### **Directions:**

1. Add loose tea to boiling water and let steep desired length.
2. Add milk. To traditionally stir, lift mixture with ladle and pour back into pot to create frothy texture. To save time, whisk together.
3. When the mixture has come to boil again, add salt to taste. If you cannot taste the salt, it is too little. Add only a little at a time to avoid it becoming too salty.

#### Masala Chai

##### **Ingredients:**

2 cups water  
2 cups milk  
5 cardamom pods, smashed  
3 slices fresh ginger  
2 cinnamon sticks  
1 piece star anise  
3 teaspoons loose black tea  
Sugar

##### **Directions:**

1. Combine water, cardamom, ginger, anise and cinnamon in a pot and bring to a boil then reduce to simmer.
2. Add milk and tea and simmer for 2 minutes then turn off heat and let steep.
3. Pour into cups and add sugar to taste.

## Malidzano and Babaganoush

Both Malidzano and Babaganoush are eggplant dips from Macedonia and the Levant respectively. Both of these areas are areas of conflict where interreligious dialogue could potentially be useful. In Macedonia, ethnic tensions are often connected to the Orthodox identity of the Macedonians and the Muslim identity of the Albanians. In the Levant, identities with different Abrahamic religions often have political affiliations and political repercussions. While munching on these dips, discuss the relationship of your respective religious identities with your respective ethnic identities.

### Malidzano

#### **Ingredients:**

3 eggplants  
2 tablespoons olive oil  
4 tablespoons minced garlic  
1 ¼ crumbled feta cheese  
½ cup ground walnuts  
2 teaspoons paprika  
Salt and pepper to taste

#### **Directions:**

1. Poke eggplants with a knife and brush with olive oil and place them in an oven at 400 degrees. Cook until skins are brown and the insides as soft (about 30 minutes). Remove from the oven, cool slightly, peel, and cut into chunks. Set aside in a mesh bowl to drain off some of the liquid.
2. Place eggplant chunks in food processor with other ingredients and process til thick. Transfer to a bowl and season with salt and pepper. Serve with pita chips.

### Babaganoush

#### **Ingredients:**

2 eggplants  
¼ tahini  
¼ lemon juice  
3 tablespoons minced garlic  
¼ teaspoon ground cumin  
½ teaspoon kosher salt  
2 tablespoons olive oil, separated  
¼ cup chopped parsley

#### **Directions:**

1. Pierce eggplants with fork then place them on aluminum foil on a cookie sheet. Then place eggplants in oven and broil for about 2 minutes on each side or until the skin darkens and smells smoky.
2. Turn broiler off and change to oven at 375 degrees and roast eggplants for 30 minutes. Remove from oven and let cool for 20 minutes.
3. While eggplant cooks, combine tahini, lemon juice, garlic, cumin, and salt in bowl and mix together. Cover and set aside.



4. When eggplants are cool, slit and drain the excess liquid. Scrape out flesh and add to tahini mixture.
5. While mashing eggplant with a fork into the tahini mixture, slowly add 1 tablespoon olive oil.
6. To serve, let cool and add chopped parsley as garnish. Drizzle with the extra tablespoon of olive oil. Serve with pita chips.

## Vibibi

Vibibi is a coconut rice pancake made in Eastern Africa. This breakfast food is most popular in Kenya, Tanzania, and southern Somalia but variations of it are made across the region. Countries are modern creations that do not necessarily reflect cultural, racial, ethnic or religious cohesion. In Eastern Africa, this issue is increasingly apparent in world news. While dining on Vibibi, discuss possible solutions for multi-ethnic states and intra-country conflicts.

### Ingredients:

1 tablespoon yeast  
½ cup warm water  
2 cups rice flour  
1 ½ cups coconut milk  
¼ teaspoon cardamom  
1 cup sugar  
¼ cup oil  
¼ teaspoon cinnamon

### Directions:

1. Combine yeast, warm water and a pinch of sugar in a bowl and set aside until it foams.
2. Whisk rice flour and coconut milk. Then add yeast mixture, cinnamon and cardamom and mix.
3. Cover with a warm, damp rag and set aside for a few hours to rise.
4. When dough has doubled in size, mix in sugar. Then set aside again for an hour.
5. Heat up a frying pan and spread a drop of oil.
6. Pour a fourth cup of batter into the pan to form a pancake. When golden brown on the bottom, flip it over. Do this until the batter runs out.

## Khachapuri

Khachapuri is a traditional Georgian dish served a variety of different ways around the country. Georgians peculiar geographic location has given it's cuisine a number of different influences from the Middle East and Eastern Europe. This recipe speaks to the Ossetian style of Khachapuri with the addition of potatoes. The Ossetian region has been contested between Georgia and Russia and still causes ethno-political tensions today.

### Ingredients:

1 tsp. active dry yeast  
 ¼ tsp. sugar  
 1 tbsp. olive oil, plus more for greasing  
 1 ¼ cups flour, plus more for dusting  
 1 tsp. kosher salt  
 2 ¼ cups shredded Muenster cheese (14 oz.)  
 1 potato, cooked, diced  
 ⅔ cup warm water  
 1 cup crumbled feta cheese (6 oz.)  
 2 eggs  
 4 tbsp. unsalted butter, cubed  
 1 teaspoon paprika

### Directions:

1. Combine yeast, sugar, warm water in a bowl; let stand until foamy, about 10 minutes.
2. Add oil, flour, and salt; mix with a wooden spoon until a soft dough forms.
3. Transfer to a lightly floured surface and knead until smooth about 4 minutes.
4. Transfer to a lightly greased bowl and cover loosely with plastic wrap; set in a warm place until it doubles in size (about 45 minutes).
5. Place a pizza stone on a rack in lower third of oven. Heat oven to 500° for 1 hour.
6. Combine cheeses and potato in a bowl; set aside.
7. Punch down dough and divide in half. On a piece of lightly floured parchment paper, roll half of dough into a 10" circle about ⅛" thick. Spread a quarter of the cheese-potato mixture over dough, leaving a ½" border. On one side of the circle, tightly roll dough about a third of the way toward the center. Repeat on the opposite end. There should be a 2"-3" space between the two rolls. Pinch the open ends of the rolls together and twist to seal, making a boat shape (see picture) place another quarter of the cheese-potato mixture in the middle; repeat with remaining dough and cheese.
8. Transfer boats on paper to stone; bake until golden brown, 14-16 minutes.
9. Crack 1 egg into the center of each boat. Return to oven until egg white is slightly set, 3-4 minutes. Place 2 tbsp. butter on each bread, sprinkle with paprika; serve hot.

## Pabellon Criollo

There are four main components to this dish: The meat, the rice, the beans, and the plantains. This traditional Venezuelan dish brings our attention to the recent turmoil in Venezuela and the question of the role of youth in inner-country conflict.

### Ingredients:

#### Carne Mechada

2 pounds flank steak, cut in large chunks  
8-10 cups water  
Salt  
2 stalks green onion  
1 spearleaf  
2 sprigs of parsley  
2 stalks celery, cut into 4 chunks  
2 white onions  
2 bell peppers  
3 Ajis peppers, chopped.  
Vegetable oil  
2 tablespoons soy sauce  
1 can tomato paste  
2 sprigs cilantro

#### Tajadas

1 ripe, yellow plantain  
1 cup vegetable oil (for frying)  
Paper towels  
 $\frac{1}{8}$  cup brown sugar

#### Caraotas Negras

1 cup raw black beans, soaked overnight in ~5 cups of water  
 $\frac{1}{2}$  red bell pepper  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  white onion  
1 sweet Aji pepper  
Vegetable oil  
 $\frac{1}{2}$  teaspoon cumin  
Head of garlic

#### Arroz Blanco

1 cup white rice  
2 cups water  
 $\frac{1}{2}$  teaspoon of salt  
1 teaspoon oil  
1 garlic clove, minced  
 $\frac{1}{2}$  white onion, diced  
 $\frac{1}{8}$  red bell pepper, stripped  
 $\frac{1}{8}$  green bell pepper, stripped

Directions:

1. Put the meat, water, salt, green onion, spearleaf, parsley, celery, ½ of 1 onion, and ½ of 1 bell pepper into a pot and bring to a boil. Then reduce heat and cover securely. Cook on low for 4 hours or until meat is soft.
2. Place meat on a baking sheet to allow cooling then shredding it using 2 forks.
3. Place rest of the onion and bell peppers in a large frying pan and sauté in oil for 5 minutes. Then add shredded meat and cook another 5 minutes.
4. Add tomato paste, cilantro, soy sauce and peppers. Cook on low heat for 15 minutes with ¼ cup of the broth from before. When liquid is reduced, set aside.
5. Add black beans and bell pepper to a pot on medium heat until they soften. Add salt.
6. In a frying pan, sauté garlic, onion, and peppers for 5 minutes then add cumin, stir, and add to beans.
7. Reduce heat of beans, and let them cook for about 10 minutes until liquid is reduced then set aside.
8. In a saucepan, stir-fry the rice, salt, garlic, onion and bell peppers in oil. As the rice browns, add water and bring to a boil. Cook until all water has evaporated. Set aside.
9. Peel plantain and cut in half so the plantain is 'shorter' then slice into 4 slices each. So now the plantain is in 8 pieces.
10. Place plantains in a frying pan with oil and fry about 2 minutes per side. Remove from oil and pat dry with paper towels. Sprinkle brown sugar on afterwards for a bit of sweet.
11. Serve with all four components of the meal on one plate.

### Sudanese Tzadziki

Though religion is not the sole or even principle source of division between the North and South [Sudan], religion has nevertheless been used to perpetuate the war.<sup>19</sup> This has caused a lot of distrust between the Muslims in the North and the Christians and Animists in the South. With this dip, try to discuss how religious affiliation can often be misappropriated on the political spectrum and conversely, how politics can be appropriated, or misappropriated, in religious contexts.

#### Ingredients:

$\frac{2}{3}$  cup tahini

$\frac{3}{4}$  cup plain nonfat yogurt

3 cloves minced garlic

Juice of 2 lemons

1 tablespoon fresh parsley, chopped

1 tablespoon fresh dill, chopped

1 cucumber, peeled and diced

Salt and pepper to taste

1. Mix together tahini, garlic, salt and pepper. Slowly add yogurt and lemon juice, mixing well.
2. Mix the dill and cucumbers in then refrigerate for 1 hour before serving. Garnish with parsley.

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<sup>19</sup> Emmanuel Lo Willa. "Intrafaith and Interfaith Dialogue in Southern Sudan," in Religion and Spirituality: Religious Contributions to Peacemaking, ed. David Smock. (New York: Nova Science Publishers, 2010), pg. 29.

# Topical Discussions

### **Spinach Artichoke Pesto Pizza**

This pizza was first prepared for the “Race and Privilege: Revealing our privileges through a racial perspective” dialogue on campus. It was served next to a frozen pizza from the local 24 hour drug store to discuss the dietary differences that arise with economic class. The ingredients for the pesto pizza were purchased at a specialty grocery store and made with organic products. With this pizza, discuss economic differences and its relationship to diet and food desserts.

#### **Ingredients:**

16 oz. pizza dough  
½ cup pesto  
1 ½ cup fresh spinach, chopped\*  
1 cup artichoke hearts, drained and chopped  
1 cup mozzarella cheese, shredded  
½ cup asiago cheese, shredded  
½ cup parmesan-reggiano, shredded  
4 tablespoons crushed red pepper

\*Mix in some chopped kale for flavor

#### **Directions:**

1. Preheat the oven to 450 degrees F.
2. Place the pizza dough on a lightly floured surface. Using a rolling pin, roll the dough out into a circle. Carefully move the pizza dough to a pizza pan or pizza stone or thick cookie sheet. Spread the pizza evenly with pesto. Top with spinach, artichokes, cheeses and sprinkle with the red pepper.
3. Place the pizza in the hot oven and bake for 18-20 minutes or until pizza crust is golden and cheese is melted. Remove the pizza from the oven and let the pizza cool for a few minute. Cut into slices and serve.



### **Chocolate Covered Strawberries**

This dessert was served for a discussion on interfaith dating and relationships to discuss different definitions of love and cultural and religious approaches to romantic relationships. Discuss these topics and displays of affection through culture such as Valentines Day.

#### **Ingredients:**

9 strawberries

½ cup dark chocolate

½ cup milk chocolate

¼ cup white chocolate

Vegetable oil

5 oreos, crushed

Pistachios, chopped

#### **Directions:**

1. Melt dark chocolate and milk chocolate as directed in different bowls and add vegetable oil to each.
2. Wash strawberries and pat dry with paper towels.
3. Individually dip strawberries in either dark chocolate or milk chocolate.
4. If covering in oreos or pistachios, do this while chocolate is still warm. If drizzling with white chocolate, wait for chocolate to cool then melt white chocolate and drizzle with a spatula.

### **Dragon Fruit Salad**

This dragon fruit salad was paired with the Honey Sesame Chicken for dragon and phoenix symbolism at Chinese weddings. This was served at a discussion of love in different cultures on campus. Discuss the notion that 'opposites attract' and how this plays into interfaith or intercultural relationships.

#### **Ingredients:**

2 dragon fruit

1 large mango

Fresh mint, chopped

1 tablespoon honey

1 ½ tablespoon lime juice

#### **Directions:**

1. Cut dragon fruit in half and take out meat and cube. Peel mango and cube. Put cubes back in dragon fruit skin for aesthetic purposes or a bowl.
2. Mix honey and lime juice together and pour on top.
3. Garnish with chopped mint leaves.

## Honey Sesame Chicken

This dish was paired with the Dragon Fruit salad to represent the role of males (dragons) and females (phoenix) in a marriage. Chicken represents the phoenix and is often served at weddings. While eating this dish, reflect on the different traditions and stories about weddings in each person's experience.

### Ingredients:

4 chicken breasts  
1 teaspoon garlic  
3 eggs  
 $\frac{3}{4}$  cup honey  
 $\frac{1}{4}$  cup ketchup  
 $\frac{3}{4}$  cup soy sauce  
3 tablespoons Sriracha  
 $\frac{1}{2}$  cup brown sugar  
1 cup cornstarch  
 $\frac{1}{4}$  cup sesame seeds  
Salt and pepper to taste  
 $\frac{1}{4}$  cup canola oil  
 $\frac{1}{2}$  cup rice wine vinegar  
1 teaspoon sesame oil

### Directions:

1. Preheat oven to 325 degrees. Cut chicken breasts into bite-sized pieces and season with salt and pepper.
2. In separate bowls, place cornstarch and slightly beaten eggs. Dip chicken into cornstarch then coat in egg mixture.
3. Heat canola oil in a large skillet over medium-high heat and cook chicken until browned. Place the chicken in a 9 x 13 greased baking dish.
4. In a medium sized mixing bowl, combine honey, soy sauce, ketchup, brown sugar, rice wine vinegar, sesame oil, sriracha sauce, minced garlic, and 1 tablespoon cornstarch. Pour over chicken and bake for 45 minutes or until chicken is cooked through. Stir occasionally.
5. Sprinkle extra sesame seeds on top when out of the oven. Often served with rice.

## Jujube and Pomegranate Tart

This tart would best be served at an interfaith women's discussion on fertility. Different cultures and faiths have attempted to come up with foods that represent or increase fertility. Jujube is a Chinese date symbolizing fertility in many parts of East Asia and pomegranate seeds are a symbol of fertility in Abrahamic traditions.

### Ingredients:

#### Tart

650g flour  
400 g butter  
200g sugar  
1 egg  
65 ml water

#### Crème

500 ml milk  
200g sugar  
5 egg yolks  
40g flour  
Rosewater, as little as possible, just a hint of flavor

#### Fruit topping

2 cups pomegranate seeds  
12-15 jujube berries, cut in half  
Apricot jam to glaze  
Fresh mint leaves, chopped

### Directions:

1. Cream the butter and sugar in a mixer. Mix together the eggs and water. Gradually add the beaten eggs and water.
2. Add flour and beat in.
3. Dust your work surface with flour and knead the pastry lightly dusting with extra flour.
4. Roll it out with a rolling pin to a thickness of 5mm.
5. Neatly cover the bottom of the tart dish. This pastry is rich in butter and you will not need to grease the tart dish.
6. Bring the milk to a boil, add the rosewater and in the meantime whisk the egg yolks with the sugar until light and thick.
7. Stir in the sifted flour and keep whisking over medium heat to ensure that you do not have any lumps. Continue to cook until you see the first sign of a boil. Remove from heat and keep stirring. If you have lumps, pass it through a sieve.
8. To assemble, pour the creme patissiere while it is still warm into the cooled down tart crust.
9. Leave for a couple of minutes and while it is still warm arrange the pomegranates and jujube over the top.
10. Glaze with warm apricot jam using a soft brush or use a tart glaze and follow the instructions.
11. Sprinkle mint leaves on top and serve cold.

## Mardi Gras Pancakes

Mardi Gras is translated as “Fat Tuesday” and is often a French-culture celebration of the day before Ash Wednesday, the start of Lent. This is often celebrated with a King Cake. Beyond French-culture, “Shrove Tuesday” is the celebration of Fat Tuesday in which pancakes are traditionally served. For an ecumenical discussion, these pancakes bridge the gap and provide for a colorful celebration before the fast.

### Ingredients:

2 cups all-purpose flour  
2 tablespoons sugar  
4 teaspoons baking powder  
½ teaspoon salt  
2 eggs, beaten  
2 cups milk  
½ teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
1 teaspoon lemon zest  
Red, blue, green and yellow food dye  
4 tablespoons butter  
2 cups powdered sugar (for icing)  
6 teaspoons lemon juice (for icing)  
2 to 4 tablespoons water (for icing)  
green, yellow and/or purple sugar crystals for topping (optional)

### Directions:

1. Combine flour, sugar, baking powder, salt, eggs, milk, nutmeg, cinnamon, and lemon zest in a bowl then distribute between 2 other bowls. You should have 3 different bowls with equal amount of batter.
2. In one bowl, add a couple drops of red and blue food dye to make purple and mix well. In one bowl, add a couple drops of green and mix well. And in the last bowl, add a couple drops of yellow and mix well.
3. In a skillet or griddle, grease with butter and make pancakes with a little less of ¼ cup batter each.
4. Stack with alternating colors.
5. Make the icing: In a medium bowl, whisk together powdered sugar, lemon juice and water, adding more water as necessary to reach desired consistency thick syrup). Pour icing on top of each stack of pancakes and sprinkle with colored sugar crystals, if desired.

## Sweet Potato Latkas

Latkas are traditionally used to celebrate Channukah for Jews, but this twist on the traditional latkas makes this dish more relatable to people around the world. As Jews have traveled across the world during the Diaspora, their dietary restrictions have stayed the same (for the most part), but their dietary preferences have expanded. While dining on these sweet potato pancakes, discuss what this expansion might mean for Jewish culinary practice in the future.

### Ingredients:

3 sweet potatoes

1 ½ onions

3 large carrots

3 cups flour

3 eggs

Lots of oil

### Directions:

1. Grate sweet potatoes, onions, and carrots into a large bowl.
2. Add flour and eggs and mix with your hands. Form pancakes out of batter.\*
3. Heat oil in a skillet and fry latkas for about 7 minutes per side. Since Channukah celebrates the oil miracle, do not feel guilty for using a lot of oil.
4. Pat dry and serve!

\*Adjust flour as needed for batter.

## Thanksgiving Turkey

Thanksgiving is a great holiday in the US to bring together people of different faiths and backgrounds around one table to discuss what each person is thankful for this year. Giving thanks is a shared value across many faiths and cultures. Here's a turkey to get you started.

### Ingredients:

10-12 lbs. turkey, giblets removed

$\frac{3}{4}$  cup zaatar

$\frac{1}{4}$  cup sumac

3 tablespoons cumin

1 teaspoon ground cinnamon

1 teaspoon ground cloves

3 sprigs of rosemary

4 cloves garlic, minced

2 cloves garlic, whole

3 large carrots, 1" chunks

1 pound red potatoes, 1" chunks

3 stalks celery, 1" chunks

2 bell peppers, sliced

Olive oil

1. Wash turkey then pat dry with paper towels. Mix zaatar, sumac, cumin, cinnamon, and cloves in a bowl and rub  $\frac{2}{3}$  of it in the inside of the turkey with your hands.
2. Mix the minced garlic and 3 tablespoons of olive oil and rub  $\frac{1}{2}$  of it on the inside of the turkey with your hands.
3. Combine the rest of the spice mixture with the minced garlic and oil. Rub all of it on the outside of the turkey. Try to rub underneath the skin when possible.
4. Wrap the ends of the turkey legs with aluminum foil and place in roasting pan. Stuff the turkey with the rosemary, whole garlic cloves, carrot chunks, red potato chunks, celery chunks, and bell peppers.
5. Preheat the oven to 325 degrees. Place turkey in oven and cook for about 3- 3  $\frac{1}{2}$  hours, or until thermometer pops up.
6. Let the turkey rest for 30 minutes to cool down after cooking. Remove the vegetable stuffing and check that it is cooked through.

### The Challenge

I challenge you to put these recipes to the test and cultivate meaningful conversations- and even meaningful relationships- over food. Several of these recipes were put to the test at various dialogues between college students on campus. This may not seem like a diverse environment, but the feedback was universal. The students were asked to reflect on how the food added to the group dynamics of the dialogue. Many participants of the cross-cultural and interfaith discussions responded that food aided the dialogue by making it more relaxed and that the food acted as a catalyst for discussion. I challenge you to create spaces and food for dialogues with this book. Set up these small discussions that break down the barriers between people for real change towards peace to happen. Any communal setting of diverse people is one step closer to peace. Eating together can unite people as human beings and provide space for spiritual growth.

The quotes below are from student responses about their experience of a meal during their dialogue.

“It helped me recognize even more that people are people”

“Food is relevant and necessary to all cultures and repigions- connects us as human”

“It made them seem more human and kind of forced us to talk more than I would usually”

“It makes it a closer experience in that it made it feel more like a family environment and more casual.”

“Full bellies and warm hearts make for good conversation”

“I had a spiritual experience eating challah by the Western Wall as the Jews celebrated Shabbat”

“I know more about these people I sat and ate with and that I could talk to them more at other times in the future.”

“Despite our different religions (or non-religious) and cultural backgrounds we had some similarities and had an interesting conversation”

“Food makes me happy and more willing to talk to people”

“It made you feel like you knew these people for forever”



“Food is a common human experience that creates a sense of community and stimulates conversation”

“Eating puts people in a good mood and dissolves barriers”

“Eating is very primal and something that makes people connect as human beings. Eating subconsciously reminds us that we are weak and that we need sustenance and each other.”

“When people have nourishment, they have their basic needs met, and they can relax and let down their guard and open up. When people have food they can be generous and forgiving and open-minded.”

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