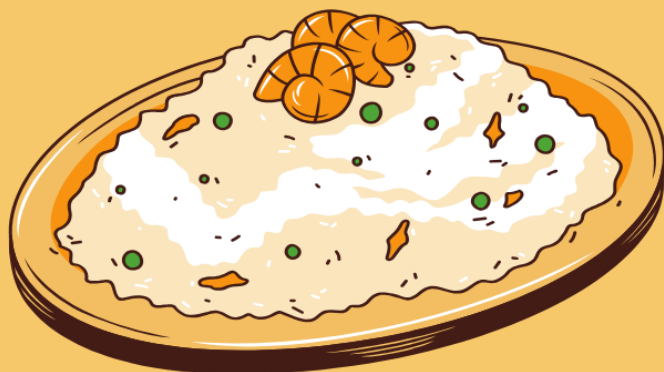
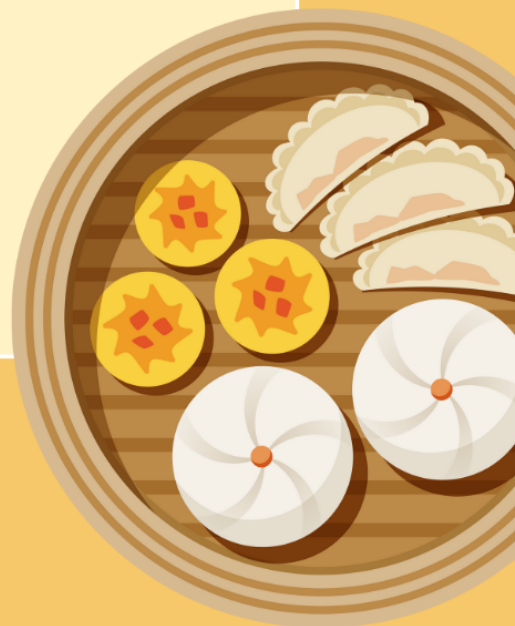


AA.NH/PI

COMMUNITY COOKBOOK



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This cookbook was created in 2023 and features dishes from Asian American, Native Hawaiian, and Pacific Islander communities (AA.NH/PI), which includes Desi Americans, Southeast Asians, and more. Food plays an important role as an expression of cultural identity and family history. We hope this cookbook serves as a way for everyone to celebrate with their AA.NH/PI friends and neighbors.

The cookbook is a collaborative project between Colorado community members, Denver Public Library (DPL) Special Collections and Archives, and the DPL Staff AA.NH/PI group. Contributors to the development of this cookbook project include Ang Sherpa, Kyra Hahn, Liana Kiddy-Gan, Su Sheehan, and Tiff Vu, with additional guidance from Jamie Seemiller and Madison Hosack.

We would like to sincerely thank all of our community contributors who shared their recipes, photos, and family stories with us. Thanks to you we have this wonderful cookbook to share with the everyone.

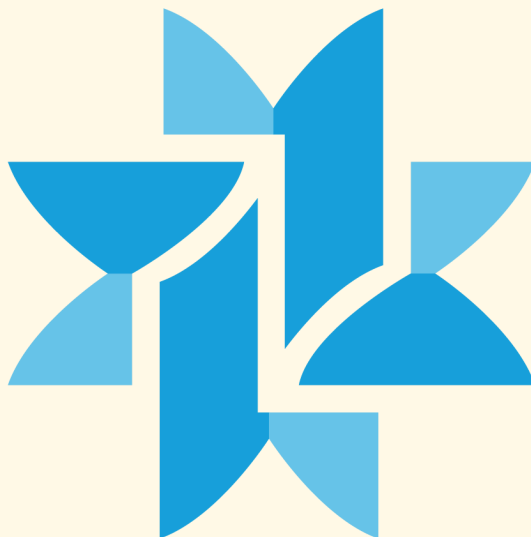


Table of Contents

Appetizers

Lo Bak Go (Cantonese Turnip Cake)	4
Shoyu Chicken	6
Vietnamese Grilled Pork Skewers	8

Mains

Phở	10
Meatball Canh	11
Pomegranate Paratha	14
In-a-Rut Ramen	16
Tallarín Saltado de Pollo	18

Sides

Raato Daal (Red Lentil Soup)	21
Pork & Ginger Potstickers	22
Chicken & Cabbage Dumplings	24
Cucumber Kimchi	26
Lumpia Shanghai	28
Spam Musubi	30

Sauces

Nước Chấm	32
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Desserts

Haupia	35
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Appetizers

Lo Bak Go

Cantonese Turnip Cake by Joanne Liu

1 daikon radish (grated)
3-5 shiitake mushrooms
(washed, soaked until soft,
and chopped)
1 Tbsp dried shrimp
(washed, soaked for 15 min,
and chopped)
3 Chinese sausage (diced)
oil
salt
rice flour
soy sauce
white pepper
five spice
1.5 cups of chicken broth



My mother would make lo bak go every Lunar New Year. In 2021, I started a new tradition of making it myself for my children during Lunar New Year. This is my mother's recipe.

Lo Bak Go

Cantonese Turnip Cake by Joanne Liu

1. Grate the daikon (use the largest size grater plate on the box grater and shred it like cheese). Set aside.
2. Stir fry the filling ingredients (mushroom, Chinese sausage, dried shrimp) with oil.
3. Add soy sauce and stir fry for about 15 min.
4. Take out the filling ingredients from the wok and set aside.
5. Stir fry shredded daikon with oil. Add salt, a pinch of five spice, and 1 Tbsp of soy sauce.
6. Add back the filling ingredients that you had set aside earlier and a ½ tsp of white pepper. Stir fry some more.
7. Take everything out and squeeze/drain out extra water (Don't rinse the wok. You want to retain the flavors.)
8. Add chicken broth to about ½ pack of rice flour into a mixing bowl. Mix well and get out any lumps.
9. Add this rice flour mixture to the wok slowly. Stir around. It will get clumpy.
10. Add more water/chicken broth. It will look like mashed potatoes.
11. Add filling/shredded daikon mixture back into the rice flour mixture.
12. Mix and stir well to get out any rice flour clumps. Add a little more water as needed.
13. Pour everything into a cake pan. Steam for 45 minutes
14. Once it's done, let it sit in the fridge so it will hold together well.
15. When you're ready to eat, cut the cake into smaller pieces and fry them to your liking.

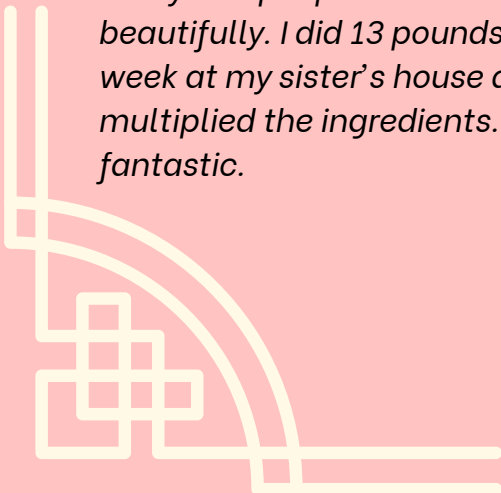
Shoyu Chicken

by Jan Adamczyk



This was a very popular dish in Hawaii where I grew up. So ubiquitous that for Girl Scout Camp on Maui when we hiked through Haleakala and camped, we made Shoyu Chicken to take as our first night meal.

I make this dish for parties, BBQs, and have been doing it as wings as an appetizer lately and people love it. It also sizes up beautifully. I did 13 pounds of chicken last week at my sister's house and just multiplied the ingredients. Came out fantastic.



Shoyu Chicken

by Jan Adamczyk

2 ½ lbs bone-in, skin-on, chicken thighs (can use any chicken really, works great with wings too!)

1 cup soy sauce (reduced sodium works too)

½ cup brown sugar or honey

2 cloves crushed garlic

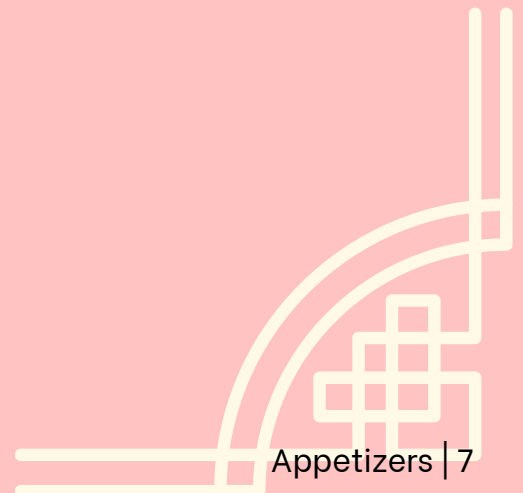
1 tsp Chinese five spice powder

2 Tbsp fresh ginger, finely chopped

¼ cup dry sherry (or dry red wine)

3-4 green onions chopped, plus some for garnish
sesame seeds, optional for garnish
corn starch, to thicken the sauce

1. Combine everything except chicken in a pot large enough to hold chicken. Heat over medium heat until sugar has dissolved.
2. Add chicken. If chicken isn't just covered by liquid, add a little water to cover. Simmer until chicken is tender and cooked through, 20-30 minutes depending on size of chicken pieces.
3. Remove chicken from pot and keep warm. If you feel like there is a lot of fat, you can strain that off using your favorite method and return the sauce to the pan.
4. Reduce sauce over medium/medium low heat until thickened. If you like a thicker sauce, add a couple of teaspoons of corn starch to some water and add to sauce and simmer until sauce thickens more.
5. Toss chicken back in the sauce and cover with sauce. Remove to a plate, top with green onion and sesame seeds if desired.
*This can also be made ahead: chill the chicken and reduced sauce separately, then when ready to eat, grill or broil chicken till heated through, basting with sauce as it reheats.



Vietnamese Grilled Pork Skewers

by Trinh Vu



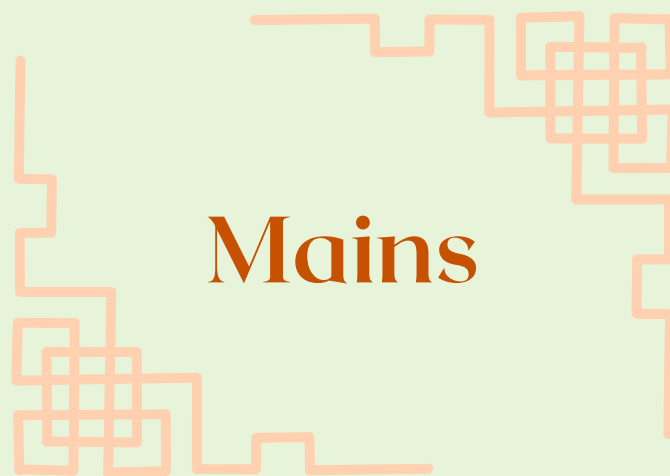
2 lbs of pork shoulder, sliced into ¼ inch thick bite-size pieces
3 Tbsp honey (I prefer to use savory rapflower honey, but any works)
2 Tbsp fish sauce
2 Tbsp soy sauce
2 Tbsp oil
2 Tbsp hoisin sauce
2 Tbsp chicken bouillon powder
1 Tbsp oyster sauce
2 tsp brown or white sugar
1 tsp black pepper
1 tsp onion powder
1 tsp garlic powder
½ tsp paprika
1 large onion (white or yellow), minced fine
6 garlic cloves, minced or pressed

I started a cookbook for my daughter Evelyn so she could have a taste of home wherever she is. My parents always told me they wished they made one for me and my sisters. For Ev's cookbook, I try to include recipes I learn from my family as well as ones I discover on my own.

This pork skewer recipe is slightly tweaked from the one in Evelyn's cookbook by my little sister, who omitted ingredients like lemongrass and five spice because she didn't have them on hand. She thinks this version is superior, but I'll let Evelyn be the judge of that.



1. Soak bamboo skewers in water (can also use metal skewers).
2. Combine all the ingredients except for the sliced pork into a large mixing bowl. Mix together well.
3. Add in the sliced pork and coat evenly. Cover and let it marinate in the fridge for at least 15 minutes (can let marinate overnight or a couple days as well).
4. Skewer the pork pieces, leaving some room on each end of the skewer.
5. Heat a grill to 400°F. Spread out the skewers on the grill and maintain the temp at 400°F.
6. Rotate the skewers, cooking each side for 3-4 minutes until browned and slightly charred (I usually do 4 sides).



Mains

Phở

by Nguyễn Lạc Việt

Hunk of brisket ~4-5lbs
6-8lbs of beef bones
3 large white onions
1 cup of fresh ginger
Hunk of yellow rock sugar
(no more than 1 cup)
3 star anise
½ cup of coriander seeds
1 cinnamon stick
1 piece of cardamom
1 cup of fish sauce
1 cup of dried shrimp
Bánh Phở Tươi (rice noodles)

Assembly

1. Noodles: boil water for noodles. Cook in boiling water for 10 seconds.
2. Cut meat into thin slices or however you may like it.
3. Place cooked noodles and meat in a bowl and pour hot broth over.
4. Top the bowl with green onion, thinly sliced white onion, Thai basil, cilantro, bean sprouts, hoisin or sriracha sauce, and lime to taste.

This recipe was used for my small business when I used to live in Texas and I would love to share it with everyone.



1. Boil meat and bones for 20 minutes to clean.
2. Take the meat out and fill a 20-quart pot with clean water.
3. Char onions and ginger on the stove top until partially blackened.
4. Toast coriander seeds, star anise, cinnamon stick, and cardamom in a pan. Take off the stove when toasted and aromatic.
5. Add meat, bones, onion, ginger, spices (put in a spice bag to be boiled), rock sugar, fish sauce, dried shrimp, and 1 Tbsp of salt into the 20-quart pot.
6. Bring to a rolling boil, then turn the heat down to simmer for 13 hours.
7. Take the meat out 8 hours in. Continue to have pot simmer for the rest of the time.
8. After the complete 13 hours, remove all spices, onion, and ginger from the pot.
9. Remove beef fat from the broth before serving. This can be done carefully with a ladle if the fat has melted.

Meatball Canh

by Aunt Okie



Uncle Hien (front left), Uncle Cuong (second from left), Grandma Quyen (front center), Aunt Le (second from right), Xuan (my mom) (front right), Uncle Phi (back left), Uncle Quoc (back center), Uncle Chau (back right), after arriving in the US, 1975

Dad fought for South Vietnam as an Air Cadet for the Vietnam Air Force (VNAF) in the first graduating class of 1972. Following the fall of Saigon, he flew from Vũng Tàu to Saigon, then to U-Tapao Royal Thai Air Force Base, Thailand where he stayed for 3 days. Around May 2 he was moved to Guam, then to Eglin Air Force Base in Florida on May 23, 1975. In mid-July 1975 he arrived in Evansville, Indiana.

My Mom (Xuan Nguyen) and Dad (Tan Vu) came over to the U.S. after the fall of Saigon during the Vietnam War. My Mom, Aunt, five Uncles, and Grandma Quyen managed to escape Vietnam via a U.S. ship. She said the ship first took them to Guam, where they stayed for a day and a night. Then they took everyone to Wake Island and lived in a refugee camp for two months before finally getting to the United States mainland in Fort Chaffee, Arkansas. They stayed at Fort Chaffee for a few months before settling in my hometown of Evansville, Indiana in December 1975.



Dad (front row, second from the left) in a group photo with his flying schoolmates, circa 1972

Meatball Canh

by Aunt Okie

Mom and Dad met in my hometown in Indiana after being sponsored by St. Joseph Catholic Church. My Dad became friends with my Mom's older brother Hien, and met my Mom when he came over to their house.

Mom always had dinner ready by 4 p.m., which was when my Dad would get home from work. Every meal included freshly made jasmine white rice. Growing up, my Dad avoided eating noodles, even going so far as eating traditional noodle dishes with rice instead (if you have never tried spaghetti meat sauce with rice, I highly recommend it!). When I asked him about this eating quirk, he told me during the war all they had to eat were instant noodles since rice was hard to come by. Hence, fresh, fluffy rice at every meal.

For a dish like this canh, we would have ladles of it spooned over rice. My Mom often made canhs, as there are many different variations of it, usually including at least one vegetable and a protein. This cabbage, carrot, and meatball canh is one of my favorites.



Dad (front center), circa 1972-1973



Dad and Mom, circa 1989

Meatball Canh

by Aunt Okie

VEGGIES

**1 large yellow onion, finely
diced**

**1 medium head of green
cabbage, cut into about 1-
2 inch wide pieces**

**½ lb of peeled baby carrots,
cut into thin discs**

MEATBALLS

1 Tbsp garlic powder

1 Tbsp onion powder

½ Tbsp salt

¼ Tbsp black pepper

**2 Tbsp fish sauce (Squid
Brand)**

**2 lbs ground pork or ground
pork and beef mix**

1 Tbsp oil for browning

BROTH

water

**2 Tbsp chicken bouillon
powder**

**2 Tbsp fish sauce (Squid
Brand)**

¼ Tbsp onion powder

¼ Tbsp garlic powder

¼ Tbsp black pepper

½ Tbsp salt

1 bay leaf



1. Prep veggies. Set aside.
2. Mix all meatball ingredients together in a large bowl. Form about 2 inch-diameter sized meatballs. Makes about 25 meatballs.
3. Heat a tablespoon of olive oil in a 5 quart stock pot at medium high heat. Add half of the meatballs. Lightly brown on all sides, about 2-3 minutes. Transfer to plate. Add the rest of the meatballs and repeat. Once browned, add reserved meatballs back into the pot. Reduce heat to medium and add in diced onions. Stir together and cook for about 2 minutes.
4. Add water to the pot until it is about an inch above the meatballs and 2 inches from the top of the pot. Adjust temperature to high heat until water is bubbling. Stir occasionally.
5. Add carrots and cook for about one minute. Then add in cabbage and broth seasonings. Mix to combine. Adjust temperature to medium low and simmer, periodically stirring, until veggies are tender, around 20-30 minutes. Best served over steamed white jasmine rice, but can also be enjoyed on its own as a soup.

Pomegranate Paratha

by Linus Malik



2 cups atta (whole wheat flour)

½ tsp kosher salt

~½ cup water

½ tsp cumin seeds

1 small tomato, chopped

½ tsp amchur/mango powder

¼ tsp Kashmiri chili powder (can increase or use something more spicy like cayenne if desired)

Fresh pomegranate arils/seeds from 1

pomegranate, about 1 cup loose (not dried) seeds

Oil or ghee for cooking

This is my favorite recipe to make with my Gigi (grandma). We created the recipe one summer, using pomegranates my Papa (grandpa) grew. I help my Gigi by rolling out the dough and filling the paratha when we make them together.

1. Make dough: Mix salt in atta then add water a little bit at a time until you make a non-sticky, soft dough. You should be able to leave an indent when pressed with your thumb, but the dough should not stick to your thumb. Cover the dough and rest for ~30 minutes.

2. Make filling: Heat cumin seeds in a small skillet until fragrant. Add tomato and cook until soft. Season with amchur and chili powder. Turn off heat and mix in pomegranate seeds. Smoosh slightly with the back of a spoon.

3. Make paratha: Make dough into small balls about the size of a ping pong ball. Roll out two balls so they are about 3 inches across. Put ~ 1 Tbsp of pomegranate mixture into the center of one, place the second rolled out dough on top, and roll them together as thin as possible. If this method does not work for you, there are many methods to make paratha and any should work. Some holes might be made by the pomegranate seeds which is ok.

Pomegranate Paratha

by Linus Malik

4. Place a skillet (a crepe pan or cast iron pan works great!) on medium high heat. Place rolled out paratha on skillet and let cook for about 2 minutes until it starts to bubble or get small light brown dots on bottom side. Flip it over and press down on it with a spatula. It will start to puff up. Drizzle a little oil or ghee on it, flip again, then drizzle oil or ghee on the other side. It is done when it has light brown dots on both sides and smells wonderful. Remove from heat and repeat with an uncooked paratha.

5. Enjoy! I like to eat with plain yogurt.

Variation: Can use the same recipe for a variety of fillings instead of pomegranate. Traditionally, can use peas (use cooked peas in place of tomato) or another family favorite is pumpkin (use cooked pumpkin chunks in place of tomato and add $\frac{1}{4}$ tsp garam masala, cooking until caramelized before using as stuffing).



In-A-Rut Ramen

by Liana Kiddy-Gan



Other names for this dish include Emergency Ramen or Depression Ramen. Sometimes you just feel horrible, and you know that if you don't eat something you're going to feel much worse. But figuring out what to make, how you're going to make it, and then actually doing the cooking seems like an insurmountable task. Feed yourself in any way you can. If you practice this recipe, using whatever you have on hand, I assure you it will become an automatic easy and quick option for in-a-rut days and will be hot and nourishing. You'll have more energy for your rowdy family and for yourself.

In-A-Rut Ramen

by Liana Kiddy-Gan

THE BASICS

Water & Bouillon

Ramen Noodles

FEELING OK

Above Ingredients PLUS

Garlic

Your Favorite Vegetable -
maybe Cabbage or Spinach

or Bok Choy

Egg or Tofu

Soy Sauce

Sesame Oil

Sriracha

FEELING SPECIAL

Above Ingredients PLUS

Ginger

Kimchi

Mushrooms

Any Kind of Onion

(maybe Leeks, Red Onion,
or Shallots)

Green Onions

Cilantro

Lime or Rice Wine

Sesame Seeds



1. Put water in a pot on the stove and set to high
Optional: Add fresh ginger and garlic to pot (I usually keep ginger in small pieces in the freezer)
Note about measurements: Please put as much or as little of anything as you like!

2. Add bouillon (or use Soup Stock instead of water and skip this step)

Optional: Add Kimchi

3. Use the time it takes to boil to chop vegetables

4. Throw in ramen noodles, vegetables, and proteins

Optional ingredients: Your Favorite Vegetable, Mushrooms, Chopped Tofu, Egg (crack in), Any Kind of Onion

5. Turn heat down to simmer and cook for about 3 minutes

6. Optional: Add Soy Sauce, Sesame Oil, Green Onions, Cilantro, Lime Juice or Rice Wine, Sriracha, Sesame Seeds

7. Enjoy!

Suggestion: Put an oven mitt under the pot and use it as your bowl for fewer dishes

Tallarín Saltado de Pollo

by Su Sheehan

As someone who was adopted from China, my relationship with my Asian ethnicity has been influenced by my multicultural upbringing. My mother is a first generation Peruvian immigrant, and during my childhood we would often spend summers in Peru. Chifa, or Chinese-Peruvian cuisine, was always a central part of family celebrations. I remember one year we celebrated my birthday by going to three separate chifas with different groups of family and friends.

A brief history of chifa:

Chinese political instability during the mid-19th century combined with the Peruvian guano boom and mining industry led to demand for Asian labor in Latin America. This influx of Chinese immigrants meant Chinese ingredients and flavors were regularly imported. Asian influences can be seen in many dishes perceived as traditionally Peruvian, such as the sillao (soy sauce) in pollo a la brasa (Peruvian rotisserie chicken) or the widespread popularity of lomo saltado and arroz chaufa.



A very blurry family photo, circa 2005



Flor and Joe Sheehan, Seattle's Space Needle, circa 2018

Tallarín Saltado de Pollo

by Su Sheehan

This recipe is a variation of lomo saltado, using noodles as the main starch rather than rice and French fries found in traditional saltado.

- 10 oz chicken breast**
- 1 package (16 oz) fresh lo mein noodles**
- 1 small-medium red onion**
- 1 small tomato**
- 1 small red bell pepper**
- 1 ají amarillo (Peruvian yellow pepper)***
- 3 Tbsp soy sauce**
- 2 Tbsp Chinkiang (Chinese black vinegar)**
- 1 Tbsp oyster sauce****
- 1 Tbsp sesame oil**
- 2 green onions**
- cilantro, garnish**



1. Cut chicken, red onion, red bell pepper, and ají amarillo into ½-1 inch strips. Cut tomato into wedges.
2. Boil noodles until al dente and set aside.
3. Heat neutral oil in a pan or wok.
4. Sauté chicken until browned and set aside.
5. Allow pan/wok to reheat, then stir fry onion, tomato, red pepper, and aji amarillo.
6. Add soy sauce, Chinkiang, sesame oil, and oyster sauce. If using ají amarillo paste, add desired amount to taste.
7. Add cooked chicken and cooked noodles into pan.
8. Finish with sliced green onions and cilantro.

*fresh pepper can be hard to find, can substitute ají amarillo paste instead for heat

**oyster sauce can be omitted if you have shellfish problems like me!



Sides

Raato Daal

Red Lentil Soup by Ang Sherpa



2 cups of red lentils
2 tsp of cumin
1.5 tsp of coriander
1 tsp (or more) of chili powder
2 tsp of ghee
0.5 tsp of minced ginger
1 tsp of minced garlic
1 medium red onion chopped
2 tomatoes chopped
coriander as garnish
lime juice to taste
salt and pepper to taste

Daal is a staple in Nepali cuisine. It is part of our national dish called Daal Bhaat, which essentially translates to black lentil soup and rice. While I grew up eating Kalo Daal, black lentil soup, for this cookbook I decided to share my mom's recipe for Raato Daal because it was the first dish I learned how to cook once I started living on my own. It always reminds me of home and my family. Raato Daal is an easy, quick dish best served with rice or roti. The measurements are estimates, I encourage you to taste and add or modify as you feel comfortable.

1. Start by heating a large pot at medium heat. Once hot drop 2 tsp of ghee. Add the chopped onions with a pinch of salt and pepper and stir.
2. Once the onions have turned translucent, stir in ginger and garlic until fragrant. Add cumin, coriander, and chili powder and stir for 1 minute. Next, mix in the tomatoes and let it cook until soft, about 5 minutes.
3. Pour lentils and water into the pot. The water should be an inch higher than the lentils. Mix the spices and tomatoes into the lentils. Sprinkle salt to your liking and bring the lentils to a boil at high heat.
4. Once boiling, cut the heat to low and let it simmer for about 25 minutes (I would add another 10 minutes if you are not using soaked lentils).
5. Taste your dish and add salt as needed. Once you are satisfied with it, cut the heat and squeeze some lime juice in to enhance the flavor. Serve with coriander as garnish.

Pork & Ginger Potstickers

by Lauren Howe

A potsticker is a type of jiaozi, a quintessential Chinese dumpling. Jiaozi have come to exist as something more than just a crescent-shaped snack eaten on special occasions. More than 2,000 years old, they likely traveled across the Eurasian plain before reaching Northern China. Thus, jiaozi are a folkloric and cultural relic, deeply embedded in history. They are a celebrated Chinese New Year food, a family activity, a harbinger of good fortune, and a signifier of longstanding Chinese tradition.

This dumpling recipe originated with the mother of George Chin, a Cantonese family friend. In reality, however, George and his wife Mary are far more than your average family friends. In 1991, they traveled with my parents and six other couples to an orphanage in Changsha, Hunan, China where each couple adopted a baby girl. Each year, our “China 1” adoption group (parents and daughters) gets together to celebrate Chinese New Year. We look forward to catching up, exchanging Hong Baos (red envelopes containing crisp dollar bills), and consuming delicious homemade Chinese food. These pork and ginger potstickers are a staple foodstuff at our reunion, provided each year by Mary Chin.



A popular Chinese saying is “there’s nothing more delicious than Jiaozi,” and after eating these, you’ll surely agree.

Pork & Ginger Potstickers

by Lauren Howe



Makes 20-25 dumplings

Dumpling wrappers (these can be store bought wonton wrappers or made from scratch), enough for 20-25 dumplings

FILLING

4 cups of freshly chopped napa cabbage

1 Tbsp salt, divided

½ lb ground pork

2 Tbsp chopped ginger

1 ½ Tbsp chopped garlic

2 Tbsp soy sauce

3 tsp toasted sesame oil

1 egg, lightly beaten

SPICY SOY DIPPING SAUCE

⅓ cup soy sauce

⅓ cup rice wine vinegar

⅓ cup scallions (green parts only, sliced ⅛ in thick)

1 Tbsp sesame oil

1 Tbsp sambal oelek (or a hot pepper sauce)

1. Combine cabbage and 1 ½ tsp salt in a large bowl. Toss together and set aside for 30 minutes. Transfer cabbage to a clean dishtowel, gather ends of cloth together, and squeeze water out.
2. In second bowl, combine cabbage with pork, ginger, garlic, soy, sesame oil, and remaining 1 ½ tsp salt and the egg. Mix together.
3. Place about 1 tsp filling in the center of a round wrapper. Avoid getting the filling on the edges, fold wrapper in half. Seal the top of each dumpling and work to the edges. Press the dumpling down gently on the work surface to flatten the bottoms.
4. Heat a large non-stick skillet over high heat. Add the oil and swirl to coat the pan. When it shimmers, add the stickers bottom side down in rows of five (cook in batches) without disturbing until brown - about 6 minutes. Add ½ cup of water and cover. Lift cover to make sure ⅛ inch water remains or add water if necessary. Steam about 10 minutes (but do not let water disappear - add ¼ cup of water at a time if necessary). Then drain the water and cook 2-3 minutes to recrisp the bottoms.
5. For the dipping sauce, mix all ingredients.
6. Transfer potstickers to a platter and serve warm with sauce.

Chicken & Cabbage Dumplings

by Denver Public Library AA.NH/PI Affinity Group

Store bought dumpling wrappers (You can make your own, but I typically don't to save time)

FILLING

1 lb chicken thighs*
2ish cups Napa cabbage
3-4 green onions
4 cloves garlic
2 inches of ginger
2 glugs soy sauce (measure with your heart)
salt and white pepper to taste

SAUCE

(chose your own adventure!)
soy sauce (dark or light)
Chinese Chinkiang black vinegar or Japanese rice vinegar
sesame Oil
toasted sesame seeds
green onion
chili oil
chili crisp
garlic



We wanted to feature a recipe from the community cookbook project team! Dumpling parties are a great way to get a group of people cooking together.

* I prefer to chop chicken into a mince rather than getting ground chicken to ensure a better texture. You can try the food processor too, but make sure you don't turn your chicken into paste! Sometimes overworked pre-ground chicken (and pork) can become a dense meatball once the dumplings are cooked. - Su

Chicken & Cabbage Dumplings

by Denver Public Library AA.NH/PI Affinity Group

1. Finely chop chicken and cabbage, (see note about texture*). Mince garlic and ginger.
2. Mix all of the dumpling fillings in a bowl. All of the ingredient ratios for the filling can be adjusted based on preference. I like to make the filling, then cook a little taster so you can adjust the seasoning before assembling the dumplings.
3. Get your dumpling wrappers, a small bowl with water, and your filling. Place about a Tbsp of filling into the center of a wrapper. Wet the edge of the wrapper by dipping your finger in water and running it along half of the circumference. You want it to be wet enough to seal, but not sopping wet. Crimp closed (this might take some trial and error). Recruit your family/friends if making big batches.
4. Cook your dumplings by steaming, pan frying, deep frying, or boiling. I like starting them in a pan to crisp the bottoms, then adding a splash of water, and covering the pan to steam them the rest of the way. Any uncooked dumplings can be frozen for future meals!



Cucumber Kimchi

by Auntie Lou



In honor of Asian American Native Hawaiian Pacific Islander/AA.NH/PI Month, I am sharing a part of my Korean American family heritage and honoring the cherished memories of my Auntie Lou (Louise Hahn) and Uncle Bud (Woohna Park) from Inglewood, California. The Hahn family can trace their roots as one of the first families to emigrate from Korea to Hawaii between 1903-1905 to work sugar plantations in Hawaii on labor contracts. Soon after fulfilling their labor contracts, they moved onto California where they established a farm in Dinuba, California. Eventually family members began moving to and settling in the city of Los Angeles.

My dad's sister Louise and her husband settled in Inglewood, California. For geographic reference, they lived within 10 minutes of the present day Kia Los Angeles Forum event venue. Known with great affection as Auntie Lou and Uncle Bud, I have childhood memories of going to their home for weekly dinners every Wednesday for a 5-7 year period. They shared their love of food, gardening, and cooking traditional Korean food recipes to help preserve our culture and history, by serving them in traditional ways.

My favorite meal was Korean BBQ (galbi), rice, and cucumber kimchi, an alternative to traditional cabbage kimchi. This recipe has now spread amongst family members including children, grandchildren, cousins, etc. It has been made in Hawaii, California, and now Colorado. I moved from California to Colorado in 1997 and now call Colorado home.

Cucumber Kimchi

by Auntie Lou

**12 young tender freshly
picked pickling cucumbers
(do not use old and
shriveled looking
cucumbers)**

SEASONING

**6 green onions, finely
minced**

**5 large cloves of garlic,
finely minced**

**2 Tbsp daikon (large white
radish), finely grated**

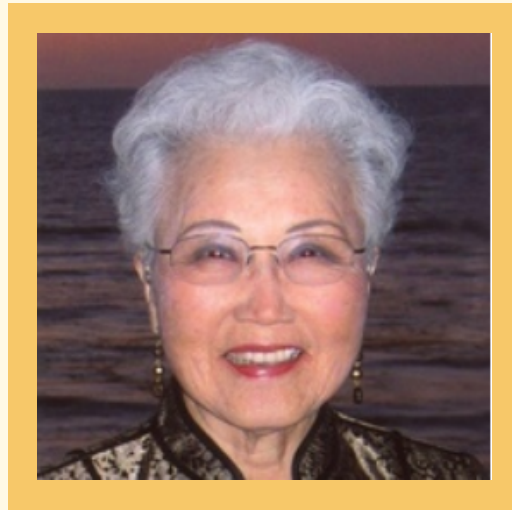
**2 Tbsp crushed red chilis
 $\frac{1}{4}$ tsp salt**

BRINE

**2 cups water
 $\frac{3}{4}$ tsp salt**

UTENSILS

**large bowl or dishpan
rubber gloves
quart jars**



Louise Hahn Park (1922 - 2019)

1. Wash cucumber, cut off about $\frac{1}{2}$ inch of the stem end.
2. With a small paring knife make three slits along the length of the cucumber leaving both ends attached about a half an inch. Place about $\frac{1}{2}$ cup salt in a small dish.
3. Taking about a Tbsp of salt into the palm of your hand, rub and coat each cucumber well.
4. Place in a medium size mixing bowl and turn occasionally. Let stand for about 24 hours.
5. The next day, prepare seasoning ingredients and mix well in a small bowl.
6. Put about $\frac{1}{2}$ tsp of seasoning inside the salted cucumber. To do this gently, open up one of the slips in the cucumber and distribute seasoning along the length.
7. Pack the cucumbers into a wide mouth jar and pour in brine. The cucumber should be completely covered with brine.
8. Leave at room temperature for about a day, then test for ripeness. When it reaches the taste you prefer, it is ready to refrigerate and eat.

Lumpia Shanghai

by Zenaida Garingo Pautin,

Maryanne Garingo-Pautin Villa, Jamie Pautin Villa



My mother (Maryanne) learned how to cook Lumpia Shanghai in the Philippines with her mother (my Lola, Zenaida) when she was 9 years old. My mom moved to the U.S. when she was 16 and continued to make this recipe in San Francisco. 25+ years later, she lives in Colorado and makes Lumpia Shanghai on special occasions like Christmas, Birthdays, and New Year's. My family will usually sit at the table together to roll them and my mom will quietly grab the ugly ones and roll them again. This is my mom's first time sharing her family's recipe. Also, we don't actually use measurements so these are as close as we can get (;

Lumpia Shanghai

by Zenaida Garingo Pautin,

Maryanne Garingo-Pautin Villa, Jamie Pautin Villa

- 1 pack of egg roll wrappers
(25 count)**
- 2 large eggs**
- 2 lbs of ground beef (can
use any type, or can be
optional)**
- 1 large carrot stick (can use
more, depends on how much
veggies you want)**
- 3 celery sticks**
- 5 stalks of cilantro**
- ½ large white onion**
- 1 large russet potato**
- 1 large spoon of garlic
powder**
- 1 large spoon of salt**
- ½ large spoon of black
pepper**
- ⅓ cup of ketchup**
- vegetable oil**
- Sriracha**
- sweet and sour sauce**



1. Cut the egg roll wrappers in half, creating triangles, peel them apart, and set aside.
2. Put ground beef in a bowl, add in ketchup, 1 egg, black pepper, garlic powder, and salt.
3. Grate: celery, potato, carrot.
4. Chop: Cilantro, onion.
5. Mix all ingredients together.
6. Crack a large egg into a small bowl.
7. Using a large spoon, scoop the mix and place it onto the egg roll wrapper. The top of the triangle should be facing away from you.
8. Put mixture into a thin line close to the large side, fold sides, and roll. Close the egg roll by brushing some of the egg onto the ends of the egg roll.
9. Put your choice of cooking oil on medium-high heat. Add egg rolls and fry until golden brown.
10. Set aside to cool. Enjoy with Sriracha or sweet and sour sauce.

Spam Musubi

by Deb Sato

- 1 can Spam, sliced lengthwise into 9 equal pieces**
- 3 sheets nori, each cut into 3 strips**
- 2 cups freshly cooked Japanese rice**
- 2 Tbsp soy sauce**
- 2 Tbsp white or brown sugar**
- 2 Tbsp mirin**

This is a comfort dish that works as an accompaniment to a main dish. After wrapping them individually in plastic wrap, they are very portable—I've taken them on ski adventures, rafting adventures, and camping adventures. It also makes a great snack for road trips or plane trips.



1. Mix soy, sugar and mirin together.
2. Fry Spam in a sauté pan then add sauce and cook for a few minutes.
3. Using a rice musubi mold or using the Spam can, fill with rice - about 1 inch thick.
4. Set the rice rectangle on top of the nori and then top with Spam. Wrap the nori around all.



Sauces

NƯỚC CHẤM

by Tiff Vu

I learned how to cook Vietnamese dishes from my older sister Thuy Nga (Trinah). My parents cook without measuring things, so my sisters and I used the general recipe info from them, recipes online, and a lot of trial and error to figure out how to make our favorite Vietnamese foods. I, like my parents, cook without measuring things, but luckily Trinah started a cookbook (measurements and all!) for her daughter Evelyn. We grew up eating this dipping sauce with almost every meal—it's great spooned over veggies, meats, rice, noodles, and spring rolls. Add a little bit of fresh minced ginger to the recipe for a variation of the sauce called nước mắm gừng, which pairs especially well with chicken.



Me (front left) and my sisters Thuy Vy (back left), Trinah (front center), and Tien (front right), circa 1993

Nước Chấm

by Tiff Vu

- 1 cup water
- 1 cup granulated white sugar
- 3 Tbsp fresh lime juice
- 2-3 fresh Thai chilis, minced (can also use frozen Thai chilis)
- 1 can of Coco Rico soda
- $\frac{3}{4}$ cup fish sauce (Squid Brand)
- 7 garlic cloves, minced
- Shakes of dried red pepper flakes, to taste



1. Heat water in a saucepan over medium heat.
2. Mix in sugar until dissolved.
3. Let the sugar water cool, then add the rest of the ingredients.
4. Store in a glass jar or bottle with a tight-fitting lid in the refrigerator.

The image features two decorative corner brackets, one in the top-left and one in the bottom-right. Each bracket is composed of multiple parallel lines that curve inward to form a square-like shape, with a central grid-like pattern of intersecting lines.

Desserts

Haupia

by **Giuliana
Brunner**



**½ cup sweetened flaked
coconut
oil for baking dish
1 can coconut milk (always
shake a tad before
opening)
6 Tbsp cornstarch
⅓ cup sugar
½ tsp vanilla
⅛ tsp salt**

This recipe is a treasured memory and was a surprise find in Sunset Magazine. In the mid-60s our family lived in Micronesia, and I had the honor of being exposed to Hawaiian, Micronesian, and Asian foods while living there. I was not interested in cooking at that time, but the memory and tastes always stayed with me.

I grew up in an Italian and Swiss household with my mom cooking from cultures all over the world, which she learned as a young teen working as a maid post WW1 in Italy, so tasting new things was normal. She worked for the Fiat family, the consulate of Brazil, and even one of the generals in Mussolini's command. She then moved to Switzerland and learned their cuisine.

My American friends in those days mostly didn't venture out of their burger and fries world. How lovely now to see the food world expand and to see so many people wanting and treasuring foods from various cultures!

1. Set an oven to 325°F. Once heated, spread coconut on baking sheet. Toast until golden brown, about 6-8 minutes.
2. Oil an 8 inch square baking dish or you can line with parchment paper overhanging on all ends). In a small bowl stir together ½ cup coconut milk & cornstarch, mix until smooth.
3. In medium nonstick saucepan combine 1 ½ cups coconut milk (if can isn't enough augment with water) and sugar. Stir over medium heat until dissolved. Slowly drizzle corn starch mixture into pan. Add vanilla and salt while whisking. Cook, whisking vigorously (don't let it boil), until mixture is very thick, pulling away from pan, & no longer tastes floury, 4-6 minutes. Pour into pan and spread evenly. Let cool briefly, then cover with plastic wrap and chill until set, about 1 hour.
4. Cut haupia into 22-24 triangles and sprinkle with a pinch of toasted coconut.



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