

New
York

FOLKLORE

Congolese Samusa

by Huguette Tshiamua

Garlic salt
Ground beef
Onions

Scallion (green onion)
Curap (Dorito Wraps)
Vegetable oil

Samusa can be made with vegetables, fish or
Combination of meat and veggies. All the ingredients can be
purchased at any grocery stores

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Karen Fried Gourd

by Saw Dabu

Ingredients

Gourd

Tempura batter mix

water

Sauce

fish sauce

salt

Parsley

Tamarind

Garlic

Ginger

Cooked Bean Powder

- Slice gourd in pieces you want
- Put Tempura batter mix flour in a bowl and add some water and mix well
- Dip sliced gourd into flour mixture and make sure to completely coat
- Place coated gourd slices into hot oil. Fry for about 3-4 minutes on each side or until golden brown
- Slice garlic, ginger, and parsley into small pieces
- Add Tamarind juice, cooked bean powder, fish sauce, salt, garlic, ginger, parsley, and mix well.

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Karen Fish Pack or Vegetables Steamed

by Saw Dabu

Fish	Banana leaf	Onion
Banana bud	Salt	Garlic
Bamboo shoot	Chicken powder	Rice Flour
Lemongrass	Turmeric powder	Oil
	Black pepper	

- Slice banana bud
- In a bowl of water add salt and turmeric powder
- Soak slice of banana bud in that bowl of water and massage to prevent the banana bud color change to black and taste bitter
- slice bamboo shoot, lemongrass, onion and garlic all in a big bowl and add rice flour, oil, salt, chicken powder, turmeric powder, black pepper and mix well together
- Pack in banana leaf and steam.

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