

CULTURE THROUGH CUISINE SERIES

Enjoy Authentic Cuisine prepared by
Int'l Students. Tuesdays at 5:30 PM!



11.12.19

Featuring Pumpkin
Pancakes-Curacao Dish

5:30PM - 7:00PM Center Pointe Suites

1.14.20

Featuring Jollof Rice
Nigerian Dish

5:30PM - 7PM Center Pointe Suites



Open to all UWG Residence Hall Students.
Sponsored By: Int'l Student Admissions and Programs,
Housing and Residence Life and ISC Club

Culture Through Cuisine: CURACAO

Pumpkin pancakes recipe

In Curacao "Arepa di pampuna" (pumpkin pancakes) are eaten for breakfast or as a snack. They can also be served as a side dish at dinner. Despite their sweet taste, they fit perfectly with meat or fish.



Many would say that an important part of cultural integration is cuisine. Do you agree? Why? Why not?

KC: Yes, you don't realize how important food is to a culture. This is the hardest part for me. I miss French food so much; American food just does not compare.

What do you believe is the most important about experiencing cuisine from other cultures?

KC: Food is a huge part of culture. To actually be involved in the culture you need to eat what they eat. Here, to become "American" I try what they eat. You have to embrace the culture in totality.

Healthy foods are becoming more of a trend in the U.S. Is that also the case in your home country?

KC: Healthy food has always been prominent in Curacao and amongst Curacaoan people. The health movement is just better in Curacao in general compared to the U.S.



Pumpkin pancakes recipe

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Ingredients:

1 ½ cup mashed pumpkin
1 teaspoon of cinnamon powder
2 teaspoons of baking powder
3 cups of all-purpose flour
1 1/3 cup of milk
2 eggs
¾ cup brown sugar
1/4 teaspoon salt
Raisins (optional)
Oil for frying

Directions:

Remove seeds from the pumpkin, peel it and cut into small pieces. Boil the pumpkin in hot water with a teaspoon of salt until the pumpkin is soft. Mesh the pumpkin with a fork or grind it with a food processor.

In a bowl, add the boiled pumpkin, cinnamon, sugar, baking powder, flour and milk. Beat the eggs in a different container and add salt. Then add them all to the pumpkin bowl. Mix the mixture well together until it turns into a thick batter. Add raisins if desired.

In a frying pan, pour a thin layer of oil and put it on low to medium heat. When the oil is hot, with a large spoon, slowly pour the content of the mixture into the oil and let it fry. When one side is completely cooked, gently flip them over. When both sides are cooked take it out and pour another set of mixture into the oil. Add more oil if needed. When adding oil, allow the oil to get hot again.