

Cultural Kitchen

Things are Cooking in the Kitchen!

Visit a youth hostel during dinnertime, and you're likely to find a buzz of activity and a smorgasbord of smells streaming from the common kitchen area, as guests from all corners of the globe whip up meals of their own making. In summer 1999 Hostelling International-Chicago, the J. Ira & Nicki Harris Family Hostel took this experience to a new level for both hostel guests and area youth, in a new program dubbed the "Cultural Kitchen."

Hostelling International's Cultural Kitchen offers Chicagoland youth the opportunity to join young people from around the globe for an evening of cultural exploration through an overnight stay at the Chicago hostel.

Simply put the program provides Chicagoland youth not only insight into a specific country and its customs but, exposure to the world of international travel, opportunities to broaden their experience, and motivation to expand their horizons while allowing international hostellers to meet young Chicagoans and gain perspective that goes beyond that available to most tourists.

For more information on Hostelling International's Cultural Kitchen program contact the Programs and Education Director at

groberts@hichicago.org.
This article is taken the
Chicago hostel's website:
<http://www.hichicago.org/>

LARB, a spicy dish from Thailand

Ingredients

1. Ground beef, chicken, or pork
2. Green onions or spring onions, mint leaves
3. Sugar
4. Fresh lime juice
5. Fish sauce or salt
6. Ground roasted rice or rice powder
7. Chili powder
8. Fresh vegetables (as you like)

How to cook:

1. Cook the beef/chicken/pork in a pot (medium or well-done). Set aside.
2. Add sliced green onions/spring onions, lime juice, fish sauce, rice powder, chili powder and sugar to the cooked meat mixture to the taste you like. (Thai natives' taste is a little spicy and salty). If you want it a little sour, add more of the lime juice, etc.
3. Cover the LARB with mint leaves before serving with fresh vegetables as you like, such as cabbage, cucumber, green onions, green/red leaf, or lettuce.

This can be served as an appetizer or good to have with steamed or sticky rice.

--recipe courtesy of Em-Orn Dispanya, graduate student at the University of Nebraska-Lincoln.

If you'd like to give this dish a taste before you try it

yourself, you can taste an authentic version at the Thai House Restaurant, 610 N. 27th Street in Lincoln.

"Eating Around the World" Dinner Meetings

Nebraskaland Council meetings are currently held on the fourth Friday of each month at 5:30 PM. Past tastebud journeys have included the Bosnian Cafe, Los Mendoza, the Arab Restaurant, El Salvador, Buzzard Billy's and the Sushi Express (Wasabe). The next meeting is on August 31 at the Denton Steakhouse. Everyone interested is invited to attend. Check with a Board member to confirm time and place.

Building the Hostelling Movement: A Blueprint for Success

Hostelling International -
American Youth Hostels
National Conference and
Council Meeting November
14-18, 2001, Chicago

Hostelling International
www.hiayh.org
Nebraskaland Council
<http://incolor.inetnebr.com/gnelson/nebrland.html>