We believe, as Dwight Eisenhower did, that Eisenhower Fellowships exists to inspire leaders around the world to challenge themselves, to envision how they can effect positive change, to engage others beyond their existing networks and to collaborate with other like-minded leaders across national borders and regions to better the world around them.

Eisenhower Fellows and the positive impact they can have on their societies are at the heart of everything we do. We bring together innovative leaders from all fields and regions of the world, women and men of notable achievement who have the potential to do even more. We strive to ensure the professional, ethnic, racial, gender and geographic diversity of the Fellows and of the regions and nations where we operate.

Our mission begins with identifying outstanding ascendant leaders who share President Eisenhower’s belief in the powerful possibilities of a more peaceful, prosperous and just world. We work with mid-career leaders who display the vision and passion to pursue concrete projects with real impact on their societies. We believe our work transcends national boundaries, linking outstanding international leaders with their counterparts in the United States to enhance international understanding and provide rich opportunities for collaboration within the influential Eisenhower Fellows global network.

MISSION: Eisenhower Fellowships identifies, empowers and connects innovative leaders through a transformative fellowship experience and lifelong engagement in a global network of dynamic change agents committed to creating a world more peaceful, prosperous and just.

www.efworld.org
"Travel changes you. As you move through this life and this world you change things slightly, you leave marks behind, however small. And in return, life—and travel—leaves marks on you."

- *Anthony Bourdain*

The best way to experience the world is through food. Nothing brings one closer to the local culture than the smell, sound, and taste of the food of the region.

Let's share our favorite recipes and explore together. Travel to new, exciting, beautiful places in your kitchen and feel the different cultures and our friendship along the way.

Through food we can share our memories and experiences and "leave marks" on our lives in new and great ways.
Ingredients

Vegetable - can be asparagus, broccoli, zucchini, mushrooms, cauliflower, whatever

Stock - my preference is homemade chicken bone broth but veggie, shrimp or beef broth will do. Best if you can do organic stock but boxed, canned, bouillon is okay depending on what you have

Coconut Milk - organic, unsweetened

Spices - go crazy here. I do a mix-n-match of black, white, pink ground peppercorns, cumin, turmeric, paprika, cayenne and of course salt. But add or don't add whatever spice you love. There's no wrong turn here.

* note: I have a sensitivity to onions and garlic so I don't add these ingredients but if you like them, add them!

Contributed by Chelsea Collier

I love those days when I can spend all day dedicated to making a meal - from sourcing the ingredients, to belabored preparation, to filling the house with the aroma of a slow-baked dish... But the reality is that I don't really have the time these days to prepare some of my favorites - Shrimp & Okra Gumbo, Vegetarian Lasagna, apple pie from scratch... so here's a recipe that is one of my go-tos while on the go. It's fast, super simple, accessible and above all, healthy.

Measuring

The best thing about this recipe is that you can add as you go. If you want to boost the flavor of an ingredient, add more. If you want to make it more subtle, add more stock. I generally use one can of coconut milk and the adjust the rest on the fly.

Instructions

Simmer all ingredients on stove until vegetables are soft. Pour it all in a Vitamix or high speed blender and... blend. Easiest thing ever.

Servings

Want more? Add more liquid (coconut milk / broth) and adjust the other ingredients as you go.
Ingredients

Spice Rub
1/4 cup fennel seed
1 TBSP coriander seed
1 TBSP black peppercorns
1 1/2 tsp red pepper flakes
1/2 cup pure California chili powder (1 oz)
2 TBSP kosher salt
2 TBSP ground cinnamon

Directions for Spice Rub

In a small, heavy skillet over medium heat, toast the fennel, coriander, and peppercorns.
Watch carefully, because when the fennel turns a light brown you're going to have to work quickly; turn on the hood exhaust fan on your stove, then add the red pepper flakes and stir well for 30 seconds.
Turn the mixture onto a plate to cool.
When cool, place mixture in a blender together with the chili powder, salt, and cinnamon; blend until all are evenly ground.
(Alternately, you can use a spice mill/coffee grinder/mortar and pestle to grind the fennel, coriander, peppercorns, and chili flakes, then toss resultant powder with the remaining ingredients).
Transfer the spice rub into a glass jar and store in a cool, dry place; you can also freeze the mixture.

NOTE:
If you prefer a mixture that is less spicy-hot, make sure you use mild California chili powder and/or begin with fewer red pepper flakes, then add to your preference. California chiles in powder are generally less hot and more sweet.
Butternut Squash and Apple Soup

Contributed by Carrie Rich

Directions

Melt the butter in a large pot over moderate heat and cook until it turns nut brown. Add the garlic and sauté briefly to release its fragrance.

Add the squash and apples, raise the heat to high, and cook, stirring, until the vegetables begin to caramelize, about 5 minutes. Stir in the spice rub and cook briefly to toast it.

Add the stock or broth-water mixture, bring to a simmer, and cover partially. Adjust the heat to maintain a gentle simmer and cook until the squash and apples are tender, about 40 minutes. Transfer in batches to a blender or food processor and blend until smooth. Return to the pot, reheat to serving temperature, and season with salt.

Diving the soup among warmed bowls and garnish each portion with some of the walnuts, if using. Serve immediately.

Note:

Cooking the leeks, squash, and apples until they caramelize gives this soup its depth of flavor.
Jamaican Jerk Sauce Recipe

Contributed by Tyrone Grandison

You can put this sauce on any meat or vegetable. Leave it overnight for the flavors to fully diffuse. Then cook meat or vegetable as normal.

Steps to Make It

Gather the ingredients.

Put all of the ingredients into a food processor or a blender. Process until smooth.

Tips

Adjust the number of peppers and garlic cloves according to your tolerance for heat.

Store the sauce in an airtight container in the refrigerator indefinitely.

ENJOY!

15 Min.

Ingredients

1/2 cup ground allspice berries
1/2 cup packed brown sugar
6 to 8 garlic cloves
4 to 6 scotch bonnet peppers (seeded and cored)
1 tablespoon ground thyme (or 2 tablespoons fresh thyme leaves)
2 bunches scallions
1 teaspoon cinnamon
1/2 teaspoon nutmeg
Kosher salt (to taste)
Black pepper (to taste)
2 tablespoons soy sauce (to moisten)
Ghanaian Jollof Rice

Contributed by Yawa Hansen-Quao

To Prepare the Meat

1. Wash and cut the beef into cubes, put it in a pan and set it aside.
2. Peel and cut the ginger and put it in a blender along with 1 onion, 3 cloves of garlic, 1 scotch bonnet and 1/4 cup of water and blend until smooth (add more water if it doesn’t blend well).
3. Add the blended spices to the meat, add magi cube and salt and mix it.
4. Cook the meat, together with the spices and with the lid on the pan, on a medium fire for about 10-13 minutes.
5. While the meat is cooling a bit, put the vegetable oil in a another pan and heat it over high/medium fire.
6. Fry the meat over high/medium fire until it browns.
7. Remove the meat from the oil, and set it aside.

To Prepare the Rice

1. Put oil in a (new) pan and heat the oil over medium fire.
2. Cut 1 onion into small cubes and add it to the oil, fry the onion for about 5-6 minutes or until it gets a brown colour.
3. While the onions are cooking, put the canned tomatoes, scotch bonnet and fresh garlic in a blender. Blend until smooth.
4. By now the onions should be brown, to it add the tomato paste and cook it for 1-2 minutes over medium fire.
5. Now add the blended tomatoes to the pan, add the magi cube, salt and curry spices and let it cook over low/medium fire for about 8-10 minutes.
6. Wash the rice and add it to the stew, also add the green peas, cubed carrots and the fried beef.
7. Stir the rice, cover the pan with aluminium foil and then put the lid on the pan.
8. Lower the heat completely and allow the rice to cook for 25 - 30 minutes over low fire and stir every now and again (approximately every 10 minutes) * Pay special attention to the rice the last 10 -15 minutes, during this time stir it more often (approximately every 5 minutes). Chances are the bottom part will burn a little, to avoid this from spoiling the whole dish, during these last 10-15 minutes, try to avoid scraping the bottom of the pan when stirring the rice.

Ingredients

For the beef:
- +/-500 gr. Beef
- 90 gr. Fresh ginger
- 1 Large Onion
- 3 Cloves of Garlic
- 1 Scotch bonnet
- 1/4 cup Water
- 2 Magi cubes
- 1 Teaspoon Salt
- 3/4 Cup Vegetable Oil

For the rice:
- 1/2 Cup Vegetable Oil (125ml)
- 2 Large Onion
- 1/4 Cup tomato paste (68 gr.)
- 2 Cans Tinned tomatoes (400 gr. each)
- 1 Scotch Bonnet
- 1 Red bell pepper
- 4 Cloves Garlic
- 1 Tablespoon Curry spices
- 2 Magi cubes
- 1 Teaspoon Salt
- 3 1/2 Cups (Jasmine) Rice (650g)
- 1 Cup Green Peas
- 2 Carrots cut in cubes
Mama Rao's Lemon Rice & Tomato-Onion Raita

Contributed by G. Nagesh Rao & Kali Wasenko

Rice Preparation

Prepare the 2 cups of rice (usually 1.5 cups of water per cup of rice when cooking in a rice cooker).

While rice is cooking, take about 2 TbSpns of sesame oil and heat up in a small frying pan and add the red chilis, mustard seed, and curry leaves to lightly fry up the seasoning.

Once rice is cooked, let it cool down for about 10-15 minutes, then stir in the fried seasoning, about a 1/2 TbSpn of salt (modify to your liking) and mix thoroughly. Then squeeze 3 lemons over the rice and mix with the juice thoroughly and then add turmeric to provide color. Enjoy with the Raita prepared below.

Tomato-Onion Raita

Chop up the tomatoes, onions, and chilis. In a large mixing bowl pour 2 Cups of Greek Yogurt and 1 Cup of Sour, and start to mix in the tomatoes, onions, and chilis, once mixed well.

Then add in the red chili powder and mix further, then season with a dash of sugar and salt to your liking, not too much as the natural flavors will come out from the tomatoes, onions, and chilis.

Once mixed store in refrigerator and let it chill for about 15-30 minutes, and then serve fresh on the side with the lemon rice.

Ingredients

Lemon Rice:
2 Cups of Basmati Rice, 3 Fresh Lemons, Curry Leaves, Mustard Seed, Red Chilis, Salt, Tumeric Powder, and Sesame Oil.

Tomato-Onion Raita:
2 Cups of Greek Yogurt, 1 Cup of Sour Cream, 1-2 Roma Tomatoes (cut), 1/4 Cup of chopped Red Onion, 2-3 Green Chilis, 1 TbSpn of Red Chili Powder, Sugar and Salt.
Hi! This is one of my most favorite local dishes.

I made this dish for Ernestine Fu when she was in Nairobi for her Fellowship program.

Fish and Ugali hails from the Western part of Kenya and is popular with families across the country. When Mark Zuckerberg came to Nairobi, he had this dish at my neighborhood restaurant, Mama Oliech, which is where I often buy my whole fish. Mama Oliech's brings Tilapia daily from Lake Victoria which is one of Africa's great lakes and is shared by Kenya, Uganda, and Tanzania.

I hope you will be able to source whole Tilapia fish, including the head and the eyes, which some say give you "brain power."

I've attached the recipe with my twist on it... you can adjust the measurements to your taste.

The meal is shared / communal, so place the fish on a platter and put the greens in a bowl. Put the tomato sauce in a bowl. Place the Ugali on a plate; cover with a ceramic bowl. Serve and Enjoy!
To Prepare the Fish

In a bowl, mix the ginger and garlic paste, curry powder and salt. Place the whole fish on a cutting board and slice 4 deep cuts at a 45 degree angle from fin to fin. Fill the slits with the paste mixture, make sure to completely fill opening with the seasoning. Fill the inside of the fish (the crevice) with the seasoning. Cover the external part of the fish with the rest of the seasoning. Lightly dust the fish with the all purpose flower – just a little to make sure it doesn’t stick to the pan when frying.

Put the frying oil in the wok and fill it to the level that will cover the fish. Make sure the oil is very hot. Gently place the fish in the oil and let it fry on each side until the skin is crispy. Preheat the oven to 450 F. Remove the fish, wrap it completely in the foil (no spaces) and place it in the oven. The fish should not be wet, if there are any juices, pour it out before placing in the foil and oven. Lower heat to about 375 F and let the fish cook until ready.

To Prepare the Sauce

Boil the tomatoes in water to loosen the skin, remove from the stove and let cool for a few minutes. Peal off the skin of the tomatoes and chop them finely.

In a skillet heat the olive oil and add the onions. When onions are almost brown, add the ginger and garlic, curry powder and fry for a few minutes. Add the cilantro and chopped tomatoes and salt. Slice the green chili in two and remove the seeds, put the chili into the sauce (if you like spicy you can keep the seeds and chop the chili into the sauce). Add salt to taste. Let simmer until water evaporates and a nice thick tomato sauce is left.

To Prepare the Greens

In a skillet heat the oil and fry the onions until almost brown. Add the curry powder and shredded kale. Add the coconut cream and green chili (without seeds…if you like spicy you can keep the seeds and chop the chili into the sauce). Add salt to taste. Let cook until greens are al dente.

To Prepare the Ugali

In a pot, bring water to boil. Gently pour in the maize meal flour. Stir the maize meal into the water with the wooden spoon until all the water is absorbed. Add the butter and a pinch of salt. Continue mixing until the flour is cooked. Shape the Ugali into a dome shape.
Ma’s Corned Beef and Cabbage

(Irish-American)

Contributed by Jack Bienko

To cook the brisket
Boil corned beef brisket in large stock pan 3.5-4 hours Start at low simmer boil with the lid on
Corned beef should be done when it’s easy to pierce with a fork or knife

To cook the Veggies
Cut head of cabbage into 4-5 large chunks
Cut carrots into 4-5 large chunks each
Cut the medium potatoes in half
Cut the onions into quarters and put all in a large roasting pan with 1.5 cups of water, add salt + pepper and chunks of butter on top
Slow roast at 300 degrees for 4 hours

Serve with rye bread and butter
Ingredients

For the chicken:
One 3-4 pd. whole chicken cut into 8 pieces
Half cup cilantro stems
2 tablespoons kosher salt
1 teaspoon whole black peppercorns
2 cloves garlic
1 large yellow onion, chopped
1 bay leaf

For the green mole:
8 ounces fresh tomatillos, peeled & chopped
2 jalapeños, stemmed & chopped
Half cup cilantro leaves
2 teaspoons kosher salt
2 cloves garlic, chopped
2 tablespoons canola or corn oil
flour tortillas for serving

To Prepare

Place chicken, cilantro strands, 2 tablespoons kosher salt, pepper corns, whole or crushed garlic, bay leaf, and 12 cups of water in a 6 quart sauce pan and bring to a boil; reduce to medium low and simmer, covered and stirring occasionally, until chicken is tender, about 30 minutes.

Remove chicken from sauce pan and strain liquid through a fine strainer; reserve 4 cups and save remaining liquid for another use (it makes a delicious broth). Set chicken and liquid aside.

To make the sauce: heat tomatillos and jalapeños in a sauce pan over medium heat and cook, stirring occasionally, until darkened and thick, about 10 minutes. Transfer to a blender with cilantro leaves, 2 teaspoons kosher salt, chopped garlic, tortillas, and one cup of the reserve cooking liquid. Purée.

Heat oil in a 6 quart sauce pan over medium high heat; add tomatillo sauce and fry, stirring constantly, until it thickens into a paste, about five minutes. Whisk in remaining 3 cups cooking liquid and bring to a boil; reduce heat to medium and cook, stirring, until reduced and thickened, about 30 minutes.

Add chicken pieces and cook until heated through, about 10 minutes.

To Serve
Serve with rice and tortillas.
Ingredients

Uncut bone-in ribeye.
Rosemary - Full sprigs
Unsalted butter - Two sticks
Kosher salt - (I prefer Diamond Crystal over Mortons, as the latter has more salt flavor.)
Finishing Salt (optional - I prefer the crystal structure of Malden Sea Salt)
Fresh cracked pepper
Garlic (two cloves)
Wax or parchment paper

DESCRIPTION

While this recipe requires a bit of investment for a sous vide setup, it yields a flavorful steak that is phenomenally tender and evenly cooked to medium-rare on the inside with a heavy sear (thanks to the Maillard reaction - aka: the chemical reaction between amino acids and reducing sugars that gives browned food its distinctive flavor) on the outside. The compound butter puts this over the edge with a silky rich buttery glaze.

If you're unfamiliar with sous vide, it's a process of cooking a food "under pressure" in a bag at a set temperature. Doing so cooks the steak to a specific temperature so the entire steak is cooked perfectly uniformly. You then sear the outside to brown it.

NOTES

While bone-in ribeyes will have more flavor than de-boned ribeyes, both are suitable. Bone-in require larger sous vide bags. While I prefer a medium-rare steak, you may want yours cooked a bit more. Here are the temperatures for the sous vide bath for various levels of "doneness".

- Medium-rare (129°F/54°C)
- Medium (135°F/57°C)
- Medium-well (145°F/63°C) - This is where I'll start to judge you
- Well-done (156°F/69°C+) - I beg of you, please don't do this.
Directions

Garlic Rosemary Compound Butter

Note: You can prepare the compound butter in advance as it keeps quite well in the fridge.

1. Finely chop six rosemary leaves.
2. Mince three cloves of garlic.
3. Add minced garlic and rosemary leave to frying pan with half a stick of unsalted butter over low-medium heat.
4. Add a pinch of salt and pepper.
5. Stir slowly, and remove from heat just before garlic begins to brown. Continue to cook until the mixture has a strong garlic and rosemary taste. (You want this a bit stronger than you would expect as you'll dilute it soon).

6. Remove from heat and let cool.
7. Combine mixture with one stick of unsalted butter in bowl.
8. Transfer to wax paper in a line approximately 1 inch wide by 1 inch tall.
9. Role wax or parchment paper to form log shape, fold ends of wax or parchment paper of (tape if desired) and move to freezer.
Directions

Steak

1. Cut uncut bone-in ribeye to individual steaks approximate 1.5-2 inches thick.
2. Generously salt and pepper the outside of the entire steak, including the sides.
3. Place each steak in sealed sous vide bag with two pads butter, and one full rosemary sprig, some sliced and minced garlic.
4. Set Sous vide water bath to 134 degrees Fahrenheit.
5. Remove steaks from sous vide bath at three hours.
   (At four hours the steaks will be extremely tender, like a prime rib roast. Six plus hours and the texture falls apart with a strange mouthfeel.)
6. Make sure you dry the steaks off before putting them on the grill. You want it DRY so it'll brown better.
7. Move steaks to a very high heat grill and sear the ever-loving business out of it as quickly as possible. Your goal is to brown the outside without letting the heat penetrate to the inside of the steak. (Tip: While the cross marks of a grill may look pretty, you want the entire area browned. The Maillard Reaction mentioned above equates to flavor... get as much as you can without burning.)
8. Remove from heat, put two pads of the compound butter on top of the steak, sprinkle with Malden Sea Salt for finishing optional), and cover for 10 minutes with tin foil to let rest.
9. Serving carved or whole. If whole, place one sprig of fresh rosemary on top for aesthetic purposes.
叉烧 chashao.

Contributed by Winston Chang

Most people probably know the pork dish from its bun form in dim sum as chashaobao. However, I like the BBQ style which is just the pork, typically over rice. So it doesn't include the sweet sauce they add when they bake it in the bun.

INSTRUCTIONS

Cook all spices and high heat oil high heat for just enough time to open the spices but not burn them. Reduce the heat, add the rest of the ingredients and let simmer for 5 min then cool.

Marinate for 1-1.5 days. Save 1/4 to half the marinade.

*Cook this on a rack so the bottom is not flat against a pan or sheet, this is best but it will work in a regular pan too.

Before cooking drizzle honey over pork.

Cook on high heat (500 degrees or ) for 10 min

Take out and glaze using the saved marinade on the pork

Cook 15 min on 350 degrees

Take out, flip on rack, and glaze again with marinade

Cook 15 min more (or until pork is cooked)

Pork should reach internal temp of 160 degrees

Rest for 10 min then slice thin
Mama's twice-baked sweet potato pie

5 lbs sweet potato
1 1/2 cups butter
4 cups sugar
Cinnamon & nutmeg to sprinkle

5 eggs
3/4 cup flour
1 tbspn vanilla

Pre-bake potatoes twice @ 350° (coat clean potato with cooking oil and wrap in foil) for 45 min (until tender)
Mix sweet potatoes until creamy (Peel them 1st of course)
Add butter, sugar, flour, eggs, vanilla and mix until creamy
Sprinkle mixture with cinnamon & nutmeg (enough to cover the surface of the filling)
Pre-heat pie shells (don't forget to poke holes)
Bake @ 350

≈ 55-60 mins.
Ingredients

5 pie shells
5 lbs sweet potato
6 eggs
1 lb butter
¾ cup flour
4 cups of sugar
1 TBSP vanilla
Cinnamon and nutmeg to sprinkle

Mama's Twice Baked Sweet Potato Pie

Contributed by Rhonda Broussard
Family Secret (Classified)

Coat clean sweet potatoes in oil and wrap with foil. Pre-bake potatoes at 350 degrees for 45 minutes, until tender.

Peel sweet potatoes and mix until creamy.

Add butter, sugar, flour, eggs, and vanilla and mix until creamy.

Sprinkle the mixture with cinnamon and nutmeg (enough to cover the surface of the filling).

Poke holes in the pie shells using a fork. Pre-heat the pie shells in a 350 degree oven.

Add the filling and bake at 350 degrees for 50-55 minutes.
Thank you

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