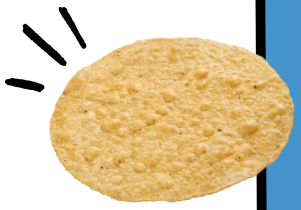
Dorm Room Delicacies

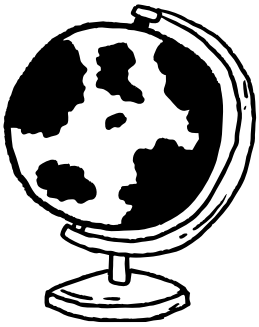
RECIPES SHARED BY STUDENTS FROM AROUND THE WORLD







Vol. 1, No. 3 (SoSe 26)



UNIVERSITY OF AUGSBURG
International Office

Hello Andrea!



Tell us a little bit about yourself!

Hi! I'm from Guatemala and I'm in my second semester studying Ibero-Romanic Cultural Studies. But I've actually been in Germany for more than two years now. Before starting my studies, I spent a year helping out at a guest house in the countryside near Munich.

Did you enjoy that?

Yes, I really enjoyed living in the countryside and being surrounded by nature. Since I'm from Guatemala City, that was very unfamiliar to me. I also liked my job there: The guest house was open to groups who wanted to spend their free time there. I helped out in the kitchen, and since I love to cook, that was great for me. I've even learned a few German recipes along the way!

Do you cook Guatemalan food, too?

I don't usually because it's very hard to find the right ingredients here, and also because it's a lot of work. I only cook Guatemalan food when I have plenty of time and when I'm really craving it.

Do you have a favorite recipe?

Tostadas are a typical Guatemalan dish I like to cook. The ingredients are fairly easy to find here and not too expensive. It's also very easy to make! In Guatemala, tostadas are typically eaten at fairs, during holiday celebrations, or as street food. On Assumption Day on August 15, for example, there's the biggest fair in Guatemala City called the Jocotenango Fair, which is basically the Guatemalan version of Oktoberfest. There are roller coasters, games, and lots of traditional street food like Tostadas that we call "antojitos," ("little treats"). But tostadas I've loved ever since I was a kid. They remind me of when I'd come home with my mom and sister after a long day, and we'd eat tostadas from a woman who sold them nearby on the street.

TOSTADAS



Even though you can find tostadas (= corn tortillas) everywhere in Guatemala, it's a little tricky here. But you can find them, for example, at "México Mágico," in Munich.

Shopping list

- [ ] Tostadas (6-9)
- [ ] Tomatoes (2-3)
- [ ] Onion (1/2)
- [ ] red pepper (1/2)
- [ ] garlic (1 clove)
- [ ] Avocados (2)
- [ ] lemons (1-2)
- [ ] Parsley
- [ ] Salt
- [ ] feta cheese
- [ ] Pickled onions

The three most traditional toppings are: guacamole, salsa, and beans. Andrea likes salsa best!

In Germany you can also find this cheese under the name "Hirtenkäse"

1. Make the salsa: Roast the tomatoes, onion, red pepper, and garlic until soft and slightly charred. Blend everything with Parsley and a little salt.
2. Make the guacamole: Mash the avocados in a bowl. Add finely chopped onion, lemon juice, and salt. Mix well.
3. Prepare the tostadas: Take your crispy tostadas and make two versions:
4. Guacamole tostadas: Spread a generous layer of guacamole on top.
5. Salsa tostadas: Spread the homemade red salsa on top.
6. Add the toppings: Finish both types with Hirtenkäse, fresh Parsley, and pickled onions.
7. Serve & enjoy! Mix and match the toppings and enjoy your homemade Guatemalan tostadas with friends!



SOME MORE ...

Horchata guatemalteca de pepita:

To go along with your Tostadas try out this recipe for a traditional Guatemalan drink:

1. Toast ½ cup of pumpkin seeds and ½ cup of rice (use the German "Milchreis" for this) lightly in a pan.
2. Let them cool and blend with 2 cups of water until very fine
3. Strain the mixture into a jug.
4. Add 3 more cups of water, ½ cup of sugar, 1 cinnamon stick and 1 teaspoon vanilla.
5. Mix well and chill in the fridge.
6. Serve very cold with ice.

Since there aren't many Guatemalans in Germany, it's unfortunately difficult to find authentic Guatemalan food near Augsburg. However, anyone who attended the International Office's Cultural Night this semester was able to enjoy Andrea's Tostadas and Horchata!

→ More information on our Cultural Nights: unia.international.students

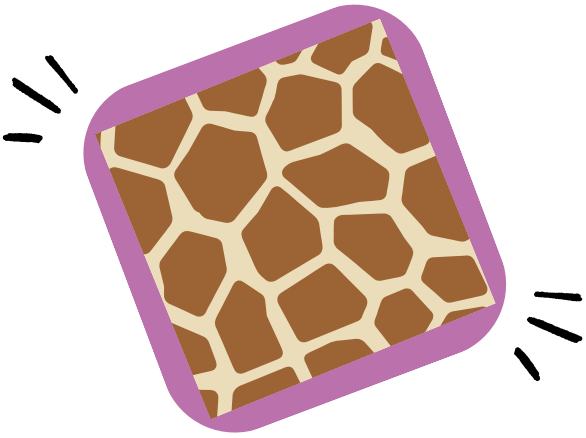
→ If you'd like to organize a Cultural Night in collaboration with the International Office, send an email to info@aaa.uni-augsburg.de!

... RECIPES

Giraffen-Creme:

And for dessert: This is a German recipe that Andrea learned while working at the guest house. It's very easy to make, and she's sure everyone will love this “giraffe cream”:

1. Crush 250g of chocolate cookies.
2. Drain 1 can of peaches (480g) and cut them into small pieces.
3. Whip 250g of whipping cream until stiff.
4. Mix 250g of curd (“Quark”), 1 package of cream cheese, 50g of sugar and 1 packet of vanilla sugar.
5. Gently fold in the whipped cream.
6. Layer in a bowl: cookies, peaches, cream one after the other.
7. Repeat the layers and finish with cookies.
8. Refrigerate for 2 hours.





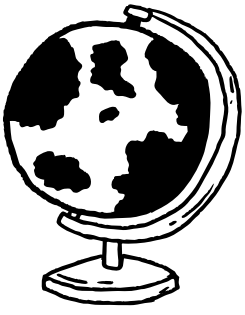
Gracias, Andrea!

“Dorm Room Delicacies” is a recipe collection published by the International Office of the University of Augsburg. It aims to encourage intercultural exchange and help international students feel at home in Augsburg by cooking familiar dishes from their home countries.

All recipes are available online and can also be downloaded for printing:

We’d love to hear from **you**! Share your own favorite recipe with us and help fellow international students settle into life in Augsburg.
→ info@aaa.uni-augsburg.de

Thank you and **¡Buen provecho!**



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