

ISB MENU GLOSSARY



Alplermagroni – (Alpine herdsman's macaroni) is a frugal all-in-one dish making use of the ingredients the herdsman had at hand in their alpine cottages: macaroni, potatoes, onions, small pieces of bacon, and melted cheese. Traditionally Alplermagronen is served with applesauce instead of vegetables or salad.



Beef Stroganoff is a Russian dish of sautéed pieces of beef served in a sauce with sour cream.



Chicken Tagine A tagine is a sort of stew. It incorporates ingredients which take well to long, slow braising at low temperatures, in this case- chicken. Depending on the origin of the tagine, the spicing of the dish varies widely, and is possible to find tagines with vegetables, beans, and various grains in addition to meat stews. After several hours of cooking, the ingredients in the tagine are extremely tender and very intensely flavored, and diners can ladle the tagine over rice or scoop it out of the dish with hunks of bread. The ISB tagine is quite mildly spiced.



Couscous is a coarsely ground semolina pasta. The grain is a staple in many North African countries.



Cottage pie is a traditional English dish made with minced meat covered with a mashed potato crust. While a variety of meats can be used, the dish is traditionally made from beef or lamb.



Crumbed Quorn is breaded Quorn. Quorn is a healthy food and an alternative to meat. It is made from egg protein.



Ebly is whole grain durum wheat grown in France. Highly nutritious - Rich in dietary fiber and phosphorus, low in sodium and fat, high in carbohydrates and protein, contains vitamin B.



Feijoada, the **Brazilian** national Dish is made of rice, black beans, pork and green vegetables



Gratin Dauphinois is a traditional dish from the Alps of sliced potatoes, cheese and cream



Mah Meh is Indonesian style fried noodles (not spicy)



Moussaka is a layered casserole that incorporates chopped meat and vegetables. The traditional dish is made with eggplant.



Ossco bucco Milanaise is an Italian dish means "bone with a hole " made from veal shin. They are braised in the oven for at least 4 hours, garnished with gremolata (a blend of chopped Italian parsley, garlic and lemon zest) and served with Risotto Milanese



Pojarski steak is simply a veal-beef burger with a delicious creamy, gravy or sauce.



Sarman, Bosnian Specialty is minced meat and rice wrapped in cabbage leaves.



Scaolpine al Limone is traditionally a veal cutlet pan fried in lemon sauce. At ISB we use pork except for our Junior and Pre School students who have veal.



Spaetzli is a traditional Swiss egg noodle that is “handmade” so has a bumpy form.



Szegedin Goulash or Hungarian goulash, is a pork and sauerkraut stew served with bread.



Wienerli is a frankfurter or hot dog.