

Below, three "different" railroader recipes.

(1) **Pork Chops Senegalese**, a hearty, rib-sticking dish for two, a West African railroader and his wife

1/2 tsp. salt	4 pork chops
2/3 c. unprocessed white rice	1 c. raisins
2 scallions, chopped finely	1 teaspoon curry powder
1 8-oz. can tomato sauce	1 & 1/2 c. white or rosé wine

Mix rice, raisins, curry powder, and onion bits; set aside. Brown pork chops in deep frying pan; salt chops liberally on both sides. Dump mix around, not over, the browned pork chops. Pour the liquid tomato sauce and the wine over everything. At sea level, simmer for about 30 minutes, until rice is tender, adding more liquid as needed, some water in a pinch. For variety, Bambara ground nuts (fresh peanuts) can be added to the mix

Serve with tropical fruit, West African style, all or any of: watermelon, guava, papaya, or mangos

(2) **Lebanese Tabuly**, summer treat for a railroader on the Chemins de Fer Libanais and his family of 4

8 oz. Bulgur wheat	2 c. minced fresh parsley
2-3 T. minced fresh mint	2 c. minced fresh tomatoes
1/2 c. minced scallions (green part only)	1 tsp. salt
1/2 tsp. black pepper	3/4 c. lemon juice
3/4 c. olive oil	

Rinse and drain Bulgur wheat. Add all other ingredients; mix thoroughly. Let stand one hour before serving. Store in refrigerator.

Can be eaten with toasted Pita bread on the side

(3) **Amhara Wat**, spicy meat "stew," for a railroader on the Chemin de Fer Djibouti-Ethiopien and his family of 6

2 yellow onions, minced (the Amhara use shallots)	1/4 c. butter
1 T. ginger powder	2-4 minced garlic cloves
1 tsp. cumin powder	1 T cayenne (use more, according to taste tolerance, for a real Amhara flavor)
1 tsp. fenugreek	1 tsp. turmeric
1 tsp. cardamom	1/ tsp. clove powder
2-3 lbs. beef, chuck will do, in 1/2-inch cubes (<i>bezu sera</i> —much work here)	salt, to taste
	1/2 - 1 c. dry red wine

In a large pot, brown the onions and garlic in the butter. Mix all the spices; then, mix into the browned, buttered onions. Add wine and beef; simmer, covered until beef is tender. Salt as desired. Add water, as needed, to keep mixture a thick paste. May be served with whole, peeled, hard boiled eggs, dropped in after the wat is done, as a special Easter or Christmas treat. (Christmas occurs in each of the thirteen months of the year.) Lamb may be substituted for the beef.

Farenji (foreigner), you may use tableware to eat the *wat*. However, for the native touch, make a stack of large, thick pancakes (*injera*) of buckwheat flour. From a stack of these pancakes, tear off a piece, with your right hand, and use it to scope up some *wat* and put all in your mouth. *Teru new*—good it-is.

Serve with honey mead (*tej*), the esteemed beverage, and with demitasses of coffee (*buna*), the drink of friendship. *Buna* is flavored with any one of salt, honey, or cinnamon. A very sweet white wine could be substituted for the honey mead.

Courtesy Fred Gamst.

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