

# IEP NEWS



## DIRECTOR'S CORNER



*Elena Moore, IEP Director*

November was the busiest of months. First, there was the Great Gulf Coast Arts Festival, then Conversation Lunch with IEP students and UWF faculty and staff. Our most important event was UWF Celebrates the

World. IEP students participated enthusiastically in the World Showcase, sharing their cultures with slide shows, traditional dress, and delicious food. See this issue for recipes and photos of this memorable day. Thanks again to our students for their tremendous contributions.

Spring Session A will bring an important change to the IEP schedule. A four-day class schedule will be instituted on a trial basis. Students will attend Monday –Thursday from 8:30-2:30, with a one-hour lunch break.

The advantages to our students, especially those from Ft. Walton and Alabama, are the fuel savings and the opportunity to take additional courses on Fridays.

Fall Session B ends in just two weeks and this is our last newsletter of the year. To those students who will be leaving, good luck. You will be missed.

May 2009 bring health and happiness to all.

*Elena Moore*

## IEP NEWS FOR SPRING TERM "A" 2009

**IEP will have a trial 4-day schedule beginning with Spring 2009 Session A. Classes will meet Monday - Thursday from 8:30 a.m. -2:30 p.m. and will include a lunch break. On Friday mornings, we will offer 7-week electives for additional fees.**

### TOEFL PREP

This is a 7-week class for high-intermediate to advanced students who need to take the TOEFL test either for admission to a university or for professional reasons. Students will focus on the following skills:

- Listening comprehension*
- Reading comprehension*
- Speaking skills*
- Writing skills*
- Grammar skills*
- Test-taking strategies*



### PRESENTATION SKILLS/PRONUNCIATION

This is a 7-week class for high-intermediate to advanced students who need to improve speaking and presentation skills for university study or for professional reasons. Student will learn the basics of presentation skills for academic and professional setting, and they will practice giving presentations to the class. In addition, students will engage in English pronunciation exercises with the goal of speaking more clearly.



IEP IN PHOTOS

**UWF CELEBRATES  
THE WORLD**



IEP IN PHOTOS



## IEP RECIPES

### Coconut Soup

*Akkarawan—Thailand*

- 1 can coconut milk
- 1 pk. coconut soup paste
- 1 can water
- shrimp or meat
- Yellow onion
- tomato
- mushroom
- basil, green onion, cilantro

Take 1 can of coconut milk, 1 pack of coconut soup paste, and 1 can of water. Add shrimp or meat. Add cut onion, tomato, and mushroom. Add basil, green onion, and cilantro. When done, eat with jasmine rice.

### Arepas(Cornmeal Griddle Cakes)

*Ricardo—Colombia*

- 2 c. Goya Masarepa
- 1 tsp. salt
- 3 c. warm water
- butter



cream cheese, mozzarella cheese

First, combine Goya Masarepa, salt, and water. When the dough is mixed, let stand for 5 minutes. Form the dough into patties about 4 to 5 inches across and ½ inch thick. Coat a griddle or skillet with a small amount of butter. On medium heat, cook arepas until lightly browned on each side. Serve with desired accompaniments such as cream cheese, butter, or mozzarella cheese.

### Brazilian Christmas Cake

*Kely—Brazil*

Prepare a regular cake, but you need to change milk to black coffee. For cake filling, you need to prepare a buttercream with equal amounts of sugar, sweetened chocolate, and butter. After filling the cakes, frost the cake with the same cream. Finally cover the cake with nuts such as Brazilian nuts, peanuts, cashews,

or pecans. Enjoy your delicious cake on Christmas!

### Tempura

*Yumi—Japan*

- shrimp
- pumpkin, okra, onion, eggplant or lotus root
- 1 egg
- 1 c. flour
- 1 c. ice water
- oil



It is not hard to make delicious Tempura if you follow these steps: Prepare the ingredients. Make Tempura batter by lightly mixing an egg, a cup of ice water, and a cup of all-purpose flour. Heat vegetable oil in a deep pan to 340 – 350 degrees Fahrenheit. Be careful not to scald yourself with hot oil. Lightly dip ingredients in the batter and immediately fry them until crisp. It takes longer to fry vegetables than to fry seafood. Drain Tempura on a rack. Serve right away with Tempura dipping sauce or salt. Enjoy your delicious meal!

### Sonen

*Kazuhiro—Japan*

How to cook Sonen:

First, prepare thin wheat noodles, Sonen special soup, and some spice such as green onion or ginger. Second, mince green onion and mash ginger. Third, you should boil the thin wheat noodles. Chill the noodles. Finally, add the spices you want into the soup. Dip noodles and eat!

### Borsch (Soup)

*Maria—Russia*

- 2 large beets
- 2 potatoes
- 2 carrots
- 1 onion
- 1 small head of cabbage
- 1 lb. pork or beef
- Greens

- Salt
- Pepper

Boil meat until ready with salt and pepper then take it off and cut it into small pieces. Cut cabbage and potatoes into small pieces and put in the stock. Cut carrots and onions and fry them together. Cut the beef into very small pieces and add carrots and onions. Put some water there then add tomato paste, vinegar, salt and pepper. After vegetables are ready, add them to the stock and put pieces of meat also. Boil for 15 minutes add greens and enjoy.

### Merjimek Breakfast

*Eunae—Turkey*

- 4 large tomatoes, peeled and chopped
- 8 large eggs
- 1 large onion diced
- 1 cup chopped parsley
- 2 small hot peppers diced
- Olive oil

Cover bottom of pan with olive oil and heat on high heat. After 2 minutes, stir in onions stirring occasionally until onion is browned. Add tomatoes, parsley, and pepper into bowl. Let simmer for 5 minutes. Break eggs into pan and cook for 3 minutes. Salt and pepper as desired. Cover bottom of pan with olive oil and heat on high heat. After 2 minutes, stir in onions stirring occasionally until onion is browned. Add tomatoes, parsley, and pepper into bowl. Let simmer for 5 minutes. Break eggs into pan and cook for 3 minutes. Salt and pepper as desired.

### Miso Soup

*Miki—Japan*

- Miso (soybean paste)
- Onion
- Potato
- Spring onion
- Soft seaweed
- Soy sauce



## IEP RECIPES (CONT.)

Cut the vegetables. Basically, any kind of vegetable is acceptable. When the water boils, add one scoop of soy sauce and sake into boiling water. After that, put all vegetable and soft seaweed there. If the vegetables become soft enough, you can put a scoop of Miso. When the color of water changes from white to brown, it is done. Finally, put it in a bowl and put the spring onion on the top. It's really easy and healthy for your body!!

### **Kabsa Bil-Lahm (Rice with Meat)** *Maha-- Saudi Arabia*

- 1 ¼ -1 ¾ lbs. lamb or beef
- 1 ¾ lbs. chopped tomatoes
- 1 medium onion, finely chopped
- 2 pieces of cinnamon sticks
- 2-3 pieces of dried lime
- 4-5 pods of cardamom
- ¼ cup oil
- 2-3 pieces green chilies (or to taste)
- 1 ½ cups rice

Cut the meat into medium pieces, wash and drain. Put oil in saucepan, fry onion until golden, add meat, and fry until light brown. Add tomatoes, boiling water, dried limes, and cinnamon; cook on low heat until meat is tender. Rinse rice and add meat and stock. Liquid should be one-half inch above rice. Cook on high until stock has almost evaporated, then turn down heat to simmer and cook for 20-30 minutes. Serve hot.

### **Olivie (Salad) -Version I** *Oxana--Russia*

- Potatoes: about 6-7 pieces
- Eggs: about 6-7
- Carrots: about 3-4
- Green peas: 1 average can
- Onions: about 3-4 pieces
- Meat: 2 packages of boiled sausage or 2 cooked chicken breasts (In Russia we use boiled sausage.)



- Cucumbers: 3-4 pieces
- Mayonnaise

Boil potatoes, carrots, and eggs. You do not need to peel them. While boiling the vegetables, finely cut the onions and the meat. When potatoes, carrots, and eggs are ready, you need to peel and finely cut them. At the end, add the green peas and cucumbers. Finally, dress the salad with mayonnaise.

### **Olivie (Salad) -Version II** *Viktoriya--Kazakhstan*

The most popular and tasty salad is called Olivie. Olivie can be seen on the table on Christmas Day and for other celebrations. Making this salad is always tasty. In some celebrations, all guest look forward to Olivie.

Sausage, eggs, salt, pickle, potatoes, and green peas are needed for this salad. First, boil the egg and potatoes. When they are cooked, slice sausage, potatoes, pickles, and eggs in thin pieces. Add green peas and mayonnaise. Sprinkle pepper and salt on the salad and mix everything. After 15, minutes it will be ready.

### **Hot and Spicy Chicken** *Yuan--China*

- 2 lb chicken
- 4 Tbsp oil
- 2 Tbsp. light soy sauce
- 2 hot peppers
- 1 Tbsp. sherry
- 1 scallion
- 1 Tbsp. shredded ginger
- 1 tsp. anise pepper
- ½ c. chicken broth
- 2 Tbsp. wine vinegar
- 1 Tbsp. sugar
- 1 Tbsp. cornstarch
- ½ tsp. salt.



Cut chicken into bite-sized pieces. Marinate 15-20 minutes in ginger, sherry,

soy sauce mixture. Cut scallions and hot peppers diagonally into 1-inch pieces. Grind anise pepper to powder. Mix broth, soy sauce, wine vinegar, sugar, salt and pepper. Heat oil and stir fry scallion several seconds. Add soy mixture and chicken to scallions and hot pepper. Stir-fry for 1-2 minutes more. Add chicken broth mixture and mix well. Cook over low heat until chicken pieces are tender and add cornstarch to thicken.

### **Kim-Chi**

*Gyuri--South Korea*

Makes about 1 ½ quarts.



- 3 Tbsp plus 1 tsp pickling salt
- 6 cups water
- 2 lb. Chinese cabbage, cut into 2-in. squares
- 1 ½ Tbsp minced fresh ginger
- 1 c. shredded Korean radish
- 1 tsp. sugar
- 6 green onions, cut into 2-in. lengths then slivered
- 1 c. minced garlic
- 3 Tbsp. brine shrimp sauce or anchovy sauce
- ¼ c. Korean ground dried red hot pepper

Dissolve the salt in the water. Put cabbage into large bowl, pour brine over it. Weigh the cabbage down with a plate, letting its stand for 12 hours. Drain the cabbage, reserving the brine. Mix the cabbage with the remaining ingredients including the 1 tsp. salt. Pack the mixture into a 2-qt. jar. Cover with reserved brine. Push a freezer bag into the mouth of the jar, and pour remaining brine into the bag. Seal the bag. Let the kim-chi ferment in a cool place no higher than 68°F for 3-6 days until as sour as you like. Remove the brine bag and cap the jar tightly. Store the kim-chi in the refrigerator, where it will keep for months, and then eat!

## CONVERSATION LUNCH



*Danny and Ricardo teach UWF faculty and staff Spanish*

Last spring, the Intensive English Center hosted its first Conversation Lunch for university faculty and staff. Since we already had regularly-held Conversation Partners sessions for our students to practice spoken English, Dr. Angela McCorvey, Interim Associate Vice President, suggested an event in which our students would teach a



*Yuan explains Chinese culture*

little of their own languages. Conversation Lunch, begun in the spring, was a huge success and will be held 2-3 times a year.

Student volunteers sign up and state the language they speak. In some cases, students are fluent in two other languages besides English. An invitation is sent out to faculty and staff listing languages available that session. Attendance is limited to 15 guests, so an RSVP is required.



*This lively Russian language group is led by Oxana and Maria*

Guests are paired or grouped with students who speak their requested language. Students may teach a few expressions to beginners or practice conversation with the advanced learners. Some participants have

studied the language before, but others just have an interest in learning basic expressions.



*Noura and Mohammed teach Mrs. Moore a few phrases in Arabic.*

Conversation Lunch is a good opportunity for our students to share their language and culture with others. It's informal and relaxed, and lunch is served. The next event will be held in the spring.



*Juliana gives a Portuguese lesson*

## IEP SESSION DATES

### **Spring 2009**

- January 9 - February 27 (7-week session)
- March 2 - April 24 (7-week session)

### **Summer 2009**

- May 11 - June 19 (6-week session)
- June 29 - August 7 (6-week session)

### **Fall 2009**

- August 24 - October 9 (7-week session)
- October 19 - December 9 (7-week session)

IEP News is produced by Marketing Coordinator, Rachel Errington & IEP Director, Elena Moore. IEP News also includes student contributions.

## APPLYING TO IEP

Apply to the Intensive English Program at the University of West Florida by downloading an application at [www.uwf.edu/intered](http://www.uwf.edu/intered). Complete the application and mail to the address below with a \$100 application fee.

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