





# Brighton Beach

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Brighton Beach is an oceanside neighborhood in the southern portion of the NYC borough of Brooklyn, along the Coney Island peninsula.

# Pelmeni (Russian Dumplings)

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## What is it?

Pelmeni are Russian dumplings: small portions of ground meat and onion wrapped in a thin, unleavened dough and boiled.

While Russians prize pelmeni as a Siberian dish, The recipe may actually be an adaptation of Chinese pot-stickers. Other ancient foods such as manti, native to turkic peoples and also popular in Russia, differ from pelmeni only in size and shape. Ukranian vareniki, Eastern European pirogies and even Italian ravioli also have much in common with this simple, tasty food.

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## Where to get it:

Varenichnaya  
3086 Brighton 2nd St

Cafe At Your Mother-in-Law  
3071 Brighton 4th St

Skovorodka  
615 Brighton Beach Ave





# Borchst

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## What is it?

And how do you pronounce it? Borscht is popular in the Ukraine and Russia, and other Eastern European countries.

It is a bright red soup, full of vegetables and (usually) beef. It is a hearty meal-in-a-bowl for blustery March days. Short ribs add flavor, while sliced cabbage contributes texture. At the end, the only things you need are a dash of vinegar and a dollop of sour cream.

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## Where to get it:

Gambrinus Seafood Bar & Restaurant  
3100 Ocean Pkwy

Hot Potato House  
109 Oriental Boulevard

Oceanview Cafe  
290 Brighton Beach Ave

# Medovik



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## What is it?

Medovik is a classic Russian honey cake that dates back more than 200 years. Legend has it that the first medovik honey cake was created in the 1820's by a personal chef for the wife of Russia's Czar Alexander I.

Many recipes include walnuts, sweetened condensed milk, and even dried fruits like apricots or dried plums. The original recipe consists of just honey sponge cake and whipped creme fraiche cream.

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## Where to get it:

Kiev Bakery  
1627 E 18th St

TONÉ-CAFÉ Georgian Bread  
265 Neptune Ave

# Flushing

Flushing is a neighborhood in the corner of the borough of Queens. Downtown Flushing is the largest urban center in Queens, and home to the largest Chinatown in NYC.

# Main Street



# Hotpot

## What is it?

The Chinese hotpot has a history of more than 1,000 years. Hotpot seems to have originated in Mongolia and the Jin Dynasty where the main ingredient was meat, usually beef, mutton or horse. It then spread to southern China during the Song Dynasty and was further established during the Mongolian Yuan Dynasty. In time, regional variations developed with different ingredients such as seafood. By the Qing Dynasty (AD 1644 to 1912), the hot pot became popular throughout most of China. Today in many modern homes, particularly in larger cities, the traditional coal-heated steamboat or hot pot has been replaced by electric, propane, butane gas, or induction cooker versions.

## Where to get it:

Beans Fishing Square

[36-36 Prince St, Flushing, NY 11354](#)

Little Sheep Mongolian Hot Pot

[136-59 37th Avenue](#)

Mister Hotpot

[G02, 133-42 39th Ave](#)

Hot Point Pot

[136-72 Roosevelt Ave](#)

All you can eat

99 Favor Taste

[136-05 37th Avenue](#)



# Korean BBQ

## What is it?

The term Korean barbecue or Gogigui (meat roast) in Korean refers to the Korean method of roasting beef, pork, chicken, or other types of meat. Such dishes are often prepared at the diner's table on gas or charcoal grills that are built into the table itself. Some Korean restaurants that do not have built-in grills provide portable stoves for diners to use at their tables.

The most representative form of gogigui is bulgogi usually made from thinly sliced marinated beef sirloin or tenderloin. Another popular form of it is galbi made from marinated beef short ribs. However, gogigui also includes many other kinds of marinated and unmarinated meat dishes, and can be divided into several categories. Korean barbecue is not only popular among Koreans, but also has gained popularity internationally.

## Where to get it:

Kang Ho Dong Baekjeong  
152-12 Northern Blvd, Flushing, NY 11354  
Gahwa Korean Restaurant  
29-32 Union St  
Han Joo Restaurant  
41-06 149th Pl  
Tong Sam Gyup Goo Ee  
162-23 Depot Rd  
The COOP Restaurant & Bar - Best  
Korean Chicken  
39-16 Prince St #103, Flushing, NY 11354





# Japanese Noodles

## What is it?

Noodles are a staple part of Japanese cuisine. Ramen are thin, wheat-based noodles made from wheat flour, salt, water, and kansui, a form of alkaline water. The dough is risen before being rolled. They were imported from China during the Meiji Period. Ramen noodles have a firm texture and are usually pale yellow in color. Examples of ramen dishes are Shoyu ramen, Shio ramen, Miso ramen, Tonkotsu ramen.

Udon are the thickest of the noodles served in Japanese Cuisine. Udon are white, wheat-based noodles, that are 4-6mm in width. These noodles are served chilled with a dipping sauce in the summer months, or in hot dishes and soups when the temperature is cooler. Udon dishes include kitsune udon, Nabeyaki udon, curry udon, and yaki udon.

## Where to get it:

### Hashi

192-12 Northern Blvd

### Yamato Sushi

33-23 Francis Lewis Blvd

### Yu Sushi Barfare

133-44 37th Avenue

### Misoya

157-02 Northern Blvd



# Flatbush Avenue

Flatbush Avenue is one of the major avenues in Brooklyn. It runs from the Manhattan to Jamaica Bay.



# Rasta Pasta

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## What is it?

Rasta Pasta is a combination of Italian and Caribbean flavors that create an exciting meal. There is a wide variety of seafood and protein options to add to your order.

The image shown to the right is one of the most favorable choices, due to the serving amount. Oxtail can be a very satisfying choice of meat. The meat is usually from the tail of an ox, but now it comes from the tail of a cow. It requires a long time to cook. It is served with penne pasta tossed with mozzarella cheese and bell peppers for taste!

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## Where to get it:

Footprints Café  
5814 Clarendon Rd

Footprints Café Express  
1377 Flatbush Ave



# Chicken & Waffles

## What is it?

The best known chicken and waffle pairing comes from the American soul food tradition and uses fried chicken. The waffle is served as it would be at breakfast time, with condiments such as butter and syrup. This unusual combination of foods is beloved by many people who are influenced by traditions of soul food passed down from past generations of their families.

## Where to get it:

Suede  
5610 Clarendon Rd

Mango Seed  
757 Flatbush Ave

Doowop Griddle  
3205 Avenue H



A white plate of jerk chicken is presented on a dark, textured woven placemat. The plate features two large, dark-brown, charred chicken thighs. Accompanying the chicken are a portion of white rice mixed with kidney beans, a fresh green salad with lettuce, tomatoes, and cucumbers, and several slices of cantaloupe melon. The text 'Jerk Chicken' is overlaid on the left side of the image.

# Jerk Chicken



## What is it?

Simplicity can be served with spice. Jerk is a style of cooking that can either be dry-rubbed or marinated with very hot spices. It is traditionally applied to chicken or pork and smoked over a slow fire. Served with rice and peas, braised cabbage and fried plantains.

Jerk seasoning principally relies upon two items: allspice (called “pimento” in Jamaica) and Scotch bonnet peppers. Other ingredients may include cloves, cinnamon, scallions, nutmeg, thyme, garlic, brown sugar, ginger, and salt.



## Where can I get it?

Trelawni Place  
1440 Utica Ave

Peppa's Jerk Chicken Restaurant  
738 Flatbush Ave

C&J  
875 Flatbush Avenue

