

# MSMU COMMUNITY COOKBOOK



From our cookbook to yours...  
a Mount Saint Mary's University Cookbook



MOUNT WELLNESS



CENTER FOR CULTURAL FLUENCY

Brought to you by the Department of Sports, Recreation & Wellness and the Center for Cultural Fluency

# MSMU COMMUNITY COOKBOOK

Special thanks to all those who submitted a recipe; you have all made this an amazing MSMU Community Cookbook.

# Letter From the Editors



## **Samantha Vasquez**

As a Student Manager for the MSMU Department of Sports, Recreation & Wellness, I spend a lot of time thinking about how to bring wellness into the homes of our students. However, since the COVID-19 pandemic, I have been trying to bring wellness into my own home. Food is a wonderful way to do that, though I am no cook and cooking is still new to me.

Based on the ideas of the Athenians Care Act, which focuses on "collectively supporting the health and well-being of our friends, our families, and our world," I began this cookbook as a way of bringing our Athenian community together through food. This cookbook is the product of my desire to feel connected to you, my Mount family, and to cook good food for my loved ones at home.



## **Dr. Julie Feldman-Abe**

For me, cooking during the pandemic has been a source of comfort, connection and joy. It's also a lot of work trying to keep my family healthy, nourished and inspired. This year, zooming into my colleagues and students' homes merged the professional and personal in a new way. Sharing cherished recipes seemed a natural opportunity to strengthen our connections to one another, share our cultural and family traditions, and build deeper community. It is my hope that this first MSMU Community Cookbook inspires all of us to try new culinary experiences. Each recipe is hand-picked and beloved by one of our students, colleagues and friends. Let food be an opportunity for a new cultural experience! And may the MSMU Community Cookbook add a little joy and spice to all of our lives.

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# Kitchen Basics

## General Skills

### Beating

The rigorous mixing of ingredients, whipping it with either a fork, wooden spoon, whisk, food mixer or food processor so that air is carried into the mixture from the top to bottom over and over again.



### Boiling

Cooking food at a relatively high temperature, 212°F, in water or some other water-based liquid. When liquids boil, bubbles caused by water vapor rush to the surface of the liquid and pop.

### Kneading

A process in the making of bread or dough where you push the dough away from you with the heel of your palm, folding it over itself with your fingers, and pulling it back.

### Microplane

A microplane is a rasp-like grater used to grate various food items, such as nutmeg, garlic and cheese, and as zesters for citrus fruit.



### Roasting

A cooking method that uses dry heat where hot air covers the food, cooking it evenly on all sides with temperatures of at least 302°F from an open flame, oven or other heat source.

### Sautéing

Cooks large or small pieces of food in a wide, shallow pan in a small amount of hot fat over medium-high heat, turning often or just once. You can let the food rest at times during the cooking.



# Kitchen Basics

## Differences Between...

### Boiling and Simmering

Boiling water is water that's bubbling at 212°F. Simmering, on the other hand, is slower than that, usually at 195°F to 211°F. However, the water in this state isn't moving as quickly and isn't producing as much steam from evaporation.

#### Boil



#### Simmer



### Roasting and Sautéing

Roasting is typically achieved by placing the food in a suitable oven-safe pan/tray and cooking mostly uncovered in an oven. Sautéing is generally accomplished in a frying pan, over medium or high heat, and usually with some added oils or butter.

#### Roasting



#### Sautéing



# Kitchen Basics

## Specific Knife Cuts

### Chopping

A general method for cutting food into bite-sized pieces.

### Finely Chopping

Cutting food into smaller than bite-sized pieces.

### Dicing

A general method for cutting food into small blocks or dice allowing for the distribution of flavor and texture throughout the dish, as well as quicker cooking time.

### Mincing

A technique where ingredients are cut into uniform pieces. Minced food is in smaller pieces than diced or chopped food; it is the finest level of chopping.

Chopped



Finely Chopped



Diced



Minced



# Kitchen Basics

## Skills Needed

### Cutting Up Cauliflower Into Florets

Pull leaves off the base of the cauliflower then cut cauliflower in half from the top of the crown through the stem. Lay the cauliflower halves cut side down on the cutting board and cut them vertically again. Lay the cauliflower quarter on the cutting board and angle the knife so that it cuts out the core. Repeat with remaining quarters of cauliflower and pull apart the cauliflower florets.



### Cutting Sirloin Beef

When your beef is cooked, run your knife perpendicular to the grain of the steak, or else you'll have a piece of meat that's tougher than jerky. Cut at a diagonal angle to help your steak retain most of its juices.

### Deboning Chicken\*

1. Lay the chicken breast-side down with its legs toward you. Locate the backbone running straight down the middle.
2. Begin cutting along one side of the backbone down the entire length of the chicken. Repeat on the other side to fully remove the backbone.
3. Make a 1/2" slit through the cartilage in front of the keel bone.
4. Crack open the keel bone by folding the chicken outward.
5. Remove the keel bone by breaking the delicate skin on either side with your finger and pulling it out.
6. Flip the chicken over.
7. Slice down the middle where the keel bone used to be, cutting the bird into half.
8. Separate the thighs and breasts by cutting through the joint.
9. Separate the legs, or drumsticks, from the thighs.

\*Consider buying a pre-deboned chicken.



# Kitchen Basics

## Dicing Tomato

Place the tomato on its side and cut into evenly spaced slices starting at the stem and ending at the bottom. Make sure that the slices are the same width. Arrange the tomato slices next to or stacked on top of one another. Cut the slices into evenly spaced strips. Last, make evenly spaced cuts across the strips and you'll see how the pieces come away as small cubes.

## Pit and Chop Dates

Slice dates lengthwise and remove the pits. Then cut the dates in half two times so you have chunks that are roughly a quarter of the original date.



## Sauté Onions

Place butter over medium-low heat. Add the onions. Cook, covered, for 13 to 15 minutes or until the onions are tender, stirring occasionally. Uncover the skillet; cook and stir over medium-high heat for 3 to 5 minutes more or until onions are golden.

## Slicing Chicken Into Cubes

Start by slicing the breast slightly against the grain into large slices. Then cut each of those wider strips crosswise into cubes. If you want to cut up smaller cubes, take each of the wider strips and slice them in half lengthwise, then cut the strips crosswise.



## Slicing Lean Beef Across the Grain

Slice across the muscle fibers (also called the grain of the meat) and break them into the smallest sections possible. By slicing across those fibers, the meat won't be tough when cooked.

# Kitchen Basics

## Vegetarian/Vegan

### Meat Replacements

When replacing meats in dishes, it is fairly easy to substitute them with plant-based meats. Impossible Meat, Beyond Meat and soy protein are among the many flavorful substitutions that both vegans and vegetarians can have. Both the impossible and beyond meat can be cooked as if it were regular meat. Tofu, one of the most versatile options to use when substituting meat, can change its flavor depending on what you season it with as well as how you cook it.

### Fish Replacement

When replacing fish, you can easily use tofu as a replacement. You can also use shredded jackfruit, which mimics the texture of fish in burgers as well as fillets. You may also use chickpeas as a substitute for fish, ideally for tuna salad or other grounded fish recipes.



### Seasoning Replacements

Vegetable broth is an easy substitute for chicken or beef broth; however, if you want the flavor of the ocean, you can also use algae. If you want to add smoky flavors that meat from the grill has, then liquid smoke is a great way to add the smoky flavor.



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## Bulgogi

by Analiese Yu

South Korea

### Ingredients

- 1 pound lean beef, thinly sliced across the grain
- 2 tablespoons sugar
- 4 tablespoons soy sauce
- 2 tablespoons sesame oil
- 4 tablespoons green onions, chopped
- ½ to ¾ teaspoon black pepper
- 1 teaspoon ground sesame seeds
- ½ to ¾ teaspoon garlic powder

### Directions

1. In a bowl, combine sugar, soy sauce, sesame oil, onion, and spices.
2. Add beef and let marinate for 15 minutes.
3. Grill beef until cooked to preference.
4. Serve with favorite side or rice.
5. Garnish with green onions or sesame seeds.

**"It's really good! And my family enjoys it."**





## **Armenian Dolma**

*by Susanna Nelson, Director of Student Accounts*

*Armenia*

## Ingredients

- 1 jar grape leaves
- 2 pounds ground beef
- 1 teaspoon each salt, pepper, paprika
- 1 bunch each parsley, dill, cilantro
- 2 cans crushed tomatoes
- 1 small can of tomato paste
- ¼ cup round grain rice, uncooked
- 1 yellow onion, chopped
- Plain yogurt, for serving
- Flatbread, for serving

## Directions

1. Remove grape leaves from the jar and rinse with cold water, then place in a bowl with fresh water and set aside for 30 minutes.
2. In a large mixing bowl, mix all other ingredients by hand (using only one can of crushed tomatoes).
3. Fully drain the grape leaves and pat dry with a paper towel.
4. Lay one grape leaf flat with the vein side up and place 1 tablespoon of meat mixture inside toward the middle. Fold in the sides and begin rolling the dolma tightly.
5. In a large pot, lay each grape leaf tightly together in as many layers as necessary until all grape leaves and meat mixture has been used. Pour the other can of crushed tomatoes on the top and add fresh water to the pot about halfway to the height of the dolmas. (Do not cover all the dolmas with water.)
6. Place a ceramic plate at the very top to add weight to the dolmas and hold them during cooking. Bring water to a boil and reduce low to cook for approximately 40 minutes.
7. Remove and serve with plain yogurt as a topping and enjoy with flatbread (lavash).

**"As an Armenian, I've grown up eating this dish and am very proud to have learned how to make it myself. I've tried many different versions and this family recipe is my favorite for sure. It's warming, filling, and has been loved by everyone I've made it for, even non-Armenians trying it for the first time."**

# Carne Asada Pasta

by Sam Vasquez

Mexico-  
Italy



## Ingredients

- $\frac{2}{3}$  cup sun-dried tomatoes
- 1 cup of cotija cheese, grated
- $1\frac{1}{3}$  cup of Panela cheese, cubed
- 2 tablespoons garlic, finely chopped or minced
- 1 cup of cilantro, chopped
- 1 box of thin pasta (Angel hair)
- Some Carne Asada Ranchera (amount to preference; I use about 1 pound)
- 6 ounces of seasonal vegetables (broccoli, zucchini, etc.), chopped black pepper, to taste
- 4 tablespoons olive oil

## Directions

1. Cut the cheeses, garlic, cilantro, and vegetables.
2. Roast the vegetables in olive oil and seasoning.
3. Cook the pasta per instructions.
4. Oil pan generously then sauté minced garlic in olive oil and black pepper over medium heat for minute.
5. Quickly add cooked pasta; don't let the garlic burn.
6. Mix in cotija cheese one handful at a time; mix into the noodles. (Save a small handful, about  $\frac{1}{4}$  cup of cotija cheese.)
7. Mix until noodles are coated in garlic-olive oil
8. Add all other meat, vegetables, cilantro and sun dried tomatoes throughout the mixing process (Save a small handful, about  $\frac{1}{4}$  cup.)
9. Black pepper to taste (salt not needed as cotija cheese is very salty).
10. Garnish with cotija and cilantro.

**"This pasta is a family recipe inspired by our love of pasta, but also our desire to give it a Mexican flair (our family originates from Mexico). I hope you love it as much as we do!"**





## Galbi (Korean-Style Ribs)

by Paul Lee, Associate Professor, Physical Sciences

Korea

### Ingredients

- 10 pounds of beef ribs
- 1 cup soy sauce
- 1 cup plum sauce
  - Substitutes: honey, rice syrup or white/brown sugar
- 1 cup rice wine (mirin or sake)
  - Substitutes: Coke, 7-Up or water
- 20-25 garlic cloves, minced (~ 3 heads)
- 1 tablespoon black pepper
- ¼ cup sesame oil
- 2 cups scallions, finely chopped

#### Optional Add-Ins:

- 1 tablespoon ginger, minced
- 1 kiwi, mashed, and 1 pear, puréed

### Directions

1. Combine all ingredients well.
2. Rinse the meat several times to remove any bone fragments before marinating. Marinate the meat for several hours or overnight. This marinade can be made ahead and stored in a jar in the refrigerator.
3. Grill to preference.

**"Galbi is a Korean marinated rib. This version is known as "LA galbi" because it is cut crosswise across the bones and originated among Korean immigrants. There are many different variations for how to make the marinade, but traditionally all you need is soy sauce, garlic and a sweetener."**



# Drunken Irish Stew

by Stephanie Collazo, Assistant Professor, Nursing-BSN

Ireland



## Ingredients

- 2 pounds lamb, cut into chunks
- 1½ tablespoons white sugar
- 1½ tablespoons fresh thyme
- At least 4 bay leaves
- Butter, for sautéing
- Garlic cloves, minced
- 1 large yellow onion, diced
- Salt and pepper (to taste)
- 2 quarts beef stock/broth
- 1-2 cups red wine
- 1-2 cups Guinness
- 1-2 cups Worcestershire sauce
- ½ can tomato paste
- 1 tablespoon cornstarch
- 1 tablespoon water
- 2-4 celery sticks, chopped
- 2-4 carrots and potatoes, cut at your preference.

## Directions

1. Bring out two big pots. In one pot, melt butter then sauté the onions and garlic. Add celery and cook until onions look glassy and translucent. Add the meat and cook until browned then add beef stock, wine, Guinness, tomato paste, sugar, Worcestershire sauce, thyme and bay leaves. Bring everything to a boil then cover and let simmer for at least 1 hour. Occasionally stir to prevent burning.
2. In the other large pot, melt butter and add vegetables. Stir and cook for about 15-20 minutes.
3. Transfer cooked vegetables to meat broth and cook together for about 30-40 minutes. Add cornstarch/water mixture and stir until all is combined. Turn off heat and let sit for about an hour. (Have stew sit longer for as long as you want.)
4. Discard bay leaves, remove any accumulated fat, then add salt and pepper. Rewarm and serve.

**"My maternal grandparents immigrated to Boston from County Cork, Ireland. They were known as lucht siúil, "travelers" or "the walking people" in English. My grandfather passed before I was born, but when I visited my grandmother she would teach me how to crochet, play cards, and tell me stories of Ireland all while making this stew."**





## **Tangerine Beef Stir-Fry**

*by Jennifer Sakurai, Associate Director of Communications*

**"This isn't a stir fry in the traditional sense because I have tweaked the sauce so that there's more of it than just a coating. We really enjoy the tangerine flavor mixed with the sharp flavors of garlic and ginger.**

**This is the most-requested dish at home and likely the meal I'd make for my late mom and aunt (she lived with us) if they could return for one meal. With both of them ruling the kitchen, I didn't grow up cooking, so they'd be pleased to see what I could do (and that I load this with veggies, most of which I didn't like as a kid!)."**

## Ingredients

- 2-2¼ pounds of top sirloin, cut in 1-inch cubes
  - 1 green onion, thinly sliced
  - 1 green onion, diagonally chopped in thirds
  - 3-4 tablespoons ginger, minced
  - 4-6 large garlic cloves, minced
  - ½ teaspoon red pepper flakes
  - 6 tangerines
    - 9 tablespoons of juice
    - at least 6 strips of peel
  - 2½ tablespoons cornstarch
  - ½ teaspoon coarse salt
  - 3 tablespoons soy sauce
  - 3 tablespoons rice vinegar
  - 2 tablespoons white sugar
  - 6 tablespoons of water
  - 6 tablespoons vegetable oil
  - Long-grain white rice, for serving
- Optional Add-Ins:
- 1 cup seasonal vegetables, chopped into bite-sized pieces (e.g., asparagus, broccoli florets, snow pears, chopped bell peppers)

## Directions

1. If using optional vegetables, combine all of them in one bowl and set them aside.
2. In a medium bowl, combine beef, sliced green onion, ginger, garlic, red pepper flakes, tangerine peel strips, cornstarch, and salt. Toss to coat beef with cornstarch.
3. In a small bowl, combine tangerine juice, soy sauce, vinegar, sugar and water.
4. Heat a wok or skillet over high. It will be ready when a water drop sizzles and disappears almost instantly. Add 1-2 tablespoons of vegetable oil and sauté desired vegetables. Carefully remove them into a bowl or plate and set aside.
5. Add another 1-2 tablespoons of oil and swirl around to reduce sticking, if using a wok. Add beef mixture and diagonally cut green onions and stir constantly. Add more oil as necessary to prevent sticking. Cook for about 5 minutes or until beef has browned.
6. Add tangerine juice mixture and return any optional vegetables to the wok/skillet. Cook and stir until sauce is bubbling and slightly thickened for about 3-4 minutes.
7. Serve over rice.





## Taco Soup

by Daniel Ladner, Assistant Controller

### Ingredients

- 2 pounds ground beef
- 2 small onions or 1 large, chopped
- 2 cans kidney beans
- 2 cans whole tomatoes
- 2 cans tomato sauce
- 2 cans corn
- 1-2 packages taco seasoning, to taste
- Fritos (large dipping size)

### Directions

1. In a large kettle or soup pot, fry ground beef and onions until completely brown then drain grease.
2. Add cans of all other ingredients, liquid and all, but do not drain all liquid. Add taco seasoning.
3. Simmer on low on a stove or in a crockpot for 4 to 5 hours. This is mainly to let flavors meld.
4. If you don't have time to simmer long, you can serve this taco chili/soup after it has been heated through. It tastes better if able to simmer longer.
5. Serve with Fritos, sour cream and grated cheese.

# Red Beans and Rice

by Chantal Randolph, Chief Administrative Support, MBA Program



## Ingredients

- 1 (1-pound) package red kidney beans
- 1 tablespoon oil
- 1-pound smoked sausage, sliced (Louisiana hot or andouille sausage recommended)
- 1 smoked ham hock or smoked turkey neck
- ¼ stick of butter
- 1 yellow or white onion chopped
- 1 cup celery, chopped
- 1 cup green bell pepper, chopped
- ¾ cup parsley, finely chopped (reserve ¼ cup for garnish)
- 3 cloves garlic, minced
- 6 cups water or broth (chicken or vegetable)
- 3 bay leaves (fresh or dried)
- 1 teaspoon Creole seasoning
- 1 teaspoon dried thyme
- ¼ teaspoon ground black pepper
- ½ teaspoon white pepper (optional)

## Directions

1. Select the "Sauté" function key on Instant Pot. Add oil and heat until hot. Add bell pepper, onion and celery; cook, stirring frequently, until tender and lightly browned 5 to 8 minutes. Add garlic and cook 1 minute more.
2. Add beans, sausage, broth, ham hock, bay leaves, parsley, Creole seasoning, thyme, pepper, and water/broth. Add optional seasonings (cayenne and white pepper) if using. Select the "Cancel" function key.
3. Cover, lock and seal lid. Select the "Manual" function key. Pressure cook on HIGH for 25 minutes. Let pressure release naturally for 10 minutes. Using the handle of a wooden spoon or long tongs, carefully release the remaining pressure. Uncover; select the "Cancel" function key.
4. Remove bay leaves and ham hock then chop meat. Return chopped ham to Instant Pot.
5. Adjust seasonings to taste, by adding salt and more pepper if desired. Stir in butter.

# Italian Meat Loaf

by Kathleen Nocella, University Supervisor

Italy



## Ingredients

- 2 sweet italian sausages
- 2 hot italian sausages
- 1 pound ground beef sirloin
- ½ cup bread crumbs
- ½ medium onion, finely chopped
- 1 egg
- salt and pepper, to taste
- ½ cup homemade or bottled spaghetti sauce

## Directions

1. Remove and discard casings from sausages.
2. Combine sausages and ground beef. Add bread crumbs, onion, egg, and season with salt and pepper to taste. Mix thoroughly.
3. Pack into lightly greased 8 x 4 loaf pan. Top with sauce.
4. Bake at 250°F for 1 hour and 15 minutes.

**"This is my mother's recipe. My father was Italian and my mother Irish. She learned to make delicious Italian foods from my grandmother. She liked the dish and it seemed easy to prepare. When she really wanted to make it special, she would put strips of bacon over the top!"**





## Authentic New Orleans Style Muffuletta Sandwich

by Bernadette Robert, Associate Vice President for Diversity, Equity and Inclusion

New  
Orleans

### Ingredients

- 1 10-inch round loaf Italian bread or substitute with oblong Italian loaf of bread
- 1 cup olive salad (New Orleans original recipe – Boscoli Family Italian Olive Salad)
- ¼-round capicola or deli ham (4-6 slices)
- ¼-pound genoa salami (6-8 slices)
- ¼-pound mortadella (4-6 slices)
- ⅛-pound sliced mozzarella (3-4 thin slices)
- ⅛-pound provolone (3-4 thin slices)

### Directions

1. Slice the round bread in half and open both sides on a flat surface. Brush both inner sides of the bread with oil from the Olive Salad or extra virgin olive oil; go a little heavier on the bottom.
2. Begin layering the ham, salami, and mortadella on the bottom half of the bread. Top with cheeses.
3. Next, add the olive salad from the center out and spread it, leaving about a half-inch around the edge. Place the top half of the bread over the olive mixture, and press down to let the bread absorb the olive salad juices.
4. Using a bread knife, slice into 4 to 6 wedges.

Optional: Place the whole sandwich, before slicing, on a large baking sheet, and toast/warm-up in a 350°F preheated oven for about 5 minutes.

**"This muffuletta sandwich recipe is made in the authentic New Orleans' style! Flavorful and delicious, your muffuletta can be prepared in minutes so you can enjoy it any time of day."**



Italy

## **Bacon Pasta**

*by Alexandria (Ali) Trombetta, Administrative Assistant, Academic Advisement*



# Ingredients

- ½ pound rigatoni pasta
- 24 ounces crushed tomatoes
- 1 large yellow onion, peeled and diced
- 1 pound thick-cut bacon
- 1 bunch fresh basil, roughly chopped or ½ teaspoon dried basil
- 1 teaspoon of black pepper
- ½ teaspoon kosher salt
- ¼ cup extra virgin olive oil
- 1 small block parmesan cheese, freshly grated

# Directions

1. Chop the bacon endwise. You can put bacon in the freezer to firm it up for easier cutting.
2. Boil a large pot of salted water. In another large pot, add a small splash of olive oil over medium heat and add chopped bacon. Once almost fully cooked through, add onions. Cook bacon and onion mixture until onions are translucent and bacon is crispy.
3. Add crushed tomatoes, basil, pepper, and light salt. Combine together and stir occasionally until the sauce starts to bubble. Turn the heat down and let simmer for at least 20 minutes. Add more salt and pepper to taste.
4. Add pasta to the pot of boiling salted water and cook according to packaged instructions. Once done, drain pasta. You have two options: add pasta back to empty pot and scoop finished sauce one by one until sauced to preference OR toss all of the pasta into the sauce off the heat and mix until well coated.
5. Serve with grated parmesan cheese and one or two more leaves of fresh basil if you'd like.

**"This bacon pasta is my mom's go-to 'quick sauce' recipe, and perhaps the one we most often shared with and served to guests because it is very easy to make in large batches and is meaty enough to be a meal all on its own. I think the culture in this dish comes through in our tradition of sharing it at the table with family, family friends, or friends I brought over in grade school, as well as fond memories later in college of teaching it to all my friends who had never cooked for themselves and having it become a staple of their 3-recipe rotation."**





## Spam Musubi

*by Na Pua O Ka 'Aina, Hawaiian Club*

*Hawai'i*

**"For many years now, NPOKA has been selling spam musubis at our monthly swap meets. Swap meets in Hawai'i are flea markets where many popular local foods, clothes, and goods are sold every weekend and is a common practice on the island. With our spam musubis, we sell our famous Thai teas, creating the perfect local snack. Spam musubis serve as a typical snack or part of everyday lunches and are similar to sushi, consisting of rice and nori (seaweed). We hope that you can enjoy this 'ono' (delicious) snack at home!"**

# Ingredients

- 1 can of spam (regular or low sodium)
- 3 tablespoons soy sauce (aka shoyu; also low sodium if preferred)
- 3 tablespoons white sugar
- Nori (seaweed) sheets (about 7.5 x 8.5-inch sheets)
- At least 3 cups white rice
- Musubi press maker (if you do not have one, save the spam can and wash it. Line the can with plastic wrap.)

# Directions

1. Wash the white rice and place it in the rice cooker to cook. Stove-top cooking can also be done if you do not have a rice cooker.
2. Slice the spam long ways. Each can be cut up to about 8-9 slices, depending on how thick you want it to be.
3. Cut up the nori sheets into thirds to make strips.
4. Place a pan on medium-low heat. Pour the shoyu and sugar into the pan and mix until all of the sugar dissolves.
5. Place all spam pieces in the pan. Cook both sides of the spam until golden brown. The spam is done when the sauce has thickened.
6. Place a strip of nori under the musubi press or into the clean, lined spam can.
7. Place a piece of spam onto the nori. Fill the remaining space in the musubi press with rice. (If using spam can, fill with as much rice as you want. Press down with the flat press or a spoon.)
8. Pull up the mold surrounding the musubi, while pressing down on the musubi with the flat press at the same time. (If using the spam can pull out the musubi using the plastic wrap sticking out from the sides of the can.)
9. Wrap the remaining nori around the musubi. The ends can be sealed with any extra sauce from the pan.

# Goetta

by Kelli Agner, Education Fieldwork Coordinator

German



## Directions

## Ingredients

- 1½ pounds fresh pork shoulder
  - 1 large onion, minced
  - 3 whole cloves
  - 1 teaspoon of allspice
  - Dash of cayenne pepper
  - Salt and pepper, to taste
  - 2 cups of steel-cut oats
  - 2 quarts of water
1. Brown pork in a large pot over medium-high heat. Add onion, spices, and a cup or two of the water. Reduce heat and simmer for about 2 hours. Remove cloves. Grind the meat in a meat grinder or shred with forks into small pieces.
  2. Return meat (and any cooking liquid) to the pot and add oats with the remaining water. Bring to a boil. Reduce heat to a simmer and cook uncovered for 30 minutes or until all liquid is absorbed.
  3. Pour into loaf pans and cool. Cover and refrigerate for at least 24 hours. At this point, loaves can be turned out and wrapped tightly in wax paper (or plastic wrap) and then foil. You can freeze a loaf for up to 3 months.
  4. To serve, slice 1-inch portions from the loaf and pan fry in a skillet over medium-high heat. Stir and turn into crumbled lumps browned in the rendered fat of the meat. It will look somewhat like hash browns. This takes time; do not Salt and pepper to taste.
  5. Serve with buttered toast.

**"My Grandma Skippy made this for a hearty breakfast before going out to do chores. She is German from Covington, Kentucky, across the river from Cincinnati. Goetta is a meat-and-grain sausage or mash of German inspiration that is popular in the greater Cincinnati area. It is primarily composed of ground meat, pin-head oats, and spices."**



# Seven Layer Salad

by Pamela Kennedy Oborski

## Ingredients

- 1 large head of iceberg lettuce
- ½ cup each green pepper, celery and onions; chopped
- 1 package frozen peas
- 1-pint mayonnaise
- 1 tablespoon sugar
- 8 ounces shredded cheese
- 10 strips crispy bacon, crumbled

## Directions

1. For the dressing, combine mayonnaise with sugar.
2. Begin by shredding a large head of lettuce and place it in a large bowl.
3. Layer the following ingredients over lettuce in order: green pepper, celery, onion, green peas, mayonnaise dressing, shredded cheese then finally, bacon crumbles.
4. Place the bowl overnight in the refrigerator or toss and serve immediately.



**"One of my favorite salads for holidays."**

# Jewish Chicken Matzoh Ball Soup

by Julie Feldman-Abe, Director of the Center for Cultural Fluency/Elementary Teacher Preparation Program



Recipe adapted from:  
<https://whatscookingamerica.net/soup/jewish-chicken-soup.htm>

# Ingredients

- 1 whole chicken (3 to 4 pounds)
  - 4 quarts cold water
  - 3 large carrots, cut into 1-inch chunks
  - 3 celery stalks, cut into 3-inch chunks
  - 1 medium onion, quartered
  - 1 parsnip, quartered (optional)
  - 1 teaspoon black peppercorns
  - 1 teaspoon kosher salt
  - 2 bay leaves
  - 1 small bunch of fresh parsley with stems on
  - 1 small bunch of fresh dill with stems (optional)
  - 2½ cups dried egg noodles (optional)
- Matzoh balls (you can buy Manischewitz, Streit's or Yehuda brand matza meal and follow directions on package) or
- 1 egg
  - 1 tablespoon vegetable oil
  - 1 cup of Matzoh meal
  - ½ teaspoon baking powder
  - Salt and pepper to taste
  - ½ cup of water (I prefer to use "seltzer" or carbonated water to make them more fluffy)

# Directions

1. Place cleaned whole chicken in a stockpot. Cover with about 1 inch of water and, cook over medium high heat. When the water comes to a boil, turn the heat down to medium-low to let simmer
  2. Add the carrots, celery, onion, parsnip, peppercorns, kosher salt, cloves, bay leaves, parsley and dill.
  3. Cook for 1½ to 2 hours until the chicken meat is cooked and tender.
  4. When the chicken is done cooking use tongs to transfer the chicken and vegetables to a cutting board and let cool.
  5. Strain the stock into another large pot or bowl. Season with kosher salt and pepper to taste.
  6. Cover and refrigerate the broth for up to 8 hours and skim off any hardened fat from the surface and save the fat (known as "schmaltz") to use in other recipes.
  7. When the chicken is cooled, pull the meat off and shred. Chop up the vegetables and add them back into the chicken broth.
  8. Make Matzoh balls below and serve in the soup
- For Matzoh Balls:
1. Mix egg, water, and oil together. Add matzoh meal, baking powder, and salt/pepper. Mix well then put in the refrigerator to cool for 15 minutes.
  2. Take the mixture out and roll it between your hands into one-inch balls.
  3. Place matzoh balls in boiling water or soup on stovetop and cook until they grow in size (about 20-30 minutes)
  4. Place cooked matzoh balls in the soup bowls with soup and serve!

**"My mother made this chicken soup, known as Jewish Penicillin, for my sisters and me any time we were sick. The herbs and steam cleared our air passages and warmed our bodies. My grandmother made a similar recipe but served it with thin egg noodles. I love it so much. When my own babies were born, I asked my husband to go to a Jewish delicatessen and bring this soup to the hospital! For the Passover holiday, I like to make the matzoh balls with my kids, connecting me to my family roots."**



# College Ramen Tom Kah

by Dana Gil



# Ingredients

- 1 stalk lemongrass, pounded and cut
- 2 chiles, chopped (jalapeno, serrano or Thai)
- 1 can chicken broth
- 1 pack spicy ramen (noodles and seasoning packet)
- 1 tablespoon chili oil
- 1 can coconut milk (13 ounces)
- 1 chicken breast, cubed
- Juice from 2 limes
- 2 tablespoons sugar
- 2 tablespoons fish sauce

# Directions

1. Make sure lemongrass has been pound and cut into pieces.
2. Put 1 tablespoon of coconut oil into a pot. Once the oil has been heated, placed the chopped chiles into the pot and cook for about 5 minutes while stirring.
3. Add chicken broth and let boil for 30 minutes. Add ramen seasoning packet and chili oil, then add coconut milk.
4. Stir until the chicken is fully cooked.
5. Add lime juice, sugar, fish sauce, then ramen noodles. Cook for about 5 minutes and voila!

**"I decided to select this soup because I recently made it while I was sick with COVID-19. Luckily, I still had my sense of taste and my symptoms were not as bad as many people in this global pandemic. I wanted to eat something so spicy that my sinuses would become completely cleared out. I also just wanted chicken soup for my soul, so I decided on this. I looked at a recipe for a complex Tom Kah and I realized that a lot of its flavoring could be solved with a convenient ramen packet. It was a very college moment. Some of the ingredients are from various recipes and others are my rough improvisations."**





Philippines

## Pancit Bihon

by Pangkat Pilipino Club

### Ingredients

- 4-5 tablespoons oil, for frying
- 2-3 cloves garlic, chopped
- ½ cup onions, chopped
- 2 chicken thighs, boiled and shredded (keep broth)
- 10-15 fresh green beans, thinly sliced
- 1 large carrot, thinly sliced
- 1 teaspoon black pepper
- fish sauce or patis
- 10-16 pieces Chinese flat peas, thinly sliced
- ½ medium cabbage, shredded
- soy sauce
- 1 package rice sticks (pancit bihon)
- 2 teaspoons chicken bouillon
- ½ cup green onions

### Directions

1. Cut up and soak pancit bihon in water for 20 minutes.
2. In a wok, heat the oil. Sauté garlic and onions then add cooked shredded chicken.
3. Add green beans and carrots, stir fry and add a pinch of black pepper. Add a little chicken broth from the boiled thighs and mix together.
4. Add fish sauce and Chinese flat peas and mix, then add shredded cabbage. Remove from wok and set aside.
5. Add soy sauce to the pancit bihon and mix. In the wok, add the remaining chicken broth and bring to a boil. Add chicken bouillon, noodles, and pepper. Bring to a roiling boil, then lower heat until noodles are cooked through.
6. Add all the ingredients together and mix with noodles until all of the liquid is absorbed.
7. Garnish with green onions.

**"Pancit is a classic Filipino staple dish you will always see at parties and events. Whenever Pangkat Pilipino holds fundraisers on campus, be sure to buy a plate before they're all gone!"**



# Pasta Fagioli Pomodoro

by Alison Halpern, Wellness Manager

Italy



## Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 12 ounces cherry tomatoes, quartered
- 1½ cups water, divided by ¼, ¼ and 1 cup
- 1 cup canned black-eyed peas, drained and rinsed
- ¼ cup basil, coarsely chopped
- 1 cup tubettini or ditalini pasta, dry
- ¼ cup parmesan cheese, grated (optional)
- Salt, pepper, red pepper flakes (to taste)

## Directions

1. In a large saucepan, heat oil over medium heat. Add onion and cook until tender and translucent, 7–10 minutes, stirring occasionally. Stir in garlic; cook 30 seconds, stirring until fragrant.
2. Add cherry tomatoes and ¼ cup water and cook covered on low heat for 7-10 minutes or until tomatoes are tender. Add black-eyed peas, basil, and ¼ cup water and cook covered for another 7-10 minutes.
3. Add dry pasta and the remaining 1 cup of water and cook for 6-8 minutes until pasta is soft and water has absorbed; stir as needed to avoid pasta sticking to the pan.
4. Top with parmesan cheese if desired, salt, pepper, and red pepper flakes.
5. Makes 4 servings (1 cup per serving).

**"This is one of the easiest, best-tasting nutritious meals ever! I learned this recipe as a counselor at a nutrition and gardening camp for kids. The kids loved it, but I loved it so much that I make it once a week!"**



## Pollo Pibil

*by Silvie Garcia-Martin, Chalon Academic Support Center Director*

Mexico

**"This recipe is special to me because my family comes from Merida, Yucatan, and it has passed on from my grandmother to my mother and now me. Growing up, my grandmother would cook this dish, and my family and I would sit at the table watching her make this dish while listening to my grandfather's childhood stories. This is a simplified version of her recipe."**





## Ingredients

- 1 whole chicken, cut into pieces
- 2 tablespoons of achiote paste or recado rojo
- 2 cups bitter orange juice
  - Substitutes: Equal parts orange, grapefruit and lime juices, and white vinegar
- 2 cups chicken stock
- 5 large garlic cloves, roasted and peeled
- 1 teaspoon dried oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon allspice
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 large red onion, chopped
- 2 Roma tomatoes, chopped
- banana leaves (optional)

## Directions

1. To make the marinade, place the achiote paste, bitter orange or its substitute, chicken broth, charred garlic cloves, oregano, cumin, allspice, salt and pepper in the blender or food processor and purée until smooth.
2. Rinse chicken pieces and pat dry. Place in a zip lock bag or container and pour the marinade on top. Make sure all the chicken pieces have been bathed in the marinade. Close or seal the bag or container and place it in the refrigerator for 4 to 24 hours. Flip and move around the chicken pieces once or twice along the way.
3. Remove the chicken from the refrigerator. Preheat the oven to 450°F.
4. Spread the roughly chopped red onion and tomatoes on a large baking dish/pan. Place the chicken pieces on top of that layer and pour the marinade on top, making sure the pieces are not on top of one another. Place in the oven and roast for 25 to 30 minutes or until the skin has nicely browned and crisped.
5. Remove the baking dish from the oven. Flip the chicken pieces to the other side and baste with the marinade. If using banana leaves, wrap them around the chicken making a bundle. Cover the whole baking dish with aluminum foil, securing it around the edges. The less steam that is able to escape, the better.
6. Lower the oven temperature to 350°F. Place the baking dish back in the oven and let the chicken bake for about 1½ hour. The chicken should be completely cooked through and almost coming apart from the bones. Remove the baking dish from the oven and let it rest for 10 to 15 minutes.
7. Place the chicken on a platter. You may serve whole chicken pieces or remove the meat from the bones. Ladle the remaining sauce into a bowl and either drizzle the sauce over the chicken or serve it on the side. This dish is also delicious with a side of pickled onions and habanero salsa.



# Chicken Adobo

by Dana Lopez, Director of Human Resources



## Ingredients

- 3 pounds chicken thighs, skinless and cut in half with bone-in
- ½ cup white vinegar
- ½ cup shoyu
- 1 teaspoon brown sugar
- 2 tablespoons peppercorns, crush about half
- 5 cloves garlic, crushed
- 3 bay leaves
- Salt, to taste

## Directions

1. Combine all ingredients in a pan, then cover and marinate for 1 to 3 hours.
2. Bring to a boil, then lower heat and simmer for 30 minutes. Remove cover and simmer for an additional 15 minutes, or until most of the liquid has evaporated and the chicken is lightly brown.

**"We typically have this for dinner at least once or twice a month. It's a family favorite and one that we enjoy having with steamed white rice and either a fresh salad or grilled asparagus."**

## Ingredients

- 3 cups rice, uncooked
- 2 tablespoons Hawaiian rock salt
- 2 tablespoons canola oil
- 1 cup raw peanuts (skinned)

### Soup mixture:

- 1½ quarts water
- 3 ham hocks
- Turkey carcass and bones
- 2 cubes chicken bouillon

### Garnish:

- ½ cup chung choi or choi sum, finely minced
- 2 stalks green onions, finely chopped
- Chinese parsley, finely chopped (to taste)
- Shredded lettuce
- Shredded turkey or ham

## Directions

1. Rinse and drain the rice, then marinate in salt and oil. Set aside for 30-90 minutes.
2. In a large pot, combine soup mixture ingredients; boil for 1 hour. Remove bones and strain the liquid to remove small pieces of residue.
3. Place the strained broth back into the pot. Add water until it measures 1½ quart of combined liquid. Add marinated rice and raw peanuts. Bring to a boil and simmer on medium-low heat for 2 hours, stirring every 15 to 30 minutes.
4. Serve with garnishes. Place each garnish in separate bowls for individual selection.



**"Jook is a traditional Chinese rice porridge dish served every new year's eve. We eat it to protect ourselves against evils and invite good luck, longevity and good health in the new year."**





## **BSU Fried Chicken**

*by Black Student Union*



# Ingredients

- One whole chicken, or 3½ pounds bone-in, skin-on breasts, legs, drumsticks, and/or wings
- 2 tablespoons paprika
- 2 tablespoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons onion powder
- 1 teaspoon curry powder
- ½ teaspoon cayenne pepper
- 1 cup buttermilk
- 1 large egg
- Kosher salt
- 1½ cups all-purpose flour
- ½ cup cornstarch
- 1 teaspoon baking powder
- 4 cups peanut oil

**"We felt that this dish speaks to our culture and is a favorite of many."**

# Directions

1. Combine the paprika, black pepper, garlic powder, oregano, and cayenne in a small bowl and mix thoroughly with a fork.
2. Whisk the buttermilk, egg, 1 tablespoon salt, and 2 tablespoons of the spice mixture in a large bowl. Add the chicken pieces and toss and turn to coat. Transfer the bowl's contents to a gallon-sized zipper-lock freezer bag and refrigerate for at least 4 hours, and up to overnight, flipping the bag occasionally to redistribute the contents and coat the chicken evenly.
3. Whisk together the flour, cornstarch, baking powder, 2 teaspoons salt, and the remaining spice mixture in a large bowl. Add 3 tablespoons of the marinade from the zipper-lock bag and work it into the flour with your fingertips. Remove one piece of chicken from the bag, allowing excess buttermilk to drip off, place the chicken into the flour mixture and toss to coat. Continue adding chicken pieces to the flour mixture one at a time until they are all in the bowl. Toss the chicken until every piece is thoroughly coated, pressing with your hands to get the flour to stick in a thick layer.
4. Adjust an oven rack to the middle position and preheat the oven to 350°F. Heat the oil (425°F) in a 12-inch straight-sided cast-iron chicken fryer or a large wok over medium-high heat. Adjust the heat as necessary to maintain the temperature, being careful not to let the fat get any hotter.
5. One piece at a time, transfer the coated chicken to a fine mesh strainer and shake to remove excess flour. Transfer to a wire rack set on a rimmed baking sheet. Once all the chicken pieces are coated, place skin side down in the pan. The temperature should drop (300°F); adjust the heat to maintain the temperature at (300°F) for the duration of the cooking. Fry the chicken until it's a deep golden brown on the first side, about 6 minutes; do not move the chicken or start checking for doneness until it has fried for at least 3 minutes, or you may knock off the coating. Carefully flip the chicken pieces with tongs and cook until the second side is golden brown, about 4 minutes longer.
6. Transfer the chicken to a clean wire rack set on a rimmed baking sheet and place it in the oven. Cook about 5 to 10 minutes; remove the chicken to a second rack or a paper towel-lined plate. Serve.

# New Orleans Gumbo

by Summer Woods





# Ingredients

For the roux:

- 1 heaping cup all-purpose flour
- ⅔ cup oil

For the gumbo:

- 1 bunch celery, diced, leaves and all
- 1 green bell pepper, diced
- 1 large yellow onion, diced
- 1 bunch green onion, finely chopped
- 1 bunch fresh parsley leaves, finely chopped
- 2-3 cloves garlic
- 1-2 tablespoons gumbo file
- Optional: 1-2 tablespoons Cajun seasoning
- 6-8 cups chicken broth
- 12-ounce package andouille sausages, sliced into "coins"
  - Substitute: Polska kielbasa/plant-based sausage)
- 2 cups shrimp
- Dried shrimp
- Seafood of choice (typically all types of crab)
- Cooked white rice, for serving

Seasoning for taste:

- Salt
- Pepper
- Chicken bullion paste
- Garlic
- Joe's Stuff
- Chicken broth

# Directions

1. In a large, heavy-bottom stockpot combine flour and oil. Cook on medium low heat, stirring constantly for 30-45 minutes. This part takes patience. when it's finished it should be as dark as chocolate and have a soft, "cookie dough"-like consistency. Be careful not to let it burn! Feel free to add a little more flour or oil as needed to reach this consistency.
2. Brown the sausage. In a separate skillet on medium-high heat, place the sausage slices in one layer in the pan. Brown them well on one side (2-3 minutes) and then use a fork to flip each over onto the other side to brown. Remove to a plate.
3. Cook the vegetables in broth. Add ½ cup of the chicken broth to the hot skillet that had the sausage to deglaze the pan. Pour the broth and drippings into your large soup pot.
4. Add the remaining 5½ cups of chicken broth. Add veggies, parsley, and roux to the pot and stir well.
5. Bring to a boil over medium heat and boil for 5-7 minutes, or until the vegetables are slightly tender. (Skim off any foam that may rise to the top of the pot.) Stir in seasoning, to taste. Add seafood.
6. Taste and serve. At this point taste it and add more seasonings to your liking until you reach the perfect flavor. Serve warm over rice. (Tastes even better the next day!)





## Baked Salmon

*by Peggy Sutterly, Office Manager, Weekend/Evening and Online College*

### Ingredients

- 4 salmon filets (5-ounce pieces)
- 3 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 2 shallots, finely chopped
- 2 tablespoons lemon juice, freshly squeezed
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

### Directions

1. Preheat oven to 400°F.
2. Place salmon in a baking dish and brush with olive oil. Sprinkle with salt and pepper.
3. In a medium bowl, add the tomatoes, shallots, 2 tablespoons olive oil, lemon juice, oregano, thyme, salt and pepper. Mix thoroughly well.
4. Spoon the tomato mixture over the salmon.
5. Cover with aluminum foil and bake until the salmon is cooked through, for about 25 minutes.
6. Serve right away and enjoy!

Note: The baked salmon goes well with the butternut squash on page 50.

**"I enjoy salmon and found this recipe to be both uncomplicated and delicious."**



## Shrimp Ceviche

by Cristina Salcedo, Former Assistant Director of Campus Security

### Ingredients

Ingredients may vary.

This is for a serving size of 14 cups/3.3L.

- 2 pounds raw or cooked large shrimp
- 2 packs imitation crab (flakes or chunks), shredded
- 2 Roma tomatoes, chopped
- 2 cucumbers, chopped
- 1 bunch of cilantro, chopped
- 1 white onion, diced
- 1 red onion, diced
- 4 lemons
- 4 limes
- 1 bottle lemon juice
- 1 bottle lime juice
- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 bags tortilla tostada shells

### Directions

1. If using raw shrimp, boil until shrimp is pink. Otherwise, defrost frozen cooked shrimp.
2. In a container, add cut-up shrimp, shredded crab meat, and red and white onions. Pour half the bottle of lime and lemon juices and cover the container with the lid.
3. Add chopped up cucumbers, tomatoes and cilantro into the same container and pour in the rest of the lime and lemon juices. Cut and squeeze fresh lemons and limes into the mixture. Then add salt, pepper, garlic powder, and onion powder.
4. Stir until well combined and refrigerate for as long as desired.
5. Serve over tortilla tostada shells.





## Southwestern Shrimp Bisque

by Melanie Ronning, Professor, Education

### Ingredients

- 1 small onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves
- 1 tablespoon all-purpose flour
- 1 cups water
- ½ cups heavy whipping cream
- 2 teaspoon chicken bouillon granules
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ lb. uncooked medium shrimp, peeled and deveined
- ½ cup sour cream
- Optional: chopped cilantro and sliced avocado

### Directions

1. In a small saucepan, sauté onion in oil until tender. Add garlic, cook for 1 minute longer.
2. Stir in flour until blended. Stir in water, cream, bouillon, and seasonings. Bring to a boil. Reduce heat; cover and simmer for 5 minutes.
3. Cut shrimp into bite-sized pieces if desired (or use Trader Joe's bag of frozen langostinos).
4. Add to soup. Simmer for 5 to 10 minutes longer or until shrimp turn pink.
5. Place sour cream in a small bowl, gradually stir in ½ cup hot soup. Return all to the pan, stirring constantly. Heat through (do not boil).
6. If desired, top with cilantro and avocado.



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# Basil, Spinach and Herb Dip

by Diana J. Taylor, Program Director: Education Specialist MM and DHH

## Ingredients

- 1 cup drained raw cashews (soaked 6-8 hrs)
- 1 small bag of spinach
- ¼ cup fresh basil, roughly chopped
- 1 bunch of Italian parsley, roughly chopped
- 1 bunch of chives, chopped small
- 2 teaspoons of extra virgin olive oil
- 2 teaspoons lemon juice
- 2 teaspoons of basil oil
- ½ teaspoons sea salt
- 3 teaspoons of water
- assorted fresh-cut vegetables for dipping

**"My family were farmers and we like to use essential oils for clean eating farm-fresh foods!"**

## Directions

1. Mix ingredients in a high-speed blender until light and fluffy. Add water as necessary.
2. Drizzle with extra olive oil.



# Mock-Tuna Chickpea Salad

by Maricela de Rivera



## Ingredients

- 1 can (15 oz.) chickpeas/garbanzos, drained
- 2 celery ribs, diced
- ½ red onion, diced
- 2 tablespoons mayonnaise (I use a light version)
- 2 tablespoons spicy brown mustard

## Directions

1. Mix all ingredients together then use a potato masher to break down the chickpeas. You can mash them first or pulse them a few times in a food processor.
2. Once the consistency is to your liking and taste, serve with bread, lettuce, and potato chips of choice.

**"As a longtime vegetarian, people sometimes ask me what I miss the most about my meat-eating days. It's an easy answer. I miss turkey sandwiches and seafood. A few years ago, I heard about a "mock" tuna salad recipe using mashed chickpeas. You wouldn't mistake it for the real thing, but it's still delicious."**





## Roasted Beets With Orange Dressing

by Maricela de Rivera, Undergraduate Student

### Ingredients

- 1 bunch of medium beets, with stems, trimmed

#### Dressing

- 2 tablespoons orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon dijon mustard
- 1 tablespoon fresh herbs, dill and tarragon
- 1 medium shallot, minced
- ½ cup extra virgin olive oil
- Salt and pepper to taste

### Directions

1. Preheat oven to 400°F.
2. Wrap beets in foil, place on a baking sheet, and roast until tender, one hour or so.
3. Make the dressing by whisking together all ingredients but olive oil. Slowly drizzle in the oil while whisking.
4. Use a paper towel to remove skins from warm beets by rubbing them gently.
5. Slice beets into ¼-inch slices and toss in the dressing.
6. Serve room temperature or chilled.

**"This meal was a great way for my family to start loving beets!"**

# Garlic Cauliflower "Mashed Potatoes"

by Maricela de Rivera

## Ingredients

- 1 large head cauliflower (~3 pounds)
- 5 large pre-peeled garlic cloves, sliced
- Diamond Crystal kosher salt
- ¼ teaspoon nutmeg, freshly ground
- Black pepper, freshly ground to taste
- 2 tablespoons ghee, olive oil, avocado oil or fat of choice



## Directions

1. Fill a large pot with 1-2 inches of water. Place the pot on a burner set on high, place in a steamer insert and cover with lid.
2. Wash and trim cauliflower then cut into florets and stems. Slice up all pre-peeled garlic. Once the pot is boiling, add the stems, half of the florets and garlic. Season with salt.
3. Put in the rest of the cauliflower florets and season with more salt to your taste. Cover with lid until everything is soft, for about 10 minutes.
4. Once the florets are soft, dump everything into a colander and let drain. Then place everything into a food processor. Add fresh cracked pepper, micro planed nutmeg, and butter (or other fat of choice).
5. Process everything until smooth then place in the refrigerator.
6. Microwave "mashed potatoes" to heat and serve.

**"Cauliflower mashed potatoes is one of my favorite vegetable side dishes because you can make it ahead and it tastes just as good when you reheat it. You can store the leftovers in a sealed container in the fridge for up to four days."**



# Butternut Squash Side Dish

by Peggy Sutterley, Office Manager, Weekend/Evening and Online College



## Ingredients

- 1 butternut squash, chopped in 1-inch cubes
- 2 tablespoons extra virgin olive oil
- 2 large garlic cloves, minced
- Salt and ground pepper, to taste
- Parsley

## Directions

1. Preheat oven to 400°F.
2. Toss squash with olive oil and garlic in a large bowl. Season with salt and pepper.
3. Arrange squash on a baking sheet, lined with foil. Sprinkle fresh parsley on top.
4. Roast in the preheated oven for 25-30 minutes or until the squash is tender and lightly browned (for crispier squash, cook for 35-40 minutes).



# Involtini di Melanzane (Eggplant Rolls)

by Carol Johnston, Chair of Education Department

Italy



## Ingredients

- 2 large eggplants, cut into 1/4-inch slabs
- 1/4 teaspoon of kosher salt
- 1/3 cup extra virgin olive oil
- 8 ounces ricotta cheese
- 2 ounces goat cheese
- 1 tablespoon of Parmigiano Reggiano cheese
- 1 tablespoon garlic, chopped

## Directions

1. Preheat oven to 450°F.
2. Sprinkle eggplant slice with salt and drain (use an iron skillet to force the water to drain from the eggplant-sitting on top for about 30 minutes).
3. Spread eggplant out and pat dry, then lay on a cookie sheet lined with parchment paper. Brush both sides with olive oil and bake for 20 minutes. Cool to room temperature.
4. Stir remaining ingredients into a creamy mixture. Place a tablespoon of cheese filling in the middle of each eggplant slice and roll.

**"As a child, I remember always being in the kitchen with Nana (my grandmother). Guests would be treated to wonderful meals—even those arriving unannounced. Sometimes, just as dishes were being put away, a relative would arrive and a full meal would again be prepared! When I had children, they refused to eat eggplant, but when Nana offered them 'melanzane', they would love it! This is Nana's recipe."**

# Caprese Salad

by Alexandria (Ali) Trombetta, Administrative Assistant of Academic Advisement



Italy

**"This dish is a classic Italian appetizer and a dish that my mom would only make around Christmastime as an appetizer before our big Italian dinner on Christmas Eve."**

## Ingredients

- Fresh mozzarella cheese (preferably ball-shaped, e.g. Ovolini)
- Tomatoes
- Fresh basil
- Balsamic vinegar
- Olive oil
- Salt and pepper, for taste

## Directions

1. Pick large leaves of basil, rinse and pat dry, keeping intact as much as possible.
2. Cut the ball(s) of mozzarella into round slices.
3. Wash and then cut the tomato into round slices as well.
4. On the plate, cutting board, etc., that you will use to serve, lay the three ingredients in a repeating pattern around the edge, slightly overlapping; e.g., a round slice of mozzarella, round slice of tomato, large leaf of basil, round slice of mozzarella, round slice of tomato, large leaf of basil, and so on.
5. Drizzle olive oil and balsamic vinegar over the arrangement to personal taste and aesthetic. Add salt and pepper to taste.

# Tortellini in a Garlic and Spinach Tomato Sauce

by Gabby Martinez di John

Italy

## Ingredients

- 1 box of ricotta cheese tortellini pasta
  - substitute tortellini: cheese and meat, cheese and spinach
- 1 tablespoon extra virgin olive oil
- 1 onion of choice
- 4 heirloom tomatoes, diced
- 2½ cups of fresh spinach
- 3 garlic cloves
- Salt and pepper, to taste
- ¼ cup of vegetable stock
- Fresh Parmesan Reggiano, grated
- Chili pepper flakes to taste (optional)

## Directions

1. In a frying pan, heat olive oil on medium heat then add diced onions until translucent and fragrant. Add diced tomatoes and season with salt, pepper and chili flakes.
2. In a skillet on medium heat, cook garlic until fragrant then add vegetable stock and spinach for about 2-3 minutes, or until spinach wilts slightly. Turn off heat; set aside.
3. Cook tortellini according to packaged instructions, remembering to salt the water when cooking.
4. After pasta is cooked and drained, combine with spinach and tomato sauce on low medium heat. Season according to your taste.
5. Serve and garnish with freshly grated Parmesan Reggiano and a drizzle of olive oil.



**"While I am Italian and Mexican, growing up, I was surrounded by my Italian heritage more. Since my family came from Sicily, pasta is a huge part of Italian cuisine. Tortellini is a comfort food in my family. It is so versatile and can be made into anything. Making this dish always brings my family closer together, especially during this troubling time. Hopefully, this dish can help other families."**



# Noodle Kugle

by Barbara Locker-Halmy, Adjunct/Mentor & Outreach Coordinator

Jewish

## Ingredients

- 8 ounces cream cheese, softened
- ½ cup butter, cubed
- 3 large eggs
- ¾ cup white sugar
- 2 cups warm milk
- 8 ounces thin noodles

Additional toppings:

- Cinnamon sugar
- Raisin Bran cereal
- Butter

## Directions

1. Butter a 9 x 13 dish.
2. Mix all the ingredients (minus the toppings).
3. Pour over cooked noodles.
4. Sprinkle with topping. You can substitute Raisin Bran cereal for other such ingredients of choice.
5. Bake at 350°F for 1 hour.

**"This is a classic Jewish dish that is enjoyed by many at holiday dinners and brunches."**



# Zucchini Squares

by Timothy Skinner, Adjunct Faculty, Education Department

Italy

## Ingredients

- 1 1/2 cup biscuit mix (such as Bisquick)
- 2 tablespoons fresh parsley, roughly chopped
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 4 large eggs
- 1/4 cup vegetable oil
- 1/2 cup grated Parmesan cheese
- 3 cups zucchini, thinly sliced
- 1/2 cup onion, finely chopped



## Directions

1. Heat the oven to 350 °F.
2. Butter a 9 x 13 x 2-inch baking pan.
3. In a large bowl, combine the biscuit mix, parsley, oregano, pepper, salt and garlic powder.
4. In a small bowl, whisk the eggs until lightly beaten.
5. Whisk the vegetable oil into the eggs and then add the Parmesan cheese and dry ingredients; stir to blend. Fold in the sliced zucchini and finely chopped onion.
6. Fold the wet and dry ingredients together until just combined (avoid over-mixing), then pour the mixture into the prepared baking pan. Bake in the preheated oven for about 30 minutes, or until lightly browned.
7. Let cool slightly and then cut into squares. Serve Parmesan zucchini squares as an appetizer or side dish.

**"This is a dish my wife makes, and I love eating them. They remind me of family, friends, and good times. People demand that we make them when go to other parties, pre-Covid times, of course. Cheers."**





## Open-Faced Tuna Sandwich

by Jenna Paya

### Ingredients

Tuna salad:

- 1 can albacore tuna (in water)
- 2 tablespoons balsamic vinegar
- 2 tablespoons lemon juice, freshly squeezed
- 1 tablespoon whole-grain mustard
- 1 tablespoon relish
- 1 celery stalk, finely chopped
- 1 tablespoon fresh mint, chopped
- 1 tablespoon fresh basil, chopped

Sandwich ingredients:

- 1 slice bread, your choice
- 1½ sliced, sharp cheddar cheese
- 1 avocado, sliced
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon pepper

### Directions

1. Combine all tuna salad ingredients in a small bowl using a fork.
2. Preheat oven to 350°F.
3. In a small bowl, mix the avocado with paprika, lemon juice, salt and pepper.
4. Spread the avocado mixture onto a thick slice of bread. Top with tuna salad and cheese. Set the toast on a small baking sheet and place in the oven until the cheese melts, about 3-5 minutes.



# Salad Shirazi

by Sarah Jamdar Dominguez

Iran

## Ingredients

- 4 to 5 small Persian cucumbers, peeled and diced
- 3 to 4 ripe Roma tomatoes
- ½ medium red or white onion
- 3 tablespoons fresh parsley, chopped
- Cilantro

### Dressing:

- 3 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon fresh lime juice, to taste
- ½ teaspoon salt, to taste
- ⅓ teaspoon black pepper, to taste

## Directions

1. Dice cucumbers, tomatoes, and red onions into small cubes. Add to a medium bowl then add chopped cilantro.
2. In a small bowl, whisk together lime juice, vinegar, salt, pepper and olive oil. Add dressing to salad ingredients and toss gently to coat.



**"Salad Shirazi is a side dish we ate with most meals growing up. It is a very popular Persian dish that is delicious and easy to make!"**

# Overnight Slow Cooker Apple Cinnamon Oatmeal

by Maricela de Rivera



## Ingredients

- 2 apples, peeled, cored, cut into ½-inch pieces (2½ to 3 cups chopped)
- 1½ cups fat-free milk
  - Substitute: non-dairy alternative (e.g., almond milk)
- 1½ cups water
- 1 cup uncooked steel-cut oats
- 2 tablespoons brown sugar
  - Substitute: maple syrup, other desired sweetener
- Optional: 1½ tablespoons butter, cut into 5-6 pieces
- ½ teaspoon cinnamon
- 1 tablespoon ground flax seed
- ¼ teaspoon salt
- Optional toppings:
  - chopped nuts, raisins, maple syrup, additional milk or butter

## Directions

1. Coat the inside of 3½ quarts (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to the slow cooker. Stir, cover and cook on low for approximately 7 hours (slow cooker times can vary).
2. Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in the refrigerator. Freezes well.
3. To reheat single servings: Put 1 cup cooked oatmeal in a microwave-proof bowl. Add ⅓ cup fat-free milk. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

**"This is one of my favorite breakfasts. I put it in the Crock-Pot before I go to bed at night and wake up the next morning to the scrumptious aroma of cinnamon and apples. A hearty, nutritious breakfast is ready to eat right away. It's so warm and welcoming for everyone to wake up to a fragrant, yummy breakfast."**

# Cauliflower With Marinade

by Noriko Kuroki, CSJ Candidate



## Ingredients

- 1 cauliflower
- ¼ cup vinegar (any kind)
- ¼ cup water
- 1 tablespoon sugar
- ½ teaspoon salt
- seasoning of basil and oregano

## Directions

1. To make the marinade liquid, mix vinegar, water, sugar, salt, basil, and oregano. Steam cauliflower.
2. Add cauliflower into the marinade and let sit for one hour.

**"This recipe comes from Noriko Kuroki. Noriko joined our CSJ local community at #22 on the Sunday after Thanksgiving. She was with another one of our communities last year, returned to Japan for a visit with family, and was not able to return to the U.S. sooner. She is thinking about a call from God to become a member of a religious community, specifically, our CSJ congregation. We have enjoyed her cooking immensely and asked if she would be willing to share one of her delicious and very simple (and healthy) recipes. We especially enjoy it cold as a side dish."**



# "Valentine's Day" Lentil Soup

by Hannah Bowman, Graduate Student



## Ingredients

- 6 cups vegetable or chicken stock
- 1 pound brown/green dry lentils
- 1 head garlic, coarsely chopped
- 2 onions, chopped
- 2 teaspoons cumin seeds
- 2 teaspoons paprika
- 1 teaspoon turmeric
- Pinch of cayenne
- 4 cups tomato juice
- 1 bunch spinach, or package of frozen spinach
- Yogurt, for serving

**"My husband and I made up this recipe for Valentine's Day before we got married, in 2009. :-) It's easy but delicious and vegetarian and always feels romantic to me."**

## Directions

1. Bring stock to a boil in a medium-large soup pot. Add lentils, carrots, and garlic then lower heat to cook at a simmer.
2. In a skillet, sauté onions in olive oil. Add cumin seeds and let it toast. Add paprika, turmeric, and cayenne. Transfer all content of the skillet to the soup pot.
3. To the pot, add tomato juice and as much water as needed while the lentils cook.
4. Once lentils start to get soft, add spinach.  
Note: Lentils will get soft about 20 minutes before the soup should be done.
5. Serve with yogurt and/or Tabasco sauce.

# Vegetarian Lasagna

by Shelly Tochluk, PhD, Education Department Professor

## Ingredients

- 1 onion
- 4 cloves garlic
- 1 large jar of spaghetti sauce, any flavor of choice
- 1 can diced tomatoes
- 2 medium-sized zucchini
- 1 green pepper
- 1 red pepper
- 6 ounces spinach
- 1 pound lasagna noodles
- 1 mozzarella ball (16 ounces) add more, if needed
- 1 tub ricotta cheese (15 ounces)
- 2 eggs
- 2 links of Trader Joe's fake Italian sausage
- Dried basil (a lot)
- Oregano (a few sprinkles)
- Cayenne pepper (as desired)
- For 4-layer lasagna, use deep lasagna pan – 14" x 9.5" x 3"
- For 3-layer lasagna — use standard 13" x 9" glass casserole dish. You should have enough ingredients to make an overflow lasagna using a smaller glass dish on the side.





# Directions

1. Chop onion, red and green peppers, and zucchini into half-inch chunks. Dice garlic. Cut two links of fake Italian sausage into small pieces.
2. Sauté onion and garlic 3 minutes in 1 tablespoon olive oil. Add fake sausage. Stir and brown fake sausage pieces. Add peppers and zucchini pieces. Stir and sauté for a few minutes.
3. Add a can of diced tomatoes and their juices. Stir. Add dried basil (lots). I probably add at least 2 teaspoons., plus some oregano and a few shakes of cayenne pepper. Stir and let simmer for a few minutes.
4. Add the entire jar of spaghetti sauce. Stir and simmer for a few minutes.
5. Grate the entire ball of mozzarella cheese. Put to the side.
6. Combine ricotta cheese and two eggs in a small bowl. Stir well. Put to the side.
7. Chop spinach into small pieces by taking handfuls of spinach leaves and rolling them into a cylindrical shape. Cut spinach into small strips. Put in a bowl to the side.
8. Coat the lasagna pan with cooking spray.
9. Begin the layering process. Start by taking just enough juice from the spaghetti sauce/veggie mixture to coat the bottom of the glass pan. Add a layer of lasagna noodles (dry, nothing special, just regular lasagna noodles, do not pre-cook). Spread a thin coat of ricotta cheese/egg mixture on the noodles. Cover with mozzarella cheese. Sprinkle spinach to cover. Spoon veggie/sauce mixture on top of the spinach. Spread evenly and press down so sufficient sauce fully covers the layer. Repeat: noodles, ricotta/egg, mozzarella, spinach, veggie/sauce. Repeat. During the last layer, use all remaining ricotta. Save enough mozzarella for a final top coat after you add the last veggie/sauce layer.
10. Bake covered at 375°F for 1 hour. The pan will fill to the top. Place the lasagna pan on top of a cookie sheet to catch any spillover (occasional). After 1 hour, test that noodles have absorbed the liquid and are al dente by piercing with a fork. Remove foil cover and continue baking for 15 minutes.
11. Remove from oven and let stand for 15 minutes before cutting and serving.

**"My family ancestry is mixed. I am one-half German, one-quarter Russian, and one-quarter Italian. There are very few (if any) recognizable cultural traditions passed down in my family from any of those cultural groups. All my great-grandparents passed through Ellis Island in the late 1890s. Any attachment to my ethnic background has been more-or-less cultivated in my adulthood as I began to examine what it means to be a white person living in the United States and the cultural loss my family experienced as we assimilated in a culture that privileges those who become white. I made up this recipe years ago and have made it for Christmas Eve dinner for my family most years for the past couple of decades."**



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# Almond Yogurt Tea Cake

by Ann McElaney-Johnson, PhD, President



## Ingredients

- 2¼ cups flour
- ⅛ teaspoon salt
- ½ teaspoon baking soda
- 1 cup butter
- 2 cups sugar
- 2 teaspoons almond extract
- 8 ounces plain or vanilla yogurt

## Directions

1. Combine flour, salt and baking soda in medium bowl.
2. Cream butter in separate bowl. Add sugar, almond extract and yogurt.
3. Mix in flour mixture.
4. Bake at 325°F for 60-65 minutes (best in an angel food-type cake pan).
5. Serve plain or with berries.



# Strawberry Honey Jam

by Maricela de Rivera



## Directions

1. Hull strawberries and cut each strawberry in half. Place in a large stockpot.
2. Cut the sides of the apples away from the core and grate the apple leaving the skins on. Place in a pot with the strawberries.
3. Pour in the lemon juice and honey and stir.
4. Heat mixture on high until boiling, stirring occasionally. As soon as the mixture begins to boil, reduce heat to medium low to simmer.
5. Simmer for approximately 15 minutes until the strawberries become soft. Using a potato masher, mash the strawberries so there are no recognizable, whole sections.
6. Simmer for another 45-60 minutes, stirring occasionally. The longer the mixture simmers, the thicker the consistency.
7. Place in jars and refrigerate.

## Ingredients

- 6 pounds strawberries
- 3 cups local honey
- 2 small Granny Smith apples
- 1½ tablespoons lemon juice

**"This strawberry honey jam is one of the most popular recipes and has won many blue ribbon awards. Who knew that a jam that contained no refined white sugar and no pectin would be that good! Especially when compared to traditional jam, which typically requires 7 cups of sugar for every 2 pints."**





## Baba's Cheese Blintzes

by Robin Gordon, Director of Secondary Education

### Ingredients

#### Stuffing

- 1½ cups or 12 ounces cottage cheese, dry as possible
- 1 egg yolk
- 1 tablespoon sugar
- 1 teaspoon grated lemon rinds

#### Blintz

- 2 eggs
- ½ cup milk
- ½ cups flour
- ¼ teaspoon salt

### Directions

#### Preparing the blintz

1. Sift flour into a bowl then add beaten eggs and milk.
2. Add salt and flour. Beat until smooth.
3. Pour into a pan like a pancake but it will be very thin.

4. Cook until lightly browned on one side.

#### Stuffing and baking

5. Mix together all stuffing ingredients.
6. Stuff the blintz with the cheese mixture.
7. Roll up the blintz, side to side and top to bottom to make a small oblong shape.
8. Brown the rolled-up blintz in an oiled pan, both sides.
9. Serve with sour cream, cinnamon and sugar to taste.



## Baba's Cheesecake

by Robin Gordon, Director of Secondary Education

New  
Orleans

### Ingredients

#### Crust

- 18 graham crackers (9 halves), crushed
- ½ cup margarine or butter, melted

#### Filling

- 1 pound cream cheese
- ¾ cup sugar
- 2 eggs
- 2 teaspoons vanilla

#### Topping

- 8 ounces sour cream
- 3 tablespoons sugar
- 1 teaspoon vanilla

### Directions

1. Mix graham crackers and butter, then press them down into a pie pan. Bake for 5 minutes at 375°F.
2. Mix all filling ingredients until smooth and add on top of the crust. Bake for another 15 minutes at 350°F.
3. Mix together topping ingredients and add on top of filling. Bake for a final 5 minutes at 350°F.

**"One of the recipes from my mother who got them from her Jewish mother-in-law, my Baba. It was never called New York cheesecake although that is where the family lived until moving to Los Angeles."**



# Brownies

by Angelica Martinez

## Ingredients

- 1 cup unsalted butter
- 1½ cups semisweet chocolate chips
- ¾ cup light brown sugar
- 1½ cups white sugar
- 1 tablespoon vanilla extract
- 1 teaspoon kosher salt
- 3 large eggs
- 1¼ cups all-purpose flour
- ⅓ cup cocoa powder

## Directions

1. Preheat oven to 350°F.
2. Melt butter with 1 cup of chocolate chips in the microwave for 1 minute 30 seconds. Let sit for 3 minutes.
3. In one bowl, mix together white sugar, brown sugar, vanilla, salt and egg.
4. In another bowl, sift then mix flour and cocoa powder. Add to the wet mixture with ½ cup of chocolate chips.
5. Bake for 30 to 45 minutes and enjoy!



# Pao Doce (Portuguese Sweet Bread)

by Silvia Colsher Neighbor

Portugal

## Ingredients

- 2 tablespoons active dry yeast
- ¼ cup warm water
- 1 cup lukewarm milk (scalded, then cooled)
- 3 large eggs
- ¾ cup white sugar
- 1 teaspoon kosher salt
- ½ cup butter, softened
- 5-6 cups all-purpose flour

### Glaze:

- 1 large egg
- 1 teaspoon powdered sugar

## Directions

1. In a large bowl, dissolve yeast in warm water. Stir in milk, sugar, eggs, salt, butter, and 3 cups of flour. Beat until smooth. Stir in enough of the remaining flour to make the dough easy to handle.
2. Knead dough on a lightly floured surface until smooth and elastic for about 5 minutes. Place dough in a greased bowl and let rise in a warm place until it is double in size for about 1 to 1½ hours.
3. Punch down dough and divide in half. Then, shape each half into a round slightly flat loaf. Place each loaf into a well-greased round 9" x 1½" pan.
4. Cover and let rise until double for about an hour. Heat oven to 350°F. Beat 1 egg and brush over the tops of loaves. Sprinkle with 1 teaspoon of powdered sugar. Bake until loaves are golden brown, about 35-45 minutes.

**"My family is from Portugal and Pao Doce is something that always reminds me of my family/home."**



# Ube (Purple Yam) Cookies

by Danielle Rose Batol Steele

Philippines





## Ingredients

- 1 stick (8 tablespoons) unsalted butter
- 1¾ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- 1 cup granulated sugar
- 1 large egg
- ½ cup ube halaya jam (Tropics)
- 1 teaspoon liquid purple food coloring (not gel)
- 1 teaspoon ube extract
- ½ teaspoon vanilla extract
- 1 cup powdered sugar

**"Filipino cookies, a family favorite!"**

## Directions

1. Place 1 stick butter in a bowl of a stand mixer (or a large bowl if mixing by hand or with an electric hand mixer) and let sit at room temperature until softened.
2. Place all-purpose flour, baking powder and kosher salt in a medium bowl and whisk to combine.
3. Add granulated sugar to the butter. Beat with the paddle attachment on medium-high speed until light, fluffy and doubled in volume, for 3-5 minutes. Add 1 large egg and beat on low speed until just combined. Use a rubber spatula to scrape down the paddle and sides of the bowl.
4. Add ube halaya jam, liquid purple food coloring, ube extract, and vanilla extract. Beat on low speed until combined and completely purple, for 1-2 minutes.
5. With the mixer on low speed, gradually add the flour mixture and beat until just combined. Scrape down the paddle and sides of the bowl once more, and beat on low for 30 seconds more.
6. Cover and refrigerate the dough for 1 hour.
7. Arrange a rack in the middle of the oven and heat the oven to 350°F. Line two baking sheets with parchment paper.
8. Place 1 cup powdered sugar in a medium, shallow bowl. Divide the dough into 16 portions (about 3 scant tablespoons each), then roll each portion into a smooth ball. Toss the cookie dough balls one at a time in the powdered sugar until completely and generously coated (aim for a layer so thick you can't see the cookie dough anymore). Place eight on each baking sheet, spacing them at least 3 inches apart.
9. Bake one sheet at a time until the edges are set but the centers are still soft, 12-15 minutes. Let the cookies cool completely on the baking sheet.



# Pizzelle

by Nicolette Gastelum

Italy



## Ingredients

- 3½ cups all-purpose flour
- 6 large eggs
- 1½ cup white sugar
- 4 teaspoons vanilla extract
- 4 teaspoons baking powder
- 2 sticks salted butter, melted
- 2 teaspoons anisette
  - Substitute: Coconut extract

## Directions

1. A pizzelle maker is needed to make pizzelle cookies.
2. Plugin your pizzelle iron and allow it to heat up.
3. In a microwave-safe bowl, melt the butter and allow it to cool down.
4. Once the butter has cooled, add in eggs, vanilla and anise extract and mix together with a rubber spatula. Add in flour and baking soda and mix well.
5. Use a nonstick cooking spray on each side of the hot pizzelle iron to prevent the dough from sticking.
6. Using a measuring spoon, pour 1 tablespoon of the batter onto the iron and close it.
7. Cook each cookie for about 2 minutes, or until golden brown.

**"These are Italian waffle-type cookies that I make every year around Christmas as I am half Italian."**

# Date Bars

by Linda Leggett Oldenkamp

## Ingredients

### Filling:

- 1 cup water
- 1 cup granulated sugar
- 1 pound dates, pitted and chopped
- 1½ cups chopped walnuts

### Crust:

- 1½ cups brown sugar
- 1 cup softened butter
- ½ cup shortening
- 3 cups oatmeal
- 3 cups flour
- ¾ teaspoon baking powder
- 1 teaspoon vanilla

## Directions

1. Cook all filling ingredients over medium heat until the mixture softens and makes a thick paste. Cool to room temperature.
2. In a large bowl cream brown sugar, butter and shortening. Add and stir oatmeal and flour until completely mixed. Then stir in baking powder and vanilla.
3. Mix 1½ teaspoons baking soda in ½ cup hot water.
4. Heat oven to 375°F.
5. Press half of the dough into a 9 x 13 pan.
6. Spread on the date filling.
7. Top with the remaining crust, flattening pieces of dough in your hand, covering the date mixture completely.
8. Bake at 375°F for ½ hour, until lightly browned. Cool completely before cutting.

**"This is a recipe I got from my mother-in-law, who got it from her mother. It is a traditional Christmas essential in our household. These bars are wonderful any time, but we only have them during the holidays. I usually have to make two batches, because my family gobbles them before I have time to put a few in gift boxes for friends!"**





# Chocolate Whipped Cream Pie (no bake)

by Monica Boomgard



## Ingredients

- 12 ounces Baker's unsweetened chocolate (1½ bar)
- 1-pint heavy whipping cream
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla extract
- Pre-made graham cracker pie crust
- Chocolate curls or sprinkles, as garnish (optional)

## Directions

1. Melt chocolate in a double boiler (best way rather than in a saucepan).
2. Let it slightly cool.
3. In a chilled bowl, pour heavy whipping cream, sugar and vanilla extract. Beat until fluffy peaks form.
4. Fold slightly cooled chocolate into whipped cream gently.
5. Add to pie crust.
6. Refrigerate for a couple of hours until stiff.

Variations: You can fold in M&M's before you have it set in the fridge or create a crust with Oreo cookies.

**"This was a family favorite. My mom, Olive, was such a fantastic cook and yet one of the WOW recipes of the holidays was always her "no bake" whipped cream pie. As little kids, my sister and I got to "lick the bowl" of the yummy chocolate whipped cream before it went into the crust. There are so many ways to vary it, but somehow the simplest form is still the best."**





## Italian Cookies

by Mark Spellmire, Director of Sports Recreation and Wellness

Italy

### Ingredients

- 4 cups flour
- 1 cup sugar
- 1 cup butter, softened
- 3 eggs
- 5 teaspoons baking powder
- ½ teaspoon salt
- ¾ teaspoon anise flavoring
- white sesame seeds or chopped nuts for garnish

### Directions

1. Combine all ingredients with mixer at low speed until blended.
2. Preheat oven to 400°F.
3. Shape into balls and roll in sesame seeds or chopped nuts of your choice.
4. Place cookies on an ungreased baking sheet and place them in the oven.
5. Bake 10 minutes or until slightly brown.

**"Here is my great grandma's Italian Cookie recipe. Her name was Graziela D'Amico and she was born in Terasini, Sicily. She would make these all the time because they are not too sweet. Perfect to have for dessert with a little limoncello! Or even with a cup of espresso in the afternoon."**



## Mariposa Bundt Cake

*by Lindsay Connors, Assistant Director of Sports Recreation and Wellness*



# Ingredients

- 1 package yellow cake mix
- 1 package instant vanilla pudding
- ½ cup vegetable oil (or any light-tasting oil)
- ½ cup water
- 1-8 ounce container of sour cream
- 4 eggs
- ½-1 cup lightly chopped walnuts
- ½ cup sugar
- 2 teaspoons cinnamon



# Directions

1. Grease and flour a bundt pan and set aside.
2. In a large bowl, mix together cake mix, pudding mix, oil, water, sour cream and eggs until no lumps remain.
3. In another bowl, swirl together walnuts, sugar and cinnamon. Add to the mixture in the large bowl and gently mix.
4. Pour all contents into the greased and floured bundt pan and bake at 350°F for 40-45 minutes.
5. Check for doneness by inserting a toothpick or knife into the center of the cake. If it comes out clean, remove the cake from the oven and turn off the oven. Let stand for 20-25 minutes before using a plate to flip the cake out of the pan.

**"My mother used to make this cake for my four sisters and me, and we have in turn passed it on to our own families. It is easy, and always delicious - whether served with fruit, ice cream, or even plain! Enjoy!!"**





## Apple Cake

by Millie Kidd, Director of the Humanities Graduate Program

### Ingredients

- 3 cups flour
- 2 cups sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 eggs
- 1¼ cup oil
- 1 cup walnuts
- 3 cups apples, finely chopped
- (Optional) 1 cup raisins

### Directions

1. Preheat oven to 350°F and prepare a tube pan with grease and flour.
2. Mix the dry ingredients then add eggs and oil. Fold in apples, walnuts and raisins.
3. Pour mixture into tube pan and bake for 1 hour and 15 minutes or until a toothpick inserted near the center comes out clean. The top should be slightly crisp.
4. Cool slightly for 10 to 15 minutes then remove from the pan.

# Peach Cobbler

by Guadalupe Cuellar

## Ingredients

- 30-ounce can of sliced peaches in syrup
- 1 cup all-purpose flour
- 1½ cups white sugar
- ¼ cup milk
- ⅓ teaspoon syrup
- 1 stick of unsalted butter
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ⅓ teaspoon nutmeg
- (Optional) 1 cup raisins

## Directions

1. Preheat oven to 350°F.
2. Melt butter in a 9 x 13 casserole dish. Strain syrup from the peaches.
3. Mix 1 cup sugar, flour, and baking powder in a bowl. Then stir in milk and syrup.
4. Lay the sliced peaches in the casserole dish with the melted butter. Pour batter over the top of the peaches evenly. Mix cinnamon, nutmeg and ½ cup sugar. Sprinkle mixture over batter. Bake for 45 minutes to 1 hour or until the top crust is golden brown.

Optional: Serve with vanilla ice cream.

**"I found this recipe online years ago and never stopped using it. It has become one of my family's favorite holiday desserts."**







## Picky Kids Breakfast Cookies

*by Valerie Bonilla, Assistant to the Vice President of Student Affairs*

"I found this recipe on "Bless this Mess" when looking for some really healthy and filling breakfast options for my kids. I have one EXTREMELY picky eater, and it is so hard to get him to eat healthy, yet filling options. But, when I told him he could have cookies for breakfast...game changer! I adapt the recipe each time and let him help when I make them. We've tried adding a tablespoon of cocoa powder as well, for an extra chocolaty kick. I am so glad I am able to give my kids a quick and easy breakfast that fills them with good energy to start the day. And honestly, sometimes they have it for dinner too!"



## Ingredients

- 1 large banana, mashed
- 1 cup peanut butter
  - Substitute: other nut butter
- ⅓ cup maple syrup
- ½ cup unsweetened apple sauce
- ¾ teaspoon kosher salt
- 1 teaspoon ground cinnamon
- ¼ cup ground flaxseed (optional)
- ½ cup dried fruit or chocolate chips
- ½ cup your choice of seeds or nuts
- 2 cups of quick-cooking oats

## Directions

1. Preheat oven to 325°F. Line a baking sheet with parchment or a baking mat.
2. In a large bowl, mash the banana well with a fork until there are no longer any large chunks. Add the peanut butter, maple syrup and applesauce; stir to combine well. Then add the oats, salt, cinnamon and ground flaxseed (if using).
3. Add the dried fruit and/or chocolate chips, seeds or nuts. Stir to combine.
4. Scoop ¼ cup of the mixture and place it on the cookie sheet. The cookies won't spread at all, so press the tops down as needed to desired size and thickness.
5. Bake for 14-16 minutes until the centers are set and no longer shiny. Allow the cookies to cool on the baking sheet.
6. Cookies can be kept at room temperature for 5 days or in the freezer for up to 2 months.



# Banana Nut Bread

by Deanna C. Solorzano

## Ingredients

For the bread

- ½ cup butter
- 1½ cups sugar
- 2 eggs
- 1 teaspoon vanilla
- 3 bananas, overripe
- ¼ cups milk
- 2 cups flour
- ½ teaspoon salt
- ¼ teaspoon baking soda

For the filling (flexible to your taste)

- ¼ cup walnuts
- 1 cup pecans
- ¼ cup dates, chopped and pitted
- ½ cup chocolate chips

## Directions

1. In one bowl, cream the butter, sugar and vanilla together then add eggs and cream.
2. In a separate bowl, mix all the dry ingredients. Slowly add the dry mixture to the wet ingredients, adding milk halfway. Mix until combined.
3. Add chunky ingredients and fold in. You can chop bananas before or mash with a spoon.
4. Place mixture into a wide pan and put into the oven at 350°F for 60 minutes or until a toothpick comes out clean.

Note: For muffins, bake for 30 minutes.

**"I think this was the first dish I made all on my own and is a dish my mom made a lot in the summer when we bought too many bananas. It was great when we needed a quick breakfast. We would make muffins on weekends and then grab and go in the mornings."**





## Ranger Crispies

by Linda Leggett Oldenkamp

### Ingredients

- ½ cup softened butter
- ⅓ cup shortening
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 2½ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 cup chocolate chips
- 1 cup butterscotch chips
- 3 cups crisp rice cereal

### Directions

1. Heat oven to 375°F.
2. In a large bowl, cream your butter, shortening and sugars. Once combined, add eggs and beat until blended. Then add flour, baking powder, baking soda and vanilla to creamed mixture, blending well. Fold in chocolate chips, butterscotch chips and rice cereal.
3. Drop rounded tablespoonfuls onto a parchment lined cookie sheet and tap to flatten slightly.
4. Bake for 14 minutes, until lightly golden.
5. Let stand 1 minute, then transfer onto a cooling rack.

**"These cookies are my family's favorite. I tweaked a basic cookie recipe from the back of the flour sack until it was just right for our tastes. They are crisp and keep well for a couple of days in a container with a tight-fitting lid. However, in our household, they seldom last that long!"**



# Vegan Cheesy Popcorn

by Laura Crow, Former Dean of Student Life

## Ingredients

- ¼ cup popcorn kernels
- 1 tablespoon coconut oil
- 1 teaspoon nutritional yeast
- ¼ teaspoon sea salt, or to taste

## Directions

1. To prepare the seasoning, shake nutritional yeast and salt in a bowl and set aside.
2. In a saucepan, add oil and heat over medium-high. To test when the oil is ready, drop a few kernels into the pan. Once they pop, the oil is ready.
3. Add kernels to cover the bottom of the saucepan and cover with a lid. Stay close and let the popcorn pop until it slows down to almost a stop. Turn off heat and pour popcorn into a container. Place a lid on the container and shake. Add more seasoning to taste.



# Challah Souffle

by Barbara Locker-Halmy, Adjunct Outreach/Mentor Coordinator



## Ingredients

- 7 slices, challah bread
- 8 ounces swiss cheese, sliced
- 8 ounces sharp cheddar cheese, sliced
- 1 bag chopped spinach, thawed
- ¾ cup sliced mushroom, sautéed
- 6 large eggs
- 1½ cups milk
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon dry mustard

## Directions

1. Preheat oven to 350°F.
2. Grease a 9 x 13 baking dish.
3. Blend together the eggs, milk, and seasonings.
4. Place half of the slices of bread in the pan.
5. Place half of the cheeses, spinach, and mushrooms on top of the bread.
6. Layer with the rest of the bread and then with the remainder of the cheeses, spinach and mushrooms.
7. Pour liquid mixture over layers.
8. Bake for 35-40 minutes.

# Snowball Cookies

by Catherine Vallejo



## Ingredients

- 2½ cups all-purpose flour
- 2 sticks salted butter
- ½ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup pecans, finely chopped
- ¼ teaspoon salt

## Directions

1. Preheat oven to 375°F.
2. In a small bowl, combine flour, pecans and salt. Set aside. In a separate bowl, beat butter, powdered sugar and vanilla until creamy. Add flour mixture slowly until combined.
3. Form dough into 1-inch balls and place on a baking sheet lined with parchment paper. Bake for 10-12 minutes or until the bottom edges are lightly browned.
4. Let cool for a few minutes and roll in powdered sugar.
5. Place on a rack to cool completely.



# Refreshments

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# Boerenjongens (Dutch Raisin Cocktail)

by Linda Leggett Oldenkamp

Dutch

## Ingredients

- 1 pound raisins
- 4 whole cinnamon sticks
- 2 cups water
- 2 cups whiskey or brandy

**"My husband's heritage is Dutch. This cocktail is traditional in the Netherlands as well as in our home during the holidays. I was served it my first Christmas as an Oldenkamp, with my husband's family in Michigan. My father-in-law warned me to serve it in small glasses with little spoons, as it is deceptively potent!"**

## Directions

1. Soak 1 pound of raisins overnight in enough water to cover.
2. Cook raisins with 4 whole cinnamon sticks until raisins are plump and water has cooked down.
3. Cover raisins with brandy, adding about 1½ cup extra so raisins will have some liquid to soak up.
4. Divide raisins equally into jars with lids, adding cinnamon sticks and liquid to each jar.
5. Let stand at room temperature in a dark place for at least a month. The flavor mellows with age!



# Horchata

by Fatima Padilla

Mexico



## Ingredients

- 2 cups white rice, uncooked
- 2 cinnamon sticks
- 1 can condensed milk
- 2 cups whole milk
- 5 tablespoons sugar
- 1 tablespoon vanilla extract

## Directions

1. Clean rice then let it sit and soak for 12 hours or overnight in cold water.
2. Blend rice and cinnamon sticks in a blender at high speed for 30-60 seconds then stir. Repeat until mixture is fully ground.
3. Combine other ingredients with 2 cups of water, whole milk, sugar and vanilla extract into a large bowl.
4. Let sit for 5 hours then strain mixture into a pitcher.



# Ponche

by Cristina Lopez, Student Services Specialist

Mexico

## Ingredients

- 32 ounces water
- ½ cinnamon stick
- ⅓ cup dry hibiscus
- 1 guava, diced in ½-inch pieces
- ½ apple, diced in ½-inch pieces
- ⅓ cup dark brown sugar or piloncillo

### Optional Fruits:

- Oranges
- Tamarind
- Tejocote (Mexican hawthorn)
- Cane sugar
- Plums

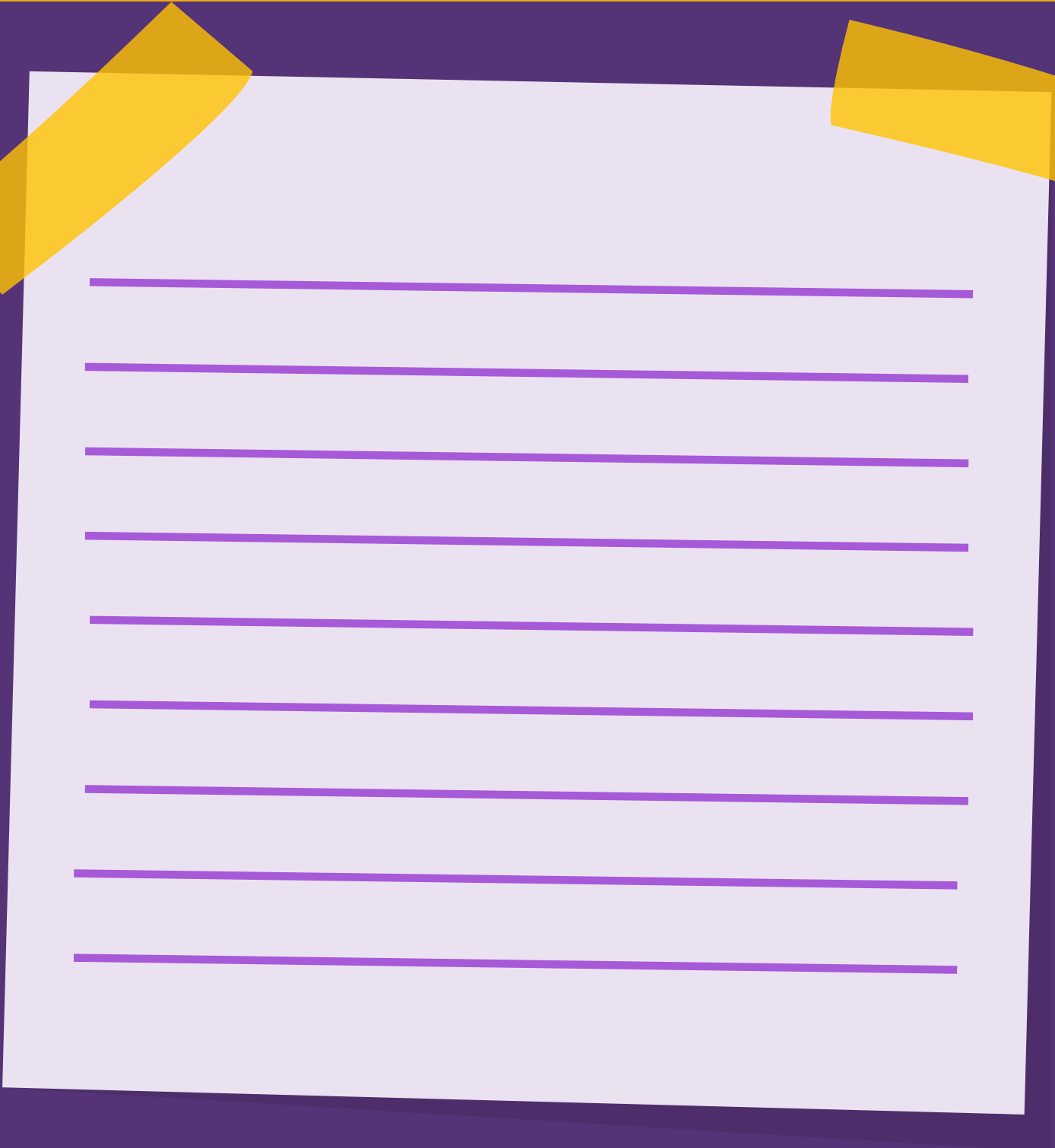
## Directions

1. In a pot with water, add the cinnamon, dried hibiscus, dark brown sugar, and desired fruit pieces.
2. Set the pot to medium heat and boil for 15 minutes or until the fruit softens.
3. Mix well and serve hot.



**"This is a traditional drink served during Mexican holidays such as posadas and Christmas. These holidays and gatherings are very significant to my culture because it is a time when friends and family gather to pray, celebrate, and drink ponche on cold nights."**

# Notes



# Notes





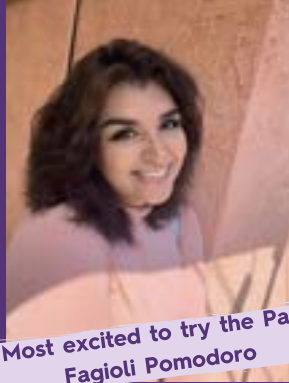
# Notes



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Most excited to try the Pasta Fagioli Pomodoro

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Most excited to try the Bulgogi

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Most excited to try the Galbi

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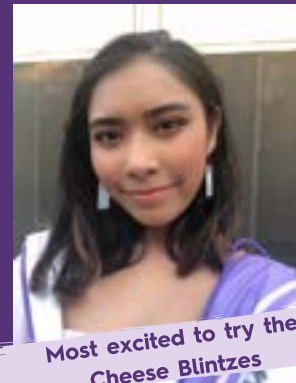
Most excited to try the Ube Cookies

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Most excited to try the Spam Musubi

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Most excited to try the Cheese Blintzes

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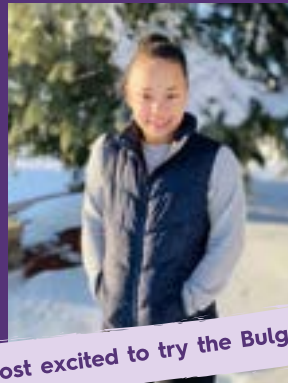
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