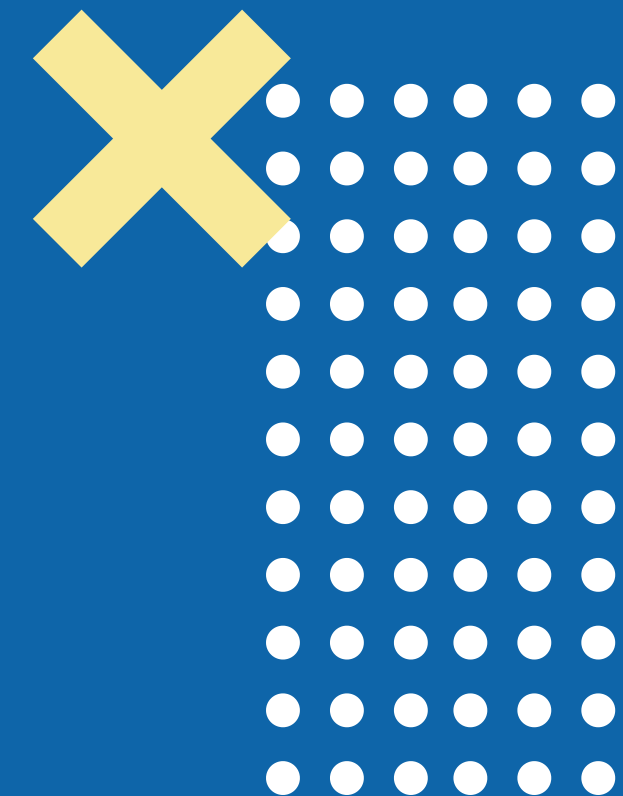


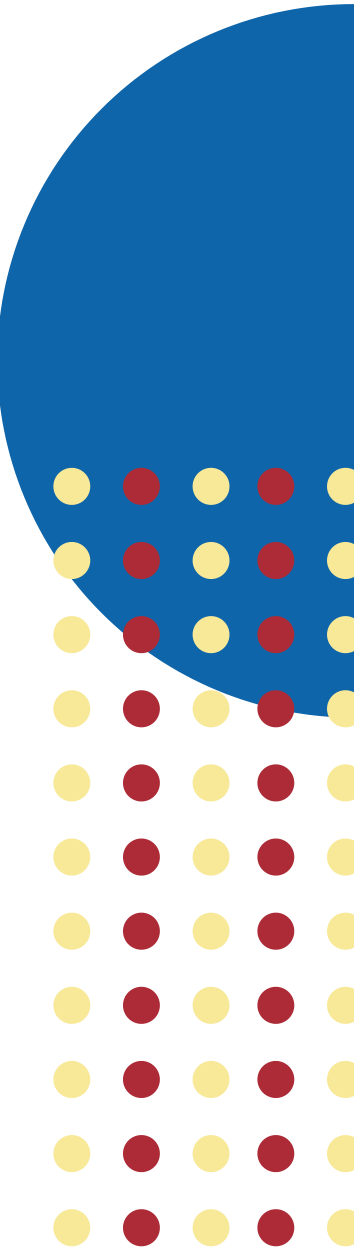
DIVISION
OF
T&I

*Cooking
with*

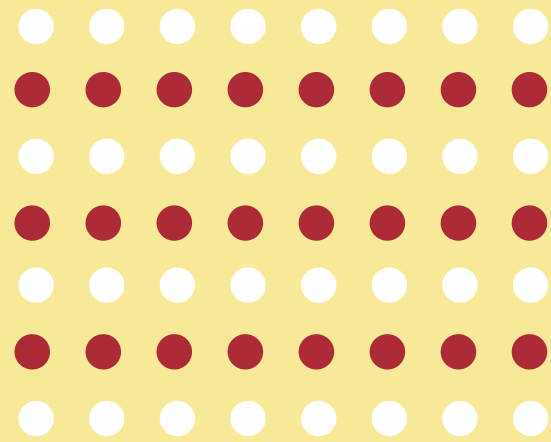
WPI



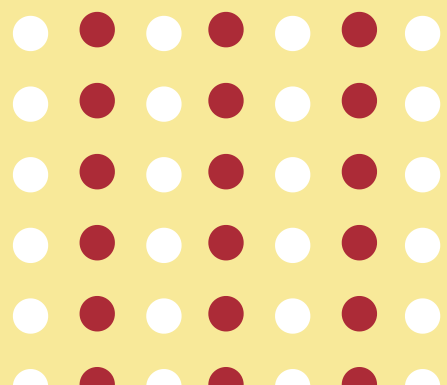
*“Anyone can cook, but only
the fearless can be great”*

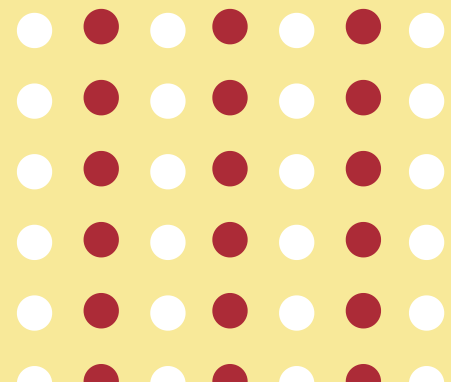
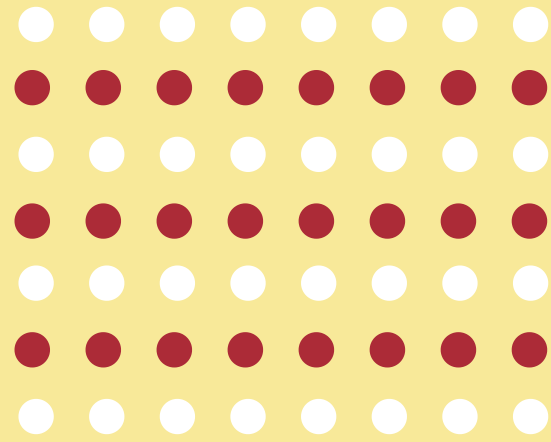


CHEF GUSTEAU



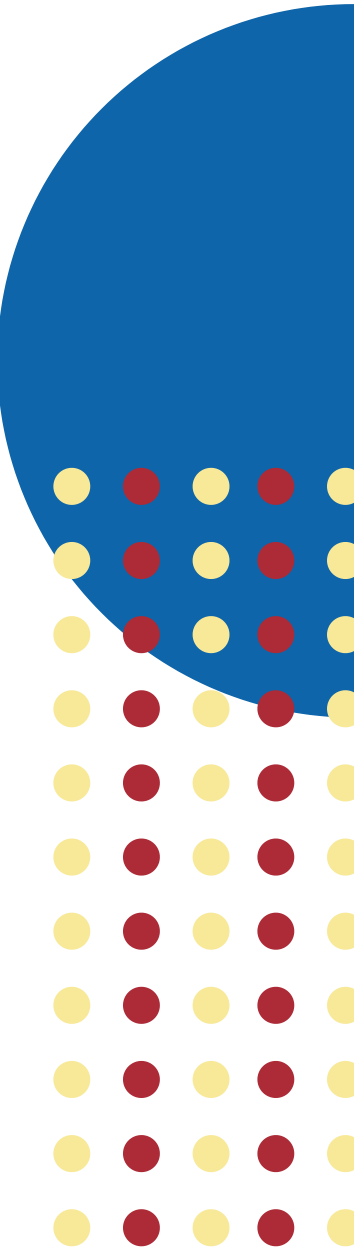
Soups, Salads, & Starters



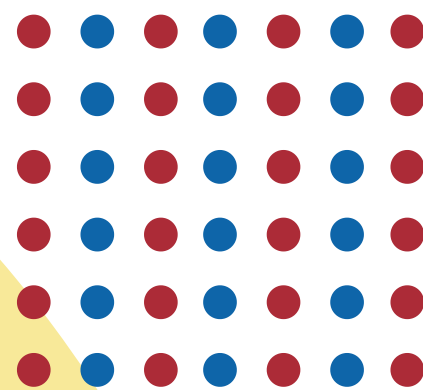


<i>Vegetarian</i>	<i>(V)</i>
<i>Vegan</i>	<i>(VG)</i>
<i>Gluten Free</i>	<i>(GF)</i>
<i>Kosher</i>	<i>(K)</i>
<i>Halal</i>	<i>(M)</i>
<i>Dairy Free</i>	<i>(DF)</i>

*“I know that hunger is in
the mind and the body and
the heart and the soul”*



ROXANE GAY



New England Clam Chowder

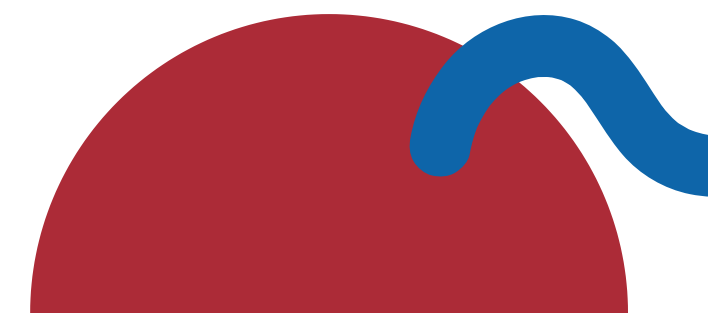
Recipe Provided By David Andrade

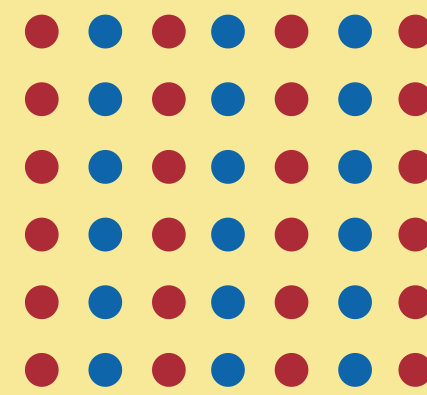
INGREDIENTS

1 qt. Canned, minced clams w/ juice or freshly
shucked clams w/juice
3/4 qt. Water
5 oz. Salt Pork, ground or cut into fine dice
1/2 lb. Onions, small dice White Pepper
2 oz. Flour
1 lb. Potatoes, small dice
2-1/2 qt. Milk, hot
1 cup Heavy cream
hot Salt

DIRECTIONS

- 1) Drain the clams. If you are using fresh clams, chop them, being sure to save all the juice.
- 2) Combine the juice and water in a saucepan. Bring to a boil.
- 3) Remove from heat and keep the liquid hot for step 7.
- 4) In a heavy sauce pot or stock pot, render the salt pork over medium heat. 5) Add the onions and cook slowly until they are soft, but do not brown.





DIRECTIONS CONT.

6) Add the flour and stir to make a roux. Cook the roux slowly for 3-4 minutes, but do not let it brown.

7) Using a wire whip, slowly stir the clam liquid and water into the roux. Bring to a boil, stirring constantly to make sure the liquid is smooth.

8) Add the potatoes. Simmer until tender. (If you are using large, tough "chowder" clams, pass them once through a grinder and add them with the potatoes.)

9) Stir in the clams and the hot milk and cream. Heat gently but do not boil.

10) Season to taste with salt and white pepper



INGREDIENTS

1 can crab meat

1 stick butter

1 small jar Old English Cheddar

Spread or WisPride Cheddar Spread

1 pkg english muffins

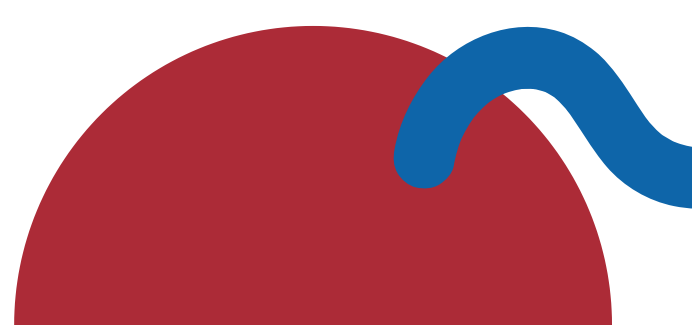


Mom's Crab Meat Bites

Recipe Provided By David Andrade

DIRECTIONS

Mix first three ingredients over
low heat spread on english
muffins (pre toast them slightly
1st) freeze cut into quarters toast
the english muffins till cheese
gets brown & bubbly and serve.



Veg Puff (V)

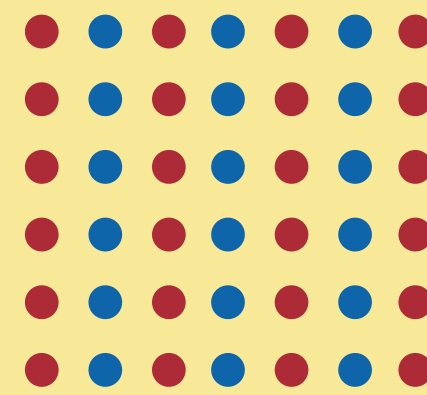
Recipe Provided By Karthika Suresh

INGREDIENTS

2 Puff pastry sheets
2 Large boiled potatoes
1 Medium onion - finely chopped
Handful of frozen peas Spices as per choice
(I used Indian spices like turmeric powder,
chilli powder and garam masala)
Salt as per taste Oil

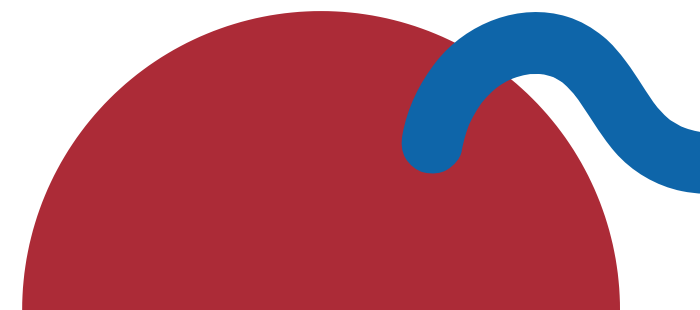
DIRECTIONS

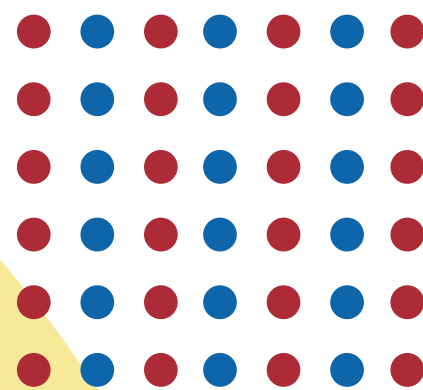
In a pan add 2 tablespoon of oil. Once the oil is heated add chopped onions and let it cook for 5 mins. Then add the spices as per choice and saute it. Add the boiled potatoes, peas and salt and mix well (you can also add other veggies/meat). Once the veggies are cooked and blended with spices, you can turn off the stove s



DIRECTIONS CONT.

Preheat the oven at 400. The stuffing is ready now. Take the pastry sheet and cut it into half. Take one half and place the stuffing in the center, turn the sheet over and seal it with water. Do the same for remaining sheets. Place these puffs in the baking tray and place them in the oven for 15 min





Norwegian Oatmeal Bread (V)(VG)(DF)

Recipe Provided By Alice Clark

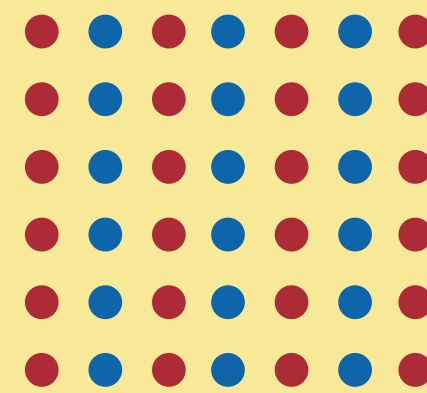
INGREDIENTS

2 cups Boiling water*
1 cup Quick-cooking oats
1 Package (2 1/4 tsp) yeast
1/2 cup Warm water (110-115 degrees)
1/2 cup Molasses
1 tsp. Salt
6 to 6-1/2 cups All-purpose flour
1 tsp. Butter, melted (optional)

*I use the hottest water from my tap as a time-saver.

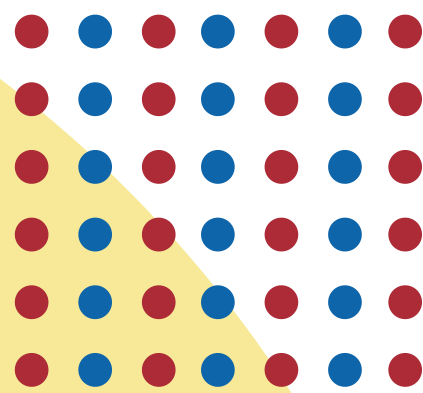
DIRECTIONS

Modified from recipe originally found on tasteofhome.com. My bread tip: With anything to do with yeast, you can let the bowl sit in a sink of hot water to encourage rising/developing. Cover with a cloth or a larger bowl. In a large bowl, pour boiling water over oats. In a separate, smaller bowl, dissolve yeast in warm water. Let stand to develop. In the meantime, your oats should be cooling to a "warm" temperature (110-115 degrees, or at a temperature where it wouldn't burn you).



DIRECTIONS CONT.

Add the molasses, salt and oil to your oats, but don't stir. When the oat mixture is fully developed at a warm temperature and your yeast is bubbling, add the yeast to the oat mixture and stir. Add three cups of flour and beat til smooth. Stir in enough flour to make a soft dough, then turn out onto a floured surface and knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place til doubled (about 1-1 1/2 hours) Get two loaf pans and spray with cooking spray. Punch dough down. Divide dough into 2. Shape into loaves. Place into loaf pans. Preheat oven to 350 degrees Cover and let rise again until doubled (about 1 hour.) Bake for 40-45 minutes. Remove from pans to cool on wire racks. Brush with butter or margarine.



Nanny's 2019 Rower's Deviled Eggs

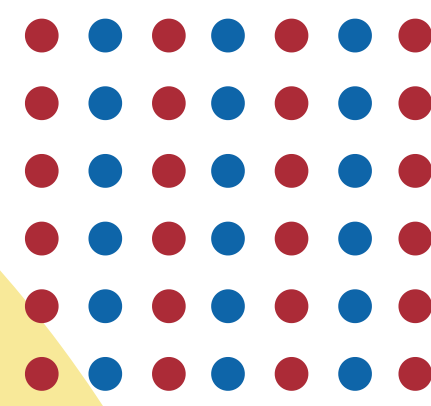
Recipe Provided By Rita Sampson

INGREDIENTS

12 Eggs
1/2 cup Miracle Whip
1-1/2 tsp. Mustard
1 tsp. Cider vinegar
1/2 tsp. Salt
1/2 tsp. Black pepper
1/4 tsp. Garlic powder
Paprika for sprinkling

DIRECTIONS

Put eggs in cold water and bring to just a boil, cover, turn off heat and let sit 20 minutes. Cool immediately and remove shells. Cut eggs in half, lengthwise, and remove yolks. Mash yolks, add next 6 ingredients and whip until smooth.*(add more Miracle Whip if mixture is too dry) Pipe with cake decorating bag or spoon yolk mixture evenly into egg whites and sprinkle with Paprika. Keep refrigerated.
Use within 3 days



INGREDIENTS

1 Egg

10-12 oz Shredded mozzarella or jack Cheese 8 oz crumbled feta cheese

1 dash of White pepper

1 tbsp. Chopped parsley

1 tbsp. Farina (cream of wheat) this pulls it together and doesn't allow cheese to spread out of dough

1/2 Box fillo (phyllo)

1 stick Melted butter

Dough cut into 6 inch long strips or One box puff pastry cut into 4 x 4 squares (no melted butter if using puff pastry but brush egg wash with brush on top Before Baking)

Armenian Cheese Turnovers (Beoreg) (V)

Recipe Provided By Pearlene Varjabedian

DIRECTIONS

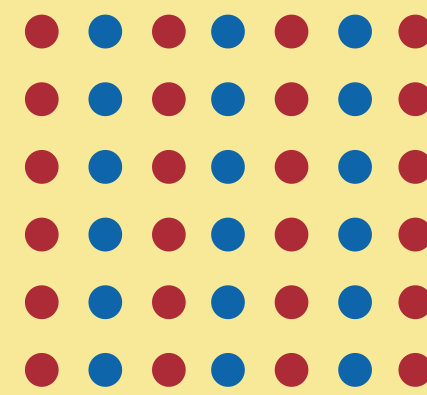
Mix all Ingredients except dough and melted butter together in bowl.

Fillo Dough

Use melted butter. Cut long strips of dough in front of you vertically. Using a pastry brush, butter the surface of the entire sheet, taking care not to tear it.

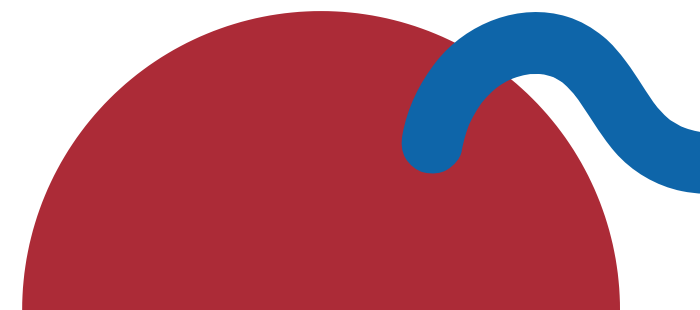
Drop a tablespoon of the filling in the center of the sheet horizontally about a half inch up from the bottom edge then fold the right edge over covering the filling.

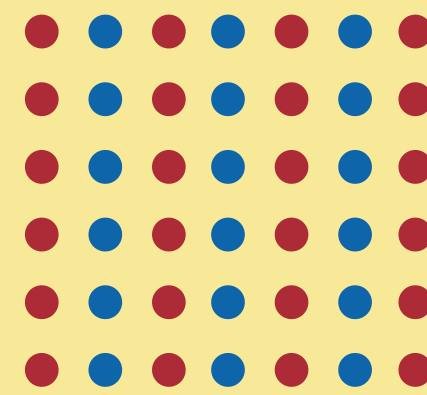




DIRECTIONS CONT.

Repeat this with the left side you should now have a long strip in front of you fold the bottom corner up and over the filling left to the opposite side of the edge and continue rolling to create a triangle. This is accomplished by continuing to fill the triangle up and over to the opposite side each time until you reach the end of the strip. Place the triangle on a greased baking sheet. Brush with melted butter on top of each triangle.



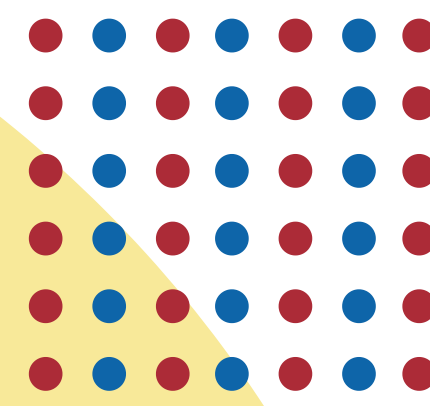


DIRECTIONS CONT.

Bake for 10 -15 minutes Until light brown and golden in color.

Puff Pastry

Use beaten egg. Bake at 400 Degrees If using puff pastry no need for melted butter Cut the puff pastry sheets into 4 x 4 squares. Put a tablespoon of cheese filling in the middle fold over into a triangle. Press edges down with a fork. Brush with pastry brush with beaten egg Place on ungreased tray. Bake 10-15 minutes until Light brown golden and puffed .



Wicked Winter Pears (V) (GF)

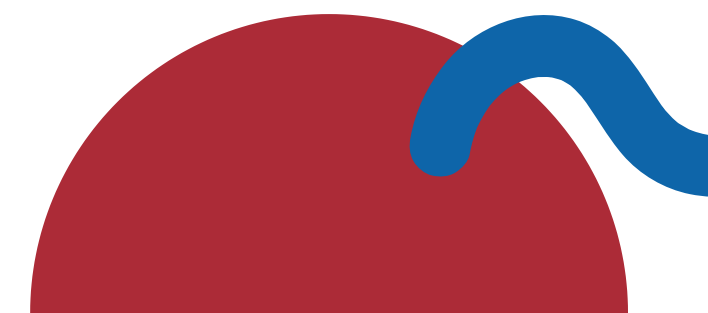
Recipe Provided By Gompei's Goat Cheese

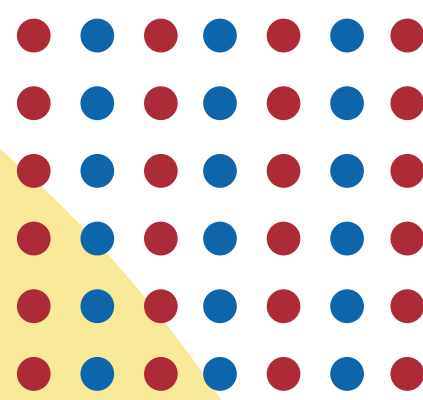
INGREDIENTS

4 Anjou pears, cut into 1/4 slices
1 tbsp. of Unsalted butter, melted
1 tsp. Fresh rosemary, finely chopped
1 log of Plain Gompei's Goat Cheese
1 cup of Pecans, chopped honey

DIRECTIONS

Preaheat oven to 425 F. Line a baking sheet with parchment paper. Spread the pear slices evenly on the baking sheet. Brush with melted butter, then sprinkle evenly with rosemary. Bake for 8 minutes. Remove pears from the pan and allow to cool slightly. Transfer the slices to a serving platter and top with slices of goat cheese. Drizzle with honey and top with pecans.





Goat Cheese Dip (V)

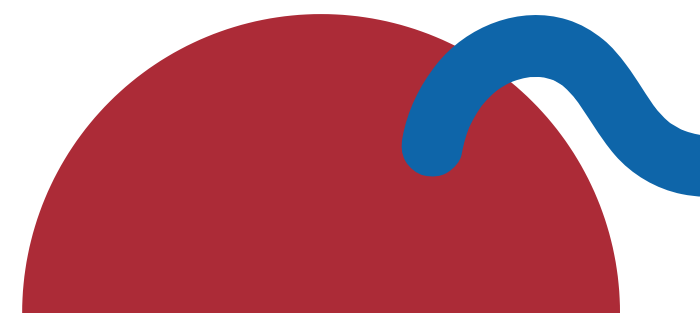
Recipe Provided By Gompei's Goat Cheese

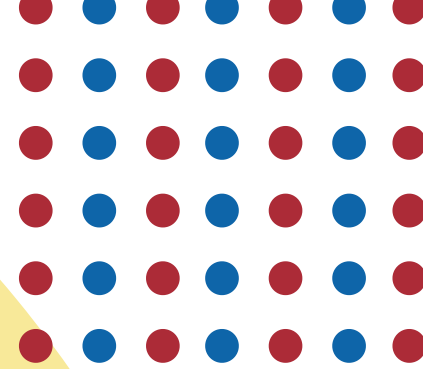
INGREDIENTS

1 log of Plain Gompei's Goat Cheese
4 oz. Cream cheese
1/4 cup Parmesan
1/4 cup Olive oil
Fresh pepper
8 Small tomatoes
2 tbsp. Chives
2 tbsp. Balsamic vinegar
1 Garlic clove
Baguettes for serving

DIRECTIONS

Preheat the oven to 425 degrees.
Combine all cheeses and 2 tbs olive oil
in food processor. Season with pepper.
Brush baking dish with oil. Spread
cheese in dish and bake for 15 min.
Combine the remaining ingredients in
a bowl. Sprinkle over baked cheese and
serve on baguettes.





Chilled Tomato and Stone Fruit Soup

(V) (VG) (GF) (K) (M) (DF)

Recipe Provided By Mackenzie Hridel

INGREDIENTS

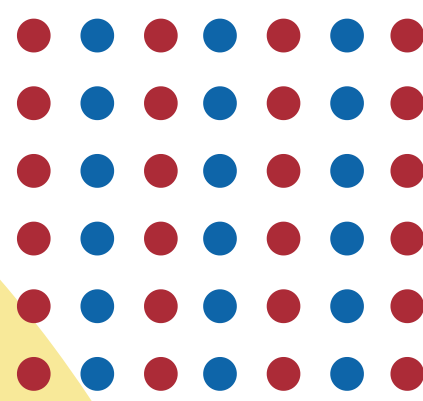
2 pounds Beefsteak
Tomatoes (about 4), quartered
1 large English hothouse cucumber, peeled, seeded,
and cut into pieces
1 large Ripe peach, peeled, and halved
1/2 jalapeño, seeded (or with seeds for a spicier
soup), and chopped
1/2 Garlic clove
1 cup Fresh (or frozen, thawed) cherries (about 8 oz.)
and pitted
2 tbsp. (or more) White balsamic or Sherry vinegar
1/4 cup extra-virgin olive oil plus more
1-1/2 tsp. Kosher salt, plus more
Freshly ground black pepper

DIRECTIONS

Pulse tomatoes in a blender until finely chopped and transfer to a large bowl. Pulse cucumber, peach, jalapeño, garlic, and cherries in blender until finely chopped and add to bowl with tomatoes. Mix in vinegar, 1/4 cup oil, 1 1/2 tsp. kosher salt, and 1 cup cold water; season with pepper. Cover and let sit at room temperature 1 hour, or chill at least 12 hours. Season soup with kosher salt, pepper, and more oil and vinegar, if desired. Serve soup drizzled with oil and seasoned with sea salt and pepper.

INGREDIENTS

1 tsp. Salt
1 tsp. Dry mustard
3/4 tsp. Garlic powder
1/2 tsp. Sweet paprika
1/2 tsp. Onion powder
1/4 tsp. White pepper
1/4 tsp. Black pepper
1/8 tsp Ground cayenne red pepper
3 cups Dry elbow macaroni
1-1/2 cups Miracle Whip Light
1/2 cup Sour cream
1 (5-ounce) can Evaporated milk
1 tbsp. Tamari soy sauce
1/2 cup Finely chopped onions
1/2 cup Finely chopped green bell peppers
1/2 cup Finely chopped celery
1/2 cup Finely chopped carrots
1/2 cup Finely chopped green cabbage



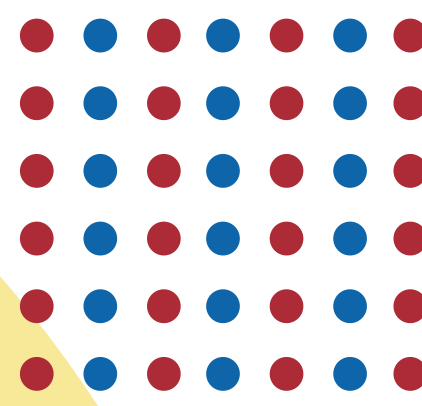
Macaroni Salad

Recipe Provided By Brendan King

DIRECTIONS

Combine the first 8 ingredients in a small bowl to make the seasoning mix.

Cook the macaroni according to package directions, rinse, drain, and set aside to cool. Place the Miracle Whip, sour cream, and evaporated milk in a large bowl, and add the Tamari and seasoning mix. Whip together until completely blended. Then add the cooled macaroni and the remaining ingredients, and toss gently until well mixed.



Kidney Bean Dip

Recipe Provided By Amy Beth Laythe

INGREDIENTS

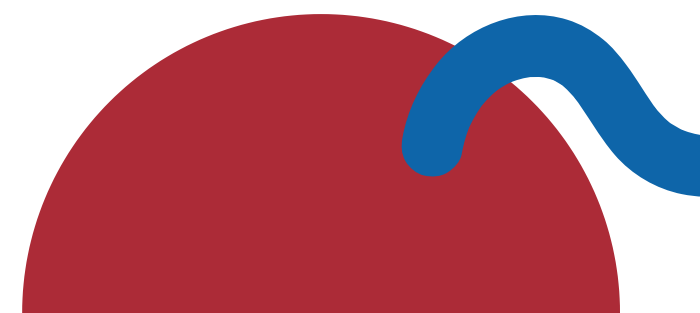
1 can Red kidney beans
1 Medium onion, ground or
1 tsp. Onion flakes
1/2 cup Mayonnaise
1 tsp. White horseradish
1 Garlic clove, ground or
1/2 tsp. Garlic powder
1/4 cup Sweet relish
Salt and Pepper to taste

DIRECTIONS

Wash Kidney beans with cold water and drain in colander. Spread beans (handling gently) on paper towels. Pat dry with more towels and leave out to dry overnight.

The next day, mix all ingredients together and chill before serving.

Delicious on Ritz crackers!





Old-Fashioned Scottish Shortbread

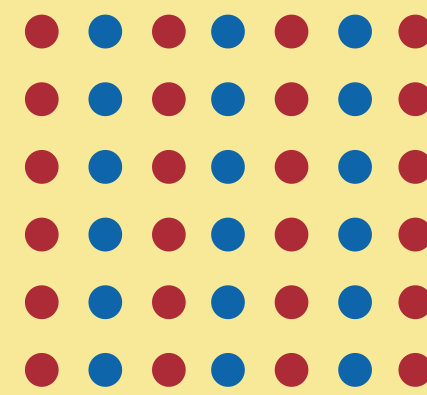
Recipe Provided By Ashley Dill

INGREDIENTS

2 cups All-purpose flour
1 cup Butter (2 sticks), softened
3/4 cup Confectioners' sugar
1/2 tsp. Vanilla extract

DIRECTIONS

Preheat the oven to 350 degrees. In a medium-size bowl, mix all the ingredients together with your fingers until the dough is smooth and holds together. Divide the dough in half. Press each half into an ungreased 8-inch round tin pan. Be sure to spread the dough evenly and smooth out the top. Using the tines of a fork, make a decorative border around the edges (or in any design you want!)



DIRECTIONS CONT.

Then, use a sharp knife to cut the shortbread into eight wedges (or however many slices you want). Bake for 17-18 minutes, or until edges begin to slightly brown (watch it carefully!).

Remove the shortbread from the oven and immediately recut the wedges with a sharp knife. Cool in the pan for 30 minutes, then transfer to a wire rack to cool thoroughly



Spring Rose Canapés

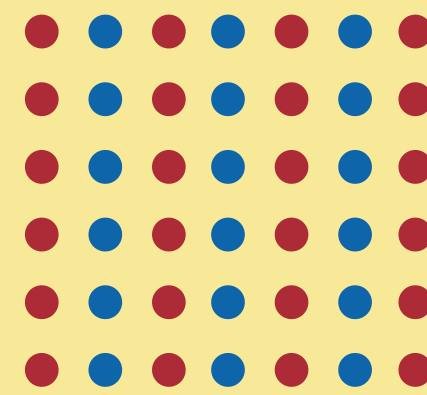
Recipe Provided By Chris Bonocore

INGREDIENTS

2 Bread slices
8 tsp. Cream cheese
8 Chives
8 Ham slices
1/2 cup Sprouts

DIRECTIONS

Read directions 3 times through!
Preheat oven to 250 degrees F. Closely cut off the crust from your bread. Cut perfect squares out of each slice of bread. Your total will be 8 toast points, Place on a sheet tray (no parchment) and toast for 10 minutes. While your toast points are baking, make your chive cream cheese. Mince your chives and mix well with the cream cheese using a fork.



DIRECTIONS CONT.

Roughly divide and spread the chive cream cheese on to each toast point. Fold the ham in half and simply roll into a rose. Place it in the center of the toast point on top of the cream cheese. Add to a few sprouts to the side of the rose by pressing them into the cream cheese. Place on serving dish and serve.

Tabbouleh Salad

Recipe Provided By Rame Hanna

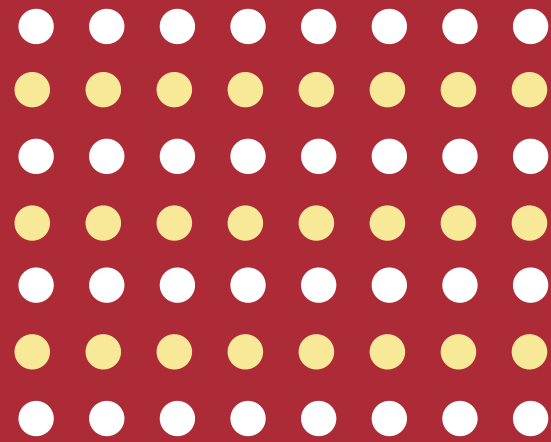
INGREDIENTS

2 Parsley bunches
1 cup Bulgur (fine crushed wheat)
2 Roma Tomatoes
1 Onion
1 Lemon
3 large spoons of Olive Oil
1 tsp. of Salt

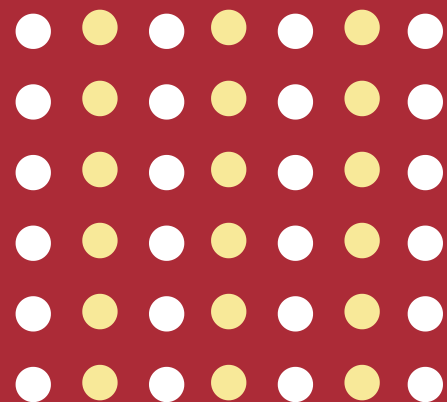
DIRECTIONS

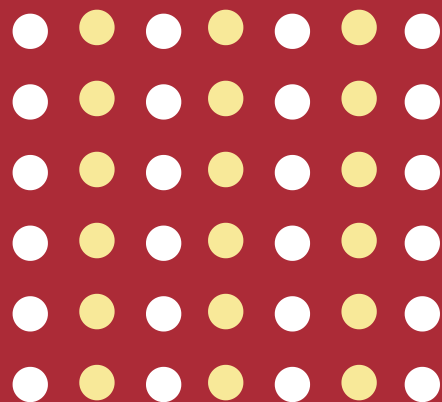
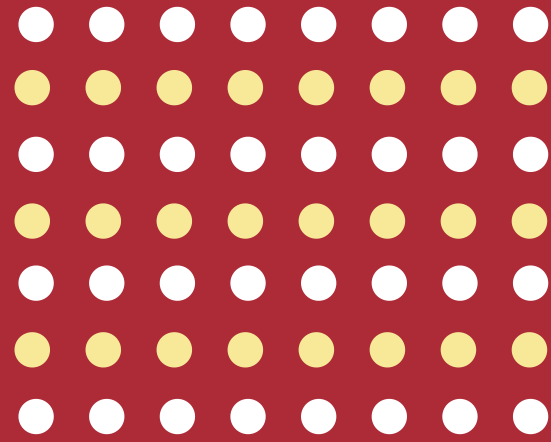
Add half cup of water to the crushed wheat and let it sit for half an hour.

Chop the parsley, tomatoes, and onions. Mix all together and add the crushed wheat. Squeeze the lemon over the mix and add the olive oil. Add salt and mix altogether. Serve cold and decorate the platter with romaine lettuce leaves.



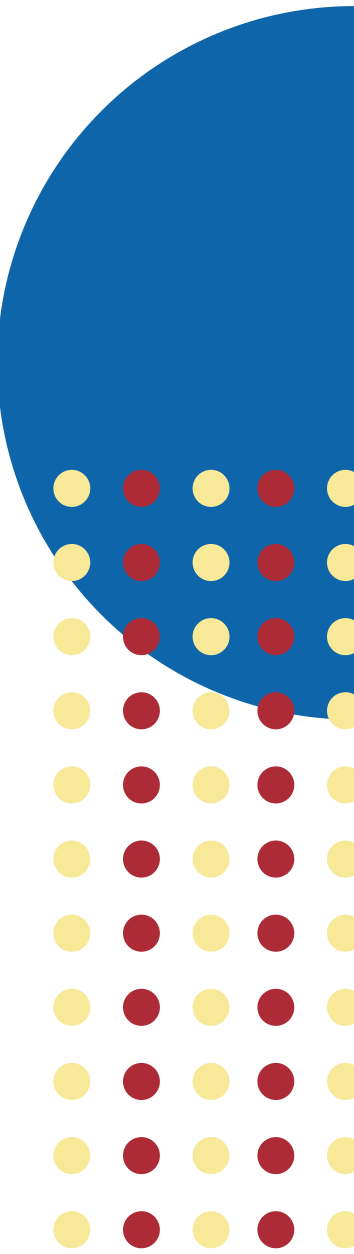
Main Courses & Side Dishes





<i>Vegetarian</i>	<i>(V)</i>
<i>Vegan</i>	<i>(VG)</i>
<i>Gluten Free</i>	<i>(GF)</i>
<i>Kosher</i>	<i>(K)</i>
<i>Halal</i>	<i>(M)</i>
<i>Dairy Free</i>	<i>(DF)</i>

“When you acknowledge, as you must, that there is no such thing as perfect food, only the idea of it, then the real purpose of striving toward perfection becomes clear: to make people happy, that is what cooking is all about”

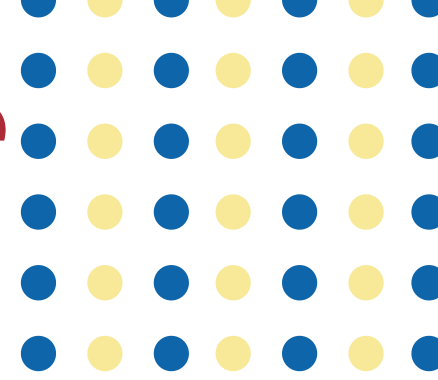


THOMAS KELLER



Mom's Mac and Cheese

Recipe Provided By David Andrade



INGREDIENTS

8 oz. Elbow mac
1/4 cup Butter
1/4 cup Flour
1 tsp. Salt
1/8 tsp. Pepper
2 cups Milk
8 oz. Cheddar cheese

DIRECTIONS

Cook pasta melt butter, remove from heat stir in flour, salt, and pepper until smooth. Stir in milk gradually. Bring to boil and simmer for 1 min. Remove from heat. Stir in macaroni and 1-1/2 cups cheddar cheese. Pour into casserole dish. Sprinkle remaining cheese over top. Bake at 375 deg for 15-25 min. Can also add breadcrumb/melted butter mixture over the top of the cheese.

Mom's Meatballs

Recipe Provided By David Andrade

INGREDIENTS

1-1/2 lbs. Ground meat

1 cup Bread crumbs

1 tbsp. Parsley

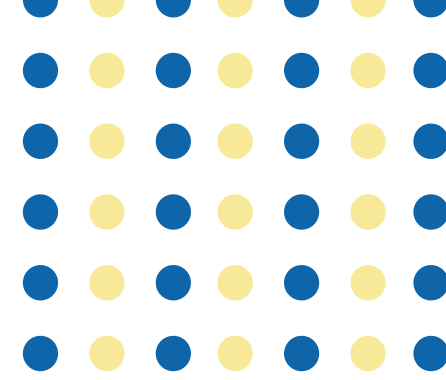
1 tsp. Garlic salt

1/2 cup Milk

2 Eggs

1 tsp. Salt

1 dash of Black pepper

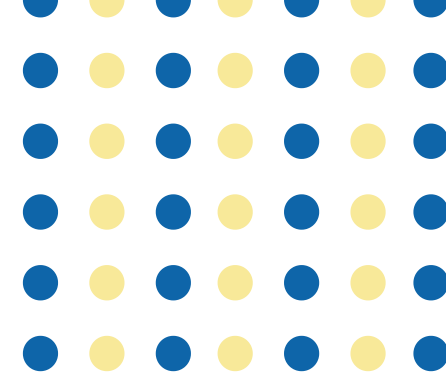


DIRECTIONS

Mix together, form into balls, and place in pyrex dish. Bake at 345 deg for 45 min.

Mrs. B's Casserole

Recipe Provided By David Andrade



INGREDIENTS

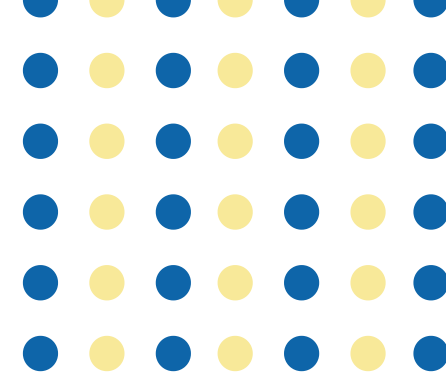
1 lb. Ground meat
1 Small onion
8 oz. Egg noodles
1 can Cream of mushroom soup, diluted per directions
American Cheese slices
Potato chips, crumbled

DIRECTIONS

Brown meat and onions. Cook noodles. Place noodles in a buttered baking dish and cover with meat mix. Pour soup over that. Add cheese to top, then sprinkle chips over the cheese. Bake at 350 deg until bubbly.

Malaysian Fried Rice

Recipe Provided By Esther Boucher-Yip



INGREDIENTS

1 cup Cooked rice
4 Fresh red chili peppers, sliced, seeds discarded
4 Shallots, peeled and chopped
1 Garlic clove, peeled and quartered
1/3 cup Fresh green beans
1/4 cup Dried anchovies, washed and drained (optional)
3 tbs. Oil
1 tsp. Salt

DIRECTIONS

Grind the chili peppers, shallots, and garlic into a paste. Cut the beans into small pea size pieces. If using anchovies, fry the anchovies in oil until lightly browned. Remove and drain. Add more oil to the skillet or work and heat it. When hot, add the chili, shallot and garlic paste. Fry for 1- 2 minutes. Then stir in the green beans. After 3 minutes, add the cooked rice. Stir well. Add salt (and the fried anchovies).

Tender Instant Pot Pork Ribs

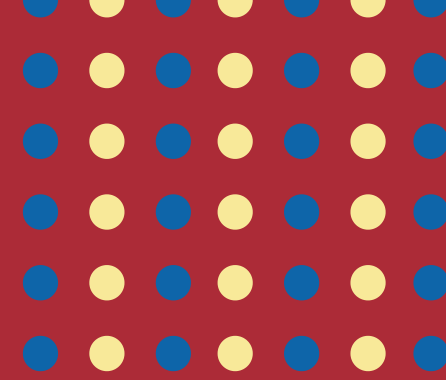
Recipe Provided By Alicea Hyland

INGREDIENTS

1-2 racks of Pork ribs
1 tsp. Salt
2 tsp. Ground black pepper
1 tsp. Garlic powder
1 tsp. Onion powder
1 tsp. Brown sugar
1 cup Water
1/2 cup Apple juice (or 1/4 cup apple cider vinegar)
1 tsp. Liquid smoke (optional, gives the meat some extra smokey flavor)
1 cup Barbecue sauce (optional)

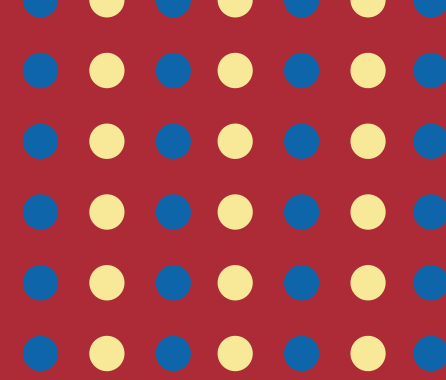
DIRECTIONS

1. Remove membrane from the back of ribs if needed.*See note
2. Combine seasoning in a small bowl, sprinkle over both sides of ribs and rub into meat.



DIRECTION CONT.

3. Pour water, apple juice (or apple cider vinegar) and liquid smoke (if using) into the Instant Pot.
4. Place ribs upright in the pot, with meat side facing out. If using a large rack of ribs circle them around the pot.
5. Secure lid and turn quick-release valve to “Seal”.
6. Set Instant Pot to “manual” for 30 minutes.
7. When time is up, allow pressure to release naturally for 15 minutes then carefully turn the quick-release valve to “Vent”. Be sure to let the remaining pressure out slowly.



DIRECTION CONT.

8. Carefully remove ribs from the pot. If you are using Barbecue Sauce:

1. Carefully place the cooked rack of ribs on a foil-lined baking sheet meat side up.

2. Slather on BBQ sauce

3. Broil in oven for 2-3 minutes to caramelize the sauce. Be sure to keep an eye on them so they don't burn.

Note: Depending on where you buy your ribs they may still have a white, shiny membrane on the back (bone side).

When cooked, this membrane may be tough to eat so it's a good idea to remove it if you don't mind a little extra effort. Simply flip the ribs over so the meat side is down. Slide your fingers or a knife under the membrane and rip it off.

Crockpot Hawaiian BBQ Kielbasa

Recipe Provided By Jessica Smith

INGREDIENTS

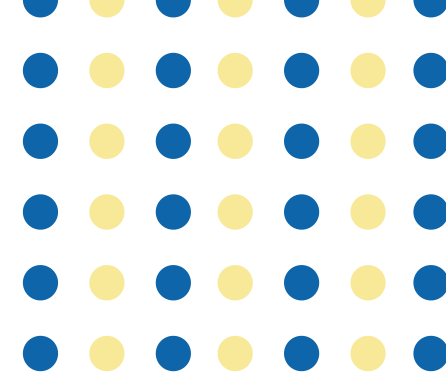
20 oz. Pineapple Juice
(can also used crushed pineapple)
28 oz. Sweet Baby Ray's Honey BBQ Sauce
2 tbs. Garlic powder
2 tsp. Onion powder
1/2 cup packed Brown Sugar
2 packages of 12 oz Hillshire Farm
Beef Polska Kielbasa Smoked Sausage Rope

DIRECTIONS

- 1) Cut Kielbasa into mini disks (smaller/larger to preference)
- 2) In Crockpot combine Kielbasa, BBQ Sauce, Pineapple Juice, Garlic Powder, Onion Powder, and Brown Sugar.
- 3) Stir ingredients until well mixed and Kielbasa is coated.
- 4) Set Crockpot to high for 2 hours.
- 5) Enjoy!

Asian Chili

Recipe Provided By Ashley Schuliger



INGREDIENTS

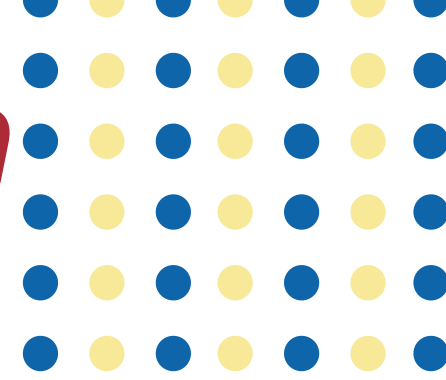
1 chopped Onion
2 chopped Scallions
1 chopped Red pepper
3 minced Garlic cloves
1 tbsp. Sesame oil
1 lb. Lean ground turkey (can also use ground beef or chicken)
2 tbsp. Minced fresh ginger
1 tsp. Chinese five spice powder
1/4 cup Dry sherry
1/4 cup Hoisin sauce
2 tbsp. Chili powder
2 tbsp. Soy sauce
2 tbsp. Thai style sweet chili sauce (can substitute in
1 tsp. Sugar if thai chili sauce is not sweet)
1 can (15 ounce) Diced tomatoes
1/2 cup Tomato sauce

DIRECTIONS

In a large pot, sautee onions, red pepper, and garlic in sesame oil until tender (about 5 minutes). Add the remaining ingredients and bring to a boil. Reduce heat and simmer for 1 hour. Keep it warm until you're ready to enjoy!

Balti Butter Chicken

Recipe Provided By Catherine Forster

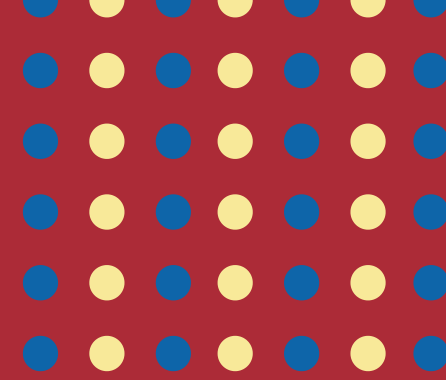


INGREDIENTS

6 oz. Greek yoghurt
2 oz. Almond meal
1 tsp. Ground chili
1/4 tsp. Ground cloves
1/4 tsp. Ground cinnamon
1 tsp. Garam masala
1/2 tsp. Ground turmeric
4 Green cardamom pods
1 tsp. Ginger pulp
1 tsp Crushed garlic
14 oz. Tomato (peeled and cut into 1/4)
1 tsp. Salt
2 lb. Chicken (skinned, boned and cubed)
3 oz. Unsalted butter
1 tbsp. Corn oil
2 Medium onions, sliced
1 tbsp. Fresh cilantro, chopped
4 tbsp. Light cream

DIRECTIONS

Put yoghurt, almonds, all dry spices, ginger, garlic, tomatoes and salt into a large bowl and mix thoroughly.
Add the chicken and mix so that chicken is coated with the spice mix.
Cover and set aside. The longer it marinates the better it tastes.
(Refrigerate if leaving for a long time.)
In a large, deep-sided frying pan heat the oil and butter until the butter is melted. Add the onions and fry until they are translucent.



DIRECTION CONT.

Add the chicken mixture and stir-fry until cooked through (about 10-15 minutes). Add the cilantro and mix well. Stir in the cream and bring to the boil. Serve immediately as the cream will split if you boil the mixture. Serve with white or brown basmati rice or naan bread.

One Pan Chicken Dinner

Recipe Provided By Jessica Lynn

INGREDIENTS

Chicken thighs
1/2 stick Butter or Olive Oil
Minced garlic (2 scoops)
Italian seasoning (as much as you want)
Oregano (as much as you want)
Salt/Pepper (as much as you want)
Brussel Sprouts
Butternut squash

DIRECTIONS

Pre-heat oven to 450 degrees F
Cut your Brussel sprouts in half and drizzle olive oil and salt and pepper to your liking
Take frozen butternut squash and add olive oil salt and pepper but you could also add a little brown sugar!
Mix together your butter (or olive oil) minced garlic, Italian seasoning and oregano in a bowl
Paint your chicken as much as you would like
Then place in the oven for 40 minutes and done!

Peposo A La Sakukich

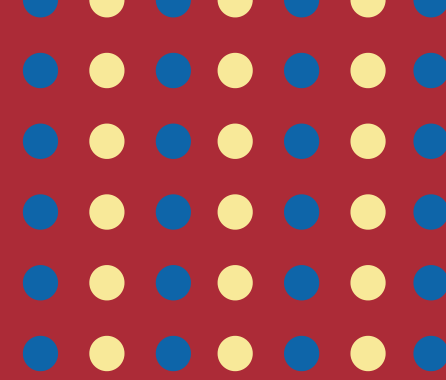
Recipe Provided By Aaron Sakulich

INGREDIENTS

3 - 4 lb. Bone-in braising meat of your choice
1 tbsp. Salt
8 or so cloves of minced Garlic
1 tbsp., more or less, of Tomato paste
2 tbsp. crushed Black peppercorns
1 tbsp. freshly ground Black pepper
Herbs of your choice
2 cups Red wine

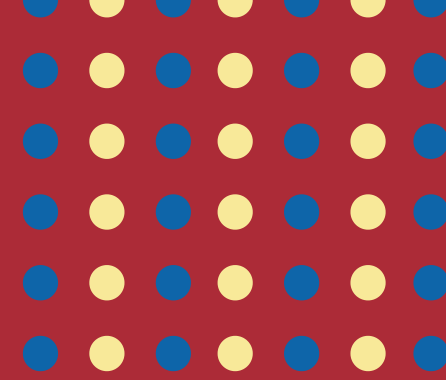
DIRECTIONS

1. Place the meat in a large bowl and cover with cold water. Allow to stand for 30 minutes, changing the water periodically. This will draw out the blood and other undesirable flavors and makes a surprising difference in the final dish. Beef short ribs weighing roughly 10 oz. apiece are traditional, but oxtails, or lamb or beef shanks also work well.
2. Rinse the meat and pat completely dry. Remove any large deposits of fat, but leave enough for flavor. Season the meat generously with salt.



DIRECTION CONT.

3. Smear each piece of meat with tomatoe paste until thoroughly coated.
4. Press the minced garlic and crushed peppercorns into the tomatoe paste, making a crust on each piece of meat.
5. Place your herbs in the bottom of a heavy pot or dutch oven. A few sage leaves, bay leaves, and sprigs of rosemary are traditional, but dried chilis add a certain 'je ne sais rien'.
6. Place the encrusted meat atop the herbs and carefully add two cups of red wine. Do not wash away the crust. Chianti is traditional.
7. OPTIONAL: Pour a glass of wine for yourself.
8. Bring contents of pot to a simmer and cover. Reduce heat until you hear only the faintest simmering inside. The lower, the better.



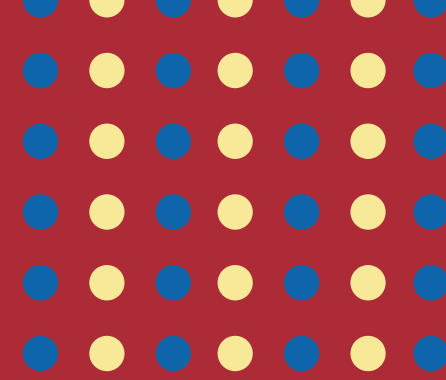
DIRECTION CONT.

9. Braise for 3-4 hours.

10. Check the meat for tenderness with a fork or sharp knife. If the meat shouts "non te la prendere!" it is not done yet. Remove meat to a plate when done.

11. Strain cooking liquid and reserve.

12. OPTIONAL: The meat can be served with the cooking liquid as a sauce (after checking for seasoning and adding salt, if necessary). If a thicker sauce is preferred, the cooking liquid can be returned to the pot and reduced over a high flame for 10-20 minutes.



DIRECTION CONT.

If a richer sauce is preferred, mount the sauce by whisking in two tablespoons of cold butter cut into small pieces. Alternatively, if a sauce that is both thicker and richer is desired without reducing the volume of sauce, knead one tablespoon warm butter with an equal amount of flour until well distributed to produce a *beurre manié*, add to the pot, and whisk until dissolved. Repeat until thickened to your liking.

13. Pour sauce over meat; serve with vegetable, starch, apertif, wine, and digestif of your choosing.

Bonocore Marinara Sauce (V)

Recipe Provided By Chris Bonocore

INGREDIENTS

1/2 cup Olive Oil
2 Onions, small dice
4 Celery ribs, small dice
1-1/2 cups Carrots, small dice
2 tbsp. Garlic, minced
1 can diced Tomato
1 can Tomato sauce
1 can ground Tomato
1/2 cup Red Wine
2 Bay leaves
1/4 cup dried Oregano
AP Seasoning to taste
1/2 cup Sugar

DIRECTIONS

Place Rondo (or Dutch oven) over medium high heat. Add olive oil and heat. When oil is hot add carrots, onions, celery, sugar, and seasoning. Sweat until soft, about 10 minutes. Add garlic and cook until garlic is fragrant (about 1-2 minutes). Deglaze with red wine. Reduce about half (this takes a while). Add tomatoes (all), bay leaves, oregano, and basil. Lower heat and bring to a simmer. Simmer until sauce thickens about 1 hour. Remove Bay leaves and discard. Adjust Seasoning.

Friday Night @ Faraday Curry (V) (K) (M) (DF)

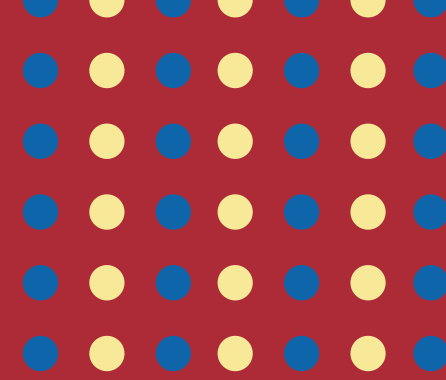
Recipe Provided By Olivia Leavitt

INGREDIENTS

1 12 oz. can Coconut Milk
4 tbsp. Thai red or green curry paste
3-4 Chicken Tenders (optional)
1 head Broccoli
1 Bell Pepper
1 12 oz. can Baby Corn
1 Lime
Fish sauce to taste
Soy Sauce if vegetarian
Sugar to taste
1 bunch Basil (optional)
1 cup Jasmine Rice

DIRECTIONS

Let coconut milk can stand at least 1 hour. When ready to begin, start cooking rice according to package directions. Chop broccoli and pepper in bite-size pieces. Thinly slice chicken. Juice 1/2 of the lime; save the rest for garnish. Measure out curry paste and have it ready in a bowl. Drain and rinse baby corn. Heat a medium pot or wok over medium high heat.

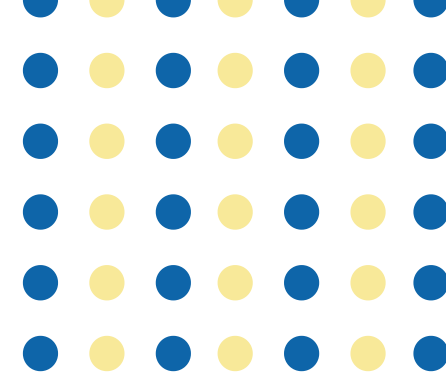


DIRECTION CONT.

Scoop out the cream from the coconut milk and melt it in the pan; reserve the coconut water in the can. When the cream bubbles, add the curry paste and fry until it looks oily and broken, about 7 minutes. Add the coconut water and chicken. Bring to a boil and simmer until the chicken is cooked through. Add lime juice, fish sauce, and sugar to taste. Add the the vegetables: broccoli for a minute or two, then the rest. When everything seems cooked, stir in the basil and wilt. Serve curry spooned over rice.

Chicken Pesto Bake

Recipe Provided By Debbie Ofcarcik



INGREDIENTS

2 boneless, skinless Chicken breasts

Kosher Salt and Pepper to taste

4 tsp. Basil Pesto

1 medium Tomato, sliced thin

6 tbsp. (1.5 oz) shredded Mozzarella Cheese

2 tsp. grated Parmesan Cheese (optional)

DIRECTIONS

Wash and pat chicken dry. Season with salt and pepper. Preheat oven to 375. Line baking sheet with foil or parchment paper. Place chicken on baking sheet. Spread 1 tsp of pesto over each piece of chicken. Bake 15 minutes. Remove from oven, top with tomato, mozzarella and parmesan cheese. Bake an additional 3 to 5 minutes or until cheese is melted.

Pan Grilled Veggie Medley (V) (VG) (GF) (DF)

Recipe Provided By Susan Oppong

INGREDIENTS

1 medium Onion, chopped
1 cup Celery, chopped
1 large Sweet Red Pepper, chopped in 1-2 inches in size
1 medium Bell Pepper, chopped
3 cups Green Cabbage, chopped in 2" pieces
2 small thin Zucchini, sliced diagonally about 1/4 inch thick
2 tbsp. Olive oil
Salt to taste
Pepper for added flavor
Goya Adobo Seasoning salt (if desired)

DIRECTIONS

Chop veggies, place in non-stick frying pan. drizzle with olive oil, cover and cook on medium heat for 10 minutes. Uncover, stir, and continue cooking over medium to medium-high heat, turning the veggies every 5 minutes until the they start to brown and have a "grilled char" look to them. Serve as a side dish for lamb, steak, pork chops, or just enjoy a bowl for lunch!

Pantry Pasta and Pesto (V) (VG)

Recipe Provided By Liz Chirico

INGREDIENTS

1 lb. Pasta

1 15.5 oz. can Chickpeas (can swap in any white bean if needed)

1/2 cup Pine Nuts (can swap in walnuts or almonds if needed)

2 cups fresh Spinach

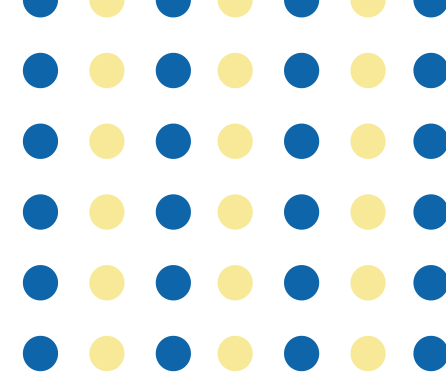
1 good handful of fresh flat leaf parsley and basil, or a tbsp. or two of the herbs in the tube usually found in the produce section.

Olive Oil

Salt

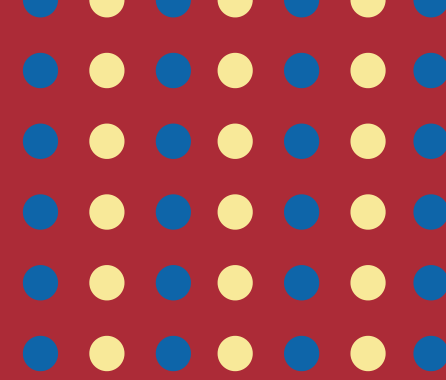
Pepper

Parmesan cheese (omit cheese if vegan)



DIRECTIONS

Make pasta according to directions. Before draining pasta water, reserve approx. one cup for sauce. While pasta cooks, lightly toast the pine nuts on medium-low until most are golden. Using low heat helps prevent burning (they burn fast!) Drain and rinse spinach and chickpeas. Using a food processor or blender, combine chickpeas, pine nuts, spinach, parsley and basil. Drizzle in olive oil until pesto reaches desired consistency (about 1/4-1/2 cup).



DIRECTION CONT.

Add salt, pepper and parmesan to taste. Drain pasta (remember to save some water!) and put pasta back in hot pan (turn off the burner though). Add pesto to pasta and combine with some of the pasta water to make sauce to your preferred consistency. Portion into plates and sprinkle more cheese on top before serving

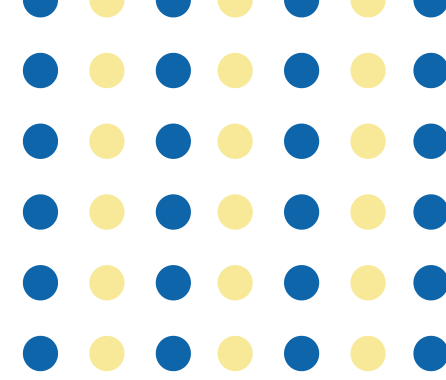
Portuguese Sausage Soup (GF)

Recipe Provided By Sarah Stanlick

INGREDIENTS

1 lb. bulk Italian Sausage
1 cup chopped Zucchini
1 cup chopped Onion
1 cup sliced Celery
3 Potatoes, peeled and diced
1 (28-ounce) can Whole Tomatoes
1 (15-ounce) can Kidney Beans
5 cups Water
2 tsp. Garlic cloves, crushed
1 tsp. Anise Seed
1/2 tsp. Ground Black Pepper

(You can also add other veggies that you like to customize. I have added kale, spinach, and carrots in the past. Feel free to be creative!)



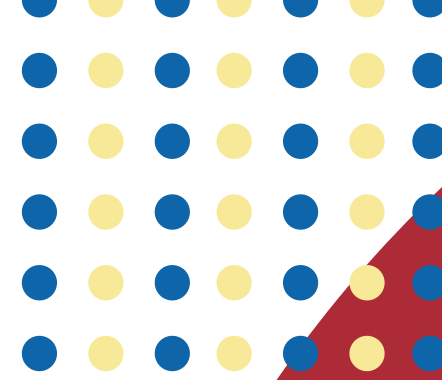
DIRECTIONS

1. Sauté Italian sausage in a stockpot or dutch oven until firm and cooked through; drain excess fat.
2. Add chopped zucchini, chopped onion, sliced celery, black olives, diced potatoes, whole tomatoes, kidney beans (undrained), water, crushed garlic cloves, anise seed, and pepper.
3. Bring to a boil and simmer, covered, for 30 minutes, or until the vegetables are tender.

NOTE: You can also add the cooked sausage to a crockpot, add the remainder of the ingredients, and slow cook on high for 4 hours or low for 6 hours.

Chicken and Broccoli with Bowties

Recipe Provided By Susan Fischer



INGREDIENTS

Bowtie pasta

8-10 Chicken Tenderloins

1 bunch of Broccoli (cut into small pieces)

1 Green Bell Pepper (cut into small pieces)

10 gloves of Garlic (crushed)

1 pint Heavy or Light Cream

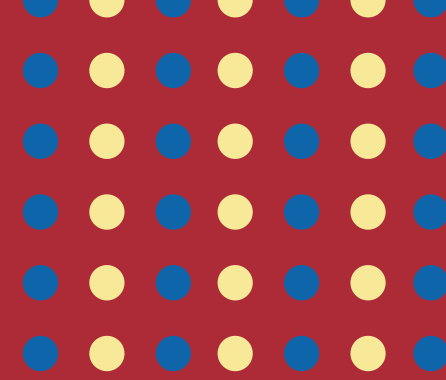
1 cup of White Wine (if you can't drink it, don't use for cooking)

2 cups Chicken Stock

Spices: Garlic, Salt, fresh Ground Pepper, Oregano, Parsley, Basil.

DIRECTIONS

Have your bowties cooking in boiled salted water while you are making your sauce. Cover the bottom of a good-sized frying pan with olive oil. Turn heat to medium and add the green peppers and saute for a few minutes. Dredge the tenderloins in flour and season with salt and pepper. Add these to the pan with green pepper. Saute in the pan for 3-4 minutes on each side. Remove and set aside. Add the garlic and broccoli and sautee. Next add the white wine.



DIRECTION CONT.

Also add oregano, basil, black pepper, garlic salt and parsley to your liking (I use probably 2 tablespoons of each). Next add the chicken stock and cook for five minutes. Add the cream into the sauce and stir. I also squeeze some lemon into it. Put bowties in large pasta bowl and add the sauce to cover the pasta. Top with parmesan and romano cheese and serve hot with a crusted bread. Ingredients are approximate because I do not measure when I cook. I tend to go heavy with the seasoning because that's how I like it. You can use heavy or light cream depending on how heavy you want it. I usually use light cream.

Vegan Burrito Bowl

(V) (VG) (GF) (K) (M) (DF)

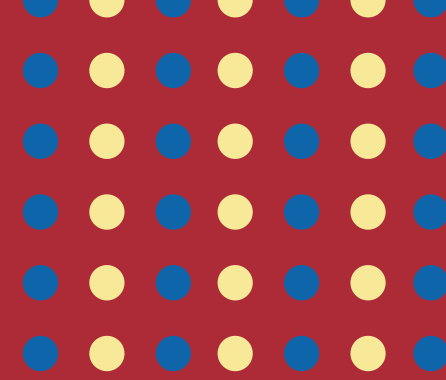
Recipe Provided By Aaron Krueger

INGREDIENTS

1 large Sweet Potato, peeled and diced
1 14 oz. block Silken Tofu
1 14 oz. block Firm Tofu
1.5 cups dry Rice
4 cups Water, divided
1/2 Bell Pepper, diced
1 15 oz. can Black Beans, drained
1.5 cups frozen Corn
1.5 Avocados, sliced
1/2 Sweet or Red Onion, diced
3 tbsp. neutral cooking Oil
2 oz. Taco Seasoning
Salt
Pepper

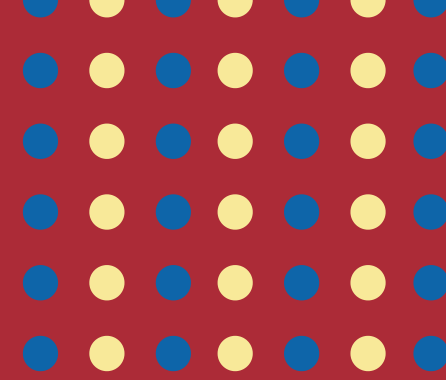
DIRECTIONS

1. Preheat oven to 400 degrees
2. Place sweet potato chunks on an oiled baking sheet, then drizzle ~2 tbsp. oil onto them and mix to coat, then season with salt and pepper
3. Place sweet potatoes in oven for 25 minutes, then flip and cook for another 10 minutes to develop crispness
4. Boil 3 cups water in a medium saucepan, seasoning with salt and oil if desired.



DIRECTION CONT.

5. Pour 1.5 cups dry rice into saucepan, stir, cover, and lower heat to a light boil for ~20 minutes, then remove from heat and fluff, cover, and let sit
6. Pour ~1 tbsp. oil into a large frying pan at medium high heat, and crumble both packets of tofu into the pan. Note: Make sure to squeeze or press water out of the firm tofu prior to placing in pan
7. Stir tofu occasionally until water has mostly steamed off, breaking any large chunks of tofu.



DIRECTION CONT.

8. Stir 2 oz. taco seasoning into tofu, followed by 1 c. of water as well as black beans and corn

9. Cook tofu until water has mostly steamed off

10. Add 1/2 tbsp oil to a frying pan at medium high heat, and sauté onion and bell pepper until the onion is translucent and the pepper is slightly blistered

11. To serve, place rice at the bottom of a small bowl and lay all other ingredients on top of it as you see fit

12. Enjoy!

Serves 4-5 people

Ziti Bake (M)

Recipe Provided By Justin Mitchell

INGREDIENTS

1 package of Ziti (16 oz)
1 lb. of Ground Beef
15 oz. Ricotta Cheese
1/2 cup grated Parmesan
1/4 cup chopped Parsley
1 Egg slightly beaten
3/4 tsp. Salt
1/2 tsp. Pepper
1 jar Spaghetti Sauce (29 oz)
8 oz. shredded Mozzarella

DIRECTIONS

Cook ziti following the box's directions. In a large pan on the stove cook ground beef until well browned, about 10 minutes, stirring occasionally. Remove beef from heat, stir in ricotta, parmesan, parsley, egg, salt, pepper and half of the spaghetti sauce, mix well. Add ziti and toss to coat well. Pour mixture into a 9x13 baking pan, spreading it evenly across the pan. Pour remaining sauce over the ziti and sprinkle with the mozzarella. Bake 350° for 20 minutes or until hot and bubbly

Fuller's Famous Biscuits and Gravy

Recipe Provided By Mia-Kay Fuller

INGREDIENTS

Gravy:

1 lb. Jimmy Dean hot pork sausage

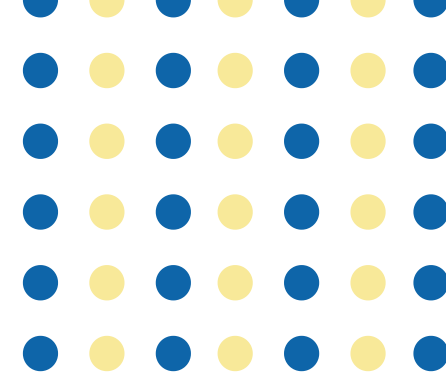
1/3 cup All-Purpose white Flour

4 cups whole Milk

1/2 tbsp. Ground Black Pepper

Biscuits:

We typically use Pillsbury biscuits ("Grands! Flaky Layers" or "Grands! Butter Tastin' Southern Homestyle"), but you can also google a recipe or use Bisquick!

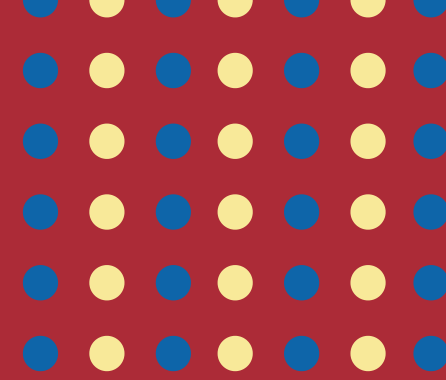


DIRECTIONS

(Prior to starting these directions, please preheat oven and prep biscuits)

Total time: About 45 minutes

1. Brown up 1 pound of Jimmy Dean Hot Sausage on medium-high heat until no longer pink
2. Stir in 1/3 cup of all-purpose white flour into sausage in very small increments (about 3 tablespoons at a time). Continue to do this until the flour is fully absorbed into the sausage.



DIRECTION CONT.

3. Add in 1 cup of whole milk at a time, stirring before adding each cup and covering all of the sausage
4. Turn heat down to medium-low and continue to stir. Gravy will appear very loose at first. Keep stirring until the gravy thickens up (about 10-20 minutes)
5. Add in 1/2 tablespoon of ground black pepper to gravy and stir until fully combined

Egg Roll in a Bowl (Crack Bowl)

Recipe Provided By Dana Harmon

INGREDIENTS

2 tbsp. Sesame Oil
3 cloves Garlic, minced
1/2 cup Onion, diced
1 lb. Ground Pork (or Chicken or Turkey)
1/2 tsp. Ground Ginger
Sea Salt to taste
Black Pepper, to taste
1 tbsp. Sriracha or garlic chili sauce, more to taste
14 oz. bag Coleslaw or Broccoli Slaw mix
3 tbsp. Soy Sauce or Coconut Aminos
1 tbsp. unseasoned Rice vinegar
Garnish with toasted sesame seeds, sliced green onions, and more Sriracha/garlic chili paste to taste

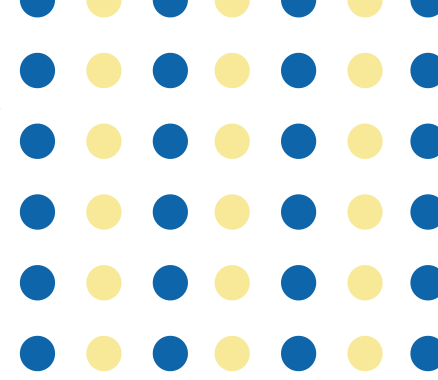
DIRECTIONS

Heat sesame oil in a large skillet over medium high heat.
Add the garlic and onion; sauté until the onions are translucent and the garlic is fragrant.
Add the meat, ground ginger, sea salt, black pepper and Sriracha/garlic chili paste. Sauté until the meat is cooked through.
Add the coleslaw mix, soy sauce and rice wine vinegar. Sauté until the slaw mix is tender.
Top with green onions, sesame seeds, extra Sriracha before serving.

Makes 4 servings

Bourbon Grilled Pork

Recipe Provided By Jim Ryan

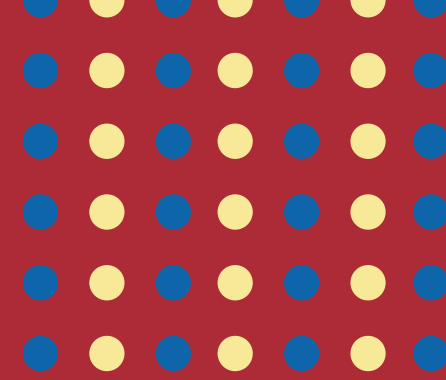


INGREDIENTS

3 Pork Tenderloins with silver-skins removed or
1/2 Pork loin cut length-wise into 3 pieces with
excess fat removed
Salt to taste
Pepper to taste (freshly ground Sea Salt and Black
Pepper recommended)
Marinade 1 bottle of Wishbone Italian Dressing
(The low or reduced calorie product has less flavor)
2 tbsp. Worcestershire Sauce
1 tbsp. Cayenne Pepper Sauce (Frank's Hot Sauce or
Tabasco works well)
1 tbsp. course-grind Mustard BBQ Sauce
1-1/2 cup of Bourbon Whiskey (Jack Daniels or Evan
Williams black label works well)
1/2 cup Lime Juice
1/2 cup brown sugar

DIRECTIONS

Place the pork in a large sealable plastic freezer bag. Combine the marinade ingredients, mix well, and pour over the pork. Let the pork rest in the refrigerator for at least one hour or you can leave it over-night. Heat the grill to high and place the pork at an angle to get nice sear marks. Use the marinade and ladle it over the pork as it sears. When all sides are seared, raise pork to a higher rack or reduce heat to medium.



DIRECTION CONT.

Continue ladling marinade over pork as it cooks until all marinade is used. Depending on the cut/size of the pork, grill for 25 to 30 minutes until internal temperature on a meat thermometer registers 165 F. During the last 5 to 10 minutes, ladle the BBQ sauce over the pork and be careful as the bourbon will flame. It is best to use a ladle/big spoon with a long handle. When the internal temperature of the pork reaches 165 F, remove from grill and allow to rest. Cut the pork on an angled bias, about a 1/4-inch thick.

No-Knead Peasant Bread ***(V) (VG) (DF)***

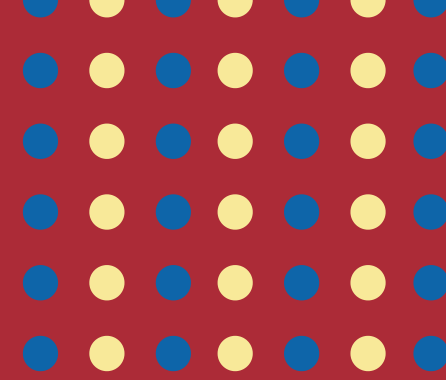
Recipe Provided By Katharine Crighton

INGREDIENTS

4 cups Flour
2 tsp. Salt
2 cups lukewarm Water
2 tsp. Sugar
2 tsp. Yeast
2 tbsp. room-temperature Butter

DIRECTIONS

In a small mixing bowl, dissolve sugar into water. Sprinkle yeast on top. Don't stir. Let stand 10-15 min or until foamy/bubbling. Meanwhile, in a large bowl, whisk together flour and salt. When yeast mix is foamy, stir it up and add to the flour bowl. Mix until flour absorbed. Cover bowl with towel and set in warm spot to rise for 1 hr (2 hours in winter/cold).



DIRECTION CONT.

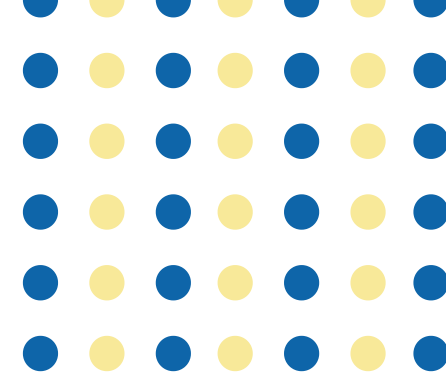
Preheat oven to 425 degrees F. Grease two oven-safe bowls with butter. Using two forks, punch down dough, scraping sides of bowl. Divide in 2 with forks; put in bowls with forks. Let dough rise for another 20-30 min; do not cover. Bake 15 minutes. Reduce heat to 375 degrees and bake additional 15-17 minutes.

The Day Deluxe Banana Bread (GF)

Recipe Provided By Lisa Spalding

INGREDIENTS

1/2 cup melted Butter
1 cup Sugar
2 Eggs
3 Bananas (mashed)
2 cups Flour
1 tsp. Baking Soda
3/4 cup of Nuts/Chocolate Chips/ chopped Cherries

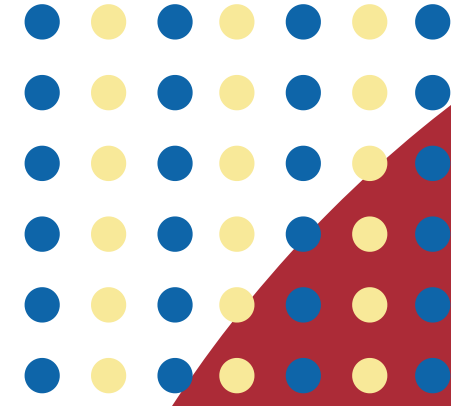


DIRECTIONS

Preheat oven to 350° F. Grease a bread pan. Mix butter and sugar together in large bowl. Beat in eggs. Blend in flour and baking soda. Add in the bananas, mix well. Finally, add in up to 3/4 cup total of nuts, dried fruits, or chocolate chips. Pour batter into bread pan, bake for 35-40 min or until a thin knife inserted near the center comes out clean. Notes: This recipe makes very good gluten free bread with the substitution of bob's red mill 1-to-1 GF flour. I typically make this recipe with 3/4 to 1 cup of chocolate chips, my parents prefer a mix of chocolate chips and walnuts. Dark chocolate chips come out the best.

Spicy Chorizo and Rice

Recipe Provided By Ian Capozzoli

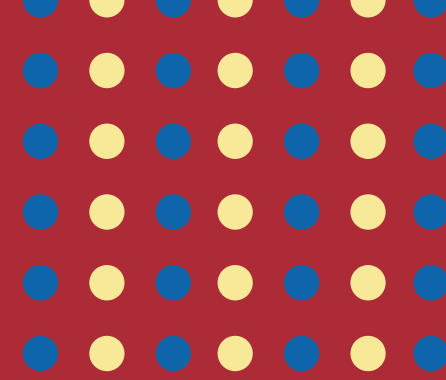


INGREDIENTS

1/2 large Red Onion, chopped
1 large Red Pepper, diced
6 Chorizo Sausages (any spicy sausage will do)
2 Garlic cloves, thinly sliced or
2 tbsp. minced Garlic
2 tbsp. Paprika
2 tbsp. Black Pepper
2 tbsp. Rosemary
2 cups cooked Rice
Bottle of White Wine
1 medium diced Tomato
1 cup rough chopped Parsley

DIRECTIONS

Take Sausages out of casings and set to the side before starting Heat 1 Tbsp olive oil in a pan over medium heat until the oil shimmers. Put Chopped Red Onion in pan and let cook for at least 5 minutes, or until onions begin to brown. Add in chopped Red Pepper and mix in with Onion; set heat to high. Begin to add in chunks of Sausage by pulling uncased links apart; size of sausage chunks is your choice.



DIRECTION CONT.

Add Garlic and mix until sausage begins to brown. Add Cooked Rice, Paprika, Black Pepper and Rosemary and mix together. Fill pan with White Wine until mixture is submerged. When White Wine begins to boil, lower heat to a simmer for 20 to 30 minutes, or until most of the liquid has been absorbed or cooked off. While meal simmers, dice 1 Medium Tomato and roughly chop 1 Cup of Parsley Garnish pan with diced Tomato and chopped Parsley. Season to taste with kosher salt and ground black pepper.

Enjoy!

Grilled Steaks with Sweet-Spicy Hoisin Sauce

Recipe Provided By Dave Pula

INGREDIENTS

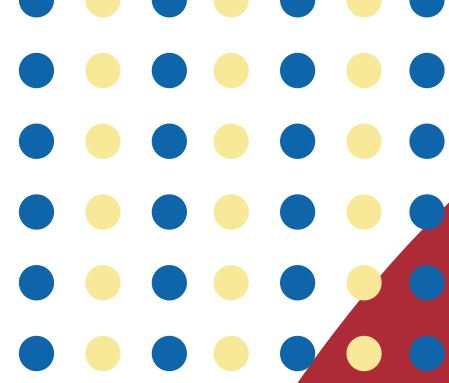
1/4 up Vegetable Oil (or sub Apple Sauce)
4 Shallots
4 Garlic (Minced)
1 tbsp. minced Ginger
1/2 cup crushed Red Pepper
1/3 cup chopped Cilantro
1/3 cup Hoisin Sauce
3 tbsp. Soy Sauce
1/2 cup Chicken Broth
3 tbsp. Honey
Pinch Salt and freshly ground Pepper

DIRECTIONS

In a skillet heat 1/4 cup of oil, add shallots, garlic, ginger, crushed red pepper and cilantro and cook over moderate heat stirring occasionally until softened about 7 minutes. Add hoisin, soy sauce and chicken stock, raise the heat to moderately high and boil until thickened bout 5 minutes. Stir in the honey. Remove from heat and stir in the butter until lender; keep warm. Generously rub steaks with oil and season with salt and pepper. Grill steaks over high heat or 4 minutes per side or until charred.

Rose's Hamburger Pie

Recipe Provided By Pat Howe

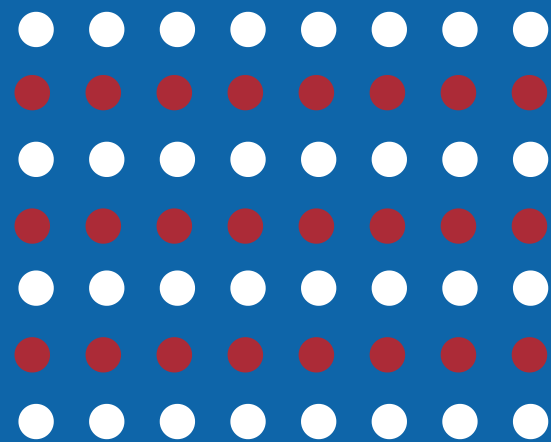


INGREDIENTS

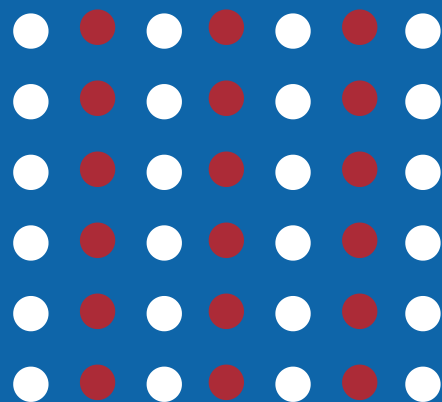
1 lb. Hamburger Meat
1-2 tsp. Olive Oil
1 Onion
1 clove Garlic
1 can Green Beans (drained)
1 can Tomato Soup
4-6 slices American Cheese
3-4 Potatoes
Butter (optional)

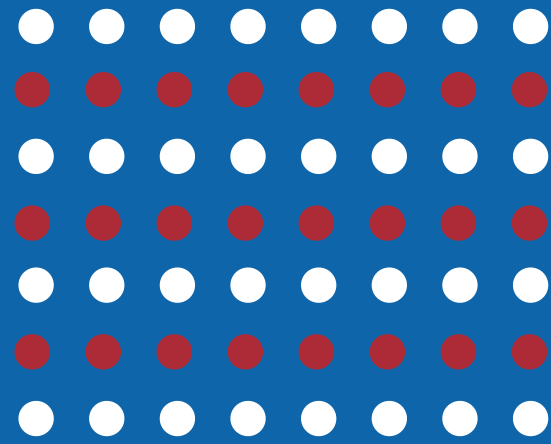
DIRECTIONS

Preheat oven to 350 degrees F. Peel and boil potatoes, then mash with butter and milk. Saute onion and garlic in olive oil until soft. Add hamburger meat to onions saute until cooked through. Drain any liquid and add green beans and tomato soup. Mix together, pour mixture into a 8 x 8 pan and cover with slices of American cheese. Spread mashed potatoes on top of cheese (optional - add butter on top). Bake in oven for 20 minutes.



Sweets & Desserts





Vegetarian (V)

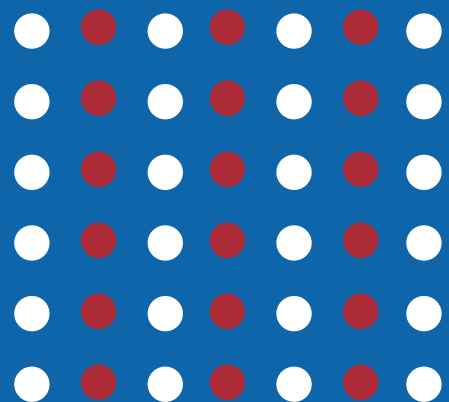
Vegan (VG)

Gluten Free (GF)

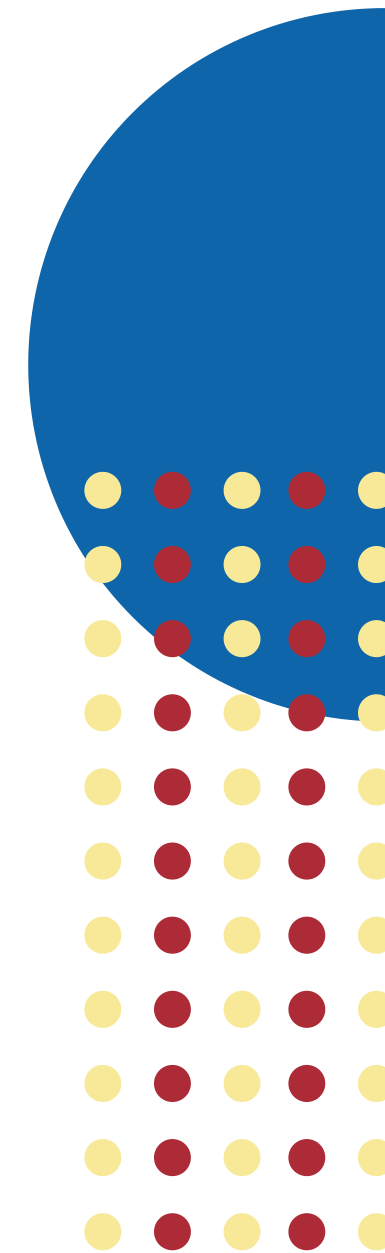
Kosher (K)

Halal (M)

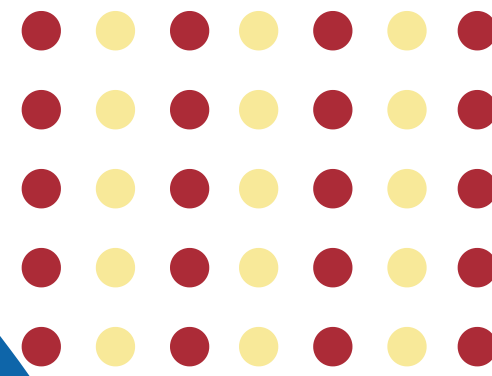
Dairy Free (DF)



*“Your heritage foods are
your health and your
wealth”*



CHEF MICHAEL TWITTY



Toffee (V)(GF)

Recipe Provided By Elizabeth Euwart

INGREDIENTS

1 cup Butter
1 cup Sugar
1/4 tsp. Salt
1/2 tsp. Vanilla
2 cups Chocolate chips
1 cup Pecans

DIRECTIONS

Finely chop pecans and roast until fragrant. Line a cookie sheet with aluminum foil. Melt butter in a saucepan over medium heat. Add sugar, salt, and vanilla to saucepan. Cook, stirring constantly, until the mixture registers 285 degrees Fahrenheit or is the color of almond skin. Quickly pour into prepared cookie sheet. Place chocolate chips on top of still-warm toffee and allow to melt. Smooth with a rubber spatula. Sprinkle nuts on top and gently press into chocolate. Allow to cool completely, then break apart into bite size pieces. Enjoy!



Babinka

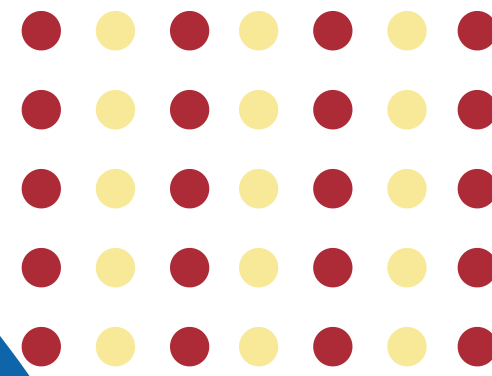
Recipe Provided By Roxanne Gardner

INGREDIENTS

1 lb. Sweet Rice Flour
1 can of Coconut Milk
1 stick of Butter (softened)
5 Eggs
1 tsp. Vanilla Extract
1 tsp. Baking Powder
1 cup Sugar banana leaves
(heated)

DIRECTIONS

Preheat oven 350 degrees. Lay warm banana leaves in pie plate. Mix butter and sugar, and add eggs one at a time. Add in flour, baking powder, coconut milk, vanilla extract and mix well. Pour in pie plate. Bake for 1 hour.



Cori's Pignoli Cookies

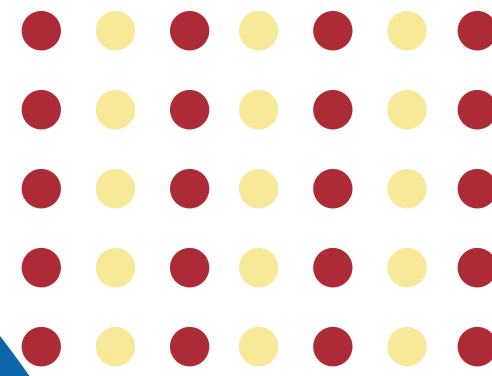
Recipe Provided By David Andrade

INGREDIENTS

3 Egg Whites
1 cup granulated Sugar
1 cup confectioners Sugar
2 tbs. Flour
1 lb. Almond paste
Pignoli nuts

DIRECTIONS

1. Combine all ingredients (except nuts).
2. Moisten hands
3. form dough into small balls
4. press balls into bowl of pignoli nuts
5. put on GREASED cookie sheet
6. bake at 350 degrees for 12-15 minutes
Serve.



Mom's Irish Bread

Recipe Provided By David Andrade

INGREDIENTS

3 cups Flour
3 tsp. Baking powder
1/2 tsp. Baking soda
3/4 cup Sugar
1/4 lb. Margarine
1 egg
1-1/3 cup Butter Milk
1/2 cup Raisins

DIRECTIONS

Buttermilk: 1 tbsp lemon juice or vinegar to 1 cup of milk. Let sit for 5 - 10 minutes.

Mix all ingredients together and place in a loaf pan. Bake for 1 hr at 350 deg. Sprinkle sugar on top.

Popovers

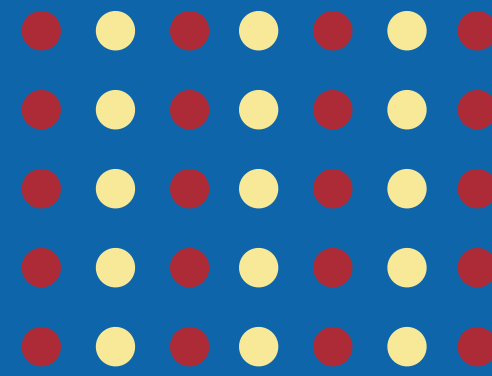
Recipe Provided By Amy Curran

INGREDIENTS

4 Eggs
1 cup Milk
1 cup unbleached white Flour
1/2 tsp. Salt
4 tbsp. melted Butter

DIRECTIONS

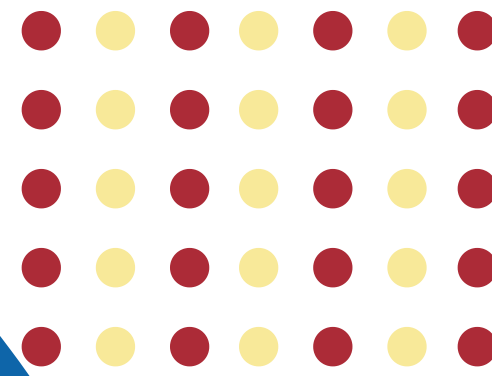
Preheat oven to 375. Once oven is heated, place an unlined standard muffin tin in the oven for 5 minutes. Melt butter and set aside. In a blender, mix eggs and milk. Then add flour and salt. Combine until mixture is uniform. Take heated muffin tin out of the oven and brush the cups (and the top surface) generously with the melted butter.



DIRECTIONS CONT.

Fill each muffin cup $\frac{2}{3}$ full with prepared batter. Work as quickly as you can so that the muffin pan stays hot. Bake for 30 minutes *without* opening the oven door! Carefully remove the muffin tin from the oven, gently remove popovers from pan and enjoy!

Topping suggestions: butter & jam, or maple syrup, or fresh berries.



Tres Leches Cake

Recipe Provided By Mayra Ramirez

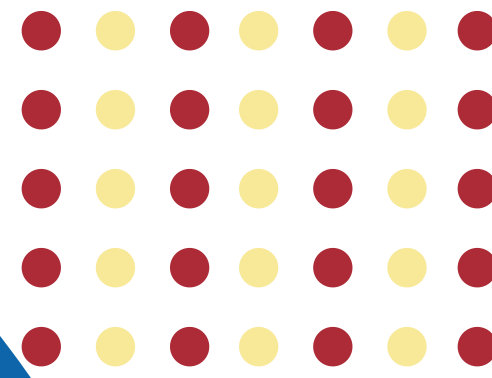
INGREDIENTS

1 cup Flour (Presto or any self- rising flour)
2 cups Sugar
8 Eggs (separated at room temperature)
2 tbsp. Vanilla
1 can Condensed Milk
1 can Evaporated Milk
1 cup Half & Half

DIRECTIONS

Cake mix: Beat 5 egg whites to make snow peaks, add 1 cup of sugar slowly until forming merengue. Add 5 egg yolks, one tablespoon of vanilla and a cup of flour. Mix well, pour in the baking container and bake for 20 minutes on 350 degrees pre-heated.

Three milks mix: In a blender mix well the 3 milks, 3 egg yolks and 1 tablespoon of vanilla. Pour over the cake as soon as it comes out of the oven. Merengue (frosting): Beat 3 egg whites to make snow peaks, add cup of sugar slowly until forming merengue. Once the cake absorbs the milks, cover with merengue and broil for a couple of minutes until lightly brown. Refrigerate and eat cold.



Mofo Akondro (Banana Fritters)

Recipe Provided By Noëlle Rakotondravony

INGREDIENTS

1-3/4 cup Flour
1-1/4 cup Rice Flour
1 cup Sugar
1-1/2 cup Water
1 tsp. Baking powder
1 Egg,
1 pinch of Salt
1 bunch ripe Bananas

DIRECTIONS

Blend dry ingredients in a bowl - add egg and water and whisk to form a smooth batter. - cut bananas in half, then lengthwise to make four pieces per banana, and stir into batter to coat each piece. - let batter for few minutes - otherwise it will not puff properly when fried. - heat oil over medium heat and use a slotted spoon to remove each coated banana piece from the batter bowl and drop it into the oil. - let fry 2-4 minutes, turning occasionally, until uniformly deep golden brown. - remove from oil and let drain on paper towels. - Best when served fresh and hot.



INGREDIENTS

1 cup Peanut Butter
1 cup Sugar
1 Egg
chocolate chips if desired

Super Simple Peanut Butter Cookies (GF)

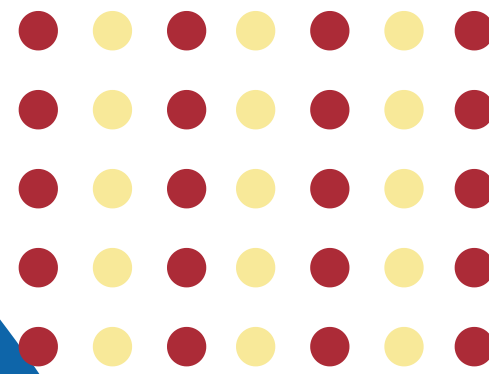
Recipe Provided By Emily Douglas

DIRECTIONS

Mix ingredients
together. Bake at
350 degrees F for
12-15 minutes.

INGREDIENTS

1 box white Cake Mix
14 oz. can Dulce De Leche Milk
1 cup Milk
1 pint Heavy Whipping Cream
2 tbsp. granulated white Sugar
1 tbsp. Vanilla



Tres Leches Cake

Recipe Provided By Stacey O'Brien-Happy

DIRECTIONS

1. Make the cake as directed on the box
2. When cake is cool, poke holes in cake
3. Make the sauce- in medium bowl, add can of dulce de leche milk and 1 cup of milk and whip until fully mixed
4. Make whip cream- in large bowl, add heavy cream and sugar. Whip until peaks form. Add vanilla flavoring. Whip 30 seconds more
5. Pour 3/4 of dulce de leche sauce all over cooked cake
6. Frost the cake with the white cream
7. Decorate the cream with the rest of the sauce.
8. Add fresh berries if you'd like!



Banana Bread

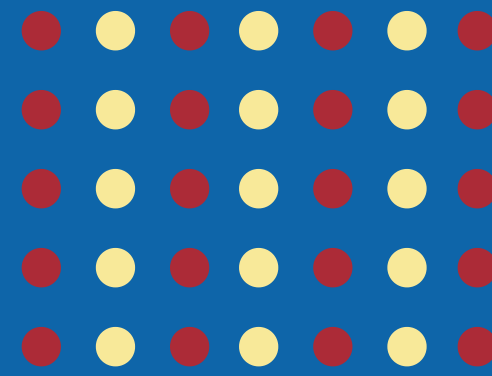
Recipe Provided By Chris Bonocore

INGREDIENTS

7.5 oz. Unbleached AP Flour
1/2 tsp. Baking Powder
1/8 oz. Baking Soda
1/4 tsp. Salt
11.3 oz Very Ripe Bananas
1/2 tsp Lemon Juice
7.5 oz Sugar
1 Egg
2-1/3 oz. Vegetable Oil
1-1/3 oz. Pecans, coarsely chopped

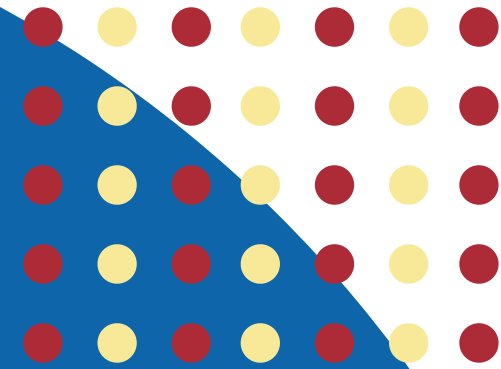
DIRECTIONS

Heat oven to 350 degrees F. Coat your loaf pan with a light film of Crisco. Line bottom with parchment paper. Coat top of parchment paper. Using mixer, puree the bananas with the lemon juice. Combine the banana puree, sugar, egg, and oil and mix on medium speed with paddle attachment until blended. Scrape down the bowl as needed. Sift the the dry ingredients together. With the mixer off, add the sifted dry ingredients to the wet ingredients. Mix slowly until just combined. Scrape down the bowl as needed. (Mix in pecans if using)



DIRECTIONS CONT.

Add batter into prepared pan. Gently tap the filled pan to burst any larger air bubbles. Bake at 350 degrees F until bread springs back when pressed, and a tester inserted near center comes out clean, about 55 minutes. Cool the loaf in the pan for a few minutes, then unmold onto rack and cool completely.



B'Shallach Bird Pastries

(V) (K)

Recipe Provided By Julie Katz

INGREDIENTS

Pastry:

1 c. flour

1/8 tsp. salt

4 oz. butter, softened

4 oz. cream cheese, softened

Filling:

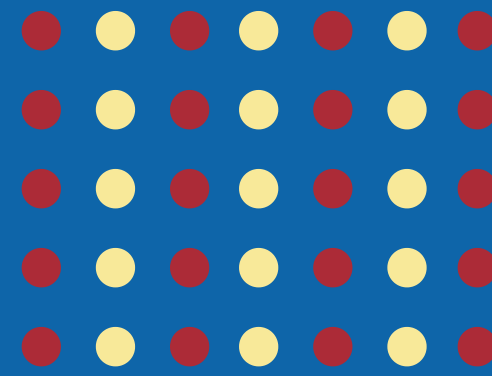
1/2 c. apricot preserves 1 egg, beaten

Topping:

Sugar to sprinkle Candy beads for bird's eye

DIRECTIONS

1. In a large bowl, mix flour and salt. Cut butter and cheese into flour mix until well blended. Lightly shape dough into a ball. Wrap with plastic wrap and refrigerate until well chilled, up to 2 days.
2. Preheat oven to 400 degrees.
3. Roll dough to 1/8 inch.
4. Cut out birds using dove-shaped cookie cutter. In center of half of the birds, place scant 1 tsp. preserves.
5. Brush edges with beaten egg, cover with another bird, and flute edges with a fork. .



DIRECTIONS CONT.

6. Press in small candy bead for the eye.

7. Sprinkle with sugar and bake 10 minutes or until golden brown.

Makes 24.

I have been baking this recipe for every year since my son, Elie Hess (BS, MS '21), was small. His birthday falls on a day of song, and this treat is a tribute to the birds singing on his special day



Lemon Squares

Recipe Provided By Liz Stewart

INGREDIENTS

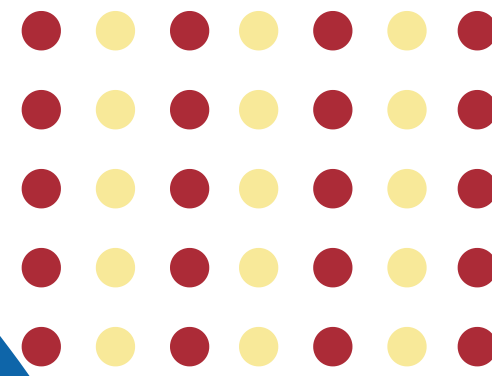
2 cups Flour
1 cup Butter, softened
1/2 cup Confectioners Sugar
2 cups Sugar
4 eggs
1 tbsp. Flour
1 tsp. Baking Powder
4 tbsp. Lemon Juice

DIRECTIONS

Sift together flour and confectioners sugar. Cut in butter just until a dough forms. Pat into the bottom of a 13"x9" pan. Bake at 350 degrees F for 15-20 minutes, or just until edges start to brown. Mix together remaining ingredients for approximately 2 minutes on low/medium speed. Time it so that the mixing is complete just when the bottom layer comes out of the oven. Pour over bottom layer and return to oven. Bake for 30 minutes at 350 degrees F. Remove from oven and wait 5 minutes. Cut and remove to a wire rack to cool completely.

INGREDIENTS

12 Egg Yolks
4 cups (1 l) of Whole Milk
8 tbsp. (100 g) white Sugar
5 tbsp. (40 g) Cornstarch
2 Cinnamon Sticks
1 Lemon Skin

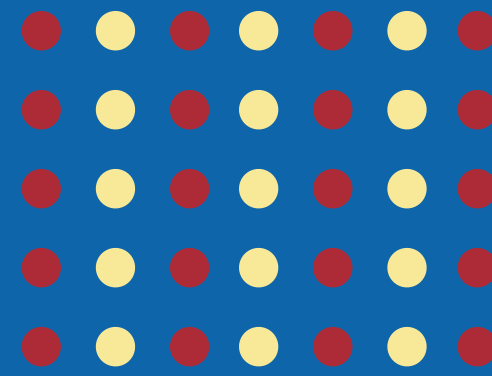


Crema Catalana (Catalan Cream) (V) (GF) (K) (M)

Recipe Provided By Xavier Ramos Olivé

DIRECTIONS

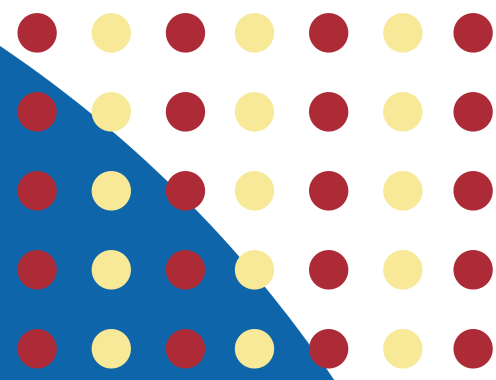
1. Heat up to a bare simmer 3 1/2 cups of milk, the cinnamon sticks, the lemon skin and the sugar in a stainless steel pot. When hot but before it boils, remove the pot from the stove.
2. Cover the pot with a lid and let the milk cool down with everything inside.
3. In a separate bowl, dissolve the cornstarch in 1/2 cup of cold milk and mix in the egg yolks.



DIRECTIONS CONT.

4. Mix everything together in the pot and cook at low heat to avoid lumps.
5. Stir continuously until the cream thickens (at 175°F). Don't let it boil.
6. Remove the pot from the stove.
7. Discard the lemon skin and serve the cream in small plates or bowls.
8. Chill the cream in the fridge.

(Optional) Before eating, add 1 tbsp of sugar on top and burn it with a torch.



Blueberry Lemon Goat Cheese Tartlets (V)

Recipe Provided By Gompei's Goat Cheese

INGREDIENTS

2 cups fresh Blueberries
1/2 cup white Sugar
1 tsp. Lemon Juice
1/2 box of Puff Pastry (you can usually find this in the freezer section)
1 Egg
8 oz. Blueberry Lemon Gompei's Goat Cheese

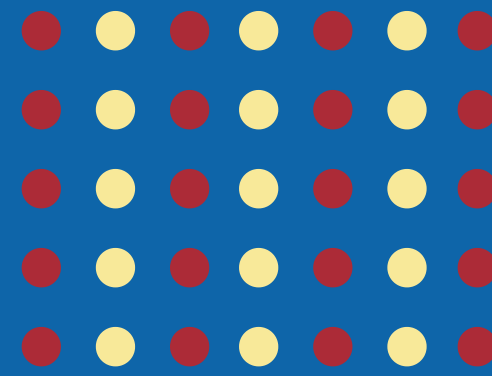
DIRECTIONS

Step 1) Preheat the oven to 400 degrees

Step 2) Mix the blueberries, sugar, and lemon juice; cook, stirring constantly, over medium heat until thickened, this will be about 30 minutes.

Step 3) Unfold the puff pastry rectangles and cut each three piece sheet into about 30 squares.

Step 4) In a bowl, whisk together the egg and goat cheese.

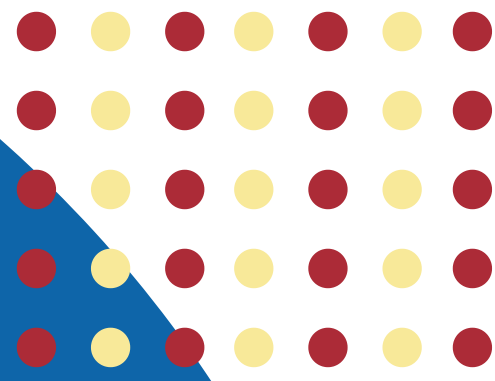


DIRECTIONS CONT.

Step 5) Spray a mini muffin pan with cooking spray and fill each hole with the puff pastry squares.

Step 6) spoon in a tablespoon of the cheese mixture into each hole and then cover the cheese with about a half tablespoon of blueberry jam.

Step 7) Bake for 18-20 minutes.



INGREDIENTS

Dough:

600g Flour

2 Eggs

250 ml. Whole Milk

50g Butter

60g Sugar

Zest of one lemon

Zest of one orange

10g dry Yeast

1 pinch Kosher Salt

Filling:

340g ground Walnuts

50g Powdered Sugar

90ml Whole Milk

Syrup

300ml Water

150g sugar

Zest of one Lemon

Zest of one Orange

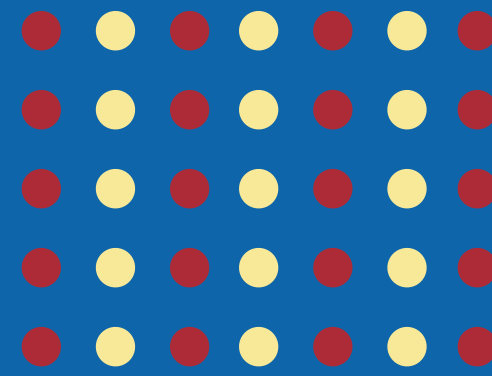
Vanilla Bean

Mucenici ***(read: Moochaneech)***

Recipe Provided By Arnold Muralt

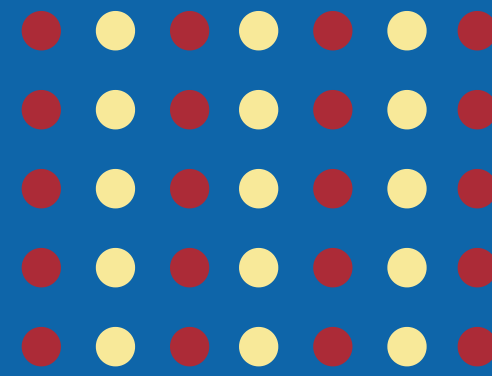
DIRECTIONS

Heat milk to lukewarm temperature melt butter and let cool, add yeast to half of the milk in a large bowl, add a spoon of sugar or honey, let rise 10-15 min, yeast will expand to 2-3 times original volume sift flour and put into the bowl of a stand mixer, while flour is mixing at slow speed. with a dough hook, slowly add yeast mixture, eggs cooled melted butter, sugar, zests, a pinch of salt, and a splash of vanilla extract.



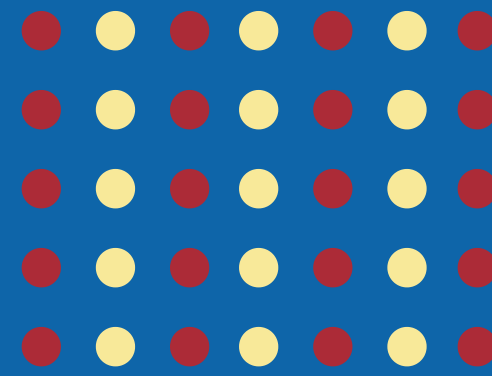
DIRECTIONS CONT.

Slowly add the remaining milk until the dough combines have the machine knead the dough for 7-10 min. the resulting dough should be smooth, elastic, and should not stick to the edges of the bowl. in case that the dough does not turn out like described, add a bit more flour and continue mixing, it is alright if it sticks to the dough hook place the dough in an oiled bowl, cover with saran wrap, and let rise until it doubles in volume while letting the dough rise, make the filling: combine the walnuts (any nut will work) and powdered sugar in a blender or food processor, blend until a slightly chunky nut butter consistency is achieved, add vanilla to taste adjust by adding milk to get the desired consistency.



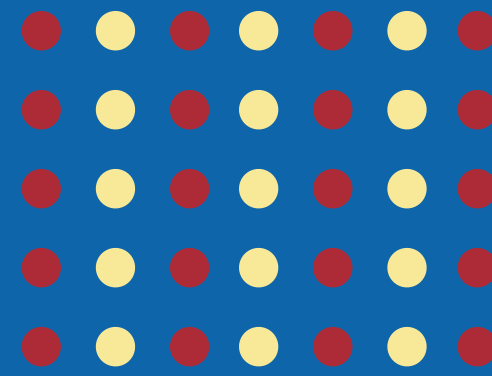
DIRECTIONS CONT.

Remove into a covered bowl, and reserve when the dough has risen, place it on a lightly floured surface and split. the number of equally split sections will vary how many are made, and the size of the Mucenici. 20 divisions make pastries that are roughly hand-sized. shape each of the divided sections of dough into balls, weigh them to verify they are the same size and cover in saran wrap while you work. to make the Mucenici, take a ball and roll it into a thin rectangle (10X2.5 ratio) spoon the nut mixture in a thin line along the middle of the rectangle.



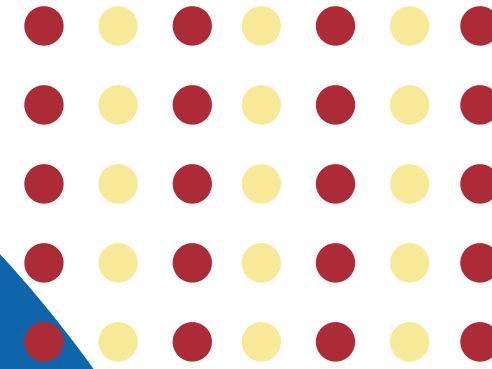
DIRECTIONS CONT.

Roll the rectangle along the long side so that you create a tube, join the two ends of the tube to make a circle, twist the two sides of the circle to form a figure 8 shape, place the Mucenici on a lined baking sheet joint down. Repeat until all dough is used up. set the oven to 350, let the Mucenici rise on the baking sheet for 20 min. after rising, brush with beaten egg. and bake for 20 min, rotating the baking sheets as needed to ensure even baking. While the Mucenici are baking, make the syrup, heat water, Zests, sugar, and vanilla. bring the mixture to a boil, and let simmer in a saucepan for 5 minutes let the syrup cool and reserve.



DIRECTIONS CONT.

Once the pastries are done, remove them from the oven, and let cool until they are cool enough to handle. dip each pastry into the syrup for approximately 10 seconds on each Side let the pastries cool fully. To decorate, take honey and heat it in a microwave to dip pastries into it or drizzle honey over them. sprinkle or dip into ground walnuts. Serve -> keep the remainder of the syrup and reduce it, it makes a great topping to ice cream or fresh fruits - or even on top of the Mucenici.



Old-Fashioned Scottish Shortbread

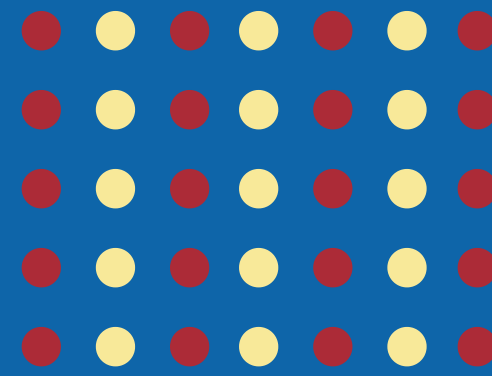
Recipe Provided By Ashley Dill

INGREDIENTS

2 cups of All-Purpose Flour
1 cup of Butter (2 sticks), softened
3/4 cup of Confectioners' Sugar
1-1/2 tsp. of Vanilla Extract

DIRECTIONS

Preheat the oven to 350 degrees F. In a medium-size bowl, mix all the ingredients together with your fingers until the dough is smooth and holds together. Divide the dough in half. Press each half into an ungreased 8-inch round tin pan. Be sure to spread the dough evenly and smooth out the top. Using the tines of a fork, make a decorative border around the edges (or in any design you want!).

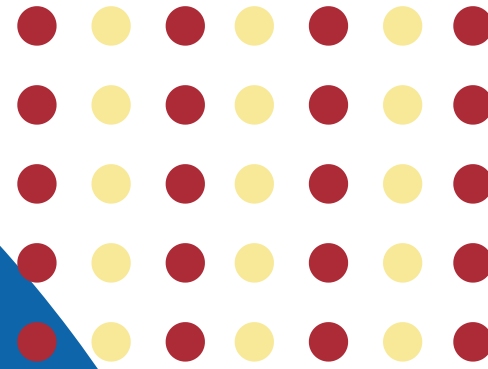


DIRECTIONS CONT.

Then, use a sharp knife to cut the shortbread into eight wedges (or however many slices you want). Bake for 17-18 minutes, or until edges begin to slightly brown (watch it carefully!). Remove the shortbread from the oven and immediately recut the wedges with a sharp knife. Cool in the pan for 30 minutes, then transfer to a wire rack to cool thoroughly.

INGREDIENTS

3 eggs
1 cup oil
2 cup sugar
2 cup shredded zucchini
3 tsp vanilla
3 cup flour
1-1/4 tsp salt
1 tsp baking soda
1/4 tsp baking powder
1 tsp cinnamon
1/2 cup raisins or nuts (optional)



Zucchini Bread

Recipe Provided By Gina Ferraro

DIRECTIONS

This recipe makes 2 loaves
Preheat oven to 325 degrees F.
Grease and flour pans.
Sift dry ingredients 3 times.
Beat eggs and add to dry ingredients.
Add all other ingredients at once and
mix well.
Pour into 2 pans Bake for 1 hour



Coconut Flan (GF)

Recipe Provided By Andrés Cintron

INGREDIENTS

1 cup Sugar

5 Eggs

1 cup Cream of Coconut

1 cup Sweetened Condensed Milk

1 can (13.5oz) Coconut Milk

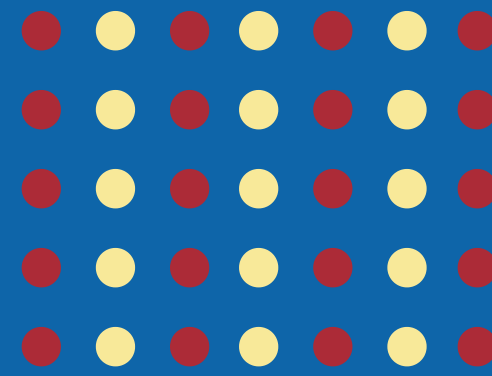
1/4 tsp. Vanilla Extract (I recommend using pure or organic vanilla extract)

1/4 cup Coconut Flakes (optional)

DIRECTIONS

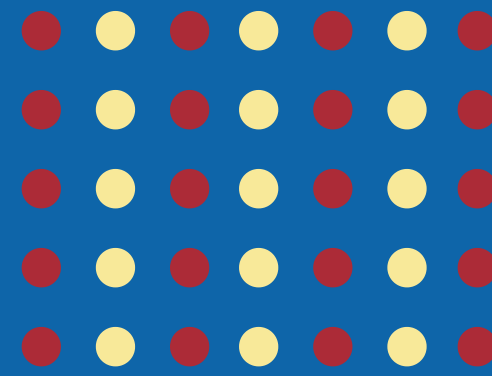
Step 1: Heat oven to 325°F. In a small, heavy saucepan over medium-high heat, bring sugar and ½ cup water to a boil, stirring until the sugar dissolves. Using a wet pastry brush, wipe off any sugar that sticks to the sides of the pan. Cook, without stirring, swirling the pan, until the syrup turns golden brown, about 10 - 15 minutes. Carefully pour the hot caramel into your pan. You can a 9x3 pan or small multiple plans. Whichever works for you.

NOTE: The pan you use is important because it needs to fit inside a bigger pan or tray with a tall lip for when you put it in the oven.



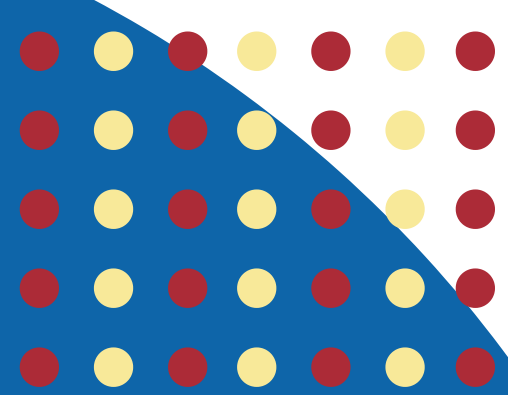
DIRECTIONS CONT.

Step 2: In a large bowl, using a whisk, beat the eggs until completely combined. Whisk in the cream of coconut, condensed milk, coconut milk, vanilla until, and coconut flakes (optional. Divide the egg mixture evenly among your pan or pans. Cover your pan or pans with aluminum foil. Step 3: Place your pan or pans in a shallow baking dish and place it in the middle rack of the oven. In the baking dish, pour in enough hot water to come halfway up the sides of your pans. Bake until the Flan is set but still wiggly in the center, 1 hour – 1 hour 15 minutes. Using tongs, carefully remove the pans from the water. Transfer to refrigerator to cool completely.



DIRECTIONS CONT.

Step 4: When ready to serve, gently run a butter knife around edges and invert onto serving plates. Garnish with raspberries and mint leaves, if desired or toasted coconut flakes.



No-Bake Cookies(DF) VG)

Recipe Provided By Sophie Kurdziel

INGREDIENTS

1 stick of Butter
2 cups of Sugar
3 tbsp. Cocoa
1/2 cup of Milk
1/2 cup Peanut Butter
3 cups Rolled Oats
1 tsp. Vanilla

Vegan:

Replace Butter with Coconut Oil and
Milk with any milk alternative (Oat, Almond,
Coconut)

DIRECTIONS

Combine sugar, butter, cocoa, and milk in
saucepan. Bring to boil and cook for one
minute, Remove from heat and stir in
peanut butter, rolled oats, and vanilla,
Stir until it loses shine. Drop by
teaspoonfuls onto waxed paper or tin foil.

Let cool 10 minutes.

Optional to be (DF) and (VG)

Enjoy!

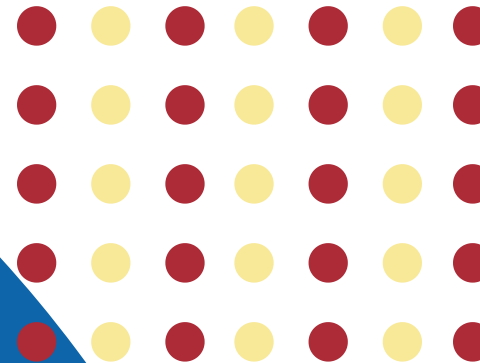
NOTE

Nana's Doctored Rainbow Citrus Cake makes 12 servings. This cake takes 2 days to put together but it is a three layer show stopper. Well worth your effort. There are 3 parts to the recipe: lemon curd, cake, and orange buttercream icing.

INGREDIENTS DAY 1

Lemon Curd:

1 cup Lemon Juice (about 6 lemons)
1 tsp. Powdered Gelatin
1-1/2 cups or
10-1/2 oz. white Granulated Sugar
1/8 tsp. table Salt
4 large whole Eggs
6 large Egg yolks (reserve egg whites)
8 tbsp. (1 stick) unsalted Butter, cut into
half inch cubes and frozen



Nana's Doctored Rainbow Citrus Cake

Recipe Provided By Karen Royer

INGREDIENTS DAY 1 CONT.

Cake:

3-3/8 cups or
13-1/2 oz. Cake Flour
1-1/2 cups Whole Milk at room temperature
9 large Egg whites at room temperature
3 tsp. Vanilla Extract
2-5/8 cups or 13.38 oz. Granulated white Sugar
6 tsp. Baking Powder
1-1/2 tsp. table Salt
18 tbsp. or 2-1/4 sticks unsalted Butter cut into
tbsp. sized pieces, softened but still cool
2 to 3 tsp. each of lemon zest, orange zest and
lime zest. You can get this from 2 lemons, one
orange and 2 limes.

NOTE

From original recipe (cake should be chilled as soon as icing is applied). The acid and proteins in the lemon curd reacts with the fat in the icing and will cause the cake to sag if the icing is not allowed to set.

INGREDIENTS DAY 2

Orange Butter Cream Icing:

1 1/2 sticks butter unsalted softened

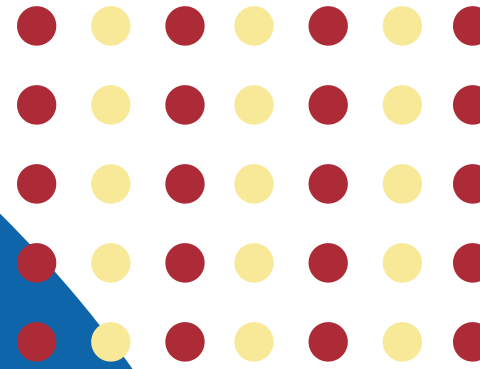
A dash of salt

1 1/2 pounds of powdered sugar

3 tablespoons corn syrup

3 tablespoons orange juice half a
teaspoon of orange zest

3 teaspoons vanilla



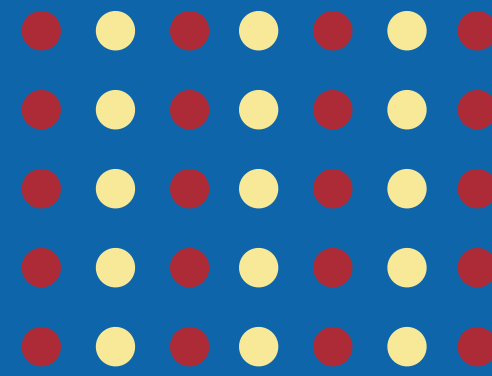
Nana's Doctored Rainbow Citrus Cake

Recipe Provided By Karen Royer

DIRECTIONS

For the curd:

Measure 1 tablespoon of the lemon juice into a small bowl. Sprinkle gelatin over the top and allow it to sit. Heat remaining juice, sugar and salt over medium heat, stirring until sugar dissolves and mixture is hot but not boiling. Thoroughly whisk the whole eggs and yolks in a separate bowl. Whisking constantly, pour hot sugar liquid slowly into the eggs. Then return the egg sugar mixture to the saucepan, stirring constantly on medium low heat. Bring mixture to 170 degrees. Remove from the heat and add the dissolved gelatin mixture. When lemon gelatin has dissolved into the egg sugar mixture, stir in butter cubes several at a time until fully incorporated.

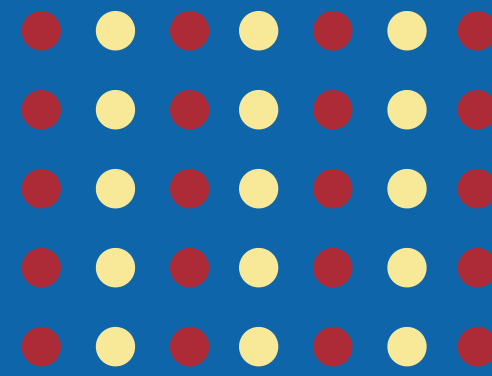


DIRECTIONS CONT.

Cover with plastic wrap and chill for a minimum of 4 hours.

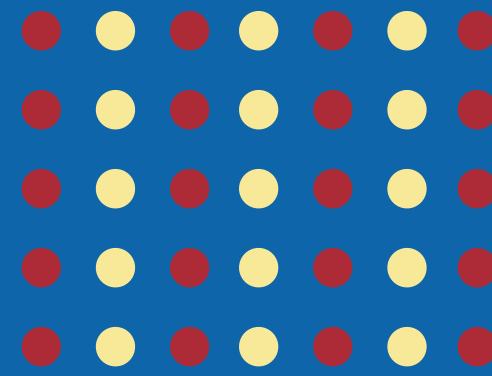
For the cake:

1. Preheat oven to 350 degrees. Grease and flour three 9-inch round pans. Line the bottom with parchment paper.
2. Weigh the mixing bowl. This weight will be used to divide batter later.
3. In a 3 to 4 cup bowl, whisk together milk, egg whites and vanilla.
4. In the stand mixer bowl, combine flour, sugar, baking powder and salt with mixer on low for 30 seconds. Then add one piece of cool butter at a time with the mixer going until the mixture resembles crumbs with no visible chunks of butter.



DIRECTIONS CONT.

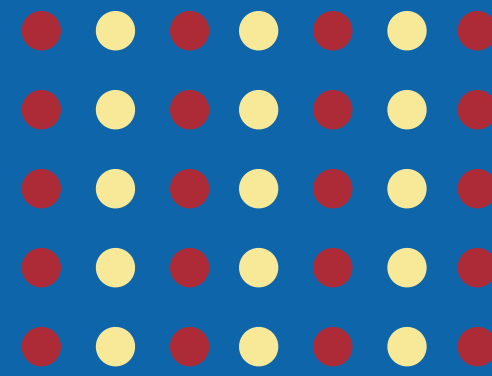
5. And all but 1/2 cup milk mixture to the bowl and beat on medium speed until mixture lightens in color and whips up in volume. It should be pale and fluffy. Lower the speed and add remaining milk and increase again to medium. Continue beating for another 50 seconds, scraping sides to ensure full incorporation.
6. Weigh the full mixing bowl again. Subtract initial weight and divide weight by 3. Add that amount of batter to each of 3 separate bowls.
7. Add different zest to each bowl and food coloring if desired to match flavor. Stir by hand and add to greased and floured cake pans.
8. Tap pans on the counter lightly to settle the batter. Maybe 3 times.



DIRECTIONS CONT.

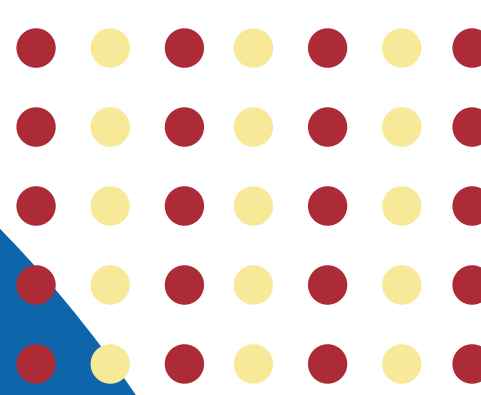
9. Bake for 25 to 30 minutes, rotating pans halfway through cooking. Remove from the oven when the toothpick comes out clean. Cool for 10 minutes and remove the parchment paper from the bottom of the cakes.

10. When the cakes are completely cool, place one layer on a serving dish. Use approximately half of the lemon curd to cover the cake layer without allowing the curd to drip down the sides. Add another layer of cake on top of the curd. Follow with the final half of the lemon curd. And then cover with the final cake layer. You may have up to 1/2 to 3/4 of a cup of lemon curd leftover.



DIRECTIONS CONT.

11. To keep curd from oozing, wrap sides of the cake with plastic wrap tightly then cover the top and refrigerate overnight to set the curd. Orange Butter Cream Icing: Beat the butter until smooth and fluffy. Add the sugar 1/4 at a time while allowing each addition of sugar to become fully incorporated into the butter. Each addition should be allowed to beat until it is light and fluffy again. Add the orange juice, corn syrup and vanilla and continue to beat until the icing is a good consistency. Tint with food coloring, orange or some other preferred color. Apply the icing to the outside of the chilled cake and returned to the refrigerator to continue chilling until you serve the cake.



INGREDIENTS

2 cups Juice (about 1-1/2 lb. of Blackberry and/or Raspberry)

1 cup Water

1 cup Sugar

1 Lemon

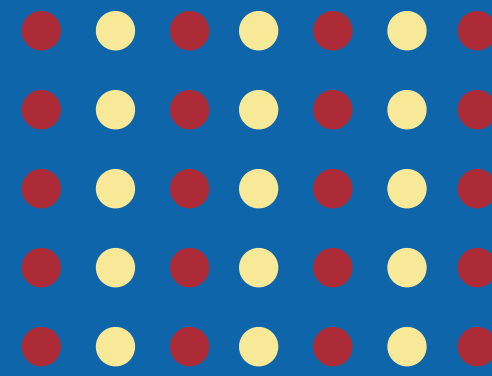
Blackberry/Raspberry Creamy Sorbet

(V) (VG) (GF) (DF)

Recipe Provided By Wilson Wong

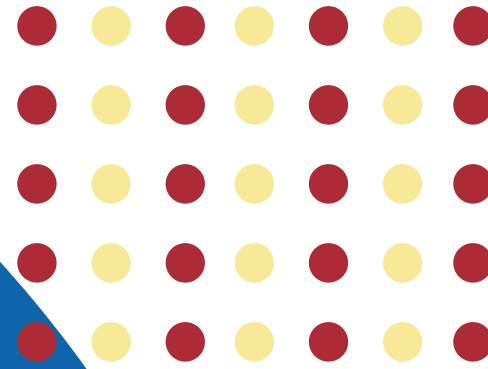
DIRECTIONS

1. Boil water and sugar in a sauce pan and let cool to room temperature. Even better, make larger quantities in advance and refrigerate for future use.
2. Juice the blackberries and/or raspberries and strain the seeds. Include some of the finer pulp along with the juice
3. Juice the lemon.
4. Combine the blackberry/raspberry juice with the lemon juice and refrigerate until the sugar water is at room temperature.
5. Combine juice and sugar water, stir, and pour into ice cream maker for 30 minutes



DIRECTIONS CONT.

6. Put in small container and freeze immediately The high pectin content of the blackberries/raspberries will result in a sorbet that tastes like ice cream but without any actual cream!



Kobbari Mithai

Recipe Provided By Meghana Kasal Vinayakumar

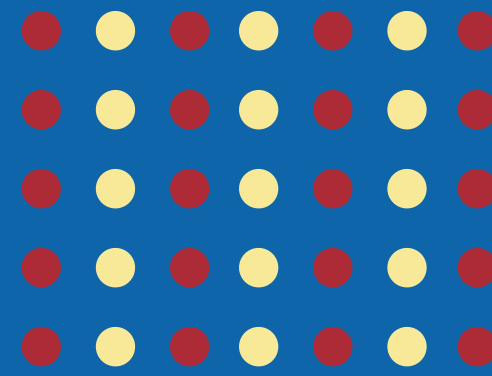
INGREDIENTS

1 cup Sugar
1/2 cup Water
2 cup fresh Coconut (You can use Desiccated Coconut but tastes better with fresh coconut)
4 tbsp. clarified Butter(Ghee)
2 Cardamoms (crushed seeds)

DIRECTIONS

In pan:

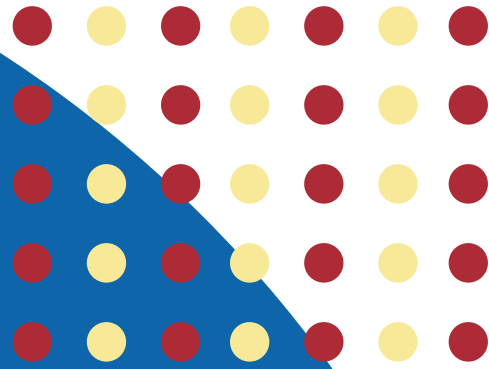
1. Add 1 cup sugar, 1/2 cup water. Stir continuously in low flame. Liquid starts to become thick. Take a little bit of liquid in between index finger and thumb, You should be able to see 2 thick streaks of sugar syrup in between your fingers, Now it's ready for step
2. Add coconut stir it in medium flame.
3. When sugar syrup is almost absorbed by coconut, add 2 tbsp of clarified Butter, crushed cardamom seeds. Keep stirring. To test if it's ready, Take coconut from Pan, make a small ball(caution: hot).If you are able to make a ball, then it's ready.



DIRECTIONS CONT.

4. Pour contents in pan to a container greased with 2 tbsp of clarified Butter
5. spread it and make it even. let the thickness of the spread be half an inch.
6. After 10 mins cut it into squares
7. After 15 mins pull it off from container and break them.

Kobbari Mithai is ready.



Vegan Chocolate Cake

(V) (VG)

Recipe Provided By Elizabeth Callahan

INGREDIENTS

1 1/4 cup flour
1 cup granulated sugar
1/3 cup cocoa powder
3/4 teaspoon baking soda
1 teaspoon salt 1 cup water
1/3 cup canola oil
2 teaspoons vanilla extract
2 teaspoon vinegar (apple cider or white)
Chocolate Chips (optional) Confectionary
sugar (Optional)

DIRECTIONS

1. Mix all dry ingredients (flour, sugar, cocoa powder, baking soda, salt) in a bowl until they are one consistent color.
2. Mix in all wet ingredients (water, oil, vanilla extract, vinegar) to the dry ingredients until one smooth consistency.
3. Add chocolate chips if desired!
4. Pour into a glass or metal baking dish (preferably 9 inches or smaller, square or round).
5. Bake 28-33 minutes.
6. Add confectionery sugar on top if desired!



Date Nut Bread

Recipe Provided By Heidi Morton

INGREDIENTS

0.75 cup chopped Walnuts
1 cup chopped Dates
2 Eggs
1.5 tsp. Baking Soda
0.5 tsp. Salt
3 tbsp. Shortening
0.75 cup boiling Water
1 tsp. Vanilla
1.5 cups Flour
1 cup Sugar

DIRECTIONS

This is an old family recipe and is traditionally made for the Thanksgiving and Christmas holidays. Mix the walnuts, dates, eggs, baking soda, salt, and shortening. Pour the boiling water over top of the mix and let sit for 20 minutes. In the meantime, grease and flour a bread pan and preheat oven to 350 degrees. Add the vanilla, flour, and sugar, mix well. Add batter to the greased and floured pan and bake for 1 hour or until done.

Enjoy!



INGREDIENTS

3 tbsp. Chia Seeds
1/2 tsp. Vanilla Extract
2 fresh/dried Dates
2 dried Figs
1/4 tsp. Cinnamon {Powder
3/4 - 1 cup Milk (Regular, Soy, Almond,
Coconut)
Choice of fruit (Banana, Apples, Grapes,
Blueberries)

Breakfast Chia Seed Pudding

Recipe Provided By Sneha Narra

DIRECTIONS

Mix all the ingredients well and
refrigerate for at least two hours. Mix
well before eating.
Eat with your choice of fruit on the side.
Can prepare this for an entire week and
store in the refrigerator.



French Apple Pie

Recipe Provided By Yvette Rutledge

INGREDIENTS

5-6 medium to large Apples (peeled, cored and sliced)
1 tbsp. Sugar
1 tbsp. Cinnamon
1 stick Margarine or Butter
1 cup Sugar
1 cup Flour
1 Egg
1/4 cup to 1/2 cup Walnuts
1/2 cup Cranberries

DIRECTIONS

Place apples in deep pie plate. Sprinkle with combination of sugar and cinnamon. Sprinkle nuts and cranberries over all. Melt margarine in saucepan. Add sugar and flour until batter is lemon-colored and smooth. Then mix in beaten egg. Pour batter over apples (as evenly as possible). Bake for 30-40 minutes at 350°F or until golden brown.

Optional: Serve warm with ice cream or whipped cream.

INGREDIENTS

Glaze and Topping:

1/3 cup Brown Sugar

1/4 cup Butter

1/2 tsp. Rum

20 oz. can of Pineapple Rings

1 jar Maraschino Cherries

Batter:

1-1/2 cups All-Purpose Flour

1 tsp. Baking Powder

1/2 tsp. Salt

1/2 tsp. ground Nutmeg

1/2 cup Granulated Sugar

1 Egg

1 tsp. Lime zest

3 tbsp. Rum

1/2 tsp. Vanilla Extract

1/2 tsp. Almond Extract

1/4 cup Evaporated Milk

1/4 cup cold Water

1/2 tbsp. White Distilled Vinegar

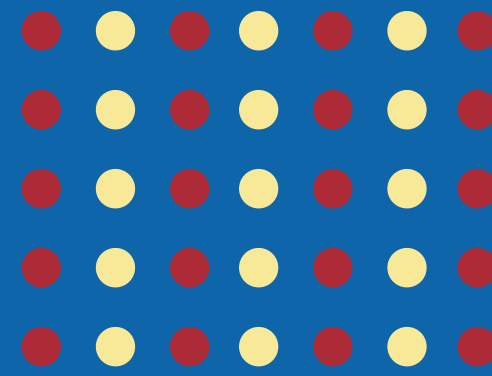
1/3 cup Pineapple Juice from can

Haitian Rum Pineapple Upside-Down Cake

Recipe Provided By Christelle Hayles

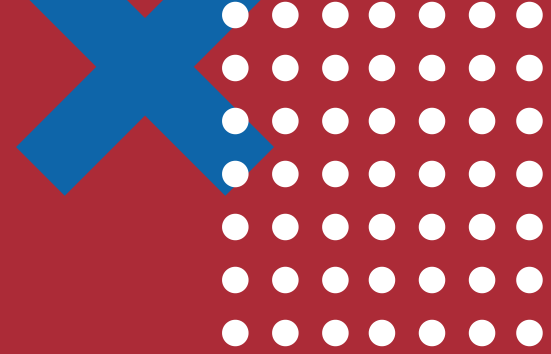
DIRECTIONS

Preheat your oven to 350 degrees Fahrenheit
In a small bowl combine lime zest, 1 tbsp rum
and set aside. In another small bowl make
buttermilk by combining evaporated milk,
cold water, distilled white vinegar, stir and
set aside. In a small saucepan melt 1/4 cup
butter then add 1/3 cup brown sugar, 1/2 tsp
rum and mix until well combined. Pour
mixture into 9-inch cake pan making sure to
cover the entire surface, place pineapple
rings into it and cherries into the center of
the rings.



DIRECTIONS CONT.

In a medium bowl, sift flour, baking powder, salt, nutmeg together and set aside. In a large bowl, using an electric mixer beat butter and sugar until creamy then add lime zest and rum mixture, vanilla extract, almond extract, egg and mix until well combined. Add half the flour mix to butter mixture along with half buttermilk and continue until all combined. Finally mix in pineapple juice until well combined. Pour batter into prepared pan and spread out evenly with a spatula, bake for about 30-40 minutes or until an inserted toothpick comes out clean. Run a knife along the sides of the cake to ensure it comes out the pan easily. Place a plate over pan; using oven mitts carefully flip it over and remove cake pan.



Spring 2020

BROUGHT TO YOU BY:

Division of Talent & Inclusion

DESIGN & COMPILATION BY:

Rame Hanna & Christelle Hayles

