



Delicious by Design

2022

An SA+P Cookbook



Introduction

Food is a representation of who we are and where we come from. It can be a pastime, a link to our past, a window into the future. Through food, we can learn about one another, build community, and find joy in one of life's simple pleasures. Food is an essential component of the human experience. It does more than keep us alive – it brings us to life.

Delicious By Design is a culinary representation of the SA+P community. Thank you to all who contributed for giving us a piece of who you are through food.

Prepare the recipes in this cookbook and remember this unique time and place and the people you shared it with.

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BREAKFAST



Ada Bhurjee

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🏠 It's a family recipe that I make for my friends all the time!

Ingredients

For one serving:

- 2 Eggs
- 1 tomato,
- 1/3-1/2 onion (red is best), finely chopped
- 1/3-inch ginger, finely chopped
- 2 cloves garlic, finely chopped
- Pinch of salt
- Pinch of pepper
- 2/3 teaspoon garam masala
- 1 tablespoon butter/oil
- Chopped cilantro to garnish (optional)

Preparation

1. Chop up the tomato, onion, garlic, and ginger.
2. Add oil/butter to a pan, heat up, and add the vegetables.
3. Cook for ~5 minutes, until onions are just starting to turn translucent.
4. Crack 2 eggs directly into pan and immediately stir to scramble and combine with vegetables.
5. Add a pinch of salt and pepper to taste, stir to combine.
6. Add the garam masala and stir to combine.
7. Remove from heat when eggs' consistency is to your liking.
8. Serve immediately with cilantro, your favorite sauce, and a warm parantha.

Tips

- ◇ Best served with a fresh parantha, but also goes well with toast! To make vegan, use vegan butter or oil (butter is better) and an egg replacement like JUST egg. The amount of tomato, onion, garlic and ginger is super variable - I usually double the amount of ginger and barely add any garlic. Remix the way you like it!

Anda Bhurjee



Kitchen Sink Frittata

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☞ This is my go-to for brunches, quick lunches, and cleaning out my fridge. It's warm, comforting and easy. It's also gluten-free if you omit the flour from the cheese mixture and can be made vegetarian very easily.

Ingredients

Base:

- 1/2 c heavy cream
- 3/4 c milk
- 4 eggs
- 1 tsp salt
- 1/2 tsp black pepper
- pinch of nutmeg (other great spices to add are paprika and cayenne, za'atar, chili flakes)

Cheese:

- 2 c shredded cheese of choice,
- 1 tbsp flour (cheddar and gruyere are my favorites)

Mix-ins:

- 2 c cooked and cooled add-ins: my favorite combinations are caramelized leek and bacon, shredded chicken and broccoli, or sautéed asparagus and zucchini

Preparation

1. The first step is to cook off any of the mix-ins -- I will sauté or roast my vegetables usually beforehand so they're tender and ready to go in the frittata. Cooking them ahead of time ensures that they are fully cooked and that they don't let off too much moisture into the frittata when it's in the oven.
2. Preheat oven to 350 F/180 C. Grease a pie pan with butter or butter substitute.
3. Whisk together the heavy cream, milk, eggs, and spices in a medium bowl until fully incorporated.
4. Mix the tbsp flour with the shredded cheese (this prevents the cheese from sticking together and allows it to be suspended evenly throughout the frittata).
5. Scatter about 1.5 cups of your mix-ins along the bottom of your buttered dish. Add 1 c of the cheese.
6. Carefully pour in the egg mixture. Add remaining 1 c cheese and 1/2 c mix-ins to the top.
7. Bake for 35-40 minutes until the egg mixture is set, the top is evenly domed and brown. If it's browning too quickly, cover with tin foil.
8. Let set for about 10 minutes out of the oven to allow for clean slicing.

Kitchen Sink Frittata

Tips

- ◇ Great with a bright, herby salad! I also love using the pre-cooked rotisserie chickens from the grocery store in these. If you really want the classic quiche crust, you can always par-bake a pie crust first and then add the mix-ins and egg mixture. To reheat, put it in the oven while it preheats back to 350 F.



Dutch Baby

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☞ In my family, it is tradition for my mom to make Dutch Baby on Christmas morning. It is a warm and delicious way to start the holiday and makes the house smell amazing.

Ingredients:

Serves 4 as is. My family usually doubles this recipe.

Batter:

- 1 cup whole milk
- 4 eggs
- 1/2 cup flour
- 1/2 teaspoon salt
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla
- 2 tablespoons melted butter

Filling:

- Butter for pan
- 2 tablespoons butter
- 3 cooking apples (Cortland, Golden Delicious, etc.) peeled, cored and thickly sliced
- 2 tablespoons granulated sugar
- Confectioner's sugar for sprinkling on.

Preparation

1. Preheat the oven to 450 degrees.
2. Butter a 9-inch square or round baking dish.
3. In a blender, combine the milk and eggs, then add the remaining batter ingredients and blend until smooth. Transfer to a container, cover, and refrigerate for at least 30 minutes or up to 1 day.
4. In a skillet, melt the 2 tablespoons of butter and add the apples; cook over medium heat for 1 minute, turning the apples carefully.
5. Sprinkle with 2 tablespoons of sugar; continue cooking for 2 minutes more or until the apples are softened slightly.
6. Transfer the apple mixture to the buttered dish.
7. Whisk the batter thoroughly and pour on top of apples.
8. Bake without opening the oven door for 25-30 minutes or until it is puffed and golden brown.
9. Sprinkle with confectioner's sugar and serve.

Dutch Baby

Tips

- ◇ While totally unnecessary, it's extra delicious with a drizzle of maple syrup.



Edna's Banana Cranberry Muffins

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☞ It is really easy, very good, and feels healthy.

Ingredients:

- 3 ripe bananas (mashed)
- $\frac{2}{3}$ cup white Sugar
- 1 egg (beaten)
- 1 teaspoon vanilla extract
- 1 $\frac{1}{2}$ cups whole wheat flour
- 1 teaspoon of baking powder
- 1 teaspoon baking soda
- 1 pinch salt
- 2 tablespoons vegetable oil
- 1 cup cranberries (frozen)

Preparation

1. Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.
2. Mash bananas and sugar together in a bowl; add egg and vanilla extract and mix well. Stir whole wheat flour, baking powder, baking soda, and salt together in a separate bowl; stir into banana mixture just until batter is mixed. Stir oil into batter and fold in cranberries. Spoon batter into the prepared muffin cups.
3. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 22 to 26 minutes.

Edna's Banana Cranberry Muffins





BREAD & APPETIZERS



Hummus Shami

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☞ I have been preparing it for class brunches and dinners for more than 30 years; people always want to know the recipe. It is something that I have carried with me from Damascus (hence Shami) but modified it a bit over the years.

Ingredients

- 1 can of chickpeas
- 3 cloves of garlic
- 200 g. tahini
- 1 tablespoon of tomato paste
- 1 lemon
- seeds of ½ pomegranate for garnish
- salt, pepper
- sumac
- cumin
- 200 g. olive oil

Preparation

1. In a large sauce pan fry 3 cloves of garlic in 150 g. of oil in a until slightly brown.
2. Poor the strained chickpeas and a cup of water over the oil and garlic, add water as needed but start with a cup full of water,
3. Add salt to taste, a dash of black pepper and a spoonful of tomato paste and boil for 20 minutes while checking the liquid level.
4. Lower the heat and simmer for 45 mins to an hour, until chickpeas are very soft.
5. Take the mixture with most but not all of the sauce, pour with equal volume of tahina (200 g.), and the juice of the lemon and a teaspoon of cumin into the blender.
6. Blend until smooth, if it gets too thick add some hot sauce until it reaches the smoothness of a thick milkshake. Taste the mixture to see if it needs more salt or lemon juice.
7. Pour the hummus in the serving deep plate. Cool for an hour. Decorate with cumin, sumac sprinkled in whatever form you like (I do intersect crosses of cumin and sumac), and the seeds of the ½ pomegranate. Drizzle the remaining oil on top and enjoy.

Tips

- ◇ Pairs well with all meat dishes, but could be eaten alone with whatever bread you prefer, although of course Syrian bread sliced in triangles and baked in the oven till brown is the best. Sliced tomato, radish, and/or pickled turnip add zest and flavor.

Hummus Shami



Science Project Quickbread

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Ingredients

- 2.5 c flour
- .5 c oats
- 170 g yogurt (non-dairy will work!)
- 2-4 tbsp of maple syrup, to taste
- 1 tbsp white vinegar
- 2 tsp baking soda
- 1 tsp salt
- Enough water to form a sticky dough

Preparation

1. Mix the dry ingredients (flour, oats, baking soda, salt) and whisk to combine.
2. Add yogurt, maple syrup, and white vinegar.
3. Stir to combine, slowly adding enough water to form a sticky dough; the dough should cohere, but remain pliable. You'll get a bit of a science project volcano reaction from the baking soda and vinegar, which also serve together as a "false yeast" and create a rise.
4. Knead and shape briefly (1-2 min) and allow to rest for 10 minutes.
5. Bake in a greased loaf pan for 50-60 minutes at 350 F.

Tips

- ◇ Easily made vegan with non-dairy yogurt!

Science Project Quickbread



Whole Wheat Country Bread

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☺ I took a bread baking class with Flour bakery during the pandemic and this has become part of my weekly ritual. It's an incredibly versatile bread recipe that you can adjust as you like, adding other ingredients and flavors. It's not too challenging and very forgiving if you mess any step up - you'll almost always end up with something edible!

Ingredients

Bread sponge:

- 3/4 cup water (170 grams)
- 1 cup (140 grams) and 1/4 cup (35 grams) all-purpose or bread flour
- 1/4 teaspoon active-dry yeast

Country bread:

- 1-1/2 cup (340 grams) water at just over body temperature
- 2 cups (~280 grams) all-purpose or bread flour
- 2 cups (~300 grams) whole wheat flour
- 1/4 teaspoon active-dry yeast
- 2 teaspoons salt
- 1 teaspoon sugar
- A little bit of oil (vegetable, canola, etc.)
- 2 tablespoons cornmeal
- 2 cups (~350 grams) bread sponge (prepared at least one night before)

Preparation

Bread sponge:

1. Mix water, 1 cup flour, and yeast until fully integrated.
2. Cover and let it sit for 4-8 hours.
3. Stir in the remaining 1/4 cup flour to stiffen the mix.
4. Cover with plastic and let the sponge sit in the fridge for at least 12 hours.

Country bread:

1. Mix the two types of flour the water together and then cover with loose plastic and let sit (autolyze) for 10-15 minutes to fully hydrate the flour.

2. Add the bread sponge, yeast, salt, and sugar and mix until it has the consistency of an earlobe. If mixing with a stand mixer, use a dough hook. If mixing by hand, start with a spoon or spatula and then wet your hand to mix by hand until it's the right consistency.
3. Add flour or water by the tablespoon if it's too wet or too dry.
4. Roll the dough into a ball, and pour oil down the sides of your bowl before rolling the dough along the sides to coat it fully in oil.
5. Then cover the bowl in plastic and let the bowl sit in a warm draft-free location for 2-3 hours. I like to use the oven or microwave. The dough will rise a little bit and feel a bit loose.
6. Flour your hands and a work surface before turning the dough out of the bowl. Shape the bowl into a ball by tucking the edges underneath the dough. If it's too sticky add more flour to the dough by the tablespoon.
7. Cover the dough again loosely with plastic and let it rise for 2-3 hours at room temperature.
8. During the last 30-45 minutes of the dough's second rising, preheat the oven at 500 degrees Fahrenheit. Place a covered Dutch oven in the oven as it preheats.
9. Once the dough has risen a second time, pull the Dutch oven out of the oven, sprinkle the cornmeal around the bottom, and carefully place the dough into the Dutch oven. Be careful not to burn yourself! At this point, feel free to dust some flour on the top of the dough and cut a slice along the center of the dough.
10. Replace the Dutch oven's lid and put it in the oven, then lower the oven temperature to 450 degrees. Let the bread bake for 30 minutes, then remove the lid and let it bake for another 10-15 minutes until it is golden brown on top.
11. After the bread is baked, let it cool on a wire rack for at least 1 hour before cutting into it. Store it in a paper bag if you expect to finish it right away, otherwise put it in a plastic bag to keep for longer.

Tips

- ◇ If you don't have a Dutch oven, you can roll your bread out into two buns, place them on a baking sheet and bake them with a pan with 1 cup of water to create a moist environment in the oven.
- ◇ You can replace the whole wheat flour with all-purpose flour if you like. Just don't use cake flour!

Popovers

Courtesy Erin McDowell @Food52

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☞ Never fails to impress and satisfy eye and stomach. I first had these decades ago at the Jordon Pond House in Acadia National Park. Then I started making them on my own at home, and they become a family favorite (though my grown children still insist on maintaining the tradition of having them at the Jordon Pond House every summer with lots of strawberry jam and swarming bees).

Ingredients

Makes 6 large popovers

- 1 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1 cup whole milk
- 4 eggs
- 2 tablespoons unsalted butter, melted, plus more for greasing the pan

Preparation

1. Preheat the oven to 425° F. Brush the cups of a popover pan with melted butter and place in the oven while it preheats.
2. In a large bowl, whisk the flour and salt to combine. In a large liquid measuring cup, whisk the milk and eggs to combine. Add the milk mixture to the flour while whisking constantly until a smooth, very liquidly batter forms.
3. Gradually whisk in the melted butter, mixing just until fully incorporated. Transfer the batter to a large liquid measuring cup (or another spouted vessel).
4. Remove the hot pan from the oven, and pour the batter into the cavities of the pan. Fill each cavity just over halfway full.
5. Bake the popovers—without opening or adjusting the oven—until they are golden brown and very tall, 20 to 25 minutes.
6. When you remove the popovers from the oven, puncture each on the top and/or the side with a sharp paring knife to release some of the steam inside. Serve the popovers warm, immediately.

Popovers





SOUPS/SALADS



Quinoa Salad

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☞ It is a yummy vegetarian dish and it can easily be vegan (as long as the feta is omitted). My mom went vegan a few years ago and I am always looking for good vegan recipes.

Ingredients

- ½ cup uncooked quinoa
- 5 tsp. olive oil
- 1 Tbsp. lime juice
- ¼ tsp. honey
- ¼ tsp. hot pepper sauce
- 1 tsp. ground cumin
- 1 tsp. kosher salt
- ½ tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. chili powder
- ⅛ tsp. black pepper
- 1 cup cherry tomatoes, halved
- ½ cup canned chickpeas, rinsed and drained
- 1 or 2 avocados, diced
- ½ cup crumbled feta cheese (optional)

Preparation

1. Cook quinoa according to instructions on package.
2. Whisk together olive oil, lime juice, honey, hot sauce, cumin, salt, paprika, garlic powder, chili powder, and black pepper.
3. Add cooked quinoa, tomatoes, chickpeas, avocado, and optional feta cheese and toss gently.

Tips

- ◇ If you did not want it vegetarian/vegan, grilled shrimp pairs well.

Quinoa Salad



Winter Squash Soup with Gruyere Croutons

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☞ This is my go-to winter soup! Vegetarian friendly and easily adaptable for vegan friends.

Ingredients

Soup

- 1/4 cup (1/2 stick) butter
- 1 large onion, finely chopped
- 4 large garlic cloves, chopped
- 3 14 1/2-ounce cans low-salt chicken or veggie broth
- 4 cups 1-inch pieces peeled butternut squash (about 1 1/2 pounds) *
- 4 cups 1-inch pieces peeled acorn squash (about 1 1/2 pounds) *
- 1 1/4 teaspoons minced fresh thyme
- 1 1/4 teaspoons minced fresh sage
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground ginger
- 1/8 cup whipping cream

Croutons

- 2 tablespoons (1/4 stick) butter
- 24 1/4-inch-thick baguette bread slices
- 1 cup grated Gruyere cheese
- 1 teaspoon minced fresh thyme
- 1 teaspoon minced fresh sage

Preparation

For soup:

1. Melt butter in large pot over medium heat. Add onion and garlic and sauté until tender, about 10 minutes. Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes.
2. Working in batches, puree soup in blender. Return soup to same pot. Stir in cream and bring to simmer. Season with salt and pepper. (Can be made 1 day ahead. Chill. Rewarm over medium heat before serving.)

For croutons:

1. Preheat broiler. Butter 1 side of each bread slice. Arrange bread, buttered side up, on baking sheet. Broil until golden, about 1 minute. Turnover. Sprinkle cheese, then thyme and sage over. Sprinkle with salt and pepper. Broil until cheese melts, about 1 minute. Ladle soup into bowls. Top each with croutons and serve.

* If you are not confident in your knife skills or lack a very very sharp one, I'd suggest roasting the squash, halved and seeded, on a baking sheet coated lightly with oil at 425 until soft, scooping it into the pot, and cooking it the rest of the way there. Peeling, seeding and chopping raw squash is not the easiest endeavor. Alternatively, you could buy butternut squash already peeled and chopped in many stores. Haven't seen acorn yet.

Tips

- ◇ Pairs well with a rainy day and works as a reheated leftover.

Winter Squash Soup with Gruyere



Turkey Chili

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☞ This was adapted from the Ohio Farmhouse Sausage Chili recipe that I grew up with. I miss my family in Ohio and I have been cooking this weekly throughout the pandemic for my family. The longer it simmers the better it gets. It is the ultimate "comfort food" for me.

Ingredients

- 1 Lb. Ground Turkey or Plant-based Grounds
- 1 large Onion, chopped
- 2-3 stalks of Celery, diced
- 1 tbsp olive oil
- 1 x (28 oz) can whole crushed tomatoes (can used Chopped too)
- 2 cups vegetable or chicken broth (or tomato juice)
- 2 tbsp maple Syrup
- 2 tbsp ground Cumin
- 1.5 tsp powdered sage
- 0.5 tsp black pepper
- 3 x (15 oz) cans of cooked beans - 1 each red kidney beans, black beans, and pinto beans
- Optional: 1 cup frozen corn kernels

Preparation

1. Heat olive oil on medium-high in a large skillet or dutch oven. Cook chopped onion and celery until softened (~5 min).
2. Add ground turkey or plant-based grounds to onion and celery, breaking it up and sautéing with the onions and celery until cooked and integrated together. Do not brown the vegetables (7 to 10 min).
3. When the celery and onion mix is softened, add all other ingredients except the beans.
4. Stir together and bring to a boil. Turn down to low/medium-low and simmer for 20 min.
5. Rinse the canned beans and add them to the chili. Add the corn (optional).
6. Simmer for 15 more minutes and serve with toppings of your choice (sour cream, avocado, cheese, hot sauce, etc.)

Tips

- ◇ Swap ground turkey for plant-based grounds and use vegetable broth to make vegan. Especially good as a baked potato topping or in tacos (with added hot sauce).

Turkey Chili



Zuppa di Ceci:

Traditional Italian Chickpea Soup, Reinvented

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☞ This is a family recipe — a different take on more traditional Italian chickpea soups. The process can feel long and arduous, especially while peeling the chickpeas(!) but it's very therapeutic. Listen to music, turn on Netflix, or cook in silence. The final product is delicious and best in the winter months!

Ingredients

- 1 can chickpeas (28 or 29 oz), drained (& peeled—refer to instructions). Liquid must be set aside after draining chickpeas for use later—don't forget!
- 1 cup reserved chickpea liquid.
- 1 can peeled whole tomatoes (28 oz), drained. Liquid should be set aside for use later (to taste).
- ¼ cup reserved tomato juice.
- ½ cup olive oil.
- 1-2 fresh rosemary stalks: leaves removed and finely chopped; stalks discarded.
- 2-4 fresh sage leaves finely chopped.
- 2 cloves fresh garlic minced.
- ½ cup chopped medium onion.
- 3 cups chicken or vegetable stock.
- 1.5 or 2 cups dried tubetti or ditalini pasta (or other miniature pasta)
- Chopped fresh parsley for garnish (to taste).
- Grated or shaved Parmesan cheese (to taste).

Preparation

1. Open the can of chickpeas and carefully strain in the sink with a bowl underneath to collect the can's liquid. Set the liquid aside for use later on in the recipe.
2. Peel the chickpeas, removing and discarding the skins/sleeves. Set chickpeas aside.
3. Open the can of whole peeled tomatoes and carefully strain in a very fine sieve in the sink with a bowl underneath. Using a spoon, cloth, or your hands, push tomatoes into the sieve, pressing out/removing as much liquid as possible. Set collected liquid aside for us later on in the recipe (to taste).
4. Prep onions, garlic, and herbs.
5. Heat olive oil in a large pot or dutch oven.

6. Sauté onions, waiting for them to become slightly translucent, then add garlic and herbs (sprinkle in some salt and pepper as you please). Sauté 2-3 minutes on low to medium heat.
7. Add in chickpeas.
8. Immediately add drained tomatoes with $\frac{1}{4}$ cup of the reserved liquid from the can. Stir and increase heat to medium-high. Cover pot with lid and cook tomatoes through for 10 minutes. Check every couple minute and stir to ensure the ingredients don't stick to the bottom of the pot or burn.
9. Remove from burner and let cool for 30 minutes. Feel free to put it in the fridge to cool faster.
10. Once cooled, transfer the tomatoes-onion-garlic-herbs into a food processor or blender and puree until smooth but thickened. Return it to the pot/dutch oven.
11. Add chicken or vegetable stock. Cover and bring to a boil, lowering high heat to medium. Cook covered ten minutes on a medium to medium-high heat. Stir occasionally.
12. Remove lid, add dry pasta, and stir to prevent clumping.
13. Continue to cook until pasta is 'al dente.' Stir occasionally.
14. Reduce heat to low to keep warm, or turn stove off entirely but keep covered.
15. Chop fresh parsley and shave/grate Parmesan cheese to taste!
16. Serve in a soup bowl topped with garnishes and enjoy! Made with love!

Tips

- ◇ Baguette or Italian bread to dip in the soup.

Zuppa di Ceci



Lemon Lentil Soup

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🍲 It's flavorful, healthful, and filling - a perfect cozy winter soup recipe. I find lentil soup to be a very comforting dish and wanted to share it with the SA+P community!

Ingredients

- 2 cups red (shelled) lentils
- Bunch of Chard (Swiss, rainbow, or another green)
- 2 cloves garlic
- Dried mint
- 1 white onion
- Olive oil
- 2-3 lemon
- Salt

Preparation

1. Place lentils in the pot with 6 cups of water and add salt. Bring to a boil. Once boiled, reduce heat to low and wait for lentils to cook through completely. They should dissolve and become soft.
2. Dice the onion into small-ish pieces.
3. Take the chard and chop the leaves into small-ish pieces. Throw away the stalk.
4. Once lentils are dissolved (should be thick) and soft, add onion and chard and mix them in. Continue to let simmer.
5. Crush two cloves of garlic and sauté in the pan with dried mint and olive oil. Let it cook completely, it allows the flavors to fuse together.
6. Add garlic-mint mixture to lentil combination. Stir in completely.
7. Squeeze lemons and add juice to the combination. Add to taste.
8. Add salt and lemon juice as needed.
9. This should take about 20-25 minutes total. Enjoy!

Tips

- ◇ It's vegan and gluten-free! It also freezes well if you make a large portion.

Lemon Lentil Soup



Slow Cooker Tortellini and Spinach Soup

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🏠 I make this recipe a fair amount especially in the winter. It's easy, tasty and you can pack in the spinach!

Ingredients

- 1 medium yellow onion, diced
- 1/3 cup all-purpose flour
- 1 tbsp dried basil
- 2 cloves garlic, minced
- 2 tbsp tomato paste
- 3 tbsp olive oil
- 4 cups chicken broth
- 2 (14.5 oz.) cans petite diced tomatoes
- 1 to 1 1/2 lbs. chicken breast
- 1 tsp salt
- 1/2 tsp pepper
- 4 cups fresh or frozen cheese tortellini
- At least 3 cups packed baby spinach
- 1/2 cup parmesan cheese
- 1 cup heavy cream or half and half

Preparation

1. In a microwave-safe bowl add onions, flour, basil, garlic, tomato paste. Drizzle with olive oil. Microwave for 5 minutes, stirring every 90 seconds. Add the mixture to the slow cooker.
2. Add broth, tomatoes, chicken, salt and pepper to the slow cooker. Stir.
3. Cover and cook on LOW for 4-6 hours or on HIGH for 3-4 hours (until chicken is very tender).
4. Remove lid and remove chicken using a fork. Set aside.
5. Add the tortellini, spinach, parmesan cheese and warmed cream (prevents curdle).
6. Using a fork, shred the set-aside chicken. Then put it back into the slow cooker.
7. Put the lid back on and cook on HIGH for about 10 minutes, or until tortellini are cooked through.
8. Serve!

Tips

- ◇ Another option: substitute pre-cooked chicken/turkey Italian sausage for the chicken during the last 10 minutes of cook time (Step 7).

Slow Cooker Tortellini and Spinach Soup





ENTREES



Aida Sarkis' Maqlouba

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 This is my mother's version (Aida Sarkis) of a traditional Lebanese recipe.

Ingredients

- 2 medium eggplants
- 400 grams minced meat
- 2 onions diced
- A handful of pine nuts
- 1 1/2 cups basmati rice
- 3 cups hot water
- Salt, allspice, and cinnamon to taste
- Vegetable oil for frying

Preparation

1. Peel the eggplants (optional) and cut into 1/2 - inch - thick half-moons. Season with salt and let sit for 30 minutes.
2. Press the eggplants with paper towels until dry. Heat vegetable oil (about one inch) in a large skillet, then fry the dried pieces in one layer over medium high heat until lightly browned, about 4 minutes per patch. (You may need to add a little oil). Drain on paper towels; if the eggplants are too oily press on them with more paper towels.
3. Heat 3 tablespoons vegetable oil in a nonstick low casserole and fry the onions over medium heat for 3 to 4 minutes until soft. Add the meat, salt and spices and continue cooking for another ten minutes, stirring occasionally. Turn off the fire and add the pine nuts. Spread evenly in the casserole.
4. Wash the rice and soak in water for ten minutes. Drain the rice, put in a bowl, add a little salt and more spices if desired, and toss to mix thoroughly with the rice.
5. Arrange the eggplants in an overlapping manner to cover the meat. Then add the rice and spread evenly pressing lightly with the hand. Add the hot water very slowly and gently cook over medium high until it starts boiling, then cover tightly and continue cooking over low heat for 20 minutes. Check the water level, you may need to drizzle half a cup of hot water more than once. Put a coaster under the casserole and let it simmer until the rice is done. The whole process should take around one hour depending on the kind of rice. Make sure that no water is left.
6. Keep the casserole covered for five minutes before inverting on a flat plate or tray that is larger than the casserole.


Aida Sarkis' Maqlouba



Ropa Vieja (Cuban Shredded Beef)

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 This traditional Cuban dish is the first “grown up” meal I learned how to cook. My mom dictated the recipe over the phone, using such exact measurements as “un poquito” (a little bit). Since then, I can make this without batting an eye. It is reliably delicious and has become a staple in my house.

Ingredients

- Flank steak
- Lime juice
- Cumin
- Salt
- Pepper
- Half a green pepper, chopped
- Half a yellow onion, chopped
- 2-3 tablespoons minced garlic
- 8 oz can of tomato sauce
- 1 cup vino seco

Preparation

1. Season flank steak with lime juice, salt, pepper, and cumin.
2. Place seasoned steak in pressure cooker. Add enough water to cover half of the steak. Close pressure cooker and cook on high until pressure builds up. Then seal the pressure cooker and reduce heat to medium. Cook for 25 minutes.
3. While meat cooks, sauté green pepper and onions in a pot until soft. Add garlic. This mixture (peppers, onions, and garlic) is called sofrito.
4. When meat is ready, take it out of the pressure cooker and shred.
5. Add shredded beef to the sofrito pot. Stir and cook for 5 minutes.
6. Add tomato sauce and vino seco.
7. Lower heat to medium low. Stir and cook until liquid reduces (approximately 30 minutes). I like my ropa vieja on the saucy side, but you can cook until it is the consistency you prefer.
8. Add additional salt and cumin to taste.

Ropa Vieja



Shouyu Chicken

Dineen Doucette

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Ingredients

- 2 tbsp. vegetable oil
- 5 chicken thighs (can also make with boneless pork loin)
- 1c. soy sauce (low sodium)
- 1c. water
- 1c. sugar (I often use 1/2 stevia)
- 2 cloves garlic
- 1 tbsp. ground ginger (or 1 peeled & crushed slice of ginger - optional)
- 1 tbsp. mirin - or rice vinegar or apple cider vinegar

Preparation

1. Heat oil in Dutch oven style pot
2. Add garlic & ginger to heat slightly.
3. Add chicken to brown a bit on skin side. - be careful not to burn garlic & ginger.
4. Pour Shoyu & water over chicken to just cover chicken pieces. Add more Shoyu if necessary
5. Add sugar... give a taste of sauce after a minute or so. I usually end up adding more sugar!
6. Add the Mirin or vinegar
7. Let the chicken pot cook slowly over medium low heat for about an hour. You want a low simmer - not a boil.
8. When nearly cooked, if you want to thicken the sauce, add a slurry of corn starch & warm water & stir into sauce to mix.

Shouyu Chicken



Eggplant with Buttermilk Sauce & Pomegranate

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🏠 I've made it before & it's delicious! I love any Ottolenghi recipe

Ingredients

- 2 large and long eggplants
- 1/3 cup olive oil
- 1.5 tsps lemon thyme leaves
- sea salt and black pepper
- 1 pomegranate
- 1 tsp za'atar

For the sauce:

- 9 tbsp buttermilk
- 1/2 cup greek yogurt
- 1.5 tsps olive oil, plus a drizzle to finish
- 1 small garlic clove, crushed
- pinch of salt

Preparation

- 1 Preheat the oven to 400°F. Cut the eggplants in half lengthways, cutting straight through the green stalk (the stalk is for the look; don't eat it). Use a small sharp knife to make three or four parallel incisions in the cut side of each eggplant half, without cutting through to the skin. Repeat at a 45-degree angle to get a diamond-shaped pattern.
- 2 Place the eggplant halves, cut-side up, on a baking sheet lined with parchment paper. Brush them with olive oil – keep on brushing until all of the oil has been absorbed by the flesh. Sprinkle with the lemon thyme leaves and some salt and pepper. Roast for 35 to 40 minutes, at which point the flesh should be soft, flavorful and nicely browned. Remove from the oven and allow to cool down completely.
- 3 While the eggplants are in the oven, cut the pomegranate into two horizontally. Hold one half over a bowl, with the cut side against your palm, and use the back of a wooden spoon or a rolling pin to gently knock on the pomegranate skin. Continue beating with increasing power until the seeds start coming out naturally and falling through your fingers into the bowl. Once all are there, sift through the seeds to remove any bits of white skin or membrane

- 4 To make the sauce: Whisk together all of the ingredients. Taste for seasoning, then keep cold until needed.
- 5 To serve, spoon plenty of buttermilk sauce over the eggplant halves without covering the stalks. Sprinkle za'atar and plenty of pomegranate seeds on top and garnish with lemon thyme.
- 6 Finish with a drizzle of olive oil.

Tips

- ◇ Serve over white rice

Eggplant with Buttermilk & Pomegranate



Beef & Broccoli

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Ingredients

- ½ lb Beef
- ½ tbsp Shao-sing wine or sake
- Dash of white pepper
- ¼ tsp salt
- ½ tsp sugar
- 1tbsp soy sauce
- ¼ tsp baking soda (optional)
- 2 tbsps of water
- 5 tbsps oil
- 1 tsp minced fresh ginger
- 2 tbsp oyster sauce (optional)
- ¼ cup of chicken stock
- 1 lb of fresh broccoli
- ½ tbsp cornstarch

Preparation

1. Trim off most of the fat from beef. Slice beef crosswise into 1/6 inch thick by 1-inch wide by 2-inch-long pieces. In a bowl, mix sliced beef with wine, pepper, sugar, soy sauce, baking soda, 2tbsp of water (omit water if baking soda is not used), cornstarch. Mix everything thoroughly, then add 1 tbsp oil to the beef mixture and mix well. Marinate for 15 minutes.
2. Wash broccoli in cold water and shake off the water stalk by stalk. Peel off the tough skin on the stems, then cut the flowery part in 2-inch long by 2/3 inch in diameter. Slice the stems diagonally into 2 inch long by ½ inch thick pieces.
3. Set a wok or a skillet over high heat, pour 2 tbsps. oil into the skillet. When oil is hot, add salt and then broccoli, stir-fry for 1 minute, add stock and cover pan. Cook 2-3 minutes. Remove lid and scoop out vegetables onto a plate.
4. Pour the remaining oil into the wok or skillet. When oil is hot, add ginger then drop in the beef. Stir around for 30 seconds, add oyster sauce, continue to stir until pinkish color is gone. Add the cooked broccoli and cook long enough just to mix the meat and vegetables together.
5. Transfer meat and broccoli to plate and serve with steamed white rice.

Beef & Broccoli



Vegan Dirty Rice

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☺ It's one of the better vegan entrees that I have cooked/eaten over the course of the past year.

Ingredients

All ingredient amounts are per serving of dirty rice. I recommend making it in multiples of 4 servings.

- Vegan sausage, ground, 0.25 lbs
- Onions, 0.25
- Bell peppers, green", 0.25
- Celery, 0.25 cup
- Garlic, 0.75 clove
- Salt, kosher, 0.125 tspn
- Rice, dry white, 0.375 cup
- Broth, vegetable, 0.875 cup
- Onions, green, - taste
- Parsley, - taste

Seasoning:

- paprika smoked, 0.25 Tbsp
- salt kosher, 0.5 tspn
- garlic powder, 0.5 tspn
- black pepper, 0.25 tspn
- white pepper, 0.25 tspn
- onion powder, 0.25 tspn
- oregano, dried, 0.25 tspn
- cayenne pepper, 0.25 tspn
- thyme, dried, 0.125 tspn

Preparation

1. Add ground vegan sausage (Impossible Spicy Sausage is ideal) to a dutch oven or heavy bottomed pan set over medium heat. Crumble with a spatula and cook 4-5 minutes until no pink remains.
2. While the sausage is cooking, mix together the various seasoning ingredients (this is the Cajun seasoning).
3. Add onion, garlic, green pepper, celery, Cajun seasoning, and salt. Stir until softened, about 5 minutes.
4. Add rice and vegetable broth. Bring to a boil, reduce heat and simmer covered about 20 to 23 minutes or until rice is cooked.
5. Garnish with green onions or parsley.

Vegan Dirty Rice



Ann Pettigrew's Ricotta Cheese Gnocchi Recipe

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Ingredients

- 1 lb. ricotta – drained
- 2 cups flour
- 3 eggs
- a little salt to taste

Preparation

1. Blend together until well mixed – I use my mixer since I do not have a Cuisinart
2. Create a large glob of dough and place on a floured board and let stand (covered with a dish towel) about 20 minutes
3. Slice dough in half and keep half covered while working with the first half.
4. The dough will be very sticky so use flour to help work it - but sparingly - or they will be too heavy.
5. Cut off a piece of dough, place on floured board and roll it into a narrow strip. Cut strip into small pieces. Roll each piece down the tines of a fork to create the ridges. Place rolled gnocchi on a cookie sheet lined with a piece of waxed paper that has been floured. Keep the pieces separated so that they do not stick together. When you have filled one cookie sheet, place cookie sheet in the freezer until the gnocchi are frozen solid, then place them in sealed plastic bags for future use. If you do not wish to freeze them, just place them on a floured board before cooking. Go through the same process with the remaining dough.
6. Cook gnocchi in boiling salted water, stirring frequently to avoid sticking, until the small pieces start coming to the top. Sample a few for the consistency you wish. Drain them; place them in sauce and enjoy!

Ann Pettigrew's Ricotta Cheese Gnocchi Recipe



Hoppin John

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☺ I grew up in the American South and this recipe was what I cooked for my own growing family when we were celebrating the New Year in California, and then Massachusetts. Best is when I can serve it with a mess of greens -- together the black-eyed peas and greens make an auspicious meal for the new year with the greens symbolizing "folding cash" and the peas "spending change" -- resources to hold, resources to share. The history of this dish was largely unacknowledged in my childhood. As an adult, I have grown to understand and honor its origins.

Ingredients

- Black-Eyed Peas (2 cups dry)
- Ripe Tomatoes (2 medium)
- Scallions (3)
- Cheddar cheese (1/2-1 cup diced)
- Cooked brown rice (2 cups cooked)

Preparation

1. Cook the peas but stop well before they get mushy, you want them intact. If you have it around, put in a bay leaf and a little smoked paprika or season with smoky salt (this keeps it vegetarian; of course, at home there would have been a ham hock.)
2. Meanwhile chop about 3 scallions into tiny rounds, dice tomatoes into same-sized chunks, and dice cheese.
3. Warm up the rice in a microwave with a damp towel on top to moisten it up.
4. Combine everything while it's warm but not so hot as to melt all the cheese

Chicken Adobo

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- ☰ It's been 5 years since I moved to Boston from California and let me tell you that Boston's diverse culture took my breath away but no matter how far my feet would take me, nothing could compare to home-cooked Adobo.
- ☰ If you're wondering what I'm talking about. Well, Adobo is a traditional Filipino dish of chicken or pork stewed in vinegar, garlic, soy sauce, bay leaves, and peppercorns. It is an authentic Filipino dish and believe it or not, it's the simplest and most recognized recipe in the Philippines. The word "Adobo" is derived from the Spanish word "adobar" which means marinade or pickling sauce. In pre-colonial times, our ancestors used vinegar and salt as a way of preserving food, keeping it edible for longer. When the Spaniards arrived in the Philippines, they saw how the Filipinos used vinegar to marinate their chicken, pork, and fish. It was labeled 'adobo de los naturales - adobo of the natives. The name stuck.
- ☰ My grandmother would say cooking Adobo is personal. And she was right. The dish is actually tailored to one's own preference. You have the freedom to put as much salt or pepper as you want. You can pour the entire bottle of vinegar or soy sauce if you wanted. However, deep down you have this feeling of being considerate to other people's taste palettes that are going to try your Adobo. Knowing this struck me because it reflected something pivotal about the integral human experience. Food always tastes better when it is shared with family, friends, and loved ones. This is why this dish is important to my family. Simple acts such as cooking Adobo and sharing it can make someone feel happy, loved, and accepted. Your knowledge, your culture, and your kindness, no matter how small or simple it may be, must be imparted and shared with other people.

Ingredients

- 2lbs Chicken (legs or thighs)
- 3 pieces of dried bay leaves
- 8 tablespoons soy sauce
- 4 tablespoons white vinegar
- 5 cloves garlic (crushed)
- 1 1/2 cup water
- 3 tablespoons cooking oil
- 1 teaspoon whole peppercorns

Preparation

1. Combine chicken, soy sauce, and garlic in a large bowl. Mix well. Marinate the chicken for at least 1 hour or longer. Note: the longer the time, the better. Overnight is best.
2. Grab a heavy-bottomed pot or Dutch oven and heat oil over medium heat until shimmering.
3. When the oil is hot enough, add chicken pieces to the pot in a single layer, skin side down, making sure not to overcrowd the pot. (Work in batches if necessary) Cook until well browned, 6-7 minutes. Using tongs, flip chicken pieces and cook until lightly brown on the second side, about 3 minutes.
4. Pour-in the remaining marinade, including garlic. Add water. Bring to a boil.
5. Reduce heat to low. Add dried bay leaves and whole peppercorn. Simmer for 20 minutes or until the chicken is cooked through and tender.
6. Add vinegar, sugar, and salt. Stir and cook for 10 minutes. Then turn the heat off. Serve hot.
7. Serve & Enjoy!

Chicken Adobo



Cacio e Pepe

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☞ It only has three ingredients and is super simple, but can take a long time to master.

Ingredients

- Olive oil
- Black Pepper
- Pecorino
- Pasta

Preparation

1. Boil water and cook the pasta very al dente,
2. **2 minutes before pasta is ready**, heat olive oil in a pan and grind a lot of black pepper (more than you think you need) into it.
3. Wait until pepper is fragrant, then add a large cup of pasta water, followed by a heap of freshly grated pecorino Romano.
4. Then, add the pasta and stir like crazy to create a smooth emulsion of cheese and pasta.

Tips

- ◇ It takes a little practice to avoid the cheese separating, pasta that leeches a lot of flour into the water is best. If the pasta is not salty enough, use more pecorino (don't add salt).

Cacio e Pepe



Shakshuka

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☞ Shakshuka is one of my wintertime favorites: I feel like it warms me up from the inside!

Ingredients

- large white onion
- *several* cloves garlic
- fun-colored bell peppers (2)
- jalapeño
- large can of whole tomatoes
- feta/goat cheese
- 2-3 eggs per person as desired
- hot sauce

Preparation

1. Thickly chop onions and cook with olive oil in a cast-iron pan on medium-low heat for ~15 minutes
2. After 5 minutes, add chopped peppers
3. After 15 minutes, add garlic, cook for further ~3 minutes
4. Crush tomatoes and stir in. cover pan and let simmer for 10 minutes. Stir in cheese.
5. Crack eggs and drop whole into the stew. Do this step as quickly as you can: the eggs start cooking immediately, and you want them to all cook evenly!
6. Immediately after, place in over with broiler set to 450. Let sit for 7 minutes, then check.
7. this last step is very sensitive! Too little time, and the eggs will not have cooked. Too much time, and they'll be too hard. Pull them out shortly after the tops turn solid white. Note that the eggs will keep cooking a little bit after you remove them.
8. Serve with hot sauce and warm bread!

Tips

- ◇ Pairs with: bread of your own choosing.
- ◇ I usually make shakshuka for dinner, but it's a great breakfast as well. Also, it is naturally gluten-free (depending on your optional bread choice, of course!)

Shakshuka



Dr. Pepper BBQ Pulled Pork

Chris Jenkins

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 Bit of a standby when serving a lot of people at a cookout.

Ingredients

- 2 1/2 - 3 lb boneless pork shoulder roast
- 1/2 to 1 can Dr. Pepper
- 1 small yellow onion, chopped (1 cup)
- 1 cup balsamic/ red wine/ apple vinegar
- ½ cup water
- 1/4 cup/60 mL butter
- 1 beef bouillon cube
- 1 tablespoon/15 mL paprika
- 2 teaspoons/10 mL chili powder – use for the pork rub
- 3/4 cup ketchup
- 1/3 cup honey
- 1/4 cup packed dark brown sugar
- 1 Tbsp Worcestershire
- 1 Tbsp Dijon mustard
- 2 cloves garlic, minced
- Salt and freshly ground black pepper
- Hamburger buns
- Coleslaw (optional)
- Pickles (optional)

Preparation

1. Trim fat from pork roast and place in a slow cooker. Pour Dr. Pepper over. Top evenly with onions and lightly sprinkle with chili powder. Cover and cook on LOW 8 - 9 hours or HIGH 4 1/2 hours.
2. Remove pork from slow cooker, shred while removing any fat. Drain onions and broth from slow cooker and discard then return shredded pork to slow cooker (set slow cooker on warm at this point). Pour in sauce mixture and toss to evenly coat. Serve in buns with coleslaw.

For the sauce:

1. Cook butter with garlic, let it soak until before its browned.
2. Add water with bouillon cube, let it dissolve.
3. In a medium saucepan whisk together balsamic vinegar, ketchup, honey, brown sugar, Worcestershire, mustard, garlic, 1/2 tsp pepper and season with salt to taste (keep in mind pork is usually pretty salty so you won't need much).
4. Bring the sauce to a boil over medium heat, then reduce to a simmer and cook, stirring occasionally, until slightly thickened about 20 - 25 minutes.

Dr. Pepper BBQ Pulled Pork

- ◇ (Recommend making a double batch, never hurts to have a lot for serving. If you want a thicker sauce, allow reduction. Multiply the ingredients for greater portions, but be aware this will increase the needed reduction time). Place to the side until needed.



J Kenji Inspired Spicy Lemongrass- &-Turmeric Roast Chicken

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☞ I've made it a few times, and it's pretty delicious. J. Kenji is a baller and I love cooking out of his book.

Ingredients

- 2 stalk lemongrasses
- 2 teaspoons grated fresh ginger
- 2 medium cloves garlic minced
- ½ shallot minced
- 1 serrano chile
- 1 teaspoon turmeric
- 2 teaspoons salt
- 1 teaspoon brown sugar
- 1 tablespoon canola oil
- 1 whole chicken (about 4 lbs)

Preparation

1. Trim the ends of the lemongrass stalks and discard. Cut off the outer layer of dry leaves and discard. You want that tender center! Now, chop up the lemongrass stalks and combine it with all the other ingredients (except the chicken) in a food processor to create a chile mixture.
2. Heat oven to 425 with a tray inside.
3. Separate the skin from the chicken's breasts and rub the chile mixture under the skin and all over the chicken
4. Pull out hot tray, place chicken on its back, and cook for 1 hour until the internal temperature is at least 155.

Tips

- ◇ Shichimi Togarashi sprinkled Brussel sprouts makes for an excellent pairing.

Peanut Curry with Chicken & Vegetables

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☺ I make this all the time; it's a great comfort food and I love peanut sauce on everything. It's also very easy to alter if you want to try other spices or use different veggies!

Ingredients

- 2 tbsp vegetable oil
- 2 tbsp red curry paste
- 1 lb. chicken breasts, thinly sliced
- 1 1/2 tbsp garlic, minced
- 1/2 tsp chili powder
- 1/2 tsp cayenne pepper
- 1/2 tbsp fish sauce (optional)
- 1 tsp sesame oil (optional)
- 1 med yellow onion
- Many small or 3 med potatoes, sliced
- 1 bell pepper, sliced
- 3/4 cup creamy peanut butter
- 1/2 cup brown sugar
- 2 - 13.5 oz cans coconut milk

Preparation

1. Heat oil in large skillet on med-high heat. Add onions, cook 3-5 mins.
2. Add garlic, cook 1 min.
3. Add red curry paste, stir and cook until bubbling.
4. Add chicken and brown.
5. Remove chicken to a plate.
6. Whisk in peanut butter, brown sugar, chili powder, cayenne pepper, fish sauce, sesame oil, & coconut milk. Whisk until smooth.
7. Add bell peppers, potatoes, and browned chicken.
8. Simmer until chicken is cooked through. Serve with jasmine rice.

Peanut Curry with Chicken & Vegetables



Yuvarlakia: Meatballs w/ Rice in Yogurt Sauce

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🍲 A hearty, warm soup straight from my childhood years! Personal favorite and one that my kids constantly ask for!

Ingredients

- 1LB ground beef
- 1/4 cup arborio rice
- 1 onion, medium
- 1 clove of garlic
- 1 tablespoon dill
- thyme
- lemon zest, of 2 lemons
- mint
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 egg, medium
- 5 cups of water/broth
- 2 bay leaves
- rosemary
- lemon peel, of 1 lemon

For the yogurt sauce

- 1 cup greek yogurt
- lemon juice, of 1 lemon
- pepper
- salt
- 3 tablespoon(s) dill
- 2 tablespoon(s) stock, from the meatballs

Preparation

For the meatballs - Yuvarlakia

1. In a bowl, add the finely chopped onion, minced garlic, dill, finely chopped mint, thyme, salt, pepper, lemon zest, rice, ground meat, 2 tablespoons olive oil and 1 medium egg.
2. Mix thoroughly until all of the ingredients are completely combined.
3. Shape the mixture into small meatballs and place them in a pot.
4. In the pot, add 5 cups of broth, rosemary, lemon rind, and 2 bay leaves.
5. Cover the pot, place over low heat, and simmer for 30-40 until cooked through.

For the yogurt sauce

1. In a bowl, whisk together the yogurt, lemon juice, pepper, salt, dill and meatball broth.
2. Add mixture to pot and stir very slowly to mix.
3. Serve with olive oil, lemon zest, pepper and all of the aromatics from the pot.

Meatballs w/ Rice in Yogurt Sauce - Yuvarlakia

Tips

- ◇ Serve with olive oil, lemon zest, pepper, oregano, and fresh bread. You can never go wrong with some feta cheese alongside this dish!



Vegan Ghapama with a Twist, aka Stuffed Butternut Squash

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☞ Over the winter break, I decided to experiment with an Armenian dish called Ghapama. Traditionally, the dish is a pumpkin, stuffed with meat, rice, raisins, dried fruits, nuts, cinnamon and honey. As a vegan, I can't eat the original version of the dish and I wanted to create a dish that has similar textures and flavor palette. I served the dish at a small dinner recently and it didn't disappoint!

Ingredients

Squash preparation:

- 1 Small butternut squash
- Drizzle of olive oil
- Salt and pepper

Stuffing:

- 1 cup chickpeas
- 1/2 cup finely chopped mushrooms
- 1/4 cup dried cranberries
- 1/3 cup chopped walnuts
- A few sprigs of coriander, finely chopped

- 2 tbsp pomegranate molasses
- 1 tbsp vegan yogurt
- 1/2 tsp of sumac
- 1/2 tsp of cinnamon
- Drizzle of olive oil
- Salt and pepper

Tahini drizzle:

- 2 tbsp tahini
- Juice of half a lemon
- Salt

Preparation

1. Preheat your oven to 375 degrees Celsius.
2. Wash and dry your butternut squash. Cut in half and scoop out the seeds.
3. Drizzle the inside of the squash with olive oil, add salt and pepper and make sure it's fully coated.
4. Bake the squash for 30 minutes and meanwhile work of your stuffing.

5. **To make the stuffing:** mix the chickpeas, mushrooms, dried cranberries, walnuts, coriander, pomegranate molasses, yogurt, sumac and cinnamon in a medium sized bowl. Add a drizzle of olive oil and season with salt and pepper to taste.
6. Check your squash at the 30-minute mark with a fork to make sure it's soft.
7. Take the squash out of the oven, scoop out some of the flesh to make room for the stuffing.
8. Add the stuffing to the squash and return to the oven. Continue baking for 10-15 more minutes.
9. **To make the tahini drizzle:** combine the tahini, lemon juice and salt. Add a bit of water to thin out the mixture.
10. Take out of the oven, drizzle the sauce on top and enjoy alone or with a simple salad on the side.

Tips

- ◇ Don't throw out the butternut squash seeds! They can be delicious if roasted with a drizzle of olive oil, salt, pepper and cumin. Bake them for 10 minutes or until you hear the seeds jump in the oven, that's when they get super crispy. You can snack on them while the squash continues to cook!
- ◇ If you can't find pomegranate molasses near you, visit Arax market or Sevan bakery in Watertown, you won't regret it.
- ◇ This dish is often cooked on New Year's Eve or Armenian Christmas. Make sure you listen to the ghapama song to get into the celebratory mood that comes with the dish! Link here: <https://youtu.be/VeYCbOazHa0>

Vegan Ghapama with a Twist, aka Stuffed Butternut Squash



Instant Pot Mujadara

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☺ I'd never had this flavor combination before. I love the marriage of the cumin, cinnamon and coriander!

Ingredients

- 1 cup brown basmati rice, washed
- 1 cup green or brown lentils (soaked overnight in 4 cups of water)
- 2 large onions (1 diced, 1 chopped in half-moons)
- 2 garlic cloves, minced
- 2 TBSP olive oil
- 1/2 cup fresh cilantro
- 2 bay leaves
- 2.5 cups chicken or vegetable broth
- 1/2 TBSP cumin
- 1/2 TBSP coriander
- 1-2 tsp cinnamon
- salt to taste
- plain yogurt for serving

Preparation

1. Heat 1 TBSP of the oil in Instant Pot using "Sauté" function.
2. Add the half-moon chopped onions and sauté until onions caramelize. Remove all contents from pot and set aside for final garnish.
3. Add the remaining tablespoon of oil, diced onion and garlic and again use the "Sauté" function for 3-4 minutes.
4. Add bay leaves, cumin, cinnamon and coriander.
5. Add soaked drained lentils and rinsed rice. Add broth.
6. Close lid and twist to seal the vent.
7. Use the "Pressure Cook" setting for 6 minutes allowing the pot to release naturally.
8. Garnish with the caramelized onions and plain yogurt to taste.

Tips

- ◇ Pairs well with a green salad.

Migas

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☞ This is Spanish history. Developed by Arabs, embraced by shepherds, transmitted till my generations, Migas is a dish that helped people even in the hard post war times as they only require flour water and oil to make the main base. Now, It is the synonym of gathering on a rainy day (It's a winter dish, a Migas over the summer can be interesting).

Ingredients

All ingredient amounts are per serving of dirty rice. I recommend making it in multiples of 4 servings.

For the toppings:

- Green Italian Pepper
- Pomegranate
- Grapes
- (Optional) Pork belly/Sausage /Chorizo
- Garlic
- Olive Oil

For the Migas:

- Water (1 cup per person)
- Flour (1 cup per person)
- Garlic (2 cloves per person)
- Olive Oil

Preparation

First, we start with the toppings as we will use that olive oil to make the migas and boost their flavour.

1. Put olive oil in the pan, add garlic and cook the peppers till they start getting brown.
2. If you choose the meat version, fry now the meat. Try to let the garlic in the pan from the previous batch of peppers
3. Peel the pomegranate and wash the grapes.
4. Cut the tomato in 4 pieces
5. Serve all the toppings in different containers.

Now, we make the base of the dish, the Migas. I highly recommend to make them over a big non-sticky pan.

1. Add the garlic used with the toppings with a small part of the olive oil into a pan
2. With the pan off, add the water (preferably hot). Turn the gas on
3. When the water is getting warm, add the flour and mix
4. Add salt. Try the dough until is nicely salted.

5. This is a workout. Now, when the dough is mixed, add the rest of the oil.
6. With a wooden flat spatula, pinch the dough and flip it until you make scrambles. This can take up to 1h - 1h 30min. Highly recommended to do it with friends to divide and conquer when you have dry-ish scrambles.
7. Serve now a base of Migas, add your favorite toppings and enjoy an old school southern Spanish meal.

Migas



Shrimp & Lounge

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📖 A quick and easy recipe that I created after coming to MIT

Ingredients

- 1 medium-sized banana, sliced
- 1 lb peeled and cleaned shrimp
- 1"-piece ginger, peeled, finely sliced
- 4 garlic cloves, coarsely chopped
- black pepper
- red pepper
- salt
- olive oil

Preparation

1. Heat pan on stove before adding olive oil and shrimp.
2. Cook the shrimp for 2 minutes on each side while adding the salt, ginger, and peppers.
3. Add the chopped garlic cloves and the sliced banana.
4. Cook 2 more minutes while mixing. Serve hot.

Shrimp & Lounge



SIDES, SAUCES & DRESSINGS



Family Squash Casserole

Jack Reid

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🏠 It's a family recipe, one that we would eat at most holidays. I started making it myself during the pandemic, much to the enjoyment of my housemates.

Ingredients

Ingredients are per serving. I recommend making it in batches of 4 servings, as that is about 1 casserole dish.

- squash, yellow, 0.5 lb
- eggs, 0.5
- milk, unsweetened almond, 0.125 cup
- sugar, brown, 0.5 Tbsp
- small bread cubes, 0.625 cup
- butter, unsalted, 1.5 Tbsp
- onions, 0.125 cup
- salt, 0.25 tsp
- cheese, sharp cheddar, 0.25 cup

Preparation

1. Set the oven to 350F
2. Dice the onions, cut the squash into half-moons (not too thin).
3. Lightly steam the squash just to soften (only takes about 5 minutes once the water has starting boiling). Drain and put into a pan/bowl large enough to mix everything.
4. While the squash is steaming, brown the bread in the oven (both sides). Then slice them into small cubes and add to the mixing bowl.
5. Add salt.
6. Lightly sauté the onion in butter. Add to mixing bowl.
7. Mix the milk, beaten egg, and brown sugar together. Add to squash.
8. (Optional) Mix in the grated cheese.
9. Butter the baking pan, so the casserole doesn't stick as much
10. Put mixture in baking pan and bake for 45 minutes.

Tips

- ◇ The casserole is perfectly good even without the cheese, though I imagine you could substitute it for some vegan cheese if desired. JUST Egg works as a good egg replacement in this recipe (plus you don't even have to beat it!)

French Ratatouille, spiced up!

Delanie J Linden

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☺ I love Indian food and I study the history of French art, so I like combining cuisines.

Ingredients

- Butter and Olive oil
- 3 tbs tomato paste
- 10 fresh tomatoes peeled
- Garlic
- red pepper flakes
- 3 large onions
- 2 eggplants peeled
- 3 zucchinis peeled
- red bell pepper
- basil
- herbes des Provinces
- 2 sweet potato
- garam masala
- frozen peas
- salt

Preparation

1. Add 1tbs butter + 1tbs olive oil and heat in large sauce pan. Add chili flakes, garam masala, cumin, and tomato paste, 1 minute. Add diced onions and cook 4 minutes until sweating. Add peeled tomatoes and sprinkle chicken bouillon on top (in lieu of salt, or just add salt) and add diced basil. Heat for 20-30 minutes on low heat.
2. In separate pan with a generous amount of olive oil, add diced and peeled eggplant. salt and pepper to taste. Cook for 10 minutes until soft and absorbed the oil. Set aside.
3. In the same pan, add zucchini in hot pan with oil and salt and pepper, cook 5 minutes. Add diced red bell pepper and chopped sweet potato, cook for 5 minutes covered. Combine eggplant back into pan and stir in a tablespoon of herb de Provence.
4. Mix tomato mixture with all other vegetables. Top with chopped basil, cilantro, and some frozen peas.

Tips

- ◇ Serve with curried white fish and/or naan.

Roasted Sweet Root Vegetables

Justin Steil

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Ingredients

- 4¼ cup olive oil
- ½ pound butternut squash, peeled, seeded and cut into 1-inch wedges
- 2 sweet potatoes, peeled and cubed
- 2 parsnips peeled and quartered
- 2 large carrots, peeled and cubed
- 2 onions, sliced
- 2 cloves garlic, diced
- 2 fresh chiles, chopped
- 1 tsp ground cumin
- 1 tsp cumin seeds

Preparation

1. Pour oil into casserole dish and heat at 450 for 5 min, add vegetables to the pan and toss in the hot oil, roast for 30 min.

Avocado Feta Salsa

Ellen Rushman

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☺ Summer favorite - you should probably double it!

Ingredients

- 4 plum tomatoes
- 2 TBSP finely chopped red onion
- 2 garlic cloves, minced
- 2 avocados, chopped
- 4 oz feta, crumbled
- 3 TBSP olive oil
- 3 TBSP red wine vinegar
- 1/2 tsp dried oregano
- 1/2 tsp salt

Preparation

1. Combine ingredients, except for avocado 1-2 hours before serving. Just before serving, add avocado.

Mango Chutney

Lisa Breede

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🏠 Bountiful harvest from my hometown every summer. My mother would preserve mangoes in jam and chutney, make ice cream and mango pies for the family and friends. It's a warm memory for me of learning and helping my mum through the canning process and the sharing. A memory that even if I'm not in a climate where the mangoes are grown, I continue to enjoy by making the chutney.

Ingredients

- 4 - 5 large ripe mangoes, coarsely chopped, adding more mango won't disturb the flavor (how to easily peel a mango: <https://www.youtube.com/watch?v=2BT1cd49plw>)
- 1 large onion, chopped smaller than the mango pieces
- 8 oz crystalized ginger, minced
- 2 - 3 garlic cloves, minced
- 2 - 3 cups dark brown sugar
- 3 - 4 cups apple cider vinegar
- 3/4 - 1 cup golden raisins – preference
- 2 tbls mustard seeds
- Jars to store chutney
- Large pot or stock pot

Preparation

1. Place all ingredients into pot
2. Bring to boil
3. Cover and simmer for 20 - 30 minutes
4. Taste to adjust flavors preferred
5. Pour into hot sterilized jars and seal or refrigerate using in the next couple of weeks

It won't look like a spreadable jam but a bit watery with chunks of mango and onion and raisins.

Tips

- ◇ Pairs well with rice, glazes, spreads on savory sandwiches

Mango Chutney



All Day Pasta

James Heard

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☞ I adapted this recipe from a friend in Los Angeles and, finding myself trapped in a cold apartment all day during COVID, made this regularly both to keep the kitchen warm and the house smelling good.

Ingredients

- Half a head of garlic, cloves thinly sliced
- A few tbsp olive oil
- Red pepper flakes, to taste
- A couple tbsp tomato paste
- Two 48 oz cans of whole peeled tomatoes. (This will mean there's

seeds in your sauce, but that's never bothered me. If seeds bother you, go ahead and use diced. You can also use pureed, but maybe save that sauce for something with a little more texture than just noodles.)

Preparation

1. Heat olive oil in a large, heavy pot over medium heat.
2. Once hot, add garlic and cook until fragrant and browning. Depending on your stove this may be a couple minutes, but don't burn it! If you're using red pepper flakes, put some in while the garlic fries. Same rules apply, don't scorch them.
3. Add tomato paste and mix in. It will make a sort of oily paste. That's fine. Fry a few minutes until you can smell roasted tomatoes
4. Add your cans of whole peeled tomatoes (and save one of the cans). There are a couple ways to go about this. If I'm not worried about my shirt, I'll crush them by hand. If I'm worried about my shirt, or don't want to wash my hands, I'll just crush them with a wooden spoon over the next few hours whenever I check on the pot.

5. Turn the heat down low and cook three hours. You don't want the sauce to come to a boil, just to be imperceptibly bubbling. On my stove this means turning it down to the second lowest setting once it's heated through and then once I can see bubbles, turning it down even lower. You can cook the sauce a little less or a lot more, it just depends on the kind of day you're having. The sauce will start loose and, slowly, develop a beautiful velvety texture. Keep that tomato can you saved filled with water next to the stove and whenever you check on it add some more water if you think it needs it. If you want bonus points, save some water from cooking pasta and use that instead of tap water.
6. Finally, add some salt. Some pepper too. When I've added it earlier, I've tended to over salt it. You can serve it over whatever you want, but it's great over plain spaghetti, just get the dried stuff and pay the extra \$0.75 for whatever the nice brand is—if you're cooking sauce all day you might as well.

Fishy Lime Vinaigrette

Chelsea Spencer

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☞ Sounds kinda weird, but very easy and tasty

Ingredients

- 2 limes
- 1 shallot
- 5 tsp fish sauce
- 2.5 tsp rice vinegar
- 1 tsp dijon mustard (ideally one on the spicier side—e.g., Maille)
- 1/2 cup olive oil, salt and freshly ground pepper.
- Cilantro leaves, added separately. (Amounts are approximate—adjust to your liking.)

Preparation

1. First zest and then juice the limes.
2. Slice the shallot crosswise *very* thin (ideally with a mandoline slicer).
3. Put all the ingredients (except cilantro) in a jar or dressing bottle and shake well to combine.
4. Add the cilantro leaves, whole or chopped, separately to whatever you're having the dressing with (you can put them in the dressing if you want, but they turn an ugly dark green-brown color).

Tips

- ◇ The dressing is good on any kind of leafy salad and some roasted vegetables. But it's really good on roasted cabbage or Brussels sprout leaves (if I have the time, I like to separate the individual leaves from the cores, toss them on a baking sheet with olive oil, salt and pepper, and roast them till they're crispy and a little caramelized).

DESSERTS



Ginger Biscotti

Ezra Glenn

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☞ These are really yummy, and not too sweet, and it's good to learn how to bake biscotti.

Ingredients

Makes about 78 biscotti:

- 4 ounces crystallized ginger
- 7 ounces (1 1/4 cups) blanched (skinned) or unblanched whole almonds
- 3 large eggs
- 1/2 cup honey
- 2 cups plus 2 tablespoons unsifted all-purpose flour
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 1/4 teaspoons freshly and finely ground white pepper
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon mustard powder
- 1/2 teaspoon ground cloves
- 1/2 cup granulated sugar

Preparation

(Stolen from Maida Heatter's cookbook)

1. On a cutting board, with a sharp knife, cut the crystallized ginger into thin slices and then cut it crossways to make tiny pieces about the size of peppercorns (you should have a generous 3/4 cup) and set aside.
2. Toast the almonds in a shallow pan in a 350-degree oven for 12 to 15 minutes until lightly colored, stirring once during the toasting. Set aside to cool.
3. In a small bowl beat the eggs and honey to mix and set aside.
4. Into a large bowl strain or sift together -- just to mix -- the flour, salt, baking powder, pepper, ginger, cinnamon, mustard, cloves and sugar. Stir in the crystallized ginger and then the nuts. Add the mixed eggs and honey and stir until the dry ingredients are completely moistened.
5. Then place two lengths of plastic wrap (each about 15 to 20 inches long) on a work surface and form two strips, one on each piece of plastic wrap, by spooning the dough down the middle (length) of each piece. Form strips about 13 inches long and flatten the tops slightly.

6. Fold long sides of plastic wrap up over the dough, and with your hands, press on the plastic wrap to smooth the dough and shape it into an even strip about 14 inches long, 2 1/2 to 3 inches wide, and about 3/4 inch thick (but no thicker). Shape the second strip in the same manner and place both on a cookie sheet. Freeze dough for at least an hour, until firm enough to unwrap, or longer if you wish.
7. To bake: Adjust two racks to divide the oven into thirds. Line two large cookie sheets with baking parchment or aluminum foil shiny-side up.
8. To transfer dough to the sheets, unwrap the plastic along the length of one strip of dough and turn the dough upside down onto the lined cookie sheet, placing it diagonally on the sheet. Slowly peel off the plastic wrap. Repeat with the second strip of dough and the second cookie sheet.
9. Bake for 50 minutes at 300 degrees, reversing the sheets top to bottom and front to back once to ensure even baking.
10. Then reduce the temperature to 275 degrees and remove the sheets from the oven. Immediately, carefully and gently, peel the parchment or foil away from the backs of the strips and place the strips on a large cutting board. Slice the strips while they are still very hot, using a pot holder or a folded towel to hold the strips in place. Using a serrated French bread knife, slice on an angle -- the sharper the angle is, the longer the cookies will be, and the more difficult it will be to slice them very thin -- but you can do it and they will be gorgeous. A scant 1/4 inch is good, or cut them 1/3 inch thick. It's easier; they will be different but still very good.
11. Place the slices on a cut side, touching each other, on the cookie sheets. Bake at 275 degrees for about 30 minutes. Once, when they are about half baked, turn the cookies over and reverse the sheets top to bottom and front to back to ensure even baking. Do not overbake or underbake. To test for doneness, you must cool one (a minute or two in the freezer or refrigerator will save time) and taste it. When they are almost done, watch them carefully -- they can suddenly become too dark, especially if they are very thin. (After you have made these once or twice, you will be able to tell by their color when they are done.)
12. When done, cool and then store airtight.

Tips

- ◇ Good for holiday presents.

Smitten Kitchen Apple Sharlotka

Caroline Jaffe

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☞ This is a really easy, delicious, and not-too-sweet dessert that is perfect for apple-picking season in New England. It uses a lot of apples, and keeps well for a few days. I make it a few times a year. Great for breakfast too!

Ingredients

- Butter or nonstick spray, for greasing pan
- 6 large, tart apples, such as Granny Smiths
- 3 large eggs
- 1 cup (200 grams) granulated sugar
- 1 teaspoon vanilla extract
- 1 cup (125 grams) all-purpose flour
- Ground cinnamon, to finish
- Powdered sugar, also to finish

Preparation

1. Preheat oven to 350 degrees. Line the bottom of a 9-inch springform pan with parchment paper. Butter the paper and the sides of the pan.
2. Peel, halve and core your apples, then chop them into medium-sized chunks. Pile the cut apples directly in the prepared pan.
3. Meanwhile, in a large bowl, using an electric mixer or whisk, beat eggs with sugar until thick and ribbons form on the surface of the beaten eggs. Beat in vanilla, then stir in flour with a spoon until just combined. The batter will be very thick.
4. Pour over apples in pan, using a spoon or spatula to spread the batter and press it down into the apple pile. The top of the batter should end up level with the top of the apples.)
5. Bake in preheated oven for 55 to 60 minutes, or until a tester comes out free of batter.
6. Cool in pan for 10 minutes on rack, then flip out onto another rack, peel off the parchment paper, and flip it back onto a serving platter. Dust lightly with ground cinnamon.

Serve warm or cooled, dusted with powdered sugar.

Smitten Kitchen Apple Sharlotka



Banana Chocolate Chip Bread

Mitchel Resnick

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☞ My mom used to make this recipe when I was growing up, and I've enjoyed making it for others for many years.

Ingredients

- 2 eggs
- 0.5 cup butter
- 1 cup sugar
- 1.5 cups flour
- 1 tsp salt
- 1 tsp baking soda
- 0.5 cup chopped walnuts
- 0.5 cup chocolate chips
- 4 ripe bananas
- 1 tsp almond extract
- 1 tsp vanilla extract

Preparation

1. Blend eggs, butter, and sugar. Add dry ingredients alternately with bananas (mashed) and almond and vanilla extracts.
2. Bake in greased 5x9-inch loaf pan at 325 degrees for 55 minutes (or maybe a little longer)

Tips

- ◇ Great for brunch or for dessert

Banana Chocolate Chip Bread



Chocolate Zucchini Cake

Debbie Levey

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☺ This cake tastes very rich, chocolaty and moist, and nobody will ever guess that it's full of zucchini instead of butter. Sometimes in summer, everyone with a garden will try to give you their surplus zucchini, and this is a delicious way to use it up.

Ingredients

- 1/2 cup (1 stick) butter or oleo
- 1 cup sugar
- 1/2 cup dry powdered milk
- 1/2 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla flavor
- 2 cups grated zucchini (one fairly big or two small zukes)
- 1/2 cup milk
- 2.5 cups flour
- 1/2 cup cocoa
- 1 teaspoon baking soda
- 1 cup chocolate chips

Preparation

1. Using a mixer, beat the butter (or oleo), sugar, and dry powdered milk together. Add in oil, eggs, vanilla and grated zucchini. Alternate adding milk and dry ingredients to this mix.
2. Pour in a greased and floured 13' x 9" pan and sprinkle chocolate chips on top.
3. Bake at 350 degrees for about 30-45 minutes, or until a knife poked in the middle comes out clean. I don't frost this cake, but other people might want to.

Tips

- ◇ You can buy dry milk powder at most grocery stores. I think American desserts are generally too sweet, so I always substitute dry milk powder for 1/3 to 1/2 of the sugar in recipes. The powdered milk also adds a lot of protein and vitamins. If you prefer very sweet desserts, just replace some or all of the powdered milk with sugar.

Chocolate Zucchini Cake



Nantucket Cranberry Pie

Eric Robsky Huntley

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🏠 This is a perpetual wintertime family favorite.

Ingredients

- 3 cups of fresh or frozen cranberries (one bag)
- 1 cup chopped pecans
- $\frac{2}{3}$ - $\frac{3}{4}$ cup sugar
- 1 cup flour
- 1 cup sugar
- 1 stick unsalted butter, melted
- 2 eggs , lightly beaten
- 1 tsp pure almond extract $\frac{1}{4}$ tsp salt
- 1 tbsp turbinado (raw) sugar for sprinkling

Preparation

1. Lightly butter 10" pie pan or 9" springform pan. (I prefer the pie pan for a slightly less tidy edge.)
2. Place berries on the bottom of the pan. Sprinkle nuts over the top followed by the $\frac{2}{3}$ - $\frac{3}{4}$ cup sugar.
3. In a mixing bowl, combine flour and sugar. Add melted butter, eggs, almond extract and salt. Whisk gently to combine. Pour batter slowly over the top in 'ribbons' to cover the entire surface. Spread gently, if necessary.
4. Bake 40-50 minutes in a 350F oven. About 10 minutes before the pie is done, sprinkle with turbinado sugar.
5. Serve warm with vanilla ice cream or whipped cream.

Tips

- ◇ Fresh cranberries can be hard to get out of season - luckily, they freeze exceptionally well! Get a few bags in October and November to ensure that you're equipped year-round.

Best Chocolate Chip Cookies EVER! (GF +V)

Raina K. Puels

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☞ I love bringing a desert to potlucks/parties that everyone can eat! As a vegan who loves very many gluten free people, I know how important food inclusion is.

Ingredients

Wet ingredients:

- 3/4 cup packed brown sugar
- 1/2 teaspoon vanilla extract
- 1 tablespoon flaxseed meal
- 3 tablespoons almond milk (or other vegan milk)
- 1/3 cup melted Earth Balance (or other vegan butter)

Dry ingredients:

- 1 cup packed fine blanched almond flour
- 1 cup gluten free oat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup chocolate chips
- 3/4 cup pecans or walnuts, or both! (optional)

Preparation

1. Preheat the oven to 350 degrees F. Line a large baking sheet with parchment paper. Set aside.
2. In a large bowl, whisk together the brown sugar, vanilla, flaxseed meal and almond milk until well combined and wet. Next, whisk in the melted and cooled coconut oil until completely smooth and creamy, about 1 minute.
3. Add the dry ingredients to the bowl: almond flour, oat flour, baking soda and salt. Mix with a wooden spoon until well combined. Fold in chocolate chips, and/or nuts.
4. Use your hands to grab about 2 tablespoons of dough and roll into a ball. Place cookie dough 2 inches apart on the baking sheet to prevent cookies from baking into each other. Bake for 10-12 minutes. Allow cookies to sit on the baking sheet for at least 10 minutes before removing them from the pan. You should get approximately 15 cookies.

Tips

- ◇ This recipe is also a great base if you want to make other flavors of cookie as well!

Lemon Blueberry Cornmeal Cake

Cassandra Overney

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☞ I came up with this recipe after experimenting with a bunch of different gluten free cornmeal cakes. The recipe contains all my favorite flavors: lemon, blueberry, coconut, and almond. The lemon and blueberry tastes contrast sharply with the soft and velvety coconut and almond flavors, producing a well-rounded dessert that brings me so much joy. I wanted to share this recipe since it's easy to make, healthy, tasty, and just perfect for a blue day!

Ingredients

Equipment:

- 7-inch springform pan (greased with oil or butter)
- Two mixing bowls (one medium, one small)
- Whisk
- Rubber spatula
- Scale and/or measuring cups (I like to use a scale for dry ingredients and measuring cups for liquids)

Toppings:

- 1 cup washed blueberries
- Handful of slivered almonds
- Handful of coconut flakes
- Other things that you want to scatter on top of the cake (e.g., chopped

chocolate, other nuts, dried fruit, etc.)

Cake:

- 2 large egg whites at room temperature
- 1 large egg at room temperature
- 1/2 cup (123 grams) lemon yogurt
- 1/3 cup (113 grams) honey
- 1/4 cup (60 grams) vegetable oil
- 1 tsp lemon zest
- 1/4 tsp almond extract
- 3/4 cup gluten-free flour
- 1/2 cup (78 grams) yellow cornmeal
- 1 tsp (4.8 grams) baking powder
- 1/4 tsp salt

Preparation

1. Preheat: preheat oven to 350°F
2. Mix the wet ingredients: in a medium to large mixing bowl, combine the egg whites, egg, yogurt, honey, oil, lemon zest, and almond extract. Whisk together until evenly combined
3. Mix the dry ingredients: in a smaller mixing bowl, combine the flour, cornmeal, baking powder, and salt. Stir until ingredients are well distributed
4. Add dry to wet: pour the dry ingredients into the mixing bowl containing the wet ingredients and fold together with a rubber spatula until all traces of flour disappear. The batter should be pretty runny and contain minimal clumps
5. Final touches before baking: pour the batter into the greased springform pan. For the topping, sprinkle one layer of blueberries⁴, trying not to clump everything on top of each other. Sprinkle slivered almonds, coconut flakes, and other fun ingredients on top of the blueberries to your heart's content
6. Bake: bake the cake at 350°F for 35-45 minutes. The time range is pretty wide depending on how much topping you added. Check on it after 30-35 minutes and then keep checking every 5 minutes⁵. Once the almonds and coconut flakes start to brown, the sides of the cake appear medium to dark brown, and the cake has a slight spring when you lightly push on it, the cake should be ready!
7. Cool: After you take out the cake, cool the cake to room temperature before opening up the springform pan and transferring the base of the pan onto a serving plate.

Tips

- ◇ The recipe makes one 7-inch cake, and it is gluten free!
- ◇ It's easier to separate egg whites and egg yolks when the eggs are cold, so I would recommend getting the egg whites first and then letting it sit out to get to room temperature
- ◇ You can make your own lemon yogurt with lemon zest and juice. I love lemons, so I usually add around 1/4 cup of lemon juice and 2 tsp of lemon zest to the yogurt. Measurements don't really matter for this step. Just add the juice and zest from one lemon
- ◇ I like to add 1/2 cup (56 grams) of almond flour and 1/4 cup (37 grams) of all-purpose gluten free flour (I use Bob's Red Mill 1 to 1 Baking Flour). You could even use regular all-purpose flour if you can eat gluten
- ◇ Don't worry about using up all the blueberries, just get a one spread out layer with some small gaps
- ◇ The toothpick test may not work since the blueberries are pretty juicy
- ◇ You can also try to remove the cake from the base, but be super careful since you don't want to destroy the toppings if you flip the cake upside down. The colder the cake is, the easier it would be to move it. You can also try to use a large metal spatula to move the bottom of the cake from the base to a serving plate. Transferring cakes is definitely an art form that I'm always working on!

Lemon Blueberry Cornmeal Cake



Guilty-Free Orange Cake

Soala Lolia Ajenka

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☞ This is one of the things that got me through lockdown. Each time I made this for my flatmates and colleagues, there was not a single crumb left.

Ingredients

- 4 Large Oranges
- 7 Cardamom Pods
- 100g polenta (Coarse corn meal)
- 3 Large eggs
- 80ml vegetable Oil
- 1tsp vanilla
- 200g almond flour
- (Optional: 100g pistachios)
- 250g brown sugar
- 2tsp baking powder
- 0.5tsp salt
- 5 tbsp olive oil
- 40g confectioner's sugar
- vegetable oil (for greasing)

Preparation

1. Preheat oven to 160C/325F, Grease a loaf pan/ cake tin with vegetable oil, line with parchment paper and grease
2. Zest oranges and juice them (Optional: Pulse pistachios in a food processor. reserve 1 tbsp. for garnish)
3. Dry Ingredients: In a bowl, whisk orange zest, almond flour, polenta, 200g sugar, baking powder, salt, (Optional: and pistachios) together
4. Wet Ingredients: In another bowl, whisk together olive oil, vegetable oil, eggs, vanilla, and approx. 2tbsp. of orange juice
5. Add wet ingredients to dry ingredients. Using a rubber spatula, fold together gently, just until mixed, making sure not to overwork.
6. Transfer to greased and lined loaf pan and bake for approx. 40-50 mins or until top is golden brown and a toothpick inserted comes out clean.
7. While baking, crush and extract the seeds from cardamom pods
8. To make syrup, in a pan combine half of the orange juice, the cardamom pods and 50g of sugar on low heat until sugar melts and juice is infused with cardamom.
9. Strain juice mixture and set aside
10. Once cake is out of the oven, allow to cool for another 10 mins.

11. Turn cake onto a plate. Use a toothpick to make holes distributed across the surface of the cake. Pour syrup mixture over the cake and allow to cool further
12. While cooling, whisk confectioner's sugar and gradually add remaining orange juice until a thick glaze forms.
13. Top with orange zest (and remaining pistachios)

Tips

- ◇ Pairs well with any warm beverage of choice or a glass of red wine

Almond Cake with Dark Chocolate Chips

Chantal El Hayek

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☞ This recipe is simple and easy to make, and yields a healthy (low-sugar) and tasty cake, which pairs well with coffee or tea. I wrote it in July 2020, during the early months of the coronavirus pandemic, and have made way too many cakes with it since then. I have previously shared it with a few friends who have asked for it. It is fun now to share it with the SA+P community.

Ingredients

- 1 ½ cups all-purpose flour
- 1 ½ cups blanched almond flour
- 3 tablespoons baking powder
- ½ cup sunflower or canola oil
- ½ cup 100% orange juice
- ½ cup organic cane sugar
- 4 medium eggs
- 2 teaspoons freshly grated lemon zest (from 2 lemons)
- 1 tablespoon bourbon
- ¾ cup dark chocolate chips

Preparation

1. Heat the oven to 350 degrees. Butter an 8-inch Bundt cake pan. In a medium bowl, whisk together the almond flour, all-purpose flour, baking powder, and chocolate chips.
2. In another large bowl, hand-whisk the eggs and sugar together until the sugar dissolves, about 3 minutes. Add the oil, orange juice, bourbon, and lemon zest and stir until combined, another 2 minutes. Use a rubber spatula to fold in the flour mixture until well combined.
3. Pour the batter into the prepared pan, smooth the top and firmly tap the pan on the countertop a few times to release any large air bubbles. Bake the cake until golden and puffed, and a tester (such as a toothpick) inserted into the center comes out clean, 35 to 45 minutes.
4. Set the cake, still in its pan, on a rack to cool for 20 minutes, then use the tip of a knife to loosen the edges and invert the cake onto the rack to cool completely.

Almond Cake with Dark Chocolate Chips



Orange Pound Cake

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☞ It's delicious! Light with an orange kick, great gift for a friend or to bring to a brunch.

Ingredients

- 1/2 pound (2 sticks) unsalted butter, at room temperature
- 2 1/2 cups granulated sugar
- 4 large eggs, at room temperature
- 1/2 cup grated orange zest (about 6 large oranges or 8 medium) >>use for orange juice (see ingredient below)
- 3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1/4 cup freshly squeezed orange juice (thank you zest!)
- 3/4 cup buttermilk, at room temperature
- 1 teaspoon vanilla extract
- For the glaze:
- 1 cup confectioners' sugar, sifted
- 1 1/2 tablespoons of water
- remaining zest

Preparation

1. Heat oven to 350 degrees. Grease and flour two 8 1/2 x 4 1/2 x 2 1/2-inch loaf pans. Line the bottoms with parchment paper.
2. Cream the butter and 2 cups of the granulated sugar in the bowl of an electric mixer fitted with the paddle attachment for about 7-8 minutes, or until light and fluffy. With the mixer on medium speed, beat in the eggs, one at a time, and 1/3 cup of orange zest. Keep remaining zest for the glaze.
3. In a large bowl, sift together the flour, baking powder, baking soda, and salt. In small-medium sized bowl, combine 1/4 cup of the orange juice, the buttermilk, and vanilla. Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Keep the mixer going on low-med speed throughout.
4. Divide the batter evenly between the pans, smooth the tops, and bake for 43-45 minutes for a moist cake, couple minutes longer if you want a crumble. Let them cool for 10 minutes in the pan.
5. While the cakes cool, heat 1/2 cup orange juice in a small saucepan over low heat for about 2 minutes, just to warm.

6. After cakes cool in pan for 10 minutes, take them out of the pans and place them on a baking rack set over a tray. Spoon the warmed orange juice over the cakes and allow the cakes to cool completely.
7. Glaze: when cakes are cool completely (important!!), combine the confectioners' sugar, water, and remaining zest in a bowl, mixing with a wire whisk until smooth. Taste to test - add more zest, or if the glaze is thick add a little orange juice. Enough so that the glaze pour easily but not too thin! Pour over the top of the cakes and let set. To store, wrap well and keep in cool place or fridge.

ENJOY!

Tips

- ◇ Pairs well with some afternoon tea.

Orange Pound Cake



Mostly Fruit-Sweetened, GF & Vegan Spice Tea Cake

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🏠 This recipe is simple and easy to make, and yields a healthy (low-sugar) and tasty cake, which pairs well with coffee or tea. I wrote it in July 2020, during the early months of the coronavirus pandemic, and have made way too many cakes with it since then. I have previously shared it with a few friends who have asked for it. It is fun now to share it with the SA+P community.

Ingredients

- 2 ½ c almond meal
- 4 Tb ground flaxseed meal + 10 Tb water (to make 4 flax eggs)
- ½ c honey or date syrup
- ¾ tsp baking powder
- ¼ tsp sea salt
- 1 ¼ cup fruit puree (like persimmons or apple butter*)
- spices like cinnamon and such
- 1 tb lemon juice
- oil to grease pan

Preparation

1. Mix ground flaxseed meal + water and let sit for 5-15 minutes to thicken. Meanwhile, grease a pan. Read a page of a graphic novel or take a short walk outside while you wait.
2. Mix almond meal, flax eggs, honey/syrup, baking powder, and sea salt by hand or in a food processor for a few pulses. Scrape down the sides of your bowl at least once.
3. Add fruit puree and lemon juice. Mix or pulse 3-4 times to combine.
4. Pour batter into a pre-greased pan and bake at a 325°F (160°C) for about 30 minutes (check after 25 minutes) until a toothpick comes out clean.

*Note: The pureed fruit in this recipe can be persimmon, banana, pear, apple, peach or strawberry. I like to bake down my not-so-fresh or very bruised fruit whenever my oven is on to make it sweeter. Apple-butter-making is an especially great way to recover mushy apples you might otherwise toss out!

Tips

- ◇ I like it with a nice warm cup of tea.

Dulce de Leche & Chocolate Sesame Treats

Digital Learning & Collaboration Studio
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📖 We were looking for a recipe that represented all the letters of our group, DLCS. The "imagine, create, play, share, reflect" steps capture the creative learning spiral that we share with the world.

Ingredient

- 170 g all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 130g light brown sugar
- 85 g unsalted butter, softened
- 200 g sesame tahini, stirred well
- 1 large egg plus 1 large egg yolk, at room temperature
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon fine sea salt
- 180 g dulce de leche, store-bought or homemade
- chocolate chips or shaved chocolate
- Flaky salt

Preparation

IMAGINE how delicious this treat will be when you are done!

CREATE the cookies using this recipe we found in the New York Times archive:

1. Place racks in the upper and lower thirds of an oven.
2. Line two sheet pans with parchment paper.
3. Whisk together the flour, baking powder and baking soda.
4. In a new bowl, cream together the sugar and butter on medium-high speed until light and fluffy, for 2–3 minutes.
5. Add the tahini and mix on medium speed until well combined.
6. Scrape down the sides and bottom of the bowl as needed with a rubber spatula.
7. Add the egg & yolk, vanilla extract and salt to the butter-tahini mixture.
8. Mix on medium speed until emulsified, about 1 minute.
9. Scrape down the sides and bottom of the bowl to ensure the dough is evenly mixed.
10. Add the flour mixture, and mix on low speed until just combined and no streaks of flour remain. Scrape the sides and bottom of the bowl to ensure the dough is evenly mixed.
11. Roll the cookies into tablespoon-size balls and place them on the baking sheets about 2 inches apart.

12. Bake the cookies for 7 minutes at 350°, then remove them from the oven and very carefully use your thumb or the handle of a wooden spoon to make a teaspoon-size indent in the center of each cookie. The cookies will crack slightly along the edges; that's OK.
13. Return the cookies to the oven, rotating the pans from front to back and top to bottom. Bake until the cookies are set and just barely golden at the edges, another 5 to 7 minutes.
14. Set the pans on cooling racks and press on the indentations slightly if they have puffed up during the baking process. Let the cookies cool for 10 minutes.
15. Use a small spoon or pastry bag to fill the indentation of each cookie with about 1 teaspoon of dulce de leche, and sprinkle with flaky salt, if using.
16. Sprinkle chocolate chips on top.

Let cool completely on the pans. Store in a single layer in an airtight container for up to 5 days.

PLAY music while you bake, such as this Spatial Poetry set Avery put together:

<https://open.spotify.com/playlist/4X4BJMascfHuKfGTOCGi4g?si=55189c0a2a194605&nd=1>

SHARE these treats with friends.

REFLECT on the awesomeness of your creation while you finish every last crumb.

Tips

- ◇ The main part of this recipe is based on what we found here: <https://cooking.nytimes.com/recipes/1022759-tahini-thumbprints-cookies-with-dulce-de-leche>
- ◇ We added the "C" ingredient because half our group are chocoholics.

Miso Butter Cookies

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🏠 These are Melt-in-your-mouth Miso Butter Cookies. A balance of salty and sweet, these cookies are the best afternoon snack paired with tea or coffee. Miso gives them the depth of flavor, yet they remain delicate and buttery. The recipe is simple and only has six ingredients, making the cookies a quick and delicious pick me-up.

Ingredients

- 125 g of all-purpose flour
- 20 g of cornstarch
- 50 g of white granulated sugar
- 1 large egg yolk
- 15g of white miso
- 90g of unsalted butter softened (room temperature)

Preparation

Notes: Before making, please check the sodium content of your miso as to not “over-salt” the cookies. Sodium content differs across brand and type of miso, so make sure to check the nutrition label!

1. Using a hand mixer, cream the butter and sugar together in a mixing bowl.
2. Add the white miso and egg yolk to the bowl and mix well, until combined
3. Sift in the flour and cornstarch and fold in, until just incorporated.
4. Transfer the dough onto a floured surface, and roll into a ball
5. Divide the ball of dough into four and roll each piece into a long log.
6. Wrap each log with plastic wrap and freeze for at least 30 minutes.
7. When ready, preheat oven to 350 degrees Fahrenheit.
8. Take cookie dough logs out of the freezer* and use a knife to cut 1- to 1.5-inch-thick piece cookies. Place cookies on a parchment lined pan. *I recommend waiting 1 or 2 minutes before cutting the dough, especially if the cookie dough is too hard.
9. Bake for 15 minutes or until cookies become golden brown and enjoy!

Miso Butter Cookies



JUSTONECOOKBOOK.COM

4-Step "Belgian" Chocolate Pudding

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- ☞ This is a great mimic recipe for Trader Joe's Belgian Chocolate Pudding, which they no longer seem to sell.
- ☞ I love this recipe because it's got a killer effort-to-reward ratio. You might even have all the ingredients at home already!

Ingredients

- 1/4 cup corn starch
- 1/2 cup sugar
- 1/4 tsp salt
- 3 cups milk (whole is best)
- 6 oz bitter/semi-sweet chocolate chips

Preparation

1. Whisk corn starch, sugar, and salt in a pot.
2. Add milk and stir to incorporate. For best lump-free results, stir in only a few spoonful at a time initially.
3. Heat milk mixture on medium-low until thickened. Stir it frequently to avoid burning the milk at the bottom. This mixture will thicken rather suddenly, so keep an eye on it.
4. Take the pot off the heat and stir in chocolate until it's melted. Eat at whatever temperature you want :)

Tips

- ◇ You can totally make this with plant-based milk. Oat is probably best.
- ◇ You can also add any extra flavors you like! Vanilla, cardamom, ginger, coffee, cinnamon, etc. I like to add a few spoonful of cocoa powder in Step 1, but it isn't necessary.

4-Step "Belgian" Chocolate Pudding

