



husky cookbook

nourishing community
through food stories



UNIVERSITY *of* WASHINGTON

“The gentle art of gastronomy is a friendly one. It hurdles the language barrier, makes friends among civilized people, and warms the heart.”

– Samuel Chamberlain

husky cookbook

a seat at the husky dining table

nourishing community through food stories
2020

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foreword



photo by Matheus Frade

The Husky Cookbook is your seat at the Husky dining table. At the table, you will share a delicious meal with other fellow Huskies and get to know a bit about each of their personal stories, identities, and cultures through food. As you dine through the pages of this cookbook, I hope that you too will be inspired to bring a dish to the dining table and be willing to share your own food stories. I hope this project sparks personal reflections on how food, family, and culture have shaped your identity, and more importantly, prompts meaningful conversations to help build lasting relationships within the UW community.

Growing up, we had afternoon tea at my house. I used to think this was because my mom had a sweet tooth, I mean, who doesn't love a good biscuit with tea or kopi (Malay for coffee)? However, when I visited my grandparents in Malaysia and saw them sitting down for afternoon tea each day, I realized that this was a food tradition that my mom, and now I, have inherited from previous generations. It dawned on me that this food custom that is such a simple yet memorable part of my childhood is a by-product of British colonialism in Malaysia. I first shared this tradition with my best friend in middle school and quickly learned that she had her own afternoon "tea" tradition – oreos and milk! Despite our different backgrounds, we connected that day not only over cookies but also a shared experience and connection to food.

In my first year of UW graduate studies, I took a class during which we were encouraged to share a food that represented our cultural identity in a small-group setting. Talking about food was an easy way to get a slice of each person's life, and I personally was able to open up about parts of my background and identity that I wouldn't have otherwise shared. This experience was my inspiration for the Husky Cookbook.

What drew me to this university and what I ultimately want to leave here with are meaningful connections with the diverse members of the Husky community – and that is the purpose of this cookbook. Food is not only a way to break barriers and build relationships, but also a way in which stories of culture and traditions are shared and preserved. Food is a part of our daily routines, and therefore is the perfect starting point for bringing people together and building community.

IVORY LOH

Husky Cookbook Project Lead

Master of Public Health

Nutritional Sciences, Graduate Coordinated Program in Dietetics

Class of 2020

food for thought

Recipes are meant to be shared, modified, and adapted based on our personal preferences, and above all, enjoyed with those we love.

The ways in which recipes are handed down and shared have evolved over time. Traditionally, family recipes were passed down from one generation to the next through in-person lessons as well as through handwritten notes or transcriptions of favorite recipes from printed cookbooks. In our modern day plethora of internet cooking blogs, social media, and shows, recipes are shared even more widely and openly.

As the Husky Cookbook Team sifted through the amazing recipes that were submitted by the UW community, we found it difficult to ascertain when or by whom the “original” recipe was created. In some cases, a dish reminded UW members of their home or culture, but they never personally learned to make the dish and therefore looked for a trusted recipe online. In other cases, UW members provided a family recipe, which may have been based on a recipe from their grandmother’s favorite cookbook and passed down on a handwritten notecard. In either case, the “original” recipe is difficult to pinpoint. Furthermore, specific but universal chemical principles guide the rules of cooking and baking; therefore many recipes will share the same basic list of standard ingredients. These lists are not subject to copyright, but the stories and personalized instruction may be. Throughout this book, the Husky Cookbook Team has done our best to give credit where credit is due, while also allowing UW students, staff and faculty to share the recipes that are important to them regardless of their “originality”; for as we know, it is the recipes that have been shared and handed down over time that often hold the most meaning.

allergens & notes

The allergen list is dependent on mainstream food products. Be sure to check food labels of all processed or pre-assembled foods for allergen-containing ingredients

The Husky Cookbook Team has done our best to identify recipes that contain any of the eight food allergens required to be identified by law: wheat, milk, eggs, peanuts, tree nuts, fish, shellfish, and soy. In addition to wheat, we have identified other grains that also contain gluten. We have also done our best to identify recipes that contain only vegetarian- or vegan-compliant ingredients. Please be sure to check food labels of all processed or pre-assembled ingredients for information regarding allergens or potential cross-contamination during processing. If you adhere to any specific dietary preferences, please use your own discretion in selecting recipes.

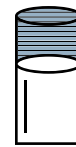


VEGETARIAN

Does not contain meat or animal tissue products or ingredients

VEGAN

Does not contain meat, fish, fowl, animal by-products, eggs or egg products, milk or milk products. May contain honey or honey bee products, insects or products from insects such as silk or dyes, or sugar filtered with bone char; check product ingredient list for these items.



CONTAINS MILK

Contains milk or food products made from milk, including cheese, cream, butter, and yogurt.



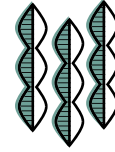
CONTAINS EGGS

Contains eggs (white or yolk) or egg proteins (Albumin, Globulin, Lecithin, Lysozyme, Ovalbumin, Ovovitellin).



CONTAINS FISH OR SHELLFISH

Includes fresh or saltwater fish, shrimp, crayfish, crab, lobster, clams, scallops, oysters, and mussels.



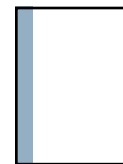
CONTAINS SOY

Includes soybean (curd, granules) and soy protein (concentrate, hydrolyzed, isolate).



CONTAINS TREE NUTS

Includes brazil nuts, macadamia nuts, pistachios, almonds, walnuts, cashews, pecans, pine nuts, and coconut.



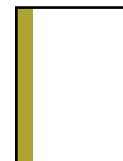
EASY

Recipe requires no advanced cooking experience.



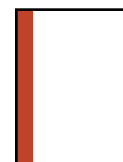
CONTAINS WHEAT OR GLUTEN

Includes wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale (hybrid of wheat and rye); some oats may also contain traces of gluten, please use discretion and use certified gluten-free oats if needed



INTERMEDIATE

Recipe requires some prior cooking experience.



HARD

Recipe requires some advanced cooking experience.





**appetizers, sides
& snacks**

Lumpia

William Atienza
Sociology, PhD Candidate

PREP TIME	1 hour
COOK TIME	30 minutes

SERVING SIZE	5 lumpia
YIELDS	5 servings

1 ½ lb ground pork
2 carrots, grated
2 sticks of celery, finely chopped
One yellow onion, finely chopped
2 cloves garlic, finely chopped
1 tsp minced fresh ginger
1 tbsp crushed black pepper
2-3 tbsp soy sauce
2 cup canola oil
25 pack spring roll wrapper
A small cup of room temperature water for wrapping

DIPPING SAUCE IDEAS:

Sweet & sour sauce
Soy sauce to taste
Minced green serrano pepper
White vinegar to taste



contains
wheat



contains
soy



recipe
source

Born to a Mexican mother and a Filipino father, I grew up feeling more culturally tied to my Mexican heritage and was relatively isolated from my Filipino background. So it was a real treat when my dad cooked for the family because food was one of my only connections to a culture I knew very little about. A favorite dish that I always helped him make was lumpia, a Filipino take on a spring roll. Sitting at the table, my dad and I would stuff and roll one piece at a time, all the while listening to him recount stories about life back in his hometown, and about my grandparents, his kid-summertime on the farm, jeepneys, the family carabao, and playing in the river catching shrimp with his friends. For me, lumpia was not just a dish: it was something that brought me closer to my Filipino heritage and identity.

01 In a large bowl, add the ground pork, carrots, celery, onion, garlic, and ginger. Using a fork or hands, combine the ingredients until everything is well mixed.

02 Add the black pepper and two tablespoons of soy sauce. Mix well, then bring your nose close to the bowl for a “flavor-sniff-check:” the meat should smell fragrant with the soy sauce and pepper (well-seasoned), but the soy should not be overpowering (over-salted). If needed, add another tablespoon of soy sauce to the bowl and mix well. If unsure, refrain from adding more soy sauce and just use the extra for dipping later.

03 Turn on stove to medium setting. In a deep, medium-large frying pan, heat canola oil to about 300°F. If you don’t have a thermometer, you’ll know oil is hot when it sizzles and pops if you dip chopsticks into it.

04 While waiting for the oil to heat up, begin filling the spring roll wrappers. Take one spring roll wrapper, and set it on a dry surface in a diamond shape. With a fork, take about 1 ½ tablespoons of mixture and evenly spread at the bottom half of the wrapper, leaving about 2 inches of space between the mix and the bottom point. Try not to make your lumpia too fat or too skinny. Optional: with a knife, cut lumpia in half.

05 Fold the bottom point over the filling, then fold in the left and right edges to make an envelope shape. Roll the wrapper towards the top point, using your fingers to compress the meat as you roll.

06 Right before you close up the roll, dip your finger in the water, and like you would when sealing an envelope, wet the edges and seal the roll.

07 When your oil is hot, using tongs, add lumpia to the pan. Keep about a half inch of space between rolls in order to ensure even cooking. Note that if the lumpia is cooking too fast or burning, reduce heat. Fry each side for about 2 - 4 minutes, or until the wrapper starts to turn golden brown.

08 Remove from heat and place on some paper towels. Wrapper will be drenched in oil and so will continue to cook, hence why it's important to remove from heat before turning golden brown.

09 Serve with rice, guisado (sauteed vegetables), and/or pansit (Filipino stir fry noodles). Dip in sweet and sour sauce; or, mix in a small bowl some soy sauce, white vinegar and minced serrano pepper to your taste. My dad and I would also sometimes dip our lumpia in ketchup mixed with Tabasco sauce... Masarap!!



Potato Fires Perkedel

Dian Prasetyawati

Interdisciplinary Urban Design and Planning, PhD Candidate

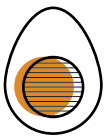
PREP TIME 40 minutes

COOK TIME 20 minutes

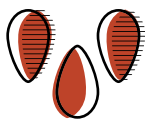
SERVING SIZE 4 pieces

YIELDS 6 servings

½ cup vegetable oil
½ lb frozen potato fries
½ cup shallot, minced
2 cloves garlic, minced
¼ lb ground beef
1 tbsp ground nutmeg
1 ½ tbsp ground candlenut (or macadamia nuts)
Salt and pepper to taste
2 eggs
½ cup flat parsley, chopped



contains
eggs



contains
tree nuts



recipe
source

As a child, I was raised in a province that serves seafood-based dishes and plenty of grilled, tangy and citrusy spiced food due to my parent’s work in South Sulawesi. Eventually, after several years serving in a remote region, my parents decided they wanted to go back to their hometown. I found it hard to adjust to Javanese sweet-palm sugar or coconut-based mostly-braised cooking food. So ‘perkedel’ is one of the first batches of Javanese traditional foods that I actually liked since the food is neutral and comforting, sweet but not overwhelming, spicy but subdued, and when served along with tumpeng or tangy Soto, it reminds me so much of my childhood home-cooking. I like it so much that I learned how to cook it when I was 11. After years of cooking this recipe with different meat (you can even replace the potato with smashed fried tofu) I also realize that this food uses one of three key recipes of mix spices that are commonly shared by different ethnicities on different Indonesian islands. So although it was originally made to recreate a version of Dutch’s ‘frikadeller’, this food is versatile and every spice in a bite of perkedel will always remind me of home.

01 Heat 3 tbsps of vegetable oil in a deep skillet. Fry the potato fries according to package directions, and set aside on paper towels to drain. Option to bake potato fries instead of deep-frying.

02 Heat 1 tbsp vegetable oil in a separate pan. Saute shallot and garlic until fragrant.

03 Add ground beef to shallot and garlic. Season with parsley, nutmeg, candlenut, salt, and pepper. Cook until browned. Set aside and let cool.

04 Whisk eggs.

05 Once cooled enough to handle, combine potato fries, cooked ground beef, and 1 whisked egg by hand until uniform in texture.

06 Form 20-24 rounded meatballs. Dip each meatball in the remaining whisked egg to evenly coat the outer surface.

07 Heat remaining vegetable oil in a deep skillet. Fry each meatball until golden brown, around 3-5 minutes.

Potato Pastry Puffs

Priya Kumar

Biosafety Officer, Environmental Health & Safety

PREP TIME 30 minutes

COOK TIME 20 minutes

SERVING SIZE 1 pastry

YIELDS 4 servings

1 tsp cooking oil
½ tsp cumin seeds
1 tsp ginger, grated
2 green chillies, crushed
1 onion, finely chopped
Salt to taste
½ tsp turmeric powder
¼ tsp red chilli powder
2 potatoes, boiled
1 tsp lemon juice
2 sprigs cilantro leaves, finely chopped
Frozen pastry puff sheets



contains
wheat



vegetarian

SELF-MADE

recipe
source

In India, when we were children, I remember the bakery man would come in the evenings around 6pm to our neighborhood with freshly made potato pastry puffs to sell. We would wait outside the house and as soon as we would hear the bicycle bell, we would run outside to buy these. These puffs remind me of how we enjoyed this snack as children, and when I saw these pastry sheets at Trader Joe's, I tried this recipe. It really came out well so I wanted to share it with you. Enjoy as an evening snack with a hot cup of Indian tea.

01 The first step is to prepare the stuffing. Heat a wide, heavy bottom pan on medium heat and add oil.

02 In hot oil, add cumin seeds, chopped ginger, and green chilies. Saute for about 30 seconds and add chopped onion.

03 Again saute everything until onion turns translucent. Add salt, turmeric powder, red chilli powder, and mix well.

04 Stir for 30 seconds and add boiled potatoes. Crush boiled potatoes into small chunks, and mix well.

05 Turn off the heat, add lemon juice, and chopped cilantro leaves. Mix everything well and the stuffing is ready.

06 Lay each puff-pastry sheet flat on a lightly floured work surface. Cut the sides using a knife or pizza cutter to make it look like a square/rectangle.

07 Now take each piece and put 1 tablespoon of potato filling in the center. Lift top right corner and join it with left bottom corner. Seal it completely by pinching the edges together.

08 Take out a parchment lined baking tray and put the ready to bake puffs onto the tray. Preheat oven to 425°F. Bake it at 425°F for 10-15 minutes. After 15 minutes, the crispy, flaky and puffed up potato patties are ready to be served.

09 Serve pastry as a tea time snack with a cup of hot masala chai.

Papa a la Huancaína

Wesley Howard Benavides de McLain

Molecular, Cellular, Developmental Biology & Food Systems, Nutrition, and Health

BA/BS, 2021

PREP TIME 10 minutes

COOK TIME 15 minutes

SERVING SIZE 1 plate

YIELDS 5 servings

4-6 yellow potatoes

1 garlic clove

½ cup jarred aji Amarillo paste

2 cups cottage cheese or queso fresco

Saltine crackers, for thickening

2 tbsp olive oil

Dash of salt and pepper

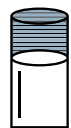
4-6 boiled eggs, peeled and sliced lengthwise

Purple or Kalamata olives to taste (optional)

Large lettuce leaves, for garnish and plating



contains
eggs



contains
milk



contains
wheat



vegetarian



source

Growing up as a Peruvian-American, there was never a family or Peruvian gathering without this staple dish. Papa a la Huancaína is a popular Peruvian appetizer-dish, so it was made readily at many kinds of gatherings, not just Peruvian ones, but even times like Christmas or Thanksgiving! We always mixed up Peruvian cuisine along with the regular American cuisine when I was growing up. This relatively simple dish of potatoes and eggs with a rich creamy cheese and pepper sauce really exemplifies Peruvian cuisine! Not only does it have the unique aji amarillo (yellow pepper) that all Peruvians know well, but the centerpiece is the potato, which is interesting because potatoes originated in the Andes of Peru! I always know I'm among other Peruvians when I see this dish at a gathering, and it brings a sense of welcoming and familiarity to my culture.

01 Gather the ingredients; prepare a blender.

02 Boil 4-6 yellow potatoes until tender.

03 Put the garlic, aji Amarillo (this can be adjusted depending on how spicy you want it) and cottage cheese in the blender. Blend until smooth. If it is too thin, add 2-3 saltine crackers that are crushed, adjust to have a thicker consistency.

04 When mixture is smooth, add the olive oil, then salt and pepper to taste.

05 Prepare the plates with the large lettuce leaves as a base. Slice the boiled potatoes into slices, usually 3-4 slices per plate.

06 Pour the sauce over the potatoes, making sure to cover it generously. Add the sliced egg on top, followed by the olives (if using).

Poutine

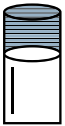
Tiffany He

Biology, BS, 2021

PREP TIME 5 minutes
COOK TIME 20 minutes

SERVING SIZE 1 plate
YIELDS 2 servings

1 bag of store-bought frozen
French fries
1 can beef gravy
2 cups cheese curds



contains
milk



recipe
source

My family moved to Canada when I was 12. I spent my middle school and high school years in Toronto, and I have tried tons of traditional Canadian food while travelling to Quebec. My favourite dish all the time is poutine. My first time trying poutine was at the cafeteria in middle school. Every weekday, my friends and I waited in line at the school cafeteria, waiting in line to buy our \$5 lunch combo, and gathering around the long benches to eat the food. No surprise, poutine was a staple dish there, and due to my long love for fries, I asked for the fries. The lady at the kitchen asked whether I wanted just fries or poutine. I was confused, "What is poutine?" The lady smiled and scooped cheese and gravy onto my fries, and asked me to try it. Ever since that, I fell in love with poutine. It is so simple, yet so delicious.

- 01** Bake the fries in the oven according to instructions on the bag.
- 02** Begin to warm your gravy while the fries are in the oven.
- 03** Place the fries on a serving plate, and sprinkle the cheese curds over evenly.
- 04** Ladle the hot beef gravy over the fries and cheese, and serve immediately.

Ruth's Okra and Potatoes

Sara Woolcock

Nutritional Sciences, MPH, 2020

PREP TIME 10 minutes

COOK TIME 30 minutes

SERVING SIZE 1 cup

YIELDS 5 servings

2 tbsp olive oil

1 medium onion, diced

1 lb okra, washed and sliced

3 medium red or yellow potatoes,
diced in 1-inch cubes

1 clove minced garlic (optional)

1 tsp salt

½ tsp pepper or to taste

My mom grew up in Georgia, and her favorite Southern food is okra. But my mom has lived most of her adult life in a small town in Western Pennsylvania, where I grew up, and for some reason, it is very difficult to find fresh okra there. The closest place we could find okra was an Indian grocery store about an hour's drive away. When my mom did make the pilgrimage to buy it, it would be the special dish for dinner that evening. She developed this recipe of okra and potatoes to let us have the classic okra flavor mixed with the comfort of potatoes. Now that I am living in Seattle, there are so many ethnic markets and farmers markets that sell okra, and my mom always cooks this recipe for me when she comes to Seattle to visit. It reminds me of the taste of home.

01 In a large skillet, heat oil over medium heat. Add onion to skillet and let soften for 1-2 minutes.

02 Add okra, and let cook for 1-2 minutes. Add potatoes.

03 Cook potatoes, okra and onion cook in an open skillet until starting to brown, stirring frequently for about 15 minutes. Option to add garlic and stir until fragrant.

04 Cover by placing lid on top of skillet. Stir every few minutes.

05 When potatoes reach desired softness (about 10 min), add salt and pepper. Remove from heat. Serve and enjoy!



vegan



recipe
source



Tamagoyaki ¹

Sara Clayton

Human Centered Design & Engineering, MS, 2021

PREP TIME 5 minutes

COOK TIME 5 minutes

SERVING SIZE 1½ eggs

YIELDS 2 servings

Three eggs

Vegetable oil for the pan (~2 tbsp)

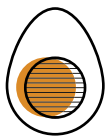
3 tbsp dashi powder

2 tbsp soy sauce

2 tbsp mirin

1 tbsp sugar

1 tbsp salt



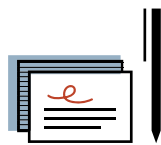
contains
eggs



contains
wheat



contains
soy



adapted
recipe

The cornerstone of any good bento includes one of my favorite, yet most simple, dishes of all — the humble tamagoyaki. Tamagoyaki is a Japanese rolled omelet that, when done well, is soft and pillowy with just the right amount of umami. The beauty of tamagoyaki is that it tastes good right off the pan or at room temperature in a bento. Having grown up in California as a half-Japanese American, I took for granted the proximity of the Japanese community and food around me there. So when I moved up to Seattle, perhaps as a way to cope with some degree of homesickness, I started making my own bentos. One of the first things I ever made was tamagoyaki for my bento and it is still something I make for my bentos, though I've improved my technique quite a lot. I hope you enjoy tamagoyaki just as much as I do.

01 Heat a pan over medium heat.

02 Get a small saucer, and add vegetable oil to it. Cut a paper towel into a triangular shape or any shape that will help spread the oil on the pan.

03 Once the pan is warm, use chopsticks to grab the paper towel triangle and spread the oil on every inch and corner of the pan.

04 While the pan is warming up, gather your eggs and all the seasoning.

05 First, crack the eggs in a bowl and mix. Mix the eggs until it's completely yellow and there aren't any whisks.

06 Add all seasoning to the egg mixture, then mix until the mixture looks even.

07 By this point, the pan should have reached medium heat. Slowly pour one third of the egg mixture. The egg mixture should immediately start cooking.

08 Once the egg layer is nearly cooked through, starting with the side closest to you, start rolling the egg layer onto the other side of the pan.

09 Before moving the rolled-up egg layer back to the side closest to you, grab the paper towel triangle with your chopsticks and spread the oil around the side closest to you.

10 Move the rolled up egg back to the side closest to you and spread oil on the other end.

11 For the second time, when you pour in the next 1/3 of the egg mixture, lift the rolled-up layer so that the egg mixture will move underneath and that, when cooked, the egg mixture will stick to the rolled-up layer.

12 Repeat steps 8 through 10 until your third egg layer is ready. This time, get a flat surface with a paper towel on it and flip the pan onto it, so that the rolled up egg will be upside-down.

13 If you have a sushi rolling mat, transfer the rolled egg into this mat and shape it. Let it sit in that shape for five minutes.

14 Take the rolled egg from the sushi mat, cut into slices, and serve. Itadakimasu!



Japanese Nasu Miso

Emily Sakaida

Food Systems, Nutrition, and Health, BA, 2021

PREP TIME	5 minutes
COOK TIME	15 minutes

SERVING SIZE	½ cup
YIELDS	6 servings

1 tbsp + ½ tsp cooking oil for pan
1 tsp minced ginger
2 japanese eggplants, diced
1 green bell pepper, diced

MISO SAUCE

2 tbsp miso
2 tbsp brown sugar
1 tbsp dashi soup base
1 tsp mirin

TOPPINGS

¼ tsp sesame oil
Green onion, chopped and to taste
1 tsp sesame seeds
Red pepper flakes (optional)

SERVE WITH

Japanese Sticky Rice

Nasu miso is the comfort of eating with my family at home. It is nostalgia and my mother's love. This recipe is very special to me because it represents family, and I find that I miss my family and certain home-cooked recipes while I am away at college. I have always been inspired by my mother's cooking because in it, I see her hard working character, gentleness, and her ability to spread joy so effortlessly through the meals she lovingly makes for our family and others. When I eat Japanese food, I am reminded of the importance of these qualities that my mother possesses, a representation of the values and traditions with which I was raised. In these moments, I see how cooking goes beyond the food itself, having the ability to tell a unique story while simultaneously shaping one's identity.

01 Heat pan to medium, then add 1 tbsp oil to the pan, and fry the minced ginger until aromatic (about 30 seconds).

02 Add eggplant into the pan covered and stirring occasionally, until it begins to soften (about 6-8 minutes).

03 Transfer cooked eggplant and ginger mix onto a separate plate to the side. In the same pan, add ½ tsp cooking oil, then saute green peppers for 2-3 minutes.

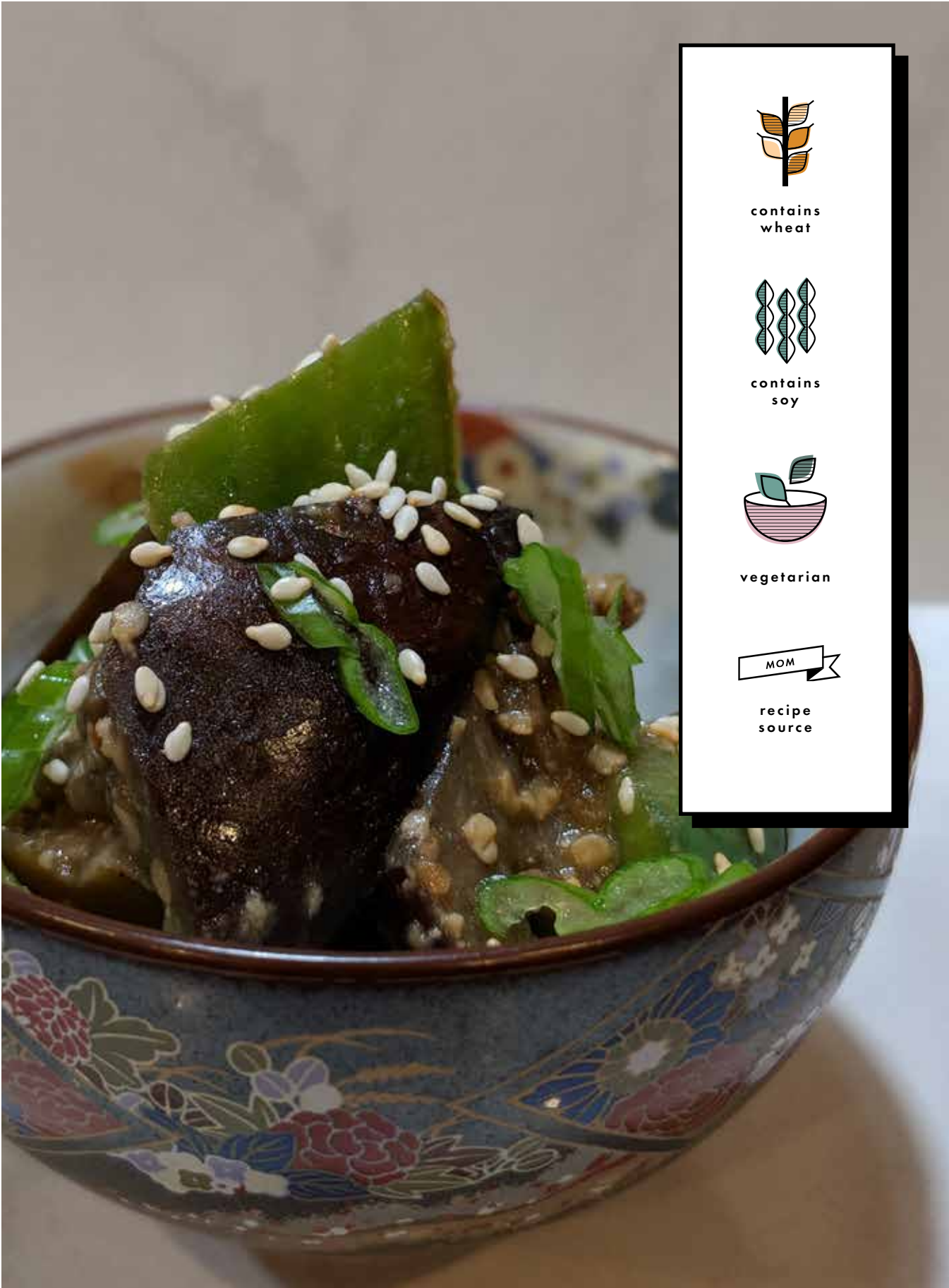
04 Add back the eggplant and ginger mixture into the pan. Stir occasionally so it doesn't stick to the bottom for 2 minutes.

05 Meanwhile, in a small bowl combine miso, brown sugar, dashi, mirin, and mix well.

06 Set heat to low, and add sauce to the pan, and mix well for about 2 minutes, then turn off heat.

07 Add ¼ tsp sesame oil, and mix well.

08 Optional: Add red pepper flakes to preferred spice level. Sprinkle chopped green onion and sesame seeds before serving. Serve warm with Japanese sticky rice.



contains
wheat



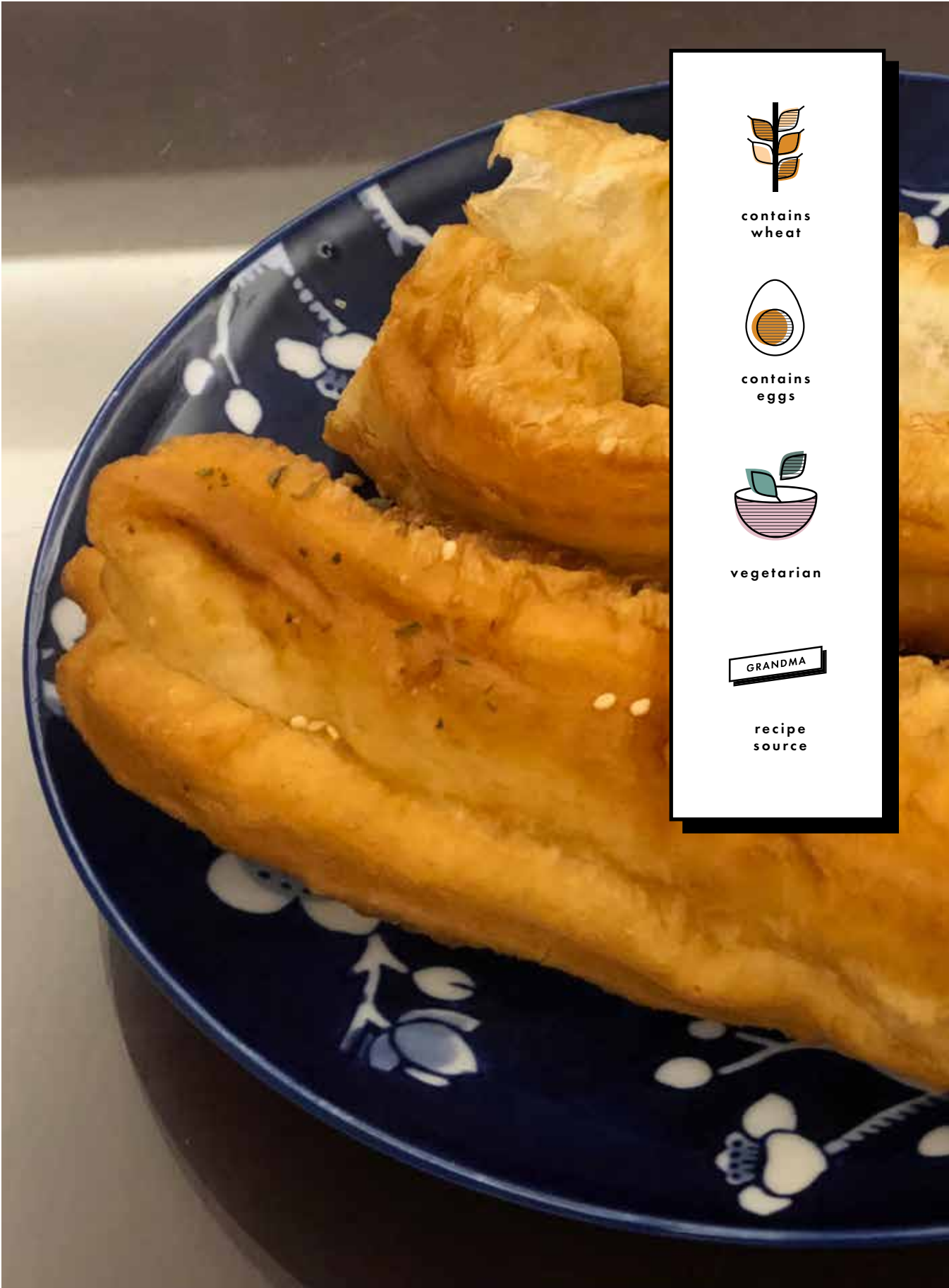
contains
soy



vegetarian



recipe
source



contains
wheat



contains
eggs



vegetarian

GRANDMA

recipe
source

Chinese Donuts

Sophia Zhang

Interdisciplinary Art, BA, 2022

PREP TIME	3 hours
COOK TIME	30 minutes

SERVING SIZE	1 donut
YIELDS	6 servings

4 cups flour
1 tsp baking soda
1 tsp baking powder
1 tsp salt
1 egg
1 tsp oil
Cold water as needed
Oil for frying

Breakfast foods have been important for my family. If you've ever traveled to Northern China, you would've tried the Chinese donuts ("you tiao") with soy milk for breakfast. It's a very famous and cheap street food, but can also be made at home. For my family, a typical breakfast would be different types of porridge along with either sweet pastries or simple salty Chinese donuts. The name "you tiao" literally translates to an "oily stick," and that is exactly what it is – a fried stick of dough. My grandma would always make it for us either the night before or if she gets up early enough to fry them. It is definitely one of the most delicious home foods that I miss.

- 01 Mix all the dry ingredients together
- 02 Mix the dry and wet ingredients together, and add an adequate amount of cold water as mixing the dough
- 03 Use the punching method for mixing and forming the dough. The dough should be sticky but not sticky enough to stick to hands.
- 04 When the dough is formed, put it in plastic wrap and refrigerate overnight (or 4 hours if you're running low on time).
- 05 Take out the dough and make them into small round pieces that are about the size of a table tennis ball.
- 06 Pour an appropriate amount of oil in pan and heat oil with low to medium heat (the oil should be enough to cover the top of the dough)
- 07 Take two dough balls, put them together side by side and stretch them. The dough should look like thick, long chopsticks that are stuck together.
- 08 Make sure the oil is not too hot so the dough doesn't burn. Fry the dough. Make sure to flip it constantly to avoid burning.
- 09 Repeat steps 7 to 8 until you use all the dough.

Sauteed Water Spinach with Garlic

Thu Thu May Oo, Customer Service Coordinator, Alumni & Stakeholder Engagement
Medical Anthropology & Global Health, BA, 2019

PREP TIME	10 minutes
COOK TIME	5 minutes

SERVING SIZE	1 cup
YIELDS	2 servings

1 lb water spinach (ong choy)
3-4 tsp vegetable oil (canola oil or
peanut oil is preferred)
3 cloves of garlic, minced
1 tbsp sweet soy sauce (Kwong
Hung Seng sauce)
2 tsp chicken or vegetable bouillon
powder
2 tsp water
Salt and pepper to taste

I find myself a sense of belonging through love and devotion one puts into the making of food. I was born and raised in Burma (Myanmar), and despite living in the US for a decade whilst my family is in Burma, the hardest challenge still is not being able to enjoy my mama's simple home-cooked meal: the sauteed water spinach with garlic. I still remember vividly how my siblings and I would fight over who got to eat the savory leaves portion of a dish or the crunchy stalks of this nutritious leafy vegetable, which sometimes naturally grew in our backyard. This simple dish makes me realize what it is like to belong in a place where you can share your favorite things and make inedible memories with your beloved ones. What's more, my passion for cooking grows even stronger as I learn my mama's recipes to cook and find myself a sense of home away from home.

- 01 Cut and remove the bottom parts of the spinach stems until you are left with younger and crunchier stems. Then, cut spinach into 3-inch pieces and separate the leaf and thin stems from wider and crunchier parts. Wash well and drain.
- 02 Heat a large wok pan to a medium-high heat. Then, add 3-4 teaspoons of vegetable oil in the pan.
- 03 Add minced garlic and cook for a few seconds until fragrant.
- 04 Add the wider and crunchier stems into the pan first. Add a dash of salt and cook until they are halfway done. Then, add the remaining spinach.
- 05 Add all the seasoning including sweet soy sauce, chicken or vegetable bouillon powder, and sprinkle salt and pepper to taste.
- 06 Stir constantly for 3-4 minutes until they glisten and are thoroughly cooked. Add water as needed.



contains
wheat



contains
soy



vegetarian



recipe
source

Baked Shrimp Toast ²

Lynda Pham

Computer Science, BS, 2022

PREP TIME 15 minutes

COOK TIME 10 minutes

SERVING SIZE 3 toasts

YIELDS 4 servings

12 large shrimp

2-3 cloves of garlic, finely minced

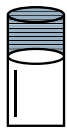
½ cup mayonnaise

¼ tsp onion powder

Salt and pepper to taste

1 baguette

¼ cup mozzarella (optional)



contains
milk



contains
eggs



contains
shellfish



contains
wheat



adapted
recipe

Growing up, there has always been a dichotomy in the food at family functions. We would serve hot pot for our Vietnamese Thanksgiving and go all-out American for Christmas. My young cousins would only eat the reluctantly-ordered Costco pizza and leave the Vietnamese platters untouched. The only thing that would make my cousins race downstairs is this shrimp toast! The last time we hosted a party, my mom asked me to help her get ready, and I realized how easy it is to make. This recipe is a great way to introduce someone to a non-traditional Vietnamese dish.

01 Preheat oven to 400°F. Line baking sheet with parchment paper or spray it with non-stick oil.

02 If working with pre-cooked shrimp, slice shrimp into bite-sized pieces. If using raw shrimps, cook peeled shrimps in about a tbsp of vegetable oil. Season with salt and pepper to taste. Cook for approximately 2 minutes on each side or until the shrimps have curled up and turned pink. Slice shrimp after cooking.

03 Cut baguette into 1-cm thick slices.

04 In a bowl, mix the garlic, shrimp, mayonnaise, sour, onion powder, and if desired, cheese.

05 Spread the mixture onto the baguette slices. Add salt and pepper to taste. Bake for 6-7 minutes, or until golden.

Tahini Dip

Danny Arguetty

Mindfulness Manager, UW Recreation

PREP TIME 5 minutes

COOK TIME 5 minutes

SERVING SIZE 3 Tbsp

YIELDS 8 servings

2-3 garlic cloves, peeled

1 cup tahini paste

Juice of ½ lemon

1 tbsp sea salt

1 whole bunch of parsley,
destemmed

2 tbsp olive oil

Water



vegan



recipe
source

Growing up, every Saturday my family would gather at my Grandma's apartment for a delectable home-cooked meal. Flavors, colors, card games, and heated political conversations constructed the minutes and hours of this weekly ritual. It was only in my late 20's that I realized what a special time this was and how blessed I was to have been exposed to so many diverse and delectable dishes. One that always stood out was the tahini dip --so rich and creamy, with each individual ingredient (garlic, lemon, olive oil, sea salt, parsley, sesame) visiting my taste buds and leaving a little moment of delight. Tahini is originally an Arab food adopted by Israelis (where I am from). It not only reminds me of nourishing family time, but also the ways in which food can bridge the gap of difference and hate to help us remember all that we share in common.

01 Peel garlic cloves, and blend in a food processor

02 Add all other ingredients

03 Turn food processor on and slowly add water until desired consistency

04 Taste and adjust flavor (some like it more lemony, some more salty)

05 If you don't have a food processor, use a blender. If you don't have a blender use a jar. Mince the garlic and parsley so they are very small. Put all ingredients in a jar and shake until desired consistency (again here add water and adjust the flavor profile).

Lefse

Cheryl Wheeler

Program Director, International Specialized Programs

PREP TIME 40 minutes

COOK TIME 15 minutes

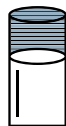
SERVING SIZE 1 piece

YIELDS 10 servings

2 cups instant potato flakes
2 ½ cups all-purpose flour
½ cup white whole-wheat flour
1 tsp kosher salt
2 tsp white sugar
2 cups water
¼ cup salted butter, softened
⅔ cup whole milk, room temperature



contains
wheat



contains
milk



vegetarian



recipe
source

I don't know how lefse escaped my awareness until I made a 2019 family visit to Norway to explore my distant ancestral roots. I was never especially interested in visiting Scandinavia until my 40s, but I have been very interested in cooking since I was a child. It was eye-opening to "discover" a bread from my own heritage, even when I spend quite a lot of my free time researching and testing bread recipes. For me, lefse represents how all people make incredibly delicious food with whatever they happen to have on hand. After making lefse in Norway, I came back to the US and put my personal touch on this particular recipe by making it partially whole wheat. If you don't like this vaguely healthy improvement, please use only all-purpose flour. If you are Norwegian and you find fault with my non-traditional whole wheat approach, please send me your passport, altered such that it is now my passport. Thanks!

- 01 Mix potato flakes, flours, salt and sugar together in a large bowl.
- 02 Boil water. Mix water, butter, and milk and combine with dry ingredients. Stir vigorously with a heavy spoon until combined.
- 03 Gently knead dough mixture by hand a few times, to form a soft, smooth dough.
- 04 Cover and rest dough for at least 30 minutes. If refrigerated, let dough warm up to room temperature for 30-45 minutes prior to the following step.
- 05 Weigh the dough and divide it into 10 equal pieces. Pat or roll each piece into a 10-12 inch disc on a very well-floured surface. I like to make them thin and delicate, but you can make them heftier if you already know you prefer a heftier potato-based product. I have never actually used a rolling pin to roll them. But I am sure a more patient person would.
- 06 While you are rolling, heat a cast iron skillet, griddle, or a non-stick frying pan. You want it heated to high (400-425°F) and entirely ungreased. I use a large pancake griddle to make the process go more quickly.

07 Dust flour off the disc as best you can--I use a pastry brush. Using your trusty bench scraper as needed and your dexterous digits, lift the dough disc from the work surface and put on the hot pan. It's OK to push it around with your fingertips to spread it out a wee bit more at this point if you need to. It will brown in spots, quickly.

08 Flip it over and cook the other side until nicely spotty, too. Repeat this process.

09 As you finish the bread, stack them up on a plate covered with a thin kitchen towel (this keeps them extra soft). When all are complete, consume thoughtfully, and strictly in the presence of others to avoid inhaling the entire batch!

10 Wait, did you ask how to consume them? Lefse can be used as a flatbread, tortilla, or some other kind of wrap. In Norway, I was told they are used to wrap hotdogs, but I think they make a nice wrap for whatever savory leftovers you have around. When I was on my trip, I used them to make grilled cheese "sandwiches" with slices of fresh zucchini in between. You can easily go super sweet with these and eat like pancakes by adding sugar, butter, and cinnamon. I also like the idea of squishing on some sweet items (Norwegian brown cheese and cloudberry jam, eh?), then roll up jelly roll style and tuck away in your backpack in anticipation of hungrier times of travel.





vegan



recipe
source

Summertime Salad

Lauren Iversen

Landscape Architecture, MLA, 2020

PREP TIME 15 minutes

SERVING SIZE 2 cups

YIELDS 6 servings

4-5 garden grown tomatoes

1 garden grown onion

1 garden grown cucumber

Fresh vegetables

Salt and pepper to taste

Olive oil to taste

Balsamic vinegar to taste

The Midwest may be known for hearty casseroles and food-on-a-stick (just google food from the Iowa State Fair), but one recipe that reminds me of my childhood in Iowa and Missouri was quite a bit healthier and always for dinner in the late summer. As the long hot days drenched the garden in bright sun, the garden tomato vines would start to explode with dripping-down-your-chin, juicy Beefstakes and Romas. We celebrated the harvest with a simple recipe, to be eaten on the back porch, as the humidity of the day finally subsides. Take the tomatoes and anything growing in your garden, and throw them in a bowl with salt and pepper. Pair it with locally grown peaches-and-cream corn and Iowa pork chop, and dinner is ready. I can practically see the sun setting over the corn tassels as I imagine the dinner now.

01 Cut all the vegetables into large chunks. Toss them into a giant salad bowl, then salt and pepper. The olive oil and balsamic vinegar are optional, as the homegrown vegetables are the stars of this bowl.





hearty mains

Flank Steak Tacos with Scratch Salsa Verde

Katherine Parsons

Employment Law, MJ, 2020

PREP TIME	30 minutes
COOK TIME	30 minutes

SERVING SIZE	3 tacos
YIELDS	4 servings

SALSA VERDE

Cooking spray

1 lb tomatillo

1 Anaheim pepper

1 poblano peppers

2 jalapeño peppers

½ white onion

2 cloves garlic

½ bunch cilantro, destemmed

Salt to taste

TACOS

1 tbsp ground cumin

1 tbsp chili powder

1 tsp paprika

1 tsp onion powder

1 tsp garlic powder

½ tsp salt

½ tsp cayenne pepper (optional)

3 lbs flank steak

12 corn tortillas, 3-inch

½ white onion, diced

½ bunch cilantro, roughly chopped
and destemmed

My mom always made sure we had a hot meal on the dinner table every night. Never having been a fan of cooking, she was thrilled when I told her that I actually liked to cook and wanted to take over the task a couple nights a week. My enjoyment of cooking quickly developed into a passion, and my mom was always willing to provide the ingredients I needed for my creations. One of my specialties was tacos! Now, fast-forward many years, I am a mother myself, and cooking for my family is one of the ways I show how much I love them. In the Parsons household we have a taco obsession. Whether I whip together a quick ground beef taco or put in the extra love and effort to make these tasty flank steak tacos with fresh salsa verde, everyone ends up with full, happy bellies. I credit my culinary skills to my mom who has always been a supportive force in my life. Thanks, mom! I hope you and your family enjoy these tacos too; they are a Parsons family favorite. Who doesn't love tacos, right?

01 Make salsa verde ahead of time. Set oven to broil setting with rack in the center of the oven. Line a rimmed baking sheet with foil and spray with cooking spray.

02 Remove outer hulls of the tomatillos. Rinse, cut in half, and place on baking sheet cut side down.

03 Wash and place whole peppers on the baking sheet. Caution: Wear gloves when handling peppers to prevent burns from capsaicin, the spice found in peppers.

04 Broil tomatillos and peppers until peppers start to show black bubbled spots, around 8 minutes. Flip with a spatula and broil for an additional 3 to 5 minutes. Remove and set aside to cool.

05 Once cooled, cut and discard stems from peppers. Combine cooked tomatillos, peppers, onion, garlic, and cilantro in a blender or food processor until chunky. Add salt to taste.

06 Prepare tacos after salsa is finished. Re-line baking sheet with fresh foil and spray with cooking spray.

07 Combine all ground spices in a small bowl. Dry rub the seasoning mixture on both sides of the flank steak, ensuring adequate coverage. Place steak on baking sheet.

08 Broil in oven until sizzling and browned, around 5 to 7 minutes. Flip and repeat on the opposite side. Steak can be cooked to preference (i.e. cook for less time if medium or medium-rare temperature is preferred). Remove from oven and let rest for 5 minutes.

09 Cut steak into $\frac{1}{4}$ inch strips against the grain.

10 Heat corn tortillas according to package instructions. Assemble tacos with steak, salsa, diced onions, and cilantro.



Thai Basil Pork

Megumi Matsushita

Environmental Toxicology, PhD Candidate

PREP TIME 15 minutes

COOK TIME 45 minutes

SERVING SIZE 4.2 oz

YIELDS 3 servings

1 tbsp vegetable oil

3-4 garlic cloves, minced

7-20 Thai chili peppers, slivered
(7 chilis for a good kick, 15-20
for those who can handle it)

2 tsp chili garlic sauce

1 lb ground pork

1 tbsp soy sauce

5-6 flicks fish sauce

3-5 small dollops oyster sauce

1 tbsp sugar

1 bunch Thai basil, washed and
destemmed

Top with Fried Eggs (1 per person)

Serve with rice

One day I received a text from a friend asking me if I wanted to join for dinner at her friend Jane's house. After some initial hesitation, I said yes to the prospect of the free, home-cooked meal. Seated at the dining table was my friend and two strangers on a couch way too low for the table. Jane was in the kitchen, completely unfazed by the 18 Thai chilies sizzling over oil with only a cracked window for ventilation—a Pittsburgh classic. She told me to go sit and mingle. At this point I contemplated leaving, as I had signed up for one stranger, not three. But mingle, I did. In a few minutes we were crowded around Jane in an already-cramped kitchen, cracking jokes right and left, and competing to help 'mom'. By the time we finally cleared the chili fumes from the living room and dug into the Thai basil pork, I felt right at home in that hodgepodge family.

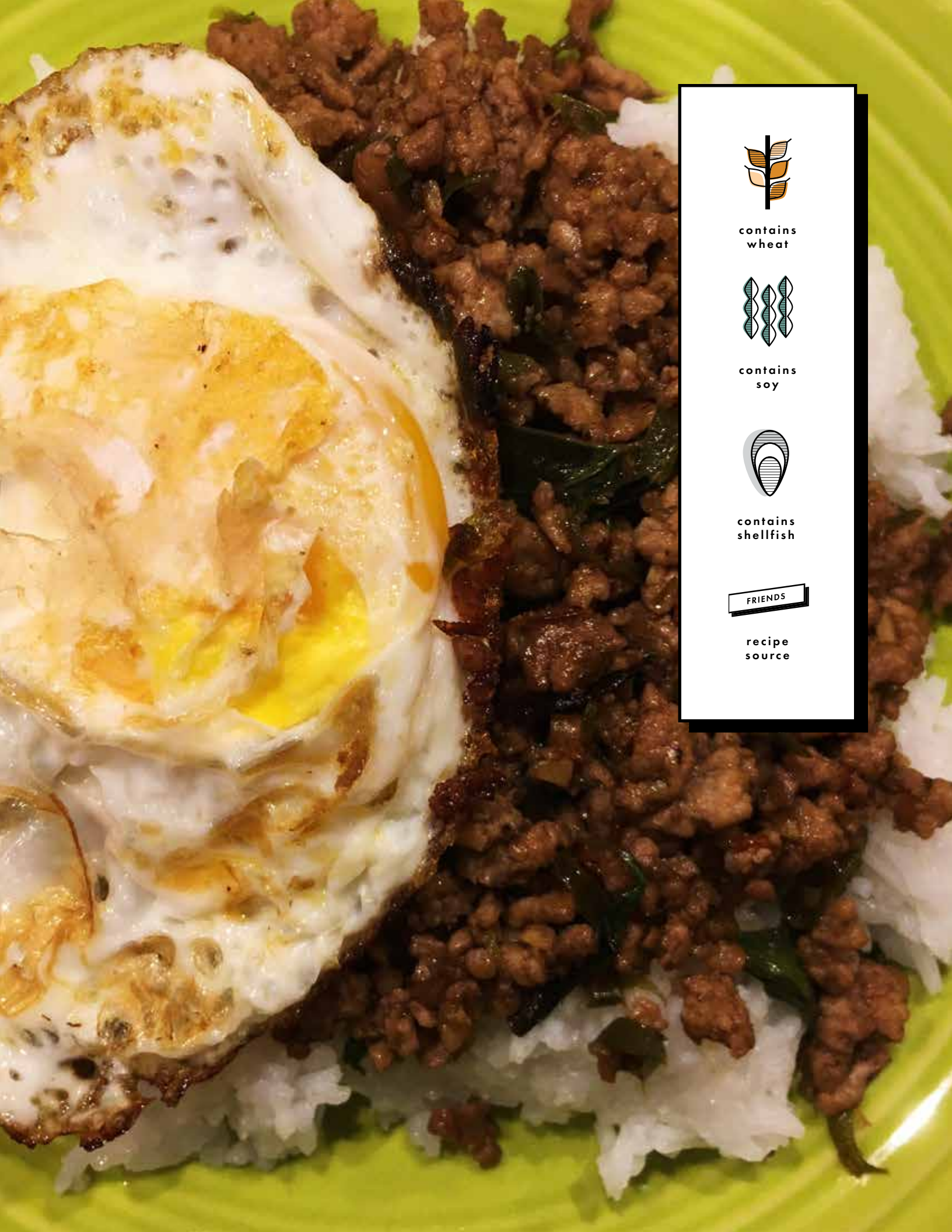
Jane continued to invite me to these weeknight dinners with a rotating list of "food friends" and food better than what you could get at any restaurant in Pittsburgh. She provided a safe space for us to connect across demographic differences. The magic was in the friendships that formed between people who would never have come together without Jane. That friendship and association with Jane's cooking were so strong that when we all reunited at Jane's wedding this past summer, we introduced/re-introduced each other by our names and which of Jane's dishes we ate together.

01 Heat up cooking oil over medium-high heat, then stir fry the garlic until golden. Add chili peppers, stir around until fragrant. Add chili garlic sauce and mix it well with the garlic and chili peppers. (Make sure you have plenty of ventilation--there will be spicy fumes.)

02 Add the ground pork and mix well with garlic and chili. When the pork is cooked through, lower heat to medium and add soy sauce, fish sauce, and as much oyster sauce as you need for desired saltiness. Jane usually adds enough so that the pork gets uniformly darker in color, which ends up on the less salty side.

03 Mix in the sugar. Reduce heat to low, add the basil, stir it around until wilted, about 1 minute (add a little water if it's dry). Turn heat off.

04 Fry your egg in hot vegetable oil. Serve over jasmine rice.



contains
wheat



contains
soy



contains
shellfish

FRIENDS

recipe
source

Hot and Spicy Chicken Breast

Qianyu Liu

Oceanography, BS, 2020

PREP TIME	5 minutes
COOK TIME	20 minutes

SERVING SIZE	1 breast
YIELDS	3 servings

3 chicken breasts
2 tsp black pepper
1 tbsp cooking alcohol
2 tsp salt
1 egg white
2 tsp sugar
2 tbsp soy sauce
2 tbsp vinegar
4 tbsp chili oil
Sesame seeds (to garnish)
Parsley leaves (to garnish)



contains
eggs



contains
wheat



contains
soy



recipe
source

This is an original recipe that I make some modification to a Chinese traditional dish: Szechuan-style hot and spicy chicken slices. I created this dish during my third year of University; meanwhile, I worked out a lot and must eat chicken breast every day. The way I cooked chicken breasts at first is simple: water boil with salt and pepper. In that way the breasts taste plain and hard to chew. In my recipe, the way to cook the breasts is simple and healthy, and it gives me the most tender chicken breast that I ever had. In this case, the egg white and time of cooking are essential. Both of them combine together keep the moisture from escaping from the breast and not over cooked. I then gave the breasts a Szechuan flavor but with less calories and salt. In the traditional recipe, the chef adds sesame paste and more chili oil, which contains too much calories that are not good for a bodybuilding dish. Overall, it is a body building, Szechuan style, and tender chicken breast.

01 Cut the spare ribs into 1-1.5 inches sections (let the bone be attached to the meat), clean and wash gently with water. If working with a pressure cooker, place ribs into the pot and pour water over the ribs, add cooking wine then pressured cook for 15 min. If using a regular stove top, cook for 40-50 minutes and drain.

02 Combine light soy sauce, cane sugar, vinegar, and cooking wine together in a big bowl, mix well. Add the cooked ribs into the bowl and mix well with the prepared sauce, leave the ribs marinating for at least half an hour. Flip over the ribs a couple of times while marinating.

03 Use a flat pan/wok, and set the heat to the slowest-slow fire, add crystal sugar. Actively stir and mix the oil with crystal sugar, break the crystal if the cube is too big. You can adjust the fire to medium, but keep the fire/heat low as much as possible so the sugar can melt properly, which is considered as sugar color. (You may observe the sugar became dark brown when mixing with the oil).

04 Place the ribs into the pan and coat with sugar color. Increase the heat and actively flip the ribs to make sure they are evenly colored with sugar. Once the ribs start to develop a red brown sugar coat, the meat is ready. Garnish with sesame seeds and scallions to serve.

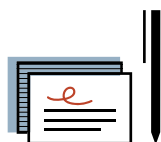
Aunt Jill's Sweet Baby Rays BBQ Brisket ³

Joel Gartenberg
Finance, BA, 2021

PREP TIME 20 minutes
COOK TIME 8 hours

SERVING SIZE ½ lb
YIELDS 12 servings

1 tbsp garlic powder
1 tbsp onion powder
1 tbsp chili powder
1 tbsp paprika
1 tbsp salt
1 tbsp light brown sugar
1 tsp ground cumin
2 tbsp olive oil
6 lbs beef brisket trimmed and dry
1 cup beef broth
1 cup of water
Sweet Baby Rays BBQ sauce to
serve



adapted
recipe

Aunt Jill's Sweet Baby Ray's Brisket is the embodiment of what it means to be a Gartenberg. This 6-pound monster is served to the Gartenberg clan once a year during the Jewish Holiday, Passover, by my Aunt Jill. That hunk of meat is the table topic every year and the Sweet Baby Rays BBQ glaze is a family favorite. That sauce originates from the east coast and is strong, spicy and bold. Similar to my family's direct personality! The directness of my family is amazing, but causes a lot of issues. On the other hand, all of these issues are quickly forgotten when consuming this melt-in-your-mouth, mouthwatering cow. The dish reminds me of who I am to my core, as well as the power of food in conflict resolution!

01 Preheat oven to 350° F. Mix garlic powder, onion powder, chili powder, paprika, salt, light brown sugar, ground cumin, and olive oil in a bowl. Season brisket with the mix, and place into a large roasting pan.

02 Mix 1 cup beef broth with 1 cup water and then add mixture to the base of the pan.

03 Cover tightly with heavy aluminum foil and cook for 1 hour. When wrapping tightly with aluminum foil, creating a dome like head allows the meat to steam on top of the brisket as well.

04 Reduce temp down to 300°F and let cook for an additional 5-6 hours, or until tender. Baste brisket with meat juice from the roasting pan. Note: Brisket is tender when it reaches 165°F. Periodically check brisket during the 5-6 hour period so you do not overcook the brisket.

05 Remove aluminum foil from pan and broil on top rack for about 8-10 minutes or until charred on the edges. Baste again and let the brisket rest for 15 minutes.

06 Slice ¼ inch thick against the grain. Serve with Sweet Baby Rays BBQ sauce.

Grilled Elk Heart with Peppers and Onions ⁴

Samuel Gisselman

Doctor of Physical Therapy, DPT, 2022

PREP TIME 1 hour
COOK TIME 30 minutes

SERVES 4 - 6 people

1 elk, deer, or cow heart (or steak of choice)
4 tbsp olive oil
1 tbsp sherry wine or red wine vinegar
1 tbsp Worcestershire sauce
1 tsp salt
1 tsp dried oregano
1 tsp dried thyme
1 tsp ground black pepper
4 bell peppers (assorted colors)
1 large yellow onion



adapted
recipe

My heart was pounding and felt like it would leap up out of my chest at any moment. Adrenaline coursed through my body and shook my arms so much I could barely hold my bow up straight. I had just called in my first elk, a large, bull, Roosevelt elk that was now 20 yards away from me. As I drew down on him, the rush left me – I was steady. I have always had a heartfelt passion for the outdoors and archery. Some of my favorite memories of growing up involve my dad and I shooting our bows in the backyard of our rural Wisconsin home. Unfortunately, my dad is no longer able to meet the physical demands of an elk hunt; so, to honor him and the animal, I harvested every usable piece of meat on the animal, including the heart.

Heart Preparation

Remove the atria and large vessels from the top of the heart, and discard. Remove the fat from around the large ventricles. Separate the ventricles and cut so that they open like a book (butterflied). Remove the valves, cords, and the ends of the papillary muscles from what used to be the inside of the ventricles (essentially anything that looks like a spider web). Remove the tough, shiny, outer skin/fascia of the ventricles.

Preparation

01 Mix 2 tbsp of olive oil in a large mixing bowl with the sherry wine or red wine vinegar, Worcestershire sauce, salt, oregano, thyme, and ground black pepper. Place the meat in the bowl and massage the marinade into the meat.

02 Place into a sealable bag or container that barely fits everything. Marinate in the refrigerator for at least 30 minutes or up to 2 days. For longer set times, flip the meat, or bag, at least 2 times per day.

03 Remove meat from marinade and allow it to warm to room temperature before grilling.

04 Heat up grill on high heat.

05 Slice bell peppers and yellow onion into desired strips and toss in the left over marinade.

06 Place bell pepper and yellow onion strips directly on the grill or on a tray of tinfoil (depending on width of strips) and flip regularly.

07 Cook peppers and onions until a nice char starts to develop.

08 Peel off any overly charred bits of pepper skin, and then place the remaining peppers and onions in a container, or wrap in tinfoil, to steam.

09 Cook the heart on high heat to desired doneness and flip regularly.

10 Remove heart from grill, sprinkle with salt and pepper to taste, and let rest for 5 to 10 minutes.

11 Combine the heart with peppers, onions, and any other desired sides and enjoy.



Pav-Bhaji

Kanhaiya Maheshwary

Communication Leadership, MCDM, 2020

PREP TIME 25 minutes

COOK TIME 30 minutes

SERVING SIZE 1 bowl

YIELDS 6 servings

3 medium potatoes, cut into ½ inch cubes
1 cup cauliflower, chopped
1 cup green peas
1 beet, cut into ½ inch cubes
Melted butter, for pan and finishing
1 large onion, finely chopped
4 cloves garlic, minced
1 inch ginger root, peeled and minced
1 tbsp Pav-Bhaji masala spice
1 tsp fenugreek
1 tsp coriander spice
1 tsp red chili powder
1 tsp turmeric
2 tomatoes, finely chopped
Salt, to taste
1-2 tbsp water if necessary
Freshly chopped cilantro and butter
Rice or hot buns for serving

Every time I come across Pav Bhaji, familiar sights and smells of one of the many beaches of Mumbai come alive. I see a kid version of myself asking my parents to stop by at these Pav-Bhaji vendors at Juhu Beach. These street shops are overflowing with people who've just spent an evening at the beach with their friends and family, playing water sports and kicking the ball around, and now want to reward their tired bodies with the tastiest food this city has ever had the good fortune of claiming to its name.

Pav Bhaji is an eclectic mixture of mashed potatoes, cauliflowers and bell peppers in a gravy of tomato, onion and garlic. It is then garnished with some strong Indian spices topped with butter, and consumed with bread. In many ways, this dish is representative of Mumbai's cosmopolitan culture. Mumbai is a mixture of people from across India, it is warm and friendly, and embraces everyone. Pav Bhaji's existence can be traced back to the early 1950s, when cotton mill workers would simply mix whatever vegetables they could afford, mash them all, and consume it with bread. But today, the rich and poor love it alike. No other food transcends boundaries like Pav Bhaji.

01 Place potatoes, cauliflower, green peas, and beet in a medium-sized pan in water. Cover and simmer over medium-low heat for around 15 minutes, or until all vegetables are soft. Stir occasionally.

02 Meanwhile, melt butter in another pan over medium heat. Once butter is sizzling, add onion and saute for 4-5 minutes, or until slightly translucent.

03 Add ginger and garlic and saute for 1 minute, or until fragrant.

04 Add Pav-Bhaji masala spice, fenugreek, coriander spice, red chili powder, and turmeric about 30 seconds after adding ginger and garlic (try blooming the spices to amplify their flavors, but be careful not to let them burn!).

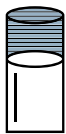
05 Add tomatoes and just enough water to achieve desired consistency. Cover, turn heat down to medium-low, and stir occasionally.

06 Meanwhile, mash the cooked potatoes, cauliflower, green peas, and beet together. Add the vegetable mash to the tomato spice mixture. Salt to taste. If consistency is too thick, add 1-2 tbsp water. If too thin, allow to cook for 2 to 3 more minutes over medium-low heat, stirring often.

07 Garnish with fresh cilantro and butter. Serve over rice or hot buns.



vegetarian



contains
milk



recipe
source



Braised Pork with Mustard Greens

Lillian Zhiyun Xie
Museology, MA, 2021

PREP TIME	6 hours
COOK TIME	2 hours

SERVES	4 - 6 people
YIELDS	4 servings

1 lb pork belly
2 handfuls of dried preserved mustard greens
2 large knobs of ginger
1 cup dark soy sauce
¾ cup Shaoxing wine
2 tbsp white pepper powder
2 tbsp oil
1 ½ cups rock sugar, broken into chunks

My family rarely talks about the past, especially the trauma they experienced before coming to America from China in the late 1980's. However, I learned how to navigate this obstacle through cooking with my grandparents. They would share memories tied to the dishes we were making, and my grandfather and I loved to make and eat Braised Pork with Preserved Mustard Green, which he learned from a newspaper article over fifty years ago. While preparing the ingredients one day, he told me he learned to make this dish to impress my grandmother when they were dating in high school. Unfortunately, he also learned that she is a vegetarian when he presented it to her! Nevertheless, he held onto this recipe. This dish makes me feel closer to my family and the Chinese history and culture they passed along to me through cooking together.

01 Rinse the dried preserved mustard greens under running water until the sand and dirt are washed away.

02 Put the washed dried preserved mustard greens into a bowl and fill it with water until everything is immersed. Soak for 3-4 hours. For the best results, soak for 5-6 hours.

03 Cut pork belly into 1-inch pieces. Cut the ginger knobs into ¼-inch thick slices. Put pork belly pieces and ¾ of the ginger slices into a pot. Save the remaining ¼ of ginger for later. Fill with water until everything is submerged. Bring the pot to a boil, then lower the temperature to a simmer. Cook for 30-35 minutes.

04 When the pork looks almost white and pale, set aside and throw out the ginger and water. Add dark soy sauce, cooking wine, and white pepper to the pork and mix. Marinate at room temperature for 15-20 minutes.

05 Heat 1 tbsp of oil in a wok over medium heat, and lightly fry the ginger slices for 2 minutes.

06 Toss in the marinated pork belly. Sear the sides until lightly golden brown. Do not worry about cooking them all the way through. Set aside.

07 Drain the re-hydrated mustard greens, and save the liquid.

08 Heat 1 tbsp of oil and toss in the re-hydrated mustard greens. Stir fry for 5 minutes.

09 In a medium-sized casserole dish, cover the bottom with the pork belly pieces. Place a layer of the mustard greens. Repeat until you use all the pork belly. The final layer on top should be the mustard greens.

10 Pour in the liquid from re-hydrating the mustard greens, filling it three quarters of the way to the top. Pour in cooking wine until the liquid just barely reaches the top.

11 Place chunks of rock sugar spaced 1 ½ inches away from each other and in between pork pieces. Sprinkle more mustard greens and extra ginger slices on top.

12 Steam for 70-75 minutes. Take the dish out of the steamer, and serve!



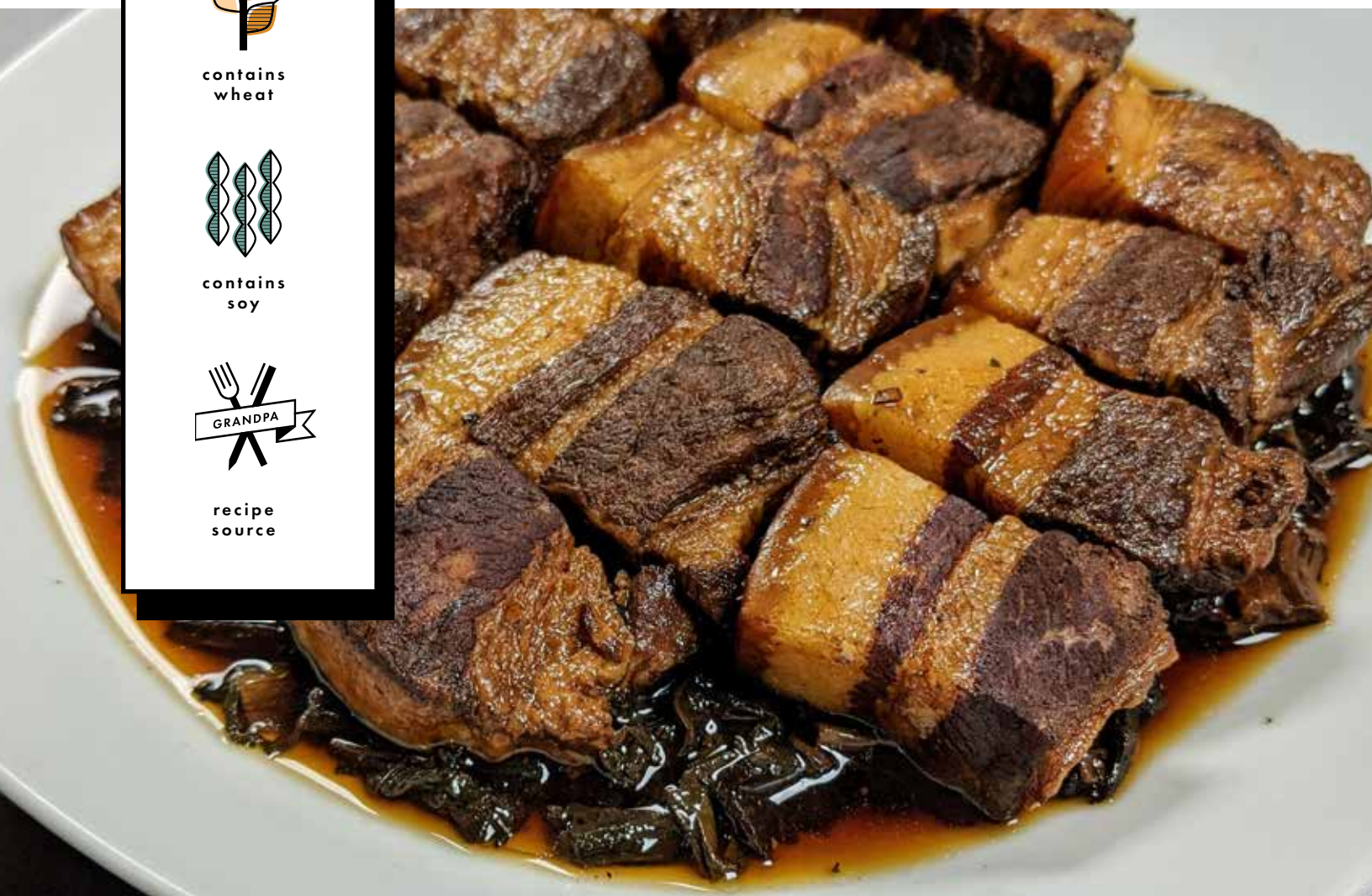
contains
wheat



contains
soy



recipe
source



Shui Zhu Yu (Sichuan Boiled Fish) ⁵

Tao Zheng

Nursing Sciences, PhD Candidate

PREP TIME 20 minutes

COOK TIME 30 minutes

SERVING SIZE ½ large bowl

YIELDS 2 servings

1 egg white, beaten
½ tsp cornstarch
¼ tsp ground white pepper
3 thin slices fresh ginger root
2 12 oz fillet swai fish or any white fish (mild flavor preferred), cut into bite-sized pieces
3 tbsp vegetable oil, seperated
10 Sichuan peppercorns
5 dried Sichuan dried chili peppers
2 cup sliced Napa cabbage or 2 cups oybean sprouts
2 tbsp Sichuan bean sauce
2 cups water
1 tbsp minced garlic
Salt and pepper to taste
2 sprigs cilantro

Sichuan cuisine, known as Szechuan cuisine here in the west, has the Mala profile (spicy and numbing) and it is perfect for the damp climate in the Southwest region in China. Shui Zhu (means “boil”) has a broth infused with fermented bean sauce and chili peppers and is finished by pouring hot oil over minced garlic and Sichuan peppercorn. This dish brings back memories of traveling through Southwest China and it represents my hidden warm passion for food and hospitality. When I started traveling independently, Sichuan Province was where I chose to visit first. I was immediately drawn to the complexity of flavor profile in the cuisine I tasted there. When I started a cooking blog many years ago, I experimented with many authentic Chinese recipes, and this dish was one of the first few dishes that I learned and executed successfully when I first arrived in America. Making this dish (and cooking in general) was my way to compensate for the stress of nursing school, showcase authentic Chinese cooking, and comfort my parents with the fact I was learning to cook and feed myself.

01 In a bowl, combine egg white, cornstarch, white pepper and ginger root. Add the fish, and mix to coat fish. Allow fish to marinate for at least 15 minutes.

02 Heat 1 tbsp vegetable oil in a wok over medium heat. Cook the peppercorns and dried chili peppers in the hot oil until they become very dark red to black in color, stirring to ensure not to burn the chili peppers. Be sure to turn on ventilation as the fumes are strong. Remove the dried chili peppers and peppercorns from the wok. Mince chili peppers, and grind peppercorns finely. Set aside.

03 Return the wok to the stove on medium heat until you can feel the heat above it. Put in the napa cabbage and/or bean sprouts. Stir fry the veggies until it is soft (takes about 3 to 5 minutes—less time for bean sprout). Transfer the napa cabbage or bean sprout to a serving pot, and cover with foil. Turn on the oven to warm, and keep the vegetable warm in there.

04 Again, return the wok to the stove on medium heat. Add 1 tbsp of vegetable oil. When you can feel the heat above the wok, put in the bean sauce. Stir fry the bean sauce until the oil becomes red. Stir 2 cups of water into the sauce, and cook the sauce on high heat until it simmers.

05 Return to your marinating fish, and remove ginger slices from the fish. Add the marinated fish to the wok. Cook the fish at a boil. The fish is ready when its flesh turns white.

06 Pour the fish and sauce over the cooked napa cabbage or bean sprout. Top it with garlic, ground peppercorns, and chili peppers from step 2 (Add more Sichuan peppercorn powder and Sichuan dried red chili if desired).

07 Heat 1 tbsp vegetable oil in a skillet over high heat. Just as the oil starts to smoke, carefully drizzle the hot oil over the garlic, ground peppercorns, and minced chili peppers. Garnish with cilantro to serve.



contains
eggs



adapted
recipe



Sweet and Sour Pork Spare Ribs

Muhui Chen

Supply Chain Management, MSCM, 2020

PREP TIME 45 minutes

COOK TIME 20 minutes

SERVING SIZE ½ lb. ribs

YIELDS 2 servings

1 lb pork spare ribs
2 tbsp cooking wine
6 tbsp light soy sauce
2 tbsp cane sugar
4 tbsp vinegar
1 tbsp cooking wine
2-3 tbsp vegetable oil
4-7 pieces of rock sugar
Sesame seeds, for garnish
Scallions, for garnish

Chinese food is diverse, and the cooking style is super unique. As marinating and color-coating are essential to Chinese cuisine, I want to introduce this authentic but relatively healthy recipe to make spare ribs. This dish is the top one on my list if I was invited to a potluck or wanted to cook something that can represent my culture. Different from western culture, pork is widely used in Chinese dishes. This dish applied some significant Chinese ingredients including crystal sugar, cooking wine, and vinegar, as well as the procedure: to coat sugar color onto the ribs. For my 6+ years in the US, this dish becomes a part of my life, and I have cooked that for most of the cultural and company events I have participated in, and everyone who tried loves it. I wish more people can taste this flavor of China, and feel our passion for making food that not only makes food delicious but also make the food pretty and cover with all significant Chinese ingredients.

01 Cut the spare ribs into 1-1.5 inches sections (let the bone be attached to the meat), clean and wash gently with water. If working with a pressure cooker, place ribs into the pot and pour water over the ribs, add cooking wine then pressured cook for 15 min. If using a regular stove top, cook for 40-50 minutes and drain.

02 Combine light soy sauce, cane sugar, vinegar, and cooking wine together in a big bowl, mix well. Add the cooked ribs into the bowl and mix well with the prepared sauce, leave the ribs marinating for at least half an hour. Flip over the ribs a couple of times while marinating.

03 Use a flat pan/wok, and set the heat to the slowest-slow fire, add crystal sugar. Actively stir and mix the oil with crystal sugar, break the crystal if the cube is too big. You can adjust the fire to medium, but keep the fire/heat low as much as possible so the sugar can melt properly, which is considered as sugar color. (You may observe the sugar became dark brown when mixing with the oil).

04 Place the ribs into the pan and coat with sugar color. Increase the heat and actively flip the ribs to make sure they are evenly colored with sugar. Once the ribs start to develop a red brown sugar coat, the meat is ready.



contains
wheat



contains
soy

SELF-MADE

recipe
source

Meatballs in the Oven⁶

Vasilis Niaouris

Physics, PhD Candidate

PREP TIME	1 hour
COOK TIME	45 minutes

SERVING SIZE	2-4 meatballs
YIELDS	10 servings

MEATBALLS

½ cup olive oil (better plain, not extra virgin for high heat cooking)

½ jumbo onion, diced

1 garlic clove

1-2 tbsp dried thyme

2-3 tbsp dried oregano

1-2 tbsp paprika

1/3 cup milk, 3.5% fat

2 lbs ground beef (or whatever meat you prefer; you can even mix them)

1/3 lb bread 4-7 slices (depending on the bread; the more bread, the fluffier the meatballs)

1 lemon

2 eggs

10 parsley branches, destemmed

5-20 mint leaves

¾ cup white wine (optional)

2 tbsp vinegar (can substitute with 3 tbsp of wine)

POTATOES

2-3 lb potatoes

1-2 tbsp dried oregano

1-2 tbsp paprika

2 tbsp olive oil

A lot of people think Greece is an exotic country. For me, it's just home. However, even after 23 years of exposure to Greek cuisine, all of the various scents and flavors are indeed phenomenal; only a few, though, are deeply rooted in my heart. My mother's favorite dish is fried meatballs with fries, and she makes it at least once a month. Admittedly, deep frying so much food is messy and takes time, so I changed it up a little bit and cook them in the oven instead (which, by the way, is more traditional). After all, cooking is personal, but food is for all. Cooking is a typhoon of feelings left to wreak havoc on a single plate and your palate. So...enjoy some of my Greek traditions, made a bit more than 6000 miles away from home.

01 Chop in small pieces (dice) the onion & potatoes. Mince the garlic. Heat a pan at high heat and then put enough olive oil to coat the pan. Throw in the onion a minute later. Then lower the heat to medium high. Occasionally mix the onion. After 3 minutes, add the garlic.

02 Cook until the onions get a brownish color. Then (if you want) add 50 ml (1.7 oz) of wine and wait until it is all evaporated. Put mixture in a bowl and let them cool down.

Maybe preheat the oven now (370°F or 180°C)?

03 Tear the bread into small pieces with your hands and blend it in a food processor (because the bread is thick, it will take 3-4 times of small dosages to blend all of the bread). Add onions and garlic mixture into blender, and pulse to incorporate. Put the mix in a big bowl.

Definitely preheat the oven now (370°F or 180°C)!

04 Zest a lemon and add the lemon zest into the mixture. (Don't throw the rest of the lemon in the trash, reuse it for another recipe!) Add the milk and 50 ml (1.7 oz) of white wine (or 30 ml (1.1 oz) of vinegar). Add the eggs, 50 ml (1.7 oz) of olive oil, and mix.

05 Chop the parsley and mint leaves into small pieces, and add them to the mix. Add oregano, thyme, salt, pepper and paprika, and mix. Add all of the ground meat and mix.

SAUCE

¾ cup wine (red for red meat white for white meat)

Milk (not more than 1 ½ cups)

Flour (not more than 5 cups)

1 egg

1-2 tbsp mustard



contains
milk



contains
eggs



contains
wheat



adapted
recipe

06 Take a deep oven pan and make balls the size of 1/3 to half a cup (a bit bigger than ping-pong balls, definitely smaller than tennis balls). I made about 35 meatballs. Line them on the pan.

07 Take the olive oil and pass it on top of all the meatballs, leaving a generous amount of oil on each one. Most of it will slide down and some will stay on top. No need to cover all of the meatball with oil, but you shouldn't just sprinkle it either.

FOR THE POTATOES

08 In another pan, heat to relatively high heat and add the potatoes. Remember to regularly mix the potatoes so you won't get them stuck on the pan.

09 After they get a slightly brown color, transfer them onto a different oven pan, and mix the potatoes with salt, pepper, oregano, paprika and olive oil (Remember to be generous about it). Put the potatoes in the oven on the rack below the meatballs for the same amount of time

10 Put the meatball pan in the middle of the oven. Cook for 40-45 mins. Take the meatballs out and pour all of the oil and fat that leaked out of the meatballs into a small bowl.

FEELING PLAYFUL? MAKE A SAUCE

11 Put the rendered oil in a small pot and put the pot on a medium to low heat (4-5/10). Add the juice of the lemon you previously zested, a tbsp of milk, a tbsp of flour and stir until blended.

12 Add 100ml of the wine of your choice, and a bit of oil if you feel it is not enough from the cooked meatballs. Add salt and pepper to taste, 1 beaten egg, 1-2 tablespoons mustard (your mix should look yellowish)

13 Alternate adding milk and flour 1 tablespoon at a time until you reach the desired consistency. You stop when you feel that mix is the texture you want (I prefer it not too thick or thin, so it slightly slides on the meatball, but mainly stay on it) Serve 2-4 meatballs with some sauce on top or on the side, and about ½ cup of potato.

Norma Sumida's Lau Lau

Stephen H. Sumida | PhD 1982

Professor Emeritus | Department of American Ethnic Studies

PREP TIME 40 minutes

COOK TIME 4 hours

SERVING SIZE 1 laulau

YIELDS 5 servings

1-2 black cod steaks (1 ¼ lbs each)

Coarse salt (Hawaiian sea salt preferred)

1 lb pork belly, skin on, cut into five chunks (4 oz each)

1 bunch fresh taro leaves

10 ti leaves or several more



recipe
source

Mom's laulau demonstrates how this food, of Native Hawaiian origin, is perpetuated by changes in the ingredients and populations who make and eat it. We are Sumida Farm in 'Aiea, at what is now called Pearl Harbor. We steward eleven acres of watercress in running spring water, ka wai puna o Kalauao. This waterland appears in Hawaiian history as far back as 1100. After our parents married during World War II, Mom could pick taro leaves still thriving on the borders of our watercress crop to make her laulau. We would have dinners with grandparents, with laulau, poi, and lomi salmon on the table. Us kids would go home with poi dried on the corners of our mouths, our bellies bulging. Note that the black cod in the recipe first arrived in Hawai'i from the Northwest in the 19th century. Lau Lau is "traditional," alive through innovation. This recipe is the Seattle version of laulau.

01 The day before, cut the black cod into five chunks (or pieces combined to make five portions) and sprinkle generously with coarse salt. Place fish in a plastic zip bag and refrigerate. Overnight the salt will draw moisture from the fish, which will become firm. When cooked, the bones will soften greatly.

02 On the day of cooking, rinse the black cod. The firm flesh can now be soaked in fresh water to de-salt it somewhat.

03 Sprinkle about a teaspoon of coarse Hawaiian sea salt on the chunks of pork belly and let stand.

04 Strip the thin skin from the taro stems with a paring knife by peeling from the cut end down to the leaf joint. Chop the peeled stems into ½" pieces.

05 Wash the ti leaves. Take two leaves and cross them, glossy side down. Take three taro leaves and center them on the cross of the ti leaves.

06 Place a fifth of the pork at the center of the leaves. Place a fifth of the salted black cod on or beside the pork.

07 Gather the taro leaves and their contents into a ball. One by one, take the four ends of the ti leaves and wrap them over the taro leaf bundle.

08 Tie the ti leaf bundle with kitchen string. The old way was to strip one of the ti leaf stems by biting the end with your teeth and pulling away a strip of the rib, to make the stem pliant. Then you'd use that stripped stem as a string to wrap around the other stem and leaf ends and tie a knot. Those who still do this brag that once they die, no one will be left on earth who knows how.

09 Place the five bundles in the steamer with two inches of water on the bottom. Bring to a boil. Steam, covered, for four hours. The fragrance of steaming laulau is unforgettable. But it just won't happen if you use aluminum foil instead of ti leaves. Avoid burning. Replenish the water as needed.

10 To eat: open the laulau bundle, discard the spent ti leaves, and eat the big inner handful of taro leaf, pork, and black cod. It goes best with poi, but rice is a common substitute nowadays.

ALTERNATE COOKING METHODS

Baking Sheet Fit racks on the bottom of a baking pan, top the racks with three or four ti leaves, place the laulau in one layer on the leaves, cover with another three or four leaves, and pour an inch of boiling water into the pan. Bake in a 350°F oven for an hour; turn the heat down to 250°F, bake/steam for three hours. Add more boiling water as needed. Total cook time: 4 hours

Slow Cooking Line the bottom of a slow cooker with three or four ti leaves. Line the sides of the cooker with ti leaves while arranging layers of taro leaf, pork, and black cod in the cooker. Top the layers with three or four ti leaves. Add two cups of water or chicken stock. Cover and cook in slow cooker fashion. Total cook time: 4 hours (on high setting)

Instant Pot Line the bottom of an Instant Pot with three or four ti leaves. Fill the pot as in (2), above. Be sure to add water or stock. Seal and pressure cook for an hour. Total cook time: 1 hour (on "soup" pressure cooking setting)



Matzah and Eggs

Sara Zarit

Business Administration and Human Resources, BA, 2021

PREP TIME	5 minutes
COOK TIME	10 minutes

SERVING SIZE	1 bowl
YIELDS	1 serving

Drizzle of oil
2 tbsp diced onion
1 clove of minced garlic
¼ cup diced zucchini
2 eggs
2 sheets of matzah
Dash of cayenne pepper (optional)
Salt and pepper to taste
Serve with Ketchup

I grew up in a small, semi-forgotten town way up in the most northwestern part of the contiguous United States. There wasn't much diversity in our area at the time, so my family's Russian-Jewish traditions were held that much more dearly in our hearts. I remember one Saturday morning, before my first ever swim meet, my mom showed me what her mother always made her before a game day: matzah and eggs. Matzah, for those who may not know, is an unleavened "bread" that more resembles a cracker that is traditionally consumed during Passover. However, like any other self-respecting Jew, I eat the stuff darn near 24/7! With some fresh eggs collected straight from the farm, newly picked zucchini, garlic, onion, and good ol' matzah, heaven could be attained. This recipe comes from the heart of Hebrew culture, but it can be enjoyed by all.

01 Heat a pan with oil in it to medium-high heat. Add onion and garlic and saute until just starting to turn translucent. Add zucchini and continue cooking to desired consistency

02 In a separate bowl, whisk together two eggs, add salt and pepper to taste.

03 Crumble matzah sheets into approximately bite-sized pieces. Fold matzah pieces into egg mixture, making sure each piece is thoroughly covered.

04 Add egg and matzah mixture and chosen seasonings to the pan and cook eggs to desired consistency.

05 Serve and enjoy! It is highly recommended to consume with ketchup.



contains
eggs



contains
wheat



vegetarian



recipe
source

Ginger Shrimp and Broccoli with Soy Sauce and Rice

Shinha Moon

Communications, BA, 2021

PREP TIME 5 minutes
COOK TIME 15 minutes

SERVING SIZE 2 cups
YIELDS 3 servings

3 cups shrimp
1 tbsp olive oil
2 ½ tbsp ginger (add more if needed)
2 tbsp garlic (add more if needed)
2 tbsp soy sauce or liquid aminos (add more if needed to taste)
1 ½ tbsp pepper or to taste
1/2 head of broccoli, chopped
1 ½ cup cooked rice to serve



contains shellfish



contains wheat



contains soy



recipe source

Growing up, I have always loved cooking and have loved to recreate and create new recipes to enjoy with my family. This recipe is meaningful to my life because it is the first recipe I created by chance. It was such a big hit that even members of my family who disliked shrimp came to enjoy this recipe. I stumbled upon this recipe when I had to create something simple at my dorm. I only had ginger, garlic, pepper and shrimp that I thought “why not make something out of these ingredients”. This recipe is special to me because it sparked my appreciation for cooking and made me think outside the box when trying to create dishes using random ingredients from the fridge.

01 Thaw the shrimp if frozen. Once thawed, add 1 tbsp of olive oil to pan. Heat. Add shrimp, garlic, and ginger. Once halfway cooked, stir around for 4 minutes.

02 Add soy sauce and pepper

03 After 2 more mins, add broccoli.

04 Keep stirring till shrimp is cooked all the way through and broccoli is cooked. Serve on top of cooked rice and enjoy!

Grandma's Spaghetti

Alexander Vickery

Education and Psychology, BA, 2023

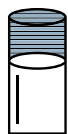
PREP TIME 30 minutes

COOK TIME 60 minutes

SERVING SIZE 2 -4 oz

YIELDS 10 servings

- 1 lb lean hamburger
 - 1 lb pork sausage
 - 1 lb white mushrooms, sliced
 - 16 oz can seasoned diced tomatoes
 - 2 packages Lawry's spaghetti sauce mix
 - 2 cans tomato paste
 - 1 tsp garlic salt (for extra garlicky taste)
 - 2 boxes organic angel hair pasta
 - Salt and pepper to taste
-



contains milk



contains wheat



contains soy



recipe source

Now the title of my recipe, "Grandma's Spaghetti," may be a little bit misleading, due to the common stereotype of grandmothers cooking being regarded as a wholesome meal. Well, it is time to break that commonality because some people cannot produce edible food. If I was to ask anyone in my close family, especially my Uncle Jason, which dish of my grandma's is their least favorite, the winner is always her spaghetti. Not a single soul in my family has ever told my grandma that her cooking is awful, and no one ever will. This goes to show that food may be distasteful, but we can become full on the feeding of one another's lives. As some people may just see nourishment, our sense of culture and heritage begins traveling further than the bounds of the dinner table, and it all starts with just one mouthful of shoddy spaghetti.

01 Brown hamburger, sausage, and mushroom until thoroughly done. Drain and transfer to a large stock pot.

02 Add tomatoes and the spaghetti sauce mix along with the tomato paste and garlic salt for an extra garlicky taste


03 Add water as called for on the package of spaghetti sauce mix. Bring to a boil, then turn the heat down to a simmer, and cook for 20 min.


04 While the sauce is simmering, bring a large pan of boiling water to a boil and cook your pasta according to the directions. Rinse and drain.


05 Once the sauce has finished simmering, ladle the sauce directly over the spaghetti onto individual plates or add the pasta directly to the pan of sauce and stir.


06 Don't forget the garlic bread for sopping up the left-over sauce on your plate. Yum!




contains
wheat


contains
soy


contains
shellfish


recipe
source

Pansit

Manuel Marcaida III

Environmental and Forest Sciences, MS, 2020

PREP TIME 15 minutes

COOK TIME 30 minutes

SERVING SIZE ½ lb

YIELDS 6 servings

1 lb pansit bihon (cornstarch vermicelli)
2 tbsp soy sauce
3 tbsp olive oil
2 tbsp minced garlic
1 medium red onion, chopped
½ lb chicken strips
2 Chinese chorizo sausages, sliced
½ lb peeled shrimps
1 ½ tbsp oyster sauce
2 cups chicken stock
1 cube bouillon
1 cup carrots, cut into thin strips
1 ½ cups celery sticks, sliced
½ lb cabbage, cut into strips of about ¼ inch thickness
1/8 lb snow peas

Pansit is a staple dish served during birthday celebrations in the Philippines. I would usually ignore it because it just grew on me; “It’s just pansit”. When I moved to the US for grad school a year ago, never did I know that it would become my go-to food to cook, especially on those days when I missed home. Every Filipino family would have their own recipe, but I remember how my relatives would say that my mom’s version is what they liked best. It has always been my standard, but I can't find most of my mom's ingredients here. I tried a few times to replicate it, substituting with what is available in my nearby supermarket until I came up with my own version. I am proud to share my PNW pansit, born out of de-stressing from school requirements, and paying homage to my mom who inspired my love for cooking!

01 Soak the bihon in water for 15 minutes. Remove water and toss soy sauce and half of the olive oil to the softened bihon. Set aside.

02 In a large wok, add remaining olive oil, and saute garlic and onion. Add chicken and Chinese chorizo. Cook for about 2 minutes. Add shrimps and give it another couple of minutes before adding the oyster sauce.

03 Pour the chicken stock and the bouillon. Bring to boil. Add the carrots and celery. Add the rest of the vegetables. Do not overcook! You want to keep the crispness of your vegetables.

04 Remove all the ingredients from the liquid.

05 Add the soaked bihon, mixing them well to evenly absorb the stock. Put the vegetables and the meats back before the liquid completely evaporates. Simmer for about 2 more minutes. Serve and share with family and friends!

Pastel Azteca

Miriana Duran, Research Coordinator, Department of Health Services, School of Public Health
Global Health, MPH, 2017

PREP TIME	20 minutes
COOK TIME	15-20 minutes

SERVING SIZE	1 bowl
YIELDS	8 servings

1 packet corn tortillas (20 tortillas)
2 cups mole paste
2 cups chicken stock
1 lb shredded boiled chicken
½ lb queso Oaxaca (option to use mozzarella or other melting cheeses)
½ lb crema Mexicana (option to use sour cream)
Vegetable oil

My aunt Goni was the first one of my family to move from Mexico City to Huatulco, a beautiful city in the state of Oaxaca. Soon most of my dad's side of the family was living there, so growing up we visited often and enjoyed sunny beaches. One of my favorite foods would be there: queso Oaxaca. One time, my aunt asked me (just me) what I wanted to eat; she would make it for me. Of course, I chose something that would involve queso Oaxaca, and I asked for Pastel Azteca. I felt so special that she made this delicious meal for us and fell in love with it. After a long fight with cancer, Goni passed away two years ago, but through this recipe, we celebrate her life and remember her fondly. Now I get to cook this for my daughters and not only share Mexican traditions, but my family's traditions.

01 Preheat the oven 375°F. Mix mole paste with chicken stock, and let it boil for a few minutes until all the paste has dissolved.

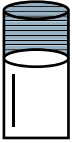
02 Fry tortillas with a bit of oil.


03 On an oven dish, put a thin layer of mole. On top of that, add a layer of tortilla. Then add a layer of chicken. Layer next with more mole. Then add a layer of cream, and finish with a layer of cheese. Repeat this step 3 to 4 more times.

04 Put the dish in the oven until the cheese has melted.

05 Turn on the broiler and leave the oven dish in there for a couple of minutes, until the cheese turns a little brown.




contains
milk


AUNT

recipe
source

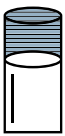
Pastel Azteca de Mole

Isabel Carrera Zamanillo | Program Operations Specialist

PREP TIME 30 minutes
COOK TIME 30 minutes

SERVING SIZE 1 slice
YIELDS 10 servings

12 corn tortillas (preferably old, so they are drier)
2 cups cooked shredded chicken
5 cups prepared mole sauce
2 cups mozzarella, manchego or Oaxaca (string) cheese
½ large onion, cut in rings
1-2 avocados, sliced
½ cup sour cream (optional)
1 garlic clove and a sprig of cilantro (optional to use when cooking chicken breast for shredded chicken)
Salt and pepper to taste



contains
milk



recipe
source

The smell of boiling mole sauce and fresh made tortillas embraced my grandmother's house at least once a month as an announcement to the weekly family reunion. Even though my grandmother was born in Spain, she was able to go to Mexico to escape the civil war. Her house was full of Spanish references and she was unable to get rid of her accent, but — as she once told me — she cannot resist Mexican food. I grew up with her and I often found myself struggling with my cultural identity. Mexico is my homeland, but growing up with so many European references made me realize that I was from "Santa-Maria-Todo-el-Mundo," this is not from here, neither from there. In some way, the pastel azteca reflects my multicultural identity. Built from tortillas and avocado, it also contains chicken and mole sauce, two ingredients that are products of the encounter between Aztecs and Spaniards.

01 Preheat the oven to 350°F. If using store-bought mole in paste form, follow the instructions on the package to prepare 4 cups of mole sauce. Taste the mole to make sure it has enough salt, and season salt according to taste.

02 Place 4 tortillas on the bottom of a 9in x 13in baking dish and cover them with the prepared mole sauce. Make sure the sauce makes it all the way to the edge, adding more sauce if necessary. If the tortillas are not dry enough or you can only get fresh tortillas, then you will need to toast them in a separate non-stick pan. Toast with vegetable oil if it sticks.

03 Add a layer of chicken and a layer of cheese. Repeat the process once more (a layer of tortillas, mole, chicken, and cheese).

04 Cover the last layer of chicken and cheese with tortillas and pour the rest of the mole sauce on top, then spread out cheese, cover the tray with foil paper and bake it for 20 minutes.

05 Remove the foil paper, and bake it for 10 more minutes. To serve, spread the onion rings and slices of avocado on top with sour cream.

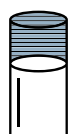
Tallarini

Mary Lou Walen | Peer Support Specialist, UW Research Study Assistant

PREP TIME 20 minutes
COOK TIME 30 minutes

SERVING SIZE ½ large bowl
YIELDS 2 servings

2 stalks fresh celery, finely chopped
¼ tsp minced garlic
½ yellow onion, finely diced
1-1 ½ lbs ground sirloin (option to use ½ lb ground sirloin and ½ lb turkey breast for variety)
Salt, pepper, and red pepper to taste
1 can (10.75 oz) tomato soup
1 jar (32 oz) non-meat pasta sauce (seasoned or plain)
Tomato paste to taste
1 small can (~8.5 oz) whole kernel corn
1 small can (4.25 oz) chopped olives
1 large can (28 oz) chopped tomatoes
1 package of angel hair spaghetti
3 sprays of cooking oil spray
1 medium-sized package grated sharp cheddar cheese
1 medium-sized package of grated provolone cheese (or your favorite white cheese)



contains
milk



contains
wheat

Growing up in the Pacific Northwest was a privilege. In my early years, I watched my Mother cook without a cookbook and without measuring cups or spoons. She tried to teach me the pinch of or cupped hand, half or full method — but this was not successful for me until many, many years later. I married young, creating a family of full and step in-laws. My mother continued to be lauded as an excellent cook and we added Step Mother in-Law Faye, who was a school cafeteria cook. Tallarini was a family favorite which I especially enjoyed as it not only started from a close-to-spaghetti base but then brought in color, a new look and was delicious. In later years, my two boys wanted the recipe for their wives! Faye was an exquisite cook i.e., she canned fresh peaches then made peach pie from scratch - oh my! I will add, my Mother's pie crust was equally amazing. Now so many years later, I find I am also an excellent cook, although close, but never quite reaching the level of Gramma Faye or my Mom.

01 Coat the bottom of a large saute pan with Pam. Add celery, garlic, and onion, and cook until translucent but not brown. Add ground meat. Stir with a fork to ensure that the meat is evenly and fully cooked. Drain fat. Season meat with salt, pepper, and red pepper to taste.

02 Add tomato soup, pasta sauce, and chopped tomatoes, and stir. If the sauce is too thin, add tomato paste to preferred consistency. Simmer on low for half an hour. Stir in corn and chopped black olives. Add more tomato paste as needed. Simmer for another half an hour.

03 In a separate pot, bring water to boil, and add ¼ tsp butter and salt to boiling water. Add angel hair pasta, and cook according to package directions. To test when the pasta is ready, I use the old, throw a piece of pasta against the refrigerator door; If it sticks, pasta is done. Drain pasta. Add pasta to sauce in increments; you want to be sure the sauce evenly coats all the pasta. For any sauce leftover, feel free to save for another dish.

03 Pour pasta/sauce mix into a rectangular glass baking container. Liberally sprinkle sharp cheddar and white provolone cheese over top of mix until the dish is covered with cheese.

05 Bake at 325-350°F for 20 minutes or until cheese has completely melted and the mixture is heated through. Serve and enjoy!

Green Onion Pancakes

Kayla Lock

Communications, BA, 2021

PREP TIME 75 minutes

COOK TIME 30 minutes

SERVING SIZE 1 pancake

YIELDS 4 servings

PANCAKES

1 ½ cups all purpose flour

2/3 cup boiling water

2 green onion stalks, chopped

½ tsp salt

¼ cup olive oil

DIPPING SAUCE

2 tsp sesame oil

2 tbsp soy sauce

½ tbsp brown sugar

1 tsp rice vinegar

1 clove crushed garlic

Growing up Chinese-American in a primarily Caucasian town led to most of my Chinese culture stemming from the food I ate. An appetizer that I always ordered at Chinese restaurants, and one that my mom would always buy frozen from the Asian grocery store to feed her picky-eater kids, is green onion pancakes. These crispy pan-fried pieces of dough filled with scallions taste like childhood and family. The summer before I left for college, I learned how to make this simple dish and was so excited to connect with my culture in a hands-on way that I didn't usually experience. I was also excited to cook something from scratch that had always seemed available only through purchase. I called my mom that day to express my delight and she said, "I love how you get so happy over pancakes".

01 Place flour in a bowl, and mix in boiling water until dough forms. Let the mixture cool. Knead bread dough until smooth. Place in a bowl, cover with a towel, and let rest for 30 minutes.

02 Take the ball of dough, and cut into fourths. Flatten each piece of dough, brush with olive oil, sprinkle with green onion and salt. Roll up each piece of dough, and knead until green onions are well mixed in. Cover in plastic and refrigerate for 30 minutes or until ready to prepare.

03 With your hands, flatten the 4 dough balls into pancakes of about 1/8 inch thickness.

04 Heat up a small amount of oil on a skillet. Over medium heat, cook pancakes one at a time until golden brown, 3-4 minutes each side. In a small bowl, combine dipping sauce ingredients. Serve pancakes with dipping sauce.



contains
wheat



contains
soy



vegan



recipe
source

Shepherd's Pie

Laurence William Giordano

Physical Chemistry, PhD Candidate

PREP TIME 1 hour

COOK TIME 1 hour

SERVING SIZE 3 spoonfuls

YIELDS 12 servings

3 large carrots, grated

1 large yellow (sweet) onion

3 cloves garlic, minced

20 oz peas

½ stick butter

1 ½ cups beef broth

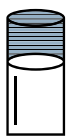
2 ¼ lb ground beef

Tomato Ketchup (Heinz preferably)

Salt and pepper to taste

4 large potatoes, chopped into
small pieces

Milk (2% or whole)



contains
milk



recipe
source

This was the first dish I taught myself to make. As an undergraduate, I had just moved into a new apartment and was tired of greasy take-out. After watching too many cooking shows, I figured I'd try cooking for myself. I looked up a recipe for Shepherd's Pie and gave it a try. The first attempt... didn't go well, I was skeptical about including ketchup in the recipe and decided not to and the result was correspondingly bad. The second time I made Shepherd's pie, I included all of the ingredients and the result was so good my (now)ex and I ate then entire dish (12 servings) in one sitting. Ever since, it's been my go-to recipe.

PREPARING THE MEAT

01 Place a frying pan on range, set to medium-high heat. Very lightly cover frying pan with butter. Put all onion into the pan, stir until onion just begin to brown

02 Add garlic to pan, stir for about 2 minutes. Add carrots to pan, stir for about 2 minutes. Add peas to pan, stir for about 4 minutes.

03 Coat top of vegetables with 1 tsp of salt, or to taste. Add 1 ½ cups of beef broth to pan, stir vegetables.

04 Add beef to pan, use spatula to break ground beef into tiny parts, stir until beef is brown. Add another 1 teaspoon of salt, stir pan contents thoroughly. Add 1.5 – 2 cups of ketchup (more ketchup will give you a sweeter dish). Stir thoroughly (season with salt to taste). Allow to thicken by simmering, continue to stir.

PREPARING THE POTATOES

05 Add potatoes to a pot, then add hot water and a dash of salt. Boil potatoes until they are soft enough that they fall apart when pierced by a fork. Drain water

06 Add 1.5 oz of butter, add enough milk to cover the bottom of the pot. Mash potatoes thoroughly, and season with salt to taste. Add more milk if necessary.

ASSEMBLING EVERYTHING

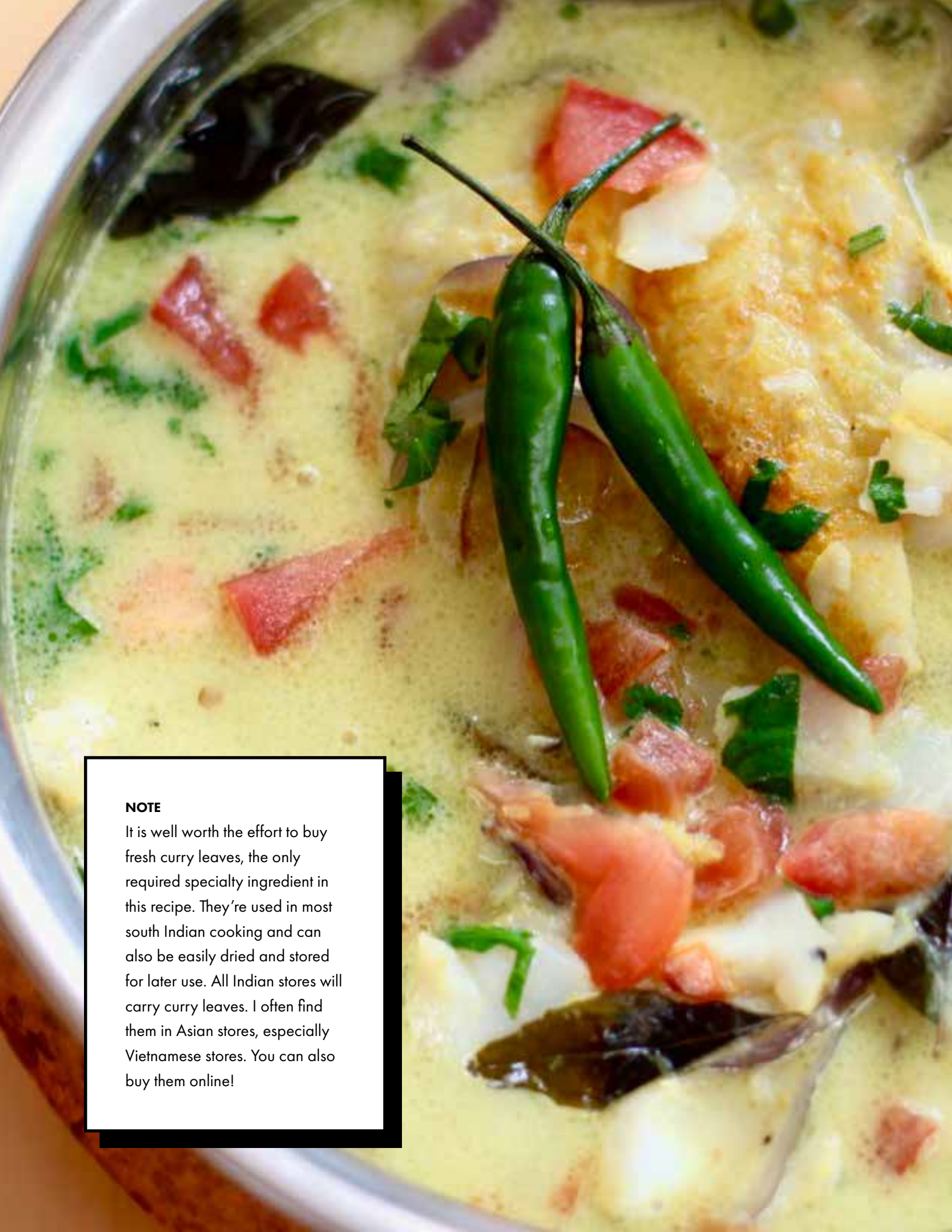
HELPFUL TOOLS

1 large frying pan or wok
1 large pot
1 potato masher
1 potato peeler
1 large chopping knife
1 serrated slicing knife
1 metal spatula
1 grater
Measuring cups
9"x13" Pyrex dish

07 Preheat oven to 350°F

08 Pour meat and vegetables into Pyrex dish. Top meat and vegetables evenly with mashed potatoes. Use fork to create wavy pattern with peaks in top of mashed potatoes. Place in oven for 25-40 minutes until top of mashed potato peaks are brown.





NOTE

It is well worth the effort to buy fresh curry leaves, the only required specialty ingredient in this recipe. They're used in most south Indian cooking and can also be easily dried and stored for later use. All Indian stores will carry curry leaves. I often find them in Asian stores, especially Vietnamese stores. You can also buy them online!

Meen Moily

Veena Prasad, Founder of Project Feast
Business Administration, MBA, 2009

PREP TIME 15 minutes
COOK TIME 30 minutes

SERVING SIZE ½ lb fish
YIELDS 4 servings

2 lbs white fish, cut into 3 inch chunks (Good options: rockfish, tilapia and halibut)
1 tsp turmeric powder
2 tsp lemon or lime juice
4 tbsp coconut oil
1 stick cinnamon, broken into roughly 1 inch pieces
1 tsp black mustard seeds (optional)
10-15 fresh curry leaves
2-3 long green chilis or jalapenos, sliced
1 inch piece of ginger, minced
1 medium red onion, thinly sliced
1 (15 oz) can coconut milk
2 tsp salt or to taste
1 medium tomato, diced
½ tsp pepper (optional)
¼ tsp ground cardamom (optional)
3-4 stalks cilantro, thick stalk ends removed and finely chopped
Steamed basmati or jasmine rice



contains
tree nuts



contains
fish

SELF-MADE

recipe
source

When I moved to the United States from south India as a teenager, I could only cook 3 dishes. While I could eat at Indian restaurants, they served mostly north Indian dishes. But I yearned for the flavors of south Indian cooking and learned to cook to stave off the nostalgia. Meen Moily is a fish stew that comes from the southern Indian state of Kerala. Meen means fish. Several stories credit this dish to Moily, a cook who made this dish for the Britishers who could not handle spicy food.

I love this dish because it combines two staples of Keralan cuisine - fish and coconut - with spices typical of south India to create delicate but sophisticated flavors. It's also easy but looks beautiful with the bright colors. So naturally, Meen Moily is one of my go-to dishes for dinner with guests or a weekend family night.

- 01** Marinade the fish with turmeric and lemon or lime juice.
- 02** Heat the coconut oil in a large wok or fry pan over medium to medium high heat. You need to get the oil to just the right temperature. You'll see ripples on the surface of the oil as it gets hot enough. You know the oil is ready if you throw in a slice of onion and it sizzles.
- 03** Sizzle the cinnamon, mustard seeds and curry leaves for 10 seconds or until the mustard seeds "pop". Watch out for the splatter!
- 04** Add the chilis, ginger and red onion next and saute for 2-3 minutes, stirring regularly, until the onion starts browning.
- 05** Add the fish and reduce the heat to medium-low. Saute for another 2-3 minutes. Stir gently so as to not break the fish apart too much.
- 06** Add coconut milk, salt and tomatoes. Cook for another 5 minutes or till the fish is done.
- 07** Sprinkle the ground spices, black pepper and cardamom, over the stew and garnish with cilantro and serve immediately. Serve this dish with steamed basmati or jasmine rice.

Oyako-donburi

Emily Kawahigashi

Sustainable International Development Program, JD/LLM, 2021

PREP TIME 10 minutes

COOK TIME 30 minutes

SERVING SIZE 1 bowl

YIELDS 5 servings

3 cups cooked rice
4 boneless chicken thighs, diced
3 carrots, thinly sliced
1 onion, thinly sliced
4 shiitake mushrooms, thinly sliced
4 tbsp soy sauce
3 tbsp sugar
2 tbsp mirin
4 eggs, beaten

Oyako-don literally translates to chicken and egg bowl. It is a simple and cheap Japanese dish that has many incarnations. My mother taught me a recipe; my Japanese host mom taught me a recipe, and, as an adult, I have come to craft my own recipe. While the core ingredients of chicken, egg, shoyu, and sugar have remained the same, each time I was taught the recipe it was never the same. My experience with Oyako-don runs parallel to my journey to uncover my cultural identity as a Japanese-American. Whether it was my host mom's "authentic" Japanese recipe, or my mother's, a fourth generation immigrant, Americanized recipe, I felt that oyako came to represent my family's journey of semi-assimilation into this country. My own recipe tries to capture my identity as Japanese-American by taking components from both recipes that I learned growing up.

01 Prepare rice according to package directions ahead of time.

02 Heat oil over medium heat. Place chicken thighs in pan and cook until browned, around 6 minutes on each side (depending upon thickness).

03 Add carrots, onions, and mushrooms. Saute until onions are translucent. To prevent overcooking the chicken, you may instead opt to remove the chicken after browning to saute the vegetables. Return chicken to the pan after vegetables have been cooked to desired tenderness.

04 Add soy sauce, sugar, and mirin. Bring to a simmer.

05 Slowly and evenly pour eggs over the top and cover the pan. The steam will allow the eggs to cook evenly and quickly; otherwise the sauce may evaporate.

06 Serve over rice. Evenly distribute the dish over five bowls of rice when making 5 servings.



contains
eggs



contains
wheat



contains
soy



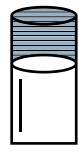
recipe
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soups & stews



contains
milk



vegetarian



recipe
source

Third-Generation Borscht

Margarita Zeitlin

Psychology, PhD Candidate

PREP TIME 30 minutes

COOK TIME 1.5 hours

SERVING SIZE 16 oz

YIELDS 8 servings

3 ½ quarts water
3 tbsp olive oil
1 lb yellow onion, peeled and ¼-inch-diced
2 whole carrots, peeled and coarsely grated
2 lb beets, peeled and coarsely grated (option to wear gloves while prepping)
1 lb tomatoes, finely grated or skinned and blended to a pulp
1 cup sour cream, plus more for serving
1 tbsp ketchup
3 tbsp fresh squeezed lemon juice (about 2 lemons)
2-3 cloves of garlic, pressed or minced
3 tbsp salt
2 tsp pepper
1 lb yellow potatoes, peeled and ½-inch-diced
1 small head of cabbage, quartered and coarsely grated or ¼-inch-sliced

My grandmother, my mother, and I were all born in the Soviet Union, a country that doesn't exist anymore, but the borscht we eat from there continues to live on. Borscht, a traditional Slavic soup commonly known for the red color given by beets, is sometimes made with beef. However, the meat was first to go from my grandmother's recipe because of how scarcely it was available to Soviet citizens. Upon immigrating to the U.S., my mother assimilated her borscht by adding ketchup to boost its sweetness and acidity. Finally, I, in my American excess, have doubled several ingredients as well as the simmering time to really make the broth bloom. This evolution of flavor and identity comes through in every bite.

01 Boil the water in a large pot (6-8 quart).

02 Heat the olive oil in a large pan over medium high heat until shimmering. Add the onions and fry until soft and translucent, about 4 minutes, stirring occasionally.

03 Add carrots to the pan and saute until tender, about 3 minutes, stirring occasionally.

04 Add beets to the pan and saute until tender, about 4 minutes, stirring occasionally.

05 Add tomato pulp and let the vegetables simmer in liquid for 1 minute. Turn off heat.

06 Stir in sour cream, ketchup, lemon juice, garlic, salt, and pepper.

07 Transfer the vegetable base into the boiling water and reduce to a simmer. Simmer for 1 hour.

08 Add potatoes and cabbage to the pot and simmer until the potatoes have cooked through and the cabbage takes on a pink color, about 20-30 minutes. Salt and pepper to taste and serve hot with a dollop of sour cream.

Postnii Borscht

Vassilissa Semouchkina

Art History and Design, MDes, 2021

PREP TIME 15 minutes

COOK TIME 40 minutes

SERVING SIZE 2 cups

YIELDS 6 servings

1 tbsp vegetable oil
1 beet, peeled and grated
1 onion, diced
1 clove garlic, minced
1 carrot, peeled and cubed
1 green bell pepper, diced
4 tomatoes, diced (option to substitute fresh tomatoes with 1 tbsp tomato paste per tomato during the months when tomatoes are not in season)
10 cups water; seperated
4 potatoes, peeled and cubed
3 cups cabbage, chopped
1 vegetable bouillon cube
2 tbsp fresh dill or parsley
Salt and pepper to taste
Sour cream (optional)

Borsch is an ancient, sweet-sour soup which emerged from early Slavic cultures. Once made using savory herbs found in bogs and meadows, the dish has evolved into a staple of Slavic cuisine. As a Russian national, borscht is a food we often made during rainy falls and cold winters, providing rich, comforting broth, hearty veggies, and a wonderful sense of homeliness. When I was young, I adopted a vegetarian diet, and became passionate about creating plant-based versions of my favorite foods. Some dishes, like borsch, are readily found in vegetarian varieties in Russia, especially during the time period of the 'velikii post' - or Great Lent, a Russian Orthodox religious fast held before Easter. To me, there is nothing more quintessentially Slavic and homely than a warm bowl of soup, shared with friends and family, on a chilly autumn day.

01 Heat vegetable oil over medium heat.

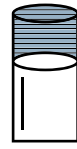
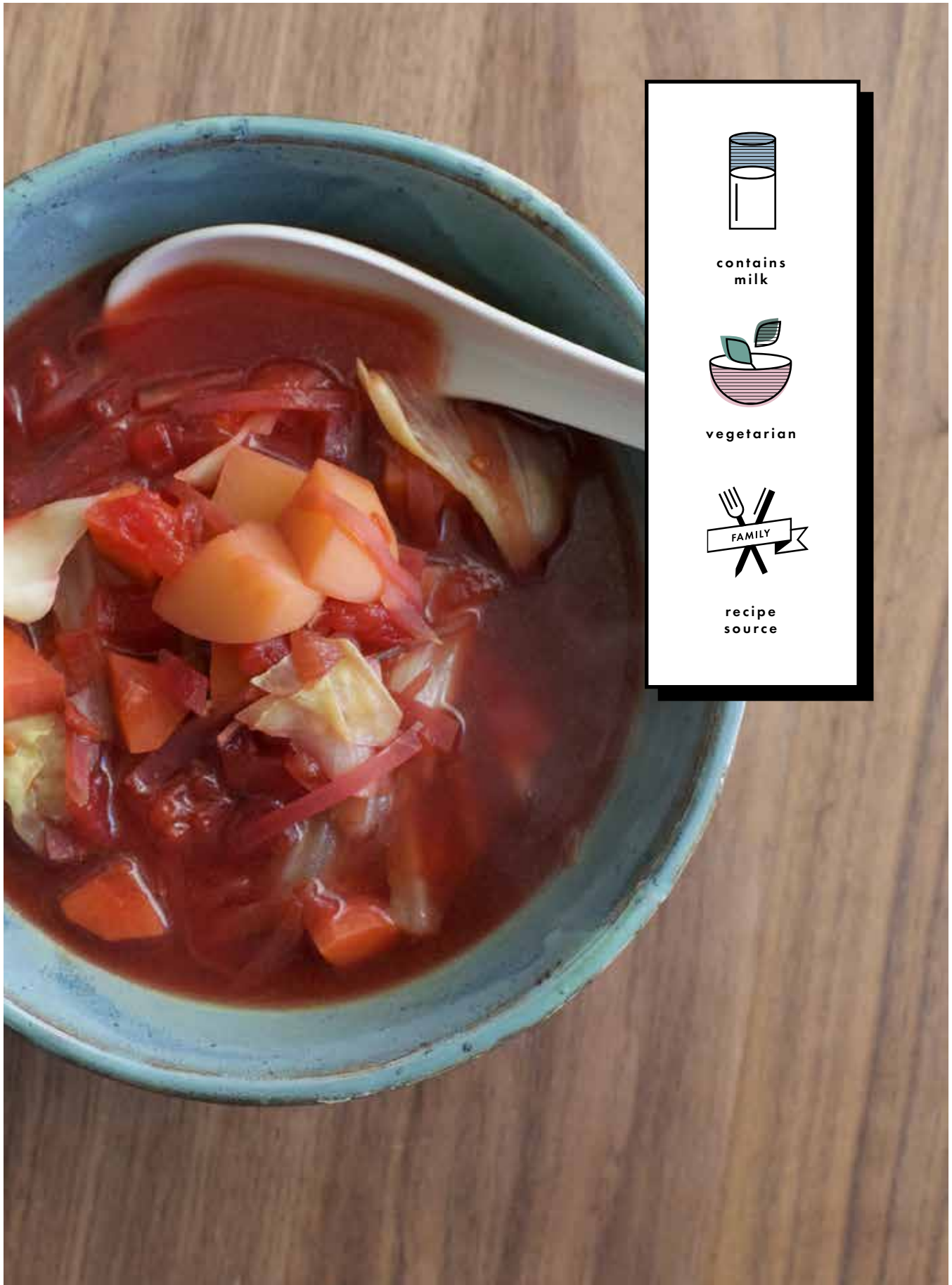
02 Add beets and saute for 4 minutes. Add onion and garlic; cook for 1 minute. Add carrot; cook for 4 minutes. Add bell pepper; cook for 1 minute. Add the tomatoes, stir, and cook for 5 minutes.

03 Add 1 cup water, reduce heat, and cover. Let simmer for 10 minutes.

04 While simmering, bring the remaining water to a boil in a separate stockpot. Add cubed potatoes and cabbage, and boil for 10 minutes or until potatoes are soft. Add bouillon cube and stir. You can also use broth or stock in place of water and vegetable bouillon.

05 Add sauteed vegetables to the stockpot and simmer for 3 minutes. Salt and pepper to taste. Add more bouillon if desired.

06 Add fresh herbs and stir. Turn off heat and let rest for 15 minutes. Serve with a dollop of sour cream on top.



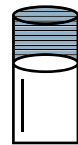
contains
milk



vegetarian



recipe
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contains
milk



vegetarian



recipe
source

Vegetarian Borscht

Oksana Bilobran

Asian and Comparative Law Program, LLM, 2006

PREP TIME 20 minutes

COOK TIME 30 minutes

SERVING SIZE ½ large bowl

YIELDS 2 servings

4 tbsp olive oil

3 medium beets, peeled and grated

2 carrots, peeled and grated

1 medium onion, finely diced

2 tbsp white vinegar

1 tsp sugar

3 tbsp tomato sauce

8 cups water

3 medium potatoes, peeled and
diced

½ head of small cabbage,
shredded

2 bay leaves

Salt and pepper to taste

3 tbsp chopped dill and/or parsley

2 cloves of pressed garlic

Sour cream, for garnish

I was born and raised in Ukraine. I moved to the US in 2004, and attended the UW Law school. I began practicing Immigration Law in 2007. I am currently a staff attorney for Refugee Women's Alliance (ReWA).

Borsch is the soul of Ukrainian food, and it has been perfected, modified, and passed on for generations. In our house, cooking borsch is how we show love for our family. When we travel, we are always excited to eat authentic food in new locations. A few days into a trip though, my kids usually start talking about borsch. They know that every time we return home, my mom will greet us with a hot pot of fresh homemade borsch. The taste of it reassures my kids that Grandma loves us and missed us while we were away, and that she is ready to hear about all our adventures as we nourish our bodies with its bright red goodness. This recipe was featured in ReWA's first cookbook, published in 2019, called "Recipes for Refuge."

01 Heat olive oil in a large heavy-bottomed skillet. Add beets, carrots, and diced onion and saute for 5 minutes or until limp. Add white vinegar, sugar, and tomato sauce. Mix thoroughly and saute until they soften, stirring occasionally for about 10 minutes. Remove from the heat and set aside.

02 Heat 8 cups of water in a large soup pot. Add potatoes and let them cook for about 10 minutes.

03 Add shredded cabbage and the sauteed beets, carrots, and onion mixture. Cook for another 10 minutes or until potatoes can be easily pierced with a knife. Add bay leaves, pepper, salt, chopped parsley or dill, and pressed garlic. Stir and immediately cover, removing from heat. Cover pot for 20 minutes to let the flavors meld.

04 Serve in individual bowls, topped with a dollop of sour cream.

Teriyaki Stewed Beef

Yunqi Wang

Pre Art and Science, 2022

PREP TIME 20 minutes

COOK TIME 2.5 hours

SERVING SIZE 4 beef cubes

YIELDS 2 servings

2 tsp fresh ginger, minced, divided

5 fl oz cooking wine

4 cups water, divided

1 lb beef steak, cut into 1" cubes

2 tbsp vegetable oil

1 ½ tsp sugar

¼ cup bean paste (or spicy bean paste if you enjoy heat)

3 tbsp soy sauce

¼ cup spring onion, chopped

2 cloves garlic, minced

½ tsp anise

2 bay leaves

Salt and pepper, to taste

My dad is good at cooking. Although he was always busy at work, he knows how important it is to have a home-prepared healthy meal. Every day after work, he would buy fresh veggies and meat and prepare a delicious meal for our family. It is the reason why I would not play with my classmates for a long time after school. Instead, I wanted to go home and have dinner! There's one dish that attracts me the most —Teriyaki Stewed Beef. It is a traditional Chinese dish which is different from Japanese teriyaki beef in the US. When I'm away from home, this dish is the one I miss the most. This summer, my dad taught me how to make it. I learned how to do it, and it tastes good. However, I always think there's something missing in the meal I made. I guess it is the taste of home.

01 Combine 1 tsp of ginger and cooking wine in a deep stock pot. Add 1 cup of water to the pot. Place beef inside, evenly coat, and heat until water is boiling. Remove meat from pot and set aside. Discard water and cooking wine mixture.

02 Heat vegetable oil in the same stock pot. Add sugar to heated oil and cook until browned. Add beef steak and pan fry for 5 minutes, stirring occasionally.

03 While beef steak is cooking, combine remaining ginger, bean paste, soy sauce, spring onion, garlic, anise, and pepper. Add mixture to beef and stir.

04 Add remaining water and bay leaves to pot and cover. Stew for 2 hours, stirring occasionally. Discard bay leaves prior to serving.

05 Option to serve with other dishes and with rice or noodles.



contains
wheat



contains
soy



recipe
source

Bún Bò Hue

Quynh Nguyen

Physical Therapy, DPT, 2021

PREP TIME 25 min

COOK TIME 4 hours

SERVING SIZE 1 bowl

YIELDS 3 servings

4-5 lbs short ribs, oxtail, pig's feet,
or pig's knuckles, clean by
putting it boiled water for 3-4
minutes)

10 pieces of lemongrass, cut into 3
inches and lightly smash

2 tbsp salt or to taste

3 lbs tri tip, cut into 4 pieces

¼ cup cooking oil

1 tbsp minced garlic

2 shallots, sliced

1 pack bun bo hue
seasoning ("Bao Long Bun Bo
Hue Seasoning")

1 block of pork blood (some
markets sell them already
cooked) (optional)

2-3 tbsp fish sauce (3 crabs brand)

2 tsp Chicken Knorr flavoring

3 oz rock sugar

3 tbsp bun bo soup base ("Quoc
Viet Foods Hue Style Beef
Flavored Soup Base")

1 pack of rice vermicelli noodles

Bún Bò Hue is a rich and spicy soup with deep layers of flavor, topped with beef, pork, and Vietnamese sausage. I was born in Hue, Vietnam, located in the center of the country. Vietnam is divided by the three regions, and the cuisines in each region are all somewhat different. Bún Bò Hue is a local dish in Hue, and I shared this meal with my family while growing up both at home and from small vendors in the street. The soup's lemongrass and spicy flavor are unbeatable! You can even add a side of vegetables if you prefer.

PREPARING THE BROTH

01 In a big pot, add water and bring to a boil. Add short ribs, oxtail, or pig's feet, lemongrass and salt. Bring back to a boil for 5 minutes. Drain and rinse thoroughly under water to clean the meat.

02 Add new water and bring the pot to boil. After, reduce heat simmer (low) for a good 3 hr cover.

03 Add tri tip, and bring to a boil. Reduce heat medium to low for 10-15 minutes. The cooking time depends on how tender you prefer the tri-tip to be. Cook for 15-20 minutes for a more tender result.

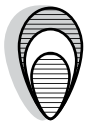
04 While waiting for the tri-tip to be done, use a ladle to remove all foam on top of the broth.

05 Over medium heat, add 1 tbsp cooking oil in a pan, and lightly brown the garlic. Next, saute the shallots for 2-3 minutes before adding the seasoning pack (Bao Long Bun Bo Hue Seasoning). Stir-fry everything for about a quick minute and then add these aromatics to the broth.

05 In a different medium-sized pot, add 1 gallon of water. Add the pork blood, and cook for 30-40 minutes in high heat. After 30 minutes, use a knife to cut the pork blood in half and check if the middle is cooked. Once fully cooked, remove the pork blood, and let it cool it in cold water for 10 minutes before cutting it into 1" cubes. This step is only necessary if the pork blood was bought uncooked. This step is also optional if you do not like pork blood.

VEGGIE TOPPINGS

- ¼ lb Thai basil or mint to garnish
- ¼ lb bean sprouts to garnish
- 2 limes, cut into wedges
- ¼ lb banana blossom, thinly sliced
- 1 bundle cilantro
- ¼ lb red cabbage, thinly sliced
- 1 bundle green onion, thinly chopped



contains
shellfish



contains
wheat



contains
soy



recipe
source

07 Once the tri tip is cooked to the correct tenderness, remove it from the pot. Allow it to cool, and then slice it thinly. Add the rest of fish sauce, Chicken Knorr flavoring, rock sugar and bun bo soup base (Quoc Viet Seasoning). Taste and adjust. Add more salt or water if needed. Bring to a boil then shut off the stove, or let it continue to simmer on low.

PREPARING THE NOODLES

08 In a medium pot, add 1.5 gallons (24 cups) of water. Over high heat, bring the water to a boil, then add the noodles, and cook for 10 minutes. Constantly stir the pot so the noodles do not stick to the bottom of the pot.

09 After 10 minutes, pour the noodles into a colander, and rinse with cold water. Let it dry.

10 Assemble the bowl with noodles on the bottom, and add meat and broth on top. The veggies will be on the side so you can always add what you prefer into the bowl.



Vegan Bò Kho

Daniel W.K. Lee | Program Coordinator, Maintenance & Construction

PREP TIME 25 minutes
COOK TIME 20 minutes

SERVING SIZE 2 cups
YIELDS 4 servings

3 oz imitation beef (soy protein, I like VeriSoy Vegan Beef Slice)
2 large cloves garlic, sliced
1 tbsp fresh ginger, peeled and cut into thin sticks
1 medium onion, thinly sliced
3 stalks lemongrass, remove toughest outer layers first and cut into 2 inch lengths
2 whole star anise
1 tsp Chinese five-spice powder
1 tsp ground black pepper
1 tsp cayenne chili powder (or more for spicier stew)
3 - 4 tbsp neutral oil (peanut, canola, rapeseed, etc.)
3 tbsp tomato paste
3 cups coconut juice (coconut water), drained of any bits of coconut
3 cups vegan broth
5 - 6 large carrots, peeled and cut on bias into 2-inch pieces
1 - 2 large potatoes, peeled and cut into 2-inch pieces (optional)
¼ cup fresh cilantro, coarsely chopped
Black pepper to taste

It wasn't until I moved to Seattle that I realized how little of the Vietnamese food I'd eaten as a child had been a part of my diet during my prior 17 years living in New York City. As children, my sisters and I were raised on the culinary delights of southern China and Vietnam, owing to the fact that our grandparents had been refugees from Guangdong and would be again — along with our parents — refugees from Vietnam after the purge of ethnic Chinese in the late 1970s. The meat-laden bánh mì kẹp thịt sandwich and the flavors of fish sauce, lemongrass, and shrimp paste were nearly as prominent as the myriad dishes and dim sum of Cantonese cuisine that would find their way into our kid-sized bellies. Even though I had basically gone plant-based toward the tail end of the New York years, I hadn't touched a bowl of pho or bún, or even one of the most memorable dishes of my childhood—bò kho—for nearly two decades.

Bò kho, as my mother prepared it, was/is a very spicy beef stew with a not-so-subtle and yet very appealing hit of licorice-flavor from the dish's use of star anise. I don't remember my exact age (but likely in the single digits) when our mother first served this steaming bowl of tender beef, carrots, and Scoville units to us with a crusty French baguette, but I do remember my older sister and my sweet suffering. Sure, the heat of the chilies made us sweat as if we'd done laps around the block, and sure it seemed like there wasn't enough water in the faucet to squelch the fires dancing on our tongues, but it didn't stop us from taking bite after bite until the torn piece of bread sopped up the last of the dark brown broth.

Nostalgic for that tasty torture, I recently set out to create a vegan version of bò kho, and the result is the following recipe, which is every bit as good as the one from my memories.

01 In a large bowl, re-hydrate imitation beef as per packaging instructions. Drain in a colander and squeeze out as much water from "beef" as possible. In the same large bowl, combine marinade ingredients above and mix well. Add the soy beef, mix to evenly coat and set aside.

02 In a heavy-bottom pot/Dutch oven, dry roast sliced garlic, ginger, onion, lemongrass on a medium-low heat until light medium brown. Remove and set aside.

MARINADE

- 1 large clove garlic, minced
 - 2 tbsp ginger, minced
 - 1 tsp Chinese five-spice powder
 - 3 tbsp mushroom soy sauce
 - 1 tsp brown sugar
 - 2 fresh red chilies (like Thai bird eyes), finely sliced
-



contains
wheat



contains
soy



vegan



contains
tree nuts

SELF-MADE

recipe
source

03 In a small non-stick or cast iron skillet, dry roast star anise, black pepper, chili powder, and remaining five-spice powder on a medium-low heat until fragrant. Remove from heat and set aside.

04 Add oil to the bottom of a heavy-bottom pot, and add spices. Fry spices until fragrant and add tomato paste. Stir in dry roasted garlic, ginger, onion, lemongrass, coconut juice, and vegan broth. Scrap bottom of the pot with wooden spoon to release the fond that has developed.

05 Add carrots, optional potatoes, and “beef,” and bring to a boil. Simmer uncovered for about 20 minutes until vegetables are tender. Add pepper to taste.

06 Before serving, remove as much lemongrass and star anise as possible. Top with cilantro. Eat with French bread.





contains
wheat



contains
soy

MOM, AUNT
& SELF

recipe
source

Taiwanese Beef Noodle Soup

Christine Ko

Supply Chain Management, MS, 2020

PREP TIME 1 hour

COOK TIME 2 hours

SERVING SIZE 2 cups

YIELDS 6 servings

2 lb beef (beef sirloin or beef
brisket), cut into 1 ½ inch cubes

3 pieces rock sugar

6 garlic cloves

6 ginger slices

3 green onions, thinly sliced

1 tsp five spice powder

2 star anise cloves

3 tbsp hot bean paste

¼ cup soy sauce

1 onion, sliced

4 tomatoes, quartered

3 carrots, chopped

1 radish, chopped

¼ cup rice wine for cooking

7 cups boiled water

1 tsp salt (optional)

½ lb fresh noodles (less if dried
noodles)

6 baby bok choy florets

Taiwanese Beef Noodle Soup's story dates to 1949, when the Nationalists retreated from mainland China to settle in Kaohsiung, Taiwan. They re-created a braised beef noodle soup, using available variants of Chinese ingredients not found in Taiwan at the time. Originally purposed as a nostalgic reminder of a lost home, Taiwanese style beef noodle soup gradually penetrated the country, and is now Taiwan's most recognized and important national dish. Although braised beef noodle soup is widely considered a cherished treat in my native Taiwan, for me it holds an even deeper meaning. When I was a child, my father worked abroad and was unable to visit home often. When he did return, my mother cooked beef noodle soup to mark his return. Beef noodle soup meant Dad was coming home and became a symbol of reunion for our family.

01 Add beef cubes into a large heavy pot and add water. Parboil for 10-15 min, and remove the water and keep the beef in the pot (optional).

02 In a saucepan, stir fry sugar, garlic, ginger, green onion, five spice, and star anise, for a couple of minutes. Add beef and stir it until the beef turns a little brown (medium rare). Then add hot bean paste, regular bean paste, soy sauce, onion, tomatoes, carrot, radish, and wine. Cook a few minutes more, then transfer it to beef stew pot (or pressure cooker*), and add 7 cups of boiled water.

03 Bring to a boil. Cover the pot and cook over medium heat. Continue to simmer, covered, until beef is tender after about 2 hours or more. Then taste for seasoning. *If you are using a pressure cooker, cook for 1 hour.

04 Cook noodles just before serving. Follow the noodles cooking directions on the packaging label, and cook until tender - about 5 to 8 minutes.

05 Put cooked noodles into the designated soup bowl first, then add beef stew and sauce. Add to the top of the noodles: green onion and green veggies (baby bok choy)

Filipino Chicken Soup "Tinola"

Rosale Meriales | UW Budget/Fiscal Analyst Lead

PREP TIME 10 minutes

COOK TIME 1 hour

SERVING SIZE 2 drumsticks

YIELDS 3 - 4 servings

- 5-8 chicken drumsticks
- 5 cups water
- 2 tbsp shredded fresh ginger
- 1 tbsp shredded fresh turmeric (optional)
- 2 tbsp fish sauce or to taste (option to substitute with sea salt)
- 1 tsp black pepper
- 1 packet of Wonton Soup Mix (optional)
- 3-4 cups leafy vegetables (spinach, cabbage or kale), chopped

The Filipino chicken soup that we called "Tinola" is my favorite comfort food. It was the first dish that my grandmother taught me how to prepare at my tender age of 7. As I write this recipe, I can picture myself in my grandma's kitchen and standing in the stool holding two chicken drumsticks then counting how many cups of water I needed to pour into the pot. I sure never get tired of eating my grandmother's Tinola. My grandma used to say that Tinola cures all ailments. Now, Tinola is the most requested dish by my two boys, and yes, they know how to cook it as well!

01 Throw all the ingredients except leafy vegetables in a pot and cover with its lid. Set the stove to medium heat. Cook for 45 minutes.

02 Turn off the stove, and toss all the leafy vegetables inside the pot and cover for 5 minutes. Serve with rice, and enjoy!



contains
shellfish



recipe
source

Gourmet Khoresh

H. Peter Fink

Pre-Major, BA, 2023

PREP TIME 20 minutes

COOK TIME 3 hours

SERVING SIZE 1 cup

YIELDS 6 servings

5 medium roma tomatoes

1 cup dried kidney beans, soaked overnight

¼ cup olive oil

1 large sliced onion

1-3 cloves minced garlic

1 tsp cumin

½ tsp turmeric

½ tsp cinnamon

1 ½ lb eggplant, stemmed, cut in

1-inch cubes

¼ cup pomegranate molasses

(option to substitute with sour grapes, fresh apricots, or fresh lime juice)

Water, as needed

Salt to taste

Toum (Lebanese garlic sauce)

Rice to serve (optional)



vegan



recipe source

One summer I was looking for a good use of eggplants that could achieve authentic flavor while using no meat. For me, this has been tough to balance; I chose to avoid meat because the climate change it drives is disproportionately affecting far off world communities, but for many of those ethnically diverse communities, meat is essential to their culturally significant dishes. Using many recipes such as Khoresh Bademjan and Ghormeh Sabzi from Persian Cuisine and techniques from Lebanese Cuisine, I developed this recipe. For me, this recipe is about truly enjoying the fresh ingredients available only in summer. It has become a family favorite at my house and no doubt works for all family members. As summer comes to a close and eggplants grow to size, I await the rich smells of spice and caramelized tomato on the sides of the pot. Highly adaptable, this vegan recipe is about nailing down the spice ratio but anything can be added within reason—yogurt cools the warmth of the dish on a hot summer evening.

01 Blanch tomatoes by placing tomatoes into a pot of boiling water for 2 minutes; then quickly place the tomatoes into a bowl of ice water. Peel the tomatoes.

02 Rinse beans and place in a medium pot with water to cover. Cover with lid and cook on low until beans are tender; about an hour and a half. For a 1 pot cook set beans aside and reuse pot.

03 Heat oil on medium high heat, add onions, garlic, and cook for 5 minutes or enough time to sweat sufficiently, stirring occasionally

04 Add spices and cook for 30 seconds, stirring and being careful not to let them burn. Add eggplant and lightly cook, coating the outsides of the cubes in the spiced oil, about 3 minutes. Quickly add tomatoes, pomegranate molasses (or substitute) and ~1 cup water.

05 Cover, lower heat to low and stir occasionally to prevent burning. Cook until the tomatoes no longer have distinct forms, adding water as necessary, to form a thick stew. About 40 minutes to 1 hour.

06 Add beans and cook on medium for 5 minutes. Serve warm or cooled, rice and toum (garlic sauce) optional.

Pork Sinigang

Lauren Fernandez

Social Welfare, BA, 2022

PREP TIME 15 minutes

COOK TIME 1.5 hours

SERVING SIZE 1 cup

YIELDS 6 servings

2 lb pork ribs

1 thumb sized piece of ginger and
spring onion (optional)

1 tbsp cooking oil

1 medium onion, diced (use yellow
or spanish onion to add a
slightly sweeter flavor to soups)

4 large tomatoes, sliced into
wedges

3 tablespoons fish sauce

4 cups of water, more if needed

1 bunch spinach

½ cup green beans, trimmed

1 (40g) packet of sinigang
tamarind soup mix (available
in most Asian stores; option to
use tamarind powder or paste
for a deeper, more fragrant
flavor)

Salt and pepper to taste

Serve with rice

My family always valued spending time together, so as an only child I felt lucky to be able to grow up with my cousins instead of growing up alone. After a sunny day of riding our bikes and jumping on the trampoline, we would come home to the inviting smell of the pork sinigang that my Auntie cooked for dinner. It was always our favorite, so we would hurry to get to the table first. I remember gathering around the table with our bowls filled with rice, waiting for the soup to be ready. Once we poured the soup over our rice and added the meat and vegetables, we would all race to see who could finish their food the fastest or eat the most. To this day, this soup still effortlessly brings the whole family together around the table, laughing and talking about what's going on in our lives.

01 Blanch the pork for 3 minutes to remove the scum and set pork aside. Discard water. Option to add ginger and spring onion when blanching the pork to help remove the gaminess of pork.

02 Add cooking oil to a pot, and saute the onion and tomatoes on medium heat until they are super soft.

03 Add the pork into the pot, and season it with fish sauce. Add water to the pot and boil until the pork is tender for about 1 hr.

04 Add vegetables (spinach, green beans, and other vegetables of your choice); cook to your desired firmness.

05 Add ½ packet of tamarind soup mix, and taste the soup. If it's too sour, add water. If it's too bland, add more of the soup mix and/or fish sauce. Once the taste is just right for you, serve with white rice, and enjoy!



contains
shellfish



recipe
source



Chicken Porridge

Ivory Loh

Nutritional Sciences, MPH/GCPD, 2020

PREP TIME 10 minutes
COOK TIME 30 minutes

SERVING SIZE 1 cup
YIELDS 3 servings

½ cup uncooked white rice
(I would not encourage substituting white rice with brown or wild rice, as white rice is necessary for a mushy porridge consistency.)

1 cup of raw and defrosted chicken breast, sliced into thin shreds

1 (14.5oz) can chicken broth
(option to use chicken bouillon instead)

1 tbsp sesame oil

Green onion, finely chopped and to taste

Salt to taste

Light soy sauce to taste



contains
wheat



contains
soy



recipe
source

Growing up, chicken porridge was the cure-all comfort food that my parents made for my sister and I. However, my love for chicken porridge was basically predestined. On the night of June 8th, my mom and grandparents had chicken porridge for dinner at a small family-owned business in Kuching, Malaysia. Shortly after, my mom went into labor and gave birth to me. While I still insist on dining at the restaurant every time I visit Kuching, I have never been a regular patron. My dad's job moved my family to Shanghai, China, where I grew up in an international education system. This environment exposed me to diverse cultures from young and taught me to celebrate cultural diversity, most often through food. In my elementary school, we celebrated International Day every year. Dressed up in our traditional attire, my friends and I would prance around the fair, sampling the various homemade dishes at each cultural booth. In high school, since many of my friends were American, my family and I started celebrating Thanksgiving. I still remember how excited I was to try turkey during my first Thanksgiving dinner. My mom took one look at the leftovers and said, "All this bone and meat is going to make such good porridge!" Now, I look forward to the leftover porridge more than the Thanksgiving meal itself.

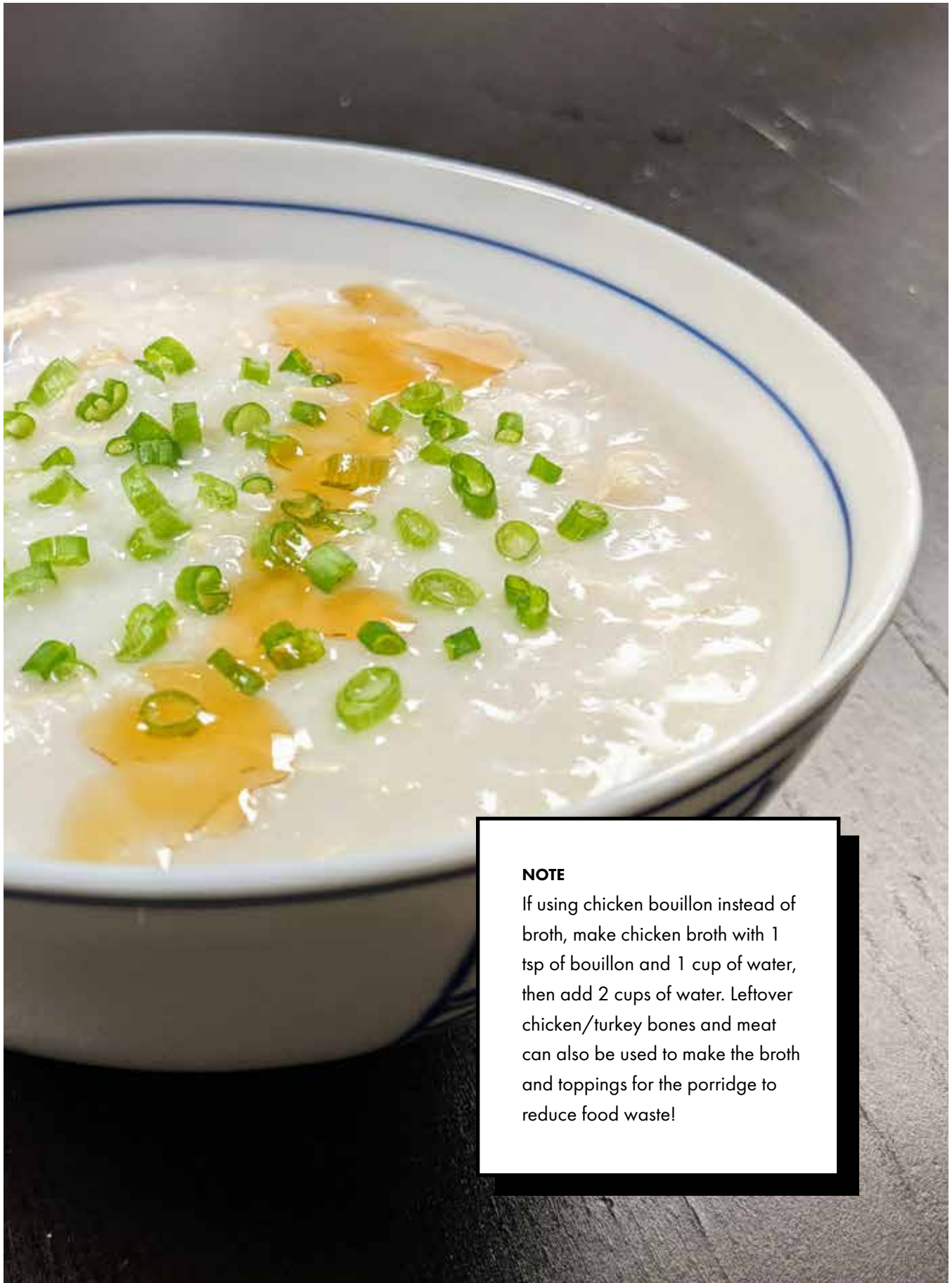
01 Pour rice into a large pot, and cover rice with 1 inch of water. Soak for 10 minutes. While the rice is soaking, slice chicken breast into very thin shreds.

02 Add one (14.5 oz) can of chicken broth and about 30oz of water (2 cans of water, if using the can from the chicken broth) to the rice.

03 Bring to boil and simmer on low heat for 15 minutes.

04 Add chicken shreds to porridge, and simmer on low heat for about 15 more minutes. The chicken should be fully cooked and the rice should be soft and have a creamy consistency. Add water as needed to achieve desired consistency, with more water if you prefer a more liquid consistency.

05 Flavor the porridge with finely chopped green onions, sesame oil, salt, and light soya sauce, to taste. Enjoy with good company, whatever that means to you!



NOTE

If using chicken bouillon instead of broth, make chicken broth with 1 tsp of bouillon and 1 cup of water, then add 2 cups of water. Leftover chicken/turkey bones and meat can also be used to make the broth and toppings for the porridge to reduce food waste!

Yao Han

Elsie Pring

Student Services Assistant, School of Public Health

PREP TIME	1 hour
COOK TIME	30 minutes

SERVING SIZE	1 bowl
YIELDS	10 servings

FOR THE BROTH

1 stalk lemongrass
2 Kaffir lime leaves
Small portion of galangal to taste
Small portion of turmeric (a dash if using turmeric powder)
1 whole garlic bulb
1 shallot
1-2 tbsp chili oil
1 can coconut cream/milk
2 palm sugar cubes
3 cubes fermented chili bean curd, mashed
5 tbsp Cambodian Soybean Satay Sauce or Taiwanese Satay Sauce
1 can (12 fl oz) coconut soda
4-6 cups broth (vegetable or meat) or water
1-2 tsp tamarind (can use lime instead as well for sour tastes)
White sugar to taste
Salt to taste
½ cup fish sauce or to taste

Yao Han is a kind of Cambodian hotpot that is made of a satay sauce, coconut milk, broth, palm sugar, and pounded herbs and roots. The dish always reminded me of the seasons changing from hot to cold and of family reunions. I remember how my mom & dad would prepare the vegetables they had picked from summer and autumn, like white cabbage, white radish, water spinach, and oyster mushrooms. When the weather got colder, my relatives would come over, and my family would huddle around a large hotpot with produce from season's prior and "steamboat". I would sit next to my mom, and she would put in the vegetables I liked and add mung bean noodles. She would always make my bowl, even now. My family never had much but this dish always reminded me of how family contributions in growing, picking, and cooking the seasonal foods mattered.

DISCLAIMER

I am not a believer in measuring ingredients in cooking. I am not a big fan of using units to quantify my food because my family's cooking does not use cups or teaspoons. We add things to taste, and we would always make sure to balance and contrast flavors and textures. Use listed ingredient measurements as a reference guide, but adjust to suit your preference.

- 01** Cut up your lemongrass, lime leaves, galangal, turmeric (use powder if not fresh) garlic, & shallot into small pieces and put in a mortar and pestle. Use the pestle to pound the ingredients into a lemongrass paste. This will release the natural oils and smell from the herbs and roots.
- 02** Add coconut oil to a large hot pot to cover the surface. Wait until the pot is hot and then add in the lemongrass paste. Stir fry until fragrant, add in the chili oil (do not put your face near the pot, the scent will burn your nose).
- 03** After stir frying a bit, add in the coconut cream. Stir for a bit and let the coconut cream boil. The natural oils will rise to the top and that is a good sign.
- 04** Add in 2 cubes of palm sugar. Add in 3 cubes of mashed fermented chili bean curd. Add Satay Sauce to taste.

TOPPINGS + ADDITIONS

White Cabbage

Water Spinach

Chrysanthemum Leaves

Bokchoy

Oyster or Enoki Mushroom

White Onion

Green Onion

Cilantro

Thin Beef Slices or Egg Tofu

Quail Egg

White Radish

Corn

Pork meatballs (fish, chicken or
beef meatballs are also ok)

Mung Bean Noodles

05 Add in Coconut Soda then afterwards, add in 3 large bowls of broth or water.

06 Wait for the broth to heat up. Add in fish sauce and 1 small spoon of tamarind sauce (or add in lime). Option to add sugar or salt to taste. Palm sugar already makes the dish sweet; fish sauce is naturally salt and has an umami flavor. Hotpot should contrast sweet, sour, salty, bitter and umami and slightly spicy. Sweet helps remove fatigue, sour helps digestion & spicy increases the appetite.

07 Put broth in a hotpot and enjoy with vegetables & meats that you like.



contains
fish & shellfish



contains
wheat



contains
tree nuts



contains
soy

MOM & DAD

recipe
source



Belgian Stoofvlees (Beer Beef Stew)

Michelle Bulterys

Epidemiology, MPH, 2020

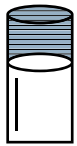
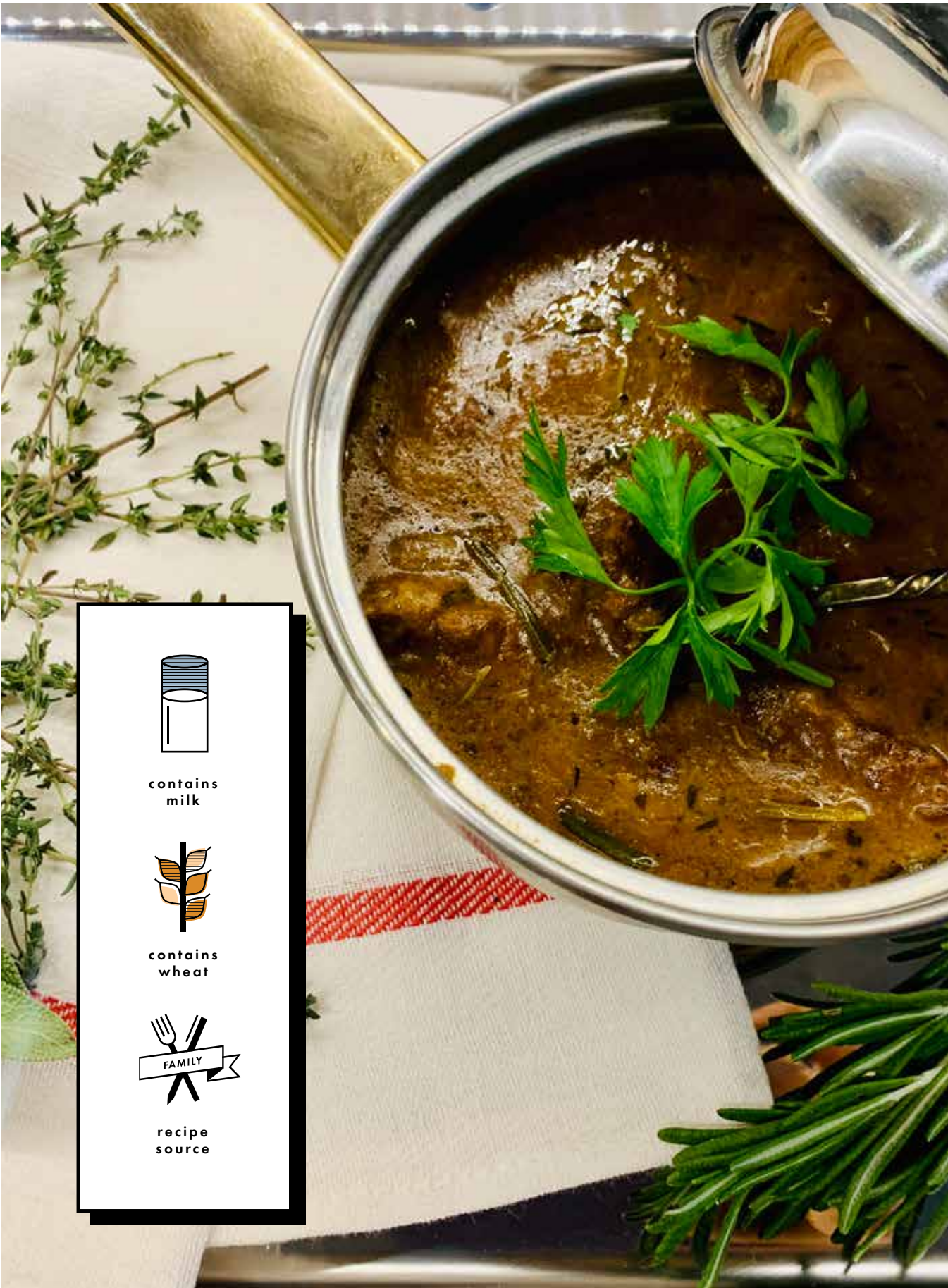
PREP TIME	30 minutes
COOK TIME	3 hours

SERVING SIZE	1 bowl
YIELDS	8 servings

2 lb chopped beef stew chunks
1 cup flour
1 stick unsalted butter (½ cup)
2 whole yellow onions, chopped
6 Belgian or German beers
(darkest beers you can find)
Fresh rosemary, thyme, sage, and
bay leaves (as much as you
want of each)
Salt and pepper to taste
½ cup milk
1 slice bread
Dijon mustard to taste
Your favorite fruit jam or chutney
to taste
Beef bouillon to taste
A dash of vinegar

Stoofvlees (beer beef stew) is a staple food in Belgium. I imagine that every family in Belgium has their own adapted recipe - my family uses a secret recipe passed down over the generations which I will share here. Stoofvlees are served for all kinds of occasions, from a fancy Michelin star restaurant to an outdoor music festival poured over fries in a cone. This is my favorite dish that my dad makes, mainly because the entire house smells like culinary heaven all day. A solid pot will serve a large family and even have enough to freeze for a cold and lazy day in the future. The flavors dance together and can only get better and better with time.

- 01 Put the beef chunks in a large prep bowl and pour flour over them. Mix together until every beef chunk is evenly coated with flour.
- 02 In a large dutch oven or pot over medium heat, cut 2 fingers-widths of butter and melt in the pot. One by one, place a piece of beef in the pot so that they do not touch each other (overcrowding will take longer to cook and they should be crispy!). Be sure to fry each batch of meat until brown on all edges, and add butter as needed. Place cooked meat aside for now.
- 03 In the same pot, use two more fingers-widths of butter and add chopped onions. Lower heat slightly and cook onions until translucent and light brown.
- 04 Pour in the beers, and increase heat to high for 3 minutes. In the meantime, scrape the bottom of the pot with a wooden spoon. Bring down to simmer and add the beef back in, plus fresh herbs.
- 05 After an hour of simmering, pour the milk on a plate and place the slice of bread into the milk. Let it fully soak up the milk, then smear mustard all over the top face of the bread. Place the milk-soaked and mustard-smearred slice of bread on top of the simmering stew and leave for 1 more hour on simmer. Do not break up the bread - over time, it will fall apart on its own.
- 06 When the bread has fully disappeared, mix in a hefty spoonful of fruit jam or chutney and a small dash of vinegar. Keep on simmer until beef falls apart with a fork. Serve with your favorite style of potatoes or pasta. Incredible with mashed potatoes!



contains
milk



contains
wheat



recipe
source



vegan



recipe
source

Vegetarian Chili

Barbara A. Petite | Administrative Assistant, UW Libraries

PREP TIME 10 minutes

COOK TIME 30 minutes

SERVING SIZE ½ cup

YIELDS 6 servings

29oz can of S&W Chili Makin's

**1 can tomato sauce and one can
tomato chunks all from the UW
Food Pantry**

½ cup fresh parsley

¼ cup dried onions

Salt and pepper to taste

My recipe is for vegetarian chili. The main ingredients are a 29oz can of S&W Chili Makin's, 1 can tomato sauce, and one can tomato chunks all from the UW Food Pantry. I add 1/2C fresh parsley, 1/4C dried onions and some black pepper then simmer for 1/2 hour. It is incredibly yummy and nutritious.

I use the Food Pantry almost every week. Good food like this is available, and the staff are caring and knowledgeable. I've raised two children and worked at the UW almost 20 years but now find Seattle too expensive a place to live without help. Food from the Pantry allows me to afford a balanced diet, increases my energy and enables me to be a better parent and employee for UW.

01 Put all ingredients in a large cooking pot, stir, and simmer on low heat for half an hour.





sweet & savory
baked goods

Soda Bread

Ivy Kehoe

Human Centered Design & Engineering, BS, 2020

PREP TIME 10 minutes

COOK TIME 1 hours

SERVING SIZE 2 pieces

YIELDS 8 servings

2 cups all-purpose flour

½ cup granulated sugar

½ tsp baking soda

1 tsp baking powder

¼ tsp salt

2 eggs

1 cup sour cream

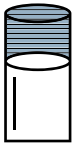
½ cup raisins

I left home at eighteen to travel the world, meet new people, and find myself. All I took with me was a single carry-on suitcase, in which I dedicated a small portion of space to my mother's cookbook. Over the next year, I lived in 4 major cities, worked 8 different jobs, and met more amazing people than I could count. Many of these people became good friends of mine, and I contribute a lot of these friendships to the cookbook I carried with me. Nothing brings people together like food, and I believe that breaking (homemade) bread is the most literal way to do this. This soda bread was made in gourmet kitchens in the hills of Los Angeles, in tiny ovens found in Dublin hostels, and everywhere in between- but always, and most importantly, with many hands in the dough.

01 Mix all dry ingredients (except raisins) together.

02 Add eggs, sour cream, and raisins until just combined.

03 Place dough in a pan. Bake at 325°F for 60 minutes.



contains
milk



contains
eggs



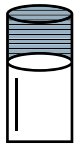
contains
wheat



vegetarian



recipe
source



contains
milk



contains
eggs



contains
wheat



vegetarian

GRANDMA

recipe
source



Grandma Verna's Soft Ginger Cookies

Veronica Lenoski

Nutritional Sciences, MS, 2020

PREP TIME 1 ½ hours

COOK TIME 10 minutes

SERVING SIZE 1 cookie

YIELDS 24 servings

2 ¼ cups all-purpose unbleached flour

2 tsp ground ginger

1 tsp cinnamon

½ tsp ground cloves

1 tsp baking soda

¼ tsp salt

¾ cup soften unsalted butter

1 cup sugar + 2 tbsp for rolling mixture

1 egg at room temp

¼ cup molasses

If you ever come to my house during a family gathering, you could bet on my Grandma Verna's cookies making an appearance. These cookies are of legend within our family, and not just because of how delicious they are, but because of the incredible woman who baked them. My grandmother was a wonderfully caring person who devoted her life to helping others as a nurse. She had an immense heart and a carefree spirit. Unfortunately, she was diagnosed with breast cancer at an early age and passed away far too young. Continuing to bake her cookies is how our family allows her spirit to live on. These cookies are nourishing, sweet, and delightful, just like her. They still bring us so much joy, and I hope they do the same for you!

01 In a medium bowl whisk flour, ginger, cinnamon, cloves, baking soda, and salt together and then set aside.

02 In a large bowl, beat butter and 1 cup of sugar together for at least 2 minutes. A stand or hand mixer makes this easier, but totally doable with a wooden spoon.

03 Add egg and molasses to the large bowl and beat well. Slowly add the dry ingredients to the wet and mix until combined, being careful not to over mix the dough. Chill the dough in the fridge for at least an hour.

04 Preheat oven to 350°F

05 Pour 2 tbsp of sugar in a shallow dish. Roll 1 heaping tbsp of dough into a ball, and then coat in sugar by rolling it in the shallow dish.

06 Place cookies on a cookie sheet with parchment paper, and bake in the oven for 10 minutes or until edges are golden brown. Baking time might take longer if your cookies are thicker and larger. Let stand on cookie sheet for 2 minutes before transferring to a cooling rack.

Grandma Cookies ⁷

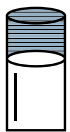
Erica Ryke | UW Research Scientist

PREP TIME	20 minutes
COOK TIME	15 minutes

SERVING SIZE	4 cookies
YIELDS	10 servings

- 1 cup unsalted butter (room temp)
- 3 oz cream cheese (softened)
- 1 cup sugar
- 1 egg yolk (room temp)
- 2 tsp vanilla extract (never use imitation!)
- 2 ½ cups all-purpose flour
- ¼ tsp salt
- Colorful, holiday sprinkles (optional)

SPECIAL TOOLS
Spritz cookie press



contains milk



contains eggs



contains wheat



vegetarian



adapted recipe

There has always been a cookie that makes its appearance during the holiday time, the Grandma Cookie. This recipe was from my mom's grandmother, and it is a press-cookie made with cream cheese. These cookies come in all shapes, from wreaths with little pieces of maraschino cherries for the bow to little dogs, candy canes, and Xs and Os. Each gets sprinkled with red and green sprinkles, sugar, or nonpareils. Once baked, they get stored in an aluminum tin, covered in powdered sugar, holiday Hershey's kisses placed in the mix, and sealed with a piece of wax paper under the lid. These special cookies sit among the mix of 15 plus different varieties made by my mom and I during the holiday season, but they will always make an appearance, never being replaced with another non-traditional holiday favorite.

- 01 Preheat oven to 350°F.
- 02 In a large bowl, cream together butter and cream cheese. Add the sugar and beat to incorporate. Next, add the egg yolk and beat batter until light and fluffy. Add vanilla extract and beat until just combined.
- 03 In a separate bowl, sift together flour and salt. Add the flour mixture gradually to the butter mixture and beat until just incorporated.
- 04 In batches, place dough into the cookie press with the desired disk. (We always made circles for wreaths, candy cane shapes, Xs and Os, little scotty dogs, and trees!) Press the dough out onto a cookie sheet with a baking mat, like a silpat. (If you do not have a baking sheet, leave the cookie sheet uncovered – no parchment, wax paper, or aluminum foil is needed)
- 05 Decorate the cookies with holiday sprinkles or anyway you like!
- 06 Bake for 10-15 minutes, until golden brown on the edges (this will depend on how hot your oven runs.)
- 07 Let the cookies cool on the tray for 5-7 minutes and then transfer them to a cooling rack.
- 08 Sprinkle with powdered sugar, place in a festive Christmas tin and add Hershey's kisses to the tin. Share with your family and friends!

Beer Bread

Charles Coffland

History, BA, 2020

PREP TIME 15 minutes

COOK TIME 45 minutes

SERVING SIZE 1 slice

YIELDS 1 loaf

3 cups self-rising flour

½ cup white sugar

1 tsp salt

Max 1 tbsp spices (optional)

12 oz beer



contains
wheat



vegan



recipe
source

Growing up on a cattle ranch in Eastern Washington, the best part of my day was lunch. It was our chance to get out of the elements, take a break from farm chores, and joke around with each other as we ate. This beer bread recipe, brought to us by a friend of the family from Western Washington, was a well-loved wintertime staple — there was something about coming out of the cold and into a house that smelled like fresh bread that really soothed the soul. Sometimes we would make it in the summer too, bringing a few slices of bread, along with some cheese and apples, into the field as a harvest snack. No matter the season, this bread always helped nourish and replenish us after a long day's work. Though my life has changed significantly since leaving Eastern Washington, I don't think I'll ever be able to let this recipe — or the memories attached to it — go.

RECIPE NOTES This is a quick bread. You don't need to knead it, proof it, or any of that—just mix in a bowl with a spoon, plop it in a bread pan, and cook it. I highly recommend adding some spices (no more than a tablespoon total) to the batter to add a little flavor. A mix of rosemary, thyme, and oregano works great, or you can use herbs of provence if you're feeling fancy. This recipe adapts really well, so have fun with it! Add whatever spices you usually like to cook with and see if it works. You have the option to use a dark carbonated soda, such as coke or pepsi as a beer substitute; however, try to avoid sodas flavored with syrup, and instead use a cane-sugar soda like Mexican Coca-Cola, otherwise the texture will turn out funny.

01 Preheat the oven to 350°F. Grease a bread pan.

02 Combine flour, sugar and salt and spices.

03 Pour in beer, mix until all the flour is worked in-- it should look like a very thick pancake batter. Don't overwork it or the bread will turn out tough!

04 Pour the dough into the pan. Option to put a pat of butter on top.

05 Bake for ~45 minutes, or until you can stick a knife in the middle of it, and it comes out clean. Slice and enjoy!

Nanaimo Bars⁸

JoAnne A. Edwards | Counseling Services Coordinator, College of Built Environments

PREP TIME	1 hour
COOK TIME	15 minutes

SERVING SIZE	1 square
YIELDS	25 servings

BOTTOM LAYER

½ cup unsalted butter
¼ cup granulated sugar
5 tbsp cocoa powder
1 egg beaten
¾ cup graham cracker crumbs
(option to use gluten free
S'moreables Graham Style
Crackers)
1 cup coconut flakes
½ cup finely chopped almonds

MIDDLE LAYER

½ cup unsalted butter, room
temperature
3 tbsp whipping cream
2 tbsp vanilla-custard powder
(Birds Custard is the best. It can
be purchased in Canadian
grocery stores or online)
2 cup powdered sugar

TOP LAYER

4 oz semisweet chocolate
2 tbsp butter

My father's Scotch-Canadian family made Nanaimo Bars, Butter Tarts and Shortbread to serve for tea. They would "hot the pot," to make a proper pot of tea, and keep the teapot warm with tea cozies. Tea-time meant long talks about politics, The Depression, WWII, "the old country," homesteading in Saskatchewan, with the exclamation "Thank God Dad bought an orchard along the Kootenay, B.C.." No one wanted to go back, where the winter wind would whip across the prairie and slice your face. My father was the only one of ten kids, who came down to the States, during the Depression, to build the Grand Coulee Dam and the Golden Gate Bridge. His heart remained in Canada. My doting aunts baked tins full of goodies and advised me that husbands were good for "kneading the shortbread." Later, when I visited Scottish relatives, I found tea-time was much the same.

BOTTOM LAYER

01 Melt butter, granulated sugar and cocoa powder together in the top of a double boiler, over simmering water.

02 Add the beaten egg and stir constantly until thickened, about 2-3 minutes. Remove from heat.

03 In a separate bowl, stir in graham cracker crumbs (can crush crackers using wax paper and rolling pin), coconut and almonds. (I use a hand nut grinder or Cuisinart.)

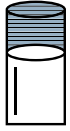
04 Add melted butter, sugar, cocoa powder, egg mixture and blend together.

05 Press firmly into an ungreased 8x8 inch pan.

MIDDLE LAYER

06 Cream butter, cream, vanilla-custard powder, and powdered sugar together.

07 Beat until light; electric beater works best.



contains
milk



contains
eggs



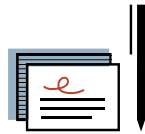
contains
wheat



vegetarian



contains
tree nuts



adapted
recipe

08 Spread over the bottom layer. Use a cake-frosting spatula for easy spreading.

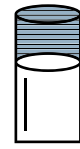
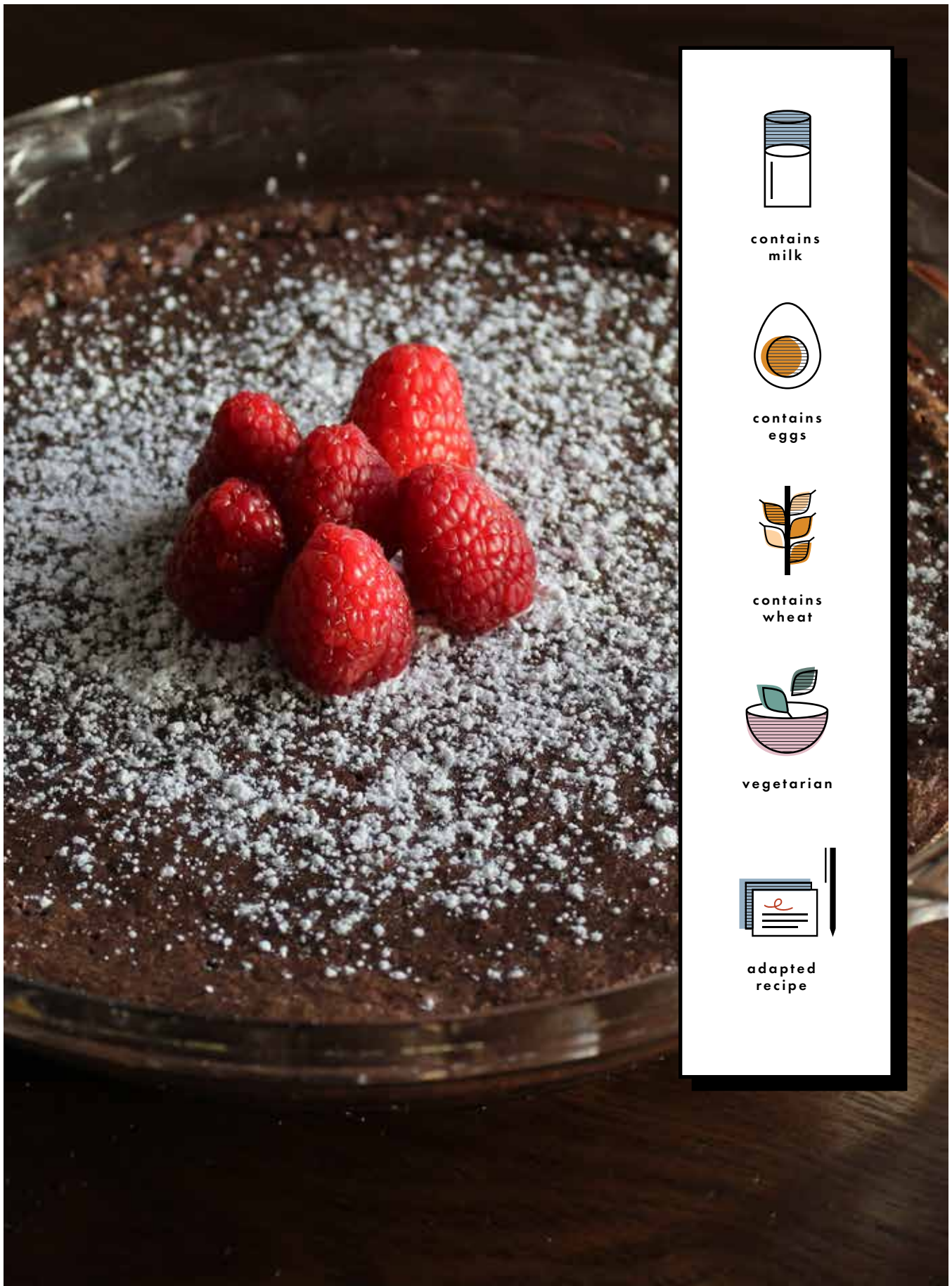
TOP LAYER

09 Melt semi-sweet chocolate and butter over low heat, in a double boiler pan.

10 When slightly cool, but still liquid, pour over the second (middle) layer and spread with cake frosting spatula.

11 Chill in the refrigerator until firm. Cut into bars. These bars can be made 3-4 days ahead of time and kept refrigerated. They also freeze well.





contains
milk



contains
eggs



contains
wheat



vegetarian



adapted
recipe

Swedish Kladdkaka⁹

Caitlin Anne Moats, Customer Support Technician with UWB IT and Vice Chair of the GSO
Biology, BS, 2016

PREP TIME	20 minutes
COOK TIME	30 minutes

SERVING SIZE	1 slice
YIELDS	8 servings

½ cup flour
¼ cup cocoa powder
1 pinch of salt
2 eggs
1 1/3 cups white sugar
1 tbsp vanilla extract
½ cup melted butter
Top with whipped cream and ice cream, or powdered sugar

My grandmother was adopted. It wasn't until we found her original birth certificate that we discovered that she was three-quarters Swedish. That was enough for me to start heading down the wormhole and uncovering a bit of my Swedish heritage. I've been tracing my roots back and have been working to learn Nordic history and language, and learning the culture to better connect with my familial history. As with any culture, food is incredibly important, but with it comes to sweets, the Swedish really take the cake. They have several days dedicated to a single dessert and this is one of my favorites. Kladdkaka literally translates to "sticky cake" and has a national day of November 7th in Sweden! Kladdkaka when warm is similar to a molten lava cake, but when cold is almost fudge-like. Serve with some whipped cream and chocolate ice cream, and enjoy.

01 Preheat the oven to 300°F

02 Sift the flour, cocoa powder, and salt together into a large bowl (sifting is essential to achieve an even texture). In another bowl, mix eggs and sugar until a smooth consistency, then add to the flour mixture. Stir to evenly combine.

03 Add vanilla extract and melted butter. Mix well.

04 Grease a pie plate or form with butter, and pour the batter into the form. If serving Kladdkaka out of the pie plate, cut a sheet of parchment paper to fit the bottom of your pan. Flip and release Kladdkaka from edges with a sharp knife after baking.

05 Bake on the lower rack of the oven for about 35 min (less if you want the center to be more fudgy).

06 Serve with whipped cream and ice cream. Option to dust with powdered sugar instead!

Portuguese Flan

Sergio Da Silva

Cellular, Molecular, and Developmental Biology, BS, 2020

PREP TIME 15 minutes

COOK TIME 35 minutes

SERVING SIZE 1/6 of flan

YIELDS 6 servings

3 medium eggs

14 oz can sweetened condensed milk

14 oz 2% milk

3 tbsp of granulated white sugar

1 tbsp of water

SPECIAL TOOLS

Double boiler bundt pan

(~6 inch diameter)

As a child having dessert was not an all too common occurrence, with the exception of gatherings with friends and family. Here the defining dish was and still is flan. This dish being brought out marked the end of our meal but the beginning of conversation around the dinner table. Being Portuguese, this means we are all sat around for hours often pushing the length of our conversations far past 1 am. To me it's a cultural dish that is replicated and adapted depending on the family but always still makes its way to the table, joining everyone in a comfortable familiarity that seems to transcend the time each person has spent apart from one another. Each bite reminds everyone there that we are bonded in some way, and something as simple as dessert is capable of proving that.

01 Mix your eggs, the full 14 oz can of sweetened condensed milk and 14 fl oz of 2% milk in a medium bowl. You can use the same can that the condensed milk was in to measure your 2% milk (that way the condensed milk and also wash off the sides a little).

02 Heat sugar and water in a small saucepan over medium heat without stirring until the sugar melts and begins to color a bit. Resist the urge to stir; instead, swirl the pan occasionally. Continue cooking the mixture until it's a dark maple-syrup brown and gives off a rich aroma of caramel, ~5 minutes.

03 Carefully pour caramel on the bottom of a double boiler bundt pan (this is a smaller bundt style pan that has a sealing lid). There should be enough caramel to completely cover the bottom but that can vary based on the size of the pan you use (the one being used for us is around 6 inch diameter).

04 Gently pour the liquid mixture from step 1 into the pan, and make sure not to leave drops anywhere that won't be entirely covered by the mixture (since we don't want the sugar from these drops burning during the cooking process).

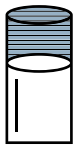
05 Seal the pan with its lid and place inside of a medium pot. Pour water into your pot until it reaches halfway up the sealed bundt pan.

06 Remove the bundt pan from the water, and let the pot of water come to a rolling boil on the stove at medium high heat.

07 After the water comes to a boil, set the bundt pan into the water, and let it boil for 30-35 minutes. Reduce heat as needed to prevent water from boiling over. Consistent supervision of this process is recommended.

08 Remove the bundt pan after 30-35 minutes. The mixture should be slightly solidified but will set up more once cooled. Place in the fridge overnight.

09 When ready to serve, use a knife to release the flan from the edges of the pan and invert onto a plate.



contains
milk



contains
eggs

GRANDMA

recipe
source



Momma's Apple Cake

Chris Pennington

Compliance Safety Analyst, UW Facilities

PREP TIME 30 minutes

COOK TIME 50 minutes

SERVING SIZE 4 oz

YIELDS 8 servings

2 large eggs

¾ cup unsweetened applesauce
(as an oil alternative)

1 ½ cups sugar

2 tsp vanilla

2 tsp cinnamon

4 cups coarsely chopped apples

(Granny Smith, Fuji, or Pink Lady)

2 cups All purpose flour

1 tsp baking soda

½ tsp salt

½ - 1 cup walnuts or pecans or
to taste

AllSpice, cardamom, nutmeg and
other spices to taste (optional)

I love to bake! And I especially love to bake healthy edibles, particularly ones that allow substitutions for ingredients. This recipe was handed down to me by my dear Mother-in-law (may she rest in peace), who was a native of this wonderful apple-producing state. I prepare it several times in autumn when my Mother's apple trees are harvested. It is a huge hit with family, friends and co-workers. I feel so close to family every time I make this recipe!

01 Set oven to 350°F.

02 Grease a 9in x 13in (or two 8in x 8in) metal or glass pan.

03 Mix eggs, applesauce, sugar, vanilla, and cinnamon together with a whisk in a large bowl.

04 Add 4 cups of apples. Mix well with a large spoon.

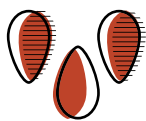
05 Mix together flour, baking soda, salt, nuts, and other dry spices, in a separate bowl.

06 Gradually add dry ingredients while stirring to the apple mixture. Once all ingredients are mixed well together, pour into a greased 9in x 13in (or 2 8in x 8in) pan. Note that the mixture will be 'dry' and not truly 'pour'.

07 Bake cake for 50 minutes. Cake is done when a toothpick inserted into the middle of the cake comes out clean.



contains
eggs



contains
tree nuts



contains
wheat

MOTHER-IN-LAW

recipe
source

Cinnamon Buns with Cream Cheese Frosting¹⁰

Elizabeth Shi

Master of Public Administration, MPA, 2020

PREP TIME	4 hours
COOK TIME	25 minutes

SERVING SIZE	1 bun
YIELDS	20 servings

DOUGH

1 cup buttermilk
¼ cup butter
3 cups flour
¼ cup sugar
1 egg
1 packet yeast (2¼ tsp)
1 tsp salt

CINNAMON SUGAR FILLING

¾ cup brown sugar
2 tbsp ground cinnamon
6 tbsp butter

CREAM CHEESE FROSTING

1 8oz pack cream cheese, softened
½ cup softened butter
2 ½ cups powdered icing sugar
2 tsp vanilla extract

When I first started university at 17, I was both scared and very excited. I was so worried about failing my first year! Many people around me said getting in was the easy part, but staying in is the hard part. After my first semester of long study nights, I realized I needed to find a way to relax. I was going to go crazy! I'm not sure how I ended up starting to bake, but now, I bake all the time. It all started with this cinnamon bun recipe. Kneading dough can be a workout, by the way! Baking has allowed me to relax, and escape the world around me for a few hours and focus on something fun. At the end of it, I get to eat something delicious. But for me, the best part is sharing my treats with my friends and family.

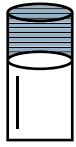
01 Heat butter and buttermilk in the microwave using a microwave safe glass bowl until the butter has melted. Heat in increments of 30 seconds as to not have a butter explosion in the microwave. Alternatively, heat butter and buttermilk in a saucepan on the stove until butter is melted

02 Pour mixture in the bowl of a stand mixer with paddle attachment. Add 1 cup of flour, sugar, egg, yeast and salt. Beat the mixture until it is combined, scraping down the sides occasionally.

03 Add the rest of the flour, beat on a low setting so flour does not fly everywhere and continue to scrape down the sides. If the dough is too sticky, add more flour by the spoonful until the dough forms a ball and does not stick to the sides of the bowl.

04 Change attachments; use the dough hook. Turn the mixer on medium speed for 8 min. Add flour if the dough is too sticky.

05 Transfer the dough to a large bowl, sprinkle some flour on the top, cover with plastic wrap and a towel. Proof the dough by leave the bowl in a warm area of your house until it has doubled in volume; approximately 2 hours. While the dough is proofing, you can make the filling and the cream cheese frosting.



contains
milk



contains
eggs



contains
wheat



vegetarian



adapted
recipe

FROSTING

06 Combine brown sugar and cinnamon in a bowl and mix until combined; set aside.

07 Using a mixer, cream together softened cream cheese and butter. Add powdered sugar and vanilla extract and beat until incorporated. Taste, and add more sugar if it is not sweet enough; set aside.

AFTER PROOFING (2 HOURS)

08 Flour a large workspace; roll out the dough into a large rectangle, the dough should be 1/3 inch thick. Spread butter evenly on the dough, leaving a 1 inch boarder. Sprinkle cinnamon sugar on the butter in an even layer.

09 Starting on the long side, gently roll the dough into a log, ensuring that it is not a tight roll, but not a loose roll either.

10 With the seam side down, cut the dough crosswise with a sharp knife into 20 pieces, or about 1/2 - 3/4 inch wide/ bun.

11 Line a large baking tray with parchment paper and space cinnamon buns evenly on the tray. You may need more than 1 baking tray depending on the size of tray you have.

12 Place each bun down on the tray, stray with cooking spray, and lightly cover with plastic film and a dish towel. Proof for 40 min.

13 While the dough is proofing, preheat the oven to 375°F.

14 After the buns have proved a second time and doubled in size, remove the plastic wrap and towel, and bake for 20-25 min.

15 Remove from the oven and invert immediately onto a cooling rack. After 15 min, turn the rolls right side up to continue to cool.

16 Once the buns are cool enough to touch, frost with the cream cheese icing, and serve warm.

Gluten-Free Blackberry French Toast Casserole

Juliet McMains

Professor (PhD), Department of Dance, College of Arts and Sciences

PREP TIME	8 hours
COOK TIME	35 minutes

SERVING SIZE	¾ cup
YIELDS	10 servings

2 loaves of gluten-free bread
(buckwheat raisin bread is fun,
but any kind of bread will be
delicious)

10-12 large eggs

1 (~13 fl oz) can coconut milk

1/3 cup maple syrup

1 tsp vanilla

**4 cups blackberries (PNW
farmer's markets have a
seemingly endless supply
from July – Sept, which can be
frozen for winter months)**

4 oz butter

½ cup coconut sugar

1 tsp cinnamon

Pinch of salt

½-1 cup chopped walnuts

Maple syrup (for serving)

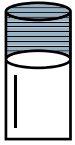
Like most Jewish mothers, mine was short on praise. Instead, she showered me with the love she poured into baking cookies, breads, and casseroles crafted from her revolving twenty-pound bag of flour. Sunday breakfasts included delectable pastries, butter and sugar caramelized between dozens of layers folded by my mother's own hands. I learned from her how to express my love, not through words, but by baking pies bursting with hand-picked berries. When I was diagnosed with cancer in 2013, I transformed my diet to eliminate milk, gluten, and refined sugars. Although my sweet tooth was not easy to tame, I set out to update some of my favorite recipes, like the French toast casserole my mother served when family came to visit. Today I am cancer-free and enjoy serving this version to friends at Sunday brunches, accompanied by seasonal salads inspired by weekly pilgrimages to PNW farmers' markets.

01 Cut bread into pieces about 1 inch square and toss them into a 9in x 12in casserole dish.

02 Whisk together eggs, coconut milk, syrup, and vanilla. Pour over bread. Toss in blackberries.

03 Cover and let sit in the fridge overnight. The bread will soak up all that eggy goodness, and you can spend the morning lazily sipping coffee instead of flipping bread on the griddle.

04 In a bowl, crumble butter, coconut sugar, cinnamon, and salt together with hands and then mix in walnuts. Sprinkle mix over the top of the casserole. Bake at 400°F for 30-40 minutes. Cook it until the top is a golden brown and the bottom layer is bubbly and still moist. Serve warm with maple syrup.



contains
milk



contains
eggs



contains
tree nuts



vegetarian

SELF-MADE

recipe
source



Challah Bread¹¹

Emma Wezeman
History, BA, 2022

PREP TIME	3.5 hours
COOK TIME	30 minutes

SERVING SIZE	1.5 oz slice
YIELDS	16 servings

1 ¾ cups lukewarm water
1 ½ tbsp granulated yeast
(3 packets (2 ¼ tsp) of Active
Dry Yeast)
1 ½ tbsp salt
4 large eggs, lightly beaten
½ cup honey
½ cup unsalted butter (one stick),
melted
Butter for greasing the cookie sheet
7 cups unbleached all-purpose
flour
Egg wash (1 egg beaten with 1
tbsp water)

Good food has always reminded me of home. Growing up, I would often walk into my parents' house and be welcomed by cooking in the kitchen and by mouth-watering smells awaiting my senses. During special occasions, my mom would cook her infamous Challah bread. The smell of this homemade bread permeated our entire house and would draw my brother and I in front of the oven to watch the braided plaits bake. After it was done, I would often rip the bread apart instead of slicing it saying, "the bread is soft today". Having this bread during a meal meant that we were celebrating not only a fruitful season of life, but that we could be in the same place at once, eating and sharing community with each other. One can enjoy this loaf of bread with butter and rosemary or roll the dough in cinnamon and sugar to enjoy a sweet treat!

01 First mix the yeast and honey with warm water in a 5-quart bowl, or in a lidded (not airtight) food container to start activation. Then, add in eggs, salt, and melted butter.

02 Mix in the flour without kneading, using a spoon, your hands, or a hand-mixer with a dough hook.

03 Cover (not airtight), and allow to rest at room temperature until the dough rises and collapses (or flattens on top), approximately 2 hours.

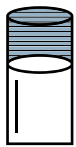
04 Butter or grease a cookie sheet or line with parchment paper. Dust the surface of the dough with flour and cut off a 1-pound (grapefruit-size) piece. Dust the piece with more flour and quickly shape it into a ball by stretching the surface of the dough around to the bottom on all four sides, rotating the ball a quarter-turn as you go.

05 Divide the ball into thirds, using a dough scraper or knife. Roll the balls between your hands (or on a board), stretching, to form each into a long, thin rope. If the dough resists shaping, let it rest for 5 minutes, and try again. Braid the ropes, starting from the center and working to one end. Turn the loaf over, rotate it, and braid from the center out to the remaining end. This produces a loaf with more uniform thickness than when braided from end to end.

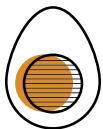
06 Allow the bread to rest and rise on the prepared cookie sheet for 40 minutes.

07 20 minutes before baking time, preheat the oven to 350°F. Brush the loaf with egg wash.

08 Bake near the center of the oven for about 25 minutes. Smaller or larger loaves will require adjustments in baking time. The Challah is done when golden brown, and the braids near the center of the loaf offer resistance to pressure. Allow to cool before eating. Enjoy!



contains
milk



contains
eggs



contains
wheat



vegetarian



adapted
recipe



acknowledgments

The Husky Cookbook Team is made up of a core team of UW graduate students, including Ivory Loh (MPH/GCPD, Nutritional Sciences, Class of 2020), Erin McDonnell (MS/GCPD, Nutritional Sciences, Class of 2020), Elizabeth Shi (MPA, Public Administration, Class of 2020), and Emahlea Jackson (MPH/GCPD, Nutritional Sciences, Class of 2021). Our faculty mentor was Professor Anne-Marie Gloster, a core faculty member in the Nutritional Sciences Program and lecturer in epidemiology with the UW School of Public Health. The team would also like to thank two UW undergraduate students: Katie Chua for her help in preliminary planning of the Husky Cookbook, marketing efforts, and editing of food stories; and Sabrina Zhu for designing the Husky Cookbook logo. We are also incredibly grateful to Sarah Smith, an alumna of UW School of Art + Art History + Design, Master of Design, for designing and producing the Husky Cookbook.

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