

Community Cookbook



Curated by Sienna Fekete
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This community cookbook was conceptualized as a way to bring together cherished recipes, the memories, traditions and family legacies we carry with them, and make folks feel a little more connected to one another. Inspired by the history of community cookbooks as a tool for community reciprocity and skill-sharing, I know food to be a great unifier. I grew up with an immense love for food, discovering new tastes and textures, and the creative possibility of food—without an extensive knowledge of the practice of cooking itself nor a way around the kitchen. This is my way of learning and exploring food together with my community and creating a community-generated resource that hopefully will inspire us all to learn from each other and try out some new things.

Dedicated to my twelve-year-old self, a novice yet ambitious food-lover and all the folks who showed me about the power of good food <3

- Sienna Fekete

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Side Dishes / Dips / Spreads / Breads

Lima Bean Masabehe

by Gal Amit

Masabaha is traditionally made with hummus beans (garbanzo beans/chickpeas). It is like a richer version of hummus with lots of added olive oil, lemon, garlic parsley, tahini and whole chickpeas. The texture is the main difference as traditional hummus is smooth, whereas masabaha has a base of warm chickpeas in their cooking water. So this dish is similar, but uses a base of Lima beans/very large white beans (called Bobas in Israel).



Ingredients:

lima beans
1/4 tsp baking soda
1 -2 tomato
fresh garlic
fresh hot pepper
lemon juice
olive oil
salt & pepper

Preparation:

Soak the dry beans in water with a quarter teaspoon of baking soda (optional but ensures the softening of the beans more quickly) for 6 or more hours. Then boil the beans in lots of water until super soft (takes 45 minutes to an hour usually). Save some of the bean water to use in the dish.

Then the trick is to do a partial mashing with a hand potato masher. Either leave a quarter of the beans out and mash well, or mash it all partially and leave some beans whole.

Add some of the bean water so the masabaha isn't dry. In the meantime, grate a tomato or two and discard the skin (or eat it...). Add fresh garlic (in whatever form you like), some fresh hot pepper (they look nice in thin rings), lots of lemon juice and olive oil, and lots of salt (coarse is nice) and pepper. Let the tomato mixture sit for at least 10 minutes before adding to the beans. The tomato mixture is like a topping.

Add more olive oil on top and enjoy!

Jawole's Momma's Grandmother's White Beans

by Jawole Willa Jo Zollar

This recipe is not vegan but you can leave out the bacon and add a little bit more of Tamari



Ingredients:

- 1 package Great a Northern white beans
- 1 onion
- 4-6 cloves of garlic
- 4 pieces of bacon
- Several bay leaves
- 1 dried red pepper or cayenne to taste
- 2-3 stalks of celery
- 1 carrot
- Olive oil
- Salt
- Pepper
- A savory seasonings blend
 - I like Trader Joe's Everyday Seasoning
- Tamari soy sauce
 - I use the gluten free one

Preparation:

- Step 01:
Rinse beans and remove pebbles or discolored beans
- Step 02:
Soak beans overnight - add 4 cups of water for every one cup of beans. Discard water and rinse thoroughly again before cooking
- Step 03:
Cook bacon and save a little of the drippings to combine with the olive oil to sauté the chopped onions, garlic, celery and carrot
- Step 04:
Season with salt, pepper and a little Tamari
- Step 05:
Add the beans, water (same amount you soaked with, give or take), bay leaves, more seasonings to taste, red pepper and combine with bacon. Add more Tamari for that umami flavor
- Step 06:
Bring beans to a boil and then simmer covered for a couple of hours, give or take. Check water level and if you need to add more water, add more seasonings. Let them cool and eat some that night and refrigerate the rest after they have somewhat cooled. They are best the next day when those flavors have absorbed. Enjoy with some good homemade cornbread.

Family Scones

by Vanessa Gaddy

Here is my family's scone recipe! Originally from my mom's grandmother which she interpreted into her own. Typically you would roll out and cut the scones but in this recipe they go directly from the bowl to the pan so they're round! If you'd like to have a specific flavor of scone just note that all dry ingredients should be mixed together at the same time (herbs/powders) and wet ingredients should be added after the butter and before your cup of milk/water.



Ingredients:

2 cups of flour
2 tbsp baking powder
1 tbsp sugar
1/4 tsp salt
1 cup of milk and lukewarm
water mixed together
Some butter (cold)

Preparation:

Put on Enigma (really any album / greatest hits)
Preheat oven to 350 degrees

Mix all dry ingredients and sift through a colander into your bowl.

Add your butter a little at a time and mix into the dry ingredients until it begins to form like bread crumbs. It should look clumpy!

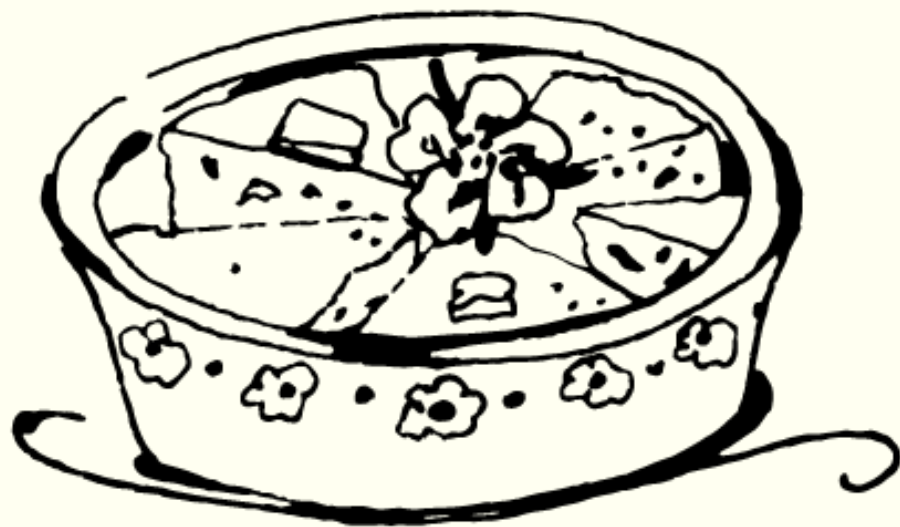
Then gradually add your cup of milk and water and mix until it becomes a soft dough but still consistent enough to be stretched with a rolling pin. Except, in this recipe you will not be using a rolling pin. Instead grab a fist full of dough and smack it on to your (already greased or non-stick) pan, bringing the dough upwards as you release it to allow the top of your scone to get these gorgeous crispy ridges.

Repeat this process until you've used all your dough. Stick in the oven for about 10 minutes but just check on them, you want the top to get brown and crispy.

Once finished, remove from the oven and eat them while they're hot. We recommend eating them during "tea time" with butter and jam or slicing the scone down the middle and making your favorite sandwich.

Maya's New Mexican Hatch Chili Cornbread

by Maya Contreras



Ingredients:

1-1/2 Cups of Yellow Corn Meal
1/2 all-purpose flour
1/4 cup brown sugar
1 teaspoon of salt
1 cup of hatch green chili
1 cup of whole milk
2 large egg
1/2 stick of butter
1 tablespoon of olive oil

Preparation:

Step 01:
Preheat oven 400 degrees.

Step 02:
Combine dry ingredients, and a separate bowl add wet ingredients and beat in one egg. Fold wet ingredients into dry.

Step 03:
Use the other egg for the egg wash.

Step 04:
Pour into skillet.

Step 05:
Bake for 15 minutes. Pull out of the oven to check the center, brush egg wash over the top. Then back into the oven for 2-5 minutes.

Muhammara, Traditional Arabic Red Pepper and Walnut Mezze

by Rana Sadik

12 May 2020*

As I cook, I process things in my head with music videos in the background.



Ingredients:

4 large red peppers, roasted,
cut into 8 pieces each
1 cup walnuts, toasted
(about 5 minutes)
¼ cup plain breadcrumbs
mixed with
2 tablespoons olive oil
3 tablespoons lemon juice
1 tablespoon chili flakes
1 tablespoon paprika
1 teaspoon cumin
½ teaspoon black pepper
1 teaspoon salt
1 clove garlic

Preparation:

In a food processor, grind the above ingredients,
until texture is chunky. In fact, you can make this
as smooth or as chunky as you like. I like it with
texture, with the walnuts barely visible.

Can stay in the fridge for one week.

*I date my recipes because taste changes.

Oshitashi - Japanese Blanched Spinach

by Sophia Callahan

This was my favorite way to eat greens growing up. Oshitashi transforms leafy, airy spinach into blue-green silky-deliciousness. It's so easy.



Ingredients:

1 bunch of spinach - if you can, try to get the bunch, not the ones in a plastic box
Toasted sesame seeds
Shoyu (soy sauce)
Sesame oil
A very sharp knife

Preparation:

Servings: 1-2, a side dish

Step 01:
Wash your hands

Step 02:
Bring a big pot of water to a boil (like a pasta or soup pot)

Step 03:
Once boiling, blanch all the spinach. Stir it in the boiling water for 1 minute or until it completely wilts and gets a deep green. Be careful not to overcook!

Step 04:
Strain spinach in colander or strainer and run cold water over it until spinach cools completely

Step 05:
Take the bunch of spinach in your hands and squeeEEEEeze! Wring out all the water you possibly can

Step 06:
Form squeezed spinach into a log-like form
Take your very sharp knife and cut the log in 2inch increments

Step 07:
Flip spinach up on its side so the flat side is down and place the cut pieces closely together. Lightly drizzle a bit of shoyu, sesame oil and top with sesame seeds!

Eat with chopsticks (it will hold it together much better than a fork!) alongside white rice, sweet potato and tofu.

Biscuits

by Elle Clay

I have been trying to perfect a biscuit recipe for a while. In the past, I tried to use my mama's recipe... which didn't really work out because I don't think she has a recipe. She just cooks. It comes natural to her, so giving me a recipe was kind of unnatural.



Ingredients:

2½ teaspoons
baking powder
2 teaspoons kosher salt
2 teaspoons sugar
¼ teaspoon baking soda
3½ cups all-purpose flour,
plus more for surface
1 cup (2 sticks) chilled
unsalted butter, cut into
½-inch pieces, plus more,
melted, for brushing
1 cup chilled buttermilk

Preparation:

Preheat oven to 425°. Pulse baking powder, salt, sugar, baking soda, and 3½ cups flour in a food processor to combine. Add chilled butter and pulse until largest pieces of butter are the size of a pea. Transfer to a large bowl and gradually drizzle buttermilk over top, tossing with a fork as you go to incorporate. Knead mixture a few times in bowl until a shaggy dough forms (mixture will look a little dry), then turn out onto a clean surface and pat into a 1"-thick square.

Using a knife or bench scraper, cut dough into 4 pieces. Stack pieces on top of one another, sandwiching any loose dry bits of dough between layers, and press down to flatten. Lift up dough with bench scraper and dust surface with flour. Roll dough into a 1"-thick rectangle and trim a thin border around sides of dough to create clean edges. Cut into a 4x3 grid to make 12 biscuits (don't reroll scraps). Transfer to a parchment-lined baking sheet, spacing 2" apart; freeze 10 minutes.

Brush tops of biscuits with melted butter and place in oven. Reduce oven temperature to 400° and bake biscuits until deep golden brown on bottom and golden on top, 20–25 minutes.

Hummus

by Alicia Mersy

I like to make the hummus outside in the backyard and listen to Popcaan and Haifa Wehbe while I make it. Most of my food inspiration comes from a youtube channel called "Cooking in my village."



Ingredients:

500g chickpeas
1 tsp baking soda
1 clove garlic
2/3 ice cubes
2 tsp salt
350g tahini
40g lemon juice

olive oil
pita

Preparation:

Cooking the chickpeas

Soak 500g chickpeas in a lot of cold water with 1 tsp baking soda overnight.
When you wake up boil the chickpeas and skim the white foam that floats on top of the water
simmer for about 2 hours until it's very very soft.
Add 2 tsp salt. Cool down the chickpeas in the water until completely cold.

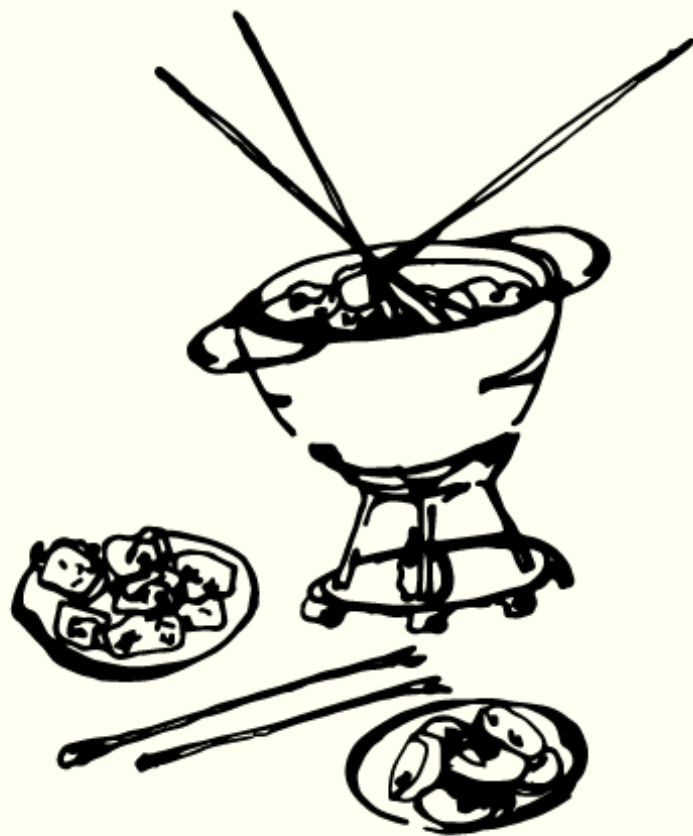
Making Humus

Blend 900g chickpeas for about 1 minute while the food processor is on Add 1 clove garlic, 2/3 ice cubes, 2 tsp salt, 350g tahini and 40 g lemon juice
Mix until you have a very smooth cream.
top it with warm whole chickpeas.
Eat with lots of olive oil and pita

Cheese Fondue

by Taliana Katz

The recipe I picked is cheese fondue. My mother comes from a tiny village in the Swiss Alps called Ayer. My great grandparents Joseph and Marie had built the one cafe in the village called “Le café de La Bergère”. My mother would work there everyday after school– It was the spot where everyone from the village of 100 people would come together to drink, sing and eat fondue. My family lost the cafe but when she left Ayer, my mother kept the recipe close. Growing up we would eat fondue on special occasions and when we went back to visit Switzerland. Traditionally when you eat fondue there are rules for dropping the bread or potatoes in the cheese. Usually it’s to remove an article of clothing but you can adjust to make it a bit more family friendly. When I moved out I left with a fondue pot and I’ve been continuing to make it for the people around me. It feels like a way of showing love to those you share it with.



Ingredients:

1/2 clove garlic
white wine
2-3 cup grated cheeses
pepper
1/8 cup kirsch
1/4 cup baking soda

bread, potatoes, egg

Preparation:

Rub half a clove of garlic over the inside of the pot
Add one cup of white wine
Heat
Add 2 or 3 cups of grated Cheeses: Gruyère, Tilsit and Emmentals
(it’s hard to find Tilsit in America so you can do without)
Mix continuously
Add pepper
1/8 cup of Kirsch with 1/4 cup of baking soda
Boil potatoes and cut up bread

Serve the fondue over a small flame, dip the bread and potatoes in the cheese. When there is no more cheese crack an egg in the base of the pot and eat mixed with the cheese burnt at the bottom.

Prend une gousse d’ail
Frotte le fond du caquelon
Rajoute une tasse de
Vin blanc

Rajoute le fromage (Gruyère, Tilsit et Emmentals) petit à petit (environs 2 or 3 tasse ?)
Toujours tourner pendant que le fromage fond

Rajoute
Poivre
1/8 of a cup of Kirsch avec 1/4 tea spoon Bicarbonate soda
Tourne bien encore une minute

Pain
Pomme de terre
Cornichon

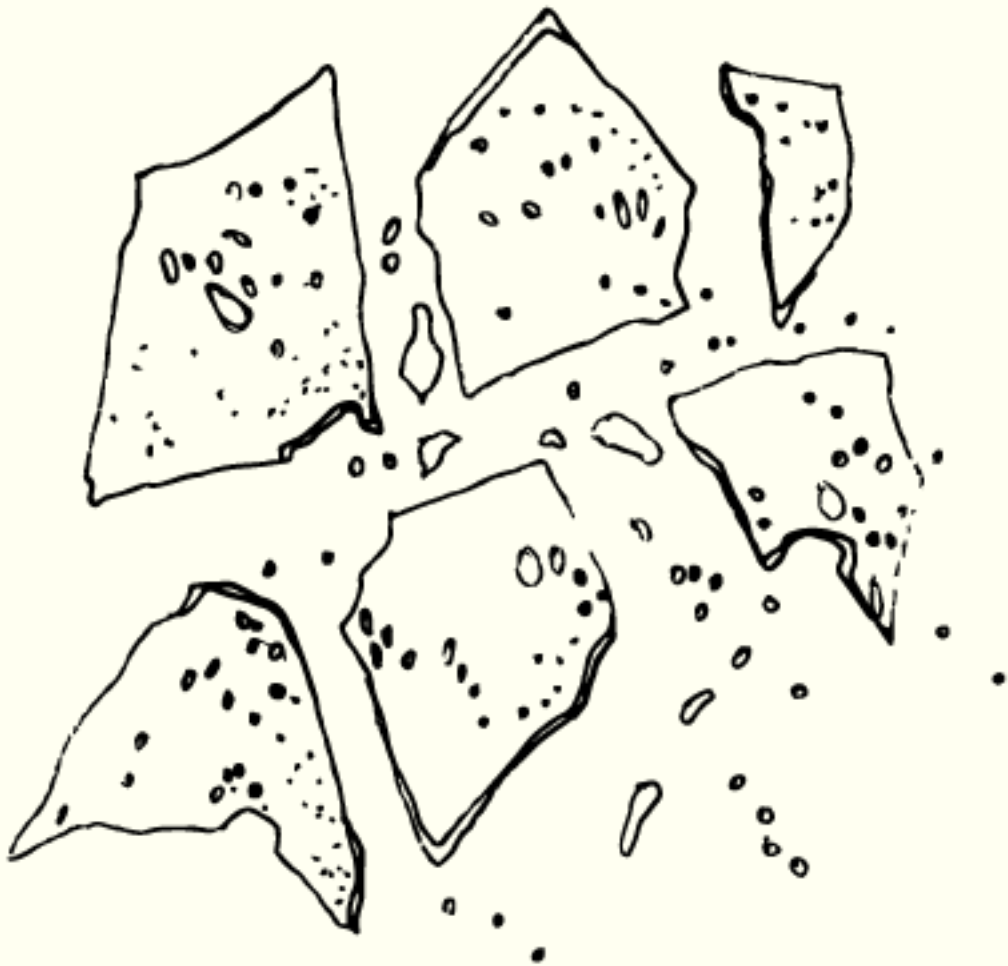
Bonne appétit

Lavash Crackers

Mama's Recipe

by Stella Sender

This recipe was started by my mom, a source of chaotic-good energy who loves to throw a party for any occasion. These crackers were always made right before people would arrive to our family home, served with grape leaves, hummus, garlic spread, tabouli and baba ghanoush. They were the first to go before the spreads. The recipe is eye-balled like most things my mom does, so I've put together the rations based on the last time I made some. :-)



Ingredients:

1 bag of lavash bread
5-6 cloves of garlic
2 sticks of rosemary
1/4 olive oil
2 teaspoons of salt
1 1/2 cups of grated parmesan
cheese (optional)

Kitchen materials:

Kitchen knife
mini food processor or blender
two-three baking sheets
basting brush

Preparation:

Start by preheating the oven to 450°.

Put garlic cloves, rosemary and olive oil into a food processor or blender and let 'er rip. Set aside and have basting brush ready.

Next slice through all the layers of lavash bread to make 2"x4" pieces. It's really up to you how big or small you want to make them. I always feel that the bigger they are the better! Place as many pieces of lavash as you can onto your baking sheets, leave no gaps but don't overlap.

Using a basting brush dip into the blended spread and lather a generous amount onto each piece of lavash. Sprinkle salt and parmesan (optional) over the pieces before putting them in the oven.

Watch while they cook, they can take between two and four minutes.

Bake until golden brown and taste.

Pol Sambol

by Thanu Yakupitiyage

Pol Sambol is a traditional Sri Lankan condiment prepared with freshly grated coconut, chili pepper and red onion. It is most often used as an accompaniment with rice, string hoppars (a type of noodle pancake made with rice flour), hoppars (a type of bread with rice flour), as well as other dishes. You can also eat it with regular bread and dhal.



Ingredients:

Fresh Coconut (you can buy these at Caribbean or Asian stores); you have to grate $\frac{1}{2}$ fresh coconut
6 small red dried chili pepper (or 2 tablespoons crushed red pepper)
OR 2-3 green/red thai chillis if you can't find red dried chilli
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
 $\frac{1}{2}$ a red onion or 1-2 shallots
Juice of 1 lime

Preparation:

You are going to need a coconut grinder to be able to grind the half shell of coconut well. You can find a coconut grinder online pretty easily. After you've ground the coconut, set it aside.

Using a large mortar and pestle (or working in batches in a smaller mortar and pestle), grind chilies with the salt and sugar into a fine paste until there are no chili seeds visible in the paste.

Next, add the freshly shredded coconut to combine with the paste. The whole idea at this stage is to get the coconut to absorb the flavor and get the color of the chili paste.

Finally, add the diced red onions or shallots. Grind a couple more minutes until obtaining a paste with enough texture.

Add the juice of the lime, mix well, and serve.

Soups

Om Glenn's Pindasoep (Peanut Soup)

by Nicole Van Straatum

Pindasoep is an authentic Surinamese dish made from a peanut butter broth. Every family has their own style of making this traditional comforting soup. My father is famed for making it at our annual Surinamese picnics in the Bay Area. My Oma (grandma) has given him a few tips over the years like placing Tom Tom (boiled plantain) to thicken the broth and to actually crush the all-spice to increase the nutty flavors.

Surinamese Film to Watch for Cultural Context: Wan Pipel 1976
Listen to one of these playlists: NTS Open Flames , NTS INTL BLACK ,
Sranan by NVS on Spotify , Surinam Funk Force
...Or Surinamese Jazz Album: Ronald Snijders - A Safe Return



Ingredients:

1 pack of chicken wings
(you could use thighs or
legs alternatively)
1 small can of tomato paste
1 fresh tomato
3 yellow or white onions
5 chicken bouillon blocks
1 hot pepper (habanero or
scotch pepper)
1 jar of crunchy peanut
butter
2tbs whole all-spice *tip:
wrap in a clean cloth and
smash with bottom of a jar
to break into pieces
salted pork or beef
garlic salt, salt & pepper to
taste
3-5 peeled and halved
green plantain (for Tom
Tom)
white rice (side dish,
optional but recommended)

Preparation:

Step 01

Boil 1x Large Pot of Water, while you chop onions and cut off the fatty parts of the salted pork. Place 1/3 of the onions and salted meat into the boiling pot.

Step 02

Prepare the chicken wings by placing them in a large bowl and rinse with cold water. Add chicken bouillon cubes to season the wings. Place the seasoned wings in the pot with another 1/3 of the onions, tomato paste and chopped tomatoes. Add cracked pepper and crushed allspice.

Step 03

To make the Tom Tom, boil a medium pot of water to place halved plantains. Cook for 10-15 minutes until softened. Mash the boiled plantains. Once plantains are mashed, kneed and round into a ball the size of your palm. Set them aside to cool.

Step 04

In a small saucepan, add the jar of peanut butter, add a small amount of warm water to the jar to get all the peanut butter out from the sides. Cook on medium-low heat.

Step 05

Add a couple of the Tom Tom balls, the peanut butter from the cooking saucepan, 1/3 chopped onions, whole hot pepper, and garlic salt to the large Soup pan.. Add salt and pepper to taste. Let simmer on medium-high for 20-30 minutes.

Step 06

Serve with side white rice and drop the Tom Tom into the Soup.

Chicken Soup

by Erica Turett



Ingredients:

water
few pounds of
skin-on chicken
3 large onions
9 carrots
6 large parsnips
6 celeries
dill

1 bouillon cube*
alphabets*
matzoh balls*
parsnips*
raw spinach*

Preparation:

Fill a medium stock pot two-thirds of the way with water. Add a few pounds of skin-on chicken (thighs, drumsticks, or a cut-up whole chicken etc.) and sprinkle in some salt. When the water boils, skim off the foam that comes to the top. Turn down to simmer and add in 3 large onions (cut into about 1.5 inch pieces), about 9 carrots, 6 large parsnips, 6 celeries (all cut into about 1 inch coins or pieces). Simmer with top mostly on. After 30 minutes, add half a bunch of chopped dill and half a bunch of chopped parsley and simmer. Continue until vegetable are soft. If it lacks flavor, you can boil more water off, or if it really lacks flavor, add a bouillon cube. Take off heat . Add more salt if needed, add pepper as needed. Serve in bowls.

*For kids, add alphabets! For passover, add matzoh balls (made with seltzer instead of water)! To make soup sweeter, add more parsnips. If you're worried because you haven't eaten anything green that day, add raw spinach to the bottom of your bowl before putting soup in. All amounts are variable!

Since recipe hasn't been written down, you can add more or less of each ingredient, choosing over time how you would like it to taste. Made by my grandma, and my mama, and me.*

Two Ingredients and Spices Comfort Soup

by Axelle Dechelette

Ingredients:

Onion
Chose: carrot,
turnip, squash

Preparation:

Step 01:
Saute the onion with spices (suggestions: cumin,
coriander seeds, black pepper, rosemary, thyme)

Step 02:
Add the sliced vegetable and sauté a little more.

Step 03:
Add two cups water, salt and cover, let simmer until
the vegetable softens (the longer it simmers at low
heat, the better)

Step 04:
Blend together, or smash using a wooden spoon



Mom's Chicken + Oxtail Pho Recipe

by Christine McCharen-Tran

Ingredients:

Broth Ingredients

- 1x Full chicken
- 1x Package of oxtail
- 3x Small yellow onions
- 3x Medium chunks ginger
- Dry pho spice packet
- 1/2 tub of Pho Soup Base (Suggested: 10 oz Quoc Viet Foods Chicken Flavored Cot Pho Ga Brand)
- Fresh Pho noodles (Suggested: Sincere Orient Food Rice Stick Noodle, Fresh)

Garnishes

- Thai basil
- Bean sprouts
- Limes
- 1x Yellow onion for garnish
- Cilantro
- Scallions



Preparation:

Fill pot half full of water
Let water in pot come to a boil
Clean whole chicken in water
Plug sink water and clean in 2TBSP salt, douse in 2TBSP white vinegar
Unplug water and rinse chicken in water
Clean (2) packs oxtail in water
Plug sink water and clean in 2TB salt, douse in 2TB white vinegar
Unplug water and rinse oxtail in water
Put whole chicken in boiling water or cut chicken in half with kitchen shears
Wait for the water to boil again and add oxtail in boiling water
1/2 lbs yellow onion (approx. 3 small yellow onions)
1/2 lbs ginger (approx. 3 medium size chunks)

Clean ginger, onion (keep skin on, pull excess skin/roots off)
Wrap spice package in tin foil (remove small ginger bag)
Baking tray include onions, ginger, spices (wrapped in tin foil)
325°F for 20-minutes (not preheated oven)

Clean foamy residue out of the soup pot
Add 1/2 of the Cot Pho Ga Soup Base into boiling pot

Check tin foil/spices in oven after 25-30 minutes
Take out once spices are crispy
Add hot water to stock pot to fill up remaining pot
Roast peppercorns and put in spice holder
Put spices and ginger powder packet in bag or spice holder in stock pot
Decrease stove to simmer (not boil)

Increase oven temperature to 400*
Continue cooking ginger, onions for additional 10 minutes
Onion will turn golden brown and feel a little soft/bubbling juices
Use tongs and drop onions into stock pot

Take out ginger from oven and cut slits into the ginger to release more flavors, add to stock pot

Let simmer for 4 hours

Remove whole chicken and oxtail after 3 hours; debone chicken and separate meats for serving (suggested to put chicken bones back into stock pot and continue simmering for another 3 hours)

Boil water for fresh pho noodles: drop handful of noodles enough for 1 serving into boiling water for 30 seconds, strain and serve into a bowl. Suggested to do individual servings of noodles to bowl b/c noodles are sticky and to keep freshness

After noodles served into bowl add ground pepper, chicken, thinly sliced yellow onions, cilantro, scallions

Ladle pho broth into noodle bowls

Add garnishes as preferred: bean sprouts, lime, thai basil

Add condiments as preferred: hoisin sauce, sriracha sauce (also, customary to have side dish of these condiments as dipping sauce for the meats)

Chicken Tortilla Soup

This Is a Crockpot Recipe

by Ericka Jones-Craven



Ingredients:

3 Boneless skinned chicken breasts
1 Yellow onion
2 Jalapeños
6-7 cups of chicken broth
2 Cans of fire roasted diced tomatoes
2 Cans black beans
1 Package frozen corn
2 Tablespoons of garlic
1 green pepper
2 tortillas
Optional Ingredients:
Cilantro
Sour Cream
Avocado
Mexican Shredded Cheese
Lime
Seasonings:
Cumin, Salt, Pepper, Garlic Powder, Goya

Preparation:

- Step 01:
Using a crockpot, pour 6-7 cups of chicken broth in
- Step 02:
Separately season chicken with your desired spices such as salt, pepper, cumin, goya, etc.
- Step 03:
Dice onion and green pepper and add to broth
- Step 04:
Add in the seasoned chicken breasts, black beans, fire roasted diced tomatoes and corn to broth
- Step 05:
Add 2 garlic, jalapeños, seasonings (to taste) to the broth
- Step 06:
Set crockpot on high heat and let it cook for 6-7 hours (It is important not to mix or agitate the soup during this time)
- Step 07:
At the 4 hour mark, shred the chicken using a fork in the crockpot then cover it back up for the remaining hours
- Step 08:
After it is finished, cut your tortillas into strips and fry using vegetable oil
- Step 09:
Pour soup into bowl and garnish with sour cream, avocado, cheese, tortilla strips and cilantro
- Enjoy, YUM!

Pasta e Fagioli

by Jessica Duby

My great grandparents came to the states from Bari, Italy. Whenever we gathered at my grandparents' house for a special occasion, my grandmother made a traditional Italian soup called Pasta e Fagioli. This soup, and everything paired with it, is extremely simple but has a very unique flavor. Also, besides the parmesan at the end, it's totally vegan!

I recommend making this for dinner in the winter since it's thick and kind of cozy. If you like, sip some red wine (chianti if you really want an Italian aesthetic), and snack on fresh Italian bread dipped in olive oil with dried basil and parsley flakes mixed in while you cook. The bread also helps to test the soup flavor as you season. If you feel like driving the theme home with music, I cannot in good conscience recommend any Italian or Italian-American music, BUT I performed to the love theme of the

Godfather once, and it has stuck with me as nice/weird/funny background listening if you need a little drama in your night.

There are versions of this soup with fresher ingredients and meat, but my grandparents always made this more modest version which suited their lifestyle.



Ingredients:

1 pound dried or 1 can of great northern beans
3 bay leaves
½ onion, diced
2-3 cloves of garlic, diced
kosher salt and freshly ground black pepper
1 tablespoon extra virgin olive oil, plus more for drizzling
celery leaves (don't get pre-sliced)
1 8 oz 100% natural can tomato sauce
1 cup ditalini pasta
Grated parmesan (or fake parmesan for the vegans!)

Preparation:

Serves 4-6

If you selected dry beans: soak them overnight (add enough water to cover them by a couple of inches). The next day, drain the beans.

Place beans in a large pot. Cover with water by 1 1/2 inches, and add the bay leaves, garlic cloves, and season with salt. Bring to a boil, reduce to a simmer and allow to cook until the beans are quite soft, about 90 minutes. The length of time will vary significantly, depending on the type, size and age of the bean. Retaining some firmness is desirable here. Remove the beans from the heat and drain. Search through the beans for the bay leaves and remove.

Add the beans back to the pot, and add to them the onions, celery leaves, garlic, can of tomato sauce, and then additional can full of water, and a pinch of salt and pepper, and then simmer on low until the onions are cooked. While simmering, cook ditalini al dente and drain. Add ditalini pasta to the rest of the soup, as well as salt and pepper to taste. If it has gotten too thick, add a bit more water and continue simmering a few more minutes.

Serve with a generous amount of parmesan (or vegan parmesan), some bread and olive oil with dried herbs. A very simple side salad with mixed greens, cucumber, carrots, black olives, salt, pepper, olive oil and red wine vinegar would make it a full Italian meal.

According to my grandmother, "always eat the salad last." For more on the pasta first, salad later method, see: <https://livelikeanitalian.com/2012/04/04/eat-like-an-italian-salad-after-dinner/>.

My grandfather would make Pizzelles with powdered sugar for dessert (also vegan!). They can be found at some Italian markets.

Main Dishes

Sunday Shakshuka

by Margot Bowman

This is something that reminds me of having friends over for brunch on cold Brooklyn Sundays. It's easy, cozy and you can laze around all afternoon eating nonchalantly while you catch up on everything that's happened in that week/month/decade.

Turn up the spice if you're into that sort of thing and buy great bread to go with if available.



Ingredients:

- olive oil
 - 2 cloves of garlic
 - 1 onion
 - 2 tsp paprika
 - 2 tsp cumin seeds
 - 1 tsp garam masala
 - 1 tsp dried chili flaked
 - 1-2 cardamon pods
 - 1 bay leaf
 - 1kg tomatoes
 - 1tbs tomato paste
 - 2 eggs per person
- to top:
- fresh coriander or parsley
- to serve:
- bread
 - harissa

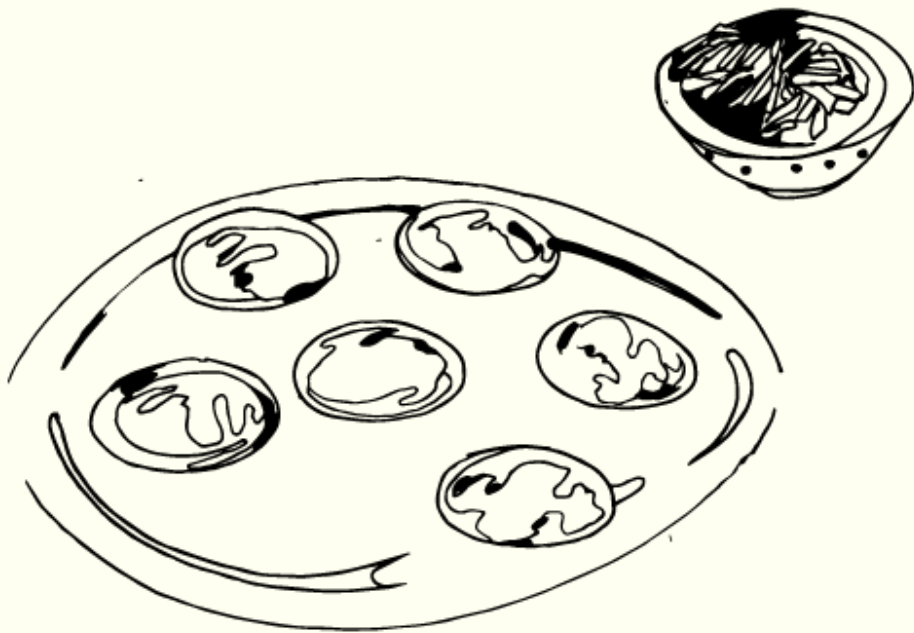
Preparation:

- Serves 3-4
- Step 1:
- In one large pan fry 2 sliced cloves of garlic and 1 sliced onion in some olive oil.
- Step 2:
- Add 2tsp of paprika and cumin seeds, 1tsp of garam masala, 1tsp of dried chili flakes, 1-2 cardamom pods, and a bay leaf. Lets the spices fry for 1-2 min until their scent fills the room
- Step 3:
- Add 1kg of fresh tomatoes and 1tbs of tomato paste. Leave the pan on medium heat and let the tomatoes break down into a vibrant sauce. (This is a great 15-20min slot to get dressed in ahead of your guests arriving.)
- Step 4:
- Turn the oven on to grill in prep for the final stage. Add in 1tbs of turmeric and stir into the tomato base - cook for an additional 5-10min. Using the backside of a tablespoon make dips in the tomato sauce and in each place a crack egg -add 2 eggs per person.
- Step 5:
- Take the saucepan off the heat and place under the grill. check on the eggs every couple of mins - the aim is for the whites to be cooked and yoke be solid on the top but still runny on the inside.
- Step 6:
- Take the saucepan out of the oven, chop fresh coriander or parsley on top and serve in the pan with bread, harissa if you have it, and plenty of love.

Teochew Chive Dumplings

by Vanessa Holyoak

This is a recipe specific to Teochew county in Southern China where my grandmother grew up. It's a home cooked dish that's local to the county and can't be found in restaurants or elsewhere in China. I have lots of childhood memories of eating these delicious dumplings when visiting my grandma's house in Hong Kong, where my grandparents migrated when fleeing the second world war. Look through an old family photo album to conjure up your own family history, brew a cup of your favorite tea, light some incense for inspiration and try your hand at these comforting chive dumplings to bring this rare Teochew dim sum dish to your home and belly.



Ingredients:

CHIVE FILLING

Chives
Salt
Chicken powder
Sesame oil

DOUGH

Glutinous rice flour*
Rice flour*

*Glutinous rice flour to rice flour ratio = 2:1

Preparation:

Step 01:

Finely chop chives. Add in salt, chicken powder, sesame oil and mix well. Chive filling is ready.

Step 02:

Add glutinous flour, rice flour, and water into a pot over low heat. Knead the mixture until it forms a smooth and stretchy dough.

The dough is ready!

Step 03:

Take one small piece of the dough. Flatten and shape into a bowl. Place the filling in the center. Carefully bring up the sides of the dough to join together around the filling. Once all joined, gently roll in floured hands to form a ball. Gently press the dumpling to flatten it a bit. Continue assembling the dumplings until all the filling and dough is used up.

Step 04:

Steam all the rice dumplings together for 10 minutes.

Step 05:

Pan-fry the dumplings until golden brown and it's ready to serve!

Harissa Chickpea Bowl with Potatoes, Lemon-y Tahini & Greens

by Anna Santangelo via The First Mess

SERVES: 3 hearty portions or 4 smaller ones ;)

NOTES: If you don't have a spice grinder, use the same amount of ground cumin, coriander, caraway seed, and chili flakes. If you can't find it in ground form, whole caraway seed is fine too.

-I know that plenty of people are kinda "meh" on caraway, feel free to leave it out!

-The amount of chili here gives the chickpea mix a good amount of heat. If you're sensitive to spice, I'd cut it back to half a teaspoon.

-I like to make the tahini sauce first, so that I have it out of the way, and also the flavours get to marry a bit. You could fix it up while the potatoes roast if you prefer.



Ingredients:

LEMON TAHINI:
¼ cup tahini
¼ cup filtered water
½ teaspoon lemon zest
1 tablespoon + 1 teaspoon
lemon juice
1 clove of garlic, finely minced
(or grated with a Microplane)
1 teaspoon olive oil
sea salt and ground black pepper,
to taste

POTATOES:
1 ½ lbs new potatoes, scrubbed
1 tablespoon heat-tolerant oil,
such as avocado
1 teaspoon za'atar

HARISSA CHICKPEAS:
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 teaspoon caraway seeds
1 teaspoon chili flakes
1 tablespoon heat-tolerant oil,
such as avocado
1 shallot, fine dice
(about ⅓ cup diced shallot)
1 clove of garlic, finely minced
1 ½ cups cooked chickpeas
(or 1 15-ounce can, drained)
1 cup crushed canned
tomatoes
(I like fire-roasted here)
¼ cup filtered water
(+ extra if necessary)

TO SERVE:
4 big handfuls of chopped mixed
greens
olive oil
fresh lemon juice
extra za'atar
⅓ cup chopped flat leaf parsley

Preparation:

Make the lemon-y tahini. In a medium bowl, whisk together the tahini, water, lemon zest, lemon juice, garlic, olive oil, salt, and pepper. Once combined and seasoned to your liking, set aside.

Preheat the oven to 400 degrees F. Cut the potatoes into 1-inch thick wedges or cubes and transfer them to a large baking sheet. Toss them with the oil, za'atar, salt, and pepper. Place potatoes in the oven and roast for about 40 minutes, or until tender and golden brown, flipping them once at the halfway point.

Make the harissa chickpeas. In a deep skillet over medium heat, toast the cumin, coriander, caraway, and chili flakes until fragrant, about 1 minute. Transfer spiced to a spice grinder or mortar and pestle. Grind spices to a rough powder and set aside.

Place the skillet back on the heat and pour the oil in. Add the shallot to the skillet and sauté until translucent and soft, about 3 minutes. Add the garlic and ground spice mixture and stir until fragrant, about 30 seconds. Add the chickpeas to skillet and stir to coat the chickpeas. Add the crushed tomatoes and water to the chickpeas and stir to combine. Season harissa chickpeas with salt and pepper. Bring the harissa chickpeas to a boil. Lower heat to a simmer and let chickpeas cook for 10 minutes, adding more water if necessary. You want the chickpeas to be saucy, but not fluid like a soup.

While chickpeas are simmering, toss the greens with olive oil, lemon juice, pinches of za'atar, sale, and pepper.

To serve, divide warm potatoes among plates. Top with harissa chickpeas, tahini sauce, piles of dressed greens, and chopped parsley.

Kousa Mahshi

by Sanna Almajedi

“Kousa Mahshi” translates into stuffed zucchinis. The zucchinis are cored and stuffed with sauteed minced beef, onion, and parsley. I grew up eating this dish, and so did many Arabs. Although I believe that this recipe originates from the Levant (Palestine, Lebanon, and Syria), it is eaten across many Arab countries. It’s not really a difficult recipe, but carving the zucchinis does require some skill.

I did not carefully select this recipe out of a hundred others because it represents my identity or because it’s my favorite food so if you happen to be Arab and reading this don’t judge me! Lol. For some reason I know a few Arabs that don’t like this dish... I think it might be because it’s too common and too much in rotation in home cooking. I picked this dish because it happens to be what I was cooking today and I had the opportunity to really think about it and take some pictures. Of course, I think it’s delicious.

You can get all the ingredients in your local supermarket. The only thing that you probably don’t have is the tool to core the zucchinis. You can buy it online and search for “zucchini corer.” Alternatively, you can use a small knife, a small spoon or small potato peeler.

Another thing to note is that the best zucchinis you can get are small and straight so they’re easy to core. Those really large zucchinis will not work here. If you find medium size ones, that’s ok too, just cut them in half so you have two small pieces to core.

To be honest, I also recommend that you search this dish online and look at a few recipes and YouTube tutorials before you follow my instructions. That’s what I usually do when I’m cooking something from a different culture or when I’m trying to get familiar with a dish that I have never made before.



Ingredients:

10 small zucchinis (calabacitas) or
5 medium size zucchinis
1 cup of minced beef
1 small or medium sized onion
Half a bunch of parsley
2 tablespoons of tomato paste
One tablespoon of dried mint or a handful of fresh mint leaves
One small bouillon or half a large one
5 garlic cloves

Spices:

1 ½ teaspoon of seven spices (Arab spice blend consisting of equal parts of the following: allspice, cumin, cinnamon, black pepper, coriander, tumeric and ginger -- if you’re missing one or two of these spices, skip them!)

1 teaspoon of cinnamon
Salt

Tools:

Chopping board
Knife
1 large bowl
1 large pot
1 medium sized pan
Zucchini carving tool (alternatives will be suggested)

Preparation:

Step 01:
Cut off both ends of the zucchinis and core. Put the inside of the zucchini to the side for later use.

Step 02:
Add a little oil to your pan and saute minced beef with onions, parsley, cinnamon and seven spices.

Step 03:
Add salt to taste when the minced beef is fully cooked. This will ensure that your meat remains soft (me thinks). Let the beef cool.

Step 04:
Boil 1 cup of water. Add tomato paste and bouillon to your bowl and pour the hot water to the bowl. Stirr with a spoon and make sure everything melts and combines.

Step 05:
Once the minced beef has cooled down, stuff the cored zucchinis and assemble at the bottom of your pot. Place the peeled whole garlic cloves and one fourth of the zucchini core inside of the pot (the rest you can use in salads, saute with some garlic, or crack an egg over).

Step 06:
When everything is assembled in the pot, pour the tomato mixture over the zucchini. The sauce should almost but not fully cover the zucchini. Add some water if needed. If the zucchinis are swimming in the sauce, pour some of it out.

Step 07:
Sprinkle dried mint all over the sauce and cover the pot.

Step 08:
Put the pot on high heat on the stove for five minutes until the water boils then reduce the heat to low and let simmer for about 45 minutes until the zucchini is soft. Make sure to taste the sauce when it’s cooking to see if you need to adjust the salt!

Serve with rice and turkish yoghurt.

Karahi Chicken/ Chicken Curry

by Shireen Alia Ahmed

Kadhai chicken is.....the most bomb delicious warming good food. It is comfort food but it is also moving, invigorating food. For me it is a perfect combination of familiar and fiery, libra sun, scorpio moon jk this is not a horoscope meal. When thinking of a recipe for this book I was excited because duh, cooking is exciting to me, but nervous because I don't really cook from recipes, or log measurements or things like that. I usually just feel things out as I go and I like to make things that are super spicy, tangy, fueled by alliums, with little bits of sweet. I chose to send this recipe in because it's a dish that is actually quite easy to make, but I did feel like I needed to learn my mom's recipe before I played around with it myself. I also feel like it's common for people when they hear "chicken curry" to think Butter Chicken or Chicken Tikka Masala, and I think this dish is way better and easier on the stomach, a more focused flavor.

It is my favourite of my mom's chicken curry recipes and can easily be substituted with vegetables or other meat instead of chicken. I like it best with chicken thighs and legs because it keeps its tenderness even when simmered for a longer amount of time. It's also crazy good with lamb or goat but.....do what you want.

This dish is traditional in northern Indian cuisine as well as Pakistani cooking. My dad is Pakistani and my mom is Punjabi, from India. Much of Pakistani cooking and my grandma's cooking specifically is very meat-heavy. In my seven-month long stint as a vegetarian it was a real tragedy to my grandma that I wouldn't be able to eat her food. I craved my mother's chicken curry so deeply that she ended up making this dish with sweet potato and mushroom instead of chicken, which was still obviously bomb. But it's better with chicken.

Kadhai chicken is amazing fresh, I find that the flavor of the garlic, ginger, and green chili is brighter, and you go through a cool journey stepping through separate flavors on the tongue. But the dish also works great many days later, when the spices have tangled with the sweet tomatoes, and the chicken soaks in more of the sauce. It freezes well, which is super helpful to have on hand during the time in quarantine- you could double the recipe, make extra to freeze, and heat it up with fresh basmati rice whenever you want to enjoy it again. Basically it is good at any point that you eat it, just hits different.



Ingredients:

Aunty Tiny's Garam Masala:
1 tsp cloves
2 tsp black cumin
1 tbsp broken cinnamon sticks
1 tbsp whole black pepper
4 black cardamom
(grind all of these up in a mortar/
pestle or in a blender)

For the curry:

3 onions sliced
3 large tomatoes sliced
1 ½ heaping tablespoons of fresh
minced ginger
1 ½ heaping tablespoons of fresh
minced garlic
2 tsp salt
1 tsp cayenne pepper
1 ¼ tsp ground coriander
1 ¼ tsp Tiny's garam masala
2 lbs chicken (skinless thighs and
legs preferably but breasts if you
want that, prep and chop into bite
size pieces or you can have bigger
pieces, the thighs could be whole,
really up to you)
1 tsp tomato paste
2 green chilies- sliced

Garnish:

1 tsp fresh ground ginger
1 sliced onion
Fresh chopped cilantro

Raita:

Plain greek yogurt
Half a cucumber or more
Fresh cilantro
Cayenne, cumin, coriander

Preparation:

Chop up all your stuff. I like to chop the onions into thin ribbons because of how it adds to the texture. It doesn't matter too much though, because it's going to curry. Start by sauteing the onions in lots of oil, add more as you see them absorb it or the pan gets dry. Let them start to brown and then add the ginger and garlic, let it brown a little more, and add the chopped tomatoes, salt, cayenne, garam masala, and ground coriander. Saute until the tomatoes have almost liquified.

The tomatoes and the base of onions, garlic, and ginger are what gives you the "curry". Lots of friends are surprised that I don't add coconut milk or some other liquid to make that base but the liquid should really come from the tomato. It's pretty different from the creaminess of chicken tikka masala or many curries you might get with takeout, but it's lighter than that and packed with more integral heat and flavor. The specific garam masala mix that I use is reminiscent of biryani spices, cinnamon and black cardamom are gorgeous and remind me of my grandma's sweet cuddly smell, she chewed cardamom pods to freshen her mouth but it always seemed to just warm mine when I tried it. There are endless combinations that can make up garam masala- you can feel free to use a different one if you'd like, but it won't have the same flavor. Whenever I run out of this mix I use the "simply organic" brand of garam masala, which seems to have a little more clove, cardamom, and cinnamon in it. And then I add a little extra cumin and cinnamon to warm it up. Sometimes when I don't measure the chillies or cayenne and get over excited, I end up having to add coconut milk or broth to cool down the spiciness, you can totally do that if you want, or if you want something more saucy and sweet, try that out. It might also happen that your tomatoes are a little dry and don't give the right amount of sauce to the sauce. Feel free to add water as necessary or a little broth, it just might change up the texture.

Add the chicken, tomato paste, and green chilies. Cover and cook on low heat for an hour. This is the waiting part. But you need this time to really let the flavours dance together. It'll fill your kitchen with an amazing, warming smell. While you wait, start cooking your rice, drink a couple glasses of wine, make chai, enjoy the smell of the curry and play music that lets you really feel those senses. You could also potentially use this time to mix up a bit of raita to have with your curry- super easy and delicious if you have yogurt and cucumber on hand. For raita I like to use plain greek yogurt, throw in cucumbers chopped up super small, and mix in fresh coriander, ground coriander, cumin, salt and cayenne.

When your chicken curry is ready you will know. Taste it and add more spices or salt if you feel it needs that. And otherwise, it's done! Eat it with fresh basmati rice or naan or roti.....I love it with rice. Top each plate with a little fresh ginger, onion, and cilantro, and then enjoy.

Dominican Pollo Guisao’ (Guisado) aka Dominican Stew Chicken

by Suhaly Bautista-Carolina

Play Juan Luis Guerra or your favorite bachata to set the mood. Play it so loud that you can’t hear if someone is speaking to you or calling your name from another room.

Put on your bata or your most comfortable house clothes.

If this is your hair wash day, put the deep conditioner in before you start cooking because this next hour of cooking will go by quickly and you can kill two birds with one stone this way

Dance while you cook, all that energy goes into the dish

Pour yourself a drink & sip on it while you cook. My preferred drink to sip on while cooking is Whiskey/ Ginger Ale with a squeeze of lemon, but a Cuba Libre is a runner up. Lots of ice. Make sure to drop the half of lime/lemon into the drink after you squeeze the juice in.



Ingredients:

2 lbs of chicken (we prefer the thighs with the skin)
1 lemon cut in half
1 lime cut in half
Dominican oregano
1 red onion chopped into strips
Salt
Pepper
Vinegar
Mashed garlic (i use a lot, 8 cloves(ish))
Olive Oil
Peppers (green, red, or sweet) diced
Tomato sauce, 1 cup
Cilantro
1 tbsp white sugar

Preparation:

(if you can marinate overnight, that is preferred, but this will be delicious either way!)

Clean and Cut the chicken. Put into a large bowl. Use a knife to pierce holes into the chicken so the seasoning can seep in.

Scrub the chicken with the lemon and lime, getting juice into all the crevices. Remove the seeds (I dry and save my seeds because have you read “Parable of the Sower?” Ok!)

Add a dash of vinegar to the bowl.

Mix the chicken, Dominican oregano (if you don’t have it, dried oregano is fine), onion, pepper, salt and garlic (only 4 of the cloves here). Marinate for 30 minutes in the fridge. You can start your rice and beans in the meantime.

In a pot, heat the oil over medium heat, add sugar in the center of the pot and wait until it browns. Add 4 garlic cloves to the oil.

Once the sugar and garlic have browned, add the chicken and sauté until the meat is light brown. Pour all of the juicy marinade contents into the bowl.

Cover and simmer over medium heat for 15 minutes, stirring, flipping, and adding water by the 1/2 cup as it becomes necessary.

Add onion and more salt and pepper, and cover and and simmer until the vegetables are cooked through, adding water by the tablespoon and stirring/flipping as it becomes necessary.

Add the tomato sauce and half a cup of water, simmer over low heat to produce a light sauce. Add fresh cilantro. Serve over white rice and red beans with a side of avocado.

ENJOY!

Tomato Egg Noodles

by Coco Layne



Ingredients:

1 big tomato or 2 small tomatoes
(beefsteak or roma is nice!)
2 or 3 eggs
1 tsp sugar (any kind is fine)
1-2 tbs Organic Ketchup
Splash of Oil
Fish Sauce (1-2 tsp to taste)
Your favorite kind of boiled
noodle, drained. (wheat noodles,
somen, ramen, udon, rice noodles
all work)

Preparation:

Step 01:
Cut tomatoes into large bite-sized pieces

Step 02:
Beat the eggs in a small bowl

Step 03:
Heat up a medium sized pan + oil over med-low heat

Step 04:
Add beaten eggs and scramble on low until they are
halfway cooked and still runny. Remove from the pan
and set aside in the same bowl they were beat in

Step 05:
Add tomatoes to the pan and add a pinch of salt. Let
them cook over medium heat, stirring occasionally
until they start to break down and get goopy. About
5-8 minutes.

Step 06:
Throw the eggs back in the pan and add the ketchup +
fish sauce. Simmer 1-2 minutes until eggs have heated
through.

Step 07:
Serve over hot boiled noodles (It's great over rice too)

Chicken Livers

by Jemma Rose Brown

When my mom was young, she would sometimes walk into the kitchen in the late afternoon and find my Grammy, back turned, frying chicken livers with parsley and eating them hot out of the pan. Only when she was older did my mom learn my Grammy made the livers on her period for extra iron.

I love this image, of my Grammy standing in the kitchen, going in on these salty livers, doing this just for herself. And I love thinking of a recipe passed on as an intergenerational choreography -- the same gestures happening in different places at different times with similar looking hands. My mom and I have both made the livers for ourselves in the same way.



Ingredients:

Butter
parsley
chicken liver
salt

Preparation:

I called her today to share the recipe in her words:

“Melt butter in a pan (she used margarine but I don’t). When the butter gets hot, fry the parsley. Take the parsley out, and let it dry on a paper towel. Then add the chicken livers to the same pan. Brown the livers, then turn the heat down and let them cook briefly until they’re lightly cooked through, still pink in the middle, and then salt them. Salt is important because it gives a sharpness to the muddiness of the liver. Eat them standing up out of the pan.”

Carolyn's Pasta

by Ariana Faye Allensworth

I inherited this recipe from my mom's late friend, Carolyn. They were close friends for over 35 years and my mother took care of her when she fell terminally ill in 2009. Their relationship taught me so much about radical care and forgiveness. Growing up, I used to revel in their stories about sharing an apartment in San Francisco in the mid-70s. Their memories were my own living library of what the city once was. After she passed, my mom gifted me some of Carolyn's beloved cooking appliances that adorn my kitchen in Bedstuy. A fantastic cook, Carolyn used to make this pasta recipe for us every time she came to visit.



Ingredients:

- 1/4 cup olive oil
- 4 tsp garlic
- 1 lb uncooked shrimp
- 1 1/2 cups artichoke hearts
- 1 1/2 cups crumbled feta cheese
- 1 1/2 cups chopped tomatoes
- 3 tbsp fresh lemon juice
- 3 tbsp chopped parsley
- 1/2 tbsp chopped oregano
- 12 oz pasta

Preparation:

- Cook pasta according to package instructions.
- Drain and reserve.
- As the pasta is cooking, heat oil in a large skillet. Add garlic (30 sec). Add shrimp (2 mins). Add rest of ingredients except for feta and lemon juice. Cook for 2 minutes.
- Season with salt and pepper to taste.
- Pour ingredients over drained pasta, add feta and lemon juice. Toss to combine.

Shuba

by Sheryl Sahni

I wanted to share one (out of SO many) of my favourite dishes that my mom makes. It's called Shuba (Fur Coat Salad), it's a classic Russian dish featuring beautiful layers of pickled herring and root vegetables. Simply put, shuba salad, or "Herring Under a Fur Coat," is a layered salad of pickled herring fillets, finely chopped onion, beets, carrots, potatoes and dressing. In Russian, "shuba" means "fur coat," and more specifically references the big coats Russians have to wear during the harsh winter months. But, when it comes to the salad, the "fur coat" reference is all in the aesthetic. When you layer your boiled and grated beets on top of this salad, it looks similar to the texture of a fur coat, hence the name!

I know it's called a salad but it is filled with layers of mayonnaise and potatoes, Russian "salads" and soups are so wholesome. It's traditionally a national New Year's dish but we make it for any day that we consider an occasion!

It's one of the first proper traditional dishes that I learnt to make. When my mom was away, and I had to host people at home whether it was for Diwali or New Years I made this dish at home while calling her endlessly to make sure it's as perfect as hers! The end result always looks so aesthetic, you almost don't want to eat it! Additionally, since we moved to India, many people here are vegetarian due to their religion or otherwise. For this reason, mom had to get creative and alter many Russian recipes to make them vegetarian. While this dish is known to be with Herring, we often most often make it without it!



Ingredients:

3 whole russet potatoes
2 large carrots
2 beets, washed with tops
and bottoms removed
1/2 yellow onion, chopped
1(12 ounces) jar herring fil-
lets, packed in oil (optional)
6 tablespoons of
mayonnaise
salt and ground black pep-
per to taste

Preparation:

Bring a large pot of water to a boil. Cook the potatoes, carrots, and beets in the boiling water until cooked but still firm, 15 to 20 minutes for the potatoes, 25 to 30 minutes for the carrots, and 40 minutes for the beets. Allow each to cool to the touch before further handling. Remove and discard the skins from the potatoes and beets. Shred the potatoes, carrots, and beets, keeping them separate.

Arrange about half the onion and half the herring fillets in a layer in the bottom of a bowl. Cover the layer with about half of the grated potatoes, then a layer of about half the carrot, and finally about half the beet. Spread about 3 tablespoons of mayonnaise over the salad; season with salt and pepper. Repeat the layers in the same order to finish building the salad. Cover with plastic wrap and chill in the refrigerator for at least 1 hour. Serve cold.

Get the layering order right. It goes: potatoes, onions, herring, carrots, mayonnaise, beets and then another thin layer of mayonnaise to top it all off.

We make this for every possible occasion it's so flavourful, actually simple to make however looks very impressive!

Maggi

by Sheryl Sahni

This is India's favourite comfort food. Maggi are instant noodles that need about 2 minute of prep time. Maggi released flavors specially tailored to the Indian market—particularly “masala” flavor, whose spice packet has become a popular seasoning in its own right (a chef friend of mine told me that he sometimes uses it as a quick marinade for chicken).

It's one of the things every international student packs with them (I did too). It is the kind of food to fill you when you're too lazy or tired or broke to cook. But it's also the dish that you want to eat when you're enjoying the first monsoon rains with your chai (black tea with milk) or when you're cramming for exams or when you're in your college cafeteria. Everyone has a maggi story, a lot of people have a unique way of eating it.

My undergrad college, St. Stephen's, had one of the oldest and best cafeterias in the University. They had a range of maggi dishes available on the menu. There's maggi with cheese, maggi with eggs, soupy maggi etc.

My first night in my apartment in New York, my roommate's room flooded, we spent all evening cleaning it out only to realise at 10pm there was no food at home. But we had maggi to save us from hunger. Easily the best first meal.

Ingredients:

1 pack of Maggi instant
noodles and seasoning

Preparation:

Chef's choice



Sudanese Fuul (Fava Beans Dish)

by Ladin Awad

Fuul is a staple dish in Sudanese culture. Many can argue it's sort of like the national dish! It can be eaten for any meal of the day, although it is typically a lunch or dinner favorite :)

I have very vivid and fond memories growing up of my mother and grandmother putting their own unique spins on the dish! My mom likes to mix in bits of crushed falafel, while my grandma likes to mix in a sliced boiled egg... every addition adds a special touch! Fuul can be made into many different variations, but I'll be sharing the classic version, with some optional ingredient additions.. Sudanese Fuul is arguably the best version of Fuul there is, and if you follow this correctly you'll know why ;)

Some music to listen to while preparing:

Spotify playlist of different Sudani cuts , in order or on shuffle

Youtube:
<https://www.youtube.com/watch?v=Y7rzP6h4JT8>
Azara Al Hai - Rasha

So many memories listening to this growing up, my mom had her CD and we'd listen to from long road trips, trips to the store, or even just around the house. Turns out she was a long time friend of my mother's!

<https://www.youtube.com/watch?v=3H8F5XMsWlc>
Mohamed Wardi - Baladi ya Habob -
Translates to "My country, my love" an ode to Sudan from the most famous Sudanese singer. + *fun fact, he sang at my grandparents wedding :)

<https://www.youtube.com/watch?v=R08NnHP51t4&list=RD5hNRWFsyHcY&index=8>
Lawn al Manga - Al Balabil
A song by famous Sudanese singing group, Al Balabil, nicknamed The Sudanese Supremes! This song translates as an ode color of a mango,

More songs from Al Balabil:
<https://www.youtube.com/watch?v=t1sGLmEWOug>
<https://www.youtube.com/watch?v=hPuL9LArsqI&list=RDt1sGLmEWOug&index=5>

The Scorpions & Saif Abu Bakr (Sudanese Jazz Band)
<https://www.youtube.com/watch?v=2gZxJv2ni60>
Live performance: <https://www.youtube.com/watch?v=xTIViY5pqQQ>

This is a playlist compilation of classic different Sudanese artists including many of the folks I shared above:
https://www.youtube.com/watch?v=5hNRWFsyHcY&list=RD5hNRWFsyHcY&start_radio=1

Ingredients:

1 serving of Canned
Fava Beans (130g)
1 tbsp salt
3 Tbsp olive oil
(you can substitute for
grapeseed oil here too!)
1 tbsp of Cumin
1/2 cup sesame seed oil
(CRUCIAL! I personally
can't have fuul without
this!)
50g Jibna beda
(feta cheese)

1 tomato (optional)
1 onion (optional)
1 green pepper (optional)
1-2 eggs (optional)

Pita or Flat Bread



Preparation:

Step 01:
Drain and rinse fava beans from the can. (I pour it over the sink and leave some of the fava bean liquid to let it still be a little moist). Put to the side.

Step 02:
Heat olive oil in a medium sized skillet, on medium high heat. Add onion and green pepper, and sauté until softened, approximately 4 minutes.

Step 03:
Pour beans into the skillet. Mash 1/2 of the beans with the bottom of any cup. (I typically use a glass the size of the can.) Add some water to your desired consistency,(Fuul should be mashed into a sorrrt of dippable state, however, you should still be able to make out the shapes of most of the beans.)

Step 04:
Gradually add in your spices, (cumin, salt, pepper), mixing well and cook for 5 minutes on medium - I pour some of the sesame seed oil over at this point, and I like to sprinkle some of the feta cheese so it is mixed in the dish. Although some folks save this for the topping...I recommend doing both ;)

Step 05:
Serve topped with feta cheese, sesame seed oil, and add more cumin! Don't be tooo generous. If you included the optional ingredient, add chopped tomato, onion, green pepper, and boiled egg as toppings as well.

Step 06:
Serve with warm Pita/Flat bread.

BONUS: A nice complimentary dish to this is a classic sudanese salad made up of three simple ingredients! Small cubes of tomatoes, cucumbers and onions, drizzled with lemon, salt, pepper and olive or sesame seed oil.

Enjoy xoxo

Shrimp Creole with Cheese Grits

by Megan Hicks

I like to pair seafood with corn because it conjures the feeling of eating outside in the summer. My great aunt Ruby cooked shrimp creole with rice, and my mom tends to use white rice too. Shrimp and corn grits (hominy) are known as a Lowcountry breakfast dish but for me the corn and tomato anchor it to indigenous land and indigenous plants that form a huge part of our culture. What may stand out about this recipe is that I omitted measurement. When you cook without a measured recipe using other tactile clues and tasting. This means that you’re inhabiting a space where you’re more intimately engaged with the food - seasoning as you go. It also means that you always have the recipe with you. The best part of this dish is making the oceanic broth using the shells and beer or wine, then adding it to the main saucepan.



Ingredients:

- 28-40 Shrimp – at least index finger sized
- 2 white or yellow Onions – fist size
- Minced Garlic – 3-4 plump cloves
- Tomatoes – 2 cans of plum tomatoes, whole
- Thyme
- Cayenne pepper
- 12 oz Beer or white wine
- Butter
- Olive Oil
- Salt
- Milk
- Cheddar Cheese
- Grits

Preparation:

Remove the shells from the shrimp and keep them in a separate bowl. Rinse the shrimp and let them drain off excess water or pat them dry with a clean towel. Dice your onions. Mince your garlic. Open your tomatoes and cut roughly into dice-sized or shrimp-sized pieces, and keep their liquid. Make your grits according to the instructions on their package. Use milk as the liquid rather than water and add a quarter stick of butter. They’ll need to be on for a little while so it’s good to start this after chopping. Get them going but watch them carefully, they should not be bubbling violently or getting too dry. When you stir them, the bottom of the pan should feel clean and not caked with overcooked grits.

When they are finished, add one handful of grated cheddar cheese per serving. Only salt them at the very end if needed. Lightly coat a frying pan with olive oil over medium heat and then place your shrimp shells in the pan. Toast them until they become aromatic and then add around a cup of liquid- water or beer or wine- and simmer for around fifteen minutes. The liquid should reduce a little but not vanish from the pan, so you can trickle a little more into the pan if it’s vanishing. There should be around one cup of liquid remaining. Let it hang out there. In another large frying pan, heat a generous amount of butter and olive oil and add your diced onion and minced garlic. Sautee them over medium heat and don’t let them get brown. You’re done when the onion is clear-ish and tastes mellow and sweet. Add some salt. Add a sprig of thyme and cayenne until they taste good. Add tomatoes and their liquid and add another sprig of thyme. Add a pat of butter or two or three whenever you feel like it. Let this simmer. Add a little more cayenne and salt to taste.

From the other pan, remove the shrimp shells from the liquid using a strainer and add the shrimp broth to the onions and tomatoes. As the sauce simmers, taste and balance it. If you haven’t added a generous splash of beer or wine at any stage of the recipe, do it now. Simmer it until it’s not watery, it should have a slightly thickened consistency. The tomatoes and onions should be like kids in the shallow end of a pool, not in the deep end. Once it’s the right consistency, you can taste it and if necessary add salt and cayenne to taste. Finely grate one clove of garlic over it. If it seems too tomato-ish, add another pat of butter or two. When the sauce seems just right, turn up the heat, add your fresh shrimp and cover the pan for 2-5 minutes or until the shrimp are cooked. Shrimp are cooked when they are white, with pink highlights, and the inside of them is not clear. To serve it put a mound of hot grits in a shallow bowl or a plate and ladle the shrimp and sauce over top.

Crackn’ & Smackn’ Crab Boil

by Kevin Ewing

I have a confession: I. Am. Addicted. To. Crab. Legs.

It started in 2008 after my first taste of crab legs while working as a server at Red Lobster, an American casual dining restaurant longed more for its warm cheddar bay biscuits than frozen seafood. A decent enough of an eatery, one I would consider a “gateway” for budding (sea)foodies. An important pin to drop here is, while growing up, particularly for many working-class Black folks like mine, living in landlocked urban communities across the Midwest, Red Lobster (and seafood), was considered fancy and typically reserved for special occasions, like graduations or, if you were lucky, after church on any given Sunday.

I’ll spare the reader a cultural food studies analysis for the sake of brevity, and instead, say my family was not above (or below) a Red Lobster price point however my parents erred on the side of more bang for your buck and all too often we frequented the coveted buffet: Ponderosa or Shoney’s anyone? Plus, (though living in the Midwest) we are of Bible Belt Black folk stock so seafood—mostly fried—like catfish, perch, and snapper graced our table several times a month. Saying that all to say, I didn’t get to go to Red Lobster for my graduation, and fried jumbo shrimp from a buffet was the fanciest specimen of seafood I had eaten.

But fret not, of my own doing, my palette has matured to a heightened level of sophistication, and thanks to Red Lobster, my life, now stricken by an insatiable addiction to crab legs. But also do not mistake this as a disillusioned case for the spiny crustacean—I know crab legs are not the most refined (or expensive) delicacy of the sea—it is I just think the sweet, succulent crab meat is one of nature’s greatest gifts to the dinner table, and even the act of smashing crab legs apart and plundering their hidden treasures presses upon a most basic primal urge I can not put into words. And while, when the urge calls to be satiated, my go-to seafood restaurant is The Boil (NYC), I was surprised to learn that crab legs are one of the easiest things to make. I have been skipping the expensive restaurant mark-ups and D-I-Y crab legging it at home, and you can too. These darlings of the sea are nice steamed or prepared in other ways, like being grilled, baked, or fried, but below is my saucy take on the Cajun Crab Boil!

Let’s get crackn’ and smackn’!!!

Considerations:
Store-bought crab legs are pre-cooked. Allow crab to defrost in the fridge for about 5 hours minimum. You can also defrost by running under cold water if you are in a rush, but don’t let them come to room temperature. Wash thoroughly with cold water.
When cooking crab legs, it is important to follow cooking instructions thoroughly. Make sure crabs are cooked at the proper times and temperatures and are stored in the proper manner.
Also, breaking open crab legs, while fun, will result in sharp shell fragments or other pieces of the crab. Use tools and fingers with care to fully enjoy your crab-eating experience.
There IS an art to shelling snow crab legs.



Ingredients:

Crab Boil Ingredients:
6 quarts water
2lbs Alaskan Snow Crab Legs, thawed if necessary
1lb Shrimp, deveined, tail on
1lb Beef Polska Kielbasa or An-douille sausage, cut into 3-inch pieces
1 pound small red potatoes, halved
6 medium-size ears fresh corn, halved
3 lemons, halved
4 garlic heads, halved
½ cup Old Bay seasoning
10 Bay Leaves
3 tablespoons salt

Crackn’ & Smackn’ Sauce:
2 cups (4 sticks) butter, melted
¼ Cup Olive Oil
2 Cups Chicken Broth (optional)
1 whole onion diced
Zest and juice of 1 lemon
2 tablespoons (8 cloves) minced garlic
3 tablespoons Old Bay seasoning
3 tablespoons Paprika
1 teaspoon Cayenne Pepper
1 teaspoon Red pepper flakes

Tools:

A large stockpot
Long-handled tongs
Kitchen shears, a seafood cracker or mallet, or nutcracker
Oven Bags (optional)
Large bowl for shells

Preparation:

Sauce:

Melt one stick of butter and olive oil in a skillet on medium heat. Add onions and sauté until they become translucent. Add garlic and saute for 30 seconds, stirring constantly so the garlic doesn’t burn. Add the juice of the lemon, and all the seasonings. Adjust cayenne and red pepper to your level of spiciness.

Add the remaining 3 sticks of butter. Simmer until butter is melted, stirring constantly. If using chicken broth, gently stir it into the mixture now.

Note: Chicken broth is used to “cut” the sauce. It does not take away from the flavor in any way. In fact- it’s great to add broth if trying to create more sauce or pour directly over your seafood boil. Set aside.

Boil:

Allow crab to defrost in the fridge for about 5 hours minimum. You can also defrost by running under cold water if you are in a rush, but don’t let them come to room temperature. Wash thoroughly with cold water.

Fill up a large stockpot with water, leaving enough room at the top to add the seafood. Add old bay seasoning, lemon, garlic, and bay leaves. Bring to a light boil. Place the corn and red potatoes into the seasoned water. Boil for 10 minutes.

Add the crab legs and sausage. Cover with a lid and boil for an additional 15 minutes. Add the shrimp. Boil for 5 minutes (shrimp will turn pink, do not overcook).

Drain the water and remove bay leaves. Transfer to serving dish or leave in the stockpot. (You can also transfer equal portions of meat and vegetables to an oven bag.) Pour that delicious Crackn’ and Smackn’ sauce all over, and/or reserve some sauce on the side to dip the seafood in. Enjoy, and thank me later!

“Brown” Jambalaya

by Taylor McGinnis

If you’re trying to make some southern Louisiana food, you can usually expect to start off with the “Holy Trinity”, which consists of celery, green bell peppers, and onions. All your ingredients will eventually end up in one big pot together and you’ll be making a lot of it because it’s always meant to be shared! This recipe serves around 8-10 people. “Brown” jambalaya is cooked without tomatoes and tends to have a smokier flavor. The white rice takes on a brown color because of how the meat is cooked in the bottom of the pot until it “browns” or caramelizes.



Ingredients:

- 1/2 stick of butter
- 1 tablespoon of olive oil
- 2 large sweet onions (peeled and dice)
- 2 large green bell peppers (diced)
- 8 stalks celery (diced)
- 2 pounds chicken breast
- 1 pound andouille sausage
- 3 1/2 cups chicken stock/ broth
- 1 1/2 cups uncooked long-grain white rice
- 2 tablespoons minced garlic
- Cajun seasoning

Preparation:

- Step 01:
Add Cajun seasoning to the chicken and bake it for 1 hour at 350 degrees (the chicken will be added to the pot later)
- Step 02:
Melt the butter and oil in a large pot
Slice the sausage and cook it in the pot until brown
- Step 03:
Add the green bell peppers, onions, celery and garlic, cook until tender
- Step 04:
Once the chicken is baked, dice it and add it to the pot
- Step 05:
Season the pot with Cajun seasoning (up to you how much)
- Step 06:
Add chicken stock/broth and bring to a boil
- Step 07:
Stir in rice and reduce heat to low
- Step 08:
Simmer, covered, for 20 minutes or until the liquid is absorbed into the rice
- Stir and serve!

Spicy Lemony Shiro Eggs

by Rodan Tekle

If you don't eat/like eggs, you can skip the eggs and do 2-3 tablespoons of shiro instead - it thickens the longer you cook it, and you end up basically having my favorite habesha dish - shiro <3

(I usually have my mother send me all Eritrean spices if I run out I go to Ghenet Ethiopian restaurant in downtown Brooklyn and buy Shiro, spiced ghee, injera etc from them)

My mom is well known in the Habesha community in south Sweden, for her insane delicious and inspiring cooking. She cooks PROPER traditional but is also boldly creative, as the stylish aquarian + former guerilla/freedom fighter she is! People who know me well, know I'm a pretty chaotic and creative cook myself ;)

Inspired by her, I do this super simple juicy habesha style scrambled egg dish - spicy eggs that I combine with shiro powder - a spiced Eritrean/Ethiopian chickpea powder that is the base for the staple habesha dish - Shiro. I've discovered shiro pairs super well with eggs. My Japanese chef friend Kiki Kudo knows this delicious combo and now loves to cook it herself.



Ingredients:

spiced habesha ghee butter (or regular ghee if you can't find)
half a white onion
3-4 garlic cloves
2 serrano peppers
1 - 2 fresh tomato
1 cup of water, or more if needed
half of a red bell pepper
1 tbsp shiro
1 squeeze of lemon
sea salt + black pepper
**Olive oil

Preparation:

- Step 01:
Sauté finely chopped onion and roughly chopped garlic in ghee butter
- Step 02:
Add 1 diced Serrano pepper and diced half red bell pepper
- Step 03:
Eventually add diced fresh tomato, salt and lots of pepper
- Step 04:
Let simmer add water when needed, make sure to keep it saucy.
- Step 05:
Add 2 eggs lower heat, mix all together
- Step 06:
Add shiro, a little at a time since it easily clumps - slowly mix all together
- Step 07:
When ready add lots of olive oil and top with more chopped Serrano pepper and a squeeze of lemon, and more salt if needed
- Step 08:
Eat with toasted injera or sourdough - and with your hands of course.

Toya's Endives au Jambon

by Philo Cohen

Ingredients:

A few endives (1 or 2 per person)
butter
olive oil
lemon juice
grated cheese
(emmental or gruyère)
milk
salt and pepper
cooked ham (jambon blanc)

Preparation:

Casserole:
Pick the leaves off off the endives.
Prepare a casserole with butter, olive oil and lemon juice.
Bring the endives to golden in the lemon juice.
Once they're golden, cover the casserole, cook for 20 minutes.

Meanwhile:
Make the béchamel: milk, lots of grated cheese,
salt + pepper

Then set the oven dish:
Instead of wrapping up the endives in ham as in the classic dish, layer the endives with ham and béchamel. One layer of endive, one layer of ham, one layer of béchamel, again and again and again.

Bake/cook in over until golden again.



Becky's Spaghetti Bolognese

by Becky Akinyode



Ingredients:

1 pound of grass fed beef
1/2 tsp of pepper
3/4 tsp of salt, divided
1/2 tsp of chopped rosemary
1/2 tsp of oregano
1/2 tsp of basil
2 sage leaves (chopped)
3/4 of a large onion or 1 medium-sized onion
2 garlic cloves
1/2 tsp of honey
1 tin of Muri Glen crushed organic roasted tomatoes
2 tables spoon of oil
1/2 tsp of Goya Adobo Seasoning with pepper
1 basil leaf
6 Vietnamese chili peppers chopped (you can substitute chilies for 2 habanero peppers)
1 habanero pepper sliced (optional)
1 chopped bell pepper
1 Tbsp of a red cooking wine preferably a Cabernet Sauvignon
1 pack of spaghetti (I love getting fresh pasta from Piemonte Ravioli in little Italy)
1/4 tsp of tomato paste

Preparation:

Heat oil in a large sauce pan on medium heat

Add chopped onion, garlic and herbs into pan and stir until onions are soft

Add ground beef, adobo, 1/2 tsp of salt and pepper to the pan and mix with the veggies

Use a spoon to breakdown beef so it isn't too chunky

Add Vietnamese peppers to the mix

Cook until beef is no longer pink

Add organic roasted tomatoes and tomato paste to pot and mix well with ingredients

Stir in the remaining salt to the pot

Cook on medium heat for 15-20 mins

Add basil leaf and sliced habanero

Cover pot and lower heat to a simmer for another 20-30 mins

Taste sauce and feel free to add more herbs or salt if need be

Add honey to pot while sauce is simmering and mix well

Let sauce rest for at least 10 mins before serving

Cook pasta while sauce is cooling

While cooking I like to listen to NTS radio and sip a cocktail or red wine.

Nokdu Jeon aka Bindaetteok (Mung Bean Pancake)

by Kyunghee Jwa

Nokdu jeon is one of my favorite holiday foods growing up in Korea. Holidays like Chuseok (Thanksgiving), New years or even Jesa (memorial to the ancestors) were usually crowded like 20-30 family members gathered.

I spent hours with my mom preparing Nokdu Jeon as well as different kinds of jeon (pancakes) for our big family. Thinking of my mom’s karaoke #1 singer Lee Yeon sil to sing along while cooking ;)



Ingredients:

Pancake:

- 1 cup (200g) dried peeled and split mung beans
- 1 handful(120g) mung bean sprouts (Sukjunamul)
- 1 cup(120g) kimchi (more ripe and tangy one the better, squeezed and chopped)
- 3 scallions
- 150g ground pork
- 2 tsp soy sauce
- 1 tsp ground garlic (2-3 cloves)
- 1 Tbsp sesame oil
- 2 Tbsp rice powder or potato starch
- salt / black pepper
- vegetable oil for pan-frying
- Thinly sliced red pepper and green jalapeno for garnish on top

Dipping Sauce:

- 2 Tbsp soy sauce
- 1 Tbsp vinegar
- 1 pinch of red pepper flakes
- 1 Tbsp scallion

Preparation:

Step 01:

Rinse and soak the mung beans in water overnight (6-8 hours) then drain.

Step 02:

Cook the bean sprouts in boiling water for about 2 minutes. Rinse in cold water, drain and squeeze out excess water. Thinly slice the kimchi and scallions. In a large bowl, combine the kimchi, bean sprouts, scallions, meat, soy sauce, sesame oil, and garlic. Mix well.

Step 03:

In a blender, grind 2 cups of the soaked beans in 1/2 cup of cold water with 1/2 teaspoon of salt and 2 tablespoon rice powder until it has a purée & sand-like consistency.

Step 04:

Pour the ground mung beans into the vegetable and pork mixture bowl, gently mix the mung bean batter until the ingredients are evenly distributed.

Step 05:

Heat a large pan over medium heat, add a generous amount of vegetable oil. Ladle the mixture into the pan and spread it evenly into a thin round shape, palm-size. Add two or three thinly sliced jalapeno and red pepper in the center as a garnish. Cook until the bottom is golden brown, about 3 minutes, and turn it over, adding more oil. Press it down with a spatula, and cook for another 3 minutes. Repeat the process with the rest of the mixture.

Step 06:

Serve with a dipping sauce.

Farmer's Breakfast Casserole

by James T. Green



Ingredients:

1 lb bacon or sausage
2 12 oz. packages of frozen
hash brown potatoes
12 eggs
½ pound grated or shredded
Cheddar or American cheese

Optional: chopped onion,
green pepper and/or
mushrooms (may be sauteed
with hash browns or sausage)

Preparation:

Preheat oven to 350 degrees

Fry the meat and then drain the fat and set aside
Leave some of the fat to brown the potatoes
Add vegetables in for a few minutes and add a little salt
(optional)

Remove potatoes and vegetables and place into a 9 x 13 x
2 casserole dish (glass works best and is easier to clean)
Spread half of the cheese over casserole
Beat eggs with a little salt and pepper. Then pour the mix-
ture over the potatoes
Bake for 20-30 minutes
Top the remaining cheese and bake 10 or more minutes
until eggs are set but not dry

Note: This dish may be prepared the night before but allow
a little longer to bake

호박전 (Hobak Jeon)

by Rin Kim Ni

I grew up eating hobak jeon in the summers. It’s one of the very few recipes I learned from watching my halmoni. She cooks them on a portable stove in the kitchen and we eat it fresh and hot off the pan.

She was the daughter of farmers back in Korea. She came to America with the dream of owning a restaurant but when they had finally had saved up enough for a deposit my haraboji died. She had four daughters and couldn’t afford to have that dream, but she never stopped cooking and she’s a smart and adept chef and gardner and understands the cycle of growing to eating.

It’s really bittersweet because as a trans person with a traumatic relationship with my bio family I have a painful connection with my cultural comfort food “taking me home.” Food is such an intrinsic part of how I was raised and the smells and tastes are so deeply entrenched in my memory it feels as if there is a constant navigation between what accessing my own cultural food identity and ease looks like. Something between it taking me to sitting at the dinner table in the closet, like going back to emotional abuse and deep grief. Yet, eating it is remembering something that kept child me afloat. Something to look forward to. A place of pleasure and relief.

Cooking hobak jeon is my time to grieve things that I never had or things that are no longer here. It is simple and gets better every time you make it. I encourage it be a time to be gentle with yourself. To hold your inner child. It’s comfort food. I eat it when my thoughts are all scattered in the winds.

- I like to drink something that feels cleansing and fresh while preparing it. Cold boricha. I know my halmoni would say drinking anything cold is bad for me and that it should be warm but I can’t help it.

I hope these things transform you and reinvigorate you. Hold you and allow you a moment of meditating on how it feels to be rooted here and now in the present and be nourished to process things that try to call you back.



Ingredients:

Preparation:

Hobak Jeon:

- 2 aehobak (korean zucchini sliced into 1/4-inch disks
- 3 large eggs, beaten
- ½ cup flour
- salt
- olive oil

Yuzu charcoal barley tea:

- 1 yuzu lemon
- 1 tsp food grade
- 1 chunk of ginger root
- 1tsp charcoal powder
- 1 glass full of boricha (barley tea) you can either get tea bags or you can make your own (2 tbs roasted barley* to 8 cups water)

Step 01:

Heat lightly oiled pan to medium heat

Step 02:

Cut zucchini then sprinkle about a tsp of salt on the slices

Step 03:

Beat the eggs in a bowl and add about 1-2 tsp of salt

Step 04:

Coat zucchini disks first with flour, then dip and coat with beaten egg and place on the pan

Step 05:

Sauté zucchini for about 3 to 4 minutes each side or until they are a light golden brown

Tea:

Brew the barley tea with either the loose barley and strain or the bags, when you boil the water do so in a bot and boil the ginger root with it.

(poke the ginger root with a fork a few times so it can seep in the water better)

Add 1 tsp of charcoal powder to the hot barley tea and set in fridge to chill

Cut the yuzu in half. With the first half squeeze all the juice into tea and the second slice and place cut pieces into drink and ice (I love bitter/sour/citrus so I squeeze a whole half but you can just save the other half for later just put the slices in no squeeze)

Homey Yummy Chicky

by Julianna Santolucito



Ingredients:

4-6 Bone-in Chicken Thighs
2 x-large leeks
2 handfuls of mushrooms of
your choosing (I like shiitake or
portobello)
1 cup of red wine
2 cups of chicken stock
4 cloves of garlic
2 tbs of olive oil
salt + pepper + chili flakes to your
liking + adobo seasoning

Preparation:

Wash all your goodies and pat dry, dice all veggies roughly

This is a one pot for all warming dish.

Start by using a large pot with a lid and browning your chicken thighs on each side, roughly 10 minutes on each side. You want them to be mostly cooked through with a crunchy crust. Take these out and let them cool for a little while, afterwards gently pull apart into some smaller pieces with two forks.

Next add in your olive oil, chopped leeks, garlic, chili flakes, adobo seasoning and let those cook down and almost brown for around 15 minutes mixing around with a spoon every couple of minutes, once they are all mostly cooked push them to the side in the big pot and add in your mushrooms (sometimes I add a little butter to them) and let them cook down (try not to crowd your mushrooms too much). Mix all together and then deglaze the pan with your cup of red wine, make sure to scrape all the good burned bits off the bottom and sides. Let that simmer off for a couple of minutes and then add in chicken stock. Let that sit for about 10-20 minutes.

optional but very very yummy step if you have a hand blender, put that baby in the pot and blend into a thick creamy sauce, or you can let it cool for a little while and put it into a regular blender.*

Once all is back in the pot, pop your chicken back in there and soak up the sauce for another ten minutes. Now add in your seasoning of salt & pepper and you are ready to roll.

Serve on top of a bed of Couscous with cilantro/or parsley to top

Temperature notes— brown the chicken on a medium high heat, cook down veggies at medium, add stock and sauces steps simmer on low

Sauces and Dressings

Kathy's Saucy Salad Dressing

by Kathy Engel



Ingredients:

garlic
olive oil
mustard (dijon)
tamari sauce or
bragg
salt / black pepper
lemon juice

Tools:

Bowl that means some-
thing to
you or jar you can shake
Small whisk
Spoon

Preparation:

Crush garlic like you love it
Pour some olive oil (or another vegetable oil if you
don't have olive oil) into the bowl
A blurb of mustard, ideally dijon (nothing sweet)
A splash of tamari sauce or Bragg
Plenty of salt (sorry!)
Black pepper
Lots of lemon juice

Whisk it up!

It will make your salad and your palate happy!

To switch it up a little add some tahini

Variable Vegan Pesto

by Elizabeth Jaeger

Things to eat pesto on:
Eggs of any kind
Toast of any kind
Pasta of any kind
Mashed potatoes of any kind
Fried potatoes of any kind
Baked potatoes of any kind
Crackers of any kind
Cooked vegetables of any kind
Raw vegetables of any kind



Ingredients:

basil
arugula
kale
cilantro
parsley
mint
olive oil
lemon
garlic
salt
pepper

Preparation:

It's like a salad as sauce or a dip or a spread
BLEND (or chop up finely) THE FOLLOWING:

BASIL and/or ARUGULA -and/or- KALE -and/or-
CILANTRO -and/or- PARSLEY -and/or- MINT
X
PINE NUTS -or- PEPITAS -or- SUNFLOWER SEEDS -or-
WALNUTS -or- CASHEWS
X
OLIVE OIL
X
LEMON
X
GARLIC
X
SALT
X
PEPPER
=
PESTO

(add some parmesan later if you must,
it saves and freezes better without it)

Desserts and Drinks

Maritza's Ecuadorian Queso de Leche

by Aldo Araujo

This Queso de Leche recipe from my mother Maritza has always been a favorite dessert growing up. I always say it's the Ecuadorian cousin of the flan, but with its own twist and much tastier result (I'm not a huge fan of regular flan myself).

Although it's super easy to make, the secret in a great Queso de Leche is time because it needs to cool off and be served cold. My rule of thumb is always making it the day before I need it. From my stomach to yours – enjoy!



Ingredients:

6 eggs
1 cup white sugar
8 oz cream cheese
1 can evaporated milk
1.5 cans condensed milk
1 tbs vanilla essence

Preparation:

Step 1:

Preheat the oven to 350 degrees.

In a high-power blender, mix the eggs, cream cheese, vanilla essence, and evaporated and condensed milk.

Step 2:

In a saucepan, melt the sugar in low heat to caramelize stirring frequently so it doesn't burn. Once the color turns a beautiful and even brown, quickly transfer to your bake ware. The sugar will quickly harden, so hastily coat the bottom and sides of the bake ware with the caramelized sugar using extra care as the hot sugar can burn you and be very dangerous.

Step 3:

Pour the blended mix into the bake ware. Bake in baño de María (bain-marie water bath) for 35-40 minutes. Cover with aluminum foil for an additional ~10 minutes and bake until the top gets a beautiful brown and your fork comes out clean. You don't want it to get super dry!

Step 4:

Remove from the oven and let it cool. After about 1.5 hours, place in the refrigerator for at least 4 hours to chill. It should be super cold when served, and make sure you have a spoon handy to add the caramelized syrup from the bottom to each slice you cut. No flan flipping necessary.

Lemon Loaf

by Bernice Dawe

Ingredients:

9 x 5 loaf pan
1/2 Cup oil
1 cup white sugar
2 eggs beaten
Rind of one lemon
1 1/2 cups flour
1/2 cup milk
1 1/2 tsp Baking Powder

Preparation:

Grease and flour a 9 x 5 loaf pan

Beat eggs.

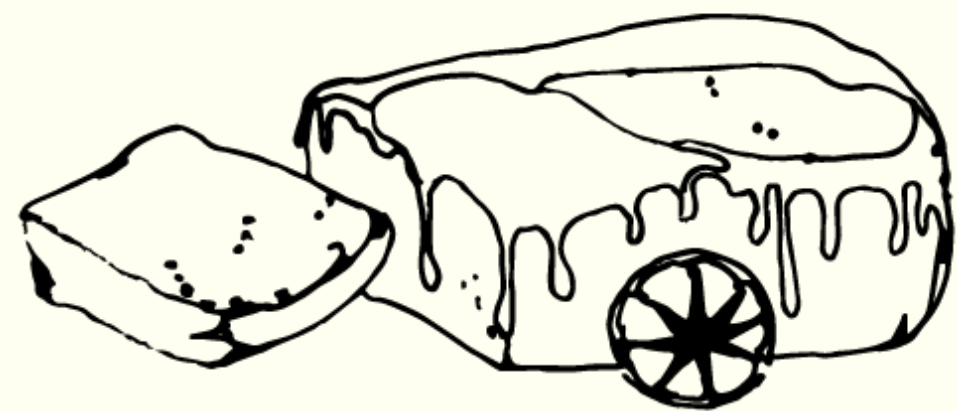
Add sugar.

Add liquid alternating with dries.

Bake one hour @ 350 degrees

Topping
Juice of lemon
1/4 cup white sugar
Boil 1 min then pour over cake when you take it out of the oven

Enjoy!



Austrian Zwetschgenknödel (Plum Dumplings)

by Gayle Fekete

Via Sorted Club: <https://sorted.club/recipes/>



Ingredients:

1100 g potatoes
60 g semolina
300 g all-purpose flour
1 large egg
1 pinch of salt
approximately 20 plums
15 breadcrumbs
150 g butter

Preparation:

Step 1:

COOKING THE POTATOES

First you have to cook your potatoes. Make sure they have about the same size and don't peel them yet. Put them in a pot with some water and salt and let them cook until they are soft. That takes about 30 minutes but the cooking time can vary depending on how big the potatoes are. You can always test if they are ready by poking one with a fork and lifting it. If it glides off your fork, they are cooked.

Step 2:

PREPARING THE PLUMS

During this easy step you will have to clean the plums by rubbing them with a paper towel until they are all shiny. I always leave the stone inside because that may lead to the plum leaking and destroying the dough around it, but if you want to you can get rid of the stone and replace it with a cube of sugar.

Step 3:

PREPARING THE DOUGH

When your potatoes have cooled down to room temperature, you can peel and mash them. Ideally the mashing is done with the device shown in the photo, but you might as well use a fork for that. (It will just take a bit longer) Spread your mashed potatoes on a clean table and add the semolina, the flour, a pinch of salt and the egg. Then knead it with your hands until it is well combined. If you can not combine the ingredients properly, just add another egg. It is normal that the dough is a bit sticky!

Step 4:

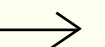
MAKING THE DUMPLINGS

Now you can finally make the Zwetschgenknödel: Spread some flour on the table and make sure to cover your hands in it. Take a bit of dough and start wrapping it around a plum. If it is not enough to cover the whole fruit just take some more until the plum is fully covered. When you are finished put them in slightly salted cooking water and let them simmer for 7-10 minutes. You know that they are ready when they are starting to float. Make sure there is enough space for all of them so only cook about 7-10 dumplings at a time.

Step 5:

FINISHING TOUCHES

As soon as the dumplings are cooking, melt the butter in a big pan and put the breadcrumbs. When the dumplings are ready, let them drain, put them in the pan and cover them in the breadcrumbs-butter-mix. Serve them with cinnamon, sugar and vanilla sauce!



Polvorones

by Autumn Gilbert

This is a recipe for the almond cookies we always make at Christmastime in my family. They are so beloved my grandma often keeps a tin hidden so as to prevent my grandpa from eating them all. When the weather is cold it's nice to make them for parties and have a little glass of cognac beside. To lighten them up in warmer months, I've sometimes added my own additions of fresh red currants and a little chopped hyssop—but any fruit and herb combo could liven them up in Spring or Summer. Below is the original recipe.



Ingredients:

1 cup softened unsalted butter
1/3 cup white sugar
1 cup almond flour
1 2/3 cup flour
1/2 tsp salt
Powdered Sugar and
Cinnamon for coating

Preparation:

Cream butter and sugar and then add remaining ingredients and mix well.

Chill dough for half hour to an hour.

Once cold, roll out into little finger-size portions and turn into a crescent moon shape.

Flatten slightly so resembling a perfect crescent moon. Bake at 325 degrees on an ungreased baking sheet for 14-16 minutes, until just very slightly golden.

Let cool slightly but while still a little warm dip to coat on both sides in a cinnamon and powdered sugar blend.

Stack carefully once fully cooled to serve (they are a little delicate but more so when still warm).

Night Moss (Raw Mint Chocolate Mousse)

by Hayden Dunham



Ingredients:

Avocados
Honey (to taste)
Cacao powder (to taste)
Mint

Preparation:

Hold the mint between your fingers to wake it up.

Soft avocados scooped out into a bowl.

Add in cacao and stir.

Add honey and stir until it feels textured and light.

Pinch mint and add in.

Refrigerate before serving.

Note: you can swap out for lavender or crushed roses.

Oscar's QT ChocoBanana Bread (GF)

by Oscar Nñ



Ingredients:

1 1/2 cups of gluten free all-purpose flour
1 teaspoon of baking soda
1 teaspoon of baking powder
1/4 teaspoon of salt
1 cup of sugar
1/2 cup of semi-sweet chocolate chips
1 1/2 teaspoon of vanilla extract
2 eggs
1 stick of butter (1/2 cup) melted
3 very ripe bananas (preferably ones that have been in your freezer for months and if so stick'em in the oven while it's preheating to melt them a bit)

Preparation:

First things first, put on your favorite R&B playlist or album.

Now, preheat oven at 350 degrees.

In large bowl, mix all dry ingredients first and then add wet ones. Make sure your butter is NOT hot because you don't want your eggs to cook and your chocolate chips to melt (I've def done this before). Mix everything up and then add to a buttered and floured 5"x9" loaf pan (tbh whatever average size pan works).

Don't worry, if mixture is chunky because that's how it's supposed to be.

Put in the oven for about 1 hour and 5 minutes or until your knife comes out cleanish. Once bread is done, leave to cool down for about 30 mins and remove from pan. Cut a slice and have it with your favorite ice cream if you want but it's also delish alone. Buen provecho (as my Abuela used to say)!

Brigadeiros de Chocolate, Receita da Vovó

by Renata Pereira Lima

open windows

apron on

press play João Gilberto - O Pato

bree-gah-DAY-roh
for 8 docinhos



Ingredients:

1 tbsp butter
395g condensed milk
30g cocoa powder
chocolate sprinkles

Preparation:

Step 01:
in a pot over low heat ...

Step 02:
melt the butter, condensed milk,
and cocoa powder

Step 03:
while you stir continuously until you can see the
bottom of the pot when dragging a spatula through

Step 04:
pour everything onto a greased plate and let it cool
for 1 hour

Step 05:
shape and roll the chilled mixture into
cute little balls

Step 06:
cover the fudgy balls in chocolate sprinkles

bom appetite!

Peanut Butter Cookies

by Lydia Neubauer



Ingredients:

1 cup pb
1 egg
1 tsp baking powder
1 tsp salt
1 tsp vanilla
3/4 cup brown sugar or
(half cup maple syrup)

Preparation:

Mix all together and bake at 375 for 13 min.

Sun Tea

by Jenna Wortham

summer eating is the lushest. it’s almost like the purpose of the season is to remind you that your aliveness is fullest in your mouth. red cherries fat with juice. green tomatoes fried in cornmeal. the sweet meat of steamed crabs flush against the heat of cayenne and cinnamon in old bay. growing up in virginia, we always made sun tea to compliment these meals. leaving tea to brew in the sun feels different than making it quickly in the kitchen.

it is slower, more intentional. gentle. it always tasted special to me, like i was ingesting the sun itself. cooking is alchemy, transformation. this recipe and method asks you to marvel at the process, at the power of transformation with a few key ingredients.



Ingredients:

- 4-5 teabags
- organic cane sugar, agave, or raw honey
- lemons, basil, lavender, mint

Preparation:

Here’s how we did it. early in the day, take a big glass jar or pitcher, and fill it with filtered water. take 4-5 tea bags (anything you have should be fine. we always used lipton growing up) and pull off the paper tabs.

tie all the strings together, and toss them in. cover and place in a sunny spot in your yard, stoop or window sill. the tea will be ready in a few hours, when the color looks right. add some organic cane sugar, agave or raw honey to taste.

garnish with lemons, basil, lavender or mint. serve chilled or over ice cubes. finish within the week.

Bloody Valentine

by Becky Akinyode

Ingredients:

1 shot of tequila
2 parts sorrel
1 part sparkling water
A squeeze of lime juice

Preparation:

Place all liquids excluding sparkling water in a cocktail shaker with 3-4 ice cubes and shake
Strain into a cute glass

Top with sparkling water and Enjoy :)



Yuzu Charcoal Barley Forbidden Iced Tea

by Rin Kim Ni

Ingredients:

1 yuzu lemon
1 tsp food grade
1 chunk of ginger root
1tsp charcoal powder
1 glass full of boricha
(barley tea) you can either
get tea bags or you can
make your own
(2 tbs roasted barley*
to 8 cups water)

Preparation:

Brew the barley tea with either the loose barley and strain or the bags, when you boil the water do so in a bot and boil the ginger root with it.

(poke the ginger root with a fork a few times so it can seep in the water better)

Add 1 tsp of charcoal powder to the hot barley tea and set in fridge to chill

Cut the yuzu in half. With the first half squeeze all the juice into tea and the second slice and place cut pieces into drink and ice (I love bitter/sour/citrus so I squeeze a whole half but you can just save the other half for later just put the slices in no squeeze)



