

VOL 3



COMMUNITY COOKBOOK

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Gangbar & Brigid Savage of Wishbones TO
The NY x TO Edition
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This third edition of the
Community Cookbook
comes in the form of a
cross-collaboration between
Wishbones Toronto and the
Community Cookbook via
New York City.

By extending this project
across our cities and
communities,

we hope to open up a larger
conversation and exchange
around recipe sharing, the
language of food,
and sharing stories.

A community cookbook has always been a dream of mine. When Sienna asked us to participate it meant so much. New York and Toronto are both homes to me, and so many familiar and new names in this book shows the layers and potential a community cookbook can have. Thank you for joining us in collaboration, celebration, and play! Community cookbooks are archives! Living memories!

Dedicated to the cooks who raised me with the traditions of sharing food, and my friends for eating with me. And to my grandmother, who grew up in Bensonhurst. These memories keep us all together <3

The best recipes are the ones that evoke a memory, a feeling, a mood. All the contributions in this book come from people choosing to share those with us. So thank you to everyone who is reading, sharing, eating, writing, salivating.

Dedicated to everyone who wants to learn and eat together, even when we're apart.

-Brooke Gangbar

The community cookbook is a project conceptualized in the spring of 2020, as a resource and creative landscape to connect with food and my community from afar. Welcome to volume 3. This book invites you to explore and be curious about the possibility of food and cooking as a tool of nourishment, comfort, and joy. I invite you to enjoy these complimentary language, poetry, playlist, and familial memories they have provided alongside each recipe. May we continue the legacy of skill-sharing, speaking through food and making cooking an intergenerational journey of collaboration, taste, and liberation

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

-Sienna Fekete

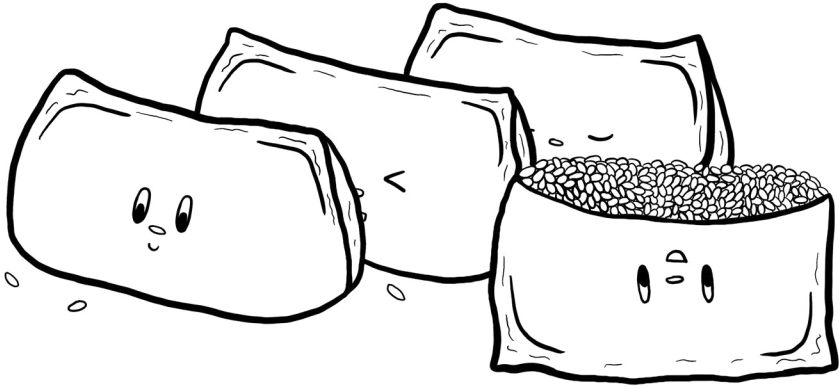
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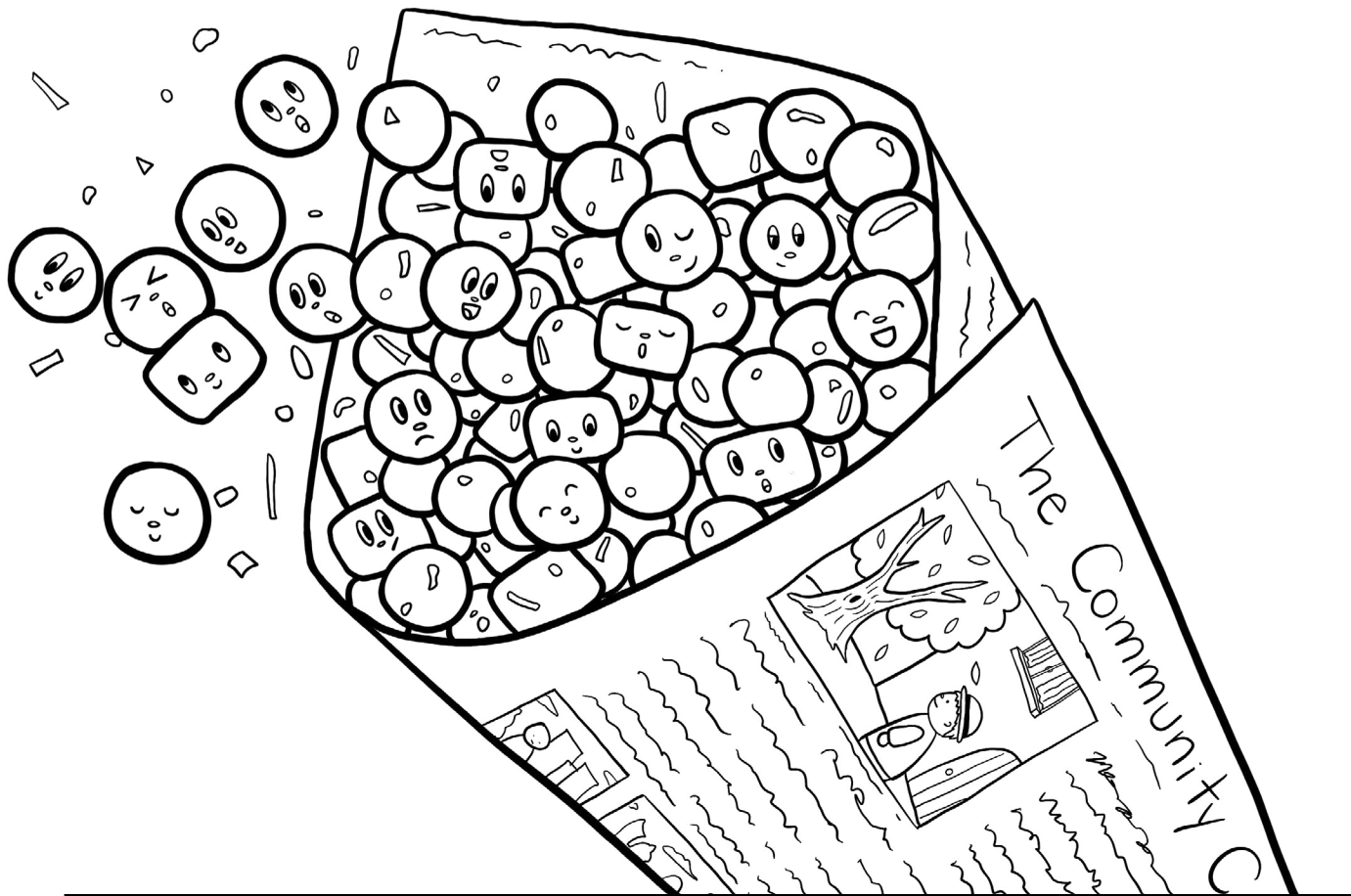
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Smalls



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Sundal



The star of this snack is green mango (under ripe mango), which is my mom's wise addition. If you live around bed-stuy, just ask my "uncles" at Alive Herbals and they will likely hook it up. It's good in the summertime, cold, with a hot cup of chai. Sundal is a South Indian street food and also a snack served at temples, since it usually has no onion or garlic. This being said, if you don't find green mango, I think a lil pickled red onion would be a good substitute. On the streets, they'll make lil cone cups with newspaper to serve it, and the ink sometimes transfers onto chickpeas, creating a pretty marbled effect.

Ingredients:

1 cup of either regular or black chickpeas (canned or soaked overnight and boiled / pressure cooked)

Heavy splash of coconut oil

Sprinkle/tsp of mustard seeds

Freckle/1/2 tsp of hing/asafoetida

Pinch/tbsp of urad dal

3 curry leaves

3 dried red chilis

Grated coconut (I use frozen, but dried flakes will work too)

Cut green mango (peel the skin, but not too rigorously, it's nice to have lil bits of skin in there)

Splash of lime juice

Optional: sprinkle of turmeric or garam masala

Preparation:

Heat the coconut oil until shimmering, and first add the mustard seeds.

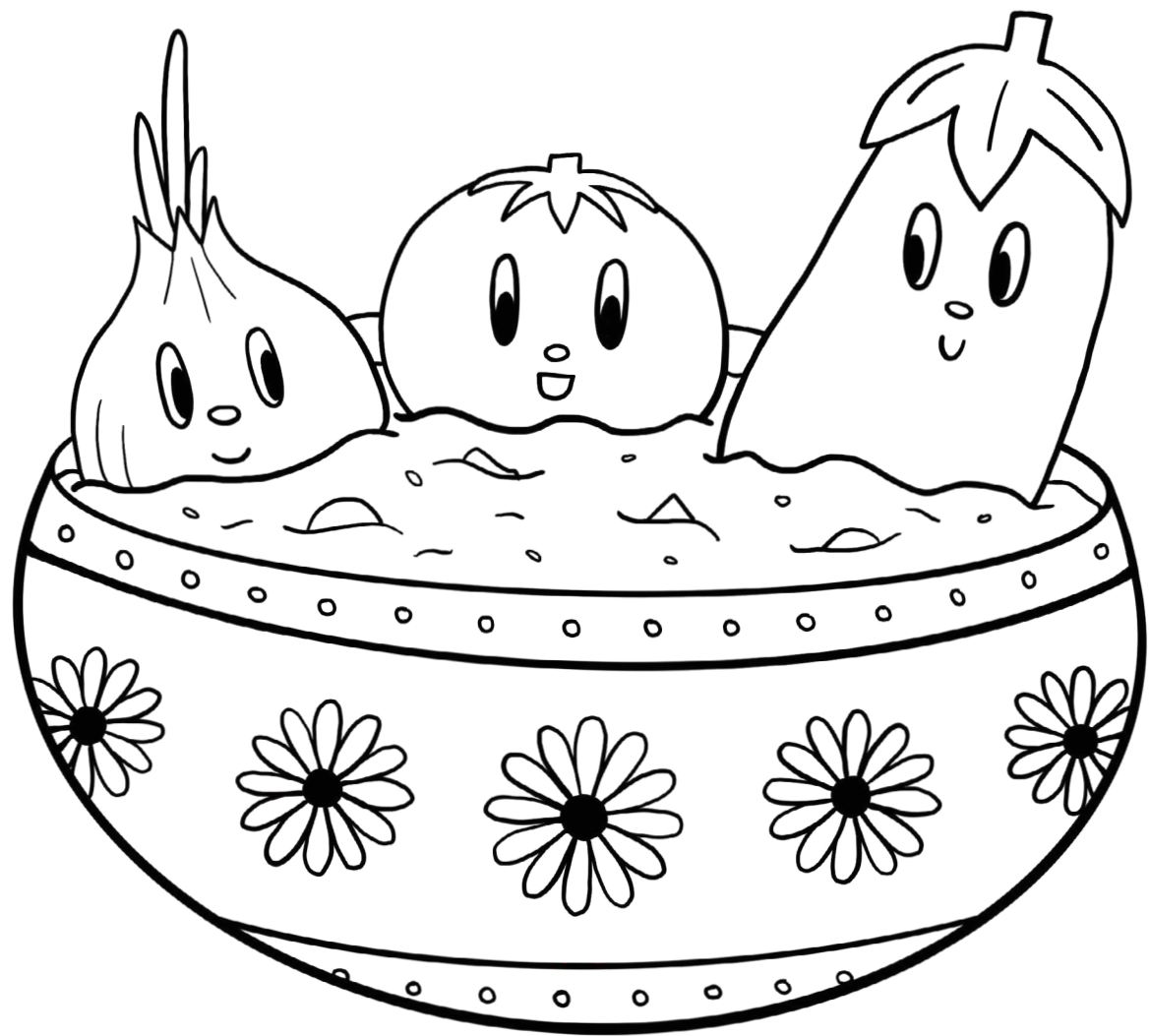
Once the mustard seeds start to jump n dance on the pan, add the urad dal, curry leaf, red chili, and hing. If you feel like adding turmeric or garam masala, now's your time. Just depends on how you want it; I usually like it plain, no masala, so you can really spend time with the coconut and mango.

After the spices are toasted and mixed, add the coconut. If it's frozen, let it get dry, shiny, and toasty too - if it's already dried, don't leave it on there too long, it'll burn.

Cut the green mango to about the same size as the chickpea. Add both (mango + bean) to the pan and toss. Salt as needed.

Squeeze some lime at the end.

Eggplant Dip (Not Babagounoush)



This dip is something my mom (Galina) introduced when my sister and I were young, and we ask for it at every chance we get. I don't understand why it is so perfect and addictive. It's an homage to the eggplant appetizers or "zakuski" of Jewish families from the former Soviet Union.

Ingredients:

2 large eggplants, peeled or halved

1/2 sweet onion, chopped

2 tablespoons, light olive oil

1 large tomato, roughly chopped

1 garlic clove, chopped

3-5 fresh basil leaves

1 tablespoon balsamic vinegar

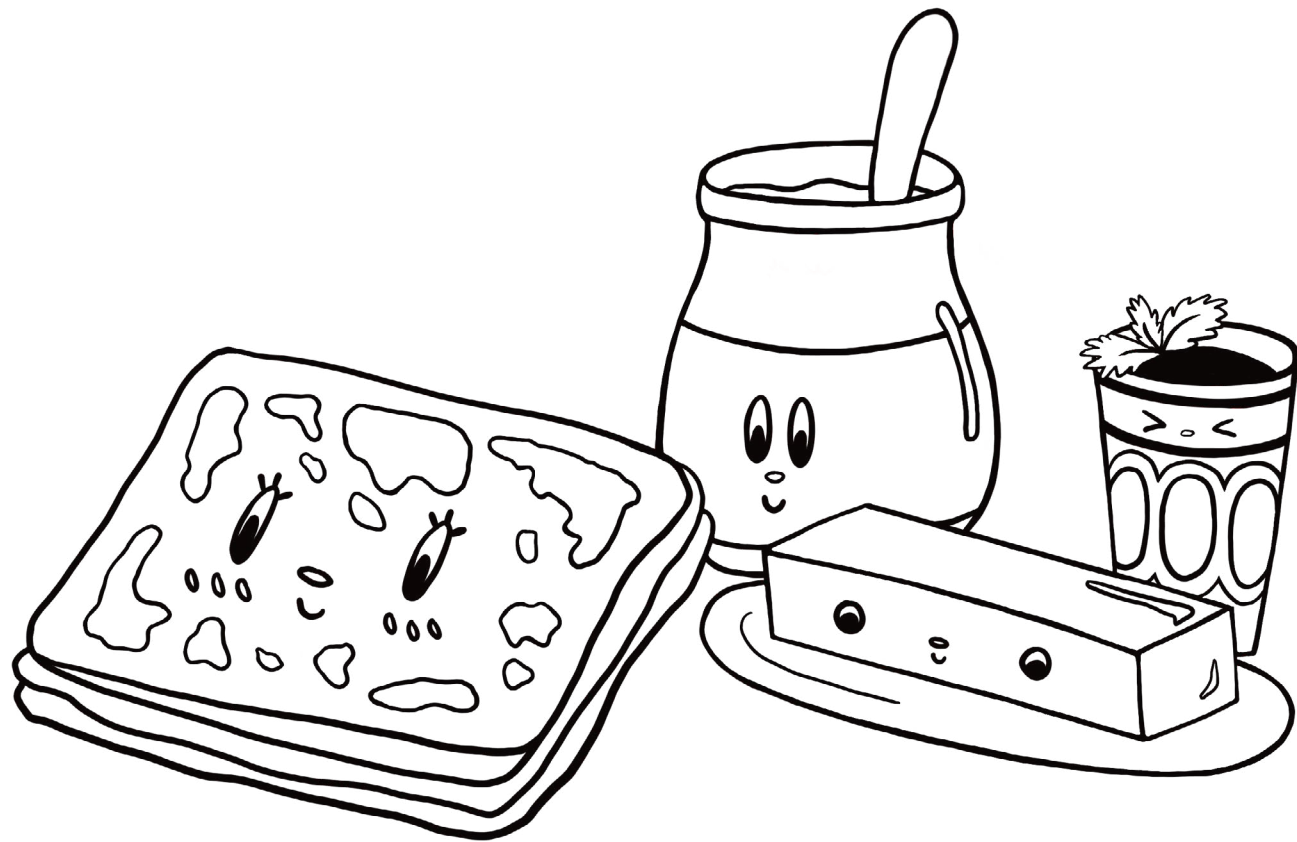
1 teaspoon salt

1 teaspoon ground pepper

Preparation:

Cook eggplant in microwave for 20 minutes or roast in the oven at 375F for 40 minutes. Cool and scoop out the seeds (this prevents bitterness). Mix the chopped onion with the oil and microwave for 8 mins. Add tomatoes and garlic to the cooked onion and microwave for 5 minutes. In a food processor (or magic bullet or blender), combine cooked mixture with basil, balsamic vinegar, salt and pepper, and blend until smooth. Before serving, add an extra dash of balsamic vinegar and some fresh chopped basil. Serve warm or cold. This dip is perfect on crackers, vegetable, or as a side dish with fish, or on toast, or even on it's own???

Msemen



Msemen is a traditional Moroccan fry bread that can be eaten with butter and honey, or jam.

This is a very dear recipe to me - my late grandmother Lala Fatima taught me how to make it when I was little. We would eat it, always with mint tea for breakfast, a snack, or as a dessert. I like to make it during Ramadan. I'll be so hungry that I'll eat one piece with my soup and another with honey. Msemen is also commonly served at special occasions, and was served at my grandmother's funeral at her home in Morocco.

Ingredients:

3 1/2 cups all-purpose flour, (more as needed)
 1/4 teaspoon yeast
 1/2 cup of fine semolina
 1 1/2 cups water, (more if needed)
 2 teaspoons of salt
 1/2 cup fine semolina
 1 1/2 cups vegetable oil (for frying)
 1/4 cup of butter, softened

Preparation:

1. Mix flour, semolina, sugar, salt, and yeast in a bowl.
2. Add water and mix to form the dough. Add more water in order to easily knead, (it should not be sticky!) If dough is too sticky to handle, add a little flour here and there.
3. Transfer dough to a floured surface and knead until the dough is very smooth and elastic. This should take about 10 mins.
4. Clean and prepare a surface for working with the msemen dough (this should be a larger area to really stretch out the dough). Cover the surface and your hands with a little oil so that the dough doesn't stick.
5. Divide msemen dough into smooth golf ball sized balls. The Moroccan method of doing this which you can try, but not required to is: grasp a large portion of dough and squeeze off a ball between your index finger and thumb, making an OK gesture.
6. Set balls of msemen dough on an oiled surface such as a plate or a baking sheet. Make sure the dough is well oiled so it doesn't dry out. Cover the dough with a cloth and let the dough sit for 10 minutes.

Preparation:

7.You want your hands and the dough to be oiled during this next process - Flatten and spread dough into a very very thin circle. Make this as thin as you possibly can, little holes here and there in the dough are fine.

8.Add softened butter to the surface of the msemen dough and sprinkle semolina.

9.Fold the dough over itself like folding a paper fan. This should look like a long rectangular strip of dough.

10.Fold the short end to the middle, and then again, so that the rectangular shape becomes a square shape.

11.Once all the dough is folded up into squares, you can begin to fry the msemen.

12.Heat a frying pan or a cast-iron skillet, to medium/medium-high heat with ¼ inch of oil.

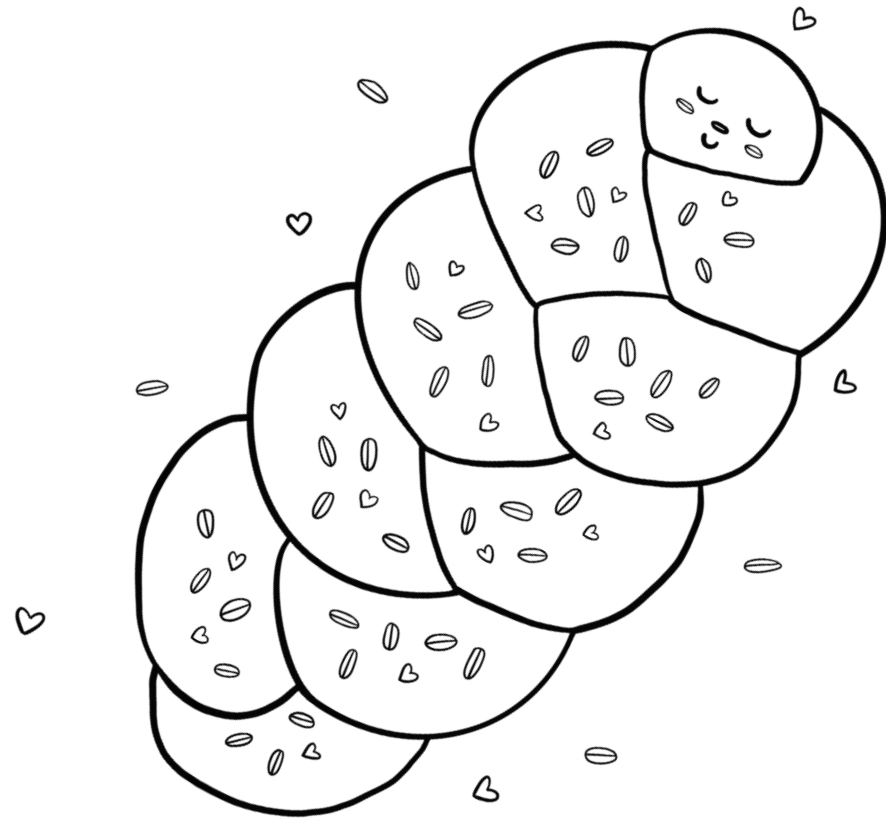
13.Take the square msemen and flatten out the dough - it should be about double its size once it is flattened.

14.Place msemen in your pan to fry, turning over several times, until golden brown and the center of the msemen is cooked. This should take about 5 minutes to be completely cooked through.

15.Repeat with all your dough and let cool.

16.Serve with butter and honey or jam <3

An Oat Challah I've Often Made



I don't have a family recipe sadly, but for many years in university, I made variations of this Honey Oat Challah recipe for shabbat.

Though not raised religious, I learned from a religious friend when I was 18 about braiding good thoughts and energy into the challah. It was a mindful practice for me and really peaceful. The practice was also about getting into the energy of shabbat, the Jewish tradition of rest on the seventh day of the week, Saturday. Today, it is a time of rest, reflection and disconnection from technology. This is something I think is really beautiful and rare for me in my busy and plugged-in life. One day I will make challah and turn off my phone for the day. I also love the practice on shabbat of saying the Hebrew prayer for food, and then ripping a piece of challah with some salt and passing it on, so everyone has a bite of challah from the same piece before eating the meal together. L'chaim!

Ingredients:

3/4cup warm water
 3 tablespoons active dry yeast
 4 1/2cups warm water
 2 1/4cups quick-cooking oats
 1cup honey
 1/2cup oil
 2 1/2tablespoons salt
 12 cups unbleached white flour
 3 cups whole wheat flour
 1egg, lightly beaten
 poppy seeds (optional) or 1/2 cup quick-cooking oats (optional)

Preparation:

1. In a small bowl, combine 3/4 cup warm water with yeast. Let stand until yeast is dissolved and begins to bubble, about 5 minutes.
2. Place the yeast mixture in your mixer (if you have one large enough for this recipe), or in a large bowl. Add the additional water, oats, honey, oil and salt. Mix well to combine.
3. Gradually add in the flours, mixing/kneading well, until a soft dough is formed. Knead another 5 minutes, adding small quantities of flour, until the dough feels like an ear lobe.
4. Place in a large, oiled bowl, turning dough to coat, and cover with a damp towel. Place in a warm place and let rise until doubled in size, about one hour.
5. Punch down the dough, divide into 6 pieces (or more if you are making rolls) and shape into loaves or braid or do whatever you do with your challah dough
6. Place on greased pans (I prefer using parchment paper, ungreased), and brush with beaten egg. Sprinkle with seeds or extra oats.
7. Bake at 350F for about 35 minutes for loaves, or 20+ minutes for rolls.

Puliyodharai

சிதரனா

In my adult life, I have embarked on a journey both exploring and reclaiming my spirituality after years of general angst scored by various forms of extreme music* that disavowed any notion of the existence of a higher power and/or a silver lining to humanity. Prasadam, the food given as an offering to deities in Hindu temples and later distributed to devotees, really presented a map for this after recently learning that my favorite Indian eatery in New York, located in the basement of a Hindu temple, was the same place where my mother's water broke with me decades prior. While I grew up understanding that food is more than the items on a plate, this was a type of conjunction only rationalized by divine intervention. They also make this dish perfectly.

It must be prefaced that there are vast, overlooked distinctions between North and South Indian culture, and Western perceptions are predominantly based on those of the North. With that being said, unbiasedly and respectfully, South Indian Prasadam is better. Puliyodharai is perhaps the quintessential example. There is something about the design of the dish that leaves me wondering why Indians are rarely included in the same conversations as Italians or Scandinavians. It can be eaten as-is, at room temperature, can be easily and repeatedly executed to serve the masses, and doesn't require any politesse for plating. Necessity predates minimalism. It's a dynamic duo of a spicy Tamarind-based paste with lentils and spices, offering a piquant, oily and satisfying pairing to its humble counterpart, rice. Temples usually prepare a surplus of both to continue mixing and serving throughout the day. Remember when us children of immigrants were embarrassed of our Eastern upbringing? Man, that shit turned out to be fire. Sacramental bread could never.

Sometimes when in need of a sustainable spiritual cleanse (California Native Plant Society reports that 50% of white sage populations were lost due to urbanization), I cook this at home while basking in those sounds* of my upbringing- hungry and beguiled by what can happen when things come full circle.

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2x cups of rice (leftover rice works better)
1x large lemon-sized ball of tamarind
2x cups of hot water
Generous handful of regular salted potato chips

For the Masala Powder:

4x Dried Red Chili
3 tsp Coriander Seeds
3 tsp White Sesame Seeds 2 tsp Black Pepper
1 tsp Fenugreek Seeds

For the Puliyodharai Paste:

10-15x Curry leaves
4x Dried Red Chili
3 tsp Salt (+ more to taste)
2 tbsp Jaggery or Dark Brown Sugar 2 tsp Chana Dal
2 tsp Urad Dal
1 1/2 tsp Turmeric
1 1/2 tsp Hing/Asafoetida

1 tsp Mustard Seeds 1/2 cup Peanuts
1/3 cup Sesame Oil

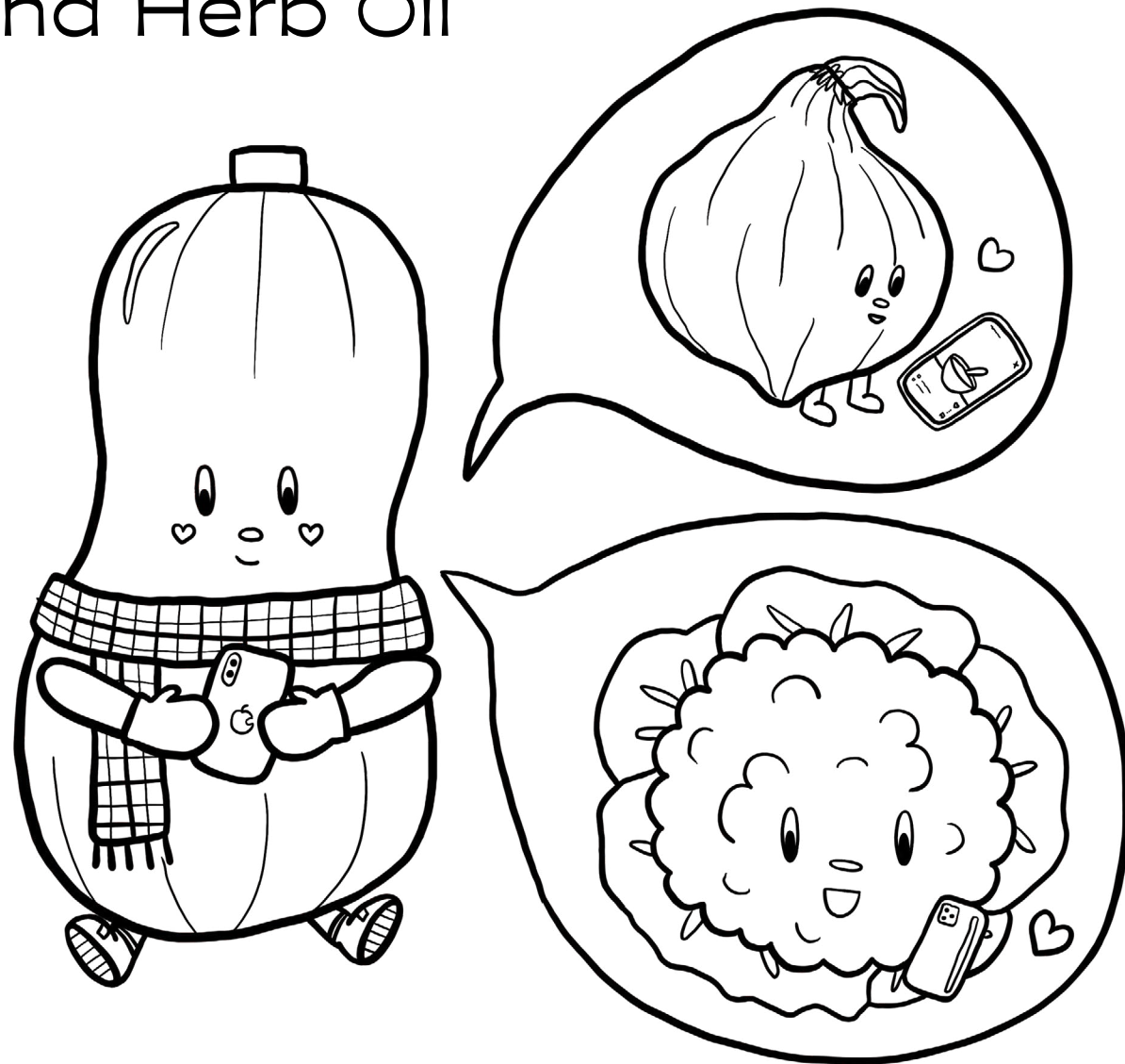
Preparation:

Soak tamarind in hot water for 20-30 minutes. Strain all fibers/seeds, extract all juice and set aside. Cook 2 cups of rice, minding that there are no clumps and grains are separated, and set aside. If available, leftover rice works even better. Take all masala powder ingredients and place in a pan at medium heat to roast. Set aside to cool and then grind to a fine powder. In a large saucepan, heat 2-3 tbsp sesame oil. Add in peanuts, mustard seeds, Urad Dal, Chana Dal, chillies, curry leaves and spices. Roast until slightly darkened/browned.

Add in tamarind liquid into the pan and allow to simmer on a low flame. Cover the mixture, stirring occasionally to prevent it from burning at the bottom. Add in jaggery/brown sugar, salt to taste. After about 15-20 minutes, the mixture should thicken to a paste-like consistency. Add in ground spice mixture and mix. Cook for a few moments longer, turn off heat, and allow to cool. Take your rice and mix in the paste so that it is generously coated and distributed throughout. The best way to do this is by hand. Serve with potato chips on the side or crushed over it and enjoy. If offering to God, do not taste throughout the process.



Warming Winter Squash Soup with Crispy Cauliflower and Herb Oil



I made a soup after a trip to the farmers market last weekend and wrote this recipe up for a couple of friends in different corners of the world. We've all moved within the last year, and sharing recipes and photos of what we're eating has been a really nourishing way to stay connected and feel closer to one another. This recipe is so flexible and can easily be made vegan. I hope folks enjoy!

Ingredients:

1 butternut squash (about 1.5lbs)
 1 red kuri squash (1/2 lb)
 3 medium carrots
 3 large cloves of garlic
 1 shallot
 2 tsp fresh ginger (chopped)
 2 tbsp salted butter
 1 cup of broth (I used chicken bone broth)
 Salt & pepper to taste

Crispy cauliflower:

1 whole purple cauliflower
 Drizzle of olive oil
 Paprika
 Oregano
 Minced garlic
 Salt & pepper
 2tbsp flour or corn starch
 1/4 cup of oil for frying

Herb oil:

2 cloves of garlic, whole or halved, crushed with a knife
 2tbsp fresh marjoram, roughly chopped (thyme or sage would also work really well here)
 1/2 cup of olive oil

Preparation:

Before prepping the veggies, set your herb oil up to infuse. Combine all of the ingredients in a small sauce pan on the lowest heat on a small burner for at least 2 hours (up to 4). The herbs and oil should be hot but just barely simmering.

Cut squash lengthwise and scoop out seeds. Discard or save them to roast later!

Cover the surface of the squash with olive oil and salt and pepper

Preparation:

Roast the squash, cut side down, for 30 mins at 425 degrees Fahrenheit. After 30 mins, add carrots, peeled shallot (whole), and whole cloves of garlic (skin on) to the oven and roast everything for another 30 minutes or until very tender.

Set aside and let cool completely (at least an hour).

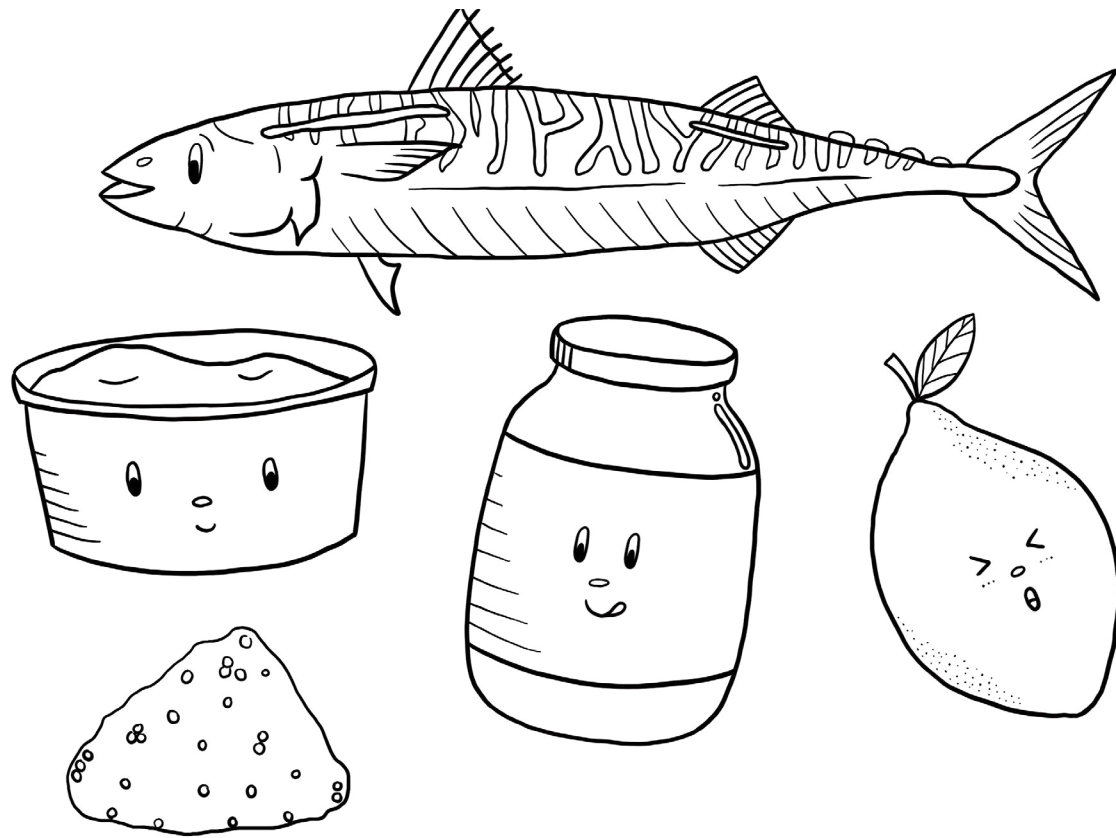
Once veggies are cool, remove the skins and add to a blender with half of the liquid and gradually increase until you've reached your desired consistency. Add the ginger last and pour purée into a pot. Add a bit more broth and butter, adjust seasonings and let simmer for 30 mins to an hour.

While the soup is simmering, cut cauliflower, drizzle with olive oil and season. Toss with garlic and add to a bag with 2tbsp of flour or corn starch. Shake until covered and pour out into a cast iron with a few tbsp of oil. Pan fry until brown. Set fried cauliflower on a plate with a paper towel.

Strain herb oil and discard herbs and garlic.

Serve soup hot topped with a handful of crispy cauliflower, a teaspoon of oil, a sprinkling of fresh herbs and a twist of black pepper

Smoked Mackerel Dip



A man named Andrew helped raise me. He taught me how to gut a fish, to always have appetizers, and that everything looked fancy topped with fish eggs. Andrew is no longer with me, but I think of him every time I cook with my hands, cut with a chef's knife, and serve dinner just a bit too drunk. This dip is inspired by the memories I associate with a place he once called home.

So this is for you Andrew, and for my best virgo friend Ava who kindly demanded a smokey, creamy, salty, fishy dip this summer.

Ingredients:

2-3 fillets of smoked mackerel
2 heaping tablespoons of sour cream (full fat)
1- 1/2 tablespoons mayo
1 teaspoon white horseradish (optional)
capelin or lumpfish eggs or tobiko
black pepper
lemon (juice of 1 zest of half)
1 shallot

Preparation:

Peel skin off mackerel. Break apart into the smallest pieces possible with your hands. Mix in sour cream, mayo, juice of 1 lemon, zest of half, black pepper and horseradish. Whip until as smooth as possible. Press into a shallow bowl and refrigerate for at least 1 hour to overnight. top with capelin, lumpfish or tobiko, pickled or fresh shallots and serve with lightly salted ruffles chips.

Shabbat Tea Eggs – Tokhmeh-morgh Shabbat-ti-

This recipe is an Iranian-Jewish tradition born in my ancestral homeland and passed down through the mouths of the women in my family. These tea eggs have been prepared every single week for countless generations—before and after my family was forced to flee their home due to religious persecution. They are typically eaten on Saturday afternoons, during a simple family feast that unfolds upon returning home from Shabbat services.

Ingredient quantities can vary depending on what's available in the kitchen that week. But the element of time must remain generous—it cannot be rushed. The eggs must be boiled very slowly, over a long duration, so that their shells and soft insides absorb the aroma, color and flavor of the tea, onion skins, and orange peels.

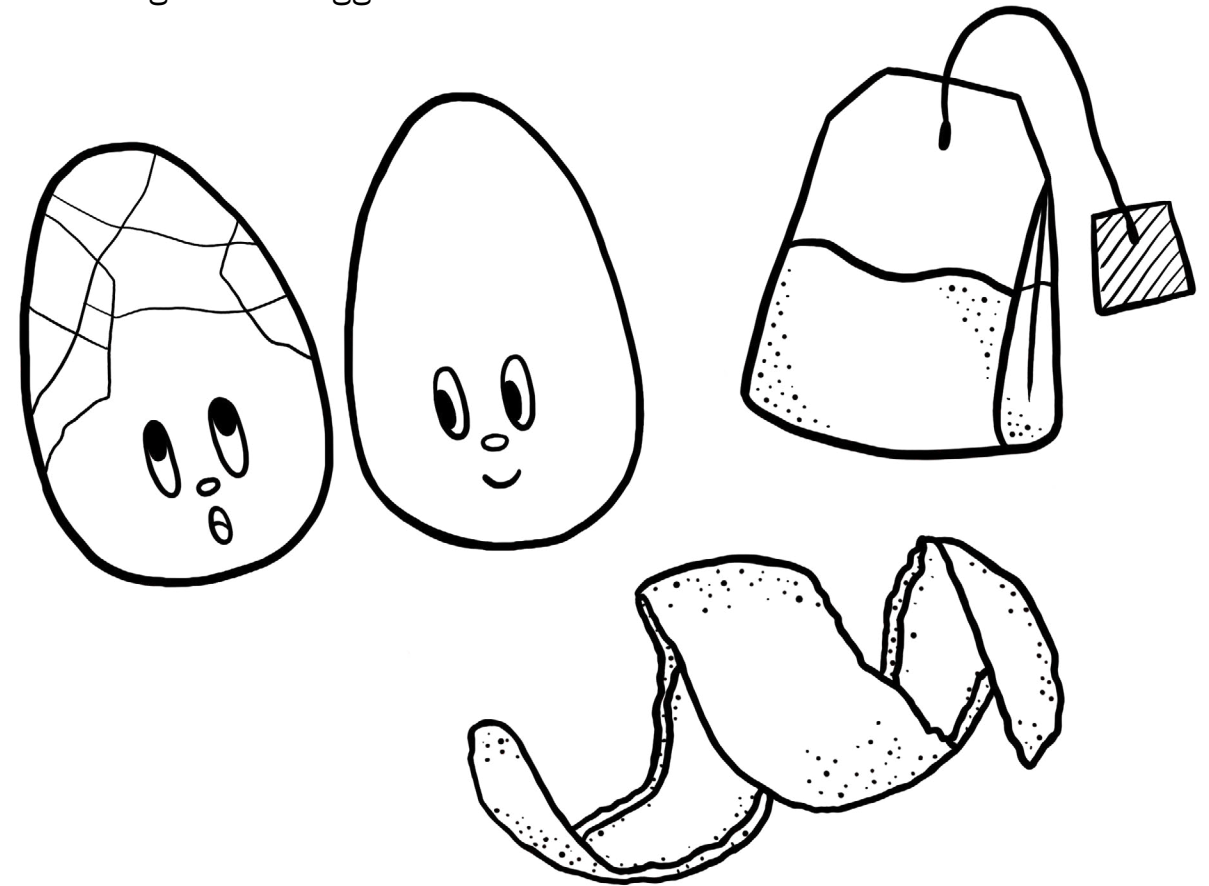
Nocturnal Medicine prepared and served these very tea eggs at Under the Tongue— a multi-sensory experience we produced at NYC nightclub Nowadays in 2021. The project was designed to address the anxiety at the edge of another pandemic-infused winter through forging connection to one another & to Earth's natural rhythms. Dozens of the fragrant, browned eggs were presented in a tall, glass cylinder following an experimental sound bath and meditation. As we offered them to our guests, we invited all to enter into the coming winter with a sense of fullness and possibility.

Ingredients:

Dozen eggs
Black tea
Onion skins
Orange peels

Preparation:

Fill a large pot with water. Bring the water to a boil. Add 3-5 black tea bags, including those you may have already used to make cups of tea. Add the crispy, papery skins of 4-6 onions – red or white. Add the rinds of 3-5 oranges. Bring the fire down to a simmer. Slowly plop the eggs into the bath, and gently stir. Leave the pot on a low simmer for at least 8 hours. Check on it periodically and replenish the water when it gets too low. The longer you let them simmer in the bath the more fragrant the eggs will turn out.



My Mothers Chicken Soup

Ingredients:

4-6 quarts of water
1 whole chicken (including the neck, gizzard, and feet. *make sure to remove or get butcher to remove liver*)
4 carrots unpeeled and cut into thirds
4 parsnips unpeeled and cut into thirds
3-4 stalks celery, cut into thirds
2 large yellow onions peeled and quartered
A half a bunch of parsley on stem, whole and not chopped

Preparation:

Fill a large soup pot with water. Add chicken, carrots, parsnips, onion, and top with half bunch parsley. Bring to boil over high heat, then cover and simmer over low-medium heat. Let cook for 6-8 hours.

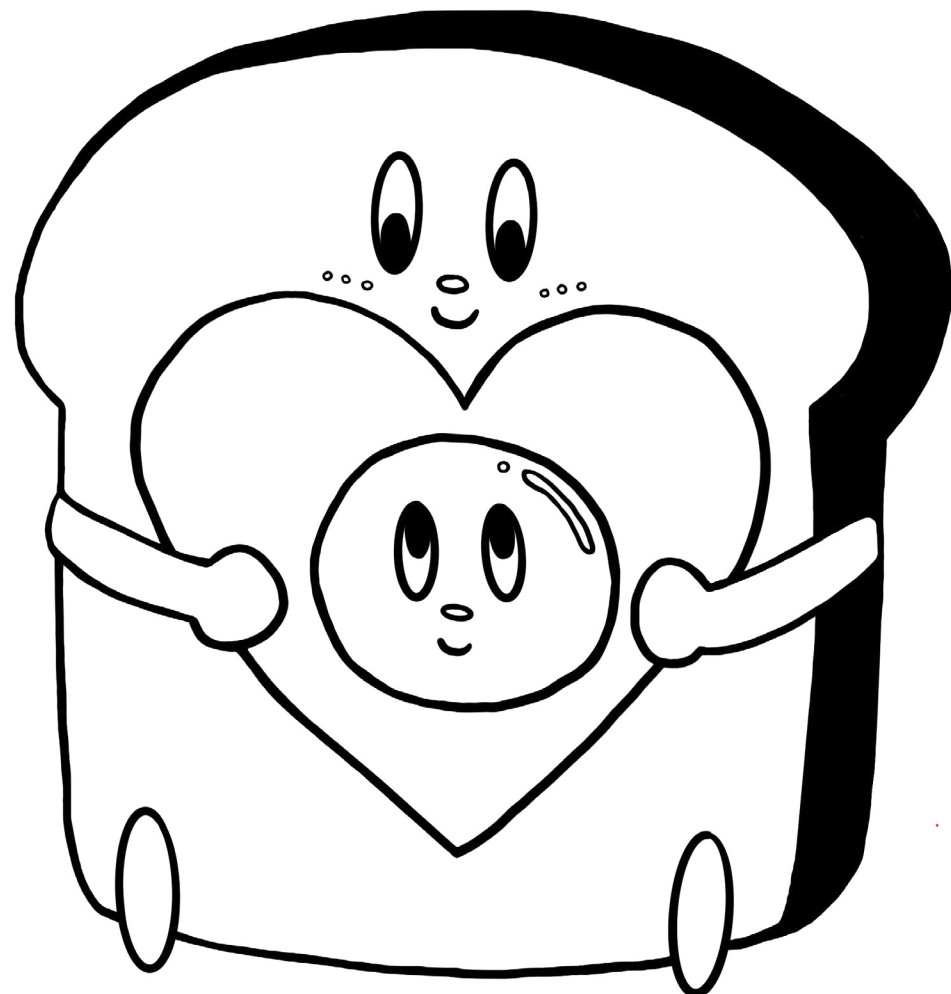
Shred chicken and remove unwanted parts/bones and return it to broth , remove parsley, eat, save, bring to friends, freeze.

Winter 2022 I was heartbroken and living at my mom's. Second to House of Gourmet takeout, all I could stomach was my mother's chicken soup. During this time I didn't cook. I spent months protesting the idea of taking care of myself or others in that way. I remember one day calling my mom and asking her to bring home a chicken and some bones. Without question she did. She quietly watched me make soup. Once the soup was finished and put away in containers, she looked at me and said "You know this is the first thing you cooked since your breakup?" I did know.

Broth is an elixir in many cultures. Not only is it filled with many nutritional benefits, it is warm, salty, and comforting. This is the chicken soup my mother taught me how to make. There is nothing, it feels, that chicken soup can't heal. I know this to be untrue- categorically and unchangeable-but I feel it nonetheless. You can add extra spices and herbs to it, but here she is at her most stripped down self.



Egg n Toast



(Egg in toast. Egg on toast. Egg and toast.)

This recipe is my armor in the face of a long day. The buttery circle of bread, my shield. The sumptuous yolk, my dagger. The egg white crisp and soft on toast, my battlesong. With luck, its deliciousness will bring peace and joy to all.

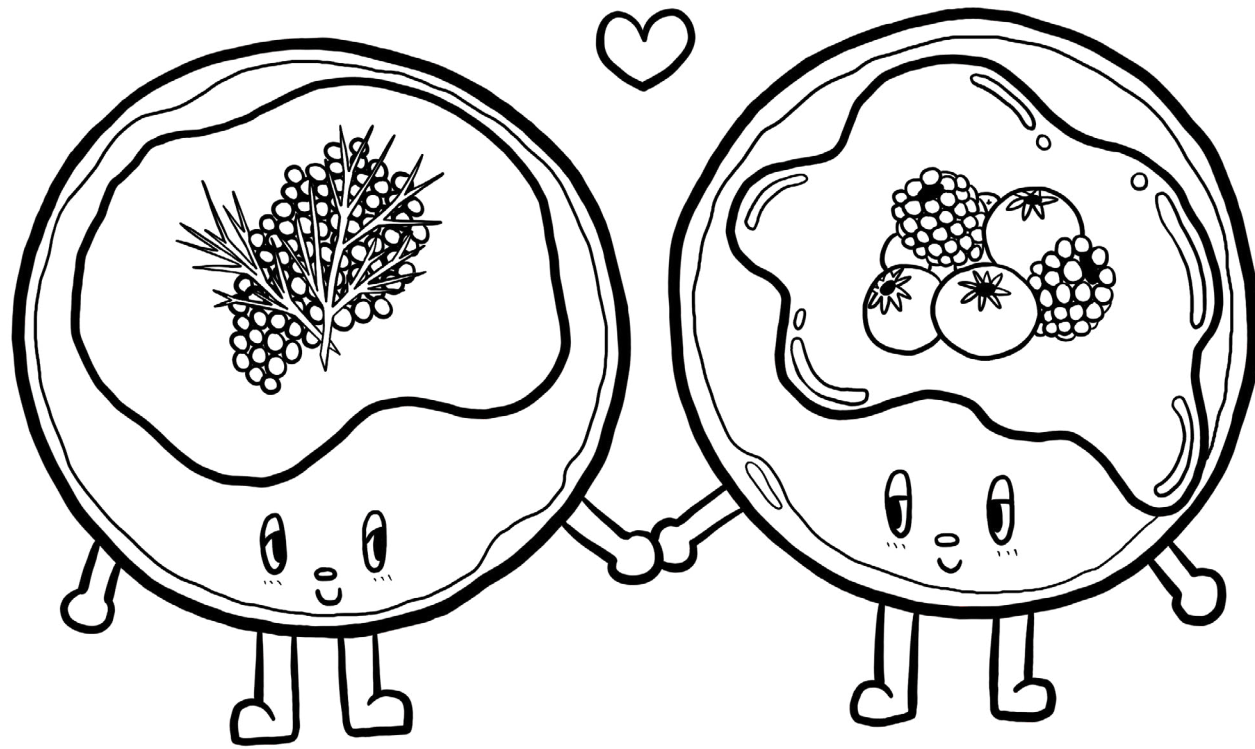
Ingredients:

- 1 slice bread (thick)
- 1 egg (chicken)
- 1 pat butter (or more)

Preparation:

1. Take the slice of bread and create a 2-3 inch circle in the middle.
2. Keep the bread circle.
3. Grease a medium skillet with the butter and place it over medium heat.
4. Place both bread pieces on the skillet, press down with your fingertips and push them around the skillet. This will help the bread absorb more butter, making it moist and delicious. Toast until just turning golden brown, flip, and push around again. Add more butter if necessary.
5. Carefully break the egg over the open circle, and cook for 3 minutes, flip again and cook for 1 minute, or longer for a hard yolk.
6. Add seasoning, eat with a smile.

BLINI / BLINCHIKI / BLINY / MLYNTSI / блины



This is my Grandma Lydia's Blini recipe. Blini / Blinchiki / Bliny / Mlyntsi / блины is an ancient Eastern Slavic food predating Christianity. Blini are round and golden and symbolize the sun, the end of winter and the coming spring. While they are eaten all year round, Blini are traditionally served for Orthodox celebrations like Easter, Slava or New Years. They can be eaten for breakfast, lunch or dinner but are most often served at cocktail hour with vodka to celebrate with family and friends. They can be dressed up to be sweet or savory but my favorite way to eat them is with lots of butter, a bit of creme fresh, red caviar & dill.

Ingredients:

2 ¼ tsp (1 pkg)
2 cups warm water
2 Tbsp sugar
1 Tsp salt
4 cup flour
2 cups milk (ideally whole fat)
2 Tbsp butter
2 eggs (separated)

Preparation:

Cook

Mix yeast, warm water, sugar and salt, mix then add 1 cup of sifted flour

Let rise for 20 minutes while you prepare your other ingredients

Melt butter in warm milk, then add beaten egg yolks

Sift 3 cups of flour and combine with yeast mixture & milk mixture alternatively

Let rise for 2 hours (or as close to it as you have time for)

Beat egg whites until stiff, fold into mixture

Let rise for 30 minutes (if time allows)

Cook like mini pancakes in plenty of butter (if the texture is too thick add more milk, if it is too watery add more flour)

Dress

Serve savory with melted butter, creme fraiche or sour cream, and caviar (red or black) or smoked fish (herring, salmon & more), top with dill or horseradish.

Serve sweet with melted butter, creme fraiche, sour cherry preserves, honey, & pomegranates or berries depending on the season. Share on a board or platter & let your friends and family dress their Blinis as they wish.

Turkish lentil soup

I love this recipe because it's a quick, simple and un-intimidating door to soothing, warming comfort. This recipe is a variation on a mercimek çorbası (Turkish lentil soup) introduced to me by my most nurturing mom-friend, Amelia. Amelia and I lived together (along with five cats) in Montreal when we were 21, a time when we were both deeply lost, neurotic, and highly agoraphobic. I was on an elimination diet to deal with some health issues, and Amelia and I started a vegan, gluten-free cooking Tumblr called "Carefree kitchen;" an ironic and aspirational title for our paranoia-infused litter box of an apartment. Amelia would get our groceries twice per week, and we were so co-dependent that she adopted my elimination diet in solidarity. Amelia lived in Turkey for a little while before we moved in together and would cook up these classic esnaf lokantası dishes, or canteen vegetarian meals, like stewed carrots with mint and Turkish red lentil soup. Neither of us are Turkish, so I do not claim that this is the correct or authentic way to make the soup. But maybe we each had an ancestral connection to the soup; both of our ancestors are Romanian, a country whose cuisine has heavy Ottoman influences.

This recipe is very simple but has a beautiful balance of flavours, from the comforting carbs of the lentils, creaminess from the potato, bright acidity from the lemon, and a little bite from the red chili flakes. There are many variations and it can be adapted based on what you find in your refrigerator. You can fry the onion and garlic in oil or butter with the spices prior to adding the other ingredients, or even add up to 2 tbsp of tomato paste for more acidity and nice colour, but neither are necessary. It's good to have an immersion blender on hand for this one. In a pinch, just add everything to the pot at once and you'll have a hot bowl of soup ready in 40 minutes.

Serves 4

Ingredients:

1 cup dried red lentils, rinsed and sorted
1 large or 2 small/ medium white-yellow onions, thinly sliced
4-5 cloves garlic, smashed and roughly chopped
2-3 carrots, peeled and chopped into small rounds
2 cups potato
6-7 cups chicken broth (can substitute with veg broth for vegan recipe)
1 tsp of red chili flakes
2 tsp paprika (hungarian or smoked)

salt to taste

1 lemon (juiced) + lemon slices

1/3 cup mint leaves, chopped

1/3 cup parsley leaves, chopped

optional ingredients

-tomatoes

-handful of rinsed spinach leaves

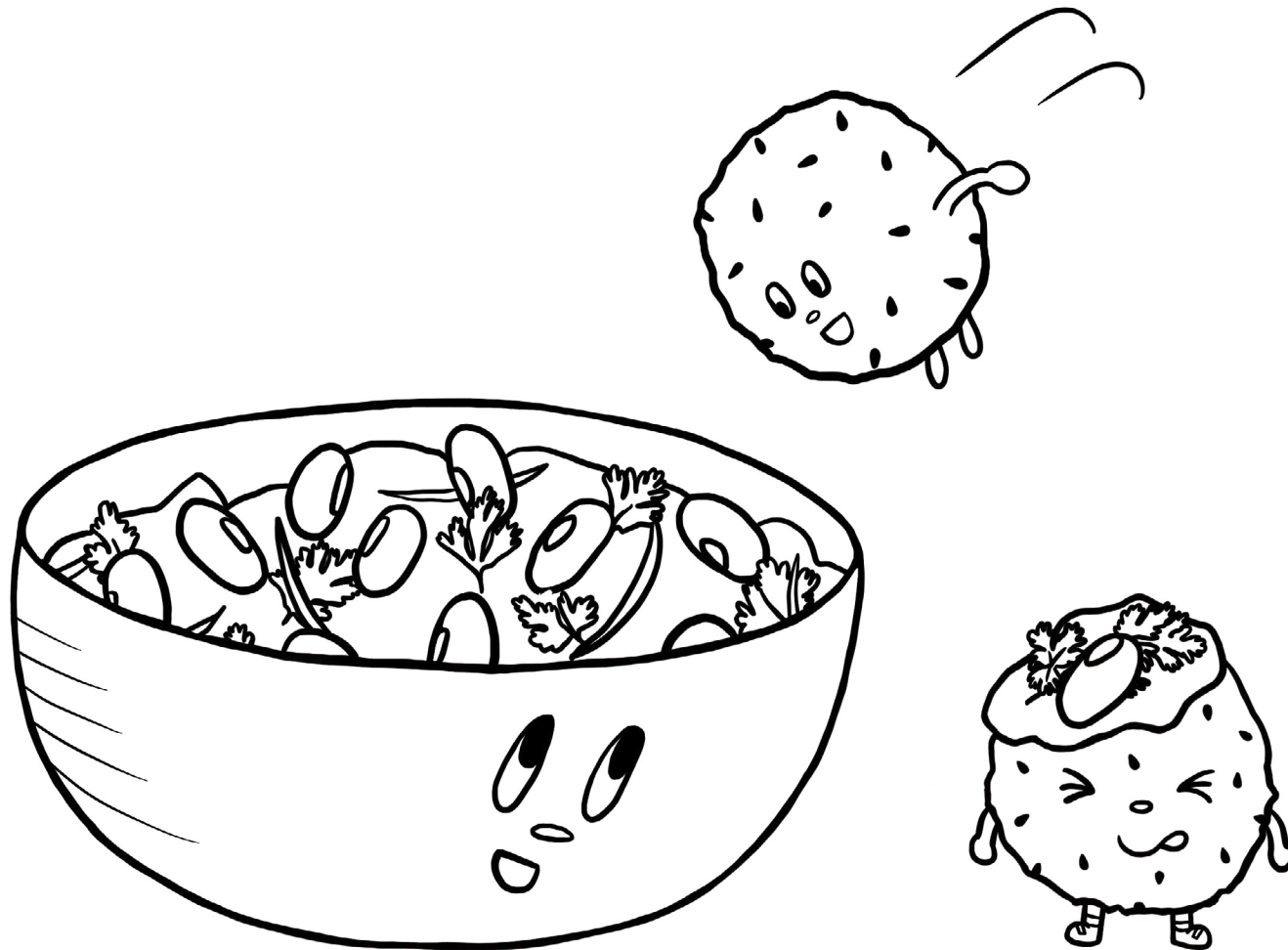
-sweet potato

-dollop of greek yogurt to top

Preparation:

Rinse lentils in a sieve until water runs clear (about 2 minutes). Add ingredients from the list from lentils- salt to a large pot and bring to a boil. Once boiling, reduce heat to simmer and cover most of the pot with the lid, but leave it slightly ajar. Once potatoes and carrots are cooked and lentils are mostly disintegrated (about 25-30 mins), use an immersion blender to blend half of the soup ingredients, leaving a creamy but still somewhat chunky texture. Add lemon juice. Taste for salt and continue adding 1/2 tsp salt until the flavour "pops." Let simmer for another 5-10 minutes. Serve hot, topped with mint and parsley leaves and a dollop of greek yogurt, salt and pepper.

White Bean & Tuna Salad



*This is a delicious snack or meal to be eaten with crackers or on a bed of arugula

**Feeds up to 6 people comfortably!

***Difficulty level: EASY!

Ingredients:

1 15oz can of cannellini white beans
2 5oz cans of tuna (I prefer tuna in Olive oil, perfectly fine if you prefer tuna in water)
Capers
1 Stalk of celery
1 Bunch Parsley
1 Head of radicchio
3 Lemons
Olive oil
Salt & Pepper

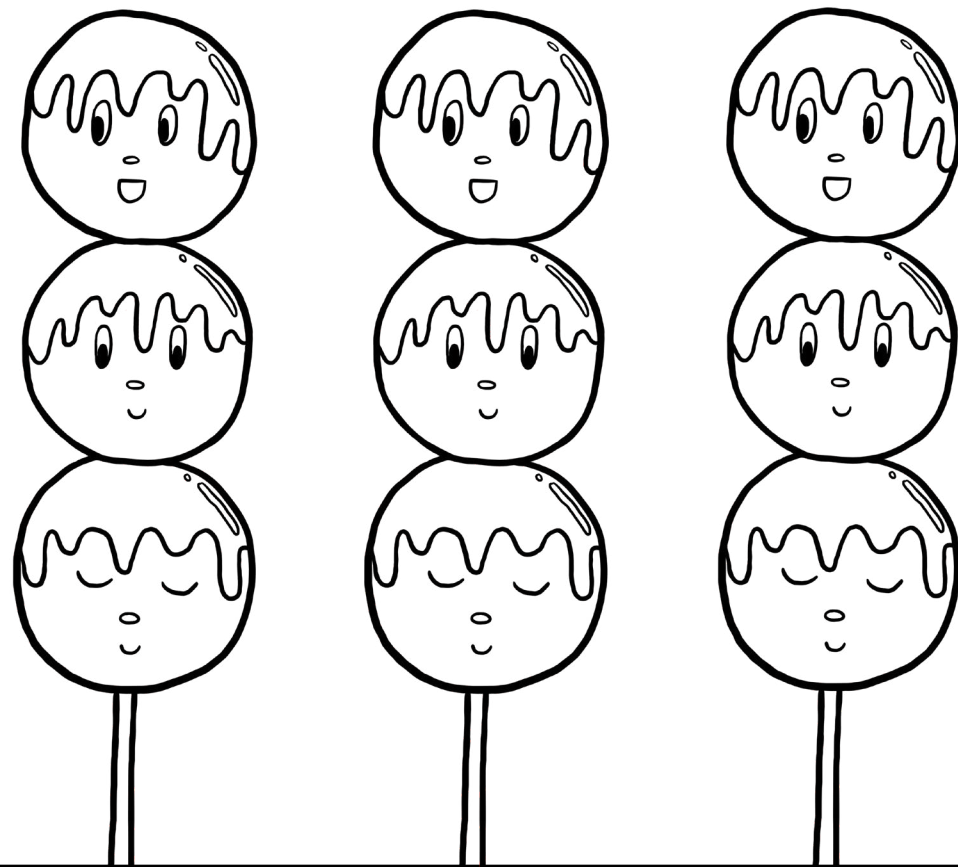
Preparation:

- Drain your white beans & tuna, toss it in your bowl
 - Slice up your full stalk of celery, add to your bowl
 - Radicchio tends to be small. If it's tiny, use the whole thing. If it's medium to large in size, about half of the head is fine. Pull the leaves apart and tear it up in small bits with your hands. The tearing vs slicing makes all the difference in giving this salad a rustic quality. The radicchio is there for texture and color, so if you want more purple in your bowl, add more radicchio
 - Take half your bunch of parsley, slice it up, toss it into the bowl (I include the stems too!)
 - 3 tablespoons of capers
 - Juice of 1 to 1.5 lemons, to taste
 - Olive oil over the whole damn thang
 - Salt & pepper to taste
 - Serve with more parsley on top & some wedges of lemon on the side so guests can re-up the tops of their bowls
- If you want a bit more of an acid kick, you can add a tablespoon of caper juice from your jar to the entire mixture. Don't go overboard as you don't want to overpower the lemon

I love to snack on this zesty mixture by scooping it up with Marys Gone Crackers (the original flavor). You can also eat it up as a salad, by serving it on a bed of arugula & adding more olive oil & lemon as your dressing.

ENJOY!

Hawker Style Fish Curry Balls



When you walk around Hong Kong, there are many street snack stalls selling fish balls, beef balls, squid and beef tripe bubbling in each stall's house curry sauce. The fun part is munching on this flavourful snack off a skewer as you avoid traffic down a busy street, though my mom always forbade it when I was a kid - she was skeptical about the cleanliness of street food. When I revisited Hong Kong on my own, as an adult, I was eager to try those forbidden street snacks. They've never once made me sick. Making this dish at home involves a little more prep, but it's super flavourful and worth the time. The leftover sauce is really nice to eat with noodles or to use as a dip for flaky flatbreads.

Ingredients:

650g fish balls (40-50 balls)

Aromatics:

3 fresh red bird's eye chili (4.5g)

3 shallots (95g)

12-14 cloves garlic (50g)

3 x 1/4" slices of ginger (15g)

Sauce (most sauce i use are lkk brand)

3 Tb Satay Sauce (65g)

1.5 Tb Chu Hou Paste (30g)

1.5-2 Tb Oyster Sauce (35g)

1 tsp black bean/black bean garlic sauce (10g)

5 tsp sugar (25g)

1.5 Tb curry powder (13g)

Slurry:

2 tsp Cornstarch (10g)

2 tsp water (10g)

Misc:

450mL water

Preparation:

Mix sauce, stir until smooth, set aside.

Dice aromatics, fry shallots and ginger with ~ 1 Tb oil (10g) at high heat for 30-45 seconds, then add red pepper, add 2 Tb oil (20g), turn heat to med-low, then add garlic, fry for ~30 seconds until fragrant.

Add sauce into the pot, stir.

Add water, stir well, and bring to a boil.

Add fish balls, cook at medium-high heat while stirring, bring to a boil, then cook for another 10-15 minutes, until fish balls float.

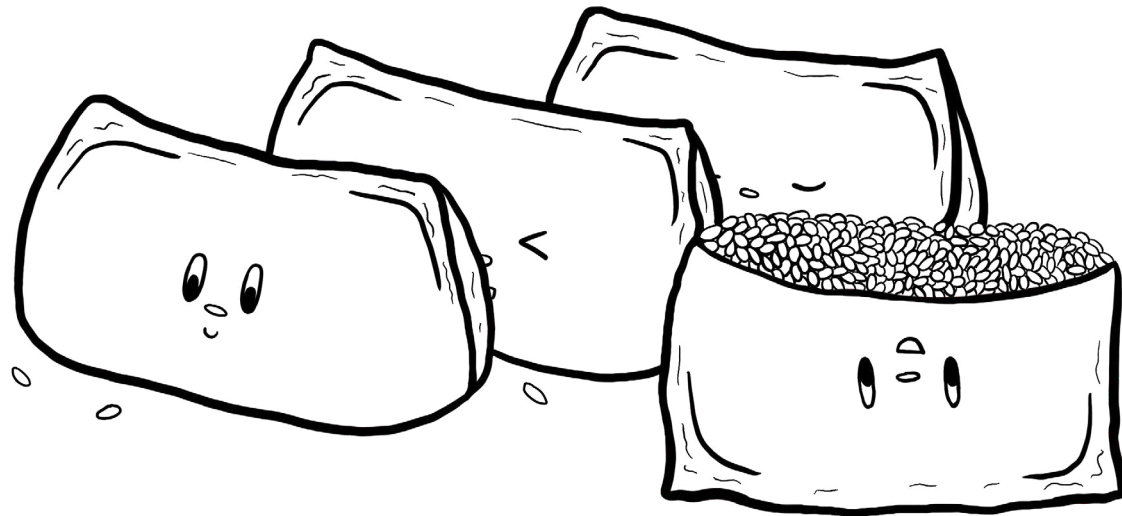
Mix cornstarch and water to make slurry, add to curry and stir until it's slightly thickened.

Notes:

*If you are cooking fish balls from frozen, boil them in a separate pot with boiling water until they float, then add to the curry sauce.

*Option: mix beef tendon balls

Hazue Rose Kimura's Inarizushi (Inari sushi)



Originally my grandmother's recipe
Dictated by my Aunt Maxine Patterson
Written by my mom, Elizabeth Kimura
Altered by my dad, Jerry Kimura
Altered by me, Lauren Kimura
Itadakimasu!
Recipe makes 28 pieces/bags of sushi

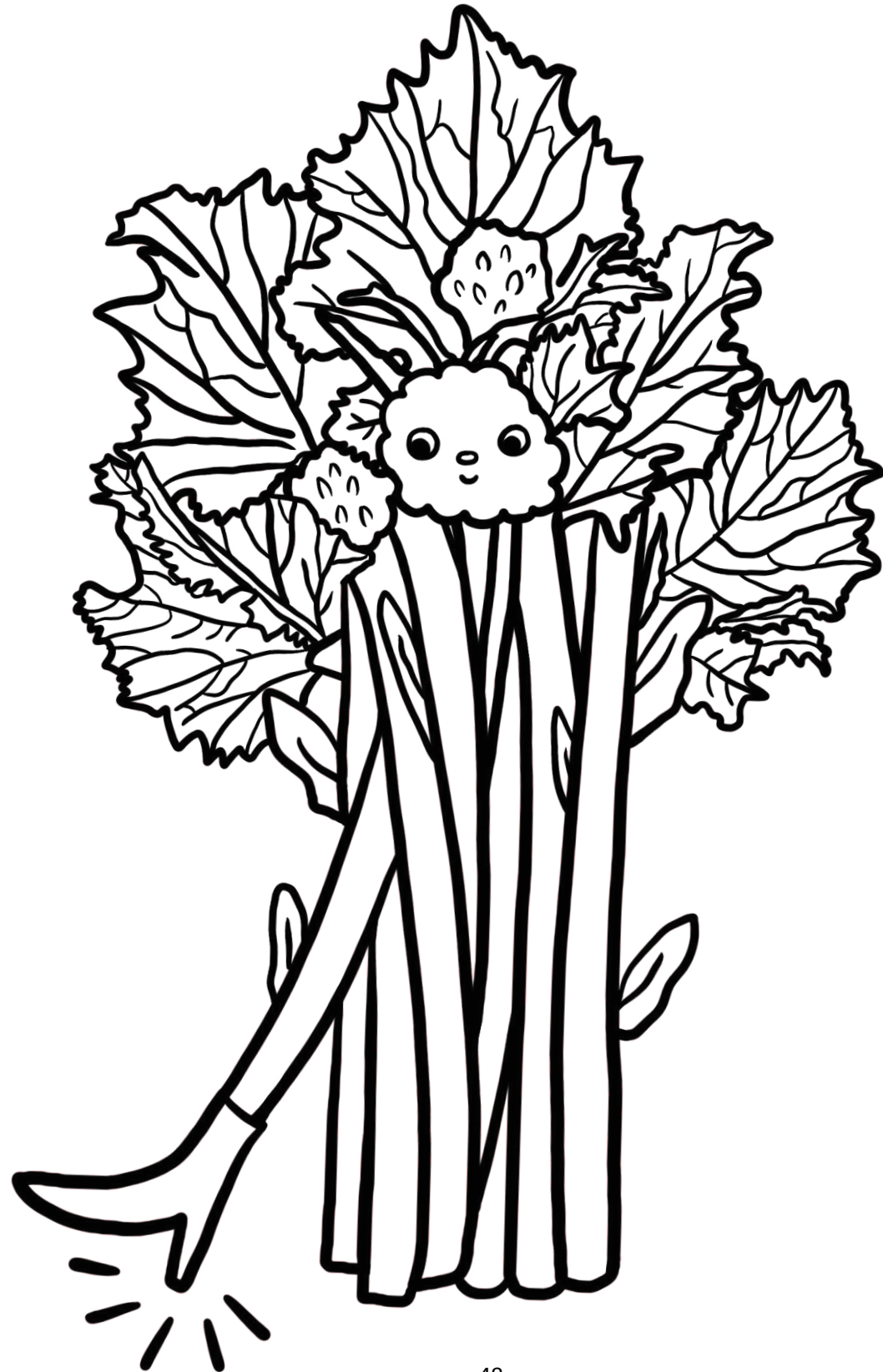
Ingredients:

4 cups sushi rice
1 chicken breast, diced tiny
1 ½ carrots, peeled and grated
Pinch of ajinomoto (MSG baby!)
28 tofu bags ("inari age")
¾ cup rice vinegar
¼ cup sugar
½ tbsp oil

Preparation:

1. Cook your rice. When rice is almost done, start heating your oil in a pot.
2. Fry the tiny pieces of chicken with a bit of salt until lightly done.
3. Add pre-mixed vinegar and sugar. When it starts to boil, add peeled, grated carrots and a touch of ajinomoto. Simmer for a few minutes then take off heat.
4. Place cooked rice in a bowl, then add the chicken mixture and the liquid from inari age bags (optional) and mix it up real good.
5. Open up bags carefully and stuff when rice is cool enough. Place the open sides down on a plate. Store in a cool place, covered (not refrigerated).

Sides



- 50-51 My Mother-In-Law's Broccoli Salad
by Alice Sherman Simpson
- 52-55 Really Good Mushroom Recipe
by Julian Bentivegna of Ten Restaurant
- 56-57 Focaccia by Rowan Ferraro-Hallett
- 58-59 Bubie Moon's Ambrosia Salad by Lauren Eisen
- 60-61 Cimi di Rapa Con Capunti by Romina Cenisio
- 62-63 Boiled Broccoli by Deanna Greene



My Mother-In-Law's Broccoli Salad



This fresh, crunchy salad is always a hit at a party! 3 bunches of broccoli

Ingredients:

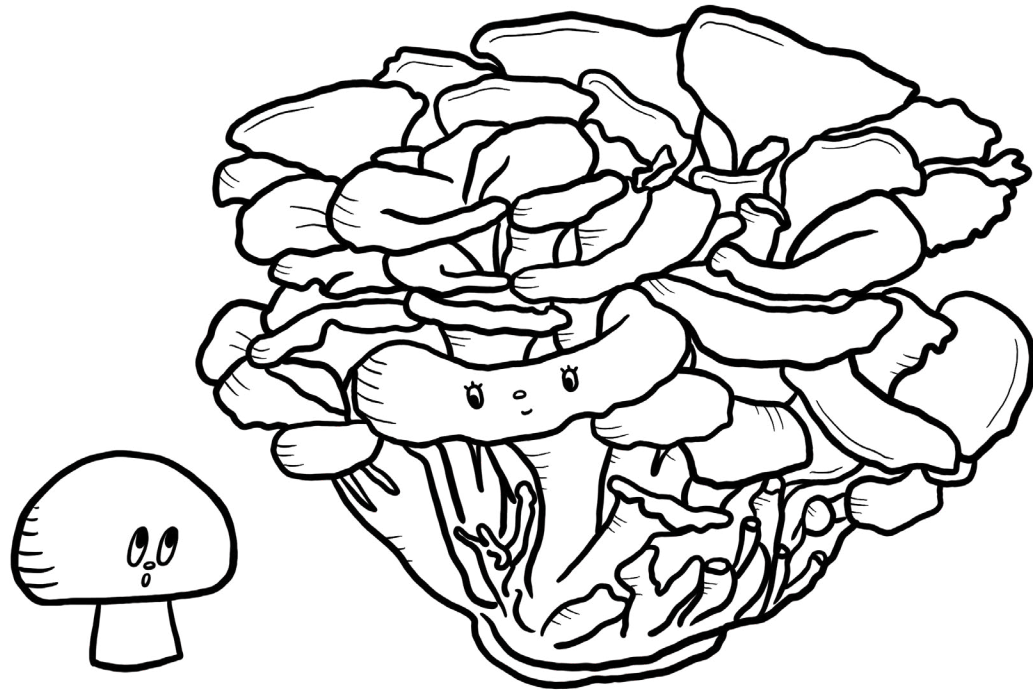
1 cup of cider vinegar 1 Tabelespoon sugar 1 T dill (fresh or dry)
1 Tablespoon salt
1 tsp. coarse pepper
1 Clove garlic, minced
1 -1/2 Cups vegetable oil (NOT olive oil)

Preparation:

Cut broccoli into small florettes and slice stems. Mix all ingredients well. Pour over broccoli.

Cover and refrigerate at least 24 hours baste with dressing occasionally. Drain and serve.

Really Good Mushroom Recipe



This dish has become almost a signature here at ten restaurant. It was the first dish I ever created for the restaurant that I was like “wow, this just works!” Cooking is all procedure, and this recipe is a great example of that. When you break it down, all we are doing is braising and glazing, and building all of that flavour in one pan that never leaves the final product. It’s fully vegan but wasn’t created as a vegan dish which is always a bonus. I just wanted to make something that was the shroomiest thing I could imagine and this is what you get; beautifully simple glazed mushrooms, nothing added and nothing taken away.

Ingredients:

Mushroom Stock:

1kg Cremini Mushrooms 600g Onion
300g Carrot
300g Celery

Glazed Mushrooms:

700g Shogun Maitake Mushrooms
(Or any meaty mushroom that will hold up to a long cooking process)

80g Sunflower Oil

TT Salt

2 Shallot

4 Garlic Cloves

50g Sherry Vinegar

1kg Reduced Mushroom Stock

Preparation:

- 1) First we are going to make a really simple mushroom stock. Roughly chop the creminis, onions, carrots and celery and put into a large pot and cover with at least 2-4 liters of water. Bring up to a boil and let simmer gently for 2 hours.
- 2) Strain the mushroom stock and then place the stock back on the heat and reduce until you reach about 1kg/1ltr of reduced stock left. Take off the heat and keep warm.
- 3) Alright now it’s time to start glazing some mushrooms! Get a large frying pan preheated with the sunflower oil and place the mushrooms in one layer in the pan making sure not to overcrowd it. (If you need to use 2 pans use 2!)
- 4) Gently start to slowly sear the mushrooms on medium heat. Season gently with salt now. Keep turning them as they gain colour on each side. We are looking for even caramelization on all sides and a fond starting to develop at the bottom of the pan before we continue.

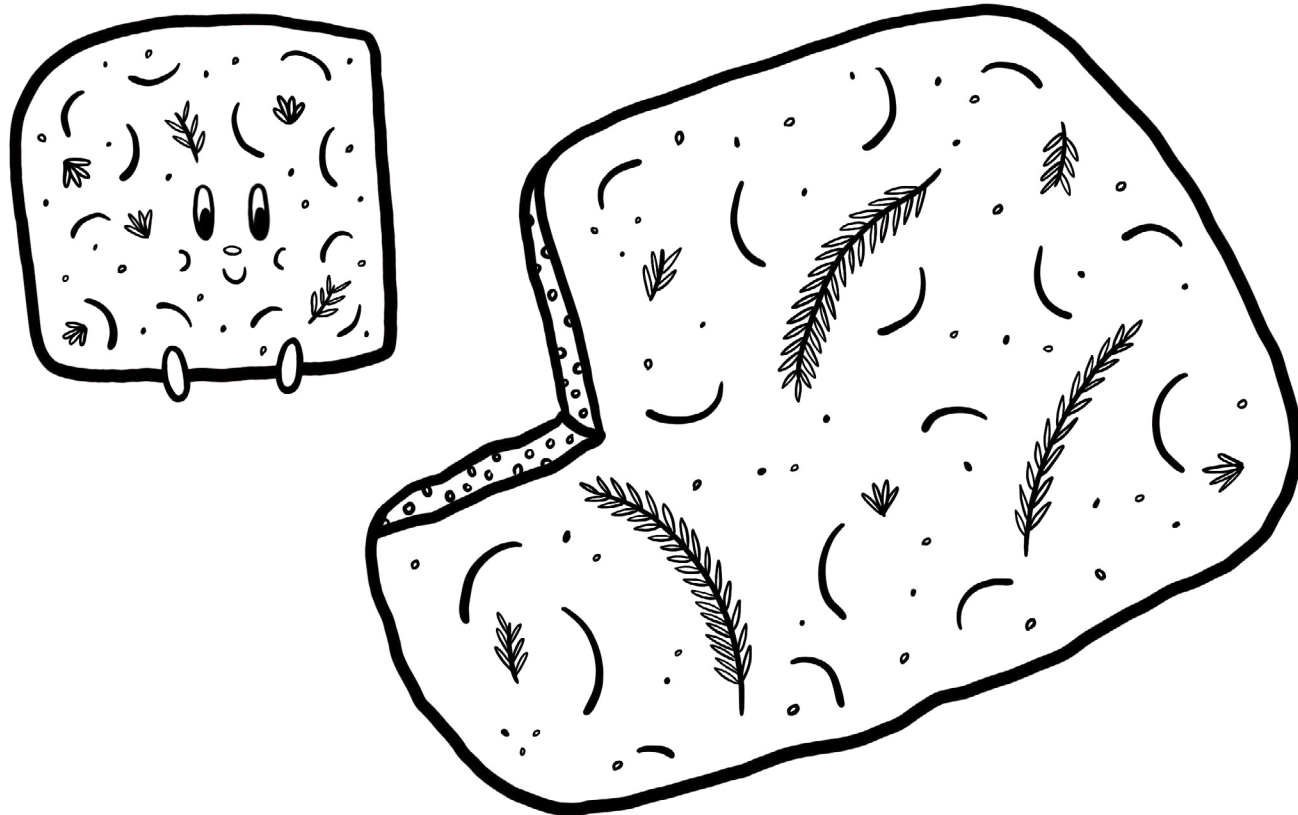
Preparation:

5) Once the mushrooms are caramelized it's time to start deglazing! First, add in your shallots and garlic into your mushrooms and let them sweat for a couple minutes. Once sweated add the sherry vinegar and reduce down to sec (until there is basically no vinegar left).

6)) Now that they are deglazed, it's time to glaze and glaze and glaze! Add in a quarter of your reduced mushroom stock and let that come down until it starts sticking to the bottom of the pan. At this point add in another quarter and rinse and repeat until all your stock is added and reduced. Be sure to keep flipping your mushrooms during this process so they get an even glaze.

7) Your mushrooms should have a deep caramel colour and look almost sticky with basically no liquid left in the pan. Finish seasoning to taste, plate them up, and enjoy **At the restaurant we pair these mushrooms with a cashew nut puree, toasted buckwheat and young mustard greens but you do you!

Focaccia



focaccia is a time-intensive but low effort way to impress yr guests. perfect to start a meal or as a side to something saucy; I make it for practically every dinner I ever make for friends.

this recipe yields one 9"x13" focaccia prepared in a baking dish, or two 10" cast iron pans

how long will this take? - one day

active time is very little first rise is 1 hr but since this is an overnight rise, prepare a day in advance give yourself 4 hrs to let the dough do its final rise and warm up before it goes in the oven oven time is 25 mins

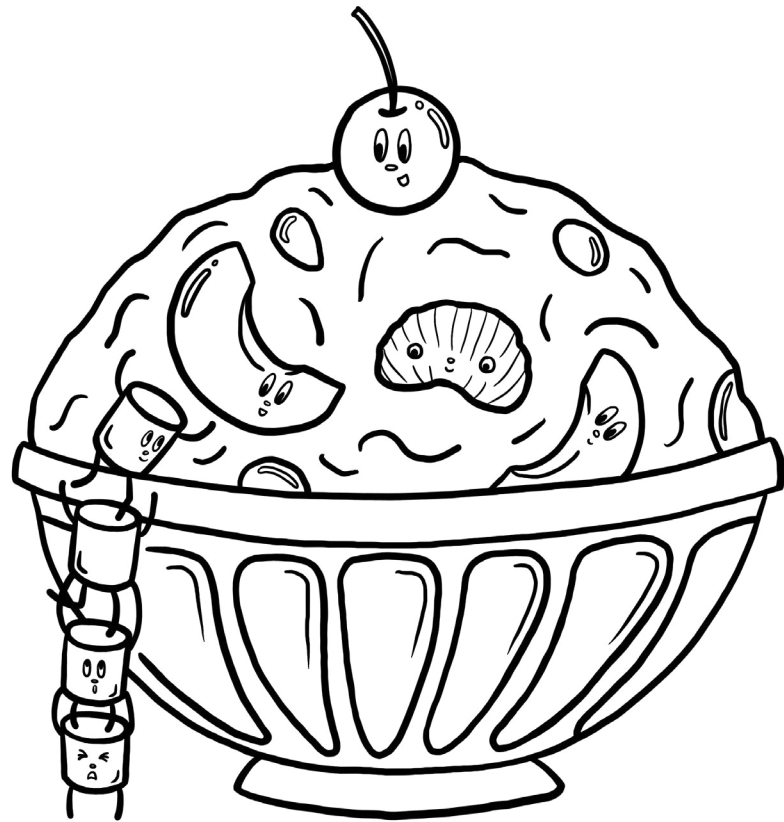
Ingredients:

4 cups all purpose or bread flour
 2 cups water
 2.5 tsp active dry yeast
 2 tsp salt
 2 tsp sugar
 1/4 cup olive oil plus more for drizzling
 Maldon or other flakey sea salt
 (optional) fresh or dried herbs -
 I use Spice Trader Italian Herbs blend and I'm obsessed

Preparation:

- mix warm water with yeast and sugar, give a quick mix, cover with a kitchen towel and leave for five-ten minutes while measuring out the rest of your ingredients
- in a large bowl, whisk flour and salt, then gently pour yeast and water into the dry mixture, use a large spatula to incorporate as you pour (mixture will be incredibly wet and sticky! you haven't done anything wrong)
- finally, pour and mix the olive oil into your dough
- you don't need to knead this, just stir together with a spatula
- cover bowl (I like to get a fresh bowl for this stage) with a damp kitchen towel and let rise for about an hour
- once dough has risen, punch it down so it is totally deflated, then cover the bowl tightly with plastic wrap (if making two loaves, this is the time to cut the dough in half and separate into two bowls)
- leave to rise slowly in the fridge overnight, up to 48 hrs (but the sweet spot is around 24 hrs)
- remove from bowl and place on a parchment-lined baking dish or cast iron pan (I cannot emphasize the need for parchment enough, it is so sticky), cover with a damp kitchen towel and let sit for 4 hrs (the dough will not fill its vessel right away, don't worry, it'll expand as it warms up)
- when the 4 hrs is nearly up, preheat your oven to 500°C
- when oven is ready, uncover dough and press your fingers into it to create dozens of little dimples, then pour olive oil all over (you cannot overdo this), sprinkle with flakey salt (you can overdo this) and herbs, if using - fresh herbs should be pressed into the dough more to avoid burning
- bake the focaccia for 25 minutes, turning it 180° approximately half-way
- remove! let cool! that's it! j'enjoy!

Bubie Moon's Ambrosia Salad



Bubie Moon's ambrosia salad is a creamy family myth, we all thought it was 90% Cool Whip. We were all wrong, the magic is the sour with the sweet. Instructions, according to Bubie Moon, via email: I only share it with people I love.

Ingredients:

1 small tins of peaches, drained
1 tin of mandarin oranges, drained
1 tin of mixed fruit, drained.
1 package of rainbow mini marshmallows
1 large container of sour cream
1 tsp. Vanilla

Preparation:

Mix all together in a large bowl and refrigerate for a few hours. If you need to know anything else, I'm at your beck and call. Luv ya, the bub. Also, it's probably better to refrigerate overnight.

Luv ya.

Cimi di Rapa Con Capunti

My family is from a part of Italy that until recently was not very well known to foreigners. “If Italy is a boot, it’s the heel!” is the line I’ve been saying to friends throughout my life. Puglia is the southeastern region of the country, defined by a Mediterranean climate, a seemingly leisure life where many businesses won’t be open on the hours their Google suggests, and impressive white cliff beaches with crystalline waters. Like most of Southern Italy, it is a predominantly working class community with roots in farming olive trees and grape vineyards. My parents recall begrudgingly stomping grapes on Sundays, getting drunk from the runoff. Food is what we bond over and what we have kept with us in my parents migration to the U.S. In my particular town, Altamura, we are blessed to have the Murgia Plateau, where wild fruits and vegetables grow seasonally, and where our dishes come from. Wild chicory, apricots, peaches, cherries, and melons, to name a few; but one of them, very well known in the U.S., is broccoli rabe. Each region is known for creating a different pasta, and ours is orecchiette and capunti (known as cavatelli here — you can use either for this dish). For my contribution, I wanted to share this quintessential Pugliese recipe that most people know of, but might not know the much simpler and authentic version.

Tip: This is a very easy recipe but the trick is all in the timing. It’s fast and you want to make sure to not burn your garlic so that the hot oil and pasta meet at the perfect moment!

(vegan if no cheese is used!)

Pron. C- is pronounced like a ch-
Broccoli Rabe with Cavatelli

Ingredients:

Broccoli rabe
Fresh minced garlic
Crushed red pepper
Extra virgin olive oil
Salt

You will need a large pot, a saute pan, and a large mixing bowl.

Optional but recommended:

Chili oil
Fresh grated parmesan cheese

Preparation:

1) Rinse broccoli rabe in cold water to remove any excess residue. Trim ½” from the edge of stems if they are too hard or dried out. You can also cut them in half if you want more bite sized pieces.
2) Bring a large pot of salted water to a boil and add broccoli rabe.
3) Once cooked, remove broccoli rabe with tongs and place into a large mixing bowl.

In the same pot of boiling water, add pasta, making sure to stir often until they’re done. (Yes the water will be slightly green and have remnants of the leaves floating around!)

4) While that is boiling, have a saute pan coated with evoo (don’t be shy!) and crushed red pepper. On low, when the pepper starts to slightly sizzle, add minced garlic. In order to not burn the garlic, add a pinch of salt and make sure it’s constantly moving in the pan until golden.

5) Reserve a small bowl of pasta water and once the pasta is al dente, strain and add to the bowl with broccoli rabe.

6) Hopefully your garlic is perfectly golden, which at this point you will pour the entire pan of oil and garlic into the bowl, tossing it with the pasta and broccoli rabe until totally coated.

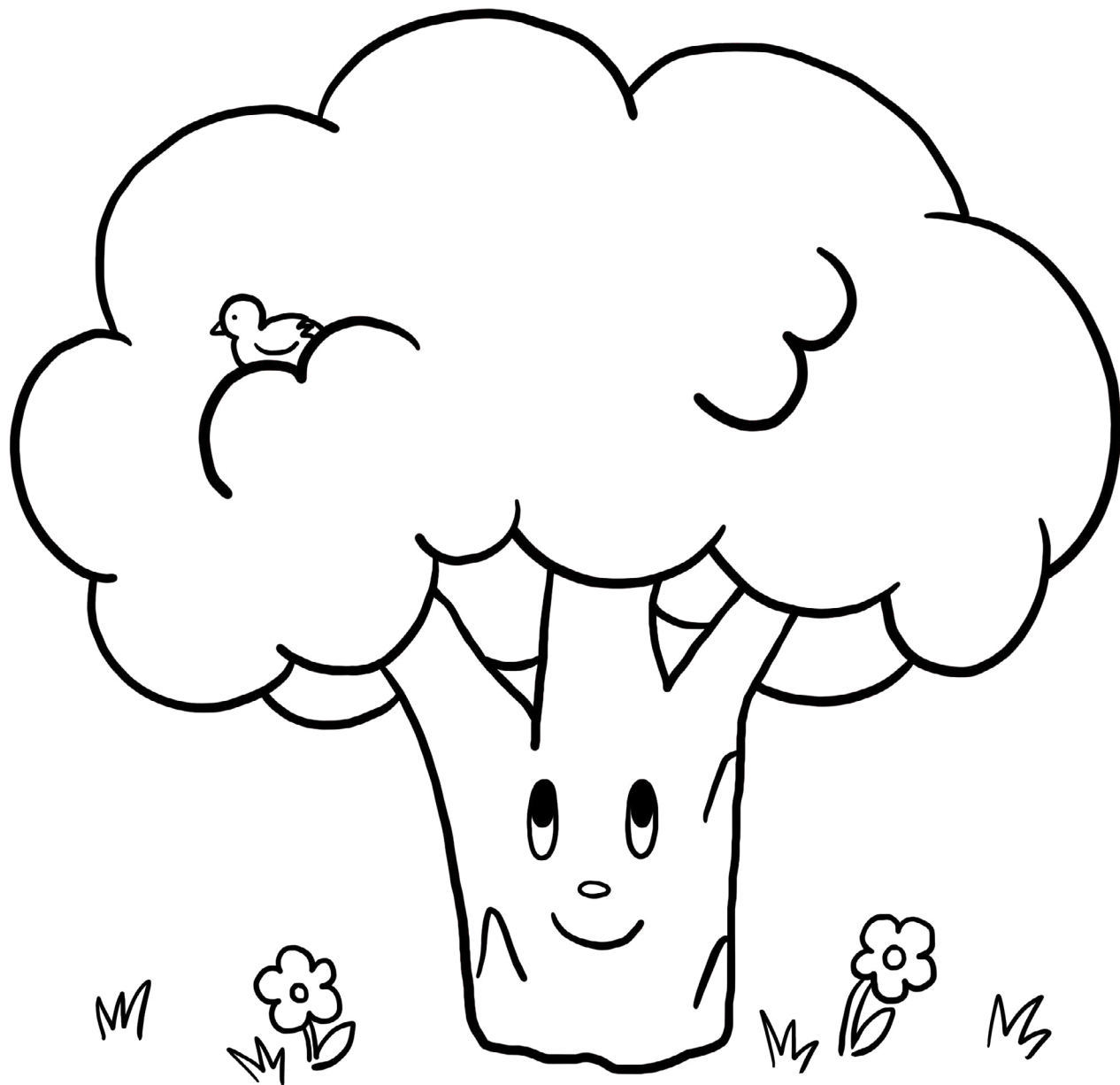
Extras:

If necessary, add salt and pepper to taste, as well as a spoon or two of your pasta water if it’s too dry. Serve in bowls with a drizzle of chili oil and sprinkle of parmesan.

Buon appetito!



Broiled Broccoli



Ingredients:

1 or more heads of broccoli

Olive oil

Salt & pepper

Whatever spices you're feeling at the moment, garlic powder, smoked paprika, chili flakes, shichimi togarashi, ajika, or nori furikake are all fantastic.

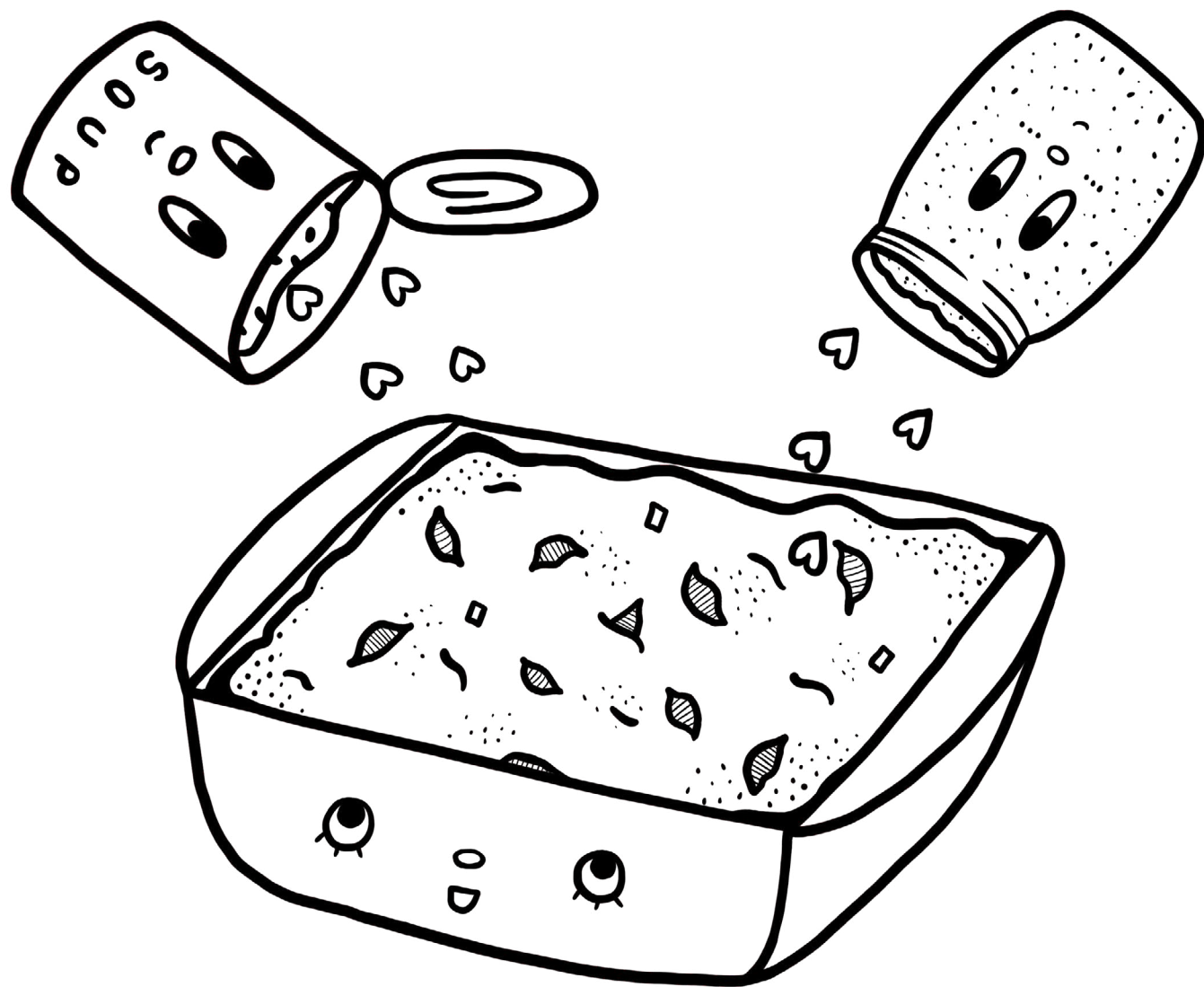
Preparation:

Cut off the stem of the broccoli and then cut it into florets about the size of your index finger. Lay the broccoli on a baking tray.

Drizzle with some olive oil, add your spices and mix so the broccoli is all coated. Turn on the broiler in your oven and slide the broccoli tray under the flame. If the broiler is in the main part of your oven, move the top rack up so the tray is about 6 inches from the flame. Broil for 5 minutes then check on it, mix it around broil for another 5 minutes. **DO NOT WALK AWAY.** You'll know when it's done when the tops are nice and crispy and the stems are bright green.

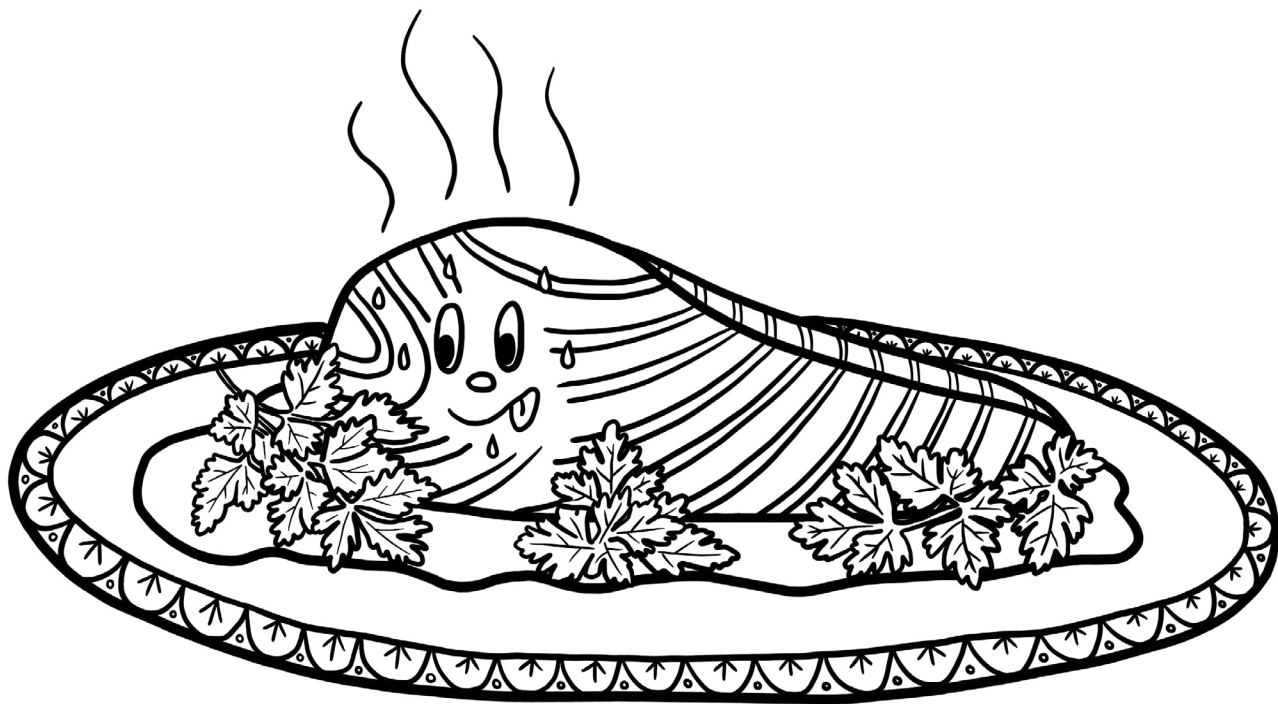
It's hard not to start eating this right out of the tray but my favorite way to have this is in a bowl with fluffy white rice and hot sauce.

MAIN DISHES



- 66-67 Malka's Moroccan Salmon by Yael Malka
- 68-71 Enid's Flying Fish Cutter by Jenna Fletcher
- 72-73 Beyond Meat Tacos by Selwa Abd
- 74-75 Salmon Teriyaki by Karlene Ooto-Stubbs
- 76-77 Commie Jerk Anything by Sojourner Ramsay-Taylor
- 78-79 Roasted Half Chicken with Vegetables and Pan Sauce by Jake Kelley
- 80-81 Mommy's Macaroni Gratinée / Haitian Style Mac & Cheese by Ashley Samson & Sebastien Samson
- 82-83 Haitian Style Meatballs By Ashley Samson and Sebastien Samson
- 84-85 Fried Potatoes and Saltfish (salted cod/bacalhau) by Fazela Haniff
- 86-87 Traditional Jewish Chicken Fricassee or Hantela and Feesela (hands and feet) by Natalie Gangbar
- 88-91 Cook Family Gumbo by Bryndon Cook
- 92-93 Grandma Rose's Chicken Adobo by Calla Camero
- 94-95 Mimi's Goulash by Evan Hunter McKnight
- 96-97 Favorite Tofu Scramble by Mikey Burger
- 98-99 Mac and Cheese w Chili Crisp by Zoë Rivard
- 100-101 Shrimpies by Sasha Sabater
- 102-103 Amina's Goat and Rice w Hot Sauce by Amina Mohamed
- 104-105 STONE SOUP DINNER PARTY by Quori Theodor

Malka's Moroccan Salmon



This is a traditional Jewish Moroccan recipe, usually served at the beginning of a Shabbat Dinner. Because it's Moroccan, it's SPICY! I recommend going to an Arab grocery to get the Moroccan paprika specifically, it makes this dish all the more special. Make sure to drizzle all that good sauce over the salmon when it's done! I hope you enjoy <3

Ingredients:

3/4lb - 1lb salmon
 1/2 cup cilantro
 4 cloves garlic (slivered)
 2 tbsp paprika (Moroccan preferably)
 2 tbsp cumin
 1/2 tsp cayenne pepper
 4 tablespoons veg oil
 2 dried chili peppers (optional)
 salt and pepper

Preparation:

Make marinade of veg oil, paprika, cumin, cayenne pepper, and salt + pepper. Use a pot (like, one you'd use for cooking pasta, a medium sized one is ideal) and put about half of your marinade into the bottom of the pot, followed by half of your cilantro and then a little less than half of your garlic slivers. Place the salmon on top of this, then repeat by putting the marinade over the salmon, your remaining garlic slivers and finish it off by laying your remaining cilantro on top of that (I love cilantro so I'll add more if I think it's lacking -- I basically like to completely cover the salmon so you can hardly see it anymore). Add 1/4 water to the marinade at bottom of pot, making sure not to spill onto the salmon. You're using this water to help steam the fish. Add the chili peppers now if you're into that (spicy mama)! Place a lid on top and cook on medium heat for about 12-18 minutes depending on the thickness of your salmon.

Enid's Flying Fish Cutter

My great grandmother Enid would fry batches and batches of hot and crispy flying fish, for what felt like the majority of her languid, humid days tucked into her little annex. In her humble house built into our house, fastidiously tending to the hot oil, using utensils from decades past, she'd fry dozens and dozen of the uniquely fileted fish, for me and my siblings to scoff and hide for later for snacking on at the beach or on the bus into town.

I've always been puzzled by the British's attitude to frying fish, my father is British, my mother, from Barbados - a country where I spent a lot of time as a curious eater. It's where we learned all about life's delicate beauties and treats like mangoes picked to order and lightly salted by the seawater you'd eat them in.

Barbados is a world much unlike my birthplace, London, it's a special little island teeming with a distinct joviality and the most amazing food you'll ever eat. My mum would pack us up to her warmer, friendlier island home for the summers and every spare school break we'd get. She would smuggle back a dozen packs of these illusive, occasionally airborne swimmers, each brick frozen as a stack of 10 fileted friends, expertly extracted from the freezer at the last minute before our departure home and packed cleverly to avoid detection at Gatwick airport, then lovingly distribute them throughout the family, whilst making sure we were stocked favorably until our next trip.

Perpetually puzzling to me is the fact that us Brits, having occupied India, most of the Caribbean and much of Africa, have a national dish which most would struggle to identify if up against a cardboard box in a blind taste off. I squirm at the thought of tourists traveling from afar to devour this hunk of soggy, unseasoned, tasteless fish? I've never understood that, respectfully.

Anyway.

Adopt this recipe for coating/battering fish, chicken....anything batter worthy. If you can get your mittens on some flying fish (food miles, schmood miles, eh) some fluffy potato buns, and a couple of cabbages this is prolly the best fish cutter you'll ever put in your mouth.

Ingredients:

1/4 rice flour
3/4 plain flour
vegetable or rapeseed oil
Maldon Salt
red and white cabbage
French mustard
Salt
lemon juice
a dash of nice extra virgin olive oil
a splash of apple cider vinegar
black pepper
flying fish

Preparation:

The Fish:

Always season your fish (honestly, this goes for any protein imo), as far in advance as you can - a couple of days in the fridge lolling around in this marinade is preferable. (Don't use citrus here, it'll cure the fish and cook it). If, unlike me you don't have the benefit of June Fletcher's home made universal fresh and fuck all star seasoning (a legendary, jar, likely hand delivered, of seasonings blitzed together; ginger, scallions, molasses, scotch bonnet, garlic, bajan thyme and other stuff I hope one day be privy to the intricacies of) try and get a jar of wet seasoning, jerk might be a little too strong but use it sparingly and cut it with your own selection of the aforementioned items. Go with your gut but keep it aromatic, punchy and balanced.

For The Batter:

Ratio is 1/4 rice flour to 3/4 plain (preferably organic wildfarmed flour) I like to season my batter, obviously! go in with some all purpose powdered seasoning! Add a couple of tablespoons of it to the flour mix.

You're going to do the egg dip, flour dip thing here.

Make sure you're getting the batter into those craggy gaps between those juicy little filets.

Frying:

Use a light oil, vegetable or rapeseed. Get it ripping hot.

My grandmother always told me to lay the fish away from you into the oil. clever.

Fry them for 4/5 mins, until they're golden brown and crispy little wads of love.

Lay them on a paper towel to soak up that excess oil.

Lightly season with flaky salt! Maldon 4 L!

Fry a batch, store them in the fridge and distribute to loved ones.

The Rest Of It:**Cabbage Slaw:**

Mandolin a quarter of a red and white cabbage to medium thickness, you want some bite/crunch here.

Make a quick dressing using French mustard, salt, lemon juice, a dash of nice extra virgin olive oil, a splash of apple cider vinegar and black pep.

I'm a well known mayo hater, I don't want that, but I guess you could go in with some mayo here (don't). I will, however, endorse the use of bajan hot pepper sauce here, though.

Toss together, refrigerate, eat for days to come with any and everything.

The Bun:

It needs to be soft like the softest thing you know, if you can get sweet, potato-ey buns from a Caribbean bakery you should endeavor to.

Pour your used oil out of the frying pan and into a jar for re-use, straining it as you go. Put the pan pack on the heat, don't wipe it.

Cut your buns and use them to clean the oily pan up, using that residual oil to toast the buns lightly.

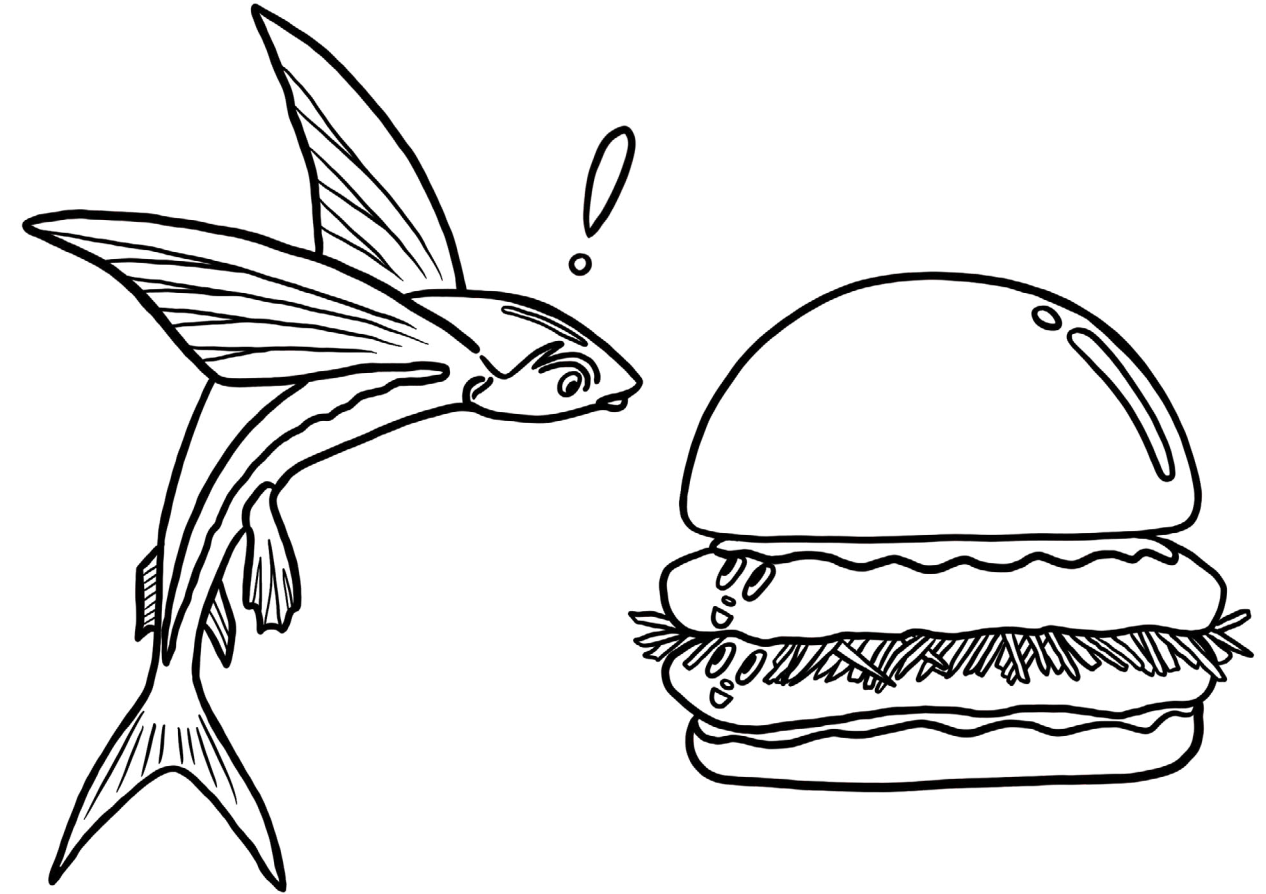
Essentials:

Bajan hot pepper sauce, this condiment is a slippery slope, I'm warning you, it'll end up finding its way into everything you eat.

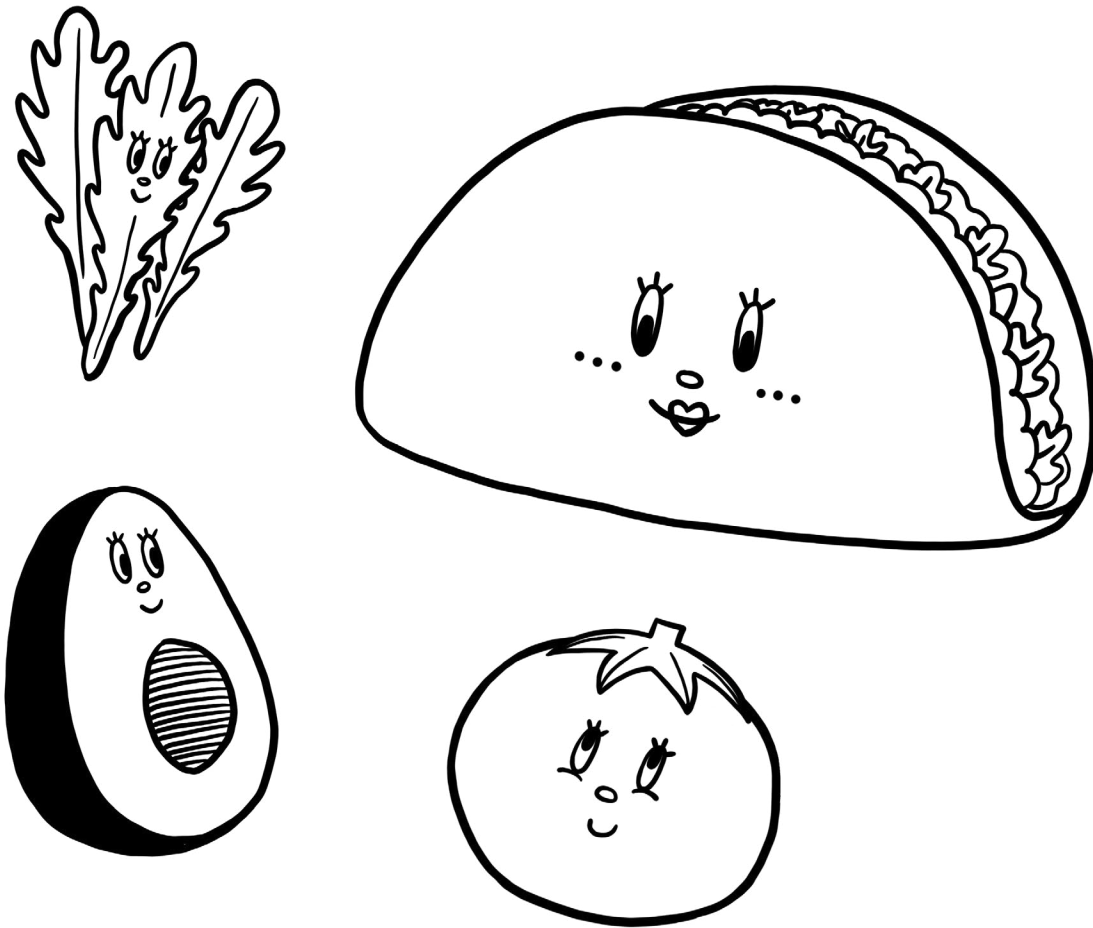
You want to architect yourself something like this:

Bun,
Pepper sauce,
Fish,
Slaw,
Fish,
Bun.

with love. enjoy.



Beyond Meat Tacos



I'm not a cook, chef. I'm terrible as a matter of fact I always eat the same food out of laziness. But I must admit, during covid, I found out of the blue this amazing recipe by... (Kim Kardashian), honestly it tastes so good and is so quick. Of course, I remixed it.

This recipe reminds me of the old pandemic days. I remember with my unemployment \$ I was able to invest in a ninja air fryer, which helped me a lot to achieve this recipe.

Ingredients:

Beyond Meat
 Tomatoes
 Arugula
 Avocado
 Siete Frozen Almond Tortilla
 2 tablespoon chili powder
 3 tablespoon cumin
 1 tablespoon garlic powder
 1 tablespoon onion powder
 2 tablespoon oregano
 1 teaspoon salt
 1/4 cup water
 2 tablespoon Primal Kitchen Unsweetened Ketchup
 1 tablespoon Olive Oil

Preparation:

1- in a large pan heat some olive oil and add the beyond meat, let it cook until its brown (break it with a spatula so you have little pieces)

2- Add Lots of cumin, salt, garlic powder, chili powder, onion powder and (lots of) oregano.

3- Once cooked, add water and the unsweetened ketchup.

4- If you have an air fryer, Add the tortilla with beyond meat mixture on top of it and let it heat for few minutes.

4- If you don't have an air fryer, you can heat the tortilla on a pan and make sure each side is puffy with some brown spots.

5- You can assemble your tacos and add the salad mixture (if you heated tortillas on a pan). If you used the air fryer, add on top of the taco the salad mixture.

**** Salad Mixture:** Mix arugula with some olive oil, salt and (lots of) avocado, add some pepper and some small tomatoes. Add one tablespoon of apple cider vinegar and sprinkle some seeds (sesame seeds or pumpkin seeds). You can also add some hemp seeds. You can also add some cilantro if you like.

Salmon Teriyaki

This is my family's stripped-down version of teriyaki (照り焼き) sauce. We make it with salmon but feel free to adapt for any veg or protein.

Like all Japanese-Canadians, my family has a bastardized interpretation of Japanese food culture.

My grandparents and great-grandparents were incarcerated in internment camps during the Second World War. Their farms were dispossessed, fishing boats impounded and communities forced to disperse. Without staples from the cuisine, families learned to make do with what was available.

Traditionally, a combination of saké and mirin are used to sweeten teriyaki. The destruction of Japan made these impossible to import during and after WWII, so brown sugar had to suffice.

My family eventually ended up in the prairies. Working as labourers on sugar-beet farms, the crops they harvested would later be processed into brown sugar. Where no ocean can be found, eating salmon and sugar became an act of vengeance and remembrance.

Thankfully, geography does not impede community food culture. There are a few dishes all J-C families make, whether your family was sent to Winnipeg, Toronto or Calgary; a yakisoba that we call 'chow-mein', a baked manju with white bean instead of red, and inari sushi. Whenever I meet fellow yonsei (4th generation), we lament the only sauce we know is 'the teriyaki with shoyū and brown sugar'. It feels like cheating, but this sauce has become a part of J-C cuisine in its own right.

This dish serves as a memory, both lost and found.

Ingredients:

4 salmon steaks
 ½ cup brown sugar
 ¼ cup Japanese soy sauce (my family is loyal to Kikkoman but you can use something fancier/gluten free etc.)
 ¼ cup water
 2 tbsp fresh lemon juice
 A few slices of fresh ginger
 1 garlic clove, smashed

Preparation:

Heat brown sugar, soy sauce, water, lemon juice, ginger and garlic in a frying pan large enough to fit the salmon.

Slowly boil, uncovered, stirring occasionally, until the sugar is melted. Add salmon, reduce heat and cover.

Simmer salmon for about 4 minutes per side, depending on thickness and desired doneness. Remove the salmon and keep warm.

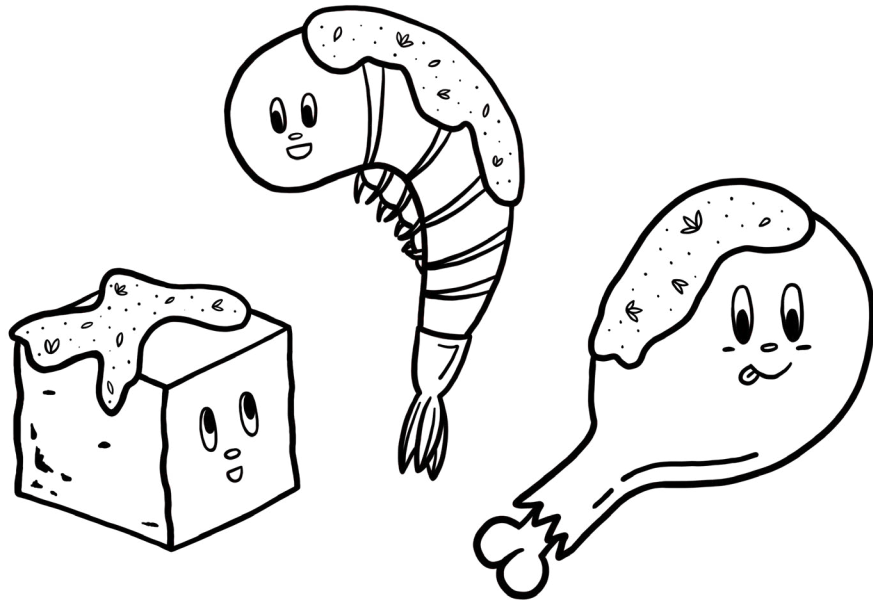
Boil the sauce until thickened a bit more (about another 3 minutes), being careful not to burn the sugar.

Serve the salmon drizzled with the sauce, or place on the side for dipping.

がんばって！



Commie Jerk Anything



This recipe is for a crowd, whether that's the one around your dinner table or your greater community gathering. I try to remember that community is revolving and breathing. It can grow up into a chaotic chorus, a course through relation and relativity.

With this recipe I'm coursing through old favourites with new applications. Some of my earliest communities were Black/queer/trans/butch/weird and Caribbean. Some of my earliest smells were thyme and stew chicken; soup dumplings; carrots softer than water. They're fond memories that remind me, there are some constants.

Food and drink play an important role in that community: binding, fastening and providing. Providing points of memory, conversation and concert babe. The plate is your stage for some taste of today.

Here's mine, for a day when you'd like to stay in the sun, then the shade, then play backyard games. Pair this with rice, and any seasoned sauteed veg for the real deal.

Ingredients:

1 tbsp minced ginger (4-5 med. cloves)
 1 tsp minced ginger
 1 to 2 tbsp fresh or dry thyme, no stem
 3 tbsp fresh lime juice
 1.5 to 2 tbsp worcestershire sauce
 1 minced hot pepper, no seeds TO TASTE - scotch bonnet, habanero, etc.
 - OR, you can use a Caribbean pepper sauce. For this round I'm using 1
 tsp scotch bonnet pepper sauce
 Half tsp sugar
 Half tsp miso paste
 1 tsp soy sauce
 1 - 3 minced spring onion (you want about 1 tbsp yield)
 4 tbsp olive oil
 1 tsp salt (to taste)
 1 tsp ground black pepper (to taste)
 2 tbsp stock (veg, beef, chicken) of choice
 Optional:, half teaspoon premade "jerk" seasoning (ie Grace)
 Protein of Choice

Preparation:

Recipe Preamble

- These measurements will yield about 1 cup of marinade, adjust based on your serving size. You want this to be a loose paste, and not too runny.
- Choose your star protein, in a portion to feed about 4, and double the measurements below as you double your serving size. I've used this on: shrimp, firm tofu, salmon, etc. It's jerk "anything" !
- Lastly, Jerk sauce is acidic, spicy and sweet, and your best bet is to activate it on a grill, using fire or high heat.

In a mixing bowl combine aromatics for marinade, for fun results blend it! Once ready, pour onto your star protein (Reserve some for cooking time) Toss and let marinate for 20 min to 1 hour in the fridge using bowl or ziplock bag - the longer you marinate the item, shrimp for example, in something this acidic, the more the shrimp will break down, becoming difficult to grill, so keep it shorter than you think. Seafood will generally marinate for less time than tougher proteins like firm tofu / chicken

As mentioned earlier, Jerk is best done on high heat especially when there are flames involved. On the bbq or stove top, preheat the grill or pan to med-high. Oil the cooking surface. Throw the marinated protein down. Cook on med-high until desired tenderness is met, aim for seared/charred colouring if possible. Done & dusted. Out of this world!

Roasted Half Chicken with Vegetables and Pan Sauce

Good for a cold fall night at home with friends. Best while listening to Nala Sinephro Space 1.8 and a few lit candles.

Ingredients:

½ Organic Bone in Skin on Chicken
 6 Carrots
 ½ White Onions
 4 Cloves Garlic
 1 Cup Shitake Mushrooms
 4 Sprigs Thyme
 1 Cup White Wine
 ¼ Cup Smoked Mushroom Garum (Can substitute with ¼ 1 Tsp Mushroom powder)
 ¼ Cup Cream
 1 Tbsp Butter
 1 Tbsp Flour
 Oven safe pan
 Olive Oil
 Salt
 Pepper

Preparation:

1-2 days ahead unwrap chicken, salt, dry skin with paper towel, place in fridge uncovered so moisture is removed from skin.

Preheat oven to 425*

Half carrots length wise, Remove skin from onion and cut in half, Remove skin from garlic, Mince 1 clove of garlic leave the rest whole, Cut mushrooms in half, Remove stems from thyme, put all to the side.

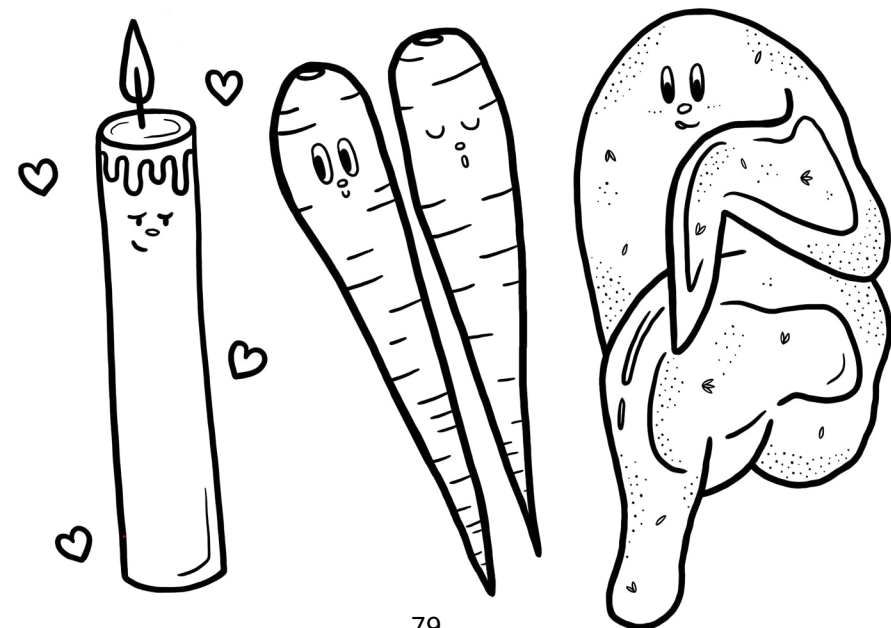
Heat up oven safe pan on high heat with olive oil, When pan is hot place chicken in skin side down, Place a plate with a heavy object on top of chicken to push it down onto the hot surface of the pan.

When the chicken skin is brown and crispy remove chicken from pan, Put to the side placing chicken skin side up.

In the same pan add in carrots, onions, and whole cloves of garlic, Place the chicken on top of vegetables skin side up and put pan in the oven for 25 minutes.

Once the chicken is cooked removed all the items from the pan leaving in the chicken drippings, Return pan to stove top, heat up to medium high heat, Add in garlic and mushrooms, When they are cooked deglaze pan with white wine, When wine has cooked down remove pan heat, Stir in butter, Stir in smoked mushroom garum (or whisk in mushroom powder after cream), When pan has cooled add in cream, Then whisk in flour a little bit at a time, sprinkle in thyme, Add salt and pepper to taste to sauce, vegetables, and chicken.

Enjoy.



Mommy's Macaroni Gratinée / Haitian Style Mac & Cheese

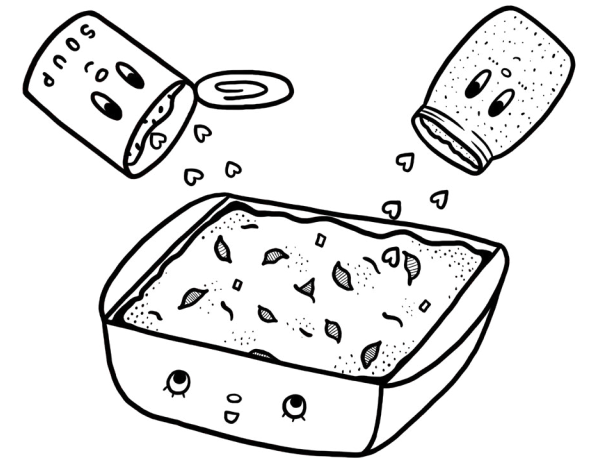
When thinking about what to add to this cookbook, I wanted to include something that reminds me of my mother and ties back to my being Haitian. The schools I went to in Florida after leaving New York were always filled with kids speaking down on Haitians, I was constantly fielding questions about whether or not Haitians eat cats or dealing with the HBO acronym, which stood for Haitian Body Odor. Growing up I felt like I couldn't be proud of my heritage, but at the same time, I couldn't help but love being Haitian. I love our food, I love our music, and I'm trying to reclaim those years when I felt so embarrassed about who I was. During the last few years I spent in Florida before moving back to New York, I took my mother's incredible cooking for granted, so these dishes honor her and my Haitian heritage. For these recipes, my sister and I wanted to do something that spoke to our childhood, something my mom would make that we always got excited to see on the dinner table. Macaroni Gratinée and Boulèt, a Haitian style mac and cheese and Haitian meatballs, with Sós, or Haitian gravy. The thing about Haitian cooking is that it really varies so much, highly dependent on who's cooking it.

Many Haitians might scoff at my mom's macaroni recipe but it's my mom's, that's why it's special. My mom (like most Haitians) isn't the biggest stickler for measurements when it comes to cooking either, so my sister and I measured things out to the best of our ability, that's why tasting is so important here, the main things about Haitian cooking are taste and sight, that's how you know what's working, so feel free to change measurements based on what you like. The most important ingredients here are our epis, a Haitian spice blend I'd recommend making in advance (you can freeze and use in other dishes!), the cream of mushroom for our mac and cheese, and of course, onion and garlic. Don't be worried if certain things deviate from the recipe, it'll still be delicious! (I will be asking my mom to make all these things when I'm back in Florida).

Serves 3-4

Ingredients:

1 box of shell pasta (any pasta you like works)
 1 tsp Epis (Haitian spice blend, many recipes available online, if you can't find, sofrito is a great alternative)
 3.5 tablespoons of butter
 3 cloves of garlic (chopped)
 1/4 of Spanish onion (diced)
 1/2 can of Evaporated milk
 1 can cream of mushroom
 2-3 tablespoons of flour
 1/2 cup of Parmesan
 Onion powder, garlic powder, adobo
 Olive oil
 Pasta



Preparation:

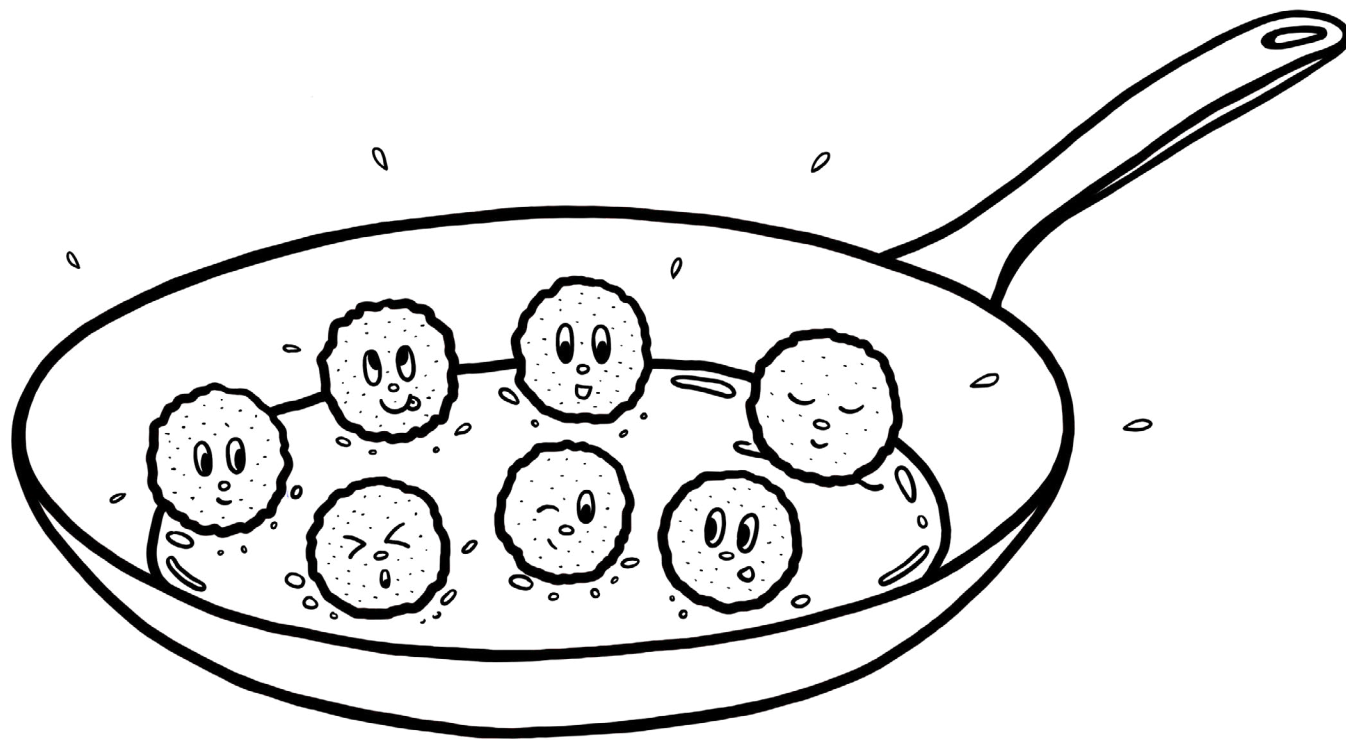
Get some water boiling for your pasta, salt water, and add some oil
 Cook to the box instructions for al dente
 Drain the pasta then add into a separate large bowl,
 Add 1 tsp of epis, and 1/2 tbsp of butter to cooked pasta, mix
 Add seasonings (adobo, onion powder, garlic powder, black pepper)
 to taste

Set aside
 Bechamel/Bake

Preheat oven to 350. On medium heat, add three tablespoons of butter to a pot, and let it melt down. Once the butter has melted, add onion and garlic. Cook veggies 2-3 min, until onions become translucent. Add flour a tablespoon at a time, (2-3 tablespoons should suffice), till it's at a thickness to your liking, mix the whole time. When the flour begins to clump up, add evaporated milk, continue to mix. Allow the mixture to thicken up, keep the heat medium-low. Add more milk if it's too thick. After it's reached the desired thickness, begin adding cheese, mix in, and add seasoning to taste.

Once it's all incorporated, add your can of cream of mushroom, and mix till incorporated (it doesn't look cute, but it's delicious) Add pasta and mix, give it another taste to make sure everything is working. Grease a square baking pan (ideally glass but not mandatory). Add pasta into the pan, flatten it, and add a tiny bit of olive oil in each corner, for crispier corners (secret from grandma) Sprinkle Parmesan on top, bake covered for 25-30 minutes, uncover, and broil till the top gets a nice golden brown coloring Enjoy. Boulèt (Side)

Haitian Style Meatballs



Serves 3-4

Ingredients:

1 pound of ground beef
 3 cloves garlic (chopped)
 1/2 Spanish onion (diced)
 1/2 bell pepper (diced)
 1/2 tablespoon garlic powder
 1 teaspoon onion powder
 1/2 teaspoon black pepper
 1/2 teaspoon adobo
 1/2 teaspoon ground clove
 1 tablespoon Epis
 1/2 scotch bonnet (optional)
 1/2 cup of breadcrumbs
 Pinch of salt
 Canola oil for frying (feel free to experiment with oils)

Preparation:

Flour

Place your ground beef into a large bowl, set aside

Take your onion, garlic, and bell pepper and cook them for about 2-3 minutes on medium, you want the onions slightly translucent, just cook them enough so they aren't entirely raw when going into the meat

Once they're done add them to your meat

Add breadcrumbs seasonings, and scotch bonnet, combine it all together

Fill the bottom of your pan with oil, enough for a shallow fry

While the oil heats up, pour some flour into a bowl

Form the meat into balls, and roll them around in the flour so they have a light coating

Fry the meatballs till they've reached a darker brown color

Enjoy

Sós (Haitian gravy)

Heat up olive oil in a pan

Add 1 Tablespoon of tomato paste

1 Quarter onion

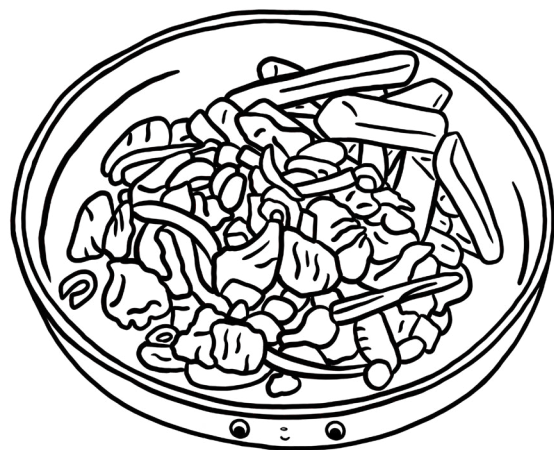
1 Quarter pepper

Add water

Cook down

Add seasonings to taste (salt pepper hot sauce garlic powder)

Fried Potatoes and Saltfish (salted cod/ bacalhau)



Many Guyanese dishes have a Saltfish component. There is saltfish cake made of Salted cod and potatoes, bakes and Saltfish stew, egg curry with Saltfish, Saltfish and cookup rice, and many more. However, I will be sharing my recipe for Fried Potatoes and Saltfish (salted cod/bacalhau). One of my favourite Saltfish dishes. I sometimes add string beans to this dish. It hits the spot on a cold winter's night.

The Saltfish can be found in most grocery stores in the deli section and all Caribbean grocery stores. It is sold in 1 kg portions as bone-in, deboned or bits at grocery stores. It is also available as a whole fish and sold by weight. Most whole fish are usually sold with the skin still on them. For the best results, ensure that you choose cod.

Serving for 2 or side dish for 4. Served with steamed rice.

Ingredients:

1 and a 1/4 medium tomatoes
2 medium cloves of garlic
1 small onion
1 shallot
1/2 a package of salted cod (half a kg)
2 medium potatoes
salt to taste
fresh chilli/hot pepper, to taste
6 tablespoons of cooking oil (Olive is my usual choice)

Preparation:

Step 1. Wash and soak your salted fish overnight. It is essential to wash it first. If not, you will be soaking the fish in salted water. Soaking the salt fish overnight removes most of the salt and softens the fish.

Step 2. Change the water at least 4 or 5 times until it is time to start cooking.

Step 3. Drain the water from the fish

Step 4. Inspect the fish to ensure that it is clean.

Step 5. Place the fish in a towel, cloth or paper, and wring out any excess water. If you don't do this, you will end up with bubbly salt water when you cook the fish, making it too salty to eat.

Step 6. Cut or hand-tear the fish in the size you desire. I recommend no bigger than two-finger width.

Step 7. Chop the onion, shallot, garlic, tomatoes and hot pepper.

Step 8. Cut the potatoes as you would do for chunky fries.

Step 9. In a deep skillet, heat 4 tablespoons of oil at medium heat

Step 10. Add the potatoes and stir regularly to ensure that the potatoes are getting cooked on all sides, and add salt to taste.

Step 11. After 7 minutes, add the onions, shallot and garlic.

Step 12. When the onions are translucent, add the remaining oil, the salt fish, a handful at a time and the chopped hot pepper

Step 13. Stir the contents to ensure that all the food is getting cooked evenly.

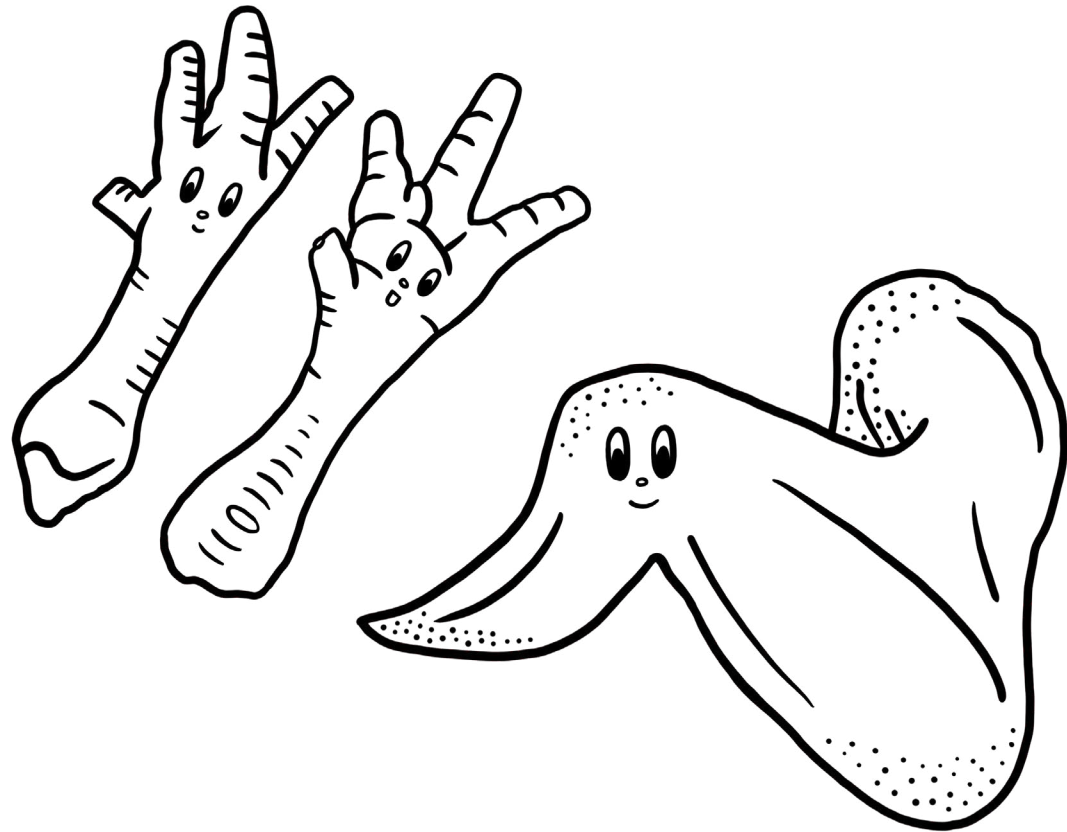
Step 14. After 5 minutes, add the chopped tomatoes. Keep stirring the pot intermittently to ensure all the contents are cooked evenly.

Step 15. Cook for the remaining 7 minutes or until the tomatoes are cooked.

Step 16. Serve on steamed rice.

Enjoy! Happy Eating

Traditional Jewish Chicken Fricassee or Hantela and Feesela (hands and feet)



This is an exact recipe passed down to me by my grandmother Sarah Gangbar (Miller). My Nanny never measured anything at all so when making this dish I improvise on quantities depending on how many people I am serving. This dish is made with the less popular bits of the chicken. Wings, necks, Gizzards (pupicks), and the best part—chicken feet. There are small meatballs that are added at the end to round it off. All of these ingredients are braised in a delicious sweet and sour tomato sauce.

The Fricassee is full of collagen that breaks down to create this scrumptious dish.

Grab some Challah and dip in the gravy.

Be Brave!

Try it.....

Ingredients:

3 tblsp Olive Oil
 5 Parsnips peeled and diced
 5 Carrots peeled and diced
 5 stalks of celery diced
 3 onions diced
 a kettle of boiling water
 1tsp salt
 fresh ground pepper to taste
 4 cloves of garlic chopped or pressed
 1/2 lb to 1 lb chicken feet cut in half. Have the butcher cut off the nails. Make sure that the yellow skin has been removed by the butcher.
 1/2 lb to 1 lb chicken necks
 1/2 lb Gizzard
 1/2 lb to 1 lb chicken wings split
 1 lb ground meat I like to use turkey
 1/2 cup matzo meal
 1 egg
 1-2 cans plum tomatoes
 1/2 -1cup of Tomato ketchup. Heinz is my favorite
 1 lemon

Preparation:

*Meatball mixture in a bowl add ground meat, matzo meal and 1 egg. wet your fingers in cold water and roll the meat into small meatballs and add to the stew below.

1. In a large pot heat olive oil and add all of the diced vegetables and Garlic and cook until sweating.
 2. Add enough boiling water to cover the vegetables
 3. Add salt and Pepper
 4. toss all of the meat except the ground turkey into the pot.
 5. Add plum tomatoes and Ketchup
 6. Bring everything to a boil and gently add the rolled meatballs to the pot.
 7. Squeeze the juice of one lemon into the pot.
 8. Cover and cook on low heat for two or three hours. making sure that you stir very gently as the bits will fall apart. Add water if it is getting dry as you want a nice amount of liquid.
- Cool and store in freezer safe containers.
 Fricassee is much better the day after it is cooked and it freezes really well. The Collagen makes the stew solid when it is cooled so when re heating place in a pot with a little bit of water and re heat on low and do not stir too much.
 Serve over Rice, Kasha or dip Challah into the gravy.

Cook Family Gumbo

This is a special recipe closely tied to my father's side of the family. For the most part, my family comes from both Magnolia & Greenwood, Mississippi. Magnolia in particular, is quite close to New Orleans & Louisiana proper, so the creole/delta footprint runs through the cooking traditions of my father's side quite heavily. Versions of this recipe have been prepared and passed down his 3 older sisters: Aunties Patricia, Barbara & Lola Dean. It's been a staple of every Holiday season from Mississippi to Maryland, Atlanta and in between. We grew up with our father, Anthony Earl's rendition. This will be the base recipe I'll be sharing here, with a couple of personal twists as an offering within the tradition of our family. This is how you make Gumbo.

An important thing to know: Gumbo is not soup, Gumbo is not Jambalaya nor Dirty Rice. Contrary to popular belief, your dish will immediately become a stew once shrimp, crab or seafood is added. These are not my rules, I just abide by them. Gumbo is not a seafood stew. Respectfully, easterners have convoluted the landscape of gumbo over the years: adding everything under the sea and sky to the pot. This recipe is in the style of a traditional cajun gumbo, with added flair from our family's particular taste and mine.

these portions will serve 4-5 people for at least two days. Add or subtract 1:1 depending on your desired yield

Ingredients:

Biggest & Deepest Pot Ya Got
Bunch of Bay Leaves
Bunch of Garlic
Birdseye Chili (Green)

The Trinity:

3 LARGE WHITE ONIONS
3 LARGE CELERY STALKS/HEARTS
3 GREEN BELL PEPPERS

Elements for a good Roux:

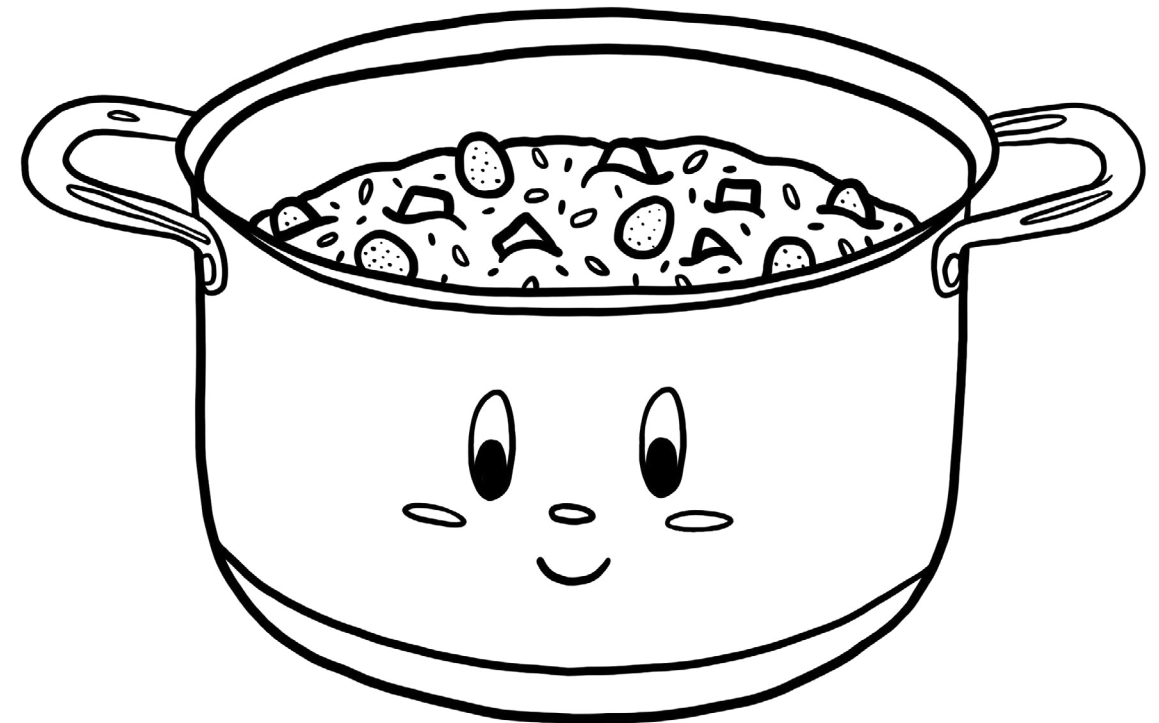
2 CUPS of ALL PURPOSE FLOUR
NEUTRAL COOKING OIL, Grapeseed etc

Elements for a good stock:

5 dried shitake mushrooms
3-4 small kombu leaves
2 packs of Bonito flakes

Proteins:

6 Andouille Sausage Links or more
5 Bone In Chicken Thighs, 4 Boneless



Preparation:

STOCK PREP:

Preparing your stock: my first personal pivot on this recipe is the use of a japanese style stock (dashi) instead of chicken or beef stock. Traditionally, folk will use the latter in their recipes, but I find a well made dashi not only gives the gumbo more umami, but will illicit a similar seafood flavor without sacrificing the integrity of the Gumbo. Bring a pot of water to a low boil. Add your kombu leaves, they should be the size of your palm once broken up. Continue adding dried shitake in equal parts to your kombu. Once both have been able to simmer, you can add the dried bonito flakes. Season with salt to taste. Once all of these ingredients have been allowed to marry, after roughly 20-30mins or more, strain the liquid into kitchen pint size tupperware. Repeat these steps until you have at least 2-3 pints of stock ready. Once they are, set them aside to come to room temperature.

MISE EN PLACE:

Mince all onions finely.

Chop Bell Peppers a little less fine, leave seeds for spice!

Chop Celery the least fine, as you want to preserve its texture a bit more.

Collect your trinity into a bowl and set aside, seasoned with salt & pepper.

Smash and roughly chop Garlic and Green chili. Set aside away from your trinity.

PRELIMINARY COOKING STEPS:

Lightly coat your cooking vessel with a 1/2in of your neutral oil.

Season chicken to your liking: salt, pepper, garlic & onion powder, cayenne pepper.

Add chicken in batches to lightly brown the skin.

Don't overcrowd or burn.

Remove batches of chicken, leaving a bit of fond on the surface of the pot. Deglaze with butter and a bit more oil if need be.

Preparing The Roux & The Brew:

these are steps to make a lightning quick, dark roux. If you burned your chicken, you made need to start over with a clean pot.

1) Add an inch of neutral oil to your pot.

2) Let oil come to a sizzle.

3) Slowly add your flour while stirring.

4) Do not over pour. Let the flour coagulate but do not let it burn or stick.

5) Once all the flour is added to the oil, continue to mix until the roux goes from blonde to a chocolate brown. If your oil is hot enough, this should take 10 minutes tops.

6) Add your trinity to the roux and let sauté for 4mins, longer or until onions break down and become translucent.

You can also add chilis now.

7) Once Roux + Trinity are incorporated, slowly add your pre-made dashi stock, deglazing and infusing into a thicker liquid.

8) Bring to a heavy rolling boil, while continuing to stir, add bay leaves and garlic. Seasoning to taste as you continue to let the pot simmer.

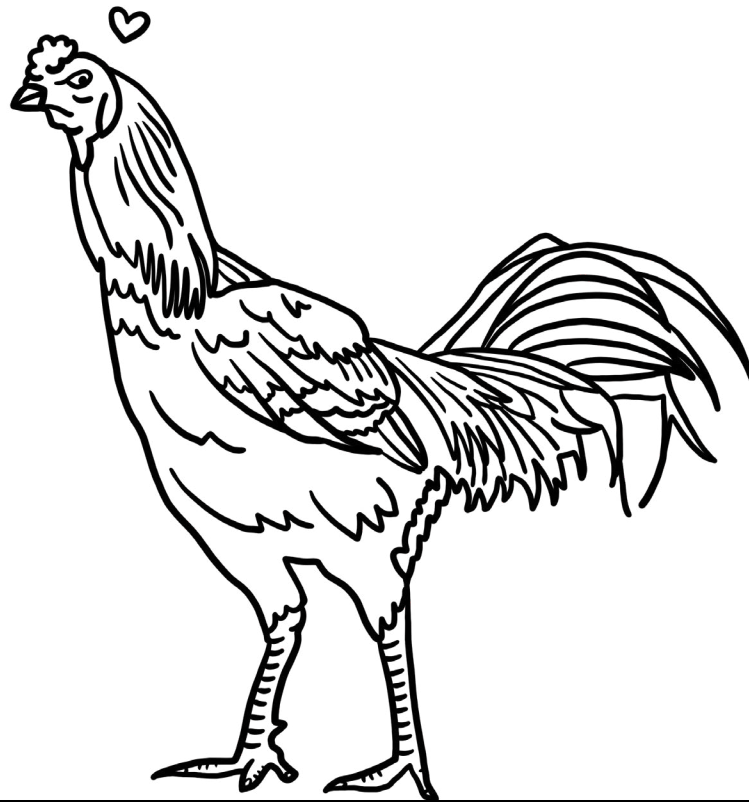
9) Slowly add in your par-cooked chicken and sliced/rough chopped andouille sausage.

10) Continue to let the pot simmer with a closed lid for an undefined, extended period of time. Stirring and checking occasionally for flavor and the breakdown of the added proteins.

SERVING:

After a few hours, you should have a lighter and more aromatic gumbo, with chicken falling off the bone & the boneless broken down and shredded from stirring. Serve with a bowl of medium grain white rice, chopped scallion and a few sprigs of parsley if ya got 'em! Voila !

Grandma Rose's Chicken Adobo



Growing up my grandpa had a chicken farm. Every year, my cousins and I would visit Lanai where my grandparents lived and would spend hours at the farm, petting, feeding, and playing with the chickens. We loved them. Every single one of them. We didn't know it at the time, but my grandpa fought them in an underground cockfighting community, and was incredibly successful in this sport. Initially this news was hard to stomach. Especially because my cousins and I saw the chickens as pets, as family. One day I sat with my grandma in the kitchen as she chopped eggplant and bittermelon for her pinakbet, and asked her why grandpa would fight the chickens. She told me because it made him happy. It took me a long time to understand what that meant. Now looking back, I understand he was an immigrant who longed for his culture, his home. Everything he did, he did for us. But that enjoyment was meant entirely for him. Immediately after my grandma told me why my grandpa fought chickens, in the very same breath, she walked me through how to make chicken adobo for the first time. This is her recipe.

Ingredients:

Olive oil
Patis (fish sauce)
Hawaiian salt
4 garlic cloves
1 head of ginger
Whole peppercorn
White distilled vinegar
Shoyu (soy sauce)
Bay leaves
Chicken with skin and bone (usually thighs and legs)

Preparation:

Wash the chicken under cold running water... "always wash your meat" grandma says. Use a meat cleaver to chop chicken into smaller pieces, watch out for bone shards. Prep garlic: chop 2 cloves and leave 2 whole. Peel ginger and cut into big slices. Salt chicken generously. Then braise with oil, patis, whole cloves of garlic, ginger slices, and whole peppercorns on medium-high. Braise until the chicken is golden brown. Strain some of the sauce from the pot so the adobo doesn't become too soupy. (optional: remove big chunks of garlic and ginger. I always leave them in.) Add shoyu, vinegar, and chopped garlic. Fry until the sauce becomes sticky. Add bay leaves, cover pot and turn heat to low until chicken is cooked through, periodically stirring and removing sauce and some oil from the top so the adobo isn't soupy.

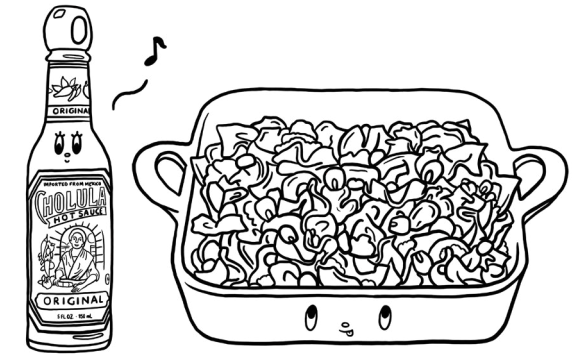
Mimi's Goulash

My grandmother was a humble woman from rural Tennessee. Kind to everyone she met and surprisingly open-minded despite her soundings. She had a few staple dishes she raised 3 children and on, but the one I've loved since I was a child was a casserole she called goulash. It's nothing fancy. Technically not soupy enough to be a goulash but full of delicious, comforting textures, and great for meal prep because it makes a lot of food.

Through my vegan years I made it with all kinds of modifiers, I'm sure you can figure it out if need be. Her recipe technically calls for 1lb ground beef and 1lb ground chuck but I haven't eaten beef in years so this recipe is how I make it. Feel free to follow Mimi's way, I'm sure she'd appreciate you for it. She typically made it as a side dish for bigger family meals or on a lucky occasion lunch that would turn into days of snacks. She insisted that it's made with vacuum-packed canned corn but I don't really think that's a thing anymore, or at least I've never seen it. Her reasoning was to make sure the corn kernels had a snap to them. I've found that just getting a higher quality can of corn, something organic, does the trick. She would use Campbell's soup but go with Amy's or Pacific Foods. Do you, make this on the cheap if you're budgeting or bourge' it up.

Ingredients:

1lb Ground Turkey
 1lb Ground Pork
 1 Large Red Onion
 8oz Can of Corn
 12oz Bag of Egg Noodles (No Yolkes - Broad)
 1 Can of Tomato Soup
 6oz Can Tomato Paste
 8oz Shredded Sharp Cheddar Cheese
 Salt and Pepper
 Boil a Pot of Water, and Dice Onions



Preparation:

Add egg noodles to boiling water

Cook meats in a large skillet, season with salt and pepper

Cook diced onion in a separate skillet until they brown then add corn to the skillet just long enough to heat the kernels - you don't want to take away their snap

Once meat is cooked add tomato soup and tomato paste, stir in evenly

Add corn and onions to cooked meat and simmer for a couple minutes just to have everything marry

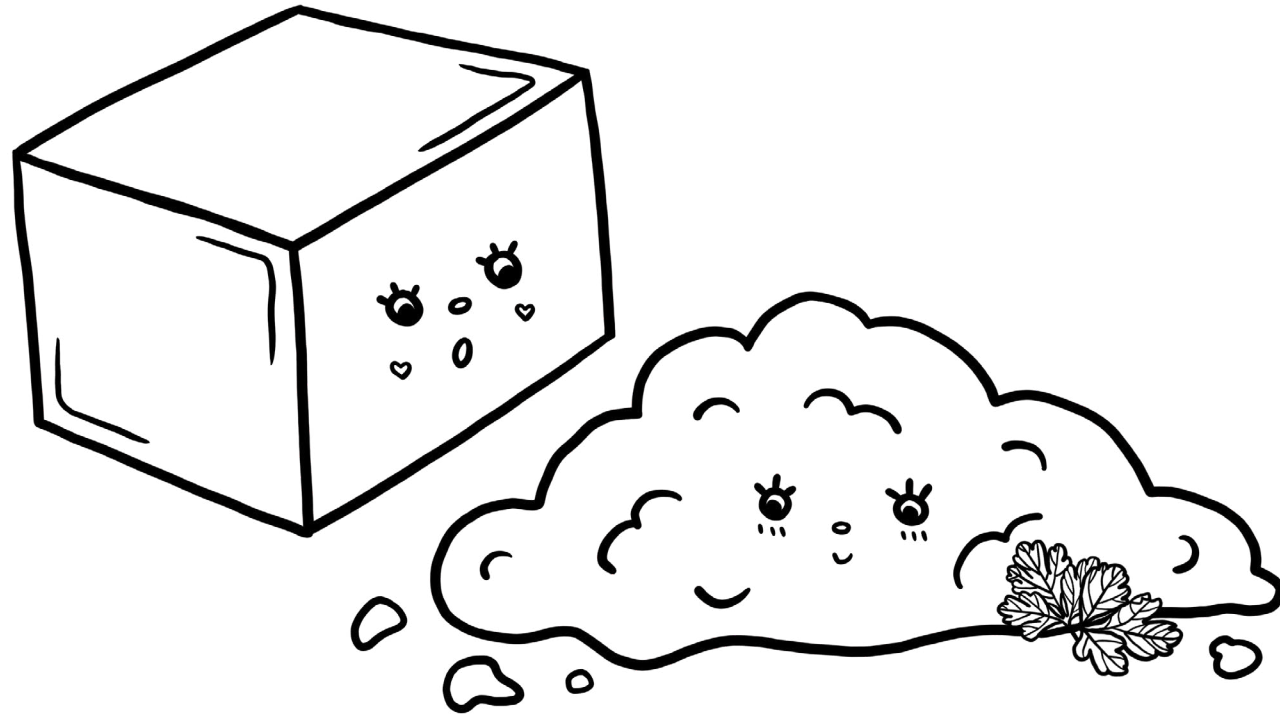
Add strained noodles, meat, and 2/3 of the Cheese to a large casserole dish ensuring it's all mixed evenly.

Top dish with remaining cheese and broil until top is crispy. Then serve.

Cholula Hot Sauce is the only condiment I can recommend, nothing really works the same way. It gets better after a night in the fridge.

Enjoy.

Favorite Tofu Scramble



hello dahlings,

this is my favorite tofu scramble. i was vegan for around 4 years in high school, basically only because it was trendy, with the side effect being that i learned how to cook. it makes a great i-don't-know-what-tf-to-make dinner, highly satisfying, good for all diets, not overly healthy but full of protein. Also very fun to mash together the tofu and tahini with one's hands!!! textures!

It's not strictly a family recipe, but very much in the spirit of my mother's highly spontaneous jewish hippie cooking in which tahini and tofu are staple foods.

the seasoning amounts are pretty on the fly- feel free to use more or less according to your ancestors, although i very much enjoy the turmeric/cumin/coriander version. may it nourish and comfort you as it has me.

Ingredients:

1 lb tofu
 2 t turmeric
 1 t coriander
 1/4 cup tahini
 1/4 cup nutritional yeast
 2 T sesame seeds
 2 t garlic powder
 juice of 1 lemon
 chilli powder
 adobo or salt
 lot of pepper
 1 T cumin seeds or 1 1/2 t powdered cumin
 a few cloves of garlic (optional, esp if you used garlic powder)

Preparation:

Press 1 lb tofu (or, if you're low on time, separate into 4-6 pieces and squeeze the water out over the sink with clean hands). Mash together with hands in a bowl, the tofu and spices.

Heat olive oil on medium-high in a heavy pan, enough to cover the bottom of the pan amply. When the oil is hot add: Let the cumin toast for a few seconds and then add your tofu mixture. It should sizzle when it hits the pan. Flatten it into the pan with a spatula. Let it cook for a few minutes, then flip. It should brown and crisp on that side. Continue to brown and mix until it looks more or less dry.

Finish with parsley if you have it.

Mac and Cheese w Chili Crisp

Some mornings, you wake up and right away you can feel that the vibe of the day is “No.” That’s it. You just think, “There’s no way.” You’re cuddled in your blankets, you’re a big cozy baby, and you sink into the feeling, into the “No”, and there’s a sickness to the surrender, and a comfort. It’s a relief not to fight it. You know that you’re not going to get anything done.

In some cases, you might be able to change course. You might seize an opportunity (presented by every passing moment,) to turn it all around by, say, going for a walk, or calling a friend, or shaving your armpits. You might find a stray Adderal at the bottom of your tote bag, or receive an online order so exciting it alters your brain chemistry. You might muster a little hope, a bit of zest, that carries you so far that by bedtime you’re thinking, “Wow, I am exhausted from having such a pleasant day. Life is a gift and today I chose to receive it!” And you’ll probably feel amazing and sleep amazingly well, right through the night.

But this doesn’t always happen. Some days, you make a deal with yourself; you let yourself off the hook. “I’ll try again tomorrow,” you say. You honor your needs. You accept yourself. “I am enough,” you say. There might still be a guilt there, a drop of sadness, some shame about “wasting the day” or “wasting your life”. But then again, if you get to really thinking about it and analyzing the situation on an intellectual level you might realize how important it is socio-politically to actually take meaningful rest despite the non-stop ambient, capitalist imperative of our time to hustle, and grind. And to just kind of decide to chill is quite a radical form of resistance, actually.

And furthermore, despite what today’s corrupt “wellness” industry tells us self-care looks like, you know that sometimes it’s actually just, like, hanging out and doing nothing. And on another level, while you can’t exactly remember when your last period was, you suspect you may be in your luteal phase at the moment, which is famously a very sensitive phase, and it’s actually very feminist of you to unsubscribe from society’s patriarchal organization of time by taking the day off...

And so you stay home, in your soft pants and slippers, and you idle and lounge and laze, and there’s a relief in giving in to nothingness, (in “giving up”,) and you ultimately feel good about it, but there’s also a sadness, because here’s the truth: We cannot live joylessly. The pursuit of joy is survivalist. We must not push away desire. We cannot devalue pleasure. We must play! Remembering this, and feeling a bit dead to be honest, you decide on macaroni for lunch. It’s PC white, like your Dad made you when you went to his house as a kid. You strain the noodles, add butter, stir in the powdered cheese, and there’s an element of joy in the familiar process. You’re finding yourself a bit inspired now, actually. You open your cabinet, on a whim, and you grab the chili crisp, your favourite condiment. You’re a bit giddy now. You’ve never done this before! There’s a liveliness as you take a spoonful, plop it, drizzle the oil. You’ve transformed your lunch into something absolutely gorgeous, novel, and exciting. You’re grinning victoriously! Here is play! Here is pleasure!!!!

Ingredients:

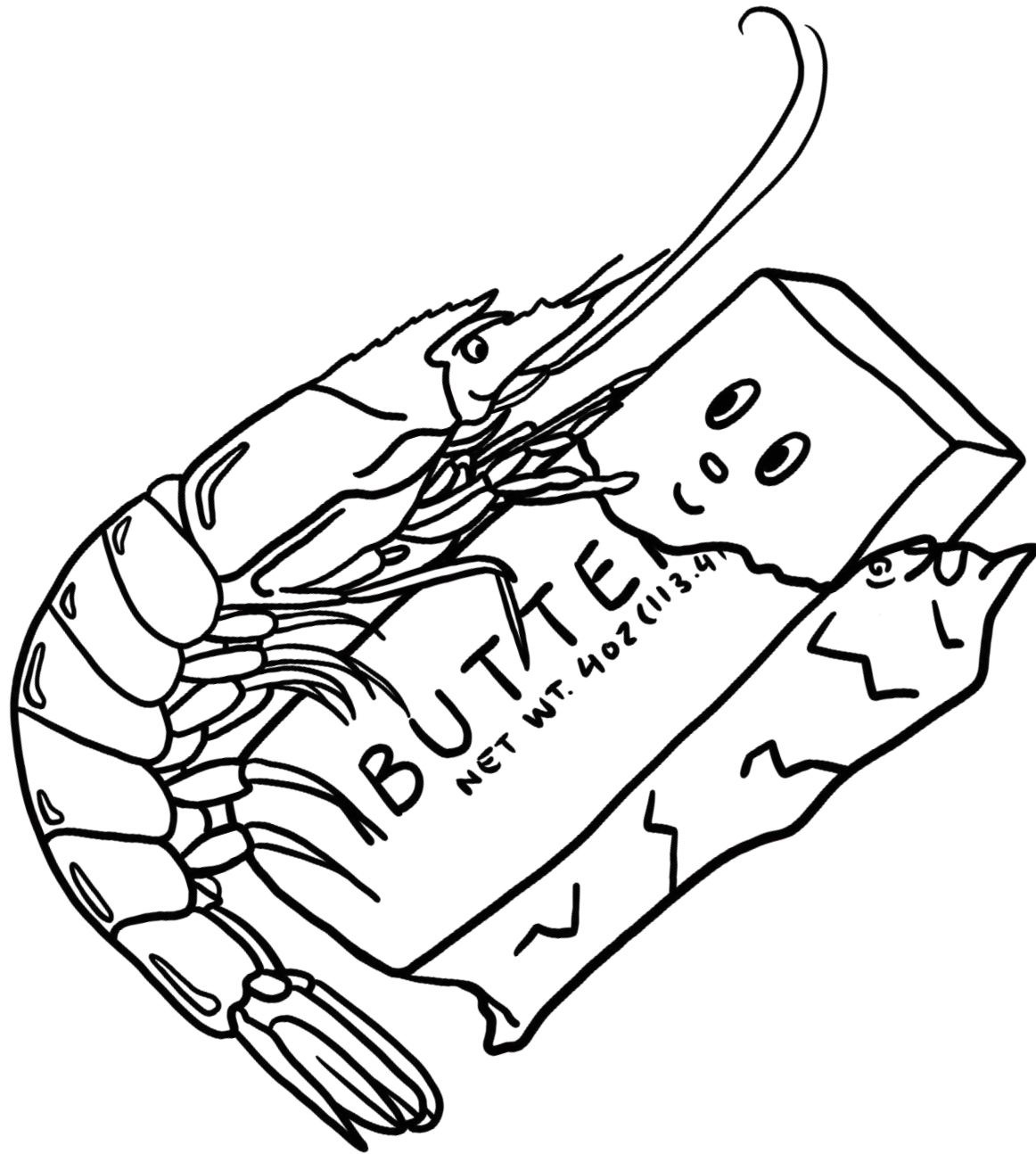
1 box pc white macaroni and cheese (or whichever brand you prefer)
Butter
Laoganma Spicy Chili Crisp Sauce (to taste)

Preparation:

Prepare Macaroni according to instructions on box
Top with Chili Crisp to taste



Shrimpies



The best: no-nonsense shrimp. Meant to be eaten exclusively with your hands. Three ingredients, two options.

Ingredients:

1.5 lbs of cleaned, head-on, shell-on shrimp (i cannot stress enough the importance of your shrimps still being headed)
 a LOT of butter (i always end up using like a whole stick, so like 6-8 TBSP total)
 2-4 tbsps of fried chilis in oil / chili crisps

Preparation:

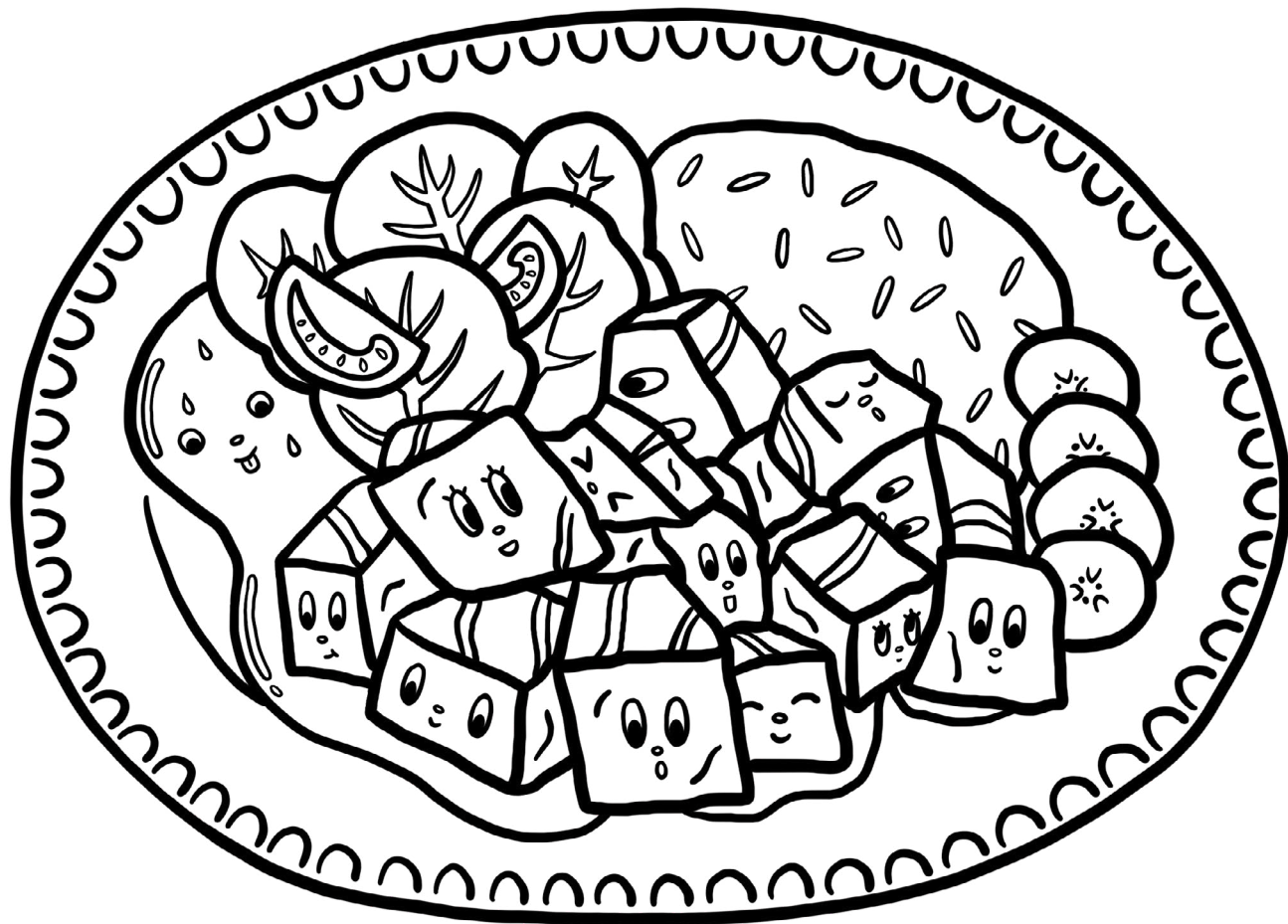
OPTION A (pan)- fast but involved.

- 1) Heat up 2 tbsp of your butter. once its nice and bubbly (careful not to burn), start placing your shrimps in a circle (with the heads at the center of the pan and the tails at the perimeter of the pan). Cook the shrimps for 5 to 7 minutes, adding butter along the way as needed.
- 2) Flip the shrimps one by one. Add more butter and cook further for another 5-7 minutes.
- 3) Once both sides of your shrimps have a good sear and color, add in even more butter and your fried chilis/chili crisps. carefully (as to not accidentally behead any shrimps) mix everything up. Cook it all together for another 3-5 minutes
- 4) Once ready, take out your shrimps and set aside. If you have any butter remaining, melt it in the pan - then take all the melted butter and pan drippings to serve as a dipping sauce.

OPTION B (oven)- the easy way.

- 1) Pre-heat oven to 420°.
- 2) Melt 3/4 of your butter with half of your fried chilis/chili crisps.
- 3) Toss the shrimps in the melted fried chili butter. If not enough liquid, add 1-2 tbsp of soy sauce/or more butter. Then arrange them on an oven rack (regular baking tray is fine but one with a rack is ideal).
- 4) Spoon/brush any remaining melted butter over the shrimps.
- 5) Cook the shrimps in the oven for 15-18 minutes.
- 6) Once done, melt the rest of your butter and fried chilis in the shrimp drippings to use as a dipping sauce!

Amina's Goat and Rice w Hot Sauce



Ingredients:

2 tbsp extra virgin olive oil
 1 shallot finely chopped
 2 cups basmati rice
 6 cups water
 1 chicken bouillon cube
 2 tbsp cumin
 1 pound of goat cubes
 10-15 Thai Red Chilis or 2 whole Fresh Serrano Chilis (depending on taste)
 4 cloves garlic
 1/3 cup fresh coriander leaves
 1 lime

Hot Sauce:

1 large garlic clove
 juice of half a large lime
 10-15 Thai chiles or 2 whole fresh Serrano chiles (depending on your taste)
 1/3 cup fresh coriander leaves
 put all the ingredients in a blender and purée

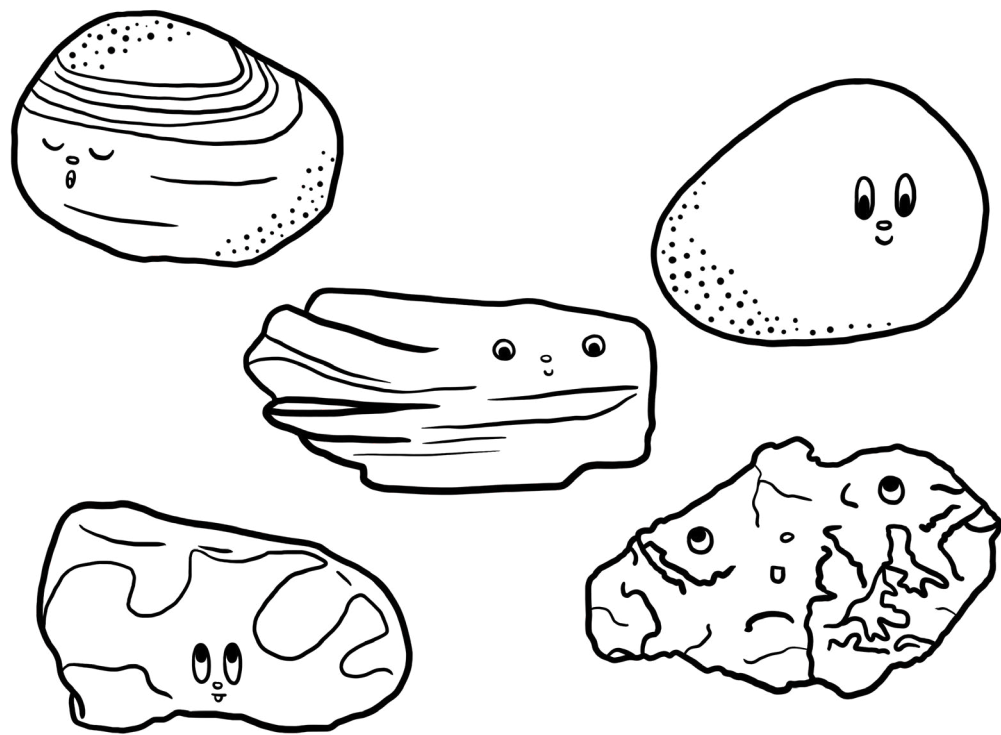
Preparation:

In a large pot add 6 cups of water, chicken bouillon cube, cumin and goat. Boil for 30 minutes.

Once cooked, separate the goat meat from the stock. Reserve 4 cups of stock for the rice.

In a pot sauté shallot and finely chopped garlic until browned. On low heat add 2 cups of basmati rice. Then add 4 cups of goat stock. Bring the rice to a simmer, then cover the pot with a lid and cook for about 15 minutes or until all the liquid has been absorbed. Serve on a plate with a fresh garden salad, banana and hot sauce.

STONE SOUP DINNER PARTY



Get a stone (one giant one or one smaller stone per guest, just not small enough to swallow). Scrub them nice and clean.

Put the rock in the pot with water under the flame.

Ask each guest to bring something for the stone soup.

They say the stone soup is already sooo delicious....

but it would be much better if we had some....

(manipulation is not an essential ingredient)

Ingredients:

carrot?
onion?
potato?
spices?
miso?
roux?
dumpling?
preserved lemon?
legume?
eggplant?
celery?
bitter melon?
ginger?
pickled cabbage?
croutons?
doritos?
rice?
yogurt?
fresh herbs?

Preparation:

As guests arrive consider each ingredient and how it wants to be cooked. Roast or fry in oil before joining the soup? Toss it in fresh at the end? Keep tasting, blend some or don't, keep adding to balance or stop. Get the opinion of others. Welcome disagreement. Serve hot.

In a large vessel with a giant rock in center with any accoutrements sprinkled on top.

A related spell from the internet:

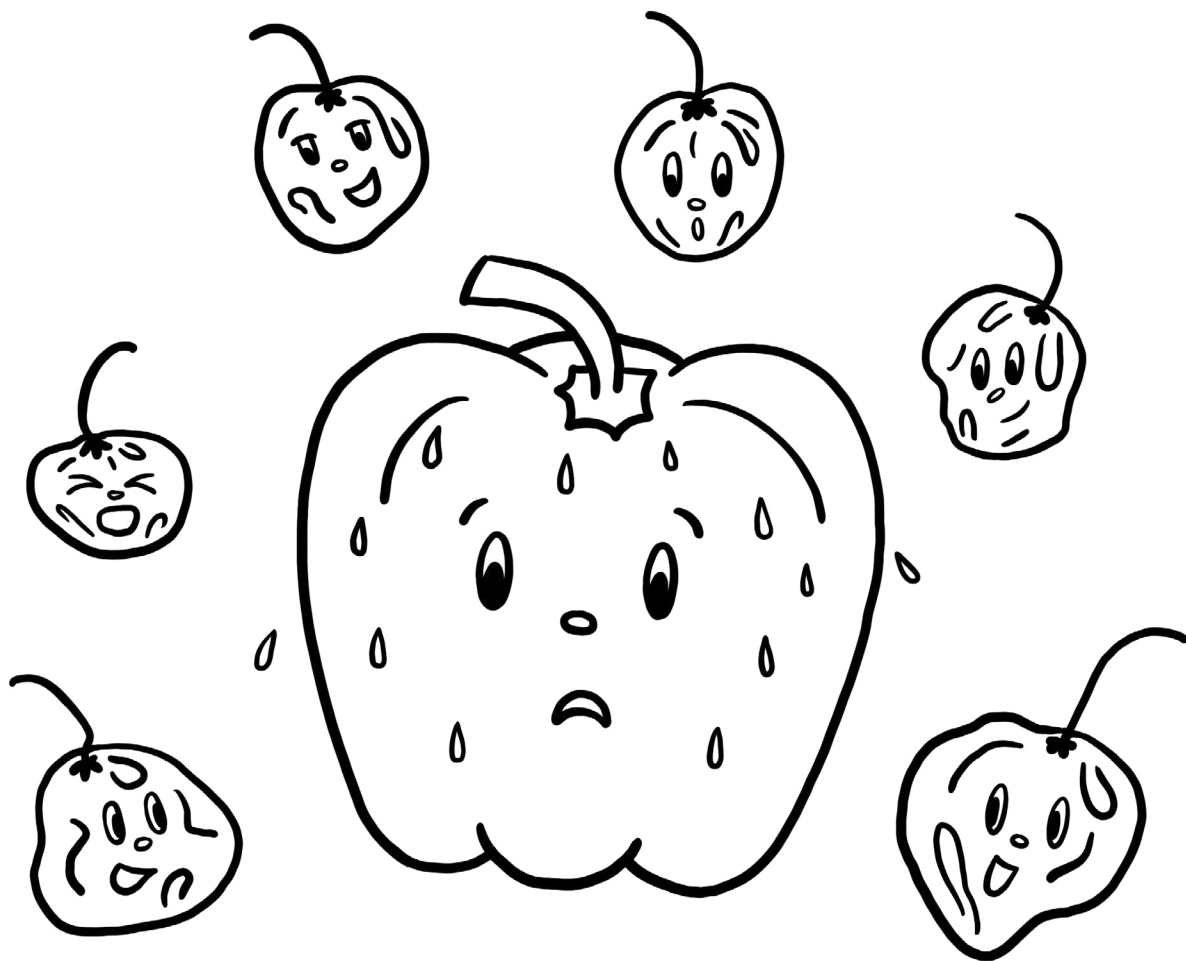
Heat some water in a pot,
Add a stone you've scrubbed a lot.
Sprinkle pepper, salt, and herbs,
Let it boil undisturbed.
Drop in carrots, onions too,
let the soup cook through and through
Add some corn to make it sweet,
Add potatoes for a treat. Toss in boullion. Let it stew,
Let it boil. Let it brew. Taste the soup, and when it's done,
Share Stone Soup with everyone!
This technique can also be applied to a sculptural / messy dessert.

SAUCES/ BEVERAGES



- 108-109 Vivian's hot sauce by Brigid Savage (Wishbones)
- 110-111 Awesome Sauce by Sasha Sabater
- 112-113 the sauce (tbf this is marcela hazan's recipe)
by Anne Alexander
- 114-115 Morir Soñando Drink By Leah Romero
- 116-117 Cotija Caesar by Melissa Saenz Gordon
- 118-119 Green Out Sauce by Madelyne Beckles
- 120-121 Sanjeet's Oat Milk Cha- by Sanjeet Takhar
- 122-123 SPIKED ICED TEA FOR A SUMMER BIRTHDAY AKA
TOBY'S TEA <3 by Candice Saint Williams
- 124-125 SEX BUTTER by Alivia Bloch

Vivian's hot sauce



This is the heat that I grew up eating when my mom would make me “shrimp noodles” (they’re actually Cheung Fun, but we always called them shrimp noodles in my house). Use this hot sauce sparingly, because it is really hot! It’s super easy to make, and you freeze it instead of putting it in the fridge, so it will keep for a very long time. As with most mom recipes, measurements are not exact. Use your intuition! Or taste as you go (but be careful because this will burn your tastebuds).

Ingredients:

HOT peppers (we use scotch bonnets, but you could use reapers, thai chilies, or any variety of hot pepper you like)

1 red bell pepper

Salt

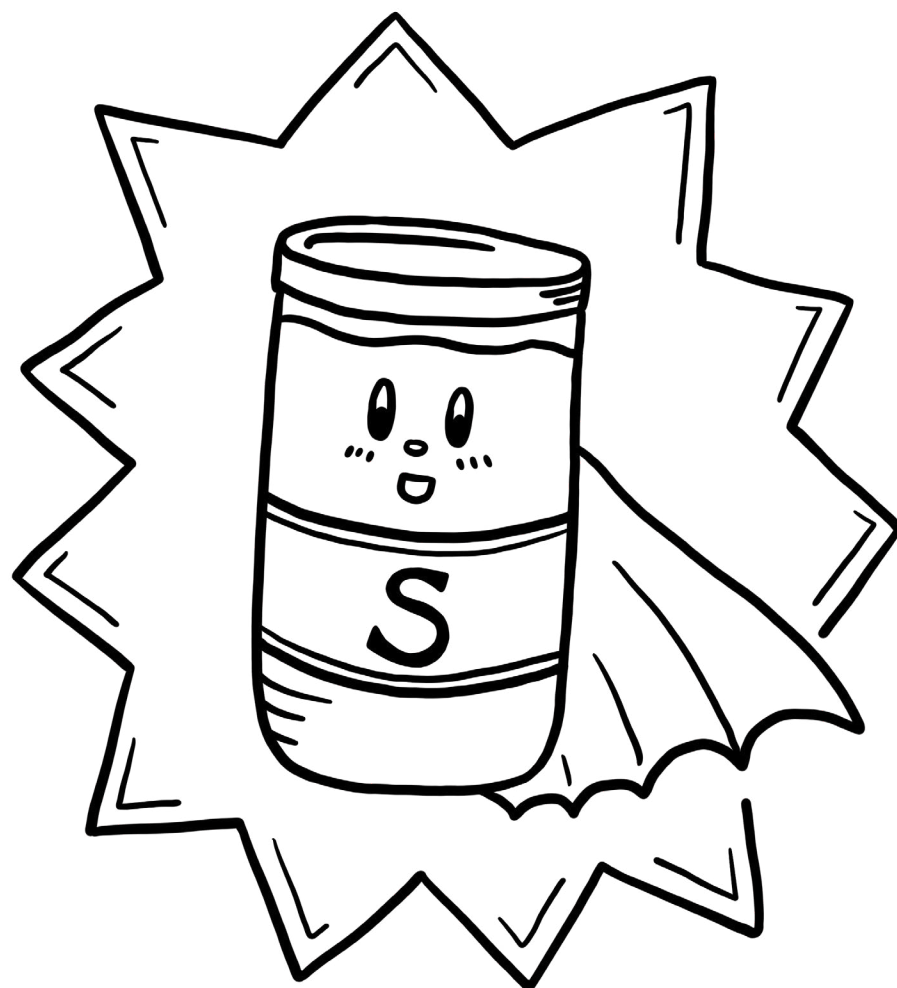
Preparation:

Trim the stems off your hot peppers. If you’re sensitive to heat, remove the ribs and seeds as well. Do the same to your bell pepper (don’t keep the ribs and seeds). You want more hot peppers than the quantity of bell pepper you have.

In a food processor, process the peppers until you get a thick paste. Add a pinch of salt and then transfer your mixture to a saucepot. Add a little bit of water and then turn the flame to medium. Allow the mixture to come to a boil and then turn off the heat. It should be a vibrant red/orange colour.

And then that’s it! Keep your hot sauce in the freezer until you want to use it. When it comes time for use, you can take the container from the freezer and let it thaw a little bit to get the mixture out. I personally just take my hot sauce from the freezer and kind of hack away at it for a bit with a butter knife until I get a big enough chunk. Once you have your paste, mix in a little bit of hot water and serve dolloped (sparingly!) on top of Cheung Fun with hoisin sauce and crispy fried shallots.

Awesome Sauce



A quick and easy sauce perfect for grilled/pan-seared meat (chicken included). Tastes great with something that has a nice char. It takes like just five minutes...

Ingredients:

1-2 tsps of chili powder(depends on how spicy you like it)
1/2 cup of unsweetened coconut milk
2 tsps tomato paste
2 shallots diced
2 minced garlic cloves
1 tbsp chopped fresh rosemary(optional)
1/2 tbsp butter
dash of olive oil
immersion blender (optional)

Preparation:

1) sauté minced garlic in butter and olive oil. careful not to burn add shallots. cook until they're translucent and smell good:). if using rosemary, throw it in there.
2) add the tomato paste and stir it up, making sure everything is coated.
3) add the coconut milk. then add the chili powder.
4) cook everything down for a lil (couple mins). if you want a smooth sauce, use an immersion blender or throw in a blender! also good as is.

the sauce (tbf this is marcela hazan's recipe)

A quick and easy sauce perfect for grilled/pan-seared meat (chicken included). Tastes great with something that has a nice char. It takes like just five minutes...

Ingredients:

1x large can of whole peeled tomatoes
half a white onion
plenty o salt
4T unsalted butter

the meatballs

1.5 lb beef (i like to do a mix of lean and fattier or you could always do half beef half pork)
1/2 cup grocery store breadcrumbs
1/2 spanish onion, teeny teeny tiny dice
2 cloves garlic, grated on a microplane or minced
hearty pinch red pepper flakes
1 egg
1/2 cup grated parm or pecorino
1/4 cup parsley, finely chopped
1/4 cup water
salt and pepper!
basil
parsley (i grate some lemon zest into mine w a little maldon)
i <3 french bread like the traditional bahn mi loaves
cheese - parm, pecorino, mozz, scamorza, etcccc.

Preparation:

for the sauce—

simmer everything together for 45min - hour, breaking down the tomatoes as you go. dont let it boil. taste. pull the onions and slice them up, put them back in. add some basil if you want.

for the meatballs—

preheat your oven to 350

combine all your ingredients in a bowl. get in there with your hands. try not to overwork them so the beef doesnt start to become paste-like. add the water last so your overall consistency would be considered a little moist.

make a little patty and cook on stovetop to taste and make sure you're happy with the seasoning

form your mixture into balls, i like something like 1 1/2 inches around but go bigger or smaller to your taste, just pay attention and adjust cook times.

heat a skillet over med high heat, add a little evoo and brown all sides of your meatballs

then lay them out onto a sheet tray and pop into oven. at that size should take approx 15 min but check them

to assemble—

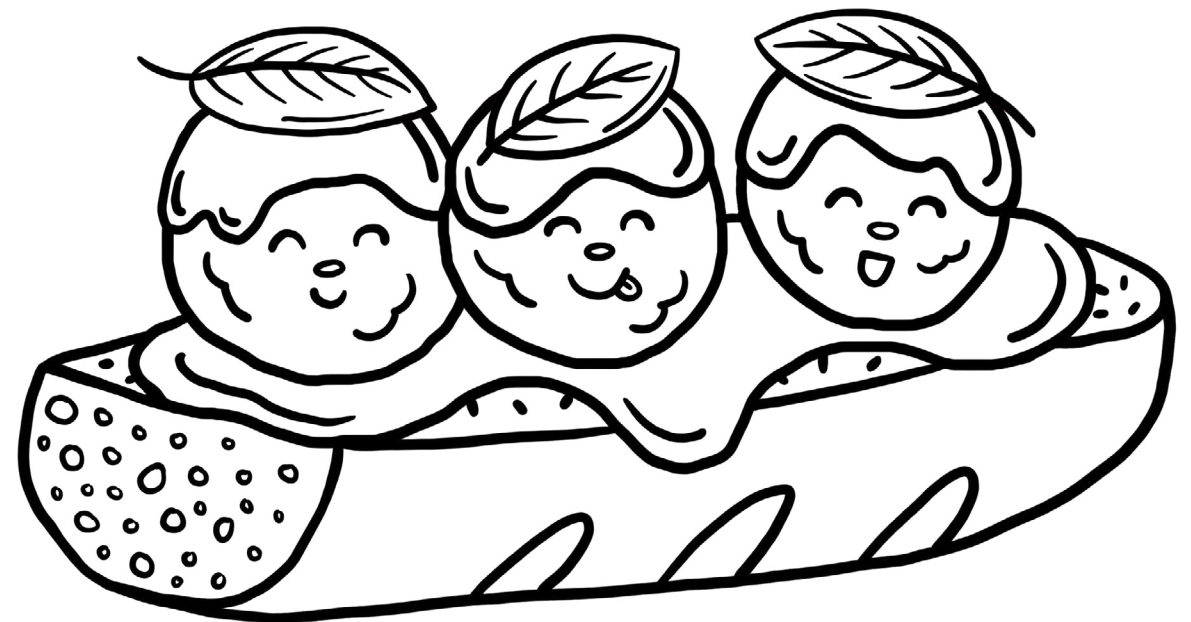
drop your meatballs in the sauce to warm.

rub a little garlic on your bread and toast to your liking

layer meatballs and sauce onto toasted bread, sprinkle some cheese

broil until the cheese is browned

top with basil, parsley, lemon zest, a little salt and pepper



Morir Soñando Drink

Morir Soñando is a Dominican beverage directly translating to: 'To Die while Dreaming', which is as I was told derived from the sensation you feel upon first sip. It's a mixture of milk and orange, well known to most Hispanic NYC natives. Having grown up in Washington Heights, every summer, you can expect most block corners to be stationed with a street vendor selling traditional Dominican treats housed in a shopping cart. Without fail, I would always get a Chicken Pastelito (empanada), and a Morir Soñando. My mom would make big batches of it the first days of summer; our version of summer solstice tasted sweet, tangy and refreshing.

Makes about 4 glasses

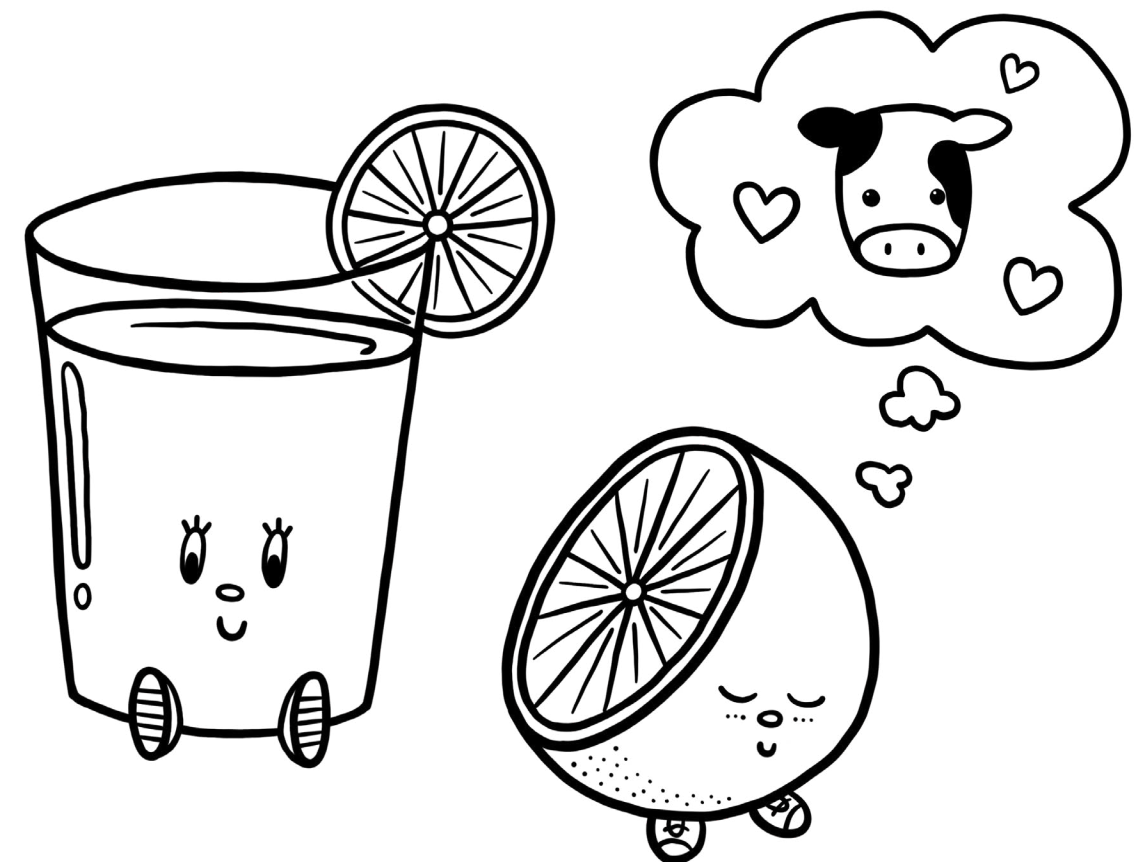
Ingredients:

6 Oranges freshly squeeze (about 16 oz.)
 1/2 Can evaporated milk (12 oz can chilled)
 2 cups of crushed Ice
 2-3 tbsp of sugar (optional to use more or less depending on sweetness of orange)
 Squeeze of lime (optional)

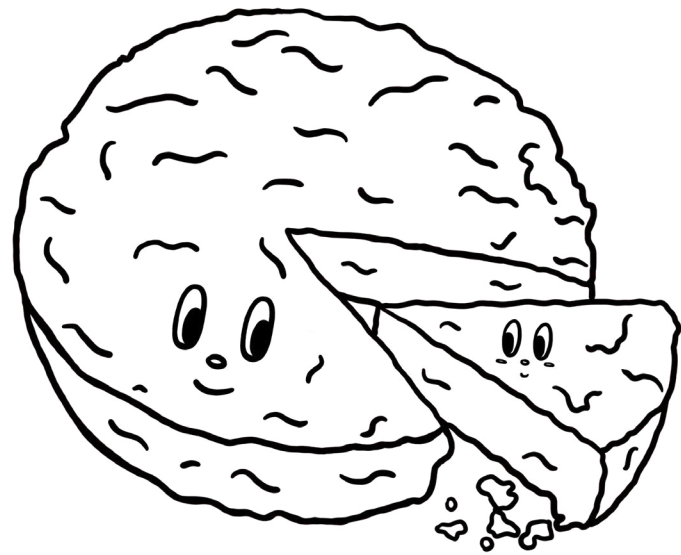
Preparation:

1. Squeeze the 6 oranges into a jug.
2. Add the sugar to the jug, and stir.
3. Add all the crushed ice to the jug and stir.
4. Finally add little by little the 1/2 chilled evaporated milk, stirring constantly to make sure the milk doesn't curdle.
5. Depending on the sweetness or tartness of your liking, you may add more sugar or a squeeze of lime.

Hot tip: Add rum or tequila to spike



Cotija Caesar



This recipe is a happy accident born out of covid circumstances. One evening, in an effort to experience some decadence, I decided to make a caesar dressing. With classic dishes like this, you don't need a lot of ingredients, just the right ones. When I realized I was missing one of the most essential flavors, the parmesan, I had to act quick to find a solution. Thankfully, my roommate Tara and I had a wedge of cotija cheese in the fridge, which we purchased in our joint covid grocery run, knowing it would last weeks. This ended up being the perfect substitute for the parm and resulted in a thick and savory dressing, perfect for a hearty leaf like dino kale or romaine lettuce. This would also be a lovely dip with crudité's, just drizzle a lil olive oil on top with some freshly cracked pepper. Once I learned that caesar dressing was actually invented in Tijuana, Mexico, I felt a sense of vindication in this cotija caesar alternative.

Ingredients:

1 egg yolk
 2 anchovy filets
 A chunk of cotija cheese (about ¼ cup)
 1 teaspoon Dijon mustard
 The juice of half a lemon
 The zest of half a lemon
 Lots of cracked pepper
 Kosher salt
 1-2 garlic cloves
 1/3 C to 1/2 C extra virgin olive oil (the grassier the better)

Preparation:

- 1) Get out your food processor, preferably with a smaller vessel, similar to a magic bullet. If you don't have access to one, you're in for a treat! A whisk will also work here.
- 2) Give the garlic and anchovy a coarse chop and toss into the processor. Add in the dijon mustard, lemon zest, egg yolk. Pulse the ingredients a couple of times to blend.
- 3) Add in a couple cracks of black pepper (fresh pepper is ideal here!) as well as a nice pinch of salt.
- 4) Now pour in the lemon juice and cotija cheese. If you're using a block of cotija, give the cheese a rough chop or simply break it a part with your fingers.
- 5) Pour in half of the olive oil and pulse the dressing until it begins to emulsify. Continue to drizzle in the rest of the olive oil while blending.
- 6) Taste! Adjust the ingredients where necessary. If the dressing doesn't feel thick enough, add in more cotija. Dress the salad and garnish with pepitas and sprinkle with more cotija crumbles.

¡Disfruta!

Green Out Sauce

This is my favourite version of a blender green sauce that works as a dressing for salads and grain bowls, a dip with crudité, a taco condiment, or wiped on a plate and topped with roasted and grilled vegetables or burrata! The options are truly endless.

In terms of nutrition, avocados are truly a star, they are full of fibre, B vitamins, and healthy fats which are the building blocks of hormones, and key to include in any meal to balance your blood sugar and keep you satiated. Cilantro and basil are loaded with nutrients that help the body to detoxify. What can't this sauce do?!

Ingredients:

1/2 avocado
1/2 cup cilantro and stems packed
1/2 cup basil packed
2 limes - zest of 1, juice of both
1 clove garlic
1-3 anchovies
1/4 cup water
Salt + Pepper

Preparation:

Place all ingredients into a blender or food processor and blend. Add more water to reach desired consistency (I like this on the thicker more spreadable side, but you can go thinner for a salad dressing style). Season to taste



Sanjeet's Oat Milk Cha-



In my house growing up cha was cha. Not chai. Not masala chai (because everything should have masala in it). Definitely not chai tea.

The etymology of tea/ chai/ cha is fascinating. The movement of these delicious leaves are marked with generations of adoring ancestors opening their eyes and dreaming of a hot morning cup, talking mad gossip during an afternoon cup, and reminiscing at the end of a day.

Mornings in my family's village in Punjab wake up to fresh buffalo milk split into three. Priority is your daily cha, second is your ghee for the day, third is for a fresh batch of yogurt.

Talk about dreamy.

While this recipe strays away from cow worship into vegandale territory, it's equally delicious in its own way. And for me, it's a way to straddle two worlds. Try this and never go back to starbucks/ say chai tea latte / order a chaider ever again.

Also don't support Yogi Tea, it's owned by a cult. Tysm!

(for 2 servings, even if you dont have 2 people to drink, put some in the fridge after it's made!)

Ingredients:

Mortar & pestle
Small saucepan
2 cute mugs
Something to strain with (a cup strainer or some cheese cloth maybe?)

Ingredients

2 mugs worth of water (the one you're going to drink out of filled to the drink line)
1 inch ginger sliced into rounds (sub: ¼ tsp powdered ginger if u must)
8 cardamom pods
8 cloves
Grind of black pepper (⅛ tsp worth)
Brown sugar to taste (I like it as a sweet treat and add about 1.5 tbsp)
1.5 tbsp loose leaf black tea or 2-3 tea packets (red rose or india tea are options!)
½-¾ mug oat milk (depending on how creamy you want it)
cha is always about your personal taste, so you'll likely adjust these measurements over time to appeal to your taste buds or your mood.

Preparation:

Add 2 mugs of water to a saucepan on medium high heat. Cut up the ginger and add to the mortar along with cardamom, cloves, and pepper. Bash about 7 to 10 times, just until things break open and the ginger looks a little juicy. Scrape the contents of the mortar into the pot of water. Add the amount of sugar you want. Let boil for 8-10 minutes.

Turn off the heat, remove the pot from the element and add in your teabags. Let steep for 5 minutes. After the tea has been steeped, put the pot back on medium high and add the oat milk. Give it a swirl with a spoon. Heat until it's just at a boil. Take it off the heat, test for sugar. Strain into your mugs, and enjoy this lil tummy hug.

SPIKED ICED TEA FOR A SUMMER BIRTHDAY AKA TOBY'S TEA <3

SPIKED ICED TEA FOR A SUMMER BIRTHDAY AKA TOBY'S TEA <3

I MADE THIS ICED TEA FOR MY PARTNER'S BIRTHDAY DURING QUARANTINE. IT WAS AN OUTDOOR BIRTHDAY IN JULY, SO AS YOU CAN IMAGINE THIS MAKES THE PERFECT PICNIC ACCOMPANIMENT :) IT'S A SIMPLE RECIPE YET PLEASANTLY REFRESHING, EARTHY, AND BRIGHT.

PLAYLIST PAIRING :

LET IT BURN BY JAZMINE SULLIVAN
QUE FAUT-IL FAIRE BY WASIS DIOP
OVER ME BY TRICKY
DONT MAKE ME OVER DIONNE WARWICK
LET IT BURN BY JAZMINE SULLIVAN
YOUR LOVE (RADIO EDIT) BY LIME
PUSHIN ON (A CAPELLA) BY THE QUANTIC SOUL ORCHESTRA
SWEET LOVE BY ANITA BAKER
MY FUNNY VALENTINE BY CHET BAKER
ICE CREAM BY JS
BIRDS, PT. I BY CHASSOL
DREAM PUPPY BY THE SWEET ENOUGHs
SPRINGTIME AGAIN BY SUN RA & HIS ARKESTRA
SLEEP WILL COME BY THE DURUTTI COLUMN
THE STALLION (PT. 3) BY WEEN
YOU'RE MY MAGICIAN BY LIME
LET IT BURN BY JAZMINE SULLIVAN
IT'S ALL COMING BACK TO ME NOW BY CELINE DION

Ingredients:

3 BOTTLES 375 ML JINRO 24 SOJU
3 TBSP GENMAICHA LOOSE TEA
2 CUPS LEMONGRASS STALKS, CHOPPED ROUGH
OPTIONAL: LEMON, LIME AND/OR OTHER GARNISHES
FOR BEE POLLEN SYRUP:
2 TBSP BEE POLLEN
1/4 CUP HONEY
1/2 CUP SUGAR
1 CUP WATER
OPTIONAL: LEMON, LIME AND/OR OTHER GARNISHES



Preparation:

POUR 1 TBSP OF GENMAICHA IN EACH OF THE SOJU BOTTLES
SET ASIDE AND ALLOW
TO INFUSE FOR 1-3 DAYS, DEPENDING ON TASTE PREFERENCE.
I LET MINE SIT FOR 3
DAYS. STRAIN GENMAICHA FROM SOJU WHEN TASTE LEVEL
IS REACHED.

BRING 1 CUP OF WATER TO BOIL. REMOVE FROM HEAT AND ADD
BEE POLLEN. STIR
UNTIL DISSOLVED. FOLLOW WITH DISSOLVING HONEY,
THEN SUGAR. TWEAK
ACCORDING TO TASTE PREFERENCE. LET COOL AND SET ASIDE.

BRING 3-4 CUPS OF WATER TO BOIL. ADD LEMONGRASS AND BOIL
FOR 5 MINS.
REDUCE TO SIMMER FOR 10 MINUTES. REMOVE FROM HEAT.
ALLOW TO COOL. REMOVE
LEMONGRASS.

COMBINE SOJU AND LEMONGRASS TEA INTO A 1 GALLON VESSEL.
ADD BEE POLLEN
SYRUP TO TASTE. CHILL IN FRIDGE.

SERVE POURED OVER ICE WITH OPTIONAL LEMON ZEST, LIME OR
PREFERRED
GARNISHES :))

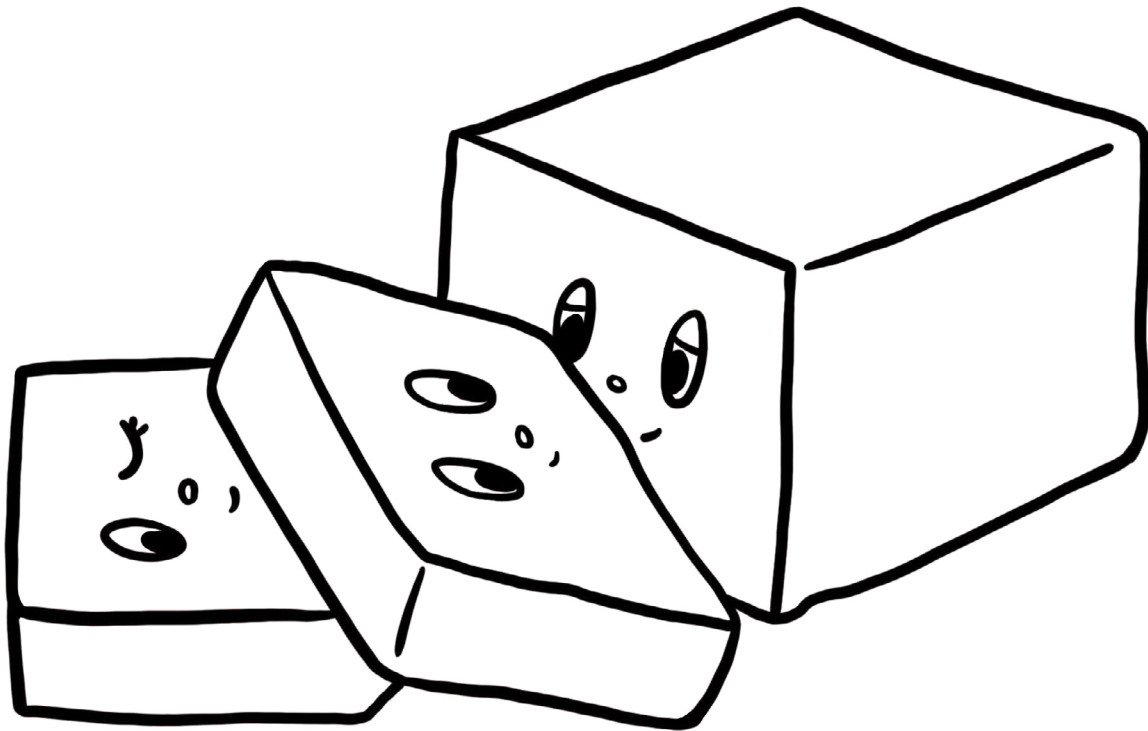
SEX BUTTER

Ingredients:

100 ml red wine
A shallot, minced
Salt
Stick of Unsalted French butter, soft at room temperature

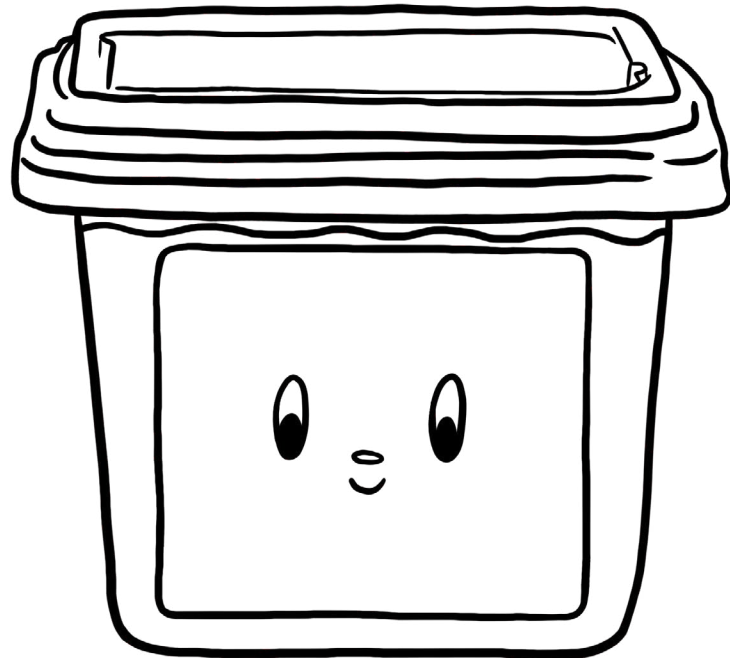
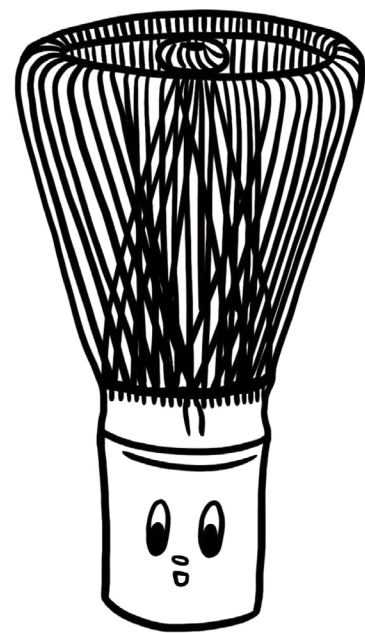
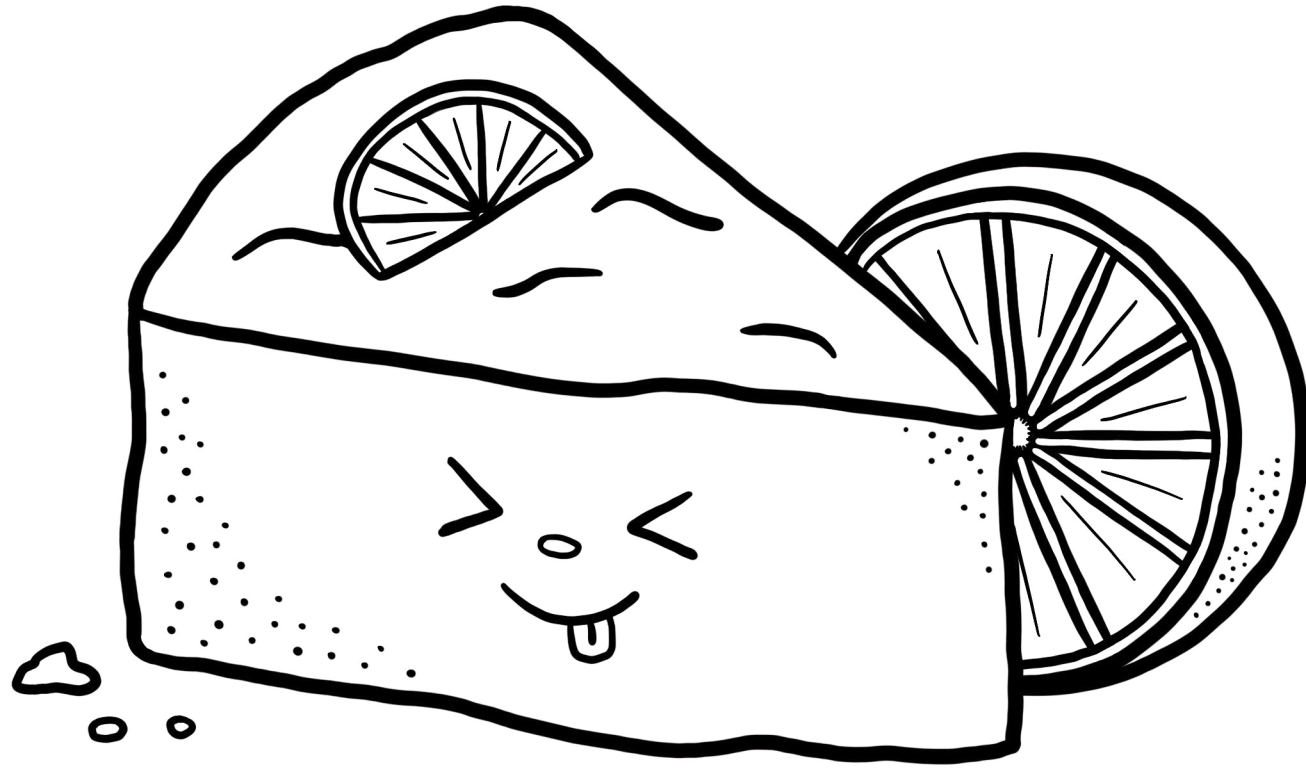
Preparation:

Put shallots in pan with red wine. Bring both of these together until you have a steady boil; cook until the wine's almost completely evaporated. After about 5-10 minutes, set the rendered wine/shallots aside to cool. Place the oozy, room temperature butter into a food processor. Salt it to your taste. This can also be done by hand in a mixing bowl with a rubber spatula, just make sure your butter is soft enough to really whip. Fold in the red wine and shallot mixture until it's blood speckled and sumptuous. Always keep seasoning, with black pepper or chili flakes and or more crunchy salt. Lay out a piece of parchment, wax paper, or cling wrap and mound your butter into a little package - a log, or just into some kind of cute tin or jar. Store this butter in the fridge for the next time you make a roasted oyster mushroom, or a steak, or a sexy pasta for someone you love. Good on a baguette, good in polenta, good dolloped on a piece of black cod.



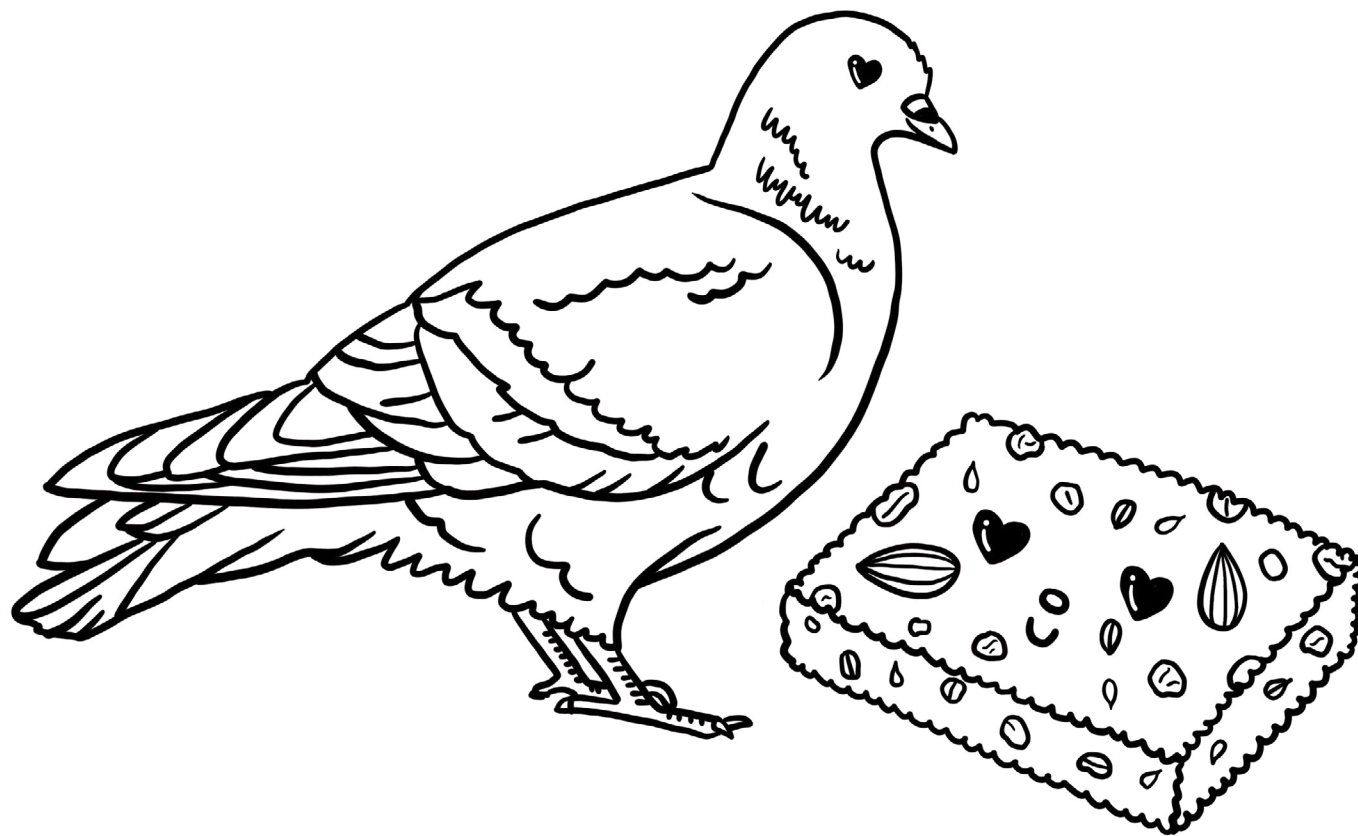
This red wine butter recipe was passed down to me from my original mentor, Georgia. It's acidic, sumptuous, and beautiful. It's your (mommy's) favorite red wine, cooked down with shallots, until it's a syrupy version of itself. Dollop onto a steak, or an oyster mushroom, a piece of fish, or a bowl of pasta. It's a good gift or dinner party item, and I can't really think of anything more romantic than red wine folded into butter.

DESSERTS/ SWEETS



- 128-129 Bird Food Bars by Claire McKinney
- 130-133 Chocolate Chip Cookies by Sid Starkman
- 134-135 Miso-Matcha Neapolitan Cookies
by Octavia M. Bürgel
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- 138-139 SunShine Citrus Cake by Kafilah Muhammad
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carrie mae ellis & odessa hanserd by Paige Hanserd

Bird Food Bars



January 2022

Making and eating these bars always stirs up memories of digging in the dirt as a kid. Many ways to modify with what's on sale or in your pantry already.

Ingredients:

2 cups almonds
 1 cup oats
 2 cups dried fruit -- pitted dates,
 dried apricots, dried plums, prunes all work well
 1 cup dried cranberries
 2 Tbs honey
 1/2 tsp salt
 1/2 tsp ground nutmeg
 1/4 tsp ground cloves
 1 tsp vanilla extract
 zest and juice from half an orange
 1 handful mixed seeds (pepitas, flax seeds, etc)

Preparation:

In a food processor, pulse almonds into powder. Add all remaining ingredients except cranberries & seeds; pulse until well blended and it starts to come together.

Stir in 1 cup cranberries.

Line baking dish with plastic wrap. Leave extra to hang over. Press the mixture firmly and evenly into the pan. Press seeds or other mixed nuts you have on hand on top.

Cover in plastic wrap and chill in fridge for several hours or overnight. Cut into squares and store in fridge for 1 week or in freezer for several months.

Chocolate Chip Cookies

I was a pastry chef once upon a time, I worked in professional kitchens for 7 years; now I am just a person who loves to bake and it is magical. This recipe is very atypical of me. It doesn't tell you anything about my heritage; about my religion growing up; about my family's culture & traditions; it was not passed down through generations. But it does tell you this: I used to sneak mounds of raw Pillsbury chocolate chip cookie dough into my room, hiding it from my mum and dad, and scarfing it down in my closet or on the bed like I just discovered ____ (you know). I didn't not grow up in the white bread household I so badly longed for.

As I grew, I realized the white bread households weren't all that; working in professional kitchens, consulting mentors, moms, customers, trusted lovers of cookies, stuffing my head into any cookbook I could find, drowning myself in online cookie forums and food blogs; this my friends, is the recipe I have come to. They are chewy, nutty, full of deep butterscotch notes, salty, crisp, flat yet thick enough. They are perfect, for today. The recipe might change in a couple months, in a year or never, because if my 3 years of writing my own recipes have taught me anything, it is that recipes change as you do. They are a barometer for our own evolution and growth. And thank god! Change is the spice of life. I don't know about you but I do not see myself as I am but I am able to see myself through my recipes.

Make this your own by playing with the add-ins and ratios; chocolate & oat is a personal fav; oatmeal raisin with 1 tsp of cinnamon and a couple grates of fresh nutmeg; large coconut flakes & white sesame seeds; walnuts and milk chocolate. Also having these scooped out in your freezer ready to go is the move <333.

Ingredients:

18 cookies

INGREDIENTS / WEIGHT

butter, temp doesn't matter - 225g

Philadelphia cream cheese-75g

white sugar-125g

light brown sugar-225g

malted milk powder-25g

vanilla X-15g

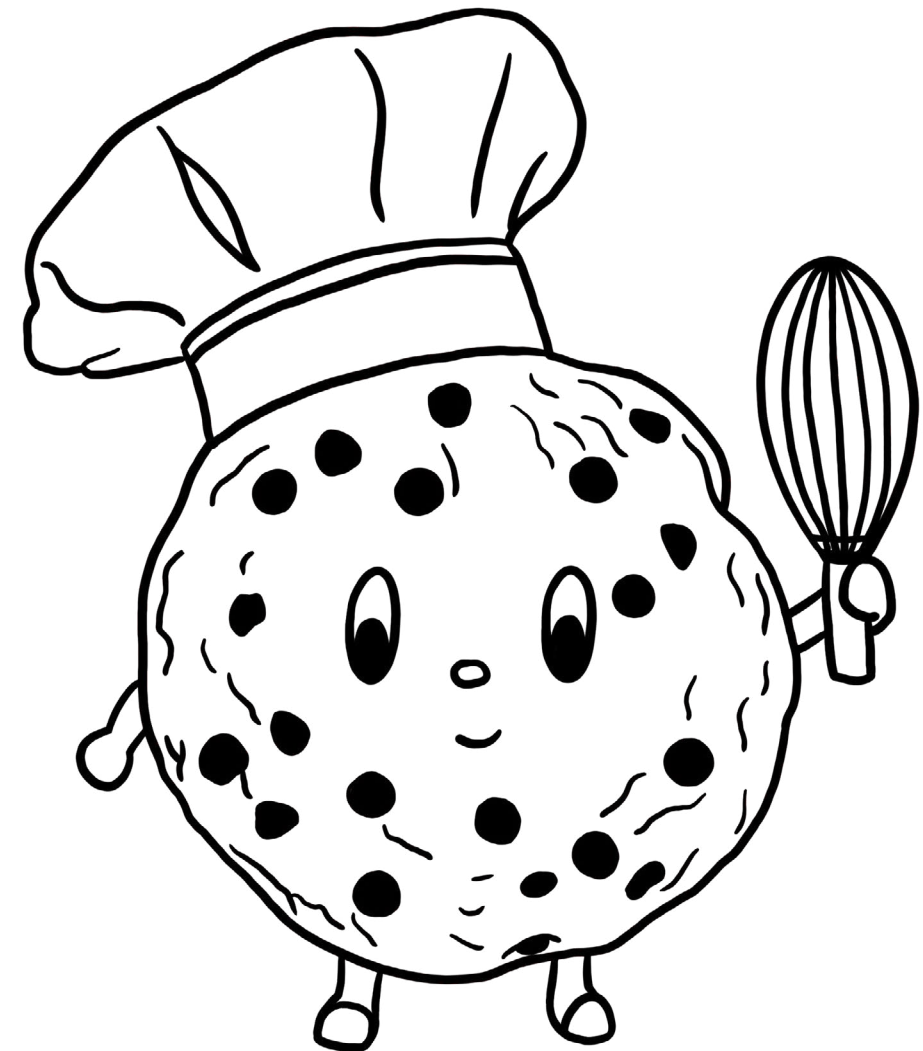
kosher salt-2 tsp

baking soda-1 tsp

egg, cold, right from fridge- 1

A.P. flour-355g

choco chips, 70% dark/30% milk-225g dark/ 100g milk



Preparation:

1. Make the brown butter: In a medium sized pot with high sides, add the butter. On medium heat, as the butter begins to melt, with a spatula scrape the bottom of the pot until the butter is deep deep golden brown. It is important to scrape the bottom constantly, as it ensures those browning milk solids won't burn equally max flavor potential.
2. Cool butter to room temperature. You want the texture of butter that you leave out for toast, so between 65F-70F. This may require some mixing with a whisk as it cools to make it homogenous. The final weight of the butter for the dough is 225g, if over or under, add or subtract accordingly.
3. In the bowl of a stand mixer, with the paddle attachment: cream butter, Philly, sugar, malted milk, salt, baking powder & soda together on medium high speed until thoroughly combined and slightly lightened in color. You do not want to make the butter fluffy. Rather we want to mix until most of the sugar has dissolved into the butter, test with your fingers. 5 mins max. Incorporating more air will yield a texture that is lighter cakier cookie, where we are going for a chewy dense cookie.
4. Scrap sides & bottom. Add the egg. Beat till fully incorporated. Add the flour, incorporate on low until 80% incorporated. Add choco chips, mix till JUST incorporated.
5. SCOOPING INTO INDIVIDUAL COOKIES: For the next step, you can do this one of two ways, for both, you MUST let the cookie dough rest overnight. It simply won't be as good without an overnight rest. Use a large ice cream scooper, roughly 60-70g for each cookie. Option 1: let dough rest for 30 mins in the bowl at room temp THEN scoop out the dough onto a tray, let rest for overnight. Option 2: wrap mixing bowl in plastic wrap, let rest overnight, in the morning take out dough to come to room temp, scoop cookies onto a tray. Either bake immediately or cover and keep in the freezer for 1 month - if they last that long.

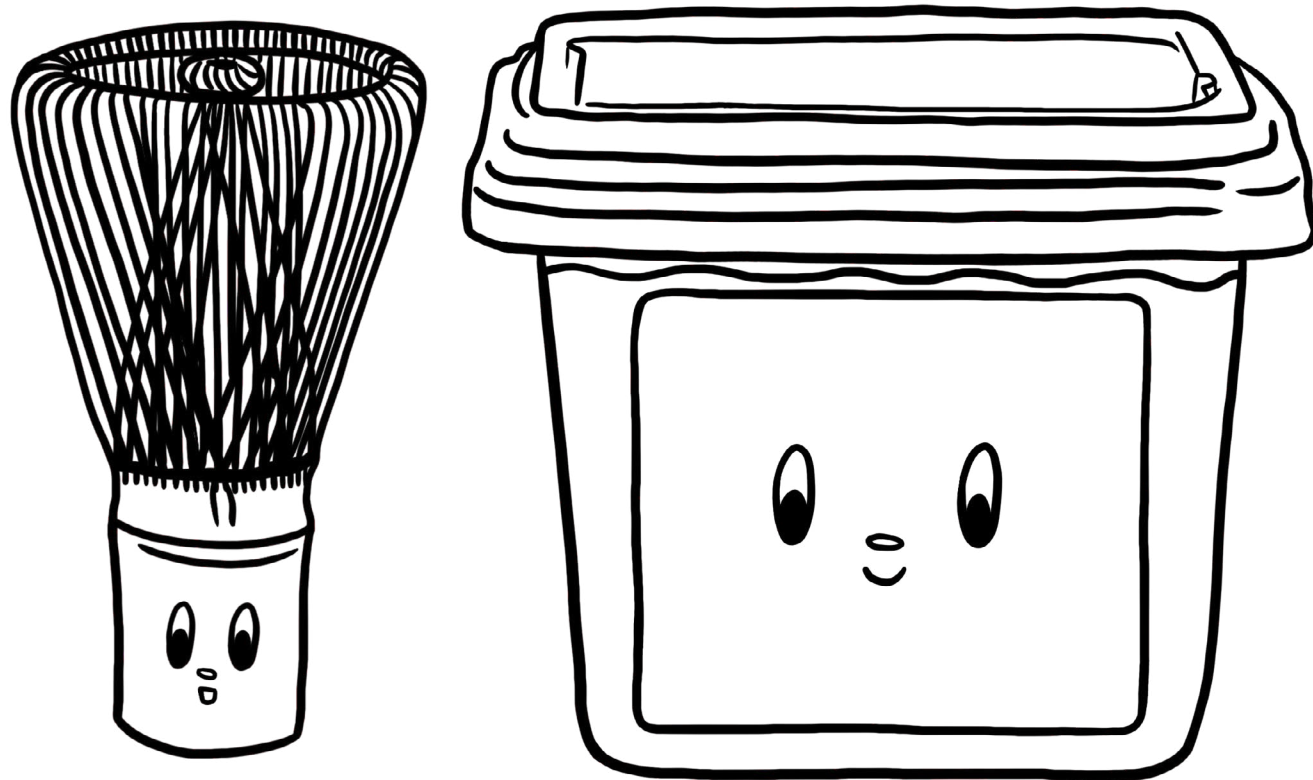
6. BAKING INDIVIDUAL COOKIES: Preheat oven to 350F.

On a sheet tray lined with parchment paper (tin foil will produce crispier bottoms), spread cookies out evenly giving ample room to spread. Make sure the oven rack is one level below the center. Baking from the fridge or room temp: bake for 11-15mins. Baking from the freezer: bake for 19-22 mins. The baking will depend on how your oven and sheet tray conduct heat. At the 10 minute mark, take cookies out of the oven and bang them a couple times against the kitchen counter with two hands on either side wearing oven mitts. Now be vigilant, for cookies 2-3 minutes makes a massive difference. I take them out with they are light golden on the edges & the center is still slightly translucent. Serve with milk AND fresh mint & rosemary tea!

7. IF MAKING SKILLET COOKIE (MAKING IT A BLONDIE COOKIE):

Rest dough overnight. Make sure the oven rack is one level below the center. Put entire contents of dough into a well seasoned cast iron skillet a minimum of 10" in diameter. Spread evenly in the pan, bake at 400F for 35-45 mins. Check after 30 mins. You can really play around here, I prefer my chocolate chip skillet cookie on the rawer side so I will usually bake it for 35-40 minutes. Serve with milk AND fresh mint & rosemary tea!

Miso-Matcha Neapolitan Cookies



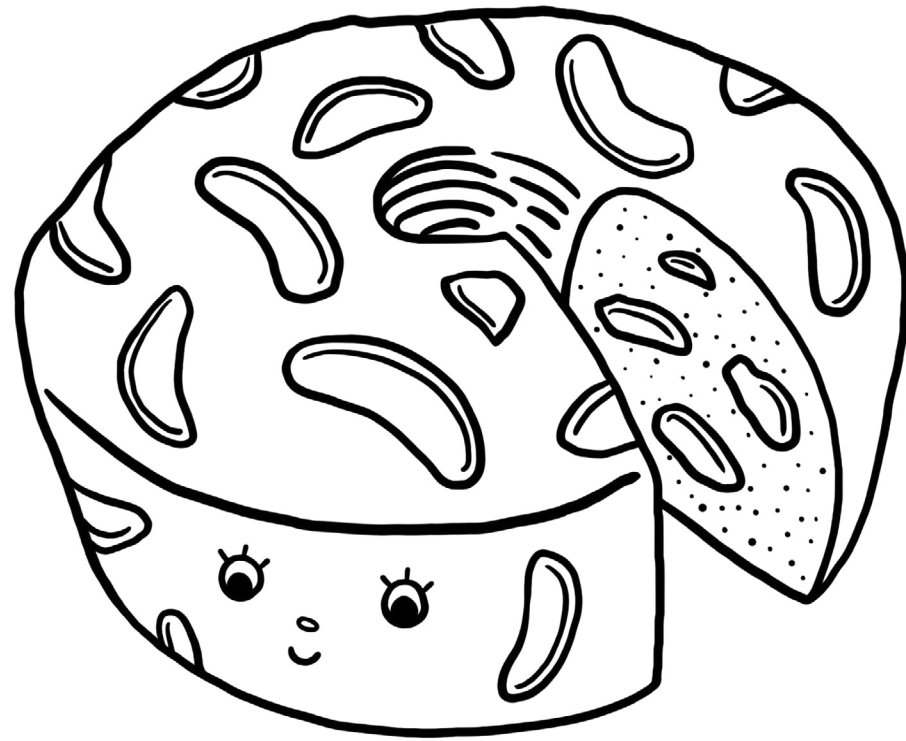
Ingredients:

1 stick (~250 grams) unsalted butter, room temp
 200-250 grams granulated (preferably unbleached) sugar, plus granulated white sugar for coating
 1 large egg, room temp
 2 teaspoons vanilla extract
 270 grams all-purpose flour
 1/2 teaspoon baking powder
 1/4 teaspoon baking soda
 1/2 teaspoon salt
 3 teaspoons red miso paste
 1 tablespoon matcha powder

Preparation:

- 1) Preheat the oven to 350°F (177°C). Line a large baking sheet with parchment paper, and set aside.
- 2) In a large bowl, cream the butter and 250 g of sugar using a rubber spatula until they are smooth. Add the egg and vanilla and mix until combined. tip: you want the butter to soften while mixing, but not to melt. If you need to, put your butter mixture in the fridge for a few minutes while working on the dry ingredients.
- 3) In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
- 4) Slowly add the flour mixture to the butter mixture, mix until combined and no more streaks of the flour mixture remain.
- 5) Divide the dough into three equal portions (mine came to ~276 grams of dough per bowl). Add miso paste to one bowl, matcha powder to the next, and mix each to combine. Leave one portion of dough plain.
- 6) Take a teaspoon of each dough and combine the dough balls by rolling between the palms of your hands (taking care not to over-combine the dough by ensuring that each one maintains its distinct marbling)
- 7) Toss the dough balls in a bowl of sugar until fully coated. Place the dough balls on the prepared baking sheet, leaving 2 inches between each ball. Bake the cookies for 10 to 13 minutes, until the edges of the cookies are light golden brown. Remove the cookies from the oven and allow them to cool on the baking sheet for 10 minutes before transferring them to a wire rack to cool completely.

Pappa's Apple Cake



My paternal grandparents served Apple Cake often, but particularly to herald in Jewish New Year when apples dipped in honey were blessed for a sweet year ahead. Pappa Phil was exuberant in the kitchen, and showed his Czech/Polish roots by fermenting (bubbling barrels of cucumbers, sauerkraut, and sweet wine, too) in their garage; purple-stained hands from grating beets for his home-made horseradish for Gefilte Fish (Pssst I'm winking at amazing you, Brooke). My adult self regrets being too young then to have learned anything at all about his seasonal preserving ways, but memories are close when I make this cake. They liked to use Cortland apples, but I try blending different varieties for more variety in flavours and textures. It's still a classic, and keeps for days.

Preparation Time: 30 minutes

Cooking Time: 1 hour

Serves 6 to 8

Ingredients:

6 tart Ontario Apples, peeled, cored and sliced (about 6 cups/1.5 L)
 1-1/4 cups (300 mL) granulated sugar
 2 tbsp (25 mL) cinnamon
 2 tsp (10 mL) lemon juice
 2-1/2 cups (625 mL) all-purpose flour
 2 tsp (10 mL) baking powder
 1 tsp (5 mL) salt
 1/2 tsp (2 mL) baking soda
 Juice and finely grated rind of 1 orange (about 1/3 cup/75 mL juice)
 3 eggs
 3/4 cup (175 mL) vegetable oil
 1 tbsp (15 mL) vanilla
 Icing sugar (optional)

Preparation:

Grease and flour 9-inch (23 cm) tube pan; set aside.

In bowl, combine apples, 1/4 cup (50 mL) of the sugar, cinnamon and lemon juice; set aside.

In large bowl, sift together flour, baking soda, baking powder, salt and remaining sugar; blend in orange rind. Make well in centre. Whisk together orange juice, eggs, oil and vanilla; pour into well and beat together until smooth.

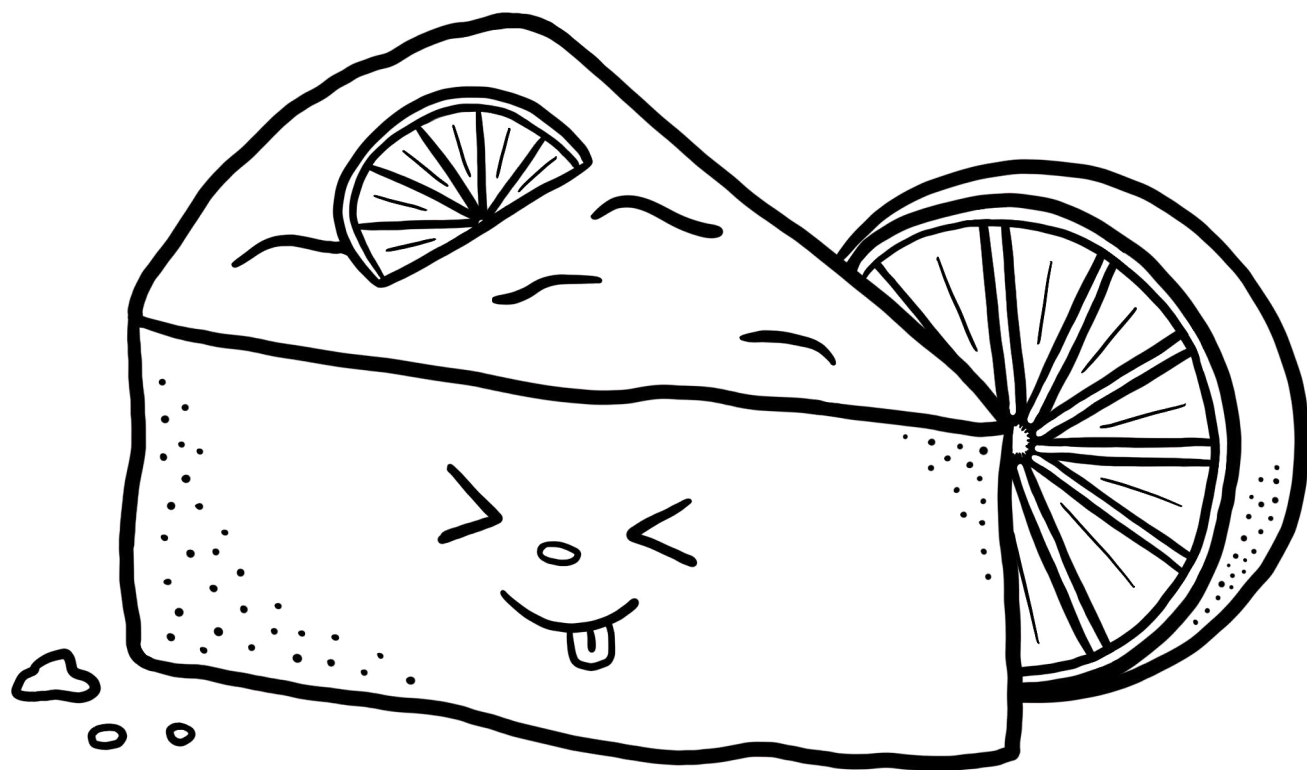
Lightly spread one-third of the batter in prepared pan; press in half of the apples. Repeat layers once. Spread remaining batter over top. Bake in 350F (180C) oven for

1 hour or until puffed and golden.

Let cool for 5 minutes. Remove from pan.

Sprinkle with icing sugar if desired.

SunShine Citrus Cake



Ingredients:

- 1 large navel orange
- 2 blood oranges
- yogurt or sourcream
- 1 3/4 cups of all-purpose flour or cake flour
- 1/4 tsp of baking soda
- 1.5 tsp baking powder
- 3/4 cup of olive oil extra virgin
- 2 eggs
- 3/4 cups of brown sugar
- 1 tsp of vanilla extract

Preparation:

1. Preheat oven to 350 degrees. Grease a small-medium-sized pan (8x8 works) with olive oil.
2. Grate zest from navel orange and blood orange and mix with brown sugar until the sugar is fragrant. Set aside.
3. Cut navel orange in half and blood orange and until you have about 1/3 cup of juice. Add yogurt or sourcream until you have about 3/4 of a cup. Add eggs and whisk.
4. Mix wet mixture into the sugar until everything is combined.
5. In another bowl mix together the dry ingredients until well combined. After they are combined add the wet ingredients in and fold in the olive oil.
6. Pour Mixture into pan and bake for 50-55 minutes or until a knife comes out clean. Cool for 5-7 minutes and serve alone or with vanilla ice cream.

Hope this recipe brings joy to someone you love~!!!

Pear Cake



I find it really inelegant to relay a complicated recipe while promising it's simple. It's not truthful. It's immodest. But a truly simple recipe for something delicious is the height of elegance in my eyes. I think and hope this recipe is the latter. I've made it when I've been short on sugar and short on time. I've made it in two different toaster ovens because I was short on a formal oven. I do not identify as a baker but this is a forgiving batter so it lets me be a cook...I can taste and adjust the cardamom, the sugar. I can forgo the whipped cream and use ice cream instead or even nothing at all. The baking dish doesn't matter too much, even a cast iron pan would do. I first got this recipe from my mom and it's her favorite kind of cake—a dessert that's good company to a cup of tea. That being said, it's a well moisturized cake. No dry crumbs. My mom makes it with apples but I prefer pears and I add cardamom to make it even more of a friend to tea. It works just as well as dessert after dinner too. When pears are in peak season as summer leaves and fall begins, this torte is the first dessert that comes to my mind well into spring's blooms.

Ingredients:

3 to 4 pears; I usually use Bartlett, Anjou or Bosc pears which are all decently easy to find at most grocery stores. If there are no pears in sight, try apples instead and maybe switch the cardamom for cinnamon.

3 large eggs at room temperature

1/2 cup sugar but maybe even less so. I've made this recipe with less than half a cup of sugar and found it perfectly sweet.

3/4 cup heavy whipping cream for the batter and another 1/2 cup for whipping up some fresh whip cream

1 tsp vanilla extract

1 cup flour

1 1/2 tsp baking powder

1 teaspoon of freshly ground cardamom

1/2 tsp salt

Some powdered sugar for dusting

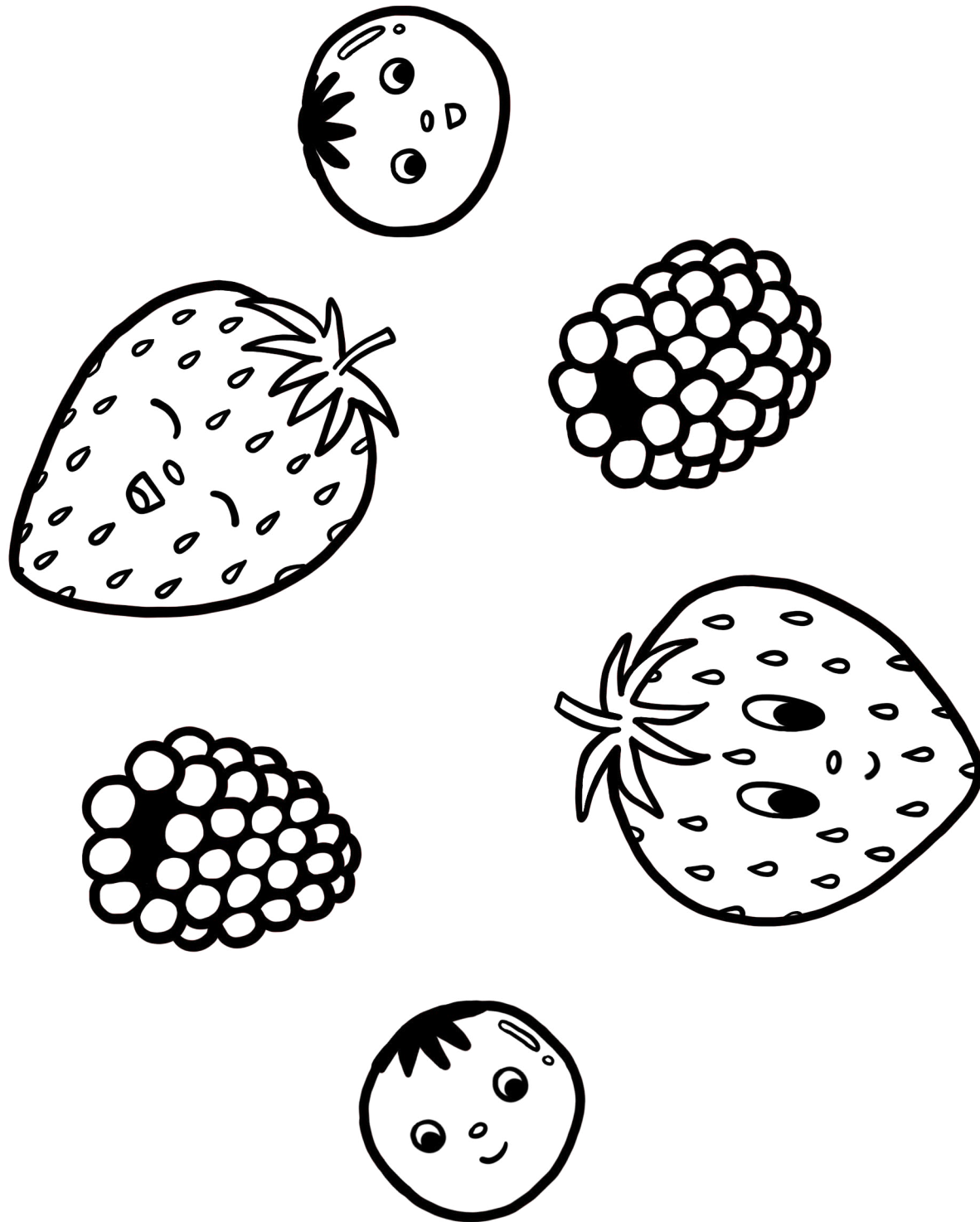
Preparation:

- Preheat your oven to 325° and butter and flour a baking dish about 9 inches in diameter (a bit bigger than your hand.) Set it aside after you shake out the excess flour.
- Core your pears and slice them fairly thin; not so thin they crumble but not too much thicker than an ideal slice of cheese fit for a sandwich. Sprinkle 1/2 a teaspoon of cardamom to the pears as they sit in wait for the batter.
- In a large bowl, whisk together three eggs with 1/2 cup of granulated sugar. If you're using a hand mixer or another sort of mixer, you'll notice the mix will thicken up and get paler after 2 minutes. If mixing by hand, it'll take just a bit longer so keep going until you notice the change.
- Add in 3/4 cup of heavy cream and 1 teaspoon of vanilla and 1/2 teaspoon of cardamom. Blend both in thoroughly.

Preparation:

- Add in 1 cup of flour along with 1 ½ teaspoon of baking powder, ½ teaspoon of salt and the rest of the ground cardamoms to the batter and mix slowly or on low speed until it is consistent and even.
- Add in your pears and slowly mix with a large spatula. Work around the slices to make sure they're not all stuck together but well coated with batter.
- Pour the mixed batter into your baking dish and bake for 1 ¼ hours or a few minutes less depending on your oven until the torte is golden brown. Test the batter (not the pears) with a toothpick to see if it comes out clean of batter and dry.
- Set the torte to cool for 20 minutes or so. Enjoy the smell of cardamom and sugar.
- Once the cake has cooled, decide if you'll serve it in the baking dish or another vessel. Once you've decided on the final serving dish, sprinkle the torte with powdered sugar. Serve the slice as is or with some homemade whipped cream by whisking ½ a cup of whipping cream and a sprinkling of sugar until thick.

gma's carrie mae ellis & odessa hanserd crumble



Ingredients:

for the topping you need

1/2 cup all purpose flour

like a little less than 3/4 brown sugar

1/2 teaspoon cinnamon

1/4 tsp salt

3/4 butter (the whole stick except for one notch) cold cubed into small pieces

1 cup oats

ground ginger to sprinkle a dash

1/4 tsp organic vanilla extract (or regular whatever)

dash of nutmeg

for the filling

i use like a small bag of frozen mixed berries and a handful of frozen rhubarb and i cut the rhubarb in half (or cubed depending on size) so they aren't so thick

sprinkle a little bit of granulated sugar (skip if u want)

1/4 cup all purpose flour

Preparation:

preheat oven to 350 degrees and spray cooking spray or put butter on a pie plate OR a bread dish which is what i used to make the topping: in a large mixing bowl mix the flour, brown sugar, cinnamon, ginger, salt, vanilla, and nutmeg. add in the cold pieces of butter cubes and cut into the mixture with a pastry cutter OR two forks (which is what i did, you basically just simultaneously move both forks through the batter like you're combing it) until you have little-ish chunks of butter mixed within the mixture of stuff stir in the oats to make the filling: in a separate large bowl add the berries, rhubarb, the dash of granulated sugar, and flour and mix until the berries are basically covered

pour the mixture in your pie plate or bread dish evenly and then sprinkle the topping on it evenly over the fruit cook at 350 degrees for like 40-45mins depending on your oven, maybe check it at 40. it should be slightly bubbling and browning when it's ready!

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TO The NY x TO Edition

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