

# COMMUNITY COOKBOOK VOLUME 02



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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 2. This book invites you to explore and be curious about the possibility of food and cooking as a tool for nourishment, comfort, and joy. I invite you to enjoy these recipes, submitted by friends all over the world, and to connect with each dish and the complimentary language, poetry, playlists, 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 yet ambitious food-lover,  
and all the folks who showed me about the power of good food <3

- Sienna Fekete

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# Appetizers

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# Spring Mugwort Miso Soup (쑥국)

by Shannon Lee

I've often wondered at my grandmother's ability to look upon these foreign scapes and lawns and identify edible familiars—gingko and pine shoots, broadleaf plantains and mulberries, field spinach and bracken. all known by different names here, and by-the-by neglected. Was it akin to running into a very old friend on the moon? Here in the suburbs of Long Island, the trails are foraged by me and one or two east asian grandmothers who are subject to curious lookers-on. Mugwort is a forageable that requires little to no expertise. Just make sure the soil you're gathering these soft, silvery shoots from is okay (soil testing kits abound, but you can also ask a lab to do it for you). For the most palatable results, gather these plants in early spring; they'll be some of the very first ones up from the frost. You'll want them at their tenderest, no taller than an inch or two.

This recipe is a whole lot of comfort—herby, earthy, stomach-soothing. Enjoy with sticky rice!

\*hot tip: for year-round mugwort pleasure, harvest to your heart's content in the spring (these things are the bane of any gardener's existence; their clearing is a favor) and freeze.



## Ingredients:

serves approximately 2 humans

- a large handful of spring mugwort shoots
- one 2x3 inch sheet of kombu seaweed
- 3-4 dried anchovies (can be substituted for dried shiitake mushrooms)
- two waxy potatoes (waxy skins mean they hold together better; ideal for soups)
- korean doenjang or red miso
- one clove of garlic

\*\*measurements are very inexact! this is a very forgiving recipe

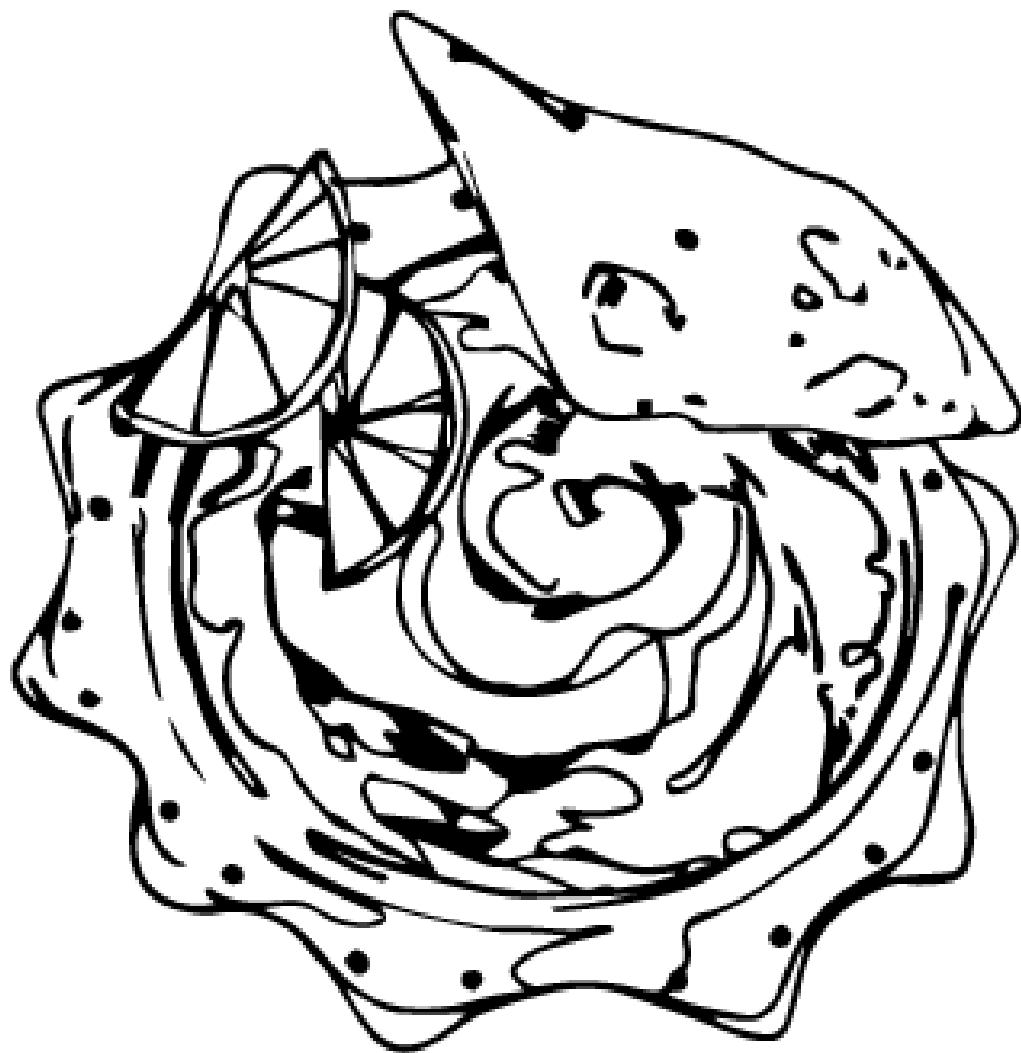
## Preparation:

- clean mugwort and remove any woody stems
- heat about two bowl's worth of water; once it simmers, add your kombu and anchovies (if using shiitake, be sure to soak them first; simmer the leftover mushroom water instead of regular water)
- after simmering for about 15 mins, remove kombu and anchovies
- wash and thinly slice your potatoes into ~eighth inch disks (as if they were going to be scalloped)
- add potatoes to broth; cook on medium for five minutes
- take a large spoonful of doenjang or miso and add to the broth (for even dispersal, i rub the back of another spoon against the paste until it's all gone)
- mince garlic and add to soup
- taste; add salt if it's not salty enough, doenjang if it lacks umami
- continue to cook until potatoes are almost tender
- add mugwort and cook for a final 5 mins

# A Kind of Babaganoush

by Adinah Dancyger

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## Ingredients:

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- One medium eggplant
- 1/3 Tahini
- 1-2 cloves crushed garlic
- 1 Lemon
- Pinch of salt, rest to taste
- Parsley, Za'atar, Pomegranate (Final garnish can be anything)!

## Preparation:

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On medium high heat, place the eggplant directly on the stove (like a wood fired pizza) and let it char on all sides. Flip and feel it out every couple minutes to even the char.

Once fully burned on the outside, set aside until it's cool enough to handle. Gently peel off the burnt outer skin and discard. If extremely watery, pat down with a paper towel in a bowl.

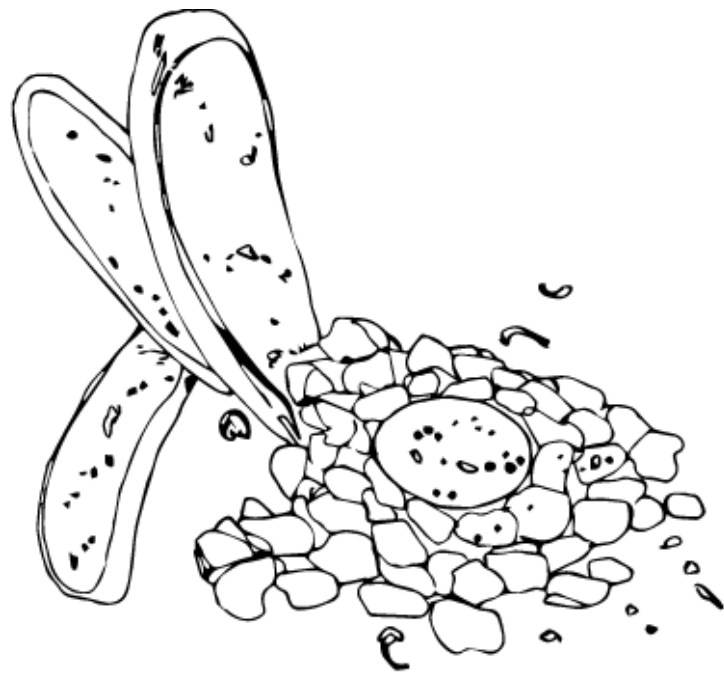
Mash the eggplant up with a fork until it has a smoother consistency. Add salt, lemon, garlic, tahini and mix together until fully mixed (should have an ivory look to it). Keep playing with ratio based on preference, garnish and dip with anything!

# Kitchensink Steak Tartar

by Alivia Bloch

I find writing a recipe to be so challenging, and cooking from a recipe to be even harder. Cooking (at home) is a meditation for me, an ellipses in my experience of the day. But cookbooks are so important, because they're a means to record our sacred processes, as punctuated by our most divine senses: taste, smell, and sight. But I want to write a recipe for this book because cooking something that a friend already made sounds comforting.

This is a personal recipe, in that it's what I make when I want to impress someone I love. No one ever made this for me growing up, but they should have. Steak tartar is endlessly sexy to me; it's my favorite food for many reasons, but mostly because it has endless iterations and possibilities. It's like making your favorite salad dressing, and then adding beef; it's chilled and also very fatty, two qualities I like very much. On the side, you have your favorite bread rubbed with olive oil and garlic (and some salt!), or crackers, or sticky rice, or little lettuce cups.



## Ingredients:

## Preparation:

### Ingredients & What You Do With Them

Like 20 minutes before you want to chop your tartar, put your steak in the freezer. Get a whole cut of something lean, like filet mignon or sirloin, and make sure it's grass fed and organic. I regret saying that? Chilling the meat beforehand will ensure that it's cold to eat and also makes it less tough to your knife when you chop it. While it's chilling, make the "vinaigrette" – you will add the beef to it afterwards.

Instructions: 1 entire shallot, diced finely, left to macerate in Red Wine Vinegar (cover the shallots so they're just floating)  
Parsley/Cilantro/DILL/Shiso, or literally any of your favorite, softest herbs, smashed  
Sesame Seeds, toasted, put those in there too  
Dijon mustard, a spoonful, or pickled mustard seeds

Cornichons, diced, for another pickled element  
Small amount (like 1/3) diced Asian pear, for sweet! Why not

Most importantly, add parmesan cheese. Preferably use a microplane for this part. Do you have one of these? I will say, parmesan is very iconic in this dish. I also had a dream once about cheddar; this is also good! Cheese in your tartar.

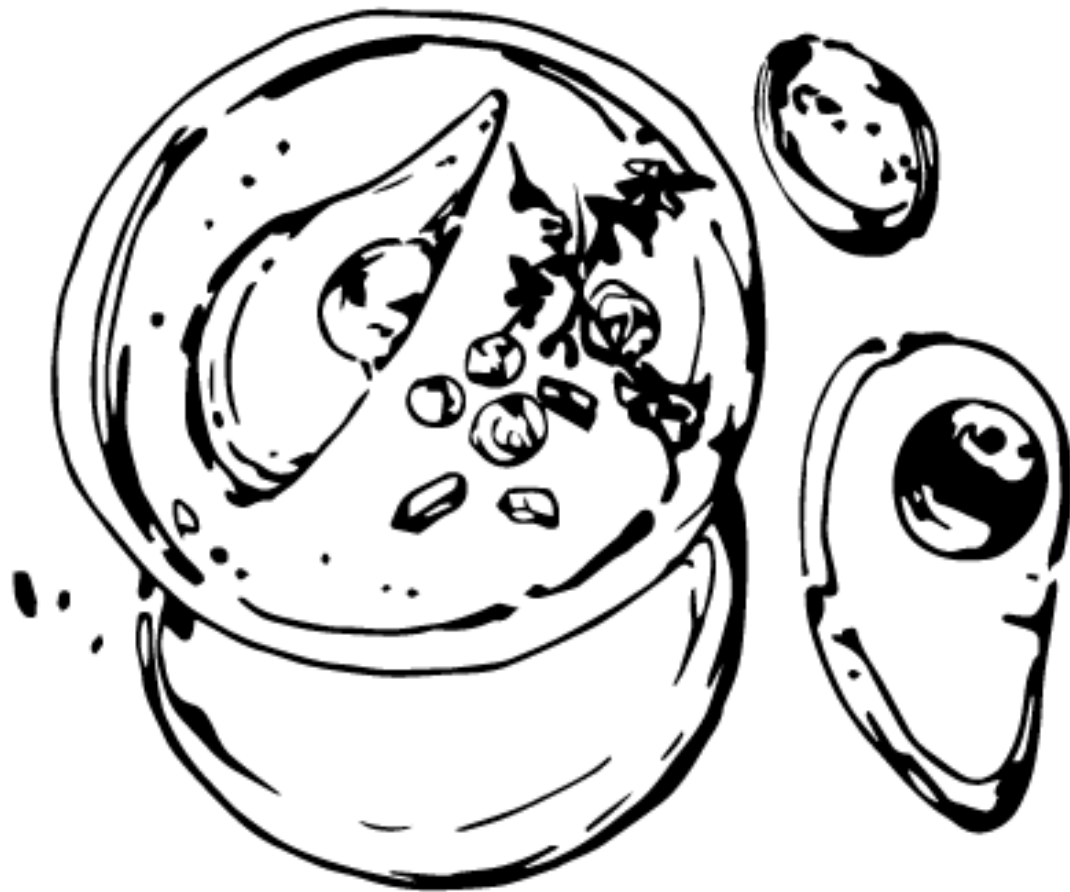
Lastly, season your steak tartar with fish sauce, maybe more vinegar (red wine, white, or sherry, apple cider literally whatever), some lime juice, and lotsa pepper. Black pepper, maybe a little bit of Aleppo or pink peppercorn. And of course lots of good olive oil. The point is to create a very chilled, slippery dish that is crunchy, spicy, and sour. Steak tartar should feel luscious. If it doesn't, add more fat, and more acid, and more salt, until it really is. You can leave it to sit for 10 minutes, so all the flavors marinate.

Unless I'm working, I don't like to listen to music while I'm cooking. Even though this dish happens to be raw, on principle, I like to cook when it's quiet so I can hear my food, in addition to tasting, smelling, and looking at it.

# Locro (Ecuador)

by Sara Skolnick

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## Ingredients:

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10 medium sized potatoes  
peeled and chopped  
2 tablespoons oil  
7 cups of water  
1 cup of milk  
1 white onion diced  
2 minced garlic cloves  
2 tsp cumin  
1 tsp achiote powder  
1 cup grated or crumbled  
quesillo or queso fresco  
1 bunch of minced cilantro  
Salt to taste

For serving:  
Maíz tostado  
Avocados sliced  
Queso fresco  
Scallions chopped  
Cilantro chopped  
Hot sauce

## Preparation:

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Heat the oil over medium heat in a large pot.

Add diced onions, cumin, achiote powder, minced garlic and cook until tender.

Add chopped potatoes and stir until coated with the refrito base.

Stir in the water and bring to boil.  
Reduce heat to low and cook until potatoes are tender, approximately 30 minutes.

Mash the potatoes with the back of a spoon, be sure to leave some chunks of the potatoes.

With heat on low, add the milk and allow it to cook for an additional 5 minutes.

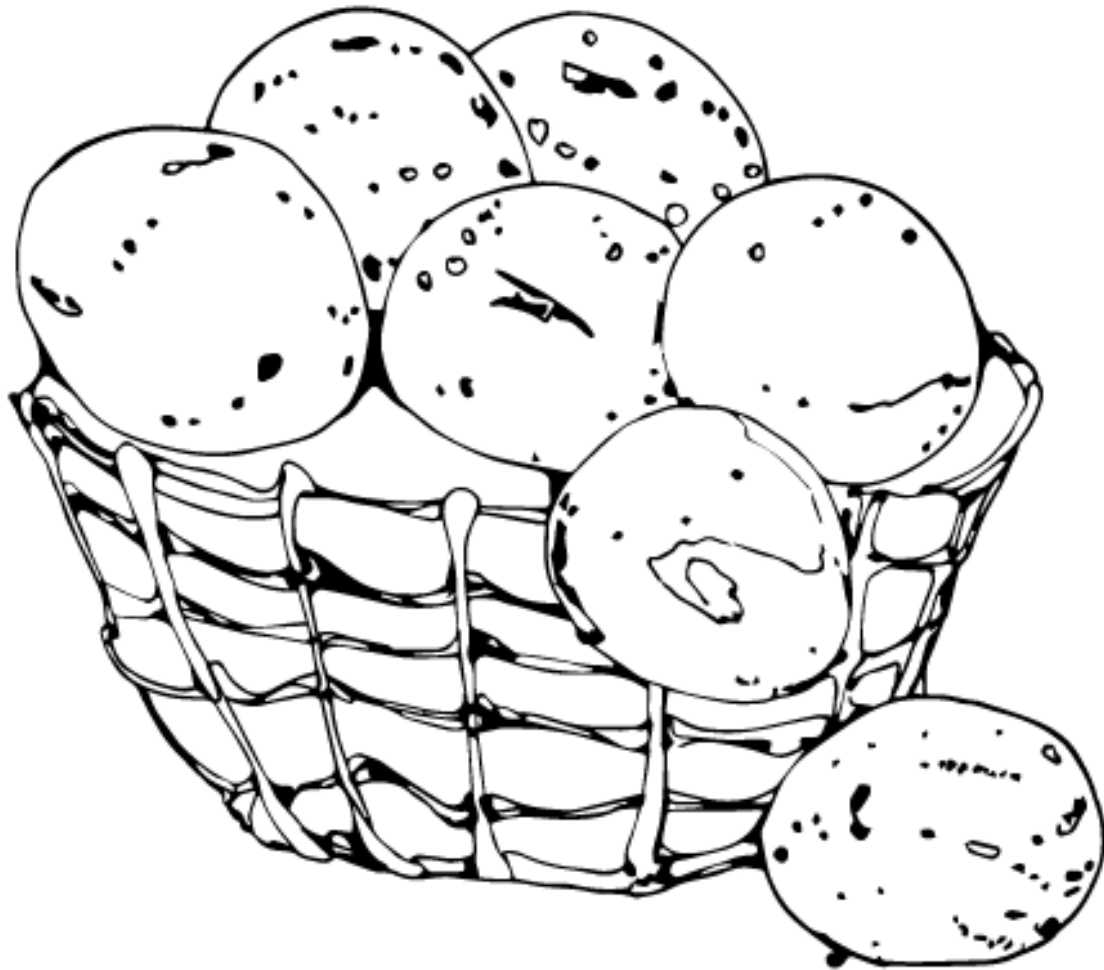
Remove the soup from heat and add in the grated or crumbled cheese.

Serve warm with maíz tostado, avocado, queso fresco, scallions, and cilantro to taste.

# Pão de Queijo da Minha Mãe

by June Canedo

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## Ingredients:

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2 1/2 cups of tapioca flour  
1 cup of water  
1/2 cup of vegetable oil  
1 cup of milk  
1 tablespoon of salt  
4 eggs  
1 1/2 cup of parmesan cheese  
1/2 cup of mozzarella cheese

## Preparation:

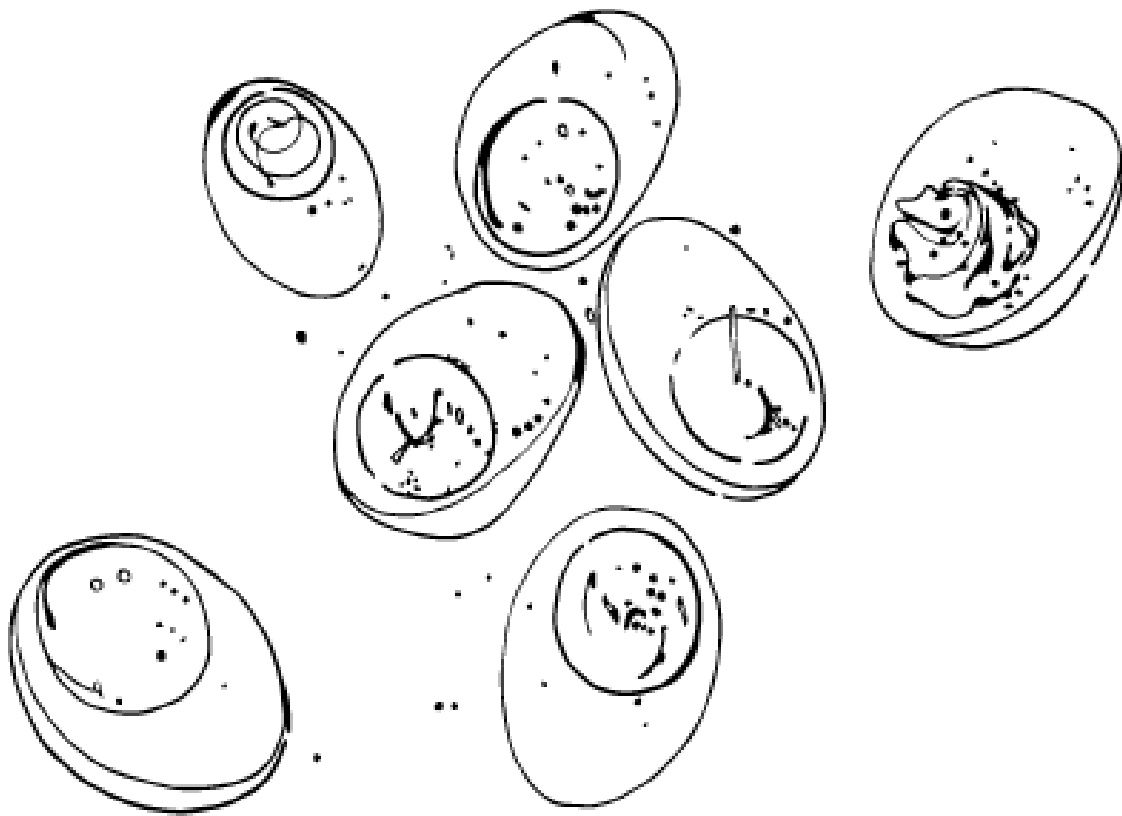
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Preheat oven to 425  
Combine oil, water, milk, and salt and bring to a boil  
Pour into tapioca flour in small batches  
Mix until it is cool enough to massage with your hands  
Add eggs  
Work mixture with your hands until it becomes a dough  
Mix cheese into dough  
Roll dough into ice cream scoop size balls  
Place on a baking sheet  
Bake until golden, roughly 20 minutes

# Addis Deviled Eggs

by Hanna Girma

After a night of dancing in Addis I would walk out of the club to enjoy a 5am hard-boiled egg delicately coated in berbere sold by a local street vendor. When I came home I was excited to apply this to one of my favorite dishes, deviled eggs. The recipe combines three of my favorite things: hard boiled eggs, mayo, and the Ethiopian spice berbere.



## Ingredients:

1 dozen eggs  
1 tbsp Berbere  
1/2 tsp Dill  
1/2 tsp Smoked paprika  
1/2 tsp Cumin  
1/2 tsp Cayenne pepper  
1 tbsp Harissa  
1 garlic clove minced  
1/3 cup mayo  
2 teaspoons Dijon  
1/2 lemon juiced  
Touch of red or white wine vinegar  
Salt and pepper to taste  
Finely chopped chives for garnish

## Preparation:

1. Boil eggs for about 10 min. Drain water and allow to cool completely before peeling. Cut eggs in half, removing yolk and placing it into a large mixing bowl.
2. Blend yolks, garlic clove, harissa, lemon and mayo.
3. I don't really measure my spices when I season so everything is really to taste. I would recommend starting with the berbere to really let it shine and adding additional spices as you go.
4. Pipe yolk mixture back into eggs and sprinkle with paprika and garnish with chives before serving.

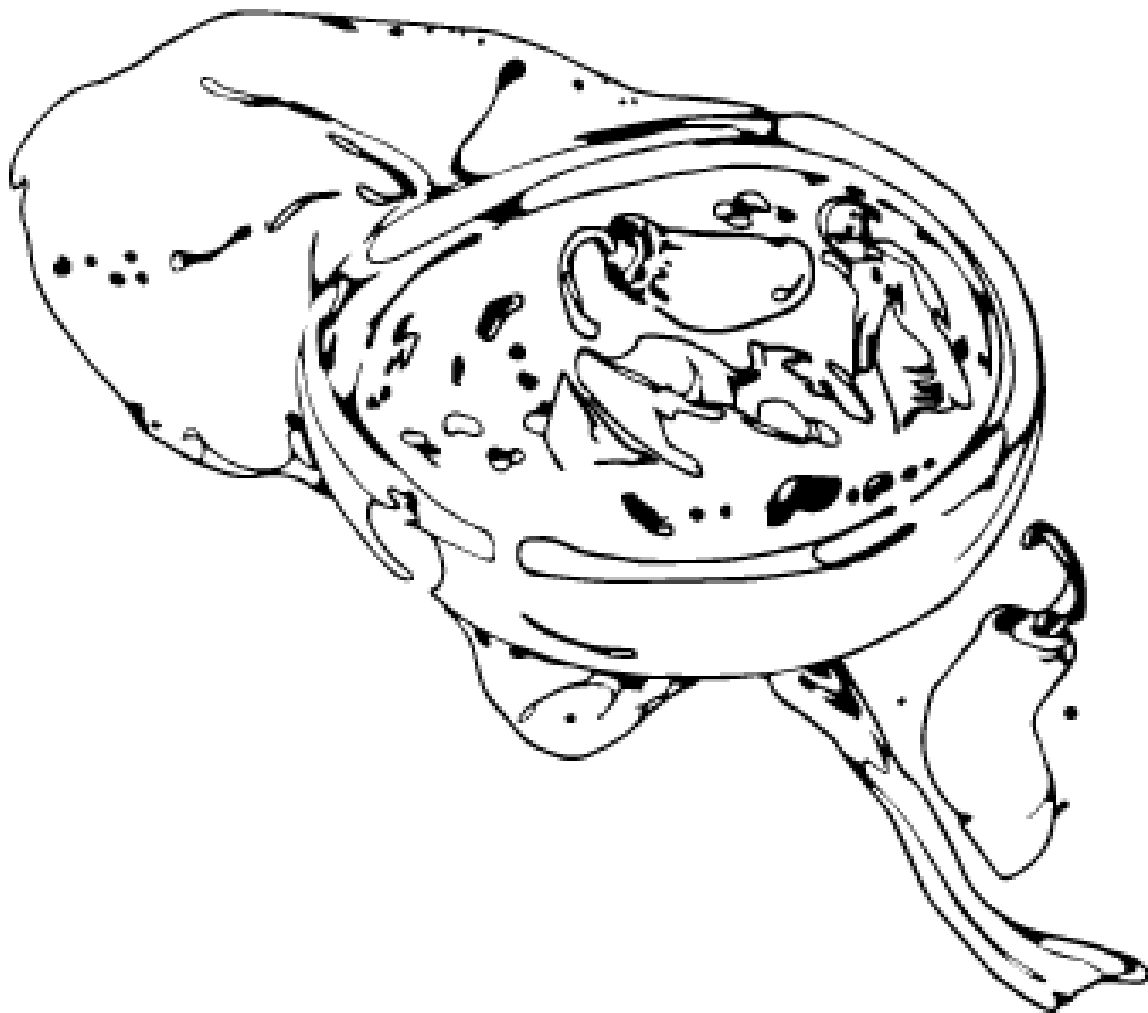
# Side Dishes

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# Granny's Callaloo Recipe (Trini Style)

by Nicola Awang

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## Ingredients:

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Callaloo Bush  
9 Ochros  
Onion Powder or Onion  
Garlic Powder or Garlic  
A Pack of Milk Powder or  
Coconut Milk  
Black Pepper to taste  
Salt to taste  
A piece of Pumpkin or Squash  
whichever is available  
Stalk of Green Onions  
2 tablespoons of Olive or Canola  
Oil  
Hot Water

## Preparation:

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Put the oil in the pot and cut up the callaloo bush and put it in the pot with all the ingredients in a medium heat with hot water and let simmer until the bush and ochros and pumpkin begin to melt then you take your swizzle stick and begin to swizzle until it reaches a smooth consistency. If you desire you can also put the entire contents in your blender and make the consistency smoother like a soup.

# Mujadra (Vegan!)

by Farah Al Qasimi

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My grandmother, who was born in the Lebanese village of Mdoukha, used to make this dish, and my aunt still makes it often. It's warm, savory and delicious - and very easy to prepare and leave on the stove for an hour. It's my favorite for winter - I love when my tiny apartment fills up with the smell of cooking onions.



## Ingredients:

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1/2 cup olive oil  
2 large yellow or white onions  
(or more, if you like)  
1 cup long-grain rice  
2 cups brown lentils  
8 cups water  
1 tbsp cumin  
Salt and pepper to taste

## Preparation:

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Heat the oil in a large pot. Add the onions and cook over medium heat until they start to caramelize and turn brown. Save some of the caramelized onions for garnish. Rinse the lentils. Add to the pot with water and cook, stirring occasionally, for 15-20 minutes. Add the rice, cook for 20 minutes. Then add the spices and cook for another 20 minutes. You can add more water if you want the mujadra to be more of a stew, or add less if you want it to be more of a pilaf (this is called 'mudardara'), but I find the "stew" version to be heartier. Top it with the rest of the caramelized onions. You can also add toasted pine nuts, pomegranate, and chopped parsley or cilantro. I also like to serve it with a little yogurt sauce: I combine a cup of yogurt with fresh garlic, salt, pepper, lemon zest, lemon juice, and buttermilk.

# Vovo Sebete's Collard Greens or Couve (in Portuguese)

by Lukaza Branfman-Verissimo

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I learned to cook collard from my Vovo in Brasil and she learned from her mother. Whenever I am feeling low, miss my family, friends and need a soothing nourishing meal, I make couve. It tastes like Rio and Los Angeles (two homes of mine) and makes me feel held. This is for you Vovo Sebete.



## Ingredients:

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6 Cloves of Garlic  
A generous amount of olive oil  
5 large leaves of collard greens  
(if you have more collards just add more cloves of garlic)

## Preparation:

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First, finely chop the cloves of garlic or use a garlic press but I prefer hand chopping it. Set the garlic to the side. After washing the greens, lay them out on a cutting board, one on top of eachother. Using a large, sharp knife, cut long ways across the pile of greens, then sandwich the two halves on top of eachother. Now for the fun part, with the thick stack of 10 layers of greens, roll it up vertically and cut the greens into thin strips. Place the thin strips of greens aside, so that you can prepare the garlic. Pour a generous amount of olive oil into a pan. Heat the pan on medium heat, as soon as the oil is hot, add in all the garlic and stir it around mixing it with the olive oil.

The garlic will get lightly browned and as soon as that happens, add the thinly cut greens! Stir the greens with your hands or a wooden spoon of whatever you have handy. My Vovo uses her hands! Make sure you integrate the greens with the oil and garlic. Let them sit and cook on medium heat for 2-4 minutes, then after mixing again cover the pan for 3 minutes. Taste and see if the greens taste cooked through. If yes, then you are done and if not, stir and cover for a few more minutes.

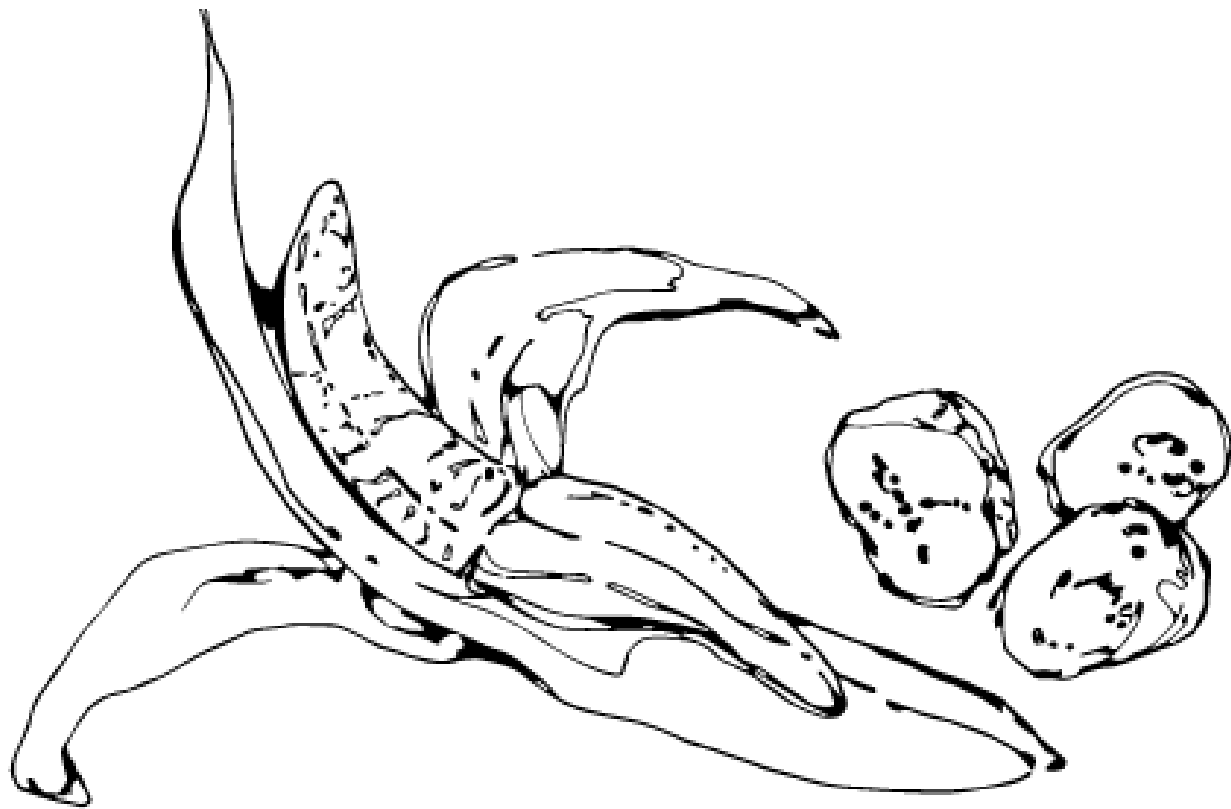
# Bannan Peze (Double-Fried Green Plantains)

by George Aumoithe

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This recipe is simple, delicious and entails only 5 minutes of prep. I'd listen to Haitian Kompa music while assembling:

[https://www.youtube.com/watch?v=R-g0pA4Oh5w&ab\\_channel=KOOLJOBEATZ](https://www.youtube.com/watch?v=R-g0pA4Oh5w&ab_channel=KOOLJOBEATZ)



## Ingredients:

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For 2-4 people:

2 large green plantains  
Vegetable oil  
Adobo seasoning (or:  
Salt  
Black pepper  
Paprika  
Chili flakes  
Onion powder  
Garlic powder (optional))  
A bowl of water

## Preparation:

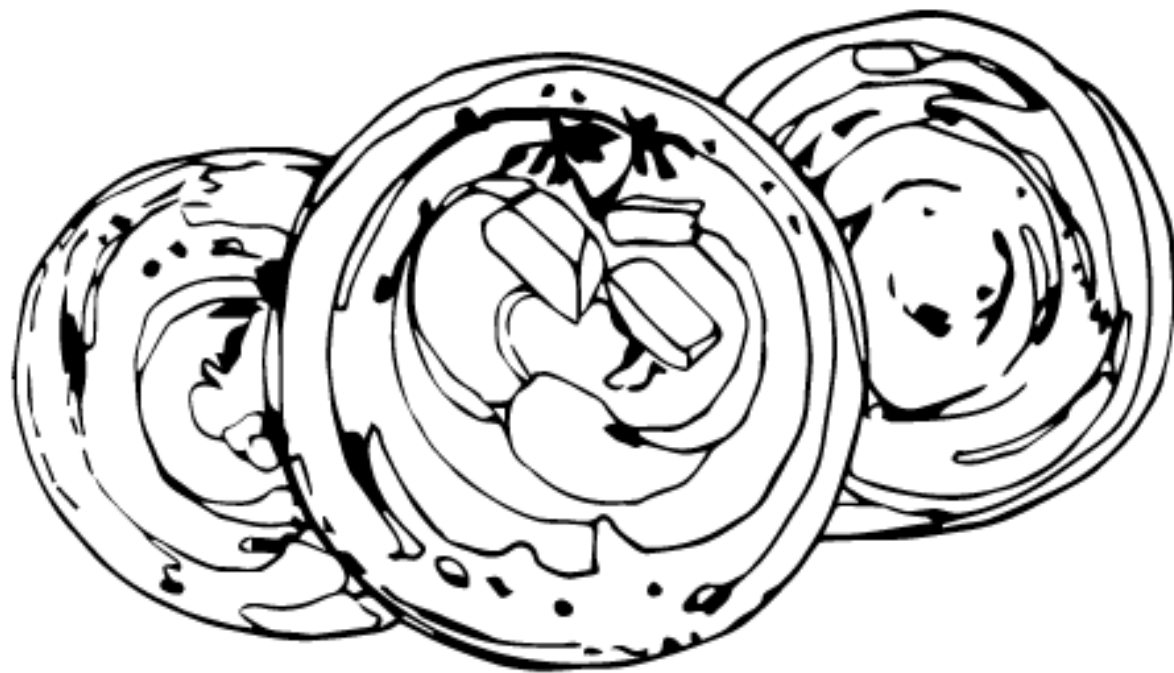
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Line a plate with paper towels  
Pour enough vegetable oil into a cast iron or stainless steel pan to cover the entire base in about 1/6 inch of oil, set to medium-high heat  
Cut the ends off the plantains  
Cut lengthwise deep enough to separate the casing from the fruit  
Use your fingers to pry the casing off the plantains  
Cut the plantains diagonally  
Fry the plantain slices, about 2 minutes per side or until light brown (reduce heat if necessary, but not by too much)  
Prep the Adobo seasoning (a pinch of salt, 1 tsp. each of black pepper, paprika, chili flakes, onion & garlic powder)  
Add the Adobo seasoning on top of a bowl of water and stir gently  
Remove the plantain slices and place on wooden cutting board (cook in batches if necessary)  
Gently smash the plantain slices with the back of a wooden spoon (be careful not to completely break the plantains)  
Dip the smashed plantains into the bowl of Adobo water seasoning  
Carefully refry the plantains on both sides in the same pan in batches (their surface area will increase after smashing)  
Remove the refried plantains after about an additional minute each side  
(Due to the hydrophobic interaction of water and oil, you may have to add more oil to finish the double-fry)  
Enjoy your delicious, double-fried plantains as you dance to Kompa!

# Paratha

by Zenat Begum

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## Ingredients:

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Prep + cooking instructions -  
serves 4

Maya attah - 2 cups  
Water - suggest 1/2 cup  
Salt - 1 tsp  
Olive Oil - tsp  
Ghee - 1-2 tsp for frying on pan

## Preparation:

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Add maya attah + water + oil + salt together in a  
mixing bowl.

Knead the dough and separate into 4 balls.

Get a roller if you can or a tortilla press and flatten  
out each ball!

Should look like a large thin pancake.

Add the tsps of ghee to a flat pan.

Then fry each side of the paratha until light brown  
and crispy.

Serve with fried eggs, veggies, lentils, etc!

# Chinese-Jamaican Rice and Peas

by Ivy Young-Scott and Ethan Scott Barnett

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This recipe was birthed on the eastern coast of Jamaica, kept in a small village outside of Port Antonio, where a Chinese migrant built a restaurant in the early 20th century. My great grandfather along with his brother fused traditional Cantonese food with Jamaican culture. This recipe has since been passed down to a daughter (Ivy, my grandmother) who eventually migrated from Port Antonio to London to New York City and lastly to Kingston, NY. Now, my grandmother and I offer it to you and yours... please, keep it safe!

Best paired: Chicken, Beef, Crab, Duck, Oxtail, Bok Choy, Baby Gai



## Ingredients:

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Garlic (1 clove)  
1/2 - 1 Onion  
5-6 Pieces of Bacon  
1 can - Coconut Milk  
1 can - Green Pigeon Peas  
1 Jalapeño Pepper  
2 cups of Rice  
Handful of Pimento seeds  
Salt and Black Pepper  
Small Bundle of Thyme

## Preparation:

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Step 1. Grab your favorite rice, soup or pasta pot  
Step 2. Place on burner with semi-high flame.  
Cut bacon into 1-inch pieces, add to pot. Cook bacon until it's burnt (place in a bowl on the side).  
Turn flame to low  
Step 3. Chop/dice onions and place them in the residue of the bacon fat, cook until translucent.  
Step 4. Add fresh thyme (maybe like 3, 2-inch pieces)  
Step 5. Turn flame to Med-High and add the can of coconut milk  
Step 6: Add the can of beans (water and all)  
Step 7: Add 1 can of water  
Step 8: Add a few pimento seeds, (maybe your favorite seasoning) and a spoon full of salt and pepper  
Step 9: Cut up jalapeño pepper into 5-6 slices, put them in  
Step 10: Keep on Medium heat  
Step 11: Let the ingredients marinate/get familiar/smooch one another/etc (2-3 minutes)  
Step 12: NOW start tasting for flavor (every so often), add more salt is necessary because it will cook off...add more jalapeño if you're about that life  
Step 13: Add 1-2 cups of rice + the bacon bits that have been sitting in the bowl  
Step 14: Put the top on and cook for 20-22minutes, stir and then keep the top on for another 4-6 minutes. (Y'all know how to cook rice)  
Step 15: Serve to the community

# Aster's Misir

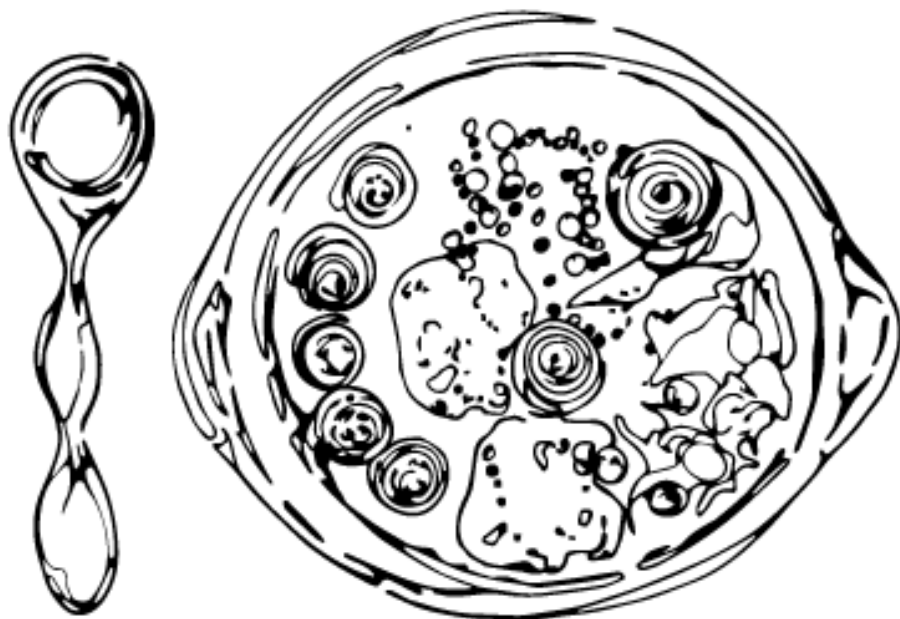
by Mekdela Maskal

Cooking is a remembering process for me, where I feel like I am embodying memories in a multisensory way and bringing them into a material form.

When I make misir I connect with the memories of entering home after school and smelling the pots of prepared food on the stove, of watching mom and aunties attend to the pots, stirring, watching and telling stories.

My mom calls misir a staple because of the ease of cooking, the accessibility of the ingredients, and range of dishes to pair it with. I choose to eat it with injera, but it's not always possible, so I often make it with salad, cooked greens, rice, pita...

Aster is my grandma's name. My mom and her siblings called her Aster, not mom, because their grandma told them to. I think about how that language choice is a constant reminder of who our parents are outside of our relationship with them, and how I learned that through talking with my mom about Misir. I didn't meet my grandma before she passed, so knowing her is knowing my mom's stories, and so many of them happen with, over, and through food.



## Ingredients:

Not exact, up to you.  
1 cup split red lentils  
Half red onion or 3-4 shallots  
5 cloves of garlic  
¼ cup bebere\*  
1 jalapeno  
⅓ cup oil  
Salt to taste

\*My mom will think I am remiss if I didn't say that the quality of the bebere is important. I also think the relationship is crucial. We bring it back from Ethiopia, where family makes it.

Food is always better through relationship, I think, and finding (or making) bebere is a part of the process of misir.

Find an east african market or restaurant in your area and build a relationship.

## Preparation:

Misir needs your attention so prepare to give it. Wash your lentils. Saute onions with garlic, oil and bebere. You can also use butter instead of oil. Aster prefers oil. Notice the onions and garlic soften and the bebere smoothen and blend in to become a thick oily sauce. Continue cooking on a simmer. Add lentils and mix in so they soak the flavorful juices. Add water to the height of the lentils. Stir and watch. I wouldn't multitask if I were you. Continue to add small amounts of hot water until the lentils soften enough for your taste. Mom likes the misir to be soft, but with definition. You should be able to make out the shape of the lentils in your mouth and with your eyes. Once it's almost done, add the jalapeno, chopped in 4 long strips with seeds removed. Enjoy when the jalapeno is no longer hard.

# Lentil Salad, Not Like Other Salads

by Lori and Keenan MacWilliam

This is my favorite salad ever. My mom, Lori, tried it once at a Restaurant with her BFF years ago and then made her own version of it, fine tuning it over time. This salad is really easy and extremely good. It's perfect to bring to cottages or on road trips, it's perfect in general. All our friends are obsessed with it. I love to eat the left-overs straight out of the fridge in the middle of the night. Lori says it's annoying when I do that because I eat all the Halloumi out of it.



## Ingredients:

Let's say for 4 servings

2 cans of lentils  
1/2 - 3/4 a bunch of parsley  
Small red onion  
Lots of Halloumi Cheese (at least 250g)

Dressing:  
Lemon Juice  
Little bit of Cumin  
Olive oil  
Salt n Pepper

## Preparation:

ONE  
Drain the lentils and leave in the strainer in the sink. Dice the red onion fairly thin, chop up that parsley\* and cut the halloumi cheese into bite sized pieces. Set aside

\*Lori doesn't like when the parsley feels like it's been through a blender so do it roughly

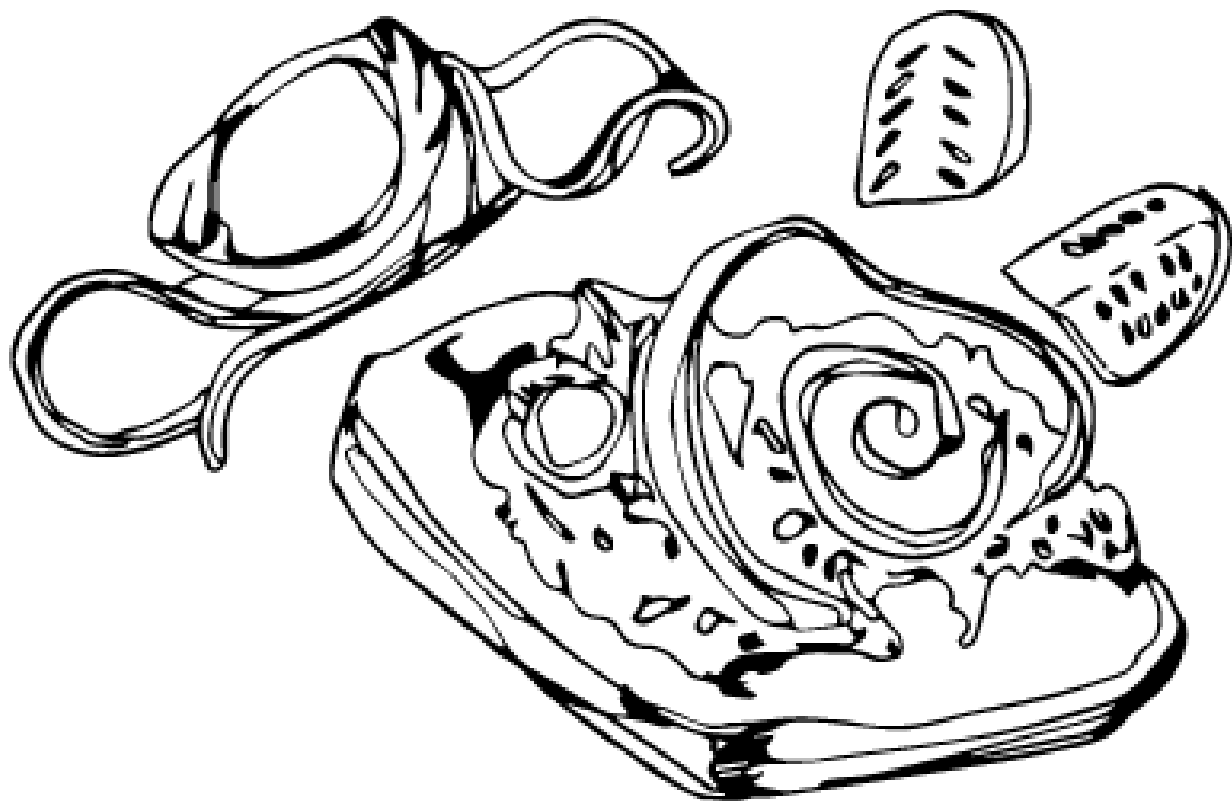
TWO  
Fry up the halloumi in a non-stick pan with no oil until golden brown and a little crispy on both sides.

THREE  
Toss all of the ingredients together in a big bowl and dress to taste. Let settle for about an hour if you have the time.

# Whitefish Salad

by Rachel Day

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## Ingredients:

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1 1/2- 2 lbs of smoked whitefish  
(Could use either 1/2 a cup of dairy free mayo or real mayo!)

1/2 cup of celery chopped  
2 tbsp of dill minced  
2 tbsp of chives minced  
1-2 fresh lemon juice squeezed (to taste)  
add salt and ground pepper to taste (already pretty salty naturally)

## Preparation:

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Can buy whitefish from a deli or kosher market (should not be expensive)

For fillets, remove the skin, pull the meat/ flake it into small pieces into a small mixing bowl, look for bones as you go (pull them out as you find them)

once finished getting the meat off shred it with a fork or fingers (continue to look out for any bones)

Add the mayo, celery, dill, chives and mix

Add the lemon juice and salt and pepper

Then it is ready to serve on a bagel, toast, crackers :)

# Beverages / Sauces

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# Fermented Strawberry Milkweed Vinegar (aka Summer in a Bottle)

by Sammi Gay



## Ingredients:

Strawberries (Can use whole berry or scraps/tops)  
Common Milkweed Flowers (Asclepias syriaca)  
Filtered Water  
Sugar  
Raw Apple Cider Vinegar

Milkweed flowers can be found in the east coast from early to late summer. Forage respectfully as the milkweed is the exclusive home and feeding site for Monarch caterpillars.

## Preparation:

### Step 1: Creating Fruit Wine (About one week)

1. Place non-molded fruit scraps/ pieces and milkweed flowers into a wide-based glass or ceramic container. The quantity/combination of fruit and flowers is flexible and to taste. I'd recommend a 3:1 ratio of strawberries to milkweed flowers.

2. Dissolve a ratio of 1/4 cup sugar in 1 quart of room temperature, filtered water. Pour over fruit and repeat the ratio as many times as necessary until you have one part fruit to two parts liquid.

3. Cover the container with cheesecloth and stir scraps daily, with a clean spoon, to encourage the fruit yeasts to eat the sugars and to prevent surface mold from growing in the container.

### Step 2: Vinegar Making (three-five weeks, depending on temperature\*)

\*Vinegar loves warmth, with the ideal temp for this step being 80-100 degrees F

4. Strain and dispose of the fruit. Pour the liquid back into the container.

5. Add a healthy splash (say 2 tablespoons per quart of liquid) of raw apple cider vinegar to help get the acetobacter (a bacteria that converts ethanol to acetic acid in the presence of oxygen) started for the vinegar-making process.

If you have a vinegar mother on hand, you can add it to the batch at this point, which will help speed up the process. If not, no worries, continue to step 6.

6. Cover again with cheese cloth and let sit for another two weeks or so. Stir every couple of days at first and then swirl gently as time goes on. You will notice a vinegar mother forming on the surface of the liquid.

The vinegar is complete when it smells and tastes like vinegar, within three-five weeks. I recommend straining and rebottling to a container with a tight-fitting cap.

Store bottled vinegar at room temperature and it will keep indefinitely, developing a more complex flavor as time goes on. The mother can be saved and kept for future vinegar making endeavors.

Use in replacement of other fruit vinegars or as a drinking shrub.

# Orange Marmalade

## (My Grandmother's Recipe)

by Isabel Flower

Home-cooked family recipes were not a big part of my upbringing. My parents worked a lot and my extended family on both sides lived far away. One of my favorite (and most nostalgic) childhood foods was pork fried rice from a take-out spot called Lanvina. We ordered from there so often that when my dad called, the lady who answered the phone would recognize his voice and greet him by first name. I always got the same thing. Another constant is this orange marmalade, which my maternal grandmother used to make in large batches once a year and then either send to us by mail or bring in her suitcase when she visited. My mom made it sometimes too, but the recipe is British (hence the measurements) and it can be difficult to find the bitter cooking oranges at grocery stores in the states. As a replacement, we'd order a canned version online. The latter method isn't quite the same, but both are delicious. I highly recommend this jam on a PB&J.



### Ingredients:

1 kilo bitter oranges or Robertsons Ma Made Seville Oranges (canned)  
2 lemons  
1 1/2 litres water  
1 1/2 kilos sugar  
6-8 jars

### Preparation:

Scrub fruit with a brush (this is important as fruit is often sprayed with chemicals). Put to boil gently in a large saucepan with the water and the lid on for approx 1 hour. Leave to cool (I usually leave overnight). Cut fruit in half and take out the seeds. Put the seeds back in the water and boil gently for at least 10 minutes. Meanwhile, cut the fruit into bits the size you want. If you are busy, you can also leave the fruits till the following day. Put a sieve in a large bowl and strain the seeds. Throw away the seeds but NOT the water. You should have about 1 liter of water left. Put the water and chopped fruit back in the same saucepan and bring to boil, adding sugar SLOWLY. (You can warm the sugar in the oven before, if you want, and it will mix better.) Once all the sugar is added, bring to a fast boil and keep boiling for 30-40 minutes. Then turn off the heat and let the mixture cool quite a lot before you transfer it to clean, warm jars. Let set overnight.

# Kelly Green Pesto

by Summer Sloane-Britt

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My mom is the best cook that I know. I didn't realize until I started cooking for myself that she taught me just by having me hang out with her in the kitchen. During quarantine, we've both been experimenting with food and new recipes. For this cookbook, I couldn't imagine not doing something she taught me. She made this up on a whim when thinking about what to do when basil and pine nuts were getting a bit boring. Like a true Black mom, she only includes the ingredients and what to do with the final product, similar to how she texts recipes to me. It might be a cliché, but the secret ingredient of excellent food is love and even more than cooking, what she's taught me is to love myself enough to feed myself some easy to make delicious food on a Tuesday.

This recipe makes one small jar of arugula pesto that will keep fresh three-four days in the refrigerator. Toss with pasta or spread on toasted bread. Add parmesan or other hard grated cheese. The pesto can also be used as an accompaniment for chicken, fish, eggs, or potatoes.

## Ingredients:

## Preparation:

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One bag of arugula  
Two tablespoons of olive oil  
1 tablespoon of lemon  
Pinch of sea salt (salt to taste!)



# Vegan Avocado Lime Sauce

by Annika Hansteen-Izora

My grandmother has always known about the magic of plants. She's been a vegan for years beyond the existence of beyond meat and oat milk, and was making her own sauces and recipes before plant-based was as popular in American culture as it is now. She taught me about the love that goes into plants, and the love that I am asked to give them in return. This recipe is a sauce that was one of the first ones I created when I went plant-based, that I add onto almost every meal I share with my grandmother.

Ode to Vick's vapor rub.  
Ode to Manuka honey poured into the copper colored spoon.  
Ode to garlic ginger lemon tea, spinning bitter off of my tongue.  
A pocketful of spells,  
Practiced by my grandmother, and the women that came before her.  
On nights when my heart blue easy.  
I dip my fingers into spoonfuls of lavender and nettles.  
This lonely burn just as wicked as a fever.  
So I apply the recipes of healing my loved ones taught me.  
And I soak. And I soak. And I soak.



## Ingredients:

1/2 cup cilantro  
1/2 cup largely  
1 large avocado  
1 jalapeño pepper  
1/3 cup pumpkin seeds  
5 cloves of garlic  
Juice of one lime  
1 tsp salt  
1/2 tsp black pepper  
1/4 cup -1/2 cup of water  
2 tbsp olive oil

## Preparation:

1. Add all ingredients except olive oil to a blender or food processor, starting with only 1/4 cup water.
2. Blend ingredients until very smooth. If too thick, add more water.
3. While the blender or food processor is on, drizzle the olive oil in gradually.
4. Taste and adjust seasoning to however you feel.

Sauce can be frozen and stored up to 6 months.  
Defrost completely before using.

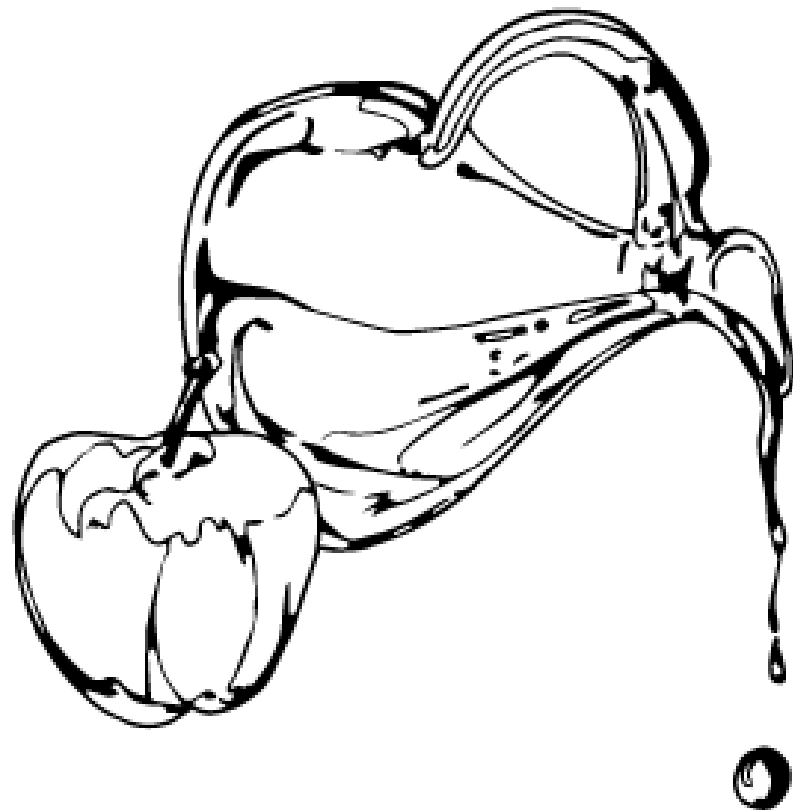
# Boiled Cider

by Jen Monroe

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boiled cider is an old-fashioned, unpretentious new england condiment which is made by boiling apple cider until it's very reduced and thickened. it's stupidly tangy, bright, and caramelly, and can be used anywhere you would use maple syrup or honey: on pancakes, waffles, yogurt (my favorite), oatmeal, tea, hot toddies, whiskey sours, vinaigrette, etc.

i like apple butter fine but i LOVE boiled cider, and it is way simpler to make and with a much nicer texture. it makes a nice gift but you will not be sad if you hoard it all for yourself. i go through a lot of maple syrup in my house so i like to save my empty maple syrup bottles and fill them with boiled cider.



## Ingredients:

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2 gallons fresh apple cider  
(ideally unpasteurized)

## Preparation:

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pour your cider into a big stock pot and measure its depth, either with a clean ruler or a skewer. you're aiming to reduce it to about 25%, so if necessary, make a mark on your skewer and divide it in half and then half again.

bring to a boil and then reduce heat to medium low and let simmer, uncovered, until reduced to about a quarter of its original depth. this will take 3-7 hours. stir occasionally to make sure the bottom isn't scorching, but other than that it's pretty hands-off, and it's going to make your house smell amazing.

you can keep going and reduce it to an eighth of its depth if you want it thicker, darker, and more spreadable (just mind the heat so you don't burn it), or leave it as-is if you want something more drizzle-able. be aware that it will thicken as it cools. add a pinch of salt if you want, or don't!

pour your finished product into glass jars or bottles. if you're into canning, you could can these to make them shelf-stable, but i never bother--this lasts for a long time in the fridge and tends to disappear quickly.

# Main Dishes

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# Zaalouk

## (Moroccan Eggplant Caviar)

by Meriem Bennani



### Ingredients:

8 tomatoes - no specific type of tomato, whatever looks tastiest and reddest  
2 eggplants if you live in NY where they are giant / 4 small eggplants if you live somewhere reasonable  
Garlic  
Cilantro and Parsley OR Cilantro or Parsley  
Olive oil  
Cumin  
Paprika  
Salt  
Pepper  
1 Pickled Lemon  
1 Fresh Lemon

\*The secret ingredient is not to measure a thing

\*\*The second secret ingredient in the original recipe is to wrap the warm eggplants in a plastic bag to make the peeling easier but that's at your own risk

### Preparation:

Roast the full eggplants (you can cut slices in them) on a tray till they collapse from being fully cooked  
Roast the full tomatoes with olive oil  
OR  
Grill the full eggplants  
Grill the full tomatoes  
OR  
Grill the full eggplants on your stove if you want to do it the Moroccan way  
You can try the same with the tomatoes but it might get messy, I never did it

Peel the eggplant but don't do it too perfectly, leave some skin here and there  
If you grilled them, peel under running cold water to get rid of the carbonized skin  
Cut in small chunks  
Peel the tomatoes more perfectly and cut in small pieces

In a big skillet, pour some olive oil, add crushed garlic, chopped cilantro and parsley  
Throw in the tomatoes  
After 1 minute, add Paprika, Cumin, Salt and Pepper  
After 1 minute, throw in the eggplant  
Throw in a couple small pieces of pickled lemon  
Cover and cook at low heat for as long as you can wait till it all blends into a delish caviar  
The name zaalouk means it's been cooking and reducing for a long time  
Serve hot or cold, in Morocco it's usually eaten cold as one of the many small salads before the main Tajine  
Eat with bread, squeeze extra lemon and fresh parsley or cilantro if you'd like

If you know how to make a chicken tagine, throw the Zaalouk in there, it's the best!

Ps - an Iranian friend said this dish needed Yogurt and Levantines might think it needs Tahini but really all you need is a glass of red wine or tea and a song of chaabi

# Spicy Quinoa Fry

by Kafilah M

This recipe I like to make while listening to Miss Nina Simone!  
The spicy and smoky aroma that this dish creates is perfect for cold weather.



## Ingredients:

1/2 cup of red quinoa

A cup of water

Sweet potatoes (dice them into small cubes)

¼ Teaspoon of Cumin

Black pepper

Salt

Teaspoon of Red pepper flakes

One Jalapeno (for extra spice)

One egg

Tablespoon of soy sauce

Tablespoon of sesame oil

Kale or spinach or some sort of chopped leafy green

## Preparation:

1. In a small pot add the cup of water to the quinoa and cook on medium to low heat until done. Proportions are ½ cup of quinoa to 1 cup of water and can be doubled if needed.

2. Mix the soy sauce and sesame oil together in a small cup

3. Heat up a wok or large frying pan to medium-high heat and add olive oil, red pepper flakes and onions and saute for 2 -3 mins. Afterwards add minced garlic and cumin and continue to saute for an additional 2 mins.

4. Add half of jalapeno (diced), diced sweet potatoes and sausage or tofu and saute until they are crispy on the outside but soft on the inside (you can utilize a fork to test this).

5. Once sweet potatoes and protein are cooked add in the quinoa and shredded kale and begin to stir while mixing in half of the whisked soy and sesame concoction.

6. Create a small pool sized circle at the perimeter of the pan and add in an egg and the rest of the whiskey concoction. Let the egg sit for about 45 seconds in the hot pan and then begin to scramble it into the rest of the stir fry.

7. Garnish with toasted sesame seeds or diced scallions. Hopefully the bright colors in this dish provide a moment of joy :)

# Soy Glazed Eggplant

by Karen Nicole

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Makes a real comforting rice bowl

This dish is great in the summer when eggplant season begins

I prefer using potato starch or corn starch but flour will work fine

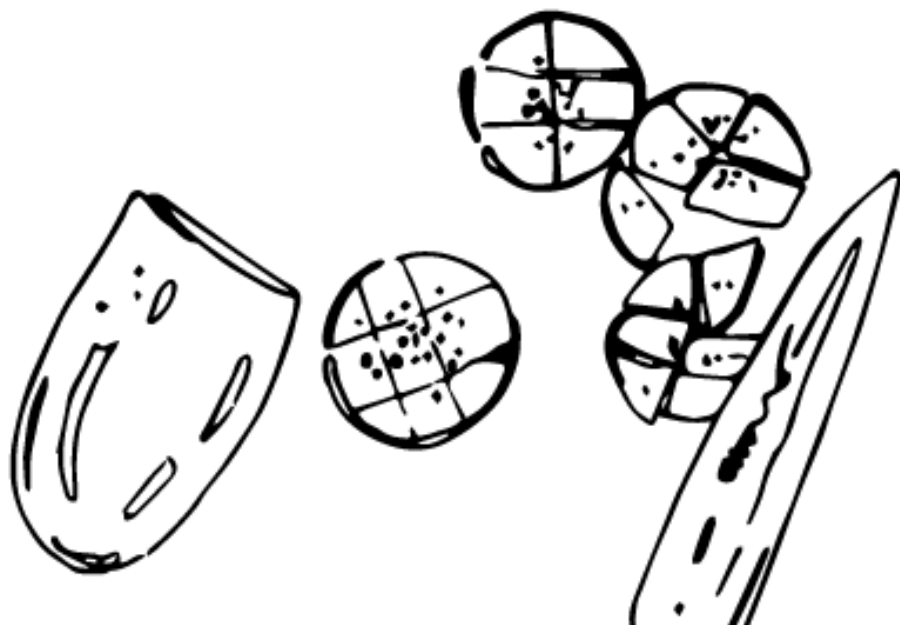
For 2 servings, use 1 eggplant, 1-2 tbsp of flour / starch, 2 tbsp soy, 3 tbsp vinegar, 3 tsp sugar / honey, tiny bit of ginger, and half garlic clove

Eggplant has a tendency to soak up oil and moisture easily but it also means it soaks up flavour easily

If adding ginger and garlic, toast in oil as it preheats before adding soy mixture. Add pinch of cayenne for heat after the soy mixture is added

Serve over a steaming bowl of rice and a soft boiled egg + a topping of chopped scallions, sesame seeds, and shichimi completes the meal

Best served on a sunny fall day at 65°F and maybe with this on [https://www.youtube.com/watch?v=IZ8zu1aRYA8&ab\\_channel=TakuyaKuroda-Topic](https://www.youtube.com/watch?v=IZ8zu1aRYA8&ab_channel=TakuyaKuroda-Topic)



## Ingredients:

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Ingredients:

Eggplant  
Flour / Starch  
Soy  
Sugar / Honey  
Vinegar  
S & P

Optional:

Ginger / Ginger Powder  
Garlic  
Cayenne  
Scallions  
White Sesame Seeds  
Shichimi

Olive oil

1 Red Onion

4 cloves Minced garlic

Spicy veggie sausage or tofu or

## Preparation:

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- 1) Cut up your eggplant to 1 cm thickness rounds
- 2) Lightly salt and leave to sit for 10 min
- 3) In the meantime combine soy, sugar / honey and vinegar
- 4) Using a kitchen towel pat down the eggplant
- 5) In a bowl or ziplock bag, add eggplant and sprinkle with flour / starch - toss or shake to ensure each slice is lightly coated
- 6) Preheat pan over high heat and add oil just enough to coat the pan
- 7) Fry eggplant until slightly golden on each side and tender, add more oil if the pan seems dry
- 8) In a pan heat a tiny bit of oil, add soy vinegar sugar mixture, bring it to a boil and let simmer on medium heat for a minute
- 9) Add eggplant and turn heat down to low
- 10) Once the soy mixture forms a glaze and mostly clings to the eggplant, serve

# Baba's Bengali Shorshe (Mustard) Chicken Recipe

## সর্ষে মুরগি

by Medha Ghosh



### Ingredients:

1. 1 chicken cut into small pieces (1.5 lb)
  2. Mustard seed (2 1/2 Tbsp.)
  3. Coriander seed (1 1/2 Tbsp.)
  4. Turmeric powder (1 Tbsp.)
  5. 5 garlic cloves
  6. 2 large red onions (sliced thin)
  7. 1 green chili
  8. 1 bunch fresh cilantro leaves
  9. Tomato ketchup (2 Tbsp.)
  10. Vinegar (2 Tbsp.)
  11. Mustard oil (2 Tbsp.)
- your choice of protein

### Preparation:

1. Soak the mustard and coriander seeds in water for about 2 hours then, using a blender, thoroughly blend them with the cloves of garlic and chili until it turns into a paste. Add water as needed during blending.
2. Soak the paste in vinegar for about 15 minutes and keep aside.
3. Mix the chicken pieces with turmeric powder and salt and keep aside for 30 minutes.
4. Fry the onion in mustard oil till light brown then add the tomato ketchup and fry for another minute.
5. Add the chicken and fry for about 5 minutes.
6. Add the paste and fry for another few minutes while adding some water.
7. Cover and cook under low flame with for 30 minutes or until the chicken is tender. There should be very little gravy.
8. Before serving, garnish with fresh chopped cilantro.

# Maia's Vegan Red Lentils (Family Size)

by Maia Ruth Lee

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## Ingredients:

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1 TBSP vegetable oil  
1/2 finely chopped Onion  
2 minced garlic cloves  
2 stalks of celery (finely chopped)  
2 medium size carrots (finely chopped)  
2 TSP ground cumin  
2 TSP turmeric powder  
1 TBSP minced ginger  
Salt  
4 Cups Vegetable stock  
1 cup red lentils  
1 cup of chopped cilantro  
your choice of protein

## Preparation:

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In a large saucepan over medium-low heat, heat oil and saute onions until softened. Add garlic and stir for 2 minutes. Add the celery, carrots and ginger and saute for 3 minutes. Then add the spices and saute for another 2 minutes.

Rinse red lentils (don't need to soak) and add to the saucepan and saute for another minute. Add salt and broth to the mix. Raise heat to bring to a boil then lower the temp to simmer and cook (covered) for about 25 minutes.

Add more salt to taste.

Serve over Basmati rice or Jasmine rice. Sprinkle cilantro and serve. Some things I like to additionally serve the lentils with: Sauerkraut / Sour cream / Kimchi / Cherry tomatoes etc.

# Ceviche de Coliflor

by Jazzy Romero

Hola mi gente ! Here is a recipe que me enseñó mi mamá. It's vegan Ceviche made with cauliflower instead of fish. Coliflor is cauliflower in español. I make it in the summertime when I'm missing the marisqueras de Los Angeles.



## Ingredients:

1 head of Coliflor/Cauliflower  
10 limes  
3 tomatoes  
1 cucumber  
1 bunch of cilantro  
1 onion  
2 jalapeños  
1 avocado  
Salt  
Tostadas guerrero (or ur favorite brand )  
Valentina hot sauce  
your choice of protein

## Preparation:

Drop the coliflor into boiling water and cook until it's softish. Mami said it's just supposed to get blanched and I think that means "cook a lil bit." When it's soft, chop off the stems and keep just the flowers.

Chop up all your veggies Pico de Gallo style and mix it in with your coliflor flowers. Then take all those limes and squeeze the juice all over. This is the part that makes it ceviche, you're gonna drown the veggies in lime so they drink up all the juice and the coliflor almost pickles. Mix it up and add salt too. Let it sit for like an hour in the fridge and it will be bomb. I like to serve it anywhere between room temp and chilled :)

Serve on top of the tostada and add some slices of avocado and Valentina hot sauce ouuuffff RICO!! Y como dice mi Madre, "Ya te puedes casar."

# Anisa's Tomato Black Bean Stew

by Anisa Jackson

Song to listen to while cooking: "A Menina Dança" by Novos Baianos.



## Ingredients:

3-4 cups black beans (cooked yourself or canned)  
6 cups of vegetable stock (homemade or store-bought)

1 bay leaf  
2 tablespoons extra-virgin olive oil

kosher salt freshly ground black pepper

1/2 cup finely chopped white onion

4 large cloves garlic, minced

1 cup finely diced green bell pepper

1 bunch of chard, stems separated from leaves

1 scallion, white and green parts, finely chopped

1 can of crushed tomatoes

2-3 tablespoons of harissa

1/2 teaspoon whole allspice berries, toasted and ground  
1/2 teaspoon cumin seeds, toasted and ground  
red pepper flakes  
1 lemon

minced cilantro leaves and tender stems

## Preparation:

1. Warm 2 tablespoons of olive oil over medium-low heat. Add onion and sauté until it is lightly browned. Add garlic and sauté until fragrant, season with salt and pepper.
2. Stir in bell pepper, scallions, harissa, crushed tomatoes, bay leaf, allspice, cumin and add more salt, stirring occasionally until the bell pepper is soft, 2-3 minutes.
3. Add black beans, season with salt and pepper. Crush some of the beans with a wooden spatula. Mix into vegetable mixture.
4. Add the broth and chard stems, season. Bring to a simmer and cook until you've reached desired consistency.
5. Add chard leaves and lemon juice, season with salt pepper, red pepper flakes.
6. Garnish with cilantro (opt. feta or another salty cheese).

# Tamales de Plantas

by Lily Consuelo Saporta Tagiuri

You will need a large pot/steamer to cook these, a blender for the salsa, and friends or family to wrap with.\*



## Ingredients:

Corn husks or banana leaves

### Dough:

4 cups Masa Harina-  
(I have been using a blue heirloom corn masa but if you use a yellow corn masa you can color it with beets or turmeric for fun)  
4 cups vegetable broth (I make my own but store-bought is good too!)  
3/4th a cup of coconut oil (or plant based oil, I like coconut because it is comforting)  
1 1/4 teaspoon baking soda  
1 1/2 tbsp. salt  
1 tbsp Chipotle en adobo (you can also put 2 tsp cumin, dried garlic, or any sazón of choice-I always experiment)

### Filling:

1 Red Onion  
3 Yellow peppers  
2 Red peppers  
2 cups of black beans  
2 tbsp Chipotle en adobo or one dried ancho chile  
Salt to taste

### Salsa Verde:

15 Tomatillos  
1 small yellow onion  
2 cloves of garlic  
2 flavorful tomatoes  
1 jalapeño (or less to taste)  
1/4 cup of cilantro  
2 tbsp white vinegar  
Salt to taste

## Preparation:

1) If using corn husks, soak and rinse cornhusks for at least 5 hours before starting to make tamales. It will make the husk soft and malleable.

2) Put on some good music and gather your friends or family.

3) Making tamales is social and a time for storytelling.

4) Start with the filling. Chop onion and peppers fine and heat on medium flame in a large saucepan. Put an ancho chile or chipotle into the mix. Salt to taste and let simmer.

5) Once peppers have softened, add black beans and mix. Let the mixture simmer and put a lid on top. Set aside.

6) In a large pot, heat the vegetable broth. Once warm, take it off the flame and add coconut oil.

7) In a large bowl mix all the dry ingredients.

8) Slowly add in the oil and broth mixture. Mix together until it forms a thick batter. If it is dry or crumbling, add more broth.

9) The dough should be almost spreadable. Let rest for 20 minutes and set up where you will wrap your tamales.

10) Folding will depend on whether you are using cornhusks or banana leaves. If using corn husks, they vary in size so you will have to use your judgement in terms of filling. Spread about 4 tbsp of masa dough on the husk into a long rectangle.

11) In the middle of the rectangle add about 2 tbsp of filling in a skinny line down the center. Wrap the tamale so that the masa dough surrounds the filling. You can tie with a piece of corn husk or a piece of string.

12) Steam for 40 minutes or until dough separates from the corn husk easily. They will firm up as they cool.

13) While tamales are steaming, add tomatillos, garlic, one tomato, onion to pan and slightly char. Then add to a blender with the remaining ingredients. Salt to taste.

14) Serve tamales warm with salsa and fresh herbs alongside music to dance to and something delicious to drink.

# Pan con Pollo

by Lizette Ayala

Pan con pollo reminds me of mi familia <3 Family gatherings, runnin' barefoot on concrete kissed by the Texas sun, somebody yelling !Puchica! across the dining room table, Cumbia de la Cobra, but chopped and screwed, mis tia's sittin' pretty el la sala, and drinkin' cervezas con sal y limon with my tio's <3

Here's a link to Cumbia De La Cobra <3

[https://www.youtube.com/watch?v=KgINmBA4bpl&ab\\_channel=FitoOlivaresysugrupo-Topic](https://www.youtube.com/watch?v=KgINmBA4bpl&ab_channel=FitoOlivaresysugrupo-Topic)



## Ingredients:

For the sandwiches:

- 8 pieces of bolillo bread
- 1 small lettuce, separate leaves
- 1 bushel of cilantro, diced
- 2 large cucumbers, peeled and sliced
- a bag of radishes (8+), thinly sliced
- canned beets
- 2-4 boiled eggs, sliced
- 2 large tomatoes, sliced
- mayo, to taste
- 1 large white onion
- yellow mustard, to taste
- 1 rotisserie chicken (homemade or store-bought), shredded
- pickled onions

For the sauce:

- 8 fresh tomatoes
- can on crushed tomatoes
- 1/4 olive oil
- 2 large onions, sliced
- 2 dried Guajillo red peppers
- 2 dried Ancho chile peppers
- 5-7 cloves of garlic, minced
- Salt, to taste
- Oregano, to taste
- 2-3 packets of culantro y achiote sazón, to taste
- 3 cups of hot water
- 1-2 chicken bouillon cubes

## Preparation:

The cooking process:

- 1) Heat the olive oil over medium to high heat in a large saucepan.
- 2) Once the pan is hot, add garlic and cook till golden.
- 3) Add fresh tomatoes, canned crushed tomatoes, onion, chile guajillo, and chile ancho, let sit for 2-3 minutes.
- 4) Season this with chicken bouillon and sazón de culantro y achiote, to taste.
- 5) Reduce the heat to between medium and low and cook until tender and as the liquid reduces.
- 6) Remove from the pan and let cool for 10-15 minutes.
- 7) Place into a blender until the consistency is that of a medium to light sauce.
- 8) Bring ingredients back into the saucepan and heat over medium-high.
- 9) Add bones from the rotisserie chicken for a fuller flavor.
- 10) Add 2.5-3.5 cups of water, (stirring often) until the liquid begins to thicken and reduces to half.
- 11) Once the sauce thickens, the sauce is done. Season with cumin and salt to taste.

Putting the pan in the pollo:

- 1) Place sliced (down the middle, leaving the bottom intact) bolillo bread, spread one side of the bun with mayo, and the other side with mustard.
- 2) Place two leaves of cabbage into bread, a few cucumber slices, a couple of pickled onions, and a few radish slices.
- 3) Place shredded chicken into the bun.
- 4) Pour a ladle's worth of sauce onto the top of the sandwich and top with half of a boiled egg, cilantro and a few canned (sliced) beets.
- 5) Repeat for remaining sandwiches!

# Pargo Dominguerto A Lo Boricua (aka Sunday Snapper Puerto Rican Style)

by Niki Franco

Playlist: "Salsa de la Gorda" by nikithais on Spotify

Sundays in a Caribbean household are for church, cleaning, and fish dishes. This recipe brings me back to the not-so-lazy Sundays at home.



## Ingredients:

### Ingredients:

1 whole snapper from local fish market [ask to have fish cut "butterfly" style so it's easy to fill]  
1 head of garlic (peeled and diced)  
2 limes (one for prep, one for garnish)  
2 large bell peppers (sliced)  
Sea salt  
Black pepper  
1 medium yellow onion (sliced)  
2 tablespoons of olive oil

### Recaito sauce (Puerto Rican Sofrito):

1 head of garlic (peeled)  
A bunch of culantro leaves (not the same as cilantro)  
1 medium yellow onion (peeled)  
4-5 aji dulces (if you're unable to find these, you may sub with bell peppers)

## Preparation:

Combine all ingredients into a blender or food processor and blend to the consistency of a liquid paste. Set aside.

1) Preheat the oven to 450 degrees. Line a baking sheet with aluminum foil.

2) As the oven preheats, prepare your fish. Brush the fish on both sides with olive oil and rub the recaito on both sides, as well as the fish cavity. Once oiled up and rubbed down with recaito, stuff the fish cavity with the garlic, bell peppers, and yellow onion.

3) Squeeze 1 fresh lime onto the fish and season generously with sea salt and black pepper.

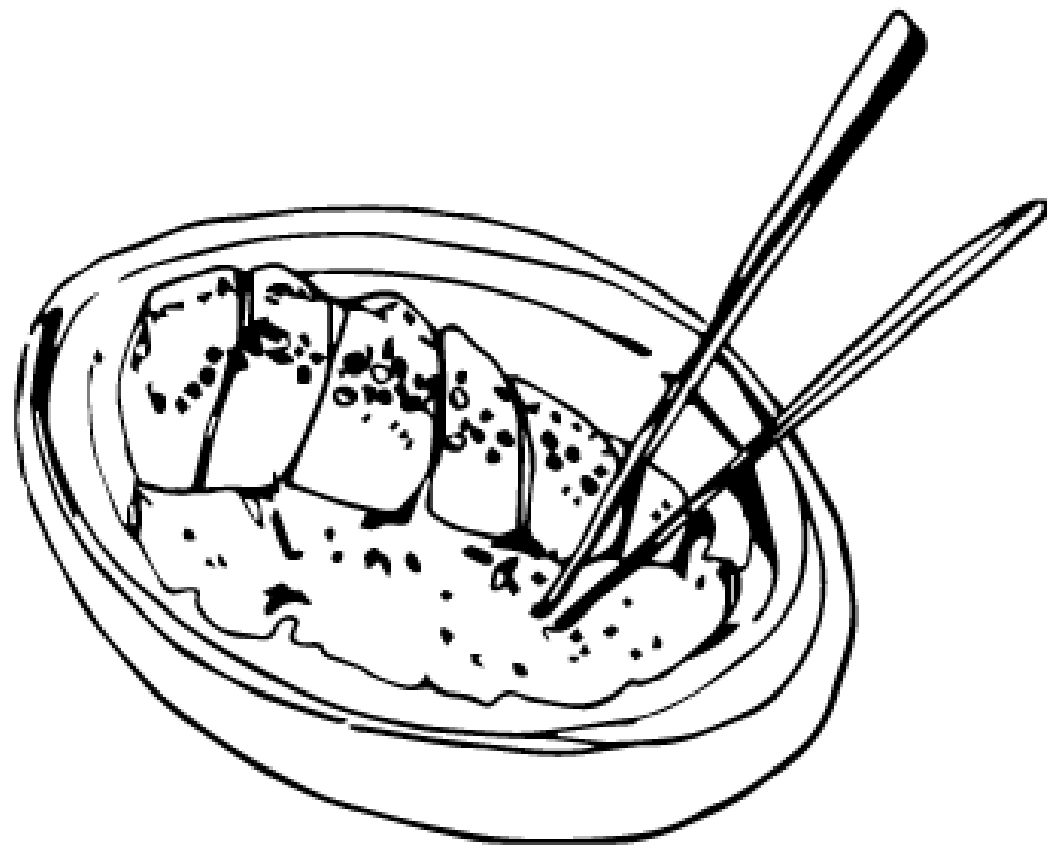
4) Bake for 20 minutes or until the fish meat is no longer translucent, or reaches an internal temperature of 145 degrees. Remove from the oven and squeeze a fresh lime on to the fish.

5) Serve accompanied by salsa music, plantains, and arroz con gandules.

# Chicken Katsu

by Sanae Matsuki

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## Ingredients:

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Four Servings  
Ingredients (\*or as needed)

Chicken Katsu  
4 Chicken Breasts (skinless, boneless)  
2 eggs\* (beaten)  
1 cup\* - Panko Bread Crumbs (Japanese-style breadcrumbs)  
1 cup\* - Frying Oil  
1 cup\* - All Purpose Flour  
Salt and Pepper\*  
Tonkatsu Sauce (Can also be purchased at the store, e.g. Bull-Dog Tonkatsu Sauce)  
1 cup - Worcestershire Sauce  
1/2 cup - Ketchup  
1/4 cup - Soy Sauce  
Salt and Pepper to Taste  
Optional Ingredients to Complete the Meal  
1/2 Head - Cabbage  
4 cups - Cooked Rice  
Chopped Green Onions

## Preparation:

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Step 1: Pound the Chicken to 1/2" thickness.

Step 2: Season the Chicken on both sides with Salt and Pepper.

Step 3: Place the flour in Bowl #1, place the beaten eggs in Bowl #2, place the Panko Bread Crumbs in Bowl #3.

Step 4: Coat the Chicken breast

Bowl 1: First, Coat with flour (remove excess)

Bowl 2: Then, dip the chicken breast in the beaten egg.

Bowl 3: Finally, coat the chicken with the Panko bread crumbs, and make sure the chicken breast is well coated on all sides. Repeat for the other 3 Chicken Breasts

Step 5: Heat 1/4" of Oil in a Large Skillet over Medium-High Heat

Step 6: Place Chicken in the hot oil. Cook each side for about four minutes. The bread crumbs should be a golden brown color and no longer pink in the center. Transfer chicken to a paper towel-lined plate.

Step 7: Cut the chicken breasts into thin pieces.

Step 8: Combine Tonkatsu Sauce ingredients (Worcestershire Sauce, Ketchup, Soy Sauce, Salt and Pepper) and drizzle over chicken breast slices.

(Optional): Cut cabbage into thin slices and serve on the side.

(Optional): Add cooked rice on the side.

(Optional): Add chopped green onions.

(Optional): Chicken Katsu also goes well with Japanese Curry!

# Butter and Radish Sandwich

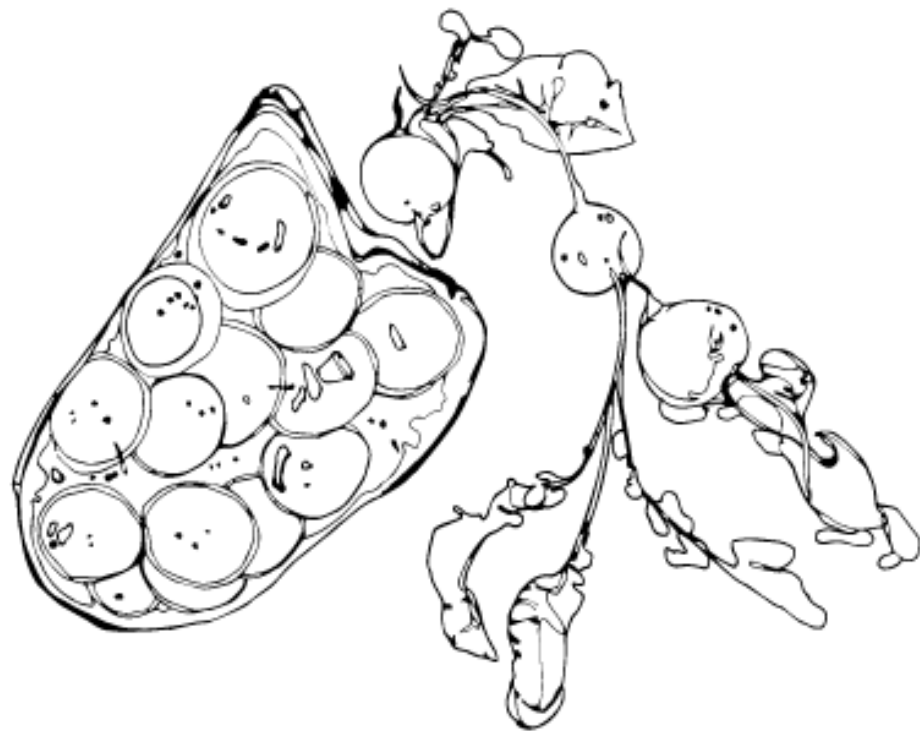
by Megan Renee Williams

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This sandwich is simple, but one of my favorites. In quarantine, butter became a staple food group for me. And I made this sandwich often. I love butter and I love crunchy, spicy radishes. If those are two things you also love, I'm certain you'll enjoy this "recipe," which is a delicious way to eat a lot of both.

Ideal for breakfast, lunch, dinner, midnight snack. Perfect for a picnic.

I usually eat this sandwich as a late lunch on the back porch with a glass of white wine.



## Ingredients:

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ingredients:  
baguette  
radishes, any variety  
green onions  
arugula  
lemon  
butter, preferably Kate's, which  
you can find easily enough in  
the northeast but much to my  
despair, I have not yet seen it out  
in LA  
salt and cracked pepper

## Preparation:

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preparation:  
cut your baguette - what size do you want?  
you can have a long or short sandwich, it's entirely up to you  
slice radishes - it works best if you slice them as thin as possible  
chop up green onions

assemble:  
butter both sides of the bread with copious amounts of butter  
layer on radishes as high as you dare  
top with green onions and a handful of arugula  
add a squeeze of lemon and salt and pepper  
smash the sandwich closed

Enjoy.

# My Ameh's Mirza Ghasemi (Eggplant Omelette)

by Parissah Lin



## Ingredients:

3 of the large dark purple eggplants (so called american/ globe eggplants but Indian/ baby eggplants work too! Just with the tough skin)  
1 can of whole peeled tomatoes  
2 tbsp of tomato paste  
3 onions  
6 cloves of garlic  
1 tbsp turmeric  
4 eggs  
1/4 cup of milk or milk substitute  
Olive oil  
Salt and pepper

Optional sides:  
Flatbread or rice  
1.5 cups plain yogurt  
1/3 cucumber or 1 persian cucumber  
1 teaspoon of dried mint  
1/2 teaspoon dried rose

## Preparation:

My favorite way to cook the eggplants is over an open flame as it's usually made this way in Mazandaran where my aunt lives. If you have a gas stove or access to an open flame take each of the eggplants, stab them with a fork 4 times to release steam, and blister them on the stove, rotating them regularly. Make sure to get the sides and the bottom. You want them to be mostly soft and gooey to the center with a charred blistered skin on the outside (they'll release a lot of juice!). It will take about 10-15 mins per eggplant

--> if you don't have access to an open flame stove or grill you can also cook them in the oven. Preheat the oven to 425 f and roast them whole for 40-45 mins. If that's too slow you can cut them lengthwise, about a third of an inch thick, coat them in olive oil and roast them for 15-20 until they are soft and gooey.

While the eggplants are cooking chop the garlic super fine.

When the eggplants come out, leave them to cool for a bit, they'll be VERY hot, and then slowly peel the skin off and discard.

Take the onions and garlic and toss them in a medium shallow pan, on medium heat until they are fragrant and brown. The point is to get the garlic really cooked through not just crisped so low and slow. After they have cooked a bit add 1/2 tbsp of turmeric. Then take the eggplant guts with a fork and slowly shred them (using a fork to comb through like gooey hair) into the onions and garlic until they are a soft mash in the pan. Then add can of whole peeled tomatoes and 2 tbsp of tomato paste and start mashing the whole thing together slowly while letting the liquid cook out. Keep on medium heat for another 15 mins while slowly mashing through eggplant and tomatoes until it becomes a paste. Add some salt and pepper to taste.

After it has cooked down whisk eggs, salt, pepper and milk together. Make 3-4 little indents in the paste like wells and slowly pour eggs over eggplant tomato mixture. It should only cover 3/4ths of the mixture. Cook 5-7 mins until eggs are cooked through. Let cool and serve with rice or flatbread.

OPTIONAL Yogurt:

Finely chop cucumber until it is small cubes 1/3 in across. Mix with yogurt. Add in most of the mint and rose but leave a small amount for decoration. Decorate top with design of choice.

# Nikki's Anchovy Egg & Cheese

by Nikki Echarte Brown

This recipe takes a while because of the pickled onions



## Ingredients:

Ingredients:  
2 eggs  
½ cup shredded or sliced  
parmesan cheese  
4 anchovies (preferably the kind  
coiled around capers)  
¼ red onion, very thinly sliced  
Arugula  
½ lemon  
Sliced bread of your choosing  
¼ cup apple cider vinegar  
Bay leaf  
Thyme  
Tarragon  
Marjoram  
Butter  
Olive oil  
Mayonnaise  
½ tablespoon sugar  
Salt  
Black pepper

## Preparation:

- 1) To quick-pickle the onions, mix vinegar, sugar, ¾ teaspoon salt & bay leaf with ½ cup warm water. Add red onion, and let sit for as long as possible but at least 2 hours.
- 2) In a mixing bowl, mix thyme, tarragon and marjoram with 1 tablespoon olive oil, and a squeeze of lemon juice. Toss arugula into the bowl and mix gently.
- 3) If anchovies are coiled around capers, unroll them and add the capers to the arugula.
- 4) Melt butter (how much is at your discretion) in a cast iron pan on medium heat. Place bread in the pan and rub each slice around to make sure that the whole slice is evenly buttered- especially the crust. Consider adding a little more butter to the crust, if you like butter a lot. Flip each slice to toast the other side.
- 5) Heat a non stick pan on medium high heat, and add a liberal amount of olive oil. Once the pan is hot, crack eggs into the pan.
- 6) There should be enough olive oil so that you can kind of splash the hot oil over the eggs in order to slightly cook the top of the egg as opposed to flipping it.
- 7) While the eggs cook, you can start to assemble the sandwich.
- 8) From bottom to top: bread, very thin layer of mayonnaise, arugula, pickled onions...
- 9) When eggs are cooked to your liking, remove and place gently on top of the onion layer of the sandwich.
- 10) Add anchovies on the eggs (evenly spaced), parmesan cheese on top of anchovies, followed by the remaining slice of bread.
- 11) Cut in half at your own risk.

# Arepas de Reina Pepiada

by Cassandra Mayela

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## Ingredients:

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1 ½ cups cornmeal (Harina Pan)  
2 cups water  
1 avocado  
½ chicken breast (cooked)  
1 onion  
2 oz cilantro  
Olive oil  
Salt  
Pepper

## Preparation:

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Shred the chicken completely, finely chop the onion and cilantro & dice the avocado. In a bowl, mix all the ingredients well with a pinch of salt & pepper and olive oil. Season to taste and set aside.

In a separate bowl, add the harina pan + a pinch of salt and a drizzle of olive oil, slowly add the water mixing the dough with your fingers to dissolve any lumps, adding enough to make a soft dough that holds its shape without cracking when molded.

Divide dough into 3 pieces. To shape an arepa, roll the dough into a ball and then pat it between your hands into a disc. Press your thumbs around the outside of the disc to form a nice edge.

Lightly oil a large iron or grill pan over medium heat. Let the skillet get hot then place the arepas on the pan. Cook each arepa about 4-6 minutes on each side, or until they start to get light brown spots.

Once the arepas are ready, let cool a few minutes before handling -if you can resist!  
Carefully slice the arepas way through, creating a pocket. Fill with the previously prepared filling.

You can fill arepas with whatever you want though!

Enjoy & serve warm :)

# Sienna's Shrimp Scampi

by Sienna Fekete

I adore shrimp scampi. It's something I learned how to make for the first time during quarantine. This is a dish full of garlic, butter, and my favorite crustacean, shrimp. I remember going to the wharf in New York with my mom and ordering this as a kid, and feeling both fancy and casual while eating this dish. It's very simple in ingredients, yet packed full of flavor. I will forever be roasted by my friends for only knowing how to cook pasta, however I think this is an elevated pasta dish that is pretty special indeed.



## Ingredients:

1 bag of frozen shrimp (raw)  
1 package of linguine pasta (it has to be linguine!)  
4 tbsp butter  
1 clove of garlic  
1 yellow onion  
1 lemon  
½ cup white wine  
Olive oil  
Salt  
Pepper  
Red pepper flakes  
Parsley

## Preparation:

Defrost the frozen shrimp in a bowl of cold water in the sink, let cold water run over the shrimp for a bit then let sit. While shrimp is defrosting, chop the clove of garlic and onion.

Bring pasta to boil in a pot on the stove. While pasta is cooking, place defrosted shrimp in a large pan with 4 tbsp butter on medium to high heat. When the shrimp turns pink add in garlic and onions.

Add 2 tbsp of olive oil to the pan and stir. Generously season with salt, pepper, and red pepper flakes to taste. Add in half a cup of white wine, squeeze in lemon and stir.

Add in two more tbsp of olive oil, last salt and pepper seasonings, stir and then turn down heat to low, and cover to let simmer. When pasta is ready, drain and drizzle with olive oil so noodles don't stick together. Rinse and chop a handful of parsley to taste (make sure to rinse and remove stems).

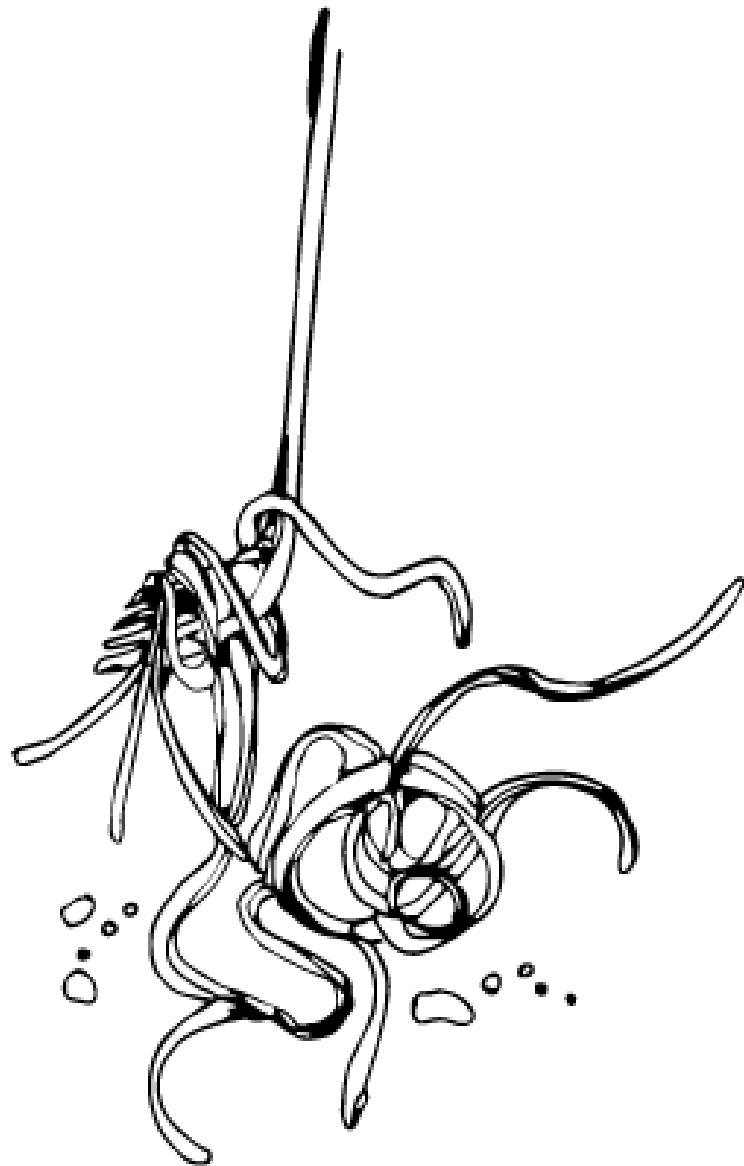
Stir pasta, shrimp, and delicious onion-garlic-butter-lemon sauce together in a large bowl. Top with parsley and enjoy!

Serves about 4.

# Cacio y Pepe

by Jio Nadal

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## Ingredients:

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1 package Dry Spaghetti,  
Linguini (\$2-\$3)  
1 cup Pecorino Romano (\$4-\$5)  
Black Pepper  
Olive Oil

## Preparation:

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Boil dry pasta in salted water  
(save your salty pasta water, the scratch & salt binds the  
sauce later)

While boiling, shave the Pecorino & grind the black pepper

On a large hot saute pan, toast the black pepper until  
fragrant, add oil to infuse black pepper flavor into it.  
Do not add too much olive oil as the cheese will not  
stick to the pasta otherwise.

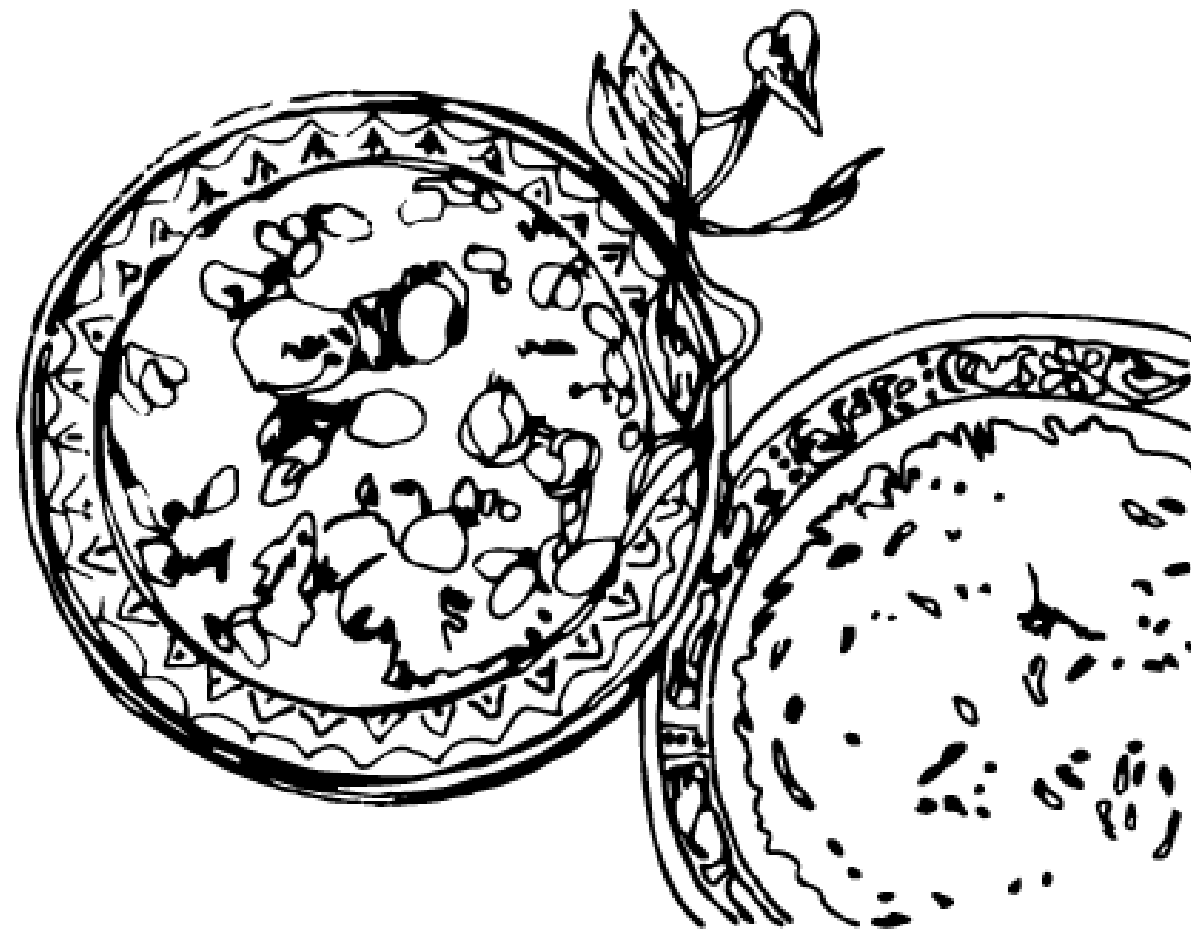
After toasting the black pepper, add the cooked pasta to the  
pan and fold both the cheese and more black pepper, then  
some pasta water (if you have more pasta than space, repeat  
in portions).

At high heat now continue to fold the pasta until all the water  
has evaporated (basically what you are doing is adding air to  
the sauce to simulate an emulsion).

Serve with fresh shaved Pecorino & black pepper,  
eat shortly after serving.

# Ghormeh Sabzi

by Nikki Mirsaeid



## Ingredients:

1 pounds lamb shoulder or beef chuck, trimmed and cut into 2-inch pieces  
1 teaspoon ground turmeric  
1 teaspoon sea salt  
1 teaspoon black pepper  
1 canned kidney beans  
1/2 cup grapeseed oil  
1 large yellow onion, thinly sliced  
3 bunches parsley  
3 bunches cilantro  
2 bunches chives  
1 bunch scallions  
1 tablespoon dried fenugreek leaves  
4 Omani (dried Persian) limes  
1/4 teaspoon ground saffron

## Preparation:

01 Heat pan with oil. Once oil is hot add meat & add salt and pepper. All sides of meat should be seared but inside still raw-ish. Don't need to cook all the way. Set aside in a separate bowl after all sides are seared.

02 In a large nonstick pot add oil. Once oil is hot, add onions, salt, pepper and turmeric. Cook on low for 15-25 minutes until it's translucent.

03 While the onions are slowly cooking, wash and chop all the herbs. Make sure it's chopped super fine. The finer the better. You can use a blender or food processor.

04 Heat pan with oil. Once oil is hot add all the finely chopped herbs, scallions and fenugreek. Cook until herbs are wilted, not burnt, about 15-20 mins.

05 Add the meat to the large non stick pot of cooked unions, let the meat warm up and then add 3 cups of water. Bring pot to boil, then reduce heat and let simmer for 2 hours to start making the broth. Add dried limes.

06 Once the broth has become flavorful, add all the herbs and kidney beans, let it cook for another 45mins - 1hr.

07 After it's cooked for 3 hours it should become a herby stew you should serve with basmati rice.

\* Note, this can be a vegan stew if you replace the meat with cauliflower or tofu. Use vegetable broth and cook for 30 mins instead of stewing meat for 2 hours. It should reduce the cooking time significantly.

# Desserts

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# Mahalabiya

by Laila Qaddumi

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Mahalabiya is like a milk pudding of sorts. I'm used to eating it during Eid or Ramadan because it's a more traditional dessert. It's comforting and delicate. Listen to Fairuz while you make it. "Kifak Inta" is my favorite song.



## Ingredients:

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Ingredients are:  
2 cups milk,  
6 tbsp rice flour  
(or 3 tbsp cornstarch)  
3 tbsp sugar  
1 tbsp rose water  
pistachios

## Preparation:

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Mix 1/4th cup of milk with the rice flour.

Heat the rest of the milk & sugar until it's almost boiling.

Lower it to medium heat, add the rice flour milk and whisk for about 10 min.

Lower heat and keep whisking until it's thickened (it should stick to the back of the spoon)

Take it off the heat, add rose water and refrigerate. When it's chilled, add pistachios.

You can also swap the rose water for orange blossom, crushed cardamom or vanilla extract or soaked saffron & the pistachios for any other nut or garnishing (cinnamon, dates) but these are my favorite.

# A British Classic Victoria Sponge Cake

by Lynette Nylander

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## Ingredients:

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## Preparation:

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### STEP 1

Heat oven to 375. Butter two 8 inch sandwich tins and line with non-stick baking paper.

### STEP 2

In a large bowl, beat 1 cup caster sugar, 1 cup softened butter, 4 beaten eggs, 1 cup all-purpose flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.

### STEP 3

Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.

### STEP 4

Bake for about 20 mins until golden and the cake springs back when pressed.

### STEP 5

Turn onto a cooling rack and leave to cool completely.

### STEP 6

To make the filling, beat the 1/2 cup softened butter until smooth and creamy, then gradually beat in 3/4 sifted icing sugar and a drop of vanilla extract.

### STEP 7

Spread the buttercream over the bottom of one of the sponges. Top it with strawberry jam and sandwich the second sponge on top.

### STEP 8

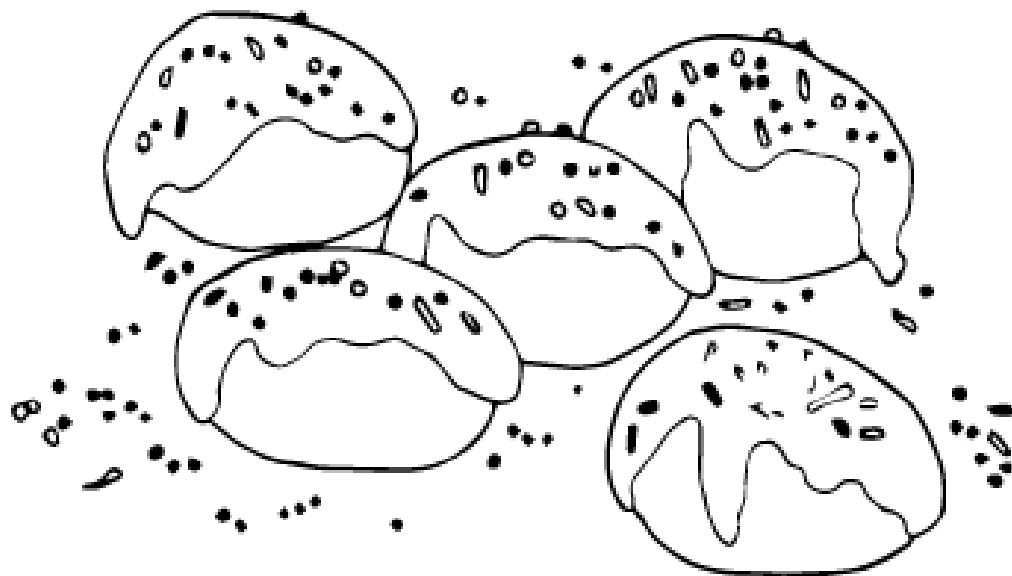
Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.

# Anginetti

by Alexandra DiPalma

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Anginetti are glazed lemon cookies that are super easy to make. They're traditional in Southern Italy and are some of the best cookies of all time I think. The recipe is written on a card straight from my grandma. We always called them "anjeanettes" which I only just found out is the Anglicized version of the proper Italian anginetti. We usually decorate them with cute colored sprinkles so they look as good as they taste :)



## Ingredients:

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### DOUGH:

2 ½ cups sifted flour  
4 heaping tablespoons sugar  
2 tablespoons baking powder  
3 eggs  
1 stick butter  
½ teaspoon lemon extract  
½ teaspoon vanilla extract

### ICING:

3 cups confectioners sugar  
lemon juice or orange juice

## Preparation:

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Mix flour, butter, sugar and a sprinkle of salt in a mixer.

Beat eggs and extracts together; add gradually to flour mixture. Add a little milk if needed (for consistency)

Form into desired shape - our preferred shape - roll dough into small balls. Then roll those into ropes that could then be shaped into small "turbans" or knots before baking.

Bake at 375 degrees for 8 minutes.

To make icing, mix the confectioners sugar with just enough lemon or orange juice to make it thick enough to dip the cookies into.

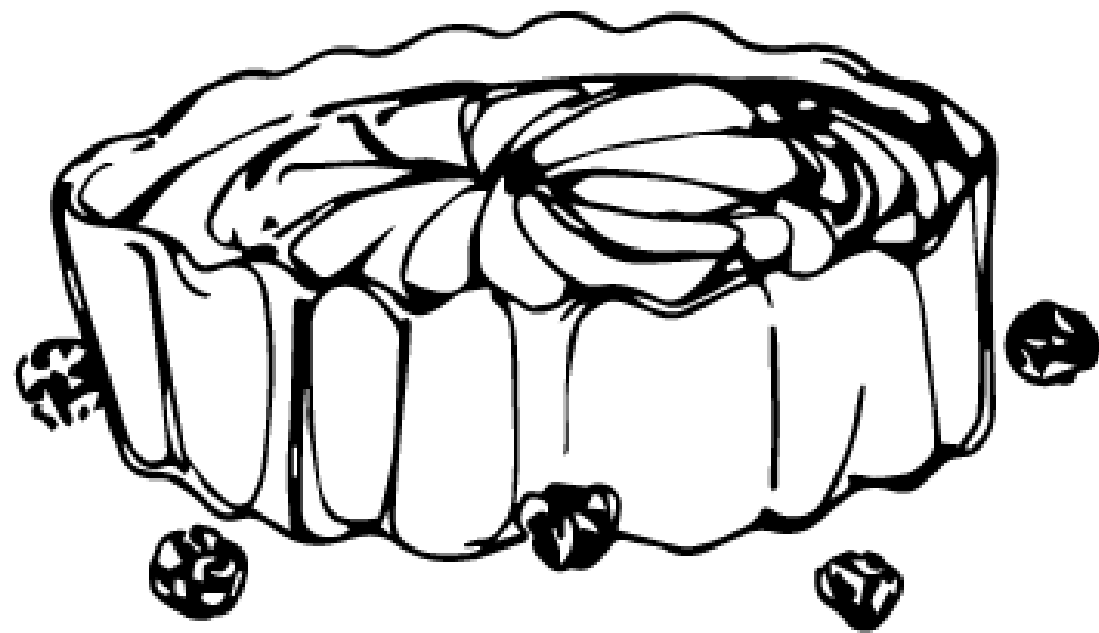
Once cookies are baked and cooled, dip the tops into the icing and cover them.

Finish by adding colored sprinkles to the icing before it dries.

# Peach Tart

by Antonia Estela Pérez

One of my favorite childhood memories and smells to this day is fresh baked pie made by my mama Estela.



## Ingredients:

### Ingredients for Dough

1 1/3 cups of all-purpose flour

1 egg yolk

1/2 cup butter, softened.

Place the butter outside of refrigerator two hours before you are planning to make the dough

3 tablespoon of cold water

### Ingredients for Filling

1/2 cup butter, softened

1/4 cup coconut sugar

1 egg and 1 egg yolk, beaten

2 tablespoon of all-purpose flour

2/3 cup ground almonds

7 or 8 fresh peaches (you could substitute the peaches for apples or pears)

Peel the peaches, cut them in half, take the pit out, slice each half thinly with a sharp knife

## Preparation:

### 1. Dough Instructions

In a medium bowl, place the flour, add the butter in small portions. With the tip of your fingers mix flour and butter, do not squeeze the ingredients. When the flour and butter look crumbly, add the yolk and water. With a wooden spoon in a circular motion combine all ingredients for one or two minutes. Form a ball with the dough, wrap it in a plastic wrap, flatten slightly and place it in the refrigerator for at least half hour.

(you can re-use the plastic wrap for future baking)

### 2. Filling Instructions

In a medium bowl add cream, butter and sugar until soft. Add ingredients gradually into the beaten eggs, mixing well. Add flour, almond and brandy one at the time, mix all the ingredients to form a soft butter mix.

### 3. Baking Instructions

Place a baking sheet in the oven. Preheat the oven at 400 degrees F.

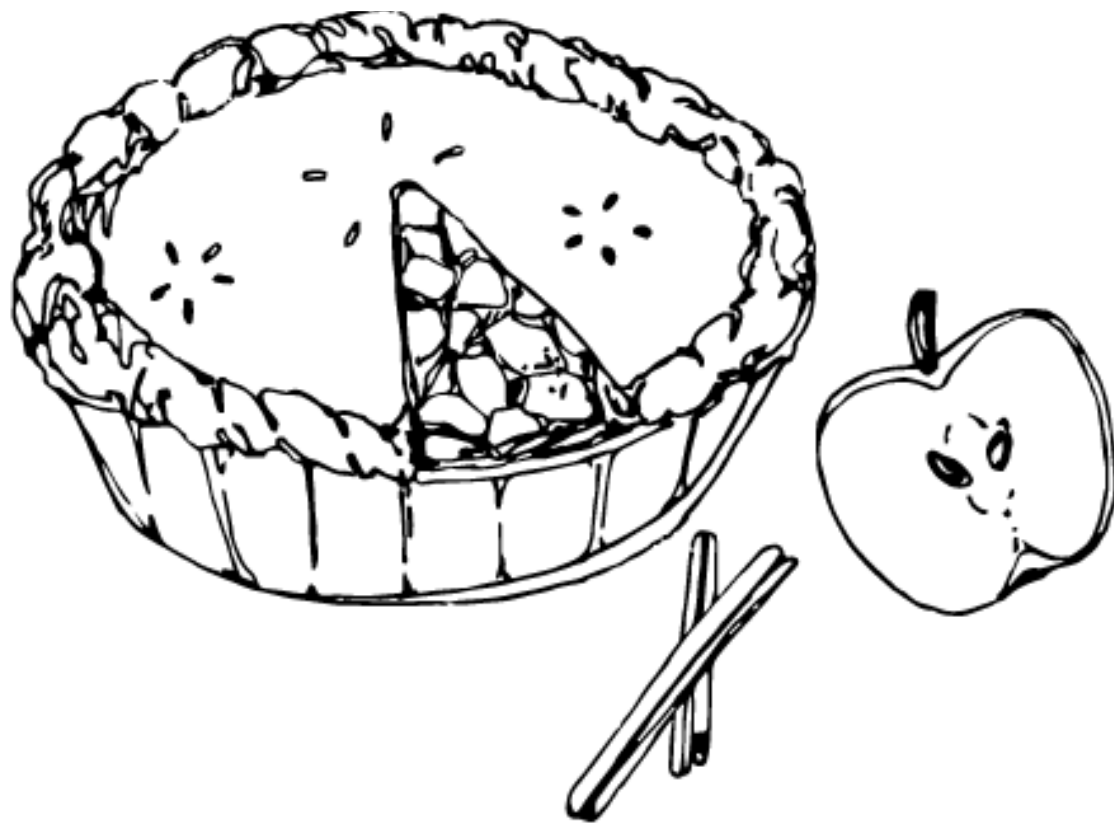
Roll the dough (put a small amount of flour on the surface you will roll the dough on). Then place dough onto a removable bottom tart pan or circular pie pan (9 or 10 inches wide). Place the dough in the pan covering the bottom and sides up to the edge, remove any excess dough. Using a spatula spread the filling on the bottom of the dough evenly, on top arrange the slices peaches in circular rows, starting at the edge of the pan and working toward the center. You could leave some small gaps between each half of the peaches you put in place. Place the tart on top of the baking sheet. Bake for 15 to 20 minutes until the filling in those gaps looks golden brown, reduce the temperature to 350 degrees F, bake for another 20 minutes or until the dough is golden brown. Place the tart on a wire rack to cool off. Take the tart out of the tart pan, placing it on a serving plate. You could serve this delicious tart warm with homemade ice cream or chamomile rose tea.

# Grandma Palmer's Upstate NY Apple Pie

by Rome Quezada & Alan Palmer

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This makes for an incredibly tender, flaky and delicious crust. Alan Palmer bakes it – Rome Quezada eats it! This pie can also be shared with others, if that's what you're into.



## Ingredients:

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## Preparation:

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FOR ONE CRUST – double the recipe for a 2-crust pie:

1 ½ teaspoon vinegar in ¼ cup milk to sour it

Combine:

1 ¼ cup flour

½ teaspoon salt

½ cup shortening – I use ½ lard (yes, lard) and ½ unsalted butter (¼ cup of each)

Cut shortening into the flour until it resembles pea-sized pieces.

Add sour milk and combine.

Chill for at least 1 hour, or longer.

This will be a soft dough – do not overwork it or it might become tough.

Roll out on a floured surface, from the center out, to form roughly a ¼ or 1/3 inch crust, until there is enough to line an 8" or 9" pie dish.

Gently place into pie dish to prevent cracking or splitting the dough.

Fill with the prepared apples (see below) and dot 2 tablespoons of butter over the surface of the filling. This will ooze into the filling and combine with the flour to lusciously bind the apple mixture.

If making a two-crust pie, cover with the top crust, crimp edges together and cut steam vents (these can be decorative if you like!) into the top to allow steam to escape during baking.

Preheat the oven to 450 degrees, then bake pie for 20 minutes.

Turn down the oven to 350 degrees and bake for another 20 minutes.

The pie is done when juices run clear and crust is a beautiful golden brown.

Cool on a flat baking rack before devouring. Vanilla ice cream or whipped cream is optional but HIGHLY RECOMMENDED!

FOR THE FILLING:

Peel, core and slice a mix of baking apples: Rome Beauties, Cortlands, Winesaps, Honeycrisps, etc. which will maintain their shape, texture and flavors through the baking process.

Toss apples with:

¾ to 1 cup sugar

¼ cup flour

½ teaspoon nutmeg – freshly grated is best

½ to 1 teaspoon cinnamon

Pinch of salt



