



PRATT COMMUNITY COOKBOOK Vol. 1



Cookbook Dedication

Food is a universal love language; a good meal and a conversation can cure all in most cases. In this volume of the Pratt Community Cookbook students, faculty and staff from every department have contributed to this culinary guide. This is truly a snapshot of our community culture. We hope that you all enjoy recreating these recipes at home.

The Diversity, Equity, Inclusion and Community Committee

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Appetizers

Recipe: Egg (Vegetarian)

Submitted By: Anand Chundi

Department: BME – Class of 2024

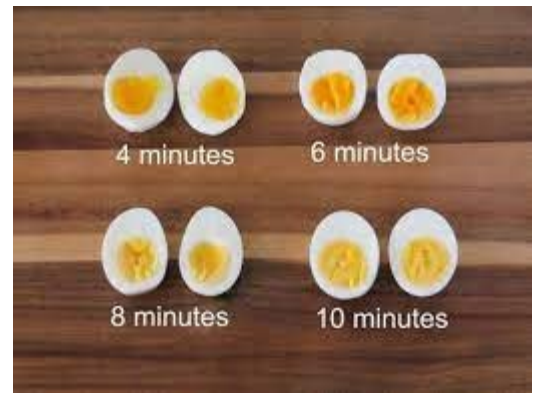
It reminds me of eating breakfast ☺ - Anand

Ingredients:

- 1 egg
- ½ pot of water
- A pinch of your seasoning of choice (salt, season salt, etc.)

Directions:

1. Boil water
2. Drop egg in VERY GENTLY
3. Wait 6 minutes
4. Take egg out VERY CAREFULLY
5. Peel egg
6. Cut egg in half, season lightly
7. Eat and enjoy!



Recipe: Sausage Balls

Submitted By: Ruby Nell Carpenter

Department: CEE – Office of the Chair

Great appetizer for any event! – Ruby Nell

Ingredients:

- 1 lb. ground sausage (mild)
- 1 lb. sharp cheddar cheese (grated)
- 3 cups Bisquick
- 1 Tbsp. water

Directions:

1. Mix with hands and make small balls.
2. Bake on a cookie sheet. Oven, 350 degrees
3. 12-15 minutes



Recipe: Cheese Ball (Vegetarian)

Submitted By: Ruby Nell Carpenter
Department: CEE – Office of the Chair

A great appetizer for any event.- Ruby Nell

Ingredients:

- 24 oz. sharp cheddar cheese
- 24 oz. cream cheese
- 1/3 cup mayonnaise
- 1 tsp. onion salt
- 1 tsp. garlic salt
- 1 cup crushed pecans

Directions:

1. Knead together with hands and form into balls.
2. Roll in chipped nuts if desired.
3. Keep refrigerated until ready to serve.
4. Serve with crackers.



Soups & Stews

Recipe: Cheeseburger Soup

Makes 4.5 quarts

Submitted By: Tyler Bletsch

Department: ECE - Faculty

A chunky and mildly unhealthy soup with an absurd name, this stuff is a staple when a big group of friends gets together after a long time apart. - Tyler



Ingredients:

- 2 lbs. ground beef
- 3 cups carrots, peeled & diced
- 2 cups celery, diced
- 2 tsp. dried basil
- 8 tbsp. butter
- 6 cups chicken broth
- 8 cups potatoes, peeled and diced
- ½ cup all-purpose flour
- 16 oz. Velveeta cheese, cubed
- 3 cups milk
- 1½ tsp. salt
- ½ tsp. ground black pepper
- ½ cup sour cream
- Red pepper (to taste)

Directions:

1. In giant pot: brown beef, drain, set aside.
2. In same pot: sauté carrots and basil in 2-tbsp. butter until tender (~10 minutes)
3. Add broth, potatoes, and beef; bring to boil.
4. Reduce heat; cover and simmer for 15-20 minutes (or until potatoes are tender).
5. Meanwhile, make the roux: in small saucepan,
 - a. melt butter, add flour, cook and stir for 2-3 minutes. Time this so it's ready when the above is done.
6. Add the roux to the soup, bring to boil, cook and stir for 2 minutes.
7. Reduce heat to low.
8. Add cheese, milk, salt, and pepper; cook and stir until cheese melts.
9. Throw some red pepper in there.
10. Remove from heat and blend in sour cream.

Recipe: Dana Snyder's Chickpea Soup

Submitted By: Tyler Bletsch
Department: ECE - Faculty

A hearty soup for a cold day, great with chunky bread. One of the few recipes I know that can be fully vegetarian. - Tyler

Ingredients:

- 1 large onion; diced (white, yellow, whatever)
- Olive oil
- 6 cloves garlic, minced
- 1 tsp. cinnamon
- 1 tsp. cumin
- 1 tbsp. sweet paprika
- 1/8 tsp. cayenne pepper
- 1 4 cups chicken stock*
- 3 small (14oz) cans of garbanzo beans; drained and rinsed
- 1 small (14oz) can of diced tomatoes
- 1 tbsp. sugar
- A small package of fresh baby spinach

Directions:

1. Dice the onion, medium size
2. Lightly coat bottom of pot with olive oil
3. Add onion and garlic
4. Cook until onions are translucent
5. Add additional olive oil to cover bottom
6. Add: cinnamon, cumin, paprika, cayenne pepper
7. Cook about a minute on medium/high
8. Add chicken stock, garbanzo beans, diced tomatoes and sugar
9. Add salt and pepper to taste
10. Bring to simmer over medium/high heat, then reduce to low and cover Cook for 45 minutes
11. Mash the beans with a potato masher
12. Add raw baby spinach (it may look like a lot, but it will wilt and shrink)

Note: Any stock can be used; switch to vegetable stock to make vegetarian or vegan.



Recipe: Weathervane Restaurant Butternut Squash Soup

(Vegetarian, can be adjusted to VEGAN see notes)

Submitted By: Paige Eppenstein Anderson
Department: Engineering Masters Programs

This soup has always been a comfort soup for me and my family. It is simple and easy to make yet filling and delicious. When The Weathervane Restaurant at Southern Season (Chapel Hill) was open, I could not wait until it was on their fall seasonable menu. After they closed, I searched the web to find an approximation. The N&O actually published the full recipe. I now make it each year for winter holidays. Finally, do not forget the crema as it really completes the dish! - Paige



Ingredients:

- 2 quarts water
- 4 pounds butternut squash, peeled and chopped
- 2 ½ pounds sweet potatoes, peeled and chopped
- 1 tsp. cinnamon
- ½ cup maple syrup
- 1 cup apple cider
- 2 cups half-and-half
- 2 tbsp. salt
- ½ cup sour cream
- 1 tsp. cinnamon

Directions:

1. In a large stock pot, combine water, squash and sweet potatoes.
2. Cover and cook on high heat until the vegetables are tender, about 40 minutes.
3. Add cinnamon, maple syrup and apple cider.
4. Puree with an immersion blender, or in batches in a standard blender, until smooth.
5. Stir in half-and-half, then salt.
6. Taste and adjust to your liking.
7. Stir the sour cream and cinnamon together to create crema.
8. Serve soup warm with a heaping tbsp. of crema. Read more at:

Note: To make VEGAN, sub Half and Half for Plant-based Milk, and use plain Daiya's Greek Yogurt as an alternative to sour cream. <https://www.newsobserver.com/article148140004.html>

Recipe: Roasted Red Pepper Soup (VEGAN)

Submitted By: Quiana Tyson

Department: Dean's Office, Diversity

This soup is a hearty, warm, and healthy soup. It is silky and filling. - Quiana

Ingredients:

- 5-6 large red bell peppers
- Olive oil
- 2 shallots, chopped
- 2 cloves of garlic, chopped
- Salt (to taste)
- Pepper (to taste)
- 2 cups of vegetable stock
- 1 can of coconut milk (full fat)



Directions:

1. Preheat oven to 400 degrees F
2. Wash and cur bell peppers in half removing all seeds
3. In a medium size bowl coat peppers with olive oil
4. Spread over two sheet pans and roast in oven until skin is charred (30 – 40 minutes)
5. Add peppers back to the medium bowl and cover the bowl in plastic wrap for 30 minutes while they cool.
6. Peel skin from the peppers and chop into small pieces
7. Heat 2 tsp. of olive oil in a medium saucepan
8. Add shallots and garlic and sauté until shallots begin to become translucent, careful not to burn the garlic
9. Add vegetable stock and chopped peppers to the saucepan
10. Let simmer for 10 minutes
11. Remove from heat and add the full can of coconut milk
12. Use an immersion blender to blend the mixture until smooth. If you do not have an immersion blender the entire mix can be added to a blender.
13. Taste the soup and adjust the seasoning to desired taste
14. Ladle soup and enjoy

Recipe: Ghanaian Banku and Okro Stew

Submitted By: Bright Aboah

Department: MEMS – Class of 2025

This recipe reminds me of how I can never be angry with my mother and the world. I couldn't stay 2 hours without eating this food whenever it was cooked at home in Ghana. And no matter how bad my mood was that day, my mother's magic trick of cooking this food eased everything, making me forget the entire universe whenever I took a bite and swallowed. Mmmhmmm I miss this food. - Bright



Ingredients:

FOR THE BANKU

- 1 lb. Corn dough
- ¼ lb. Cassava dough
- 1 cup water
- 1 tsp. salt

FOR THE OKRO STEW

- 20 – 24 pods okra
- 3 – 4 vine tomatoes
- 1 cup of Palm oil
- 1 large onion, finely chopped
- 1 lb. Salmon
- 1 lb. Crab
- 1 lb. Tuna (Or any meat of your choice or no meat if you're a vegetarian)
- 4 Garden eggs (African/White Eggplant)
- 1 inch of ginger, finely diced
- Salt
- 3-4 tbsp. of pepper
- Water

Directions:

MAKING THE BANKU:

1. Mix your corn and cassava doughs together with a small amount of water until smooth
2. With salt, boil about 3 cups of water in a medium pot
3. Add your mixed corn and cassava doughs to the boiled water and stir with wooden spatula till the mix starts becoming hard
4. Add a cup of water to it and mash the mix to the sides of the cooking utensil so it softens the food
5. When the mixture starts harden, add more water and mash it against the walls of the utensil with the wooded spatula.

6. Repeat this process for about 15-20 minutes.
7. To serve, scoop the desired amount into a wet bowl and swirl around until balls are formed.

MAKING THE OKRO STEW

1. Chop the okra, onions, garden eggs and tomatoes into smaller pieces
2. Boil your meats and/or fishes separately with about 1 cup of water each and a tablespoon of salt. Boil for 15 minutes.
3. Boil the chopped okra separately in about 2 cups of water for about 15 minutes
4. Put all your meat/fish into one cooking utensil and add your palm oil to it.
5. Fry for about 5 minutes
6. Add your onions, tomatoes, garden eggs, and garlic to the mixture and fry till everything mixes (for about 15 minutes).
7. Add about 2 cups of water to it, a little salt, and stir for about 3 minutes.
8. Add your boiled okra to it, stir and leave it for about 10-15 minutes.
9. Voilà! Banku and Okro Stew Served!

Main Dishes

Recipe: Cabbage, Chicken, Onion and Feta

Submitted By: Henri Gavin
Department CEE – Chair

This recipe reminds of NSF review panels. I had it first at a restaurant near the old NSF. I told the chef I'd make it for my family. The chef said I'd never get the onions right. Game on! – Henri



Ingredients:

- One medium head green cabbage - coarsely shredded
- 2 lbs. boneless chicken breast - cut in strips
- 5 to 7 Vidalia onions - coarsely sliced
- feta cheese – crumbled
- dressing - 2 parts olive oil, 1 part balsamic vinegar, more salt than prudent
- black pepper (to taste)

Directions:

1. Sauté onions in cast iron (if possible) with olive oil - medium heat until caramelized (20 minutes or more)
2. Steam the cabbage
 - a. Transfer the rinsed cabbage to a large, deep skillet, without drying it off – the water adhering to the cabbage will allow it to steam.
 - b. You can put a tbsp. of water in the bottom of the pan if needed. Turn heat on medium-high and cover.
 - c. When the cabbage starts to steam, lower the heat to medium. Steam, covered for about 5 – 10 minutes.
3. Par-boil the chicken (3 - 5 minutes)
 - a. You can parboil chicken in water or chicken broth.
 - b. To parboil the chicken you will need to place it within a large pan , and add in enough liquid to cover the chicken.
 - c. Bring the water to a boil on a medium heat.
 - d. As soon as the liquid inside the pan starts to boil , you will need to reduce the heat and leave it on a low temperature.
4. When the onions are done, remove from pan
5. Transfer the par-boiled chicken in the pan to finish off.
6. Add a little balsamic vinegar to deglaze the pan

7. plate: bed of steamed cabbage + chicken strips + caramelized onions + dressing + feta
... the trick is to get all four parts to finish at the same time 😊

Recipe: Momma Margo's Mac N Cheese

Submitted By: Margo Ginsberg

Department: ECE - EURIQA

Usually, I make this with ham leftover from holiday meals. Also, my child loves using the food processor to shred anything, so this is a good excuse to use. - Margo



Ingredients:

- 1 lbs. cavatappi pasta
- 6 tbsp. (85g) butter
- 2-3 tbsp. onion, minced
- 6 tbsp. (45g) flour
- 4 cups whole milk (can use 3.5 cups milk and .5 cup white wine)
- Pinch nutmeg, fresh grated
- Pinch white pepper, fresh ground
- Pinch powdered mustard
- 6 cups shredded cheese (mix of mild, high moisture and flavorful, low moisture such as: 1 wedge Trader Joe's Fontina, 1 wedge Trader Joe's Double Cream Gouda, 1 small wedge Jarlsberg)*
- Salt – to taste
- 2 cups peas (optional)
- 1.5 cups diced ham (optional)
- Optional Toppings
 - Bacon Bits
 - Seasoned panko breadcrumbs (1 cup panko, 1/3 cup grated parmesan, 4-6 tbsp. butter):

Note: *Don't use pre-shredded cheeses as they have anti-caking additives and will not melt into sauce properly.

Directions:

1. Cook cavatappi (macaroni) i to al dente according to box.
2. Shred all cheeses (use food processor grating blade, if available).
3. Warm milk in a separate pot over medium-low heat, be sure not to scorch
4. Melt butter in large dutch oven or other large pot over medium/medium-low.
5. Add onions to butter, season lightly with salt, and cook until soft.
6. Add nutmeg, white pepper, and mustard, if using, and hear until fragrant, 30-60 seconds.
7. Whisk flour into seasoned butter mixture, and cook roux 1-2 minutes.

8. Using whisk, slowly incorporate first 2 cups of milk in 1/2 cup increments to prevent lumps.
9. Whisk in remaining liquid. Gradually, whisk in shredded cheeses.
10. Mix in pasta and any add ins.
11. Season to taste with salt.
12. Serve now, or transfer to baking dishes/casserole of choice.
13. Top with finisher of choice and bake at 350° until bubbly and tops are browned (15-20 minutes).

Recipe: Ari's Favorite Meatball and Sausage Ragu

Submitted By: Margo Ginsberg

Department: ECE - EURIQA

This is my child's favorite recipe and is requested at every birthday meal. - Margo

Ingredients:

Meatballs

- 1.5 lbs. ground beef (80/20 or 85/15)
- 1/2 lbs. ground pork
- 2 eggs, lightly beaten
- 1/2 - 1 oz. grated Parmesan
- 1/2 tbsp. onion powder
- 1 tbsp. garlic, minced
- 1 tbsp. Worcestershire sauce
- 1 tbsp. A1
- 1 tbsp. Marmite
- 1/2 - 1 tbsp. dried oregano
- 1 tbsp. dried marjoram
- 1/2 - 1 cup bread crumbs
- Salt, to taste
- Black pepper, to taste
- 1-2 tbsp. olive oil
- 5-6 links mild Italian sausage, chilled

Sauce

- 4 tbsp. olive oil
- 1 large onion, chopped
- 1 tbsp. garlic, minced
- 1/4 tbsp. red pepper flakes
- 3-5 sprigs fresh oregano
- 5-7 sprigs fresh marjoram
- 2 tbsp. tomato paste
- 2 28oz can whole tomatoes, gently broken by hand or potato masher
- Parmesan cheese rinds
- Salt, to taste
- 1lbs. spaghetti, or pasta of choice

Directions:

1. Preheat oven to 450° and prepare line rimmed baking sheet with foil.
2. Slice chilled sausages into 1" pieces and set aside. (Chilled sausages will keep together better when slicing.)
3. Mix all meatball ingredients.
 - a. Adjust breadcrumbs, as needed.
 - b. Make small patty of mixture to check for seasoning, place on microwave safe dish, and microwave for 30-60 until cooked through.
 - c. Check for salt and adjust in meatball mixture as needed.
4. Scoop meatball mixture onto prepared sheet pan. Bake for 20 minutes, or until lightly brown.
5. While meatballs bake, in large pot or Dutch oven, heat 1-2 Tbsp. olive oil until shimmering, medium to medium high.



6. Brown cut ends of sausage and reserve.
7. Add onions and remaining olive oil to pan.
8. Scrap off any sausage bits on the bottom using moisture from onions and cook until soft, 5-8 minutes.
9. Add garlic, red pepper flakes, and fresh herbs, cook until aromatic, 30-60 seconds.
10. Add tomato paste, cook 1-2 minutes.
11. Add seared sausage and pre-cooked meatballs and any liquids from sheet pan.
12. Add tomatoes and Parmesan rinds.
13. Simmer 1-2 hours and season with salt to taste.
14. Serve with spaghetti, or pasta of choice.

Recipe: Chicken Curry in a Hurry

Submitted By: Malinda Whitson

Department: Dean's Office, Development

This totally doable curry recipe means that my home will smell delicious, and my dinner will be amazing! I take a few minutes the night before to make the spice blend, so I can get cookin' as soon as I get in the door from work. If you don't have an immersion blender, stop reading this and go get yourself one. Or order it on Amazon. Also, I like spice, so I tend to be heavy handed with the cayenne pepper. - Malinda



Ingredients:

Spice blend

- 1 1/2 tsp. ground coriander
- 1 tsp. ground cumin
- 1/2 tsp. turmeric
- 1/2 tsp. fennel seeds, crushed in a small bag with a meat mallet
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground black pepper
- 1/4 tsp. ground mustard
- 1/4 tsp. ground cloves

Curry

- 2 tbsp. olive oil
- 1 small yellow onion, chopped (1 cup)
- 4 garlic cloves, minced (1 1/2 Tbsp.)
- 1 tbsp. peeled and minced fresh ginger
- 1 cup low-sodium chicken broth
- 3/4 cup drained canned diced tomatoes or peeled, seeded, diced fresh tomatoes
- Salt
- Cayenne pepper, to taste
- 1 1/2 lbs. boneless skinless chicken breasts, diced into 1 1/4-inch cubes
- 1 tsp. cornstarch mixed with 2 tbsp. water (optional)
- 1/3 cup heavy cream
- 2 tbsp. chopped cilantro

Directions:

1. In a small mixing bowl whisk together all of the spices in the spice blend, set aside.
2. Heat olive oil in a 12-inch non-stick skillet over medium-high heat.
3. Add in onion and saute until slightly golden brown, about 4 - 6 minutes.
4. Add in garlic and ginger, saute 30 seconds more then add in spice blend and saute 30 seconds.
5. Pour in chicken broth and tomatoes and bring to a boil, then reduce heat to medium-low, cover and simmer 5 minutes.
6. Use immersion blender until well pureed and smooth.

7. Continue to heat skillet over medium-high heat.
8. Season sauce with salt and cayenne pepper (start with about 1/2 tbsp. salt and a few dashes cayenne then add more to taste).
9. Add chicken and bring to a simmer.
10. Then reduce heat to medium-low, cover skillet with lid and simmer until chicken has cooked through, stirring occasionally, about 8 - 12 minutes.
11. During the last minute of cooking stir in the cornstarch and water slurry if desired, to thicken sauce slightly (or if needed thin with a little chicken broth).
12. Stir in cream
13. Then serve warm with cilantro over basmati rice.

Recipe: Sam's Birria Tacos

Submitter Name: Sam Naim

Department: Dean's Office, Pratt IT

Birria taco are my favorite, it is a long process but totally worth it. - Sam

Ingredients:

Meat Preparation

- 3 – 3½ lbs. beef chuck roast, cut in to 3 inch cubes
- 1 ½ lbs. of boneless Lamb shank cut into 3-inch cubes
- 1-2 dried guajillo peppers
- 1-2 dried arbor peppers,
- 1-2 dried ancho peppers
- 4 Garlic cloves, whole
- 1 large white onion, rough chop
- 4 Roma Tomatoes cut in fourths
- 1 8oz can Tomato paste
- 3 Carrots, rough chop
- Spices; Mexican oregano (more citrusy than Italian), cloves, chicken bouillon, bay leaves, salt and pepper, marjoram, cumin, cinnamon stick

Directions:

1. Sear the chuck roast and lamb shank in one tbsp. of oil (avocado or olive) in a large Dutch oven
2. Once meat begins to brown add all ingredients to the mixture.
3. Add enough water to cover the content of the pot, add 3 more cups because it will be a long stew process and water will evaporate. You want extra for the consomé
4. Bring to a boil then turn down to medium low, cook slow for 6 hours
5. Cook until meat is tender, it should shred easily
6. Remove meat from the pot and shred
7. With immersion blender; blend the contents of the pot minus the meat
8. Return shredded meat to the pot and cook for another 30 minutes – an hour

Chili Oil ingredients

- 7 Dried Guajillo pepper
- 1 Bay leaf
- 1 tbsp. Mexican Oregano
- 1 Chicken Bouillon
- ½ tbsp. Black pepper
- ½ tsp. Clove
- 1 tbsp. Garlic powder
- 1 tbsp. Sugar
- ½ Cayenne pepper powder
- 1 cup Canola oil

Directions:



1. Boil the guajillo peppers in water to revive them
2. Once the peppers are reconstituted blend in a blender to make a paste
3. Heat the canola oil temp to 350 degrees, add all of the remaining spaces until blended with the oil
4. Blend in the guajillo peppers to complete the chili oil

Homemade Tortillas:

- 3 cups Bread flour
- 1 tsp. salt
- 1 tsp. baking powder
- 1 packet of dry active yeast
- ¼ cup Pork lard or Crisco/butter or both
- 1 cup hot water

Directions:

1. Add the yeast to a cup of warm water, mix and then let sit for 10 mins
2. Mix together flour, salt and baking powder
3. Add yeast water to the flour mixture
4. Slowly add the lard or butter or both
5. On a surface cut the dough in 14 equal portions, roll into a smooth bowl
6. With a tortilla press, or with a rolling into disc with a rolling-pin about ¼ inches thick.
7. Pan fry on higher heat so the outside cooks within 30 seconds or so leaving the inside fluffy and soft

Cooking Notes:

1. Instant Pot: Cover and pressure cook on high for 45 minutes, followed by a natural release
2. Crock-Pot: Cover and slow cook on low for 8 hours, or until the meat is completely tender
3. Stockpot/Dutch Oven: Cover and cook over low heat on the stovetop for 4 to 6 hours, or until the meat is completely tender. (For safety reasons, be sure to stay nearby and keep an eye on the stockpot so that the meat doesn't accidentally burn.)

Toppings for the tacos:

- Shredded red cabbage
- Pickled red onions
- Chopped cilantro mixed with finely diced onion
- Lime to garnish with
- Queso cheese
- Guac (avocado, finely minced red onion, diced Roma Tomatoes, fried super finely minced garlic, salt and pep)

Recipe: Spiced Green Beans, Potatoes & Mustard Greens (VEGAN)

Submitted By: Cate Brinson
Department: MEMS – Chair

This recipe started similar to German Bratkartoffeln from the beginning steps, but merged with more greens and spices over time. - Cate

Ingredients:

- 12-16 oz. fresh green beans, trimmed
- halved 2-4 potatoes (red or Yukon gold), washed and cut into bite-sized chunks
- 1 bunch fresh mustard greens
- 1-2 fresh hot peppers (hot banana, serrano or jalapeño)
- 1 x 14oz. can pureed tomatoes
- ~100g red lentil pasta
- Spices to taste
 - Cumin
 - fresh curry leaves
 - asafetida powder
 - garam masala
 - small dried hot peppers
 - salt



Directions:

1. Fry the potatoes and beans in a large cast iron skillet over high temperature in 2-3T olive oil with a little ground cumin and salt until tender
2. In a separate pot, heat another 1-2T olive oil with cumin seed, fresh curry leaves, asafetida, small hot chilies (left whole).
3. When the oil is tempered with these spices (1-3 minutes)
4. Add the chopped fresh peppers for a few minutes,
5. Add the tomato puree and garam masala.
6. Stir to combine and heat to simmering.
7. Add the red lentil pasta and 250ml+ water and salt and simmer until pasta is done.
8. Add in the cooked potatoes and beans to combine.
9. At the end when ready to eat, add chopped mustard greens and stir until just wilted.

Recipe: Vital Ital Green Banana Omelet (VEGAN)

Submitted By: August Burns

Department: FIP

My mother learned to eat Raw Foods & Vegan Foods while battling cancer, which helped her quality of life. - August

Ingredients:

Omelet

- 6 medium Green Bananas (makes 3 cups mashed)
- ½ cup Spelt Flour
- 1 tsp. Baking Powder

Veggie Topping

- ½ cup Cilantro (chopped)
- ½ bunch green onions (sliced)

Directions:

1. Cut the ends off the green bananas and score up the sides.
2. Place the scored bananas in a 3 qt pot, cover with water, boil until you can easily poke a fork through them, appx 20 min.
3. Drain the water from the bananas and allow them to cool a few minutes.
4. Remove the peels (which should come off easily)
5. Place bananas in a large mixing bowl.
6. Mash with a fork or masher.
7. Add flour and baking powder to bananas and knead into a dough.
8. Separate dough into 2 pieces.
9. Roll into balls.
10. Flour the counter and roll the balls into 6" rounds.
11. Combine cashews, lemon, shoyu, garlic and oil in food processor and process until smooth (makes a Nut cheez).



- ½ cup carrots (grated)

For: Nut Cheez

- 2 cups Cashews
- 6 tbsp. olive oil
- 3 tbsp. lemon juice (fresh squeezed)
- 5 medium garlic cloves
- ¼ cup Shoyu sauce

12. Heat a heavy skillet on medium heat until hot.
13. Pour a small amount of oil into skillet and fry omelet on one side until golden, approx 3 minutes.
14. Flip and cover 1/2 of cooked side with Nut Cheez, green onion, carrots and cilantro.
15. Fold over like an omelet and cover.
16. Flip and cook until golden brown on both sides.
17. Serve hot.

Note: This does not taste like an omelet at all but the flavor is incredible and nothing like we have ever tasted here. The flavors are so complimentary and very tropical tasting. One of my favorites but you have to find solid green bananas to make it and cook right away.

This recipe is from “Vegan Fusion World Cuisine”

Recipe: Chicken Korma

Submitted By: Nick Konz

Department: ECE - MEng

One of my favorite recipes ever; my dad made it regularly during my childhood. Nothing else quite comes close to the delicate, creamy and spiced taste and texture. - Nick



Ingredients:

- 1.5 pounds skinless boneless chicken breast
- $\frac{3}{4}$ cup vegetable oil
- 3 cups finely chopped onions
- 1 tbsp. finely chopped garlic
- $1\frac{1}{2}$ tbsp. finely chopped ginger
- 12 green cardamom pods, slightly crushed
- 24 whole cloves
- 4 bay leaves
- 2 tbsp. ground coriander
- $\frac{1}{4}$ - $\frac{1}{2}$ tbsp. ground cayenne pepper
- 1 cup plain yogurt
- 2 tbsp. salt
- $\frac{1}{2}$ cup heavy cream

Directions:

1. Place the chicken breasts on a cutting board, and using a sharp knife, slice them thinly into 1/4-inch-thick medallions, as for scaloppine. Cut the medallions into 2 & 1/2-inch by 1 & 1/2-inch pieces, and set aside.
2. Heat the oil in a wide heavy-bottomed pan, preferably one with a non-stick surface
3. Add onions, garlic, and ginger.
4. Over medium-high heat, cook them until they turn pale and begin to brown (about 10 minutes), stirring constantly to prevent burning.
5. Add cardamom, cloves, and bay leaves, and cook, stirring rapidly, until cardamom pods and cloves are fried and puffed and the bay leaves turn brown (about 5 minutes).
 - a. The onions should by now be light golden brown.
6. Add coriander and red pepper, stir for 10-15 seconds
7. Add 2 tablespoons of the yogurt.
 - a. Continue frying the mixture until the moisture from the yogurt evaporates.
 - b. Then add two more tablespoons of yogurt, and fry. Keep adding yogurt and frying until the whole cup of yogurt is used up (about 5 minutes).
8. Add the chicken pieces, and sauté, turning and tossing until the meat loses its pink color (about 3-5 minutes).

9. Add 1/2 cup boiling water with the salt, and mix.
10. Reduce heat to medium-low and simmer, covered, until the fillets are cooked and fork-tender (about 25 minutes).
11. The oil will begin to separate from the gravy, which should be fairly thick by now, and to coat the chicken pieces.
12. Stir in the cream, and turn off heat.
13. Let the korma rest, covered, for an hour before serving.
14. When ready to serve, heat thoroughly, check for salt, and serve.
15. Serve over rice and/or naan.

Recipe: Moussaka

Submitted By: Sara Faust

Department: Dean's Office, PhD Program

This was a popular dish for lab parties. - Sara



Ingredients:

- 2 eggplants (1 lb, 4 oz size) washed and dried
- salt,
- ½ cup butter melted

Meat sauce

- 2 tbsp. Butter
- 1 cup chopped onion
- 1 1/2 lbs. ground chuck or lamb
- 1 clove garlic-crushed
- 1/2 tsp. oregano,
- 1 tsp. basil
- 1/2 cinnamon
- 1 tsp. salt
- dash of pepper
- 2 tbsp. tomato paste
- 1 small can tomatoes
- 1 cup grated cheese (Melting cheese, Mozzarella, Gouda, etc.)

Cream Sauce

- 2 tbsp. Butter
- 2 tbsp. Flour
- 1/2 tsp. salt
- dash of pepper
- 2 cups heated milk
- 2 eggs

Directions:

Meat sauce

1. In a medium sauce pan heat butter , sauté onions, meat, and garlic, stirring until brown - about 10min.
2. Add the herbs, spices, and tomatoes.
3. Bring to a boil, stirring.
4. Reduce heat and simmer uncovered for ½ hr.

Eggplant:

1. Preheat oven to 350 degrees.
2. Cut unpeeled eggplant in half lengthwise and slice crosswise into 1/2 in. thick slices.
3. Place in the bottom of a broiler pan, sprinkle with salt and brush with melted butter.
4. Broil 4inches from the heat for 4 min. per side or until golden brown.

Cream sauce

1. Melt butter
2. add flour and cook for a few minutes over medium heat.
3. Add hot milk, bring to boil.
4. Add seasoning.
5. Beat eggs and add a little of the cream sauce to the beaten eggs.
6. Return egg mixture to the cream sauce.
7. Set aside.

To assemble the casserole

1. In the bottom of a shallow 2 qt. baking dish, layer half of the eggplant
2. Sprinkle with 4 tbsp. grated cheese.
3. Spoon meat sauce evenly over the eggplant.
4. Layer the rest of the eggplant.
5. Pour cream sauce over all.
6. Sprinkle the top with the remaining cheese.
7. Bake 35-40 min. in the 350 degree oven.

Recipe: Mama Q's Shrimp Burgers

Submitted by: Quiana Tyson

Department: Dean's Office, Diversity

This is my favorite burger anytime of year. I first had one at Flip Burger in Atlanta and had to come home to recreate it. This is in heavy rotation in my house. - Quiana

Ingredients:

- 1½ lbs. of peeled large white shrimp, deveined and cleaned
- ¼ cup of finely chopped shallots or green onion
- ¼ cup of finely chopped red bell pepper
- 2 eggs
- ½ cup of panko bread crumbs (unseasoned)
- 1 tbsp. lemon juice
- ½ tsp. salt
- ½ tsp. lemon pepper
- ½ tsp. granulated garlic powder
- ½ tsp. white pepper
- ½ tsp. finely minced basil
- Canola oil or olive oil for pan frying*

Directions:

1. Coarsely chop half of the shrimp; set aside
2. Add the other half of the shrimp to a food processor, pulse until smooth
3. Combine both shrimp in to a large bowl and combine with shallots, red bell pepper, eggs, breadcrumbs, lemon juice, salt, lemon pepper, garlic, white pepper and basil.
4. Refrigerate for 10 minutes
5. Form in to 4 hand size patties
6. Refrigerate for 10 additional minutes
7. In a large skillet (I like to use cast iron) heat oil over medium high heat.
8. Add burgers and cook for 2 ½ - 3 minutes per side or until golden brown
9. Serve on a toasted brioche bun
10. Can be topped with Sriracha Mayo*, Mango Relish, Avocado and or Lettuce

Notes:

1. You can also grill on gas or charcoal.
2. Sriracha Mayo (3 tbsp. of mayo, 1 tsp. of Sriracha Chili Sauce, a splash of lime juice mixed together)



Side Dishes

Recipe: Sweet Potato Casserole (Vegetarian)

Submitted By: Nan Jokerst
Department: ECE - Faculty

This recipe reminds me of Holidays at home - this is a standard for the holidays for us! Also, we grow sweet potatoes, and this recipe reminds us of our wonderful time in the garden. - Nan



Ingredients:

Casserole:

- 3 lbs. sweet potatoes, all of similar size (to yield about 4 cups roasted and mashed)
- 3/4 cup half and half
- 3/4 cup orange juice
- 2 tbsp. brown sugar
- 2 tbsp. orange marmalade
- 2 tsp. pumpkin pie spice
- 1/4 tsp. salt
- 5 eggs

Topping:

- 1 cup crushed (to sand grain size) gingersnap cookies
- 1 cup toasted pecans, chopped
- 1/2 tsp. pumpkin pie spice
- 2 tbsp. butter (salted)

Directions:

Topping:

1. Mix all topping ingredients except the butter in a bowl.
2. Add the butter and mix well. Set aside in the refrigerator.

Casserole:

Roast the sweet potatoes:

1. Heat oven to 350 F.
2. Scrub any dirt off of the sweet potatoes, and pierce each one with a knife.
3. Roast the sweet potatoes until they are mushy (I push on them with a fork, and if they are very mushy, that's good). about 45-60 minutes, but that depends upon the size of the sweet potato. *
4. Let them cool, then take the skins off, and mash them in a large bowl.
5. Add the half and half to the sweet potatoes and mix well.

6. Add the orange juice, brown sugar, orange marmalade pumpkin pie spice and salt, and mix well.
7. In a separate bowl, whisk the eggs thoroughly, and then add to the eggs to the sweet potatoes.
8. Put the sweet potato mixture into a baking dish, and add the topping to the top of the dish.
9. Bake the casserole at 350 for about 45-60 minutes (a deeper casserole will take longer than a shallow casserole),
10. Enjoy!

Notes:

*If you buy all sweet potatoes of a similar size, then they will all be done at about the same time.

*For a fluffier dish, you can separate the eggs and add the yolks now, and whip the whites and fold them into the sweet potato mixture.

Recipe: Sweet Annie Kale (Vegetarian/VEGAN)

Submitted By: August Burns

Department: FIP

If you want kids to eat healthier and love sweets this may help you start that path. My mother learned to eat Raw Foods while battling cancer and adding to her quality of life. - August



Ingredients:

- Head/bunch kale, remove stems and chop (raw) *
- ¼ cup extra virgin olive oil (cold pressed preferred) *
- ¼ honey or agave*
- 1 garlic clove minced
- ½ cup of whole or chopped pecans (roast them in skillet is preferred)
- ½ cup of raisins
- ¼ cup of pine nuts

Notes:

*Don't use all of the olive oil and honey at first. Check to make sure you have a large enough bunch of kale to coat with oil and honey. You do NOT want the kale soaking in oil or honey.

* To make VEGAN swap the honey for agave

Directions:

1. Use clean hands and massage all ingredients together for 2-5 minutes.
2. By doing this, the kale softens and the flavors blend together.
3. This is like a salad, you can add or take away items and still have a great dish.
4. The kale salad keeps well in the frig for a few days much better than salads do.

The recipe is from "How We All Went Raw",

Recipe: Sweet Potato Casserole(2) (Vegetarian)

Submitted By: Sanyin Siang

Department: MEMS - Faculty

My son loves sweet potatoes and this is happy food for us! - Sanyin

Ingredients:

- 3 pounds sweet potatoes peeled and cut into cubes
- ½ cup brown sugar packed
- ⅓ cup butter softened
- ½ tsp. vanilla extract
- ¼ tsp. cinnamon or to taste
- 2 cups miniature marshmallows

Directions:

1. Peel and cube sweet potatoes
2. Boil until soft
3. Drain and then mash in medium size bowl
4. Mash in butter and brown sugar, vanilla and cinnamon
5. Top with lots of marshmallows
6. Put in casserole and bake at 350 F for 10 minutes



Recipe: Squash Casserole (Vegetarian optional)

Submitted By: Ruby Nell Carpenter
Department: CEE – Office of the Chair

*A delicious casserole passed along by a very special lady. –
Ruby Nell*

Ingredients:

- 2 cups cracker crumbs
- 1 qt. squash, drained
- 1 can cream of chicken or cream of mushroom soup*
- 1 medium onion, chopped
- 1/2 stick margarine
- 3 eggs
- 1 cup grated cheese

Directions:

1. Combine all ingredients; mix well.
2. Pour into greased casserole dish.
3. Bake for 1 hour in a 350 degree oven.
4. Done!

Note:

Using cream of mushroom soup will make this recipe vegetarian.



Recipe: Calamari Salad

Submitted By: Sara Faust
Department: Dean's Office, PhD Program

This dish was a staple in my family's traditional Christmas Eve seven fishes dinner menu.- Sara

Ingredients:

- 2 lbs. cleaned squid
- 1 1/2 cups chopped Italian parsley
- 2-3 cloves minced garlic
- Juice of 1-2 lemons
- Oil olive
- Salt (to taste)
- Ground white pepper (to taste)
- Crusty bread - Italian or French baguette

Directions:

1. Chop squid into bite size pieces and place in a medium sized bowl
2. Add squid to boiling water to cook; it will float the top when done
3. Add garlic, parsley, lemon juice, olive oil, salt and pepper.
4. Toss to mix ingredients thoroughly and adjust ingredients to taste.
5. Serve along with the crusty bread.



Recipe: Hearty Kale Salad (Raw & Living Food) (VEGAN)

Submitted By: August Burns
Department: FIP

My mother learned to eat Raw Foods & Vegan Foods while battling cancer which helped her quality of life. - August



Ingredients:

- 5 cups kale, chopped (raw)
- 1/2 cup thinly slice onions (optional)
- 1/2 cup chopped red bell pepper (optional)
- 1 cup grated sweet potato (raw) *
- 1 tsp grated fresh ginger root *
- 1/2 cup fresh lemon juice
- 2 tbsp. extra-virgin olive oil
- 1 tsp. sun-dried sea salt
- 1 cup mushrooms (optional)
- handful of almonds
- handful of pumpkin seeds
- 1 – 2 chopped avocado

Note:

1. Important *Lemon and Ginger are important ingredients that make this dish. Do not pour all of the lemon at once, pour a little in as mixing and taste it as to not overpower the lemon. Don't skimp on the ginger.
2. Use fresh crisp kale.
3. Toasting the almonds (or other nuts) on the stove gives a bonus flavor to the dish.

Directions:

1. In a large serving bowl, combine the kale, onions, red pepper, sweet potato, garlic, ginger, lemon juice, oil, salt and mushrooms.
2. Toss and massage with hands until kale is wilted and soft.
3. Then mix in seeds, nuts and avocado.
4. This kale dish keeps well in the fridge for a few days much better than salads do.

Sweets & Desserts

Recipe: Torta Mantovana (Vegetarian)

Submitted By: Emma Ricci-De Lucca

Department: BME, MEng

My bis-Nonna's (great-grandmother in Italian) recipe for Torta Mantovana, a traditional Tuscan cake. It is a soft and fragrant dessert, with an intense yellow color, rich in almonds, butter and sprinkled abundantly with powdered sugar. It can be eaten for dessert, but also for breakfast or as a snack. It can also be accompanied by caffè, milk, tea, or ricotta. - Emma

Ingredients:

- 3/4 cup (1+1/2 sticks) butter, melted
- 1 egg + 4 yolks
- 3/4 cup sugar
- 2 tsp. grated lemon rind and juice
- 1+2/3 cup cake flour
- 1/2 cup pine nuts, halved crosswise
- 1 tsp. baking powder
- powdered sugar, to sprinkle

Directions:

1. Preheat the oven to 350F (about 180C).
2. In a large mixing bowl, beat the eggs and the sugar until the mixture turns pale yellow.
3. Add the lemon rind, the flour a bit at a time, the butter, and, finally, the baking powder.
4. Pour the batter into 9-inch baking pan that has been oiled and dusted with flour and powdered sugar.
5. Sprinkle the surface of the cake with the nuts.
6. Bake the cake for about 50 minutes.
7. Once the Mantovana has cooled, dust it with powdered sugar and serve.



Recipe: Pig Pickin' Cake (Vegetarian)

Submitted By: Ruby Nell Carpenter

Department: CEE – Office of the Chair

It's a very light and delicious dessert for summer! – Ruby Nell

Ingredients:

- 1 box yellow cake mix
- 4 eggs
- ½ cup oil
- 1 (11 oz.) can mandarin oranges with syrup
- 1 (3 oz.) pkg. instant vanilla pudding
- 1 large can crushed pineapple with juice
- 1 (9 oz.) container Cool Whip



Directions:

1. Mix cake mix, eggs, oil and mandarin oranges until batter is soft and fluffy.
2. Divide into 3 pans
3. Bake at 325 degrees for 30 minutes.

Pineapple Icing

1. Mix vanilla instant pudding, pineapple with juice and container of cool whip until stiff then spread and ice cake.
2. Keep refrigerated until serving

Recipe: White Chocolate Bark (Vegetarian)

Submitted By: Angela Chanh
Department: ECE – PhD Program

I usually make this for friends, neighbors, mailperson, hairdresser, etc. Such an easy and delicious treat to share with others. It reminds me of the holidays! - Angela



Ingredients:

- ½ cup whole shelled salted pistachios,
- 6 oz. good white chocolate (finely chopped)
- ¼ cup dried cranberries
- ¼ cup medium-diced dried apricots

Directions:

1. Preheat the oven to 350F.
2. Using a pencil, draw an 8x10 rectangle on a piece of parchment paper.
3. Turn the parchment paper over so the pencil mark doesn't get on the chocolate, and place it on a sheet pan.
4. Place the pistachios in one layer on another sheet pan and bake for 8 minutes. Set aside to cool.
 - a. Place three quarters of the white chocolate in a heatproof glass bowl, and put it in the microwave on high for 30 seconds.
 - b. Stir the chocolate with a rubber spatula, return it to the microwave for another 30 seconds, then stir again.\
 - c. Continue to heat and stir in 30-second intervals until the chocolate is just melted.
5. Immediately stir in the remaining chocolate and allow it to sit at room temperature, stirring often, until it's completely smooth. (If you need to heat it a little more, put it in the microwave for another 15 seconds).
6. Pour the melted chocolate onto the parchment paper and spread it lightly to fill the drawn rectangle.
7. Sprinkle the top evenly with the cooled pistachios, the cranberries and apricots.
8. Press the nuts and fruit lightly so they will set in the chocolate.
9. Set aside for at least 2 hours until firm, or refrigerate for 20 minutes.
10. Cut or break the bark into pieces and serve at room temperature.

Note *You can mix and match the type of chocolate and dried fruits

Recipe: Pound Cake (Vegetarian)

Submitted By: Karis Boyd-Sinkler
Department: Dean's Office, Diversity

I submitted this recipe because it reminds me of my mother. My mom isn't the best baker, but she always tries her best and this recipe often has a missing ingredient when my mom makes this recipe. I remember one time she forgot to put sugar in the pound cake and another time she confused the sugar for salt. Overtime she has gotten better and now my family looks forward to her pound cake (with all of the proper ingredients every holiday). - Karis



Ingredients:

- 5 eggs,
- 2 ½ sticks of butter
- 2 ½ cups of sugar
- 2 ½ cups of flour
- 1 cup of milk
- pinch of salt
- 1 tbsp. each of vanilla, almond, and lemon extract

Directions:

1. Preheat oven to 325 degrees
2. Heavily grease and flour a Bundt cake pan
3. In a bowl, mix your butter and sugar and mix in an egg one at a time.
4. Add half a cup of flour and a splash of milk and stir.
5. Continue alternating flour and milk until there is no more.
6. Add a pinch of salt and each of the extracts.
7. Mix, but don't overmix.
8. Pour batter into the Bundt pan
9. Bake for 1.5 hours.

Recipe: Ginger Cream Cookies (Vegetarian)

Makes appx 4 dozen soft ginger cookies

Submitted By: August Burns

Department: FIP

My father loved these cookies and so do I. I made these often for him especially at the holidays. - August

Ingredients:

- 1/3 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup molasses
- 1/2 cup water
- 2 cups all-purpose flour
- 2 tsp. ginger
- 1/2 tsp. salt
- 1/2 tsp. soda
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1/2 tsp. cinnamon

Directions:

1. Mix first five ingredients together until smooth
2. Add remaining ingredients
3. Chill 1 hour
4. Heat oven to 400 degrees
5. Drop teaspoonful onto un-greased cookie sheet.
6. Cook appx 8 minutes (6-7 minutes in a gas oven).



Recipe: French Apple Pie (Vegetarian)

Submitted By: Mandy Dixon

Department: Dean's Office, Communications

I inherited my love of baking from my mom and my grandmother (whose maiden name was actually "Baker")! This is the pie Grandma used to make every year for Thanksgiving, and now that she is in her 90s, I'm continuing the tradition. This style of apple pie reflects her mother's French heritage. – Mandy



Ingredients:

(One) 9" pie crust (any recipe—I like J. Kenji López-Alt's "Easy Pie Dough")

Crumb Topping:

- 1/2 cup unsalted butter (1 stick), softened
- 1/2 cup brown sugar
- 1 cup flour
- 1 tsp. cinnamon
- 1/2 tsp. salt

Filling:

- 8-9 medium apples (about 2 pounds—McIntosh, Granny Smith, Honeycrisp, or a mix of varieties)
- 3/4 cup white sugar
- 1 tsp. cinnamon

Directions:

1. Roll out your pie dough, line a standard 9" pie pan, and chill the crust in the refrigerator.
2. Using your hands, mix the topping ingredients until the mixture forms small clumps and crumbles.
3. Chill the topping in the refrigerator while you prepare the filling.
4. Peel, core, and slice the apples—you should have about 6 cups.
5. Mix apple slices with sugar and cinnamon.
6. Preheat the oven to 425° F.
7. Fill the chilled pie crust with your apple mixture, then crumble the topping over the filling.
8. Place the pie in the oven on the middle rack, with a baking sheet on a lower rack to catch any drips.

9. Bake the pie at 425° for 15 minutes
10. Then reduce the heat to 350° and continue baking for about 30 minutes.
11. Poke apples with a fork to make sure they're tender.
12. If the pie needs a longer bake time but the topping is starting to brown too much, cover with aluminum foil and continue baking, checking every few minutes.
13. Let the pie cool and serve with vanilla ice cream!

Recipe: Lemon Pie (Vegetarian)

Submitted By: Marc Deshusses

Department: CEE - Faculty

I have been doing this recipe for years and it is always a hit. This recipe is a simplification of a recipe by Girardet, one of the most famous chefs in Switzerland in the eighties. His restaurant had 3 Michelin stars. – Marc

Ingredients:

- 3 eggs
- 1 egg yolk
- Juice of 3 lemons
- Juice of 1 orange (or use a total of 4 lemons if you don't have an orange)
- 175 g sugar (3/4 cup)
- 1 tsp. of cornstarch
- 1/4 to 1/2 cup heavy cream
- A tiny tiny pinch of salt
- Precooked pie crust (graham or better shortbread, the larger ones) or make your own



Directions:

1. Place all of the ingredients in the blender except cream and cornstarch. Blend on low to avoid foaming.
2. While it is mixing: Add the teaspoon cornstarch
3. Add heavy whipping cream to the desired volume (generally about 1/4 to 1/2 cup)
4. Pour delicately in the piecrust, if there is space left, add a bit of cream.
5. Bake at 350 F for 35-40 minutes (sometimes it needs more time).
6. Verify that the pie is cooked (i.e., that the flan has set) by jiggling the pie and observing it is somewhat firm (should feel like a gel, but not runny).
7. It thickens a little bit when cooling.

Notes:

1. Figure out roughly the volume it will take to fill the pie crust so that you prepare only the filling volume you need (I usually take the plastic lid turned upside down and fill it with water, then pour it into the blender to see the volume needed).
2. It is better if the pie does not get too brown on top. If it does, lower the temperature.

Breads

Recipe: Rosemary Shortbread (Vegetarian)

Submitted By: Minnie Glymph

Department: Dean's Office, Communications

I love making these for the holidays--they are unusual but very tasty, and the scent and the evergreens are just right for the season. Using fresh rosemary is key! - Minnie



Ingredients:

- 2 cups all-purpose flour
- 2/3 cup sugar
- 1 tbsp. finely chopped fresh rosemary
- 1&1/4 tsp. kosher salt
- 2 sticks cold butter cut into tbsp.-size chunks

Directions:

1. Preheat oven to 325F.
2. Use pastry blender or food processor to cut flour, sugar, rosemary and salt together under mixture is in fine crumbs and starting to clump together (but not smooth).
3. Press dough into an ungreased 8- or 9-inch-square baking pan or 9-inch pie pan.
4. Prick dough all over with a fork.
5. Bake until golden brown, 35 to 40 minutes for 9-inch pan, 45 to 50 minutes for 8-inch.
6. Cool a bit, dust with raw sugar if desired and cut into bars while still warm.

(Credit to NYT Cooking!)

Recipe: Garlic Swirl Rolls (Vegetarian)

Submitted By: Quiana Tyson

Department: Dean's Office, Diversity

I always love to cook and during quarantine I began cooking everyday to have a sense of accomplishment. I tried new things to stretch my culinary muscles. This recipe was one of the best I made over the last year. Great for dinner or breakfast, it reminds me of croissant. - Quiana



Ingredients:

Dough

- 1 cup 240 ml water, warmed to 110 degrees
- 1 tbsp. sugar
- 2 ¼ tbsp. active dry instant yeast
- 3 tbsp. 42 g unsalted butter, melted and cooled (I use Kerrygold Butter)
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tbsp. garlic powder
- 3 - 3 ¼ cups All-Purpose flour
- 2 tbsp. salt

Garlic Butter Filling

- 6 tbsp. unsalted butter, softened (I use Kerrygold Butter)
- 6-8 cloves garlic, grated
- ¼ cup of fresh basil, cut in ribbons
- 1 tbsp. salt
- 1 cup shredded parmesan cheese blend*

Garlic Butter Topping

- 2 tbsp. unsalted butter, melted
- ¼ tbsp. granulated garlic
- ½ tbsp. dried parsley

Directions:

1. In a stand mixer fitted with the paddle attachment, add the water, sugar, and yeast to the bowl.
2. Whisk until combined. Let stand for 5 minutes. The mixture should be bubbly/frothy.
3. Add the butter oregano, thyme, rosemary, and garlic. Whisk until combined.
4. Mix flour and salt in a separate bowl
5. Add flour-salt mix to the stand mixer a 1/2 a cup at a time until it is incorporated. Mix on low.

6. If the dough is all stuck to the paddle and no longer sticking to the side of the bowl, do not add anymore flour.
 - a. If the dough is wet enough to still stick to the sides of the bowl, add another $\frac{1}{4}$ cup (33 g) flour mix.
 - b. The dough should form in a large clump around the paddle.
7. Once this occurs, knead the dough on medium for another 5 minutes.
8. Grease the bowl and the top of the dough with spray oil.
9. Cover and let rise in a warm environment for an hour and a half. The dough should double in size.
10. Punch the dough down. The dough should be greased enough that it does not stick to your hands.
11. On a clean surface and lightly floured surface, roll the dough out into a 18 x 12 rectangle using a rolling pin.
12. In a small bowl combine the butter, salt and grated garlic
13. Microwave for 5-10 seconds to make it more spreadable if needed.
14. Spread the filling over the entire rectangle.
15. Sprinkle the cheese and fresh basil over the entire rectangle.
16. Using a pizza cutter, cut the dough into 12 even strips (about 1.5 inches each).
17. Roll the pieces up and place them on their sides into a well greased 9 x 13 baking dish.
18. Cover and let rise for another hour in a warm environment. Rolls should about double in size.
19. While the rolls rise, preheat the oven to 350°.
20. Mix together the butter, garlic, and parsley to make the topping.
21. Bake the rolls for about 30-35 minutes.
 - a. Cover loosely with foil towards the end if the tops look too brown.
 - b. The tops should be golden.
22. Brush with the garlic butter topping and while warm\

Gravy, Condiments & Relishes

Recipe: Spicy Chicken Gravy

Submitted By: Chance Fleeting

Department: ECE - Research

It reminds me of holidays with my family. Besides being a great way to avoid waste, the mix of drippings and roux in the sauce is a distinct flavor that I rarely encounter elsewhere that I grew to associate with the wintertime. The spice in the gravy would always add a little surprise as we ate, bringing us back into the moment as we were surrounded by the people that we love. - Chance



Ingredients:

- 1/2 cup flour (saucing)
- 1/2 cup vegetable oil *
- 2 tbsp. butter (chilled)
- 2-3 cups chicken stock
- 1/4 cup dry vermouth
- 1 tbsp. Rosemary
- 1 tbsp. Herbs de Provence
- 1 bay leaf
- Pinch Nutmeg
- Pinch yellow mustard powder
- Pinch celery salt
- Pinch pepper
- 1 small jalapeno (chopped)
- Optional: Cajun Seasoning, Old Bay, etc.
this is where you can make this recipe your own!

Note: * oil can be replaced with rendered fat or drippings if available.

Directions:

1. Melt 1/2 of butter with oil in a small saucepan on medium heat.
2. Slowly incorporate 2/3 of the flour and stir continuously to form a roux. The flour should sizzle if the heat is high enough, but be careful to burn the roux.
3. As the roux cooks, add in the pepper and rosemary to fry and infuse.
4. Continue to cook down the roux, stirring continuously, until it reaches your desired darkness— lighter will result in a “creamy” gravy, while darker roux adds “nuttier” notes. I prefer chocolate brown. Slow and steady wins the race— the Roux should remain viscous but “melted.”
5. Add the mustard powder, nutmeg, and celery salt, and incorporate to toast slightly
6. (Spitting warning) add 1/2 vermouth to roux and incorporate. You may flambe if you wish, but it is unnecessary. The alcohol will cook off quickly.
7. Once sizzling has completed, the roux should “dry” into a paste like substance. This can be stored as a gravy base for further use.

8. Add broth, remaining vermouth, and remaining herbs, bringing it to a boil. Stir to break up roux solids. Reduce by roughly a quarter before removing the bay leaf, if desired.
9. Powder in remaining flour and cook down to desired viscosity.
10. Fold in jalapeno as it cooks down to cook out the raw flavor and develop a kick.
11. Either serve warm or let it cool for storage.
12. Works great with poultry dishes or over potatoes

Recipe: Guacamole with a Twist

Submitted by: Sam Naim

Department: Dean's Office, Pratt IT

The fried garlic and zest add a zing to just plain old guacamole. – Sam

Ingredients:

- 3 ripe avocados
- ½ small red onion, finely minced
- 2 Roma Tomatoes, seeded and diced
- 1 tsp of olive oil
- 2 cloves of garlic, minced
- 1 lime juiced and zested

Directions:

1. Slice the avocados in half, remove the pit and scoop into a bowl
2. Mash the avocado with a fork make it as chunky or smooth as you like
3. In a small frying pan, add olive oil and minced garlic, cook until toasted; 1 – 2 minutes
4. Add garlic, onions, tomatoes and a pinch of salt to the avocado mix
5. Taste, adjust salt if needed
6. Zest one lime, add zest and the juice from that lime to the guacamole
7. Serve



Recipe: Mango Relish

Submitted by: Quiana Tyson
Department: Dean's Office, Diversity

I use this relish on everything! Great on tacos, grilled/baked fish, shrimp burgers and as a stuffing for a pork loin. - Quiana

Ingredients:

- 1½ tsp. olive oil
- 2 green onion, thin sliced
- 1 small jalapeno pepper
- 1 large ripe, firm mango
- 1 cup of rainbow cherry tomatoes
- Zest of one lime
- Juice from one lime
- 1 tbsp. of basil
- ¼ tsp. of white ground pepper
- Pinch of salt

Directions:

1. Combine all of the ingredients in a medium size bowl, adjust the seasoning to your taste.
2. Enjoy!

