

# University Apartments E-Recipe Book May 2020



**Thank you to all of those who  
contributed to this E-Recipe Book to  
help build community during these  
challenging times of social  
distancing.**

**Enjoy!**

# Easy Blender Spinach Pancakes

Submitted By: Wodzynski Family

“This is an awesome meal for both the kids and adults alike. We make it all the time and we love to eat it with a bit of maple syrup or Nutella and lots of berries!”

## *Ingredients:*

- 1 cup old-fashioned oats (use gluten-free oats if needed)
- 1 cup spinach, packed
- 1 ripe banana
- 1 egg or flax egg
- ½ cup milk of choice – regular, coconut, almond, hemp, etc
- 2 tablespoons oil – coconut or olive
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- ¼ teaspoon salt



## *Directions:*

1. In a blender, place the oats and pulse on medium speed for 30 seconds or until oats are a chunky flour consistency. You will blend them all the way up in the next step, so the oats don't have to be perfectly even right now.
2. Add in the spinach, banana, egg, milk, oil, cinnamon and vanilla extract and blend on high for 30-60 seconds or until batter is completely smooth and the spinach is completely broken down, scraping down the sides of the blender if needed.
3. Add in the baking powder and salt and blend on low for 20 seconds.
4. Heat a non-stick pan or pancake griddle over medium to medium-low heat. Pour ¼ cup of batter onto the pan and cook for 2-3 minutes or until tiny bubbles appear on the outside of the pancake. Flip and cook for an additional 2 minutes. If batter gets too thick, add in a tablespoon at a time of milk and re-blend until you have the right consistency.
5. Transfer pancakes to a cooling rack and repeat the process until you have used all of the batter.

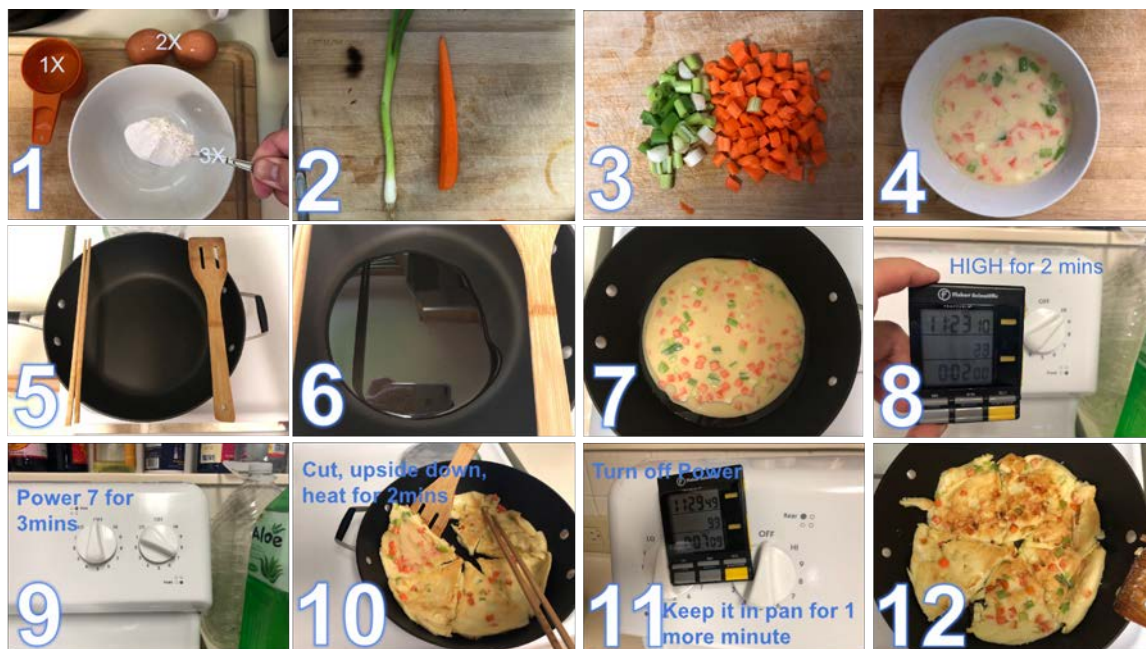
# Morning Pancake

Submitted By: Jay Zhao

“My family call it 8 minute morning pancake. Very easy to cook, especially in the busy morning :). It's from our family cookbook. Stay safe, and keep healthy! Wish we go through this tough time soon. Love.”

## Ingredients:

- ¼ cup oil
- ½ cup water
- ½ tsp salt
- 2 eggs
- 3 spoon flour
- (Optional:  
chopped 1 green  
onion and/or 1  
carrot)



## Directions:

1. Stir ½ cup water, ½ tsp salt, 2 eggs, 3 spoon flour. (Optional: chopped 1 green onion and/or 1 carrot) for 1-2 mins
2. Prepare 1 Wooden shovel, and Non-stick pan
3. Add ¼ cup oil in pan first, and then the rest ingredients, heat using HI power for 2mins
4. Turn power to 7, heat another 3mins
5. Turn the pancake upside down, heat another 2mins
6. Turn off power, use the residual heat to heat 1 more minute
7. All set

# Pumpkin Ginger Scones with Sweet Tahini Glaze

Submitted By: Virginia P.

## Ingredients:

*For the Pumpkin Ginger Scones:*

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 stick (8 Tablespoons) unsalted butter (chilled and cut into 1/2" pieces)
- 1/2 cup unsweetened pumpkin puree (do not use pumpkin pie filling)
- 1/2 cup heavy cream
- 1 teaspoon vanilla extract



*For the Sweet Tahini Glaze:*

- 1/2 cup powdered (confectioner's) sugar
- 2 tablespoons milk (or cream)
- 1 tablespoon plain tahini (sesame paste)
- Pinch of sea salt

## Directions:

1. Pre-heat the oven to 425 F.
2. Add the all-purpose flour, granulated sugar, baking powder, baking soda, salt, ground cinnamon and ground ginger to a large bowl. Add the chilled butter pieces and cut the butter in using a pastry cutter, a fork, or even your fingers, until all the dry ingredients are coated and the mixture resembles coarse crumbs. Place the bowl in the refrigerator for about 10 minutes.
3. In a separate bowl, whisk together the unsweetened pumpkin puree, heavy cream and vanilla extract. Stir the wet ingredients into the flour and butter mixture, just until combined. The dough will be sticky.
4. Turn the dough out onto a well floured board and roll, or pat, out the dough to about an inch thick. Fold it over and repeat about 6 times. This will give you the classic layered look of a scone.
5. Roll, or pat, the final time to an inch thick circle. Cut into 8 pieces and place the scones on a baking sheet lined with parchment paper.
6. Bake in the pre-heated oven for approximately 18 minutes, or until the scones are a very light golden brown. Do not over-bake.
7. While the scones are cooling, make the sweet tahini glaze by whisking together the powdered sugar, milk or cream, sesame paste and salt until smooth. Drizzle over the cooled scones.

## Chukauni (Potato Yogurt Salad)

Submitted By: Subodh Subedi

“Chukauni is a popular appetizer from west Nepal, predominantly from a place called Palpa. Its served cold, along with deep fried Black lentil patties (Batak) and Onion fritters (Pakodas). It can very well be served with beaten rice (Cheura) or puffed rice (Bhuja). It's a very easy dish to make with readily available ingredients.”

### *Ingredients:*

- Onion - 1 nos
- Potatoes - 400gms
- Green Chilies - 2 nos
- Dried red chilies - 2nos
- Cilantro - few branches
- Lemons - 1 nos
- Yogurt - 200gms
- Water - 30ml
- Salt - half tea spoon
- Oil (preferably Mustard) - 2 table spoons
- Turmeric Powder - 1/2 tea spoon
- Fenugreek Seeds - 5 grams (1 table spoon)
- Asafoetida powder (Hing)(1/8 tea spoon) - optional
- Schezwan pepper powder (Timur)(1/8 tea spoon) - optional



### *Directions:*

1. Boil the potatoes. Peel them and cut into decent sized cubes.
2. Slice the onions to half length.
3. Add onions and potatoes in a mixing bowl along with yogurt, salt, schezwan pepper powder (optional).
4. Slit the green chilies to half.
5. Heat oil in a small frying pan. Add fenugreek seeds and heat them until they turn dark.
6. Turn off the heat and then add green chilies, dried red chilies and turmeric powder, asafoetida powder(optional) to the hot oil.
7. Temper the potato mix in the bowl with the hot oil, turmeric, and fried chilies.
8. Mix them well
9. Squeeze the lemons into the bowl and mix again.
10. Add 30ml of cold water to give it a watery texture.
11. Garnish 'Chukauni' with chopped cilantro.

## Brazilian Cheesebread

Submitted By: Nicollas and Renata

“Cheesebreads are a common snack in Brazil, where we generally eat them for breakfast or for an afternoon meal. They have a crunchy crust and a gooey interior, with a strong cheese flavor. They are great to eat with cream cheese, butter or a pepper jam.”

### *Ingredients:*

- 500g of tapioca flour
- 200ml of cooking oil
- 400ml of milk
- 3 eggs
- 200g of parmesan cheese (or another cheese you have access to, but the less fatty ones are usually better for the texture)
- 1 teaspoon of salt



### *Directions:*

1. Preheat oven to 400 degrees F
2. Pour oil, milk, and salt into a saucepan, and place over high heat. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour. Set aside to cool for about 15 minutes. You can use this time to grate the cheese if you bought a chunk.
3. Mix the grated cheese and the eggs into the tapioca paste, until smooth. You can use your hands for this step. The mixture will be chunky and firm at this point.
4. Make little balls using a tablespoon for measurement and place in a greased cooking pan
5. Bake in preheated oven for about 30 minutes or until lightly brown.

You can freeze the cheeseballs in the baking pan and then store them in a container for about 3 months. You don't need to unfreeze them to bake, just preheat the oven to 350 degrees F and take them directly from the freezer to the oven, until lightly brown.

# French Onion Beef Stew

Submitted By: Nicholas Miller

“I invented this particular stew recipe alongside my mother as a cost-effective way to create a healthy, filling, and tasty supper for myself. Its really just my personal take on the basic beef stew dish which is commonly served in America and elsewhere in the world. I designed it specifically to remember stews made by my mother back when I was a kid in Minnesota. This particular recipe will serve three, but doubling the veggies and broth and stew will allow you to feed a larger family for those neighbors of mine who have children. If you let the stew sit in the fridge till suppertime the flavors will have enough time to mix properly and improve the taste.”

## *Ingredients:*

- 1 x 10.5 oz. can of Beef Broth
- 1 x 10.5 oz. can of French Onion Soup Veggies: Any veggies will really do for this stew, I am putting down the ones I used for reference \*
- 1 x Russet Potato
- 1-2 x Whole Carrots
- 1 small can of mushrooms
- 1 lb. ground beef
- Salt and Pepper (If needed)

## *Directions:*

1. Wash potato and carrots in warm water. Peel and dice veggies into small chunks so they will cook evenly all the way through
2. Heat beef broth to a boil on HIGH
3. Add diced potato and carrots to the broth
4. Bring broth back to boiling
5. Turn heat down to below Medium, simmer for 20 mins. At end of 20 mins, check and see if the veggies are nice and soft. Don't allow to stay too hard or get too soft
6. While waiting for the veggies to cook, begin browning the beef, drain fat when done
7. When veggies are finished, add the French Onion soup and mushrooms to the broth
8. Begin adding the browned and drained ground beef in portions, don't overfill (\* Leftover beef can be stored for other uses, such as BBQ sandwiches)
9. Heat stew back up to boiling to fully mix all ingredients
10. Taste test the stew to see if it needs salt and pepper



# Evans Family Chile con Queso

Submitted By: Audrey Evans

“This is a simple and easy recipe from my Texan grandmother inspired by Tex-mex cuisine! Any of the canned ingredients can be substituted with fresh. The sauce is also delicious with sautéed bell peppers.”

## *Ingredients:*

- 1 onion
- 4 cloves of garlic
- 1 15 oz canned diced tomatoes
- 1 4 oz can diced green chiles (mild, medium, or hot, depending on what you want)
- 1 cup of shredded cheddar cheese
- 1 15 oz can pinto beans
- spaghetti noodles

## *Directions:*

1. Dice onion and sauté at medium heat until translucent.
2. Add diced garlic and cook until fragrant.
3. Add tomatoes and chilis, stir until mixture is hot.
4. Take off heat and stir in cheese until melted.
5. Serve over cooked noodles with pinto beans.

## Bobotie

Submitted By: Willem Marais

“From WikiPedia: Bobotie appears to be a variant of Patinam ex lacte, a dish documented by the ancient Roman writer Apicius, layers of cooked meat, pine nuts, and seasoned with pepper, celery seeds and asafoetida. These were cooked until the flavours had blended, when a top layer of egg and milk was added. When the latter had set, the dish was ready to be served.”

### Ingredients:

- 2 slices white bread
- 2 onions, chopped
- 25g butter
- 2 garlic cloves, crushed
- 1kg packet lean minced beef
- 2 tbsp madras curry paste
- 1 tsp dried mixed herbs
- 3 cloves
- 5 allspice berries
- 2 tbsp peach or mango chutney
- 3 tbsp sultanas/raisins
- 6 bay leaves

### For the topping

- 300ml full-cream milk
- 2 large eggs



### Directions:

1. Heat oven to 180C/fan 160C/gas 4 (356 F). Pour cold water over the bread and set aside to soak.
2. Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the curry paste, herbs, spices, chutney, sultanas and 2 of the bay leaves with 1 tsp salt and plenty of ground black pepper.
3. Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended. Tip into an oval ovenproof dish (23 x 33cm and about 5-6cm deep). Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.
4. For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.

# Musakhan

Submitted By: Mira Lox

“Musakhan is an Arabic work which means "heated". This recipe is often quoted as being Palestinian in origin, and in the original recipe, a whole chicken is used instead of just breast or thigh. Additionally the bread is usually lined underneath the onion and chicken as it cooks in an oven in order to collect all the juices and flavor the bread. The picture I attached is from the internet and it shows how the bread is lined under the onion and chicken, and here they did not cut the chicken into strips. I think this recipe epitomizes the simplicity of ingredients in mediterranean food, the spices that permeate most Arabic dishes, and is a relatively cheap dish to make. This recipe can feed 2-3 people. Scale up as needed. The spices are available from some ethnic stores and last a long time. You can also buy these spices on amazon.”

## Ingredients:

- 1 lb chicken breast or thigh
- 1 teaspoon baharat spice mix  
(<https://www.arabamerica.com/baharat-7-spice-ingredient-giving-arab-food-distinct-flavor/>)
- 3 tablespoons sumac
- 2 teaspoon kosher salt
- 1 large onion
- 1 tablespoon butter
- 3 tablespoons olive oil
- 3 tablespoons lemon juice (~1/2 lemon)
- Optional: Pine nuts



## Directions:

1. Cut chicken into strips, add 1 teaspoon salt, 1 tablespoon sumac, 1 teaspoon baharat spice mix, 3 tablespoons lemon juice, 1 tablespoon olive oil in a plastic bag and marinate the chicken for at least 1 hour in the fridge.
2. Cut onion in half then in half again to yield quarters. Cut onion lengthwise to produce long strips.
3. Heat pan, add 1 tablespoon butter, 2 tablespoons olive oil. When oil is hot, add onions.
4. Reduce heat to medium-medium high and caramelize the onions. When the onions are caramelized (not burned!), add 2 tablespoons of sumac, toss with onion, then set onion aside on a plate lined with flatbread preferably.
5. In the same pan, sauté the chicken until cooked, add the onion back in and toss all ingredients together.

6. Add pine nuts on top optionally. Serve with flatbread, but this can be eaten with any other kind of bread. Note the oil from the cooking process is very flavorful and should be used when making the flatbread sandwich.

## Enfrijoladas!

Submitted By: Marisol Gonzalez

“This recipe is from Mexico.”

### *Ingredients:*

- 3 cups of can or cook black beans
- 1/4 cup of onion
- 1 teaspoon of salt
- 24 corn tortillas
- 1 cup of oil
- 1 cup of sour cream
- 1 cup of cheese Mexican fresh (or any other kind)
- 2 cups of lettuce

### *Directions:*

1. Fry the beans.
2. Put a spoonful of oil and onion until onions are brown.
3. Blend the beans and add it in the onions add milk or water to make a liquid let it cook for 5 minutes keep mixing until turn off the heat.
4. Fry the tortillas in the oil.
5. Dip the tortillas one at the time in the beans and put it in your plate.
6. Add as many you would eat. Add cheese sour cream and lettuce.

# Pasta Primavera

Submitted By: Jessica Sayer

“We discovered this recipe while trying to use fresh ingredients we already had on hand to eliminate making an additional trip to the grocery store during Safer at Home. It has now become a favorite dish - showing there can be silver linings during this time!”

## *Ingredients:*

- 8-16 ounces pasta
- 1 head of broccoli chopped
- 1 bunch asparagus chopped
- 2 carrots chopped
- 1/2 yellow squash or zucchini chopped
- 1/2 cup frozen peas
- 1-2 cups frozen, chopped spinach
  
- 2 tablespoons unsalted butter
- 1/2 onion chopped
- 4+ cloves of garlic minced
- Zest of 1 lemon + 3 tablespoons lemon juice
- 1 cup chicken or vegetable broth
- 1/2 cup heavy cream
  
- 1-2 cups fresh tomatoes
- diced 1 clove garlic minced
- 1 tablespoon dried basil
  
- 1/2 cup Parmesan
- \*We use gluten-free pasta made from chickpeas

## *Directions:*

1. Cook pasta according to packaging
2. Season veg with salt and pepper and cook in olive oil until softened - about 7 minutes (add frozen peas and spinach during the last minute or so so they don't overcook)
3. Remove from pan and set aside \*Melt butter in pan, then add onion and garlic, cook until softened - about 5 minutes
4. Stir in zest and broth, simmer until reduced by half - about 5 minutes
5. Stir in cream and lemon juice
6. Meanwhile, heat olive oil in separate pan, add tomatoes, garlic, and basil, simmer on low until tomatoes start to break down - about ten minutes
7. Add cooked veg, cream sauce, tomato mix, and Parmesan to cooked pasta, mix, and heat until melted.

## Vegan Dish: Aloo Gobi

Submitted By: Julia Veilleux

“This is actually very easy to make and if you do not have the mango powder, that is okay! It still tastes fine! Enjoy and happy cooking.”

### *Ingredients:*

- 2 potatoes, medium, sliced or cubed
- 1 cauliflower, medium, cut into small florets
- 1 onion, medium, chopped 2 tomatoes, medium, chopped
- 1/2 teaspoon cumin seeds
- 1.5 teaspoons ginger-garlic paste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon dry mango powder, amchur
- 1/4 teaspoon red chili powder or to taste
- 1/4 teaspoon garam masala powder
- 1 teaspoon coriander powder
- 3-4 teaspoons oil
- 2 tablespoons chopped cilantro salt, to taste

### *Directions:*

1. Heat 2 teaspoon of oil in a pan on medium heat. Add cauliflower florets and fry for 2-3 minutes and then add the sliced potatoes.
2. Fry on medium-low flame for 7-8 minutes till potatoes and cauliflower have some brown spots on them.
3. Drain on a tissue paper and set aside.
4. In the same pan heat 1.5 teaspoon of oil on medium heat and add cumin seeds and let them crackle.
5. Add the onions and cook for 2 minutes till translucent.
6. Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away.
7. Add the chopped tomatoes and cook for 2 minutes till they are little soft.
8. Add turmeric powder, red chili powder, coriander powder and amchur (mango powder).
9. Cover the pan and let the masala cook for 2-3 minutes and then add the potatoes and cauliflower to it and mix.
10. Add chopped coriander leaves and give a good mix.
11. Add garam masala and cook the potato and cauliflower on medium-low heat for 5-6 minutes.
12. Add salt and cover the pan and cook more additional 6-7 minutes on low flame or till the potato and cauliflower are tender but not soggy. If you feel the masala is sticking, you may add some water. Add 1 tablespoon at a time and only add enough to cook the veggies.
13. Garnish with some more coriander leaves and serve hot with any Indian bread.

# Vegetarian (easily vegan) Tortilla Soup

Submitted By: David White

“Easy, Bulk and Delicious Recipe! This is a favorite in our household! You can easily adjust the ingredients to add more vegetables of your choosing. Can substitute with fresh ingredients if you have them.”

## *Ingredients:*

- 2 tablespoons vegetable oil
- (1 pound) package frozen pepper and onion stir fry mix
- 2 cloves garlic, minced 3 tablespoons ground cumin
- 1 (28 ounce) can crushed tomatoes
- 3 (4 ounce) cans chopped green chili peppers drained
- 4 (14 ounce) cans vegetable broth
- salt and pepper to taste
- 1 (11 ounce) can whole kernel corn
- 12 ounces tortilla chips
- 1 cup shredded Cheddar cheese (OR NO CHEESE IF VEGAN)
- 1 avocado - peeled, pitted and diced

In addition to the original recipe list we also add:

- 1 cup of beans
- 1 lime or lemon juice

## *Directions:*

1. Heat the oil in a large pot over medium heat.
2. Stir in the pepper and onion stir fry mix, garlic, and cumin, and cook 5 minutes, until vegetables are tender.
3. Mix in the tomatoes and chili peppers.
4. Pour in the broth, and season with salt and pepper.
5. Bring to a boil, reduce heat to low, and simmer 30 minutes.
6. Mix corn into the soup and continue cooking 5 minutes.
7. Serve in bowls over equal amounts of tortilla chips.
8. Top with cheese and avocado.

# Thai Pork Burritos

Submitted By: Alice Smoniewski

"I use turkey instead of pork. Also you can use about twice as much shredded cabbage (or any other shredded greens mixture, i.e. power greens, broccoli slaw, etc), it doesn't make much difference taste wise. The sauce goes a long way."

## *Ingredients:*

- 1 1/4 lbs ground lean pork (4% fat) (I use Turkey)
- 1 tablespoon fresh gingerroot, grated (I use a bit more ginger because it's delicious =P )
- 1 garlic clove, peeled and crushed (I use 3 cloves because I love garlic)
- 1 small onion, thinly sliced 2 cups coleslaw mix (you can double this for more green nutrition)

### *Sauce*

- 3 tablespoons soy sauce 1 teaspoon sesame oil 2 tablespoons lime juice 1 tablespoon honey 2 teaspoons ground coriander 1/2 teaspoon crushed red pepper flakes

## *Directions:*

1. Brown meat (drain if there is a lot of liquid - I usually don't need to)
2. Add garlic and ginger cook for 2 minutes
3. Add onion and cook until softened for 2 min
4. Add cabbage and carrot mixture cook until greens starts to wilt 2-4 min
5. Add sauce and cook until things are nicely coated and some of the liquid has absorbed
6. Fill tortillas or large romaine lettuce leaves and enjoy =)



# Grandma's Meatza Pie

Submitted By: Rachel Schambow

“This easy meatloaf recipe has been passed down for many generations. Feel free to use as much or little Parmesan and oregano as you want!”

## *Ingredients:*

- 1 lb ground beef
- 1/2 cup fine dry bread crumbs
- 2/3 cup evaporated milk
- 1/3 cup ketchup
- 1 can sliced mushrooms (optional)
- 2-3 slices American cheese
- 1 teaspoon oregano
- 2 tablespoons Parmesan cheese
- 1/2-1 teaspoon salt, pepper to taste

## *Directions:*

1. Mix ground beef, salt, milk, and bread crumbs in 9 inch pie pan.
2. Spread evenly over bottom of pan and sides slightly.
3. Sprinkle some Parmesan, oregano, salt and pepper on top.
4. Spread on ketchup.
5. Sprinkle remaining oregano, mushroom, and Parmesan on top.
6. Cut American cheese in strips, and place in a lattice pattern on top.
7. Season with salt and pepper.
8. Bake 30 minute at 350-375 F.

## French "Gâteau de Savoie"

Submitted By: Anaïs & Terry

"This is a recipe that my French mom would always make when I (Anaïs) was a child. It is delicious and easy to make - with very few ingredients!"

### *Ingredients:*

- 4 eggs
- 150 grams of sugar
- 60 grams of flour
- 60 grams of yeast (instant yeast should work)
- 40 grams of melted butter



### *Directions:*

1. Preheat the oven at 350°F.
2. Lightly grease an oven dish with butter
3. Separate the yolk of the eggs from the whites.
4. Whisk together the yolk and the sugar until white and fluffier. Then, add the flour, the yeast and the melted butter.
5. Combine.
6. In a separate bowl, whisk the whites of the eggs until they form stiff peaks (in French, it's called "monter les blancs en neige").
7. With a spoon, delicately incorporate the whites in the previous mix.
8. Pour the mix in your oven dish and put it in the oven for 30 minutes.
9. Take the cake out of the oven when you can put a knife in the cake and have the knife come out clean. The cake is quite flat, it's normal! It is delicious with some jam, powder sugar or nutella on top.

## Dimlama (Uzbek Stew)

Submitted By: Maruf & Angela Ablaberdiev(a)

“Dimlama is a type of Uzbek stew that is a popular home-cooked meal and comfort food. The recipe is not as complicated as it looks! Dimlama includes meat and vegetables cooked in layers, then mixed to make a stew. There are many different recipes for dimlama that vary from region to region and family to family - this is just a (delicious) example. Other popular types of Uzbek foods include: osh (plov) (national food made of rice), samsa (savory pastry), mantu (dumpling), shurvo (soup), o'rama (xonim) (steamed dough stuffed with meat), and non (bread). You can find recipes for these foods online if you want to try them.”

### *Ingredients:*

- 250 g onion (2 medium onions)
- sliced 800 g (1.8 lbs.) sheep meat, cut into cubes (or another meat you like)
- 1 carrot, sliced at an angle
- 1 head of garlic, cloves separated but not peeled
- 2 tomatoes sliced
- 2 small sweet yellow bell peppers, cut in thirds down the middle
- 1.2 kg (2.5 lbs.) potato, cut in large chunks
- 1/2 head of cabbage, cut in large chunks
- 3 Tbsp. tomato sauce
- 1 fresh parsley plant
- finely chopped salt
- cumin seeds, and coriander seeds (as much as you want)
- 200 mL (0.85 cups) vegetable oil
- 120 mL (0.5 cups) water
- Sliced, salted cucumber and tomatoes for the side salad

### *Directions:*

1. Pour vegetable oil into a large, thick-bottomed pot.
2. Heat it on the stove on medium-high heat until it's hot. Add the onions.
3. Fry them until they are a bit soft - they don't need to brown.
4. Add salt. We usually cook with a lot of salt - several tablespoons.
5. Add the meat. Fry for 1-2 minutes.
6. Add the tomato sauce. Cook for a little bit. Add more salt.
7. Add the vegetables in layers. Don't stir them. First, put the peppers on top of the meat. Next, add half the tomatoes. Then add the carrots, then add the other half of the tomatoes. Put the garlic on top of these vegetables. Remember not to peel it!
8. Add a layer of potatoes on top. Add some salt on top of the potatoes. Add the cabbage on top of the potatoes. Make sure the potatoes are totally covered with cabbage. Press the cabbage down as you add it. Put some more salt on top of the cabbage. Spread the chopped parsley on top of the cabbage.

9. Pour the water over the top. Put the lid on the pot, turn the heat down to low, and cook for one hour.
10. After one hour, stir the food very well so the vegetables on top get down to the bottom. This will help the cabbage cook.
11. Add some cumin seeds and coriander seeds.
12. Cover the pot again and cook for 30 minutes more.
13. Stir again and serve! Make sure everyone gets some of the different vegetables and some of the sauce. Serve with a side salad of sliced, salted cucumbers and tomatoes, and green tea to drink.

## Mozarts (Crescent Roll Casserole)

Submitted By: Maruf & Angela Ablaberdiev(a)

“Casseroles are a favorite US-American comfort food, and this is our favorite casserole! We got the recipe from Angela's mom, Jennifer Wrage, who lives in Iowa. Using pre-made crescent roll dough makes this a quick supper for weekdays, but you could also make the dough yourself if you wanted to. One great thing about casseroles is that you can change them however you like - consider adding garlic, using a different type of meat, using another spice alongside oregano, adding other vegetables, etc. Using home-canned pasta sauce makes this extra-special. Hope you enjoy!”

### *Ingredients:*

- 1-2 lbs. (0.45-0.9 kg) ground beef
- 1 medium onion (chopped)
- 16 oz. (475 mL) canned tomato sauce
- 2 cups (250 g) shredded cheddar cheese
- 2 cups (250 g) shredded mozzarella cheese
- 2 tubes crescent rolls
- sour cream
- oregano

### *Directions:*

1. Preheat the oven to 350 degrees Fahrenheit (175 degrees Celsius).
2. Cook the ground beef and onion in a skillet until brown.
3. Drain off the fat and get rid of it.
4. Add the tomato sauce to the beef and onion.
5. Mix well. Pour into a 9x13-inch pan (23x33 cm).
6. Sprinkle the cheddar and mozzarella cheese over the beef mixture.
7. Open the crescent roll tubes and separate the crescent rolls into triangles.
8. Spread sour cream on each crescent roll.
9. Sprinkle a small amount of oregano on the sour cream.
10. Roll up the crescent rolls as directed. Place them in the pan on top of the other ingredients.
11. Bake at 350 Fahrenheit (175 Celsius) for 35 minutes until the crescent rolls are browned.
12. If you want, you can cover the pan with aluminum foil for the first 20 minutes of baking, then remove the foil for the last 15 minutes. This prevents the crescent rolls from overcooking.
13. Serve hot with salt and pepper.

## Arroz con leche "sweet milky rice" (desert)

Submitted By: Luz Almanza

“It is a traditional desert from Colombia, South America, specially in the center of the country at Santander.”

### *Ingredients:*

- 4 cups of milk
- 1 cup of white rice
- 2 cups of water
- 2 tsp butter
- 1.5 cup of sugar
- 1.5 tsp of vanilla
- Piece of salt
- 1 cup of condensed milk
- 1 cinnamon branch

### *Directions:*

1. Boil the water with cinnamon branch
2. Once the water boiled take out the cinnamon branch
3. Add the rice and wait 5 mins
4. Add the vanilla
5. Add the sugar
6. Add 2 cups milk and also the butter
7. Wait for 15 min without cover the pot
8. Once the mix boil again, add the rest of the milk and add the condensed milk
9. Mix constantly for 1 hour at medium heat
10. Check the consistency and enjoy

# Cappuccino Brownies

Submitted By: Lindsay

“Adapted from recipe in Cooking Class Desserts Cookbook (ISBN: 0-7853-0788-5).”

## *Ingredients:*

- 3/4 cup salted butter
- 2 squares (1 ounce each) semisweet chocolate, coarsely chopped (Baker’s brand preferred)
- 2 squares (1 ounce each) unsweetened chocolate, coarsely chopped (Baker’s brand preferred)
- 1 3/4 cups raw sugar
- 1 tablespoon instant espresso powder or instant coffee granules
- 3 eggs
- 1 cup pastry flour (white whole wheat also a good option)
- 1+ teaspoon vanilla extract

## *Directions:*

1. Preheat oven to 350°F.
2. Grease 13 x 9-inch baking pan (or any similar size).
3. Melt butter, chopped semisweet and unsweetened chocolate in large saucepan over low heat, stirring constantly.
4. Stir in granulated sugar and espresso/coffee powder.
5. Remove from heat. Cool slightly.
6. Beat in eggs, 1 at a time, with wire whisk. Add in optional liqueur and orange peel.
7. Beat flour into chocolate mixture until just blended.
8. Add vanilla extract.
9. Spread batter evenly into prepared baking pan.
10. Bake 25-30 minutes or until center is just set.
11. Remove pan to wire rack.

# Chocolate Pudding

Submitted By: Lindsay

“Adapted from Tyler Florence’s recipe on Food Network.”

## *Ingredients:*

- 2 cups half and half
- <1/2 cup raw sugar
- 1/3 cup cocoa powder (Ghirardelli preferred)
- 4 teaspoons cornstarch
- 3 large egg yolks
- 2+ teaspoons pure vanilla extract (the higher the quality, the better!)

## *Directions:*

1. Put 1 1/2 cups of the milk, the sugar, and the cocoa in a nonreactive saucepan. Bring to a simmer, over medium-high heat. Remove from the heat.
2. Meanwhile, whisk the remaining 1/2 cup of the milk, cornstarch, salt, and egg yolks in a bowl. Gradually whisk the hot milk into the egg mixture. a. \*\*If the mixture is too hot at any point during preparation, the eggs will curdle, and the pudding will become chunky. If this happens, put the pudding into the blender before cooling and serving.
3. Return to the saucepan and cook over medium-high heat whisking constantly, until the pudding comes to a full boil.
4. Reduce the heat to maintain a simmer, and continue whisking until thick, about 2 or 3 minutes more. Add vanilla extract.
5. Pour the pudding into 6 small cups. Cover with plastic wrap and refrigerate for at least 4 hours or ideally overnight until set.
6. Serve each pudding with a dollop of whipped cream on top.



## Russian Easter cakes (Kulich)

Submitted By: Anastasiia Stolyarova

“This dessert is a symbol of the resurrection of Jesus and is traditionally baked for Christian Easter and eaten on Sunday. The title itself can be translated from the Old Russian as the child of the sun. On the top of the cake people usually write the letter abbreviation: XB, which stands for "Христос Воскресе" (Jesus is resurrected) in Russian. Although, the recipe is not the easiest one, the delicious result will pleasantly surprise everyone.”

### Ingredients:

- 500 g all-purpose flour
- 1.5 tablespoon fresh yeast
- 5 eggs
- 1 glass lukewarm milk
- 300 g butter
- 1/2 glass white sugar
- 6 tablespoon sugar powder
- 3-5 drops of lemon juice
- 1/2 teaspoon salt
- 150 g raisins
- 3 tablespoon cognac (or any berry liquor)
- cake decorations



### Directions:

1. Put raisins into a bowl, drizzle with cognac/liquor, and allow raisins to soften overnight.
2. Put fresh yeast into 0.5 glass of lukewarm milk, adding 1 tablespoon of sugar, stir slightly. Wait for 10-15 minutes until the yeast mixture is frothy.
3. Mix the remaining sugar with egg yolks (egg whites you will need later) in a big bowl. Combine with the yeast mixture.
4. Add soft butter, remaining milk, salt, and 1 glass of flour and stir well. Gradually add all flour and beat until the batter is smooth. Put the batter into a big clean bowl, smear it with oil, cover the bowl with plastic wrap and put in a warm place for an hour or two to let the batter rise. After it's risen, press it down gently and repeat the procedure, letting the batter rise for the second time.
5. Roll the batter into a thick cake and spread raisins over it. Form a batter ball.
6. Divide the batter ball into small balls of circa 100 g, put them into baking forms, cover with a towel and let them stand for 40 min.
7. Bake Kulich for 30 min in an oven, preheated to 180 C.
8. For the glazing beat properly two egg whites, gradually adding sugar powder and lemon juice drops.
9. Smear baked cakes with the glazing.
10. Decorate Easter cakes with confetti, chocolates, etc.

## Easy Pistachio Pudding Cake

Submitted By: Melissa Gall

"This was a recipe from my mother. It's very easy and simple to make, even for the amateur baker! Every time I make this cake, my family and friends love the moist taste!

### *Ingredients:*

- 1 box yellow cake mix
- 1 box pistachio instant pudding mix
- 4 eggs
- 3/4 cup milk
- 2/3 cup oil



### *Directions:*

1. Preheat oven to 325°F (~160°C).
2. Grease the cake pan with vegetable oil or butter. I prefer to use a Bundt cake pan but you can also use a rectangular cake pan.
3. Mix all ingredients in large bowl.
4. Bake in pan for 50- 60 minutes until toothpick or knife inserted in center comes out clean. If you use a Bundt cake pan, make sure the pan cools at room temperature so that the cake doesn't fall apart when you flip the cake over onto a large plate.

**Stay Safe!!**