YEAR OF IMMIGRATION COOKBOOK

Recipes from Home

UNIVERSITY OF MARYLAND
2019 is the University of Maryland’s *Year of Immigration*, which aims to transform dialogue into impact on urgent issues related to immigration, global migration and refugees, and to foster open conversation and greater connection with the University of Maryland’s large and diverse international community. This initiative includes cultural events around campus to celebrate and embrace our school’s international diversity. Dining Services joined the call by doing what we do best, putting on an international food festival—*Destination Maryland*.

In preparation for *Destination Maryland*, we reached out to the families of undergraduate students, to graduate students, and to campus faculty and staff for recipes to share in the spirit of world cuisine. The response was amazing and we received over 80 recipes that came to us from all over the world! We researched regions of origin for the UMD international campus community and using that knowledge we selected submitted recipes as the foundation for our celebration.

*Destination Maryland* was a huge success, and now we’d like to share a bit of it with you! In this cookbook you will find highlighted recipes featured at the dinner, prepared by our chefs on the Maryland Day Cooking Stage—as well as every recipe submitted by the campus community!

We hope you enjoy these recipes as much as we have. Join us in celebrating the University of Maryland’s *Year of Immigration*.

#YearofImmigration
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Maryland Day
Cooking Stage
Recipes

MARYLAND DAY 2019
APRIL 27
10 A.M. – 4 P.M.  #MARYLANDDAY
Ecuadorian Llapingachos
Prepared By: Chef John Gray • UMD Senior Executive Chef

INGREDIENTS
• 6 lb Russet potatoes, peeled and cubed
• 1 tsp Achiote powder
• Salt to taste
• 6 oz queso fresco, Monterey jack, or other white cheese (cut 1”h cubes)
• 6 Scallions, finely chopped
• ¼ cup Oil

DIRECTIONS
1. Place the potatoes in a large saucepan, cover with salted water and bring to a boil, uncovered, over medium-high heat. Cook the potatoes until a knife pierces them easily. Drain the potatoes and set them aside to steam dry for 3 to 4 minutes.
2. Mash potatoes until smooth or put them through a ricer. Season with Achiote powder and salt.
3. When cool, form 1/3 cup portions into balls and set on a baking sheet. Chill for at least 20 minutes; this will make the patties much easier to handle.
4. Remove potatoes from refrigerator. Combine cheese and scallions and stuff each ball with about 1 tbsp of the mixture. Flatten the balls with your hands to form patties.
5. Heat the oil in a skillet over medium heat. Sauté the patties, a few at a time, until browned on each side. Remove to a warm oven until all patties have been sautéed.
6. Serve topped with the salsa de maní (diced tomatoes and sliced onions), and with fried eggs and chorizo sausage.

COMMENTS
Ecuadorian street food: cheese stuffed potato pancakes served with fried eggs, chorizo sausage, and onion tomato salsa
Baharet Fish
with Spiced Tomatoes & Caramelized Onions
Prepared By: Chef Ivory Kornegay • UMD Chef de Cuisine

INGREDIENTS

SPICED TOMATO
• 3 tbsp olive oil
• ½ brown onion, finely diced
• 1 clove garlic, minced
• 1 tsp Baharat spice mix
• ½ jar tomato passata
• 1 tsp red wine vinegar

CARAMELIZED ONIONS
• 1 tbsp butter
• 1 brown onion, thinly sliced

BAHARAT FISH
• 12 oz fish fillets (Tilapia)
• 1 tsp Baharat spice mix
• 1 tsp butter

GARNISH
• mint leaves
• ½ lemon, cut into wedges

DIRECTIONS

SPICED TOMATO
1. Add oil, onion and garlic to a small pot on medium-high heat and cook for 2-3 minutes, until softened.
2. Add Baharat spice mix and cook for 1 minute.
3. Add passata and vinegar to pot with garlic mixture and simmer for 4-5 minutes, stirring often.
4. Season with salt and pepper and set aside to keep warm.

CARAMELIZED ONIONS
5. Melt butter in a medium fry-pan on medium high heat, onion and cook for 8-9 minutes, until well caramelized. Set aside and reserve pan.

BAHARAT FISH
6. Pat fish dry with paper towels. Remove any remaining scales and bones and cut any larger fillets in half.
7. Season and sprinkle second measure of Baharat spice mix over one side.
8. Heat a drizzle of oil in reserved pan on medium-high heat. Cook fish, spice-side-down, for about 2 minutes, until golden brown.
9. Flip and cook for a further 1-2 minutes (depending on thickness), or until just cooked through.
10. Remove from heat and add butter to pan, swirling to coat fish.

TO SERVE
11. Spoon spiced tomato onto plates and smooth out into a circle.
12. Place Baharat fish on spiced tomatoes.
13. Sprinkle with caramelized onions and mint and serve lemon wedges on the side.
Nigerian O Jo Jo Meat Balls
with Pilli Pilli Sauce

Prepared By: Chef Lou Poe • UMD Executive Chef, The Diner

INGREDIENTS

O JO JO MEATBALLS
• 2 lb chopped beef
• 2 each green bell peppers, chopped fine
• 1 med onion, chopped fine
• 1 tbsp salt
• ½ lb white potatoes raw, peeled and grated
• ½ lb sweet potatoes raw, peeled and grated
• 3 each eggs
• oil for frying

PILLI PILLI SAUCE
• 2 cups tomato sauce, canned
• ½ up lemon juice
• ½ cup white onions, chopped very fine
• 1 tbsp garlic powder
• 1 tbsp crushed red pepper
• 2 oz dry red wine
• ½ cup tomatoes, finely chopped

DIRECTIONS

O JO JO MEATBALLS
1. In a 2-quart bowl combine chopped beef, bell peppers, onions, salt, potatoes and eggs.
2. Test and correct the seasoning as needed.
3. Chill 1 hour to set.
4. Form into 2” or 3” balls.
5. Fry in oil until brown on all sides.
6. Serve with desired vegetables and Pilli Pilli Sauce or a vegetable relish.

PILLI PILLI SAUCE
7. In a 2-quart bowl blend the canned tomato sauce, lemon juice, chopped white onions, garlic powder and crushed red pepper.
8. Keep refrigerated in covered container.
9. Notes: Serve as a relish sauce in a bowl.
   When used with seafood add ¼ cup grated horseradish. An excellent cocktail sauce.
   Add 2 oz (¼ cup) dry red wine for a gourmet sauce for bland meats.
   Add ½ cup finely chopped fresh tomatoes as they do in some parts of Africa.

COMMENTS

Pilli-pilli is the little red hot pepper of Africa which is so important an accompaniment to the food in most of its countries. It is much like the crushed red pepper used on pizza and other continental dishes. Some would find it impossible to use the quantities the Africans do, but used with discretion or not, it adds zing to many main dishes. Although we have toned it down by the addition of tomato sauce, lemon juice, and onion, it is still necessary to use with care. In the Portuguese colonies of Africa the red hot pepper is called Piri-piri and it is blended with lemon only. In the Malagasy Republic it is known as Sacha and it is blended with oil.
Indian Chicken Korma
Prepared By: Chef Rob Fahey • UMD Chef and General Manager, 251 North

INGREDIENTS
• 6 chicken thighs boneless and skinless
• 2 tbsp tomato paste
• 1 tbsp sized piece of fresh ginger peeled
• 2 cloves garlic
• 1 tbsp garam masala
• ¼ tsp crushed red pepper
• ½ tsp paprika
• 1 tsp ground cardamom
• ½ tsp kosher salt
• ½ tsp turmeric
• ½ cup almonds
• ¾ cup Greek yogurt
• 1 tbsp canola oil
• 3 tbsp butter
• 1 yellow onion diced
• ¼ cup heavy cream

DIRECTIONS
1. Cut chicken thighs into small 1½–2” chunks and place in large bowl.
2. Combine tomato paste, ginger, garlic, garam masala, crushed red pepper, paprika, cardamom, salt, turmeric and almonds in food processor on high speed until completely smooth.
3. Add mixture to bowl with chicken. Add yogurt and mix well.
4. Cover and refrigerate for 1-2 hours.
5. Add canola oil and butter to large heavy skillet on medium high heat.
6. Add onions and cook for 5-7 minutes, or until just caramelized.
7. Add chicken mixture and cook for 12-15 minutes or until the chicken is cooked through.
8. Add heavy cream to the skillet and mix well, cooking for an additional 3-4 minutes.

COMMENTS
Chicken Korma is a traditional Indian dish that’s light and flavorful almond curry made with tomato paste, plenty of spices, and cream that’s buttery and completely delicious.
Chinese Mango Pudding
Prepared By: Chef Melissa Tucker • UMD Sous Chef, z51 North

INGREDIENTS
• 3 medium mature mangoes, cubed (about 1 lb)
• 2 packet unflavored gelatin sheets (10 g)
• 6 oz milk
• 2 oz heavy cream
• ½ cup granulated sugar

DIRECTIONS
1. Soak gelatin sheets in cold water until soft.
2. In a small pot, heat 3 oz milk, sugar, and soaked gelatin over low heat. Stir constantly and heat until sugar and gelatin dissolve completely. Remove from heat and cool.
3. Place most of the mango cubes (reserve enough for garnish) in a blender and add remaining milk and blend until very smooth.
4. Mix mango puree with milk mixture, add heavy cream. Stir until combined and strain the mixture. Pour mixture into ramekins. Refrigerate for 2 to 3 hours to completely set.
5. To serve, decorate with reserved mango cubes and mint leaves.
Central & South America
Aji de Gallina Peruano

Submitted By: Betty Pomasoncco Neyra • Student Name: Valeria Jimenna Arriola Pomasoncco and
Submitted By: Rosario Elejalde • Student Name: Borja Rebaza

INGREDIENTS
- 4 yellow potatoes
- 4 slices white bread
- ¾ cup evaporated milk
- 1½ lbs chicken breast
- 4 cups chicken stock
- 3-4 yellow aji peppers
- ½ cup vegetable oil
- 2 cloves garlic, minced
- 1 large onion, finely chopped
- 3 tbsp walnuts, chopped
- 3 tbsp Parmesan cheese, grated
- 2 eggs, hard-boiled
- 10 black olives, halved

DIRECTIONS
1. Cook yellow potatoes in salted water until tender when pierced with a fork.
2. Let cool, peel, cut into quarters, and set aside.
3. Place bread in small bowl and pour evaporated milk over it to soak. Set aside.
4. Place chicken breasts in pot with chicken stock and bring to simmer.
5. Cook for 10 to 15 minutes until chicken is just barely cooked through
6. Set chicken aside to cool.
7. Strain broth and reserve 2 cups.
8. Remove stems and seeds from peppers.
9. In blender, process peppers with vegetable oil until smooth.
10. Sauté garlic and onions with puréed peppers and oil until onions are soft and golden.
11. Remove from heat and let cool.
12. Shred cooled chicken into bite-size pieces.
13. In blender or food processor, process evaporated milk and bread mixture with nuts and Parmesan cheese until smooth.
15. Return onion mixture to pan, and add 1½ cups of reserved chicken stock.
16. Bring to a low simmer, and stir in chicken. Heat until warmed through, adding more chicken stock if the sauce is too thick.
17. Serve over rice, garnished with yellow potatoes, slices of hard-boiled egg and black olives.

COMMENTS
El Aji de Gallina is a typical Peruvian dish, in my home we always have one day each week when I prepare this dish. For Peruvians this dish represents a piece of Peru, the taste of yellow pepper blended with garlic and milk is amazing. The traditional way to serve is with a side of boiled egg, olives, yellow potatoes. Can also be served with rice.
—Betty Pomasoncco Neyra

It is my son’s favorite food. It is like comfort food every time he comes back from Maryland. He enjoys it so much.
—Rosario Elejalde
Arepas Venezolanas Reina Pepiada

Submitted By: Maria Chacon • Student Name: Maria De Barros

INGREDIENTS

AREPAS
• 1 cup precooked cornmeal or pre-cooked cornmeal (Masarepa or Harin P.A.N. brand)
• 1 tsp Salt
• 1¼ cups Water, warm
• canola oil

FILLING
• 2 Avocados, pitted and mashed
• Salt and pepper to taste
• 1 tbsp Lime juice
• 2 tbsp Lowfat mayonnaise
• 2 cups Chicken breast, cooked and shredded
• ¼ cup Onion, finely chopped
• 2 tbsp Cilantro, chopped

DIRECTIONS

1. Mix the cornmeal, salt and warm water, until the mixture comes together. You should be able to form balls of dough in your hands like silly putty.
2. Divide the arepa dough into 4 portions and form them into discs, about ½” thick. Don’t make them too thin, you want to be able to split them open later.
3. Heat a griddle or cast iron skillet to medium, drizzle with canola oil and cook the arepas for 10-15 minutes, until they’re crunchy and charred in spots on both sides.
4. Mash the avocados with a pinch of salt and the lime juice.
5. Add in the mayonnaise, and mix.
6. Toss the chicken, onions and cilantro into the avocado dressing.
7. Stir thoroughly to combine, and season with salt and pepper to taste.
8. To slice the arepa open, lay your non-cutting hand on top of the arepa. Using a small knife, slide the knife around the edge of the arepa, until you’ve cut all the way around. Pull the 2 halves apart.
9. Place a scoop of the chicken salad onto one half of the split arepa. Garnish with cilantro, and dig in.

COMMENTS

The arepa is one of the most common pre-Hispanic foods still popular in Venezuela, originating hundreds of years ago as a staple in the diet of indigenous tribes. Arepas are corn meal pockets of varying sizes and thickness, depending on regional traditions. Arepas can be baked, fried or grilled. Known as daily masa bread, arepas are eaten across socio-economic groups, at all times of the day. Historically, arepas were eaten as a bread or side food; a filled Arepa was referred to as a tostada. Now, it is simply called a filled Arepa or Arepa Rellena. The fillings vary and there are no rules (just like with any sandwich, fillings are endless). My daughter, Maria De Barros, really likes the Reina Pepiada Arepa.
Chipotle Chicken
Submitted By: Connie Volk • Student Name: Jake Volk

INGREDIENTS
• ¼ cup Honey
• ¼ cup Olive oil
• ¼ cup Bold n’ Spicy Chipotle seasoning (Weber brand)
• 10 boneless, skinless Chicken thighs or breasts

DIRECTIONS
1. Put honey, olive oil and seasoning in a Ziploc bag and blend.
2. Add chicken and let marinate for 30 minutes or up to a whole day.
3. Grill or bake as directed so that chicken runs clear without pink juices.

COMMENTS
This recipe is the closest taste to the chicken you will taste at Chipotle. My son, Jake loves the chicken at Chipotle. I found this recipe when I was searching how to duplicate the chipotle chicken at the restaurant. This is even better and Jake loves this and would eat it every day if he could. So flavorful and easy. We pair it with a salad and asparagus or other green vegetable.
Guyanese Curry Chicken
Submitted By: Nathalie Wilson • Student Name: Lawrence Wakefield

INGREDIENTS
• Chicken, cut into small pieces
• Black pepper
• Season salt
• Onion powder
• Garlic powder
• Old Bay
• Curry
• Green Seasonings
• Indi (Guyanese) or Jamaican curry powder
• Oil for cooking
• Tomatoes
• Onions
• Green onions
• Garlic
• Potatoes (optional)
• Oil
• Scotch bonnet hot pepper (optional)

DIRECTIONS
1. Season chicken with black pepper, season salt, onion powder, garlic powder, Old Bay and curry if you desire. Rub it up and let stand, add other seasonings as desired. Green seasoning which is a combination of seasons blended or you can purchase it.
2. Place some oil in a big pot and add seasoned chicken pieces and turn as it browns for about 2-5 minutes.
3. Add other ingredients: tomatoes, onions green onions, garlic, potatoes if you like, and some water. Let it cook for a short time. You can mix curry powder with water also and add to cover the chicken and cook slowly. The amount of water you add will depend on the intensity you prefer or how much curry gravy you wish to have.
4. Taste and add salt as desired. Cook chicken and potatoes until tender and fully cooked and done. This is a delicious dish if done correctly. Serve with rice and beans or white rice.
5. Enjoy.

COMMENTS
Curry is a traditional dish in Guyana as well as many other countries. It is prepared differently depending its origin. Its significance is to add a different flavor to the meat which is (in this case) chicken.
Colombian Empanadas y Aji
Submitted By: Claudia Krochta • Student Name: Benjamin Krochta

INGREDIENTS
• Vegetable oil for frying
• Lime and ají (Colombian hot sauce) for serving

DOUGH OR MASA
• 1½ cups precooked yellow Cornmeal (masarepa)
• ½ tbsp Sazon Goya with azafran
• ½ tsp Salt
• 2 cups Water
• 1 tbsp Vegetable oil

FILLING
• 2 cups White potatoes, peeled and diced
• 1 Chicken or vegetable bouillon tablet
• 1 tbsp Olive oil
• ¼ cup White onions, chopped
• 1 cup Tomato, chopped
• ¼ cup Green onions, chopped
• 1 clove Garlic, chopped
• 2 tbsp Red bell pepper, chopped
• 2 tbsp fresh Cilantro, chopped
• ½ tsp Salt
• ¼ tsp Black pepper
• ½ lb Ground pork and beef

DIRECTIONS
1. To prepare the dough: Place the masarepa in a large bowl. Add the sazon Goya and salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes.

2. Meanwhile, cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside.

3. Heat 1 tbsp olive oil in a large, heavy skillet. Add onions and cook over medium-low heat stirring frequently, for 5 minutes. Add tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes.

4. Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes or until the mixture is fairly dry.

5. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine.

6. Break small portions of the dough, about 1½ tbsp each one, and form each portion into a ball by rolling between the palms of your hands.

7. Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tbsp of the filling in the center of each.

8. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork.

9. Fill a large pot with vegetable oil and heat over medium heat to 360°F.

10. Carefully place 3 or 4 empanadas at the time in the heated oil and fry for about 2 minutes until golden on all sides.

11. Using a slotted spoon transfer the empanadas to a plate lined with paper towels. Serve with ají and lime on the side.

COMMENTS
This is a family favorite. It has to be Colombian empanadas. We think they are the best. What makes them the best is that they are made with cornmeal and not wheat flour. Also, don’t forget the aji! BTW, my son is first generation American since I, his mother, was born in Colombia.
**Christian’s Favorite Enchiladas**

Submitted By: Becky Wilson • Student Name: Christian Wilson

**INGREDIENTS**

**ENCHILADA SAUCE**
- 2 tbsp Oil (any neutral oil)
- 2 tbsp all-purpose or gluten-free Flour
- 4 tbsp Chili powder
- ½ tsp Garlic powder
- ½ tsp Salt
- ¼ tsp ground Cumin
- ¼ tsp dried Oregano
- 2 cups Chicken or vegetable stock

**ENCHILADAS**
- 2 tbsp Oil
- 1 small White onion, peeled and diced
- 1½ lbs boneless skinless Chicken breasts, diced into small ½” pieces
- 1 4oz can diced green Chiles
- 16 small flour or corn Tortillas
- 3 cups Mexican-blend shredded cheese
- 1 batch Red enchilada sauce (above)

**DIRECTIONS**

**ENCHILADA SAUCE**
1. Heat oil in a small saucepan over medium-high heat. Add flour and whisk together over the heat for one minute. Stir in the remaining seasonings (chili powder through oregano). Then gradually add in the stock, whisking constantly to remove lumps.
2. Reduce heat and simmer 10-15 minutes until slightly thickened. Use immediately.

**ENCHILADAS**
1. Preheat oven to 350°F.
2. In large sauté pan, heat oil over medium-high heat. Add onion and sauté for 3 minutes, stirring occasionally. Add diced chicken and green chilies, and season with salt and pepper. Sauté for 6-8 minutes, stirring occasionally, or until the chicken is cooked through. Remove from heat and set aside.
3. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, beans, chicken mixture, and cheese. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add in a spoonful of the chicken mixture, then sprinkle with 1/3 cup cheese. Roll up tortilla and place in a greased 9” x 13” baking dish. Repeat with the remaining ingredients. Then spread the remaining enchilada sauce on top of the tortillas, and sprinkle on the remaining shredded cheese.
4. Bake uncovered for 20 minutes. Remove from oven and serve.

**COMMENTS**

The tortillas could be layered to make a casserole. The enchilada sauce recipe yields 1.5 cups and the enchilada.

Recipe serves 8.
Enchiladas Verdes
Submitted By: Norma Flores-Kret • Student Name: Andrew Kret

INGREDIENTS

SALSA
• 1 lb Tomatillos, husked
• 1 White onion, peeled, sliced, quartered or whole
• 4 Garlic cloves, peeled
• 2 Jalapeños
• 2 tsp Cumin, ground
• 1 tsp Salt
• ½ cup Cilantro leaves, chopped

ENCHILADAS
• Olive oil
• ½ medium Onion, diced
• 3 Garlic cloves, chopped
• 1½ tsp ground Cumin
• 1 deli roasted Chicken (about 3 pounds), boned, meat shredded
• 1 cup Chicken stock
• Salt
• Ground black pepper
• 1 package Corn tortillas (at least 20)
• 4 cups Monterey Jack cheese, shredded
• Cilantro leaves and sour cream, for garnish
• Guacamole (optional)

DIRECTIONS

SALSA
1. Place all tomatillos, onion, garlic, and jalapeño in pot with water to cover and boil until the tomatillos are a dull green and onions are translucent and soft.
2. Put mixture with remaining ingredients in blender and blend to puree. Your preference as to texture of salsa.

ENCHILADAS
3. Put some olive oil in a medium saucepan over medium heat.
4. Add onion and cook until soft and caramelized—this should take about 5 minutes.
5. Add garlic and cumin then cook for a few minutes.
6. Add shredded chicken. Slowly add the chicken stock. Continue stirring over a low simmer until the chicken is moist and everything is combined.
7. Season, to taste, with salt and pepper. Turn off the heat and let it cool slightly.
8. Put oil into another saucepan and heat low to med.
9. Place tortillas in the pan, one at a time, and lightly fry them, just enough to make them pliable. Lay them on a paper towel covered plate.
10. When finished with all tortillas, take them one at a time and spread some chicken to the top portion of it, long-wise. Roll up the tortilla and place in a 9×13 baking dish. Continue in rows until all chicken and tortillas have been used.
11. Top enchiladas with the salsa. Add the cheese over the entire dish of enchiladas. Cover with aluminum foil and bake in a 350°F oven until all the cheese is melted, about 20-30 minutes. Serve and garnish with sour cream, diced onions, and guacamole, if desired. (Option: can be made with ground beef)

COMMENTS

This recipe has been handed down over the years from our family who immigrated from Nuevo Leon Mexico.
Mexican Pasta Bake
Submitted By: Patricia Peltz • Student Name: Nicholas Peltz

INGREDIENTS
• 8 oz Spiral pasta
• 1 lb Ground beef or meatloaf mix or ground pork
• ¼ cup Taco seasoning
• 15 oz Tomato sauce
• 1 tsp Garlic powder
• 1 tsp Cumin, dried
• 1 cup Cheddar or Monterey jack cheese, shredded
• ½ cup Sour cream
• Optional: Additional shredded cheese

DIRECTIONS
1. Cook pasta according to package directions and set aside.
2. Grease a 2 qt baking dish. Preheat oven to 350F.
3. In a large skillet, brown meat over medium heat. Stir in taco seasoning, tomato sauce, garlic powder, and cumin. Bring to a boil; remove from heat.
4. Add pasta, cheese and sour cream.
5. Optional: sprinkle with additional cheese.
6. Bake uncovered for 30 minutes or until heated through.

COMMENTS
When my boys were young they were very picky eaters. I always tried to incorporate new flavors in their meals and this recipe was one of my early successes! When Nick comes home from UMD this is always his first requested dinner.

Note: When I am in a hurry, I sometimes do not have the time to bake this dish prior to serving. The unbaked version is equally as delicious!
Pollo en Jocon
Submitted By: Lorena Alvarez • Student Name: Laura Phillips-Alvarez

INGREDIENTS
• 4 lb Chicken
• 4 cups Water or Chicken stock
• Potatoes
• Carrots
• Green beans
• 1 bunch Cilantros
• 1 bunch Parsley
• 1 bunch Green onions
• Green tomatoes or Tomatillos
• Green pepper.
• 4 Garlic cloves
• Pumpkin seeds, (pepitoria)
• Salt and Pepper to taste

DIRECTIONS
1. Brown the Chicken in skillet, add water or chicken stock, add Potatoes, carrots, green beans in chunks. Cook until almost done.
2. Blend cilantro, parsley, green onions, tomatoes, green pepper and Garlic and add to the chicken. Bring to boil and turn off heat. Add salt and pepper to taste.
3. Serve with rice and tortillas.

COMMENTS
The name comes from Jok om (from the Quiche language, one of the Mayan languages from Guatemala) and means green sauce or five greens. This is a representative dish from Huehuetenango in the Central Western part of Guatemala. In 2007 the was named Intangible Cultural Heritage of Guatemala by the Cultural Ministry.
Green Chili Sour Cream Enchiladas
Submitted By: Alice Hwang • Student Name: Ben Hwang

INGREDIENTS
• Oil for sauté
• ½ cup Onion, chopped
• 2 cups Chicken meat, cooked, chopped
• 8 each Flour tortillas
• 2 cups Mexican blend cheese, shredded
• ¼ cup Butter
• ¼ cup Flour
• 2 cups Broth (from Better than Bouillon brand)
• 1 cup Sour cream
• 1 (4 oz) can Green chilies, chopped or equivalent (fresh roasted or from jar such as Santa Fe Green Chilies)

DIRECTIONS
1. Heat oven to 400°F.
2. In frying pan, sauté onion. Add chicken and heat through.
3. Divide meat mixture evenly among tortillas.
4. Add 2 tbsp of cheese to each tortilla and roll, placing seam side down in greased 13”×9” baking dish.
5. Melt butter in saucepan. Stir in flour to make a roux. Cook until bubbly and gradually whisk in chicken broth. Bring to boil stirring frequently. Once sauce has thickened remove from heat and add sour cream and green chilies.
6. Pour sauce over enchiladas. Top with remaining shredded cheese. Bake for 20 minutes until cheese is melted and sauce around edges is bubbly hot.

COMMENTS
New Mexico is known for its Hatch Green Chilies which I have learned to cook in our local favorites such as enchiladas. We usually try to grow our own chilies in the garden, but nowadays almost any grocery carries canned green chilies (Hatch are still the best). This version of enchiladas is mild; so it doesn’t require being accustomed to the heat of hot chilies. Ben loves to cook and will usually be in the kitchen with me helping to make these when he is home.
India & Asia
Aloo Gobi
Cauliflower & Potato Vegetable
Submitted By: Bina Jariwala • Student Name: Sanjeev Jariwala

INGREDIENTS
• 2 tbsp Avocado or vegetable oil
• ½ tsp Cumin seeds
• 1 large Tomato, cubed
• ½ tsp Ginger paste
• ½ tsp Paprika or red chili powder
• ½ tsp Garam masala
• 3 medium Potatoes
• Salt to taste
• ½ tsp Turmeric
• 1 Head cauliflower, cut into small florets
• 3 tsp Fresh cilantro, chopped

DIRECTIONS
1. Heat oil in a non-stick pan
2. Add cumin seeds and cook till they turn dark brown
3. Add tomatoes, ginger paste, paprika and garam masala. Keep stirring until tomatoes are succulent
4. Add potatoes, salt and turmeric. Cover the lid and cook for 5-6 minutes on low heat.
5. Next add cauliflower and stir the vegetable. Cook until both potatoes and cauliflower are tender.
6. Adjust salt to taste.
7. Add fresh chopped cilantro when ready to serve.
8. This dish goes well with Indian Bread (whole wheat tortilla or Naan).

COMMENTS
This is a common vegetarian dish served in west Indian’s home. It can also be served with rice and plain yogurt.
**Aloo Paratha**

Submitted By: Anubha Sehgal • Student Name: Vikram Sehgal

**INGREDIENTS**

**DOUGH**
- 2 cups whole wheat flour
- 1 cup water

**STUFFING**
- 7 medium potatoes boiled, peeled and mashed
- 1 red onion, finely chopped
- 1 handful coriander leaves, chopped
- 1 handful mint leaves, chopped
- 3 green chili, finely chopped
- 1½ tsp salt
- 1 tsp mango powder
  (can be bought in an Indian store)
- ¼ tsp red chili powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp garam masala powder
  (can be found in an Indian store or made: see recipe below)
- 6 tbsp melted butter or olive oil

**DIRECTIONS**

1. Put wheat flour in a large mixing bowl. Add water gradually and knead into a soft and smooth dough. Quantity of water can be adjusted so that the flavour is soft and not flowy. The consistency of dough should be like that of a pizza dough.
2. Slightly oil the dough, cover it and let it rest for 30 minutes.
3. Boil potatoes, peel them and mash them in a large bowl. It should be mashed well and should not have lumps so that rolling parathas becomes convenient.
4. Chop onions very finely.
5. In potatoes, add chopped onions, green chillies, coriander leaves, mint leaves, salt, dry mango powder, red chili powder, cumin powder, coriander powder, Garam Masala powder and mix well so that no lumps remain.
6. Divide the potato mixture into 10 equal parts.
7. Divide the dough into 10 parts and make balls of the dough and roll them out into 2–3” circles. Add 1 part of the potato filling in the centre.
8. Seal the dough and round it with your fingers and again make a small ball with your hands.
9. Press the circle lightly and rub some dry flour. Use a rolling pin to flatten it into a paratha. Use dry flour whenever the paratha starts sticking to the pin or surface. Apply pressure evenly and gently on all sides so that the mixture does not come out. This has to be rolled like a pizza.
10. Heat a girdle and roast the parathas, cooking them on both the sides with a spoonful of melted butter or olive oil.
11. Serve piping hot topped with butter and a bowl of Curd (plain yogurt).

**Garam Masala Spice**

**INGREDIENTS**
- 20 g peppercorns
- 10 g green cardamom
- 10 g cloves
- 20 g cinnamon
- 15 g brown cardamoms peeled
- 10 g caraway or cumin seeds
- 1–2 nutmegs
- 5 g mace

**DIRECTIONS**

1. Lightly roast all ingredients on a girdle, grind to a powder, use while fresh.

**COMMENTS**

* Aloo Paratha is a whole wheat bread stuffed with potato mixture, an easy to make North Indian dish. Aloo Paratha is Vikram’s favourite dish. He loves to top it with butter. Garam Masala is widely used in Indian cooking and is considered to be an essential item in an Indian household. Freshly prepared Garam Masala adds a very nice flavor to the recipe instead of the one bought from a store.
Beetroot Fried Rice
with Cucumber & Carrot Raita

Submitted By: Kavita • Student Name: Natasha

INGREDIENTS

FRIED RICE
• 4 tbsp Olive oil
• 5 Black cloves
• 1-2 Bay leaves
• 1 medium Onion, chopped small
• 1 cup Beetroot, shredded
• 2 cups Basmati rice, rinsed
• ¼ cup Peas
• 1/8 cup Raisins (optional)
• ¼ cup Carrots, diced small
• 1 tsp Black pepper
• Salt to taste
• ¼ cup sliced Almonds, roasted
• 1 tbsp Garam masala
• 3½ cups warm Water

RAITA
• Plain Greek yogurt
• 1 large Cucumber, shredded
• 1 Carrot, shredded
• ½ cup Cilantro leaves, for garnishing
• ¼ tsp Black pepper
• Salt for taste

DIRECTIONS

FRIED RICE
1. Heat heavy bottom dish medium high and add the olive oil.
2. When oil warm, add the cloves and the bay leaves.
3. After a minute or so, add the onions and fry until translucent.
4. Add the beetroot and fry for 3-4 minutes.
5. To this add the rice and again fry until rice is coated well and slightly brown.
6. Add the peas, raisins, carrots, salt, pepper, garam masala powder and fry for another 3-4 minutes.
7. Add the water to cover rice completely and should be about ½ inch above the rice. Cook covered for 25-30 minutes on medium to low heat.
8. Check the dish after 15 minutes to ensure that rice is cooking well and not overdone.
9. When done, fluff the rice and garnish with the almonds.

RAITA
10. Mix all together. If too thick, add milk to desired consistency.

COMMENTS
Family members love this dish.
Chicken Samosa
Submitted By: Lakshya Dhulipalla • Student Name: Lakshya Dhulipalla

INGREDIENTS

FILLING
• 3 tbsp oil
• 1 medium onion, chopped
• 2 tsp garlic, minced
• 1 tsp ginger, grated
• 1 tsp curry powder
• ½-1 tsp pepper sauce or chili sauce
• ½ tsp smoked paprika
• 1 tsp white pepper
• ½ tsp cayenne pepper
• 1 lb chicken, ground
• ½ cup frozen peas, thawed
• 2-3 tbsp parsley or cilantro
• salt to taste

DOUGH
• 3 cups all-purpose flour, plus more as needed
• 1 tbsp granulated sugar
• 1½ tsp salt
• 1 cup water, warm
• ½ cup ghee, clarified butter or oil

DIRECTIONS

FILLING
1. In a medium-large skillet, add oil, onions, garlic, ginger and sauté, about 2-3 minutes, stirring to prevent any burns.
2. Add curry, pepper sauce paprika, white and cayenne pepper and continue stirring about 2 minutes.
3. Add ground chicken. Mix until ingredients have been thoroughly combined. Simmer 5 minutes or more.
4. Finally add peas, parsley and adjust salt to taste. Remove from the heat and let it cool. You may prepare this a day in advance.

DOUGH
5. In a large bowl add flour and make a well. Add sugar and salt, followed by water, ghee or oil
6. Knead to form soft and sticky dough.
7. Place dough on a heavily floured board and knead for about 3-4 minutes. Continue to flour dough as needed to facilitate kneading. Be careful not to over do it. Dough should be soft, elastic and smooth.

ASSEMBLY
8. On a lightly floured surface form the dough into 16 balls.
9. Roll the dough using a lightly floured rolling pin; cut it half. Spoon a generous 1-2 tbsp filling in the center of a half-circle; lightly moisten dough edges with water or flour paste, using your finger. Fold the end over the filling to form a triangle, then continue to fold up the strip in triangles, like a flag. Continue with remaining dough. Set on tray.
10. In large saucepan pour vegetable oil, until it is at least 3” deep, and place on medium heat until oil is 350°F.
11. When ready gently place a few samosas at a time into saucepan
12. Fry for a few minutes until light brown.
13. Turn over and fry for a few more minutes until the other side is light brown.
14. Serve warm or at room temperature with this avocado ranch dressing.
15. If baking, place on a baking sheet and brush with canola oil. Then bake at 375°F for about 20 minutes or more until golden brown, turning once.
16. Use a large spoon or something like that to take it out of the oil. Repeat the process until finish. Best serve warm with this pepper.
Curry Stand Chicken Tikka Masala

Submitted By: Margaret Lee-Banai • Student Name: Nicholas Banai

INGREDIENTS

• 2 tbsp Ghee (clarified butter)
• 1 Onion, finely chopped
• 4 cloves Garlic, minced
• 1 tbsp Cumin, ground
• 1 tsp Salt
• 1 tsp Ginger, ground
• 1 tsp Cayenne pepper
• ½ tsp Cinnamon, ground
• ¼ tsp Turmeric, ground
• 1 14 oz can Tomato sauce
• 1 cup Heavy whipping cream
• 2 tsp Paprika
• 1 tsp White sugar, or to taste (optional)
• 1 tbsp Vegetable oil
• 4 skinless, boneless Chicken breast halves, cut into bite sized pieces
• ½ tsp Curry powder
• ½ tsp Salt, or to taste (optional)

DIRECTIONS

1. Heat ghee in a large skillet over medium heat and cook and stir onion until translucent, about 5 minutes. Stir in garlic; cook and stir just until fragrant, about 1 minute. Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into onion mixture; fry until fragrant, about 2 minutes.

2. Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream, paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.

3. Heat vegetable oil in a separate skillet over medium heat. Stir chicken into the hot oil, sprinkle with curry powder, and sear chicken until lightly browned but still pink inside, about 3 minutes; stir often. Transfer chicken and any pan juices into the sauce. Simmer chicken in sauce until no longer pink, about 30 minutes; adjust salt and sugar to taste.

COMMENTS

Our family love to indulge in the aroma of Indian food. This chicken tikka masala dish is one of the easiest to make and is used as a treat during the holidays.
Chundal
Submitted By: Rajani Ishwar • Student Name: Advait Ishwar

INGREDIENTS
• 1 tbsp Oil
• 1 tsp Mustard seeds
• 3 Green chilies
• 2 cans Garbanzo beans, cooked
• Grated coconut (if available)
• Salt to taste
• Cilantro, chopped (for dressing)
• 1 Lemon

DIRECTIONS
1. Heat oil in a pan.
2. Add mustard seeds.
3. Add green chili and sauté.
4. Add garbanzo beans and mix for 5 minutes.
5. Add grated coconut if available.
6. Add salt
7. Mix for 3 min
8. Switch off the stove. Add cilantro and lemon. Mix well.

COMMENTS
Healthy side dish or snack. South Indian specialty

Note: the recipe calls for 2 cans of Garbanzo bean (30 oz), can be multiplied for larger quantity.
Can skip coconut if it is not available.
Curried Chicken Skewers
Submitted By: Rae Anne Davis • Student Name: Jackson Davis

INGREDIENTS
DIPPING SAUCE
• ¾ cup plain Yogurt
• ¼ cup Sour cream
• 2 small Garlic cloves, minced
• 3 tbsp fresh Mint, minced
• 2 Scallions, sliced thin
• ¼ tsp Salt
• 1/3 tsp Pepper

CHICKEN
• 3 tbsp Yogurt
• 1 tbsp Curry powder
• ½ tsp Salt
• ½ tsp Paprika
• ¼ tsp Red pepper flakes
• ¼ tsp Garlic powder
• 2 lbs boneless, skinless Chicken breasts, trimmed
• 30 Wooden skewers (6 inch)
• 1 tbsp fresh Mint

DIRECTIONS
1. Dipping sauce: Whisk all ingredients together in a bowl until smooth. Cover and refrigerate until flavors meld, at least 30 minutes or up to 2 days.
2. Chicken: Combine yogurt, curry powder, salt, paprika, pepper flakes, and garlic powder in a large bowl. Slice chicken diagonally into ¼” thick strips. Add chicken to yogurt mixture and toss to coat. Cover and refrigerate for at least 1 hour or up to 24 hours.
3. Position oven rack 6 inches from broiler element and heat broiler. Set wire rack in aluminum foil-lined rimmed baking sheet and lightly spray with canola oil spray. Weave chicken onto skewers. Lay skewers on prepared rack and cover skewer ends with foil. Broil until chicken is fully cooked, 6-8 minutes, flipping skewers halfway through broiling. Transfer skewers to serving platter and sprinkle with mint. Serve with sauce.

COMMENTS
On the last day of the Fall 2018 semester Jackson was diagnosed with type one diabetes. He started the break by spending 2 days in hospital to get his blood glucose stabilized. His diagnoses meant he had to learn how to give himself injections, four a day. He has had to learn how to monitor his glucose and has worked to bring it down from pre-diagnoses levels. Another side effect is that it turned our holiday cooking upside down. He will always have to be careful about what he eats and is on a very limited carbohydrate diet for right now. Our home cooking had to change very quickly to be more mindful of carbohydrates. We found many great recipes in the America’s Test Kitchen Diabetic cookbook. This one is the favorite so far.
Egg Curry and Rice
Submitted By: Chitra Verma • Student Name: Katherine-Aria Close

INGREDIENTS
• 2 tbsp Vegetable or canola oil
• 1 small Yellow onion, finely chopped
• 2 cloves Garlic, finely chopped
• ¼ tsp fresh Ginger, peeled and finely chopped
• 1–2 Bay leaves
• ½ tsp Turmeric powder
• 1 tsp Coriander powder
• ¼ tsp Garam Masala powder
• ½ cup canned crushed Tomatoes
• ½ cup frozen Green peas, thawed
• Water as needed, salt as desired
• 6 Eggs, hard boiled, peeled, and cut in half horizontally
• ¼ tsp Cumin powder
• 1–2 cups White or brown rice

DIRECTIONS
1. Heat oil in saucepan.
2. Add bay leaves—leave for about ½ to 1 minute
3. Add chopped onion—cook on medium heat till slight change in color
4. Add the chopped garlic and ginger.
5. Cook on medium heat till well mixed and the color has changed to light brown
6. Add all the spices (other than Garam Masala)—cook for about 1 minute till flavorful
7. Add tomatoes—cook until tomatoes half dried up
8. Add peas—cook for a minute or so, covering as needed
9. Add salt and water—cook all for about 5 minutes on medium heat.
10. Add the cut boiled eggs—cook covered about 5 minutes—adding warmed up water from sides of pan as needed. (Try not to disturb the eggs to avoid from breaking them)
11. Add garam masala to the curry around the eggs and mix the curry gently—cover and cook for about 1 minute.
12. Serve over cooked rice.

COMMENTS
This dish is a common, easy-to-make Indian curry dish which has been a favorite in the family for years. I (Katherine) grew up loving this dish, my Nani (Hindi for grandma) having cooked it for me once a week since I was very small and often at family gatherings. This dish has come to represent and remind me of my Indian culture and heritage; every time I eat it, I am reminded of my roots and I am filled with a nostalgic happiness. Curry of any type is usually a characteristically Indian dish, and this specific type of curry is popular in India and has many ways in which it can be served. Not to mention it is a traditional Indian dish that my friends from all backgrounds have enjoyed. It would be a great honor to have this dish served at UMD!

Serves 3 people
Lemon Rice
Submitted By: Rajani Ishwar • Student Name: Advait Ishwar

INGREDIENTS
• 2 cups Basmati rice
• ¼ cup Peanuts
• 2 tbsp Oil
• Black mustard seeds
• 4 Green chilies, chopped
• 2 Green peppers (can substitute 1 green pepper for a red, yellow or orange pepper)
• Salt
• 1 tbsp Turmeric
• Cilantro, chopped for dressing
• 1 Lemon, squeezed

DIRECTIONS
1. Cook rice and let it cool. Leftover rice can be used.
2. Dry roast peanuts.
3. In a pan heat the oil. Add mustard seeds.
4. Add chopped green chili
5. Next add dry roasted peanuts and chopped peppers.
6. Salt to taste.
7. Sauté until peppers are soft. About 5 min.
8. Add turmeric and mix.
9. Add rice. Mix and let it cook for a few minutes.
10. Switch off the stove. Add chopped cilantro and juice of the lemon and stir.

COMMENTS
South Indian classic.
**Potato Korokke**

Submitted By: Megumi • Student Name: Sara Wiatrak

**INGREDIENTS**
- 4 medium potatoes (peeled and cut into quarters)
- 2 cup vegetable oil (or amount needed for deep frying)
- ½ onion (finely chopped)
- ¼ lb ground beef
- Salt to taste
- Black pepper to taste
- 1 egg (beaten)
- ¼ cup flour (or amount needed for coating)
- 1 cup panko breadcrumbs (or amount needed for coating)

**DIRECTIONS**
1. Boil potatoes until softened. Test with a skewer. (Ready when the skewer goes through easily).
2. Drain and mash potatoes while hot. Use lid while draining so potatoes don’t fall out.
3. Heat oil in medium skillet and sauté onion and beef until cooked through.
4. Mix mashed potatoes, onion and beef in a bowl. Season with salt and pepper and let cool.
5. Make flat, oval patties.
6. Coat each patty with flour. Dip in beaten egg, then, coat with panko.

**COMMENTS**

*Korokke is a food that all ages love in Japan. Korokke has been popular for 100 years, even though it may not seem traditionally Japanese. Korokke may have developed from French croquette or Dutch kroket. It became a widespread “western-style” food in the early 1900s. Korokke evolved to suit Japanese tastes.*

*I’m a native Japanese. And Sara’s dad is Polish. Sara has two younger sisters. The girls loved Korokke since they were little, and it’s an all-time family favorite. When I bring Korokke to any gathering, it’s always hit! People of any nationality love Korokke. Korokke is soft inside and crunchy outside, and it is definitely a comforting food!*
Rasgulla
Submitted By: Archana Sahu • Student Name: Ankita and Ankur Sahoo

INGREDIENTS
• 2 liter Low fat milk
• ¼ Cup Lemon juice or vinegar
• 1 tsp Refined flour (maida) or semolina
• 2 cups sugar
• 2 cups water
• Cardamom to taste

DIRECTIONS
1. Bring milk to boil, lower heat and add lemon/vinegar gradually, until milk curdles (called paneer).
2. Turn off heat. Leave mixture to rest 5 minutes.
3. Drain water and leave paneer in colander for a few minutes.
4. Mash paneer very smooth (no grains).
5. Add flour/semolina and mash more.
6. Form into small balls the size of a golf ball or smaller.
7. Make sugar syrup by bringing 2 cups sugar and 2 cups water to boil.
8. Place balls in boiling syrup, cover with tight fitting cover and cook until puffed up (about 20 minutes).

COMMENTS
Rasgulla is a syrupy Indian dessert, especially popular in the eastern part of India. It is made from ball-shaped dumplings of cheese (called chhena or paneer) and semolina dough, cooked in light syrup until the syrup permeates the dumplings.
Sichuan Sausage

Submitted By: Tianfan Wen • Student Name: Tianfan Wen

INGREDIENTS
• 3½ lb Pork 30-40% fat (I like a slab of pork belly)
• 3 tbsp Chili Flake
• 3 tbsp Sichuan Peppercorn
• ¼ tsp White Peppercorn
• 2 tbsp Vodka, or mix vodka and ShaoXing cooking wine for more authentic flavor
• ½ tbsp Sugar
• 1½ tbsp Salt

DIRECTIONS
1. Cut pork into ½" strips.
2. Blend chili flakes and peppercorns in blender or grind with mortar.
3. Add spice powder and remaining ingredients to pork strips and mix well.
4. Stuff sausages and tie knots on both ends.
5. Prick holes on sausages and tie into sections with cotton strings.
6. Hang in place with good airflow and dry for 3 days.
7. Optional: smoke sausages using a charcoal grill. Start fire, after smoke gone, add rice and orange peel. Lay sausages on rack, close lid for 30 minutes to an hour.
8. Refrigerate or freeze.
9. Steam for 10 minutes before slicing and serve.

COMMENTS
My husband’s hometown is Chongqing which was part of Sichuan province. This is my mother-in-law’s recipe for a sausage like no other. Sichuan sausage is pungent, spicy, tingly and smoky. It’s perfect for fried rice, steamed on top of rice or just eat it as a side dish with a glass of Chinese white wine. Perfect drinking snack.
Grandma's Sticky Rice Stuffing
Submitted By: Rosa Hsiung • Student Name: Cole Schneider

INGREDIENTS
• 2 handfuls Shitaki mushrooms, diced or sliced (commonly found in dry form)
• 1 handful Dried shrimp (small shrimp used to add flavor)
• 1 cup Sweet Rice
• 1 cup Long grain white rice
• 1 pkg Chinese sausage, sliced (available at Asian stores and Costco)
• 2 handfuls Chestnuts (optional—we used to roast and peel fresh chestnuts but this is labor intensive, now I buy per-shelled)
• 2 tsp salt
• 2 cups water

DIRECTIONS
1. Soak mushrooms and shrimp in water.
2. Include this water as part of the 2 cup water. Lots of flavor!
3. Rinse both types of rice together. Place in pot or rice cooker together.
4. Add all other ingredients.
5. Cook as you would any rice.

COMMENTS
This is a very homey recipe by Cole's late grandma. Feel free to tweak types of rice and proportions of any ingredients. Delicious served with holiday meals in place of stuffing or rice. A family favorite among four generations of our extended family.

Always requested and expected. Family members who are be away during holidays ask for reserved orders. In the eulogy Rosa delivered at her mother's funeral, Rosa talked about how she and her siblings are so different like the ingredients of this dish. But her mother brought the siblings together like these sticky stuffing ingredients.
Stirfry Beef with Bamboo Shoots
Submitted By: Frank Fan • Student Name: Heartson Fan

INGREDIENTS
• 1 pound flank steak

MARINADE
• 1 tablespoon light soy sauce
• 2 tablespoons Chinese rice wine (or dry sherry)
• 1 teaspoon brown sugar
• 2 teaspoons cornstarch

SAUCE
• 1½ tablespoons oyster sauce
• 1 tablespoon dark soy sauce (available at Asian markets)
• 2 tablespoons water (or as needed)
• 1 8 oz can bamboo shoots
• 1 garlic clove
• 1 green bell pepper
• 2 green onions
• 2½ tablespoons oil for stir-frying (or as needed)
• Black Pepper to taste
• 2 teaspoons vegetable oil

DIRECTIONS
1. Cut steak across the grain into thin slices about 2” long.
2. Place steak in a bowl and add soy sauce, rice wine, and brown sugar one at time, mixing in well and adding the cornstarch last. Marinate the beef for 25 minutes.
3. While beef is marinating, prepare other ingredients: Combine oyster sauce, dark soy sauce, and water in small bowl. Rinse bamboo shoots in warm water to remove any tinny taste and drain. Finely chop garlic. Cut bell pepper in half and remove seeds. Cut into thin strips. Clean green onions and slice on diagonal into thirds.
4. Heat wok over medium-high to high heat. Add 1½ tablespoons oil. When oil is hot, add half the garlic. Stir-fry until aromatic (about 10 seconds), and add half the beef. Let beef brown and then stir-fry at high heat until beef is about 80 percent cooked. Remove from wok and cook remainder of beef. Optional: add small amount of rice wine or sherry to beef while cooking.
5. Wipe out wok and add 1 tbsp oil. When oil is hot, add remainder of the garlic. Stir-fry for 10 seconds and add green pepper. Stir-fry for a minute and then add bamboo shoots.
6. Splash a bit of water, soy sauce or chicken broth on vegetables if they begin to dry out while stir-frying. (total time for stir-frying the vegetables should be about 2 minutes).
7. Add the sauce to the wok and bring to a boil. Add cooked beef and green onion to wok.

COMMENTS
Bamboo shoots and green peppers are special Chinese dish ingredients, if used properly with meat, they make very tasty Chinese dish for family meals (lunch or dinner).
Sweet & Sour Pork with Pineapple
Submitted By: Frank Fan • Student Name: Heartson Fan

INGREDIENTS

SWEET AND SOUR SAUCE
• 1 cup water
• ½ cup ketchup
• ½ cup rice vinegar
• ½ cup rock sugar (or caster sugar)
• ½ tbsp potato starch (mixed with 1 tbsp water)
• Salt (to taste)

PORK MARINADE
• 1 lb pork tenderloin (cut it into 1” cubes)
• 1 tbsp light soy sauce
• 1 tsp dark soy sauce
• 1 tbsp rice wine
• ½ tsp five-spice powder
• ¼ tsp ground white pepper
• 2 garlic cloves (minced)
• 1 egg (lightly beaten)
• 3 tbsp corn flour
• 1 tbsp plain flour

STIR-FRY
• 3 cups oil (for deep-frying the pork)
• 1 tbsp cooking oil
• 1 garlic clove (sliced)
• 3½ oz fresh pineapple (or you can use canned pineapple, cut it into 1-inch chunks)
• ½ yellow bell pepper (cut into 1” diamond shape)
• ½ green bell pepper (cut into 1” diamond shape)
• ½ white onion (diced small)

GARNISH
• ½ tbsp white sesame

DIRECTIONS

SWEET AND SOUR SAUCE
1. Put all the ingredients in saucepan and mix evenly before you start cooking. You must stir the sauce all the time to prevent lumps.
2. Bring sauce to boil. Turn heat to the lowest temperature and simmer until sauce is thick and sticky. Remove from heat.

PORK
3. Marinate pork with soy sauces, rice wine, five-spice powder, ground white pepper, and minced garlic for 10 minutes.
4. Add egg, corn flour, and plain flour to pork and mix evenly. Refrigerate 30 minutes.

STIR-FRY THE PORK
5. Heat 3 cups oil in wok or deep saucepan to 325°F. Test oil temperature by dipping a chopstick into pork marinade and put a drop in the oil to see if oil bubbles. If the oil immediately bubbles then temperature is correct. Gently slide in pork tenderloin cubes and deep-fry until golden brown.
6. Line two sheets of paper towel on a plate and place the cooked pork on plate.
7. Heat 1 tbsp oil in wok and stir-fry 1 clove garlic and onion until fragrant.
8. Add bell peppers and pineapple and stir-fry 30 seconds.
9. Add pork and sweet and sour sauce and mix evenly.
10. You can alter the amount of sweet and sour sauce you want to use.
11. Garnish with sesame seeds and enjoy!

COMMENTS
This sweet and sour pork with pineapple recipe is a favorite Cantonese dish in both America and China. Adding pineapple gives it an extra sweet kick of flavor. This style of cooking with sauces is popular in much of Cantonese cuisine. The sauce included here can be incorporated into other meals. While this dish isn’t the simplest of meals to prepare, it is worth the effort.
Middle East
Ash-e-reshteh
Persian Noodle Soup
Submitted By: Mehdi Majedi • Student Name: Olivia Majedi

INGREDIENTS
• 3 large Onions, thinly sliced
• 5 Garlic cloves, peeled and crushed
• 3 tbsp Olive oil
• 2 tsp Salt
• ½ tsp Black pepper
• 1 tsp Turmeric
• ½ cup Lentils
• 10-12 cup Water, divided
• 2 tbsp Chives, dried OR ½ cup Scallions, chopped fresh
• 2 tbsp Dill, Dill
• ¼ cup Parsley, dried
• 2 cups Beef broth
• 1 15.5 oz can Red kidney beans
• 1 can Chick peas
• 1 15.5 can Canenelli beans
• ½ lb Persian noodles (reshteh-available in Middle Eastern food store) OR linguine noodles, broken in half
• 2 tbsp All purpose flour
• ½ cup Vinegar

DIRECTIONS
1. Brown onions and garlic in oil in large pot. Add salt, pepper, and tumeric.
2. Add lentils and 5 cups water, bring to boil and simmer for 30 minutes.
3. Add herbs and beef broth, dimmer for an hour.
4. Add kidney beans, chick peas and canenelli beans.
5. Add Persian noodles or linguine broken in half cook for 15 minutes
6. Add flour and vinegar at the end to thicken and add a very slight tartness that’s barely noticeable.

COMMENTS
This hearty soup is a perfect for cold days, and is the perfect comfort food that will please all palates!
Chelow Ba Polow Paz
Persian Saffron Basmati Rice (vegan)

Submitted By: Kate Sanja • Student Name: Ariane Sanjar

INGREDIENTS
• 3 cups of rinsed basmati rice (or long grain rice adjust water per package)
• 3½ cups water
• 1 tbsp salt
• 2 tbsp oil (up to ¼ cup if needed)
• ¼ cup vegan butter (up to ½ cup as needed) [Melt brand or other vegan brand]
• ¼ tsp saffron (optional but delicious)

DIRECTIONS
1. Combine ingredients in rice cooker (1½ hr slow cook or per directions of your cooker).
2. When done, let cool for 10 min. with lid on.
3. Remove lid, place large serving plate over pot, and invert pot and plate to dislodge
   the rice cake.
4. Slice into wedge sections (like a pizza). Even better if bottom layer is crispy, called
   “Tahdig.”
5. Serve with sliced sweet onion and fresh tarragon or basil on the side. For this vegan
   version, skewered tomato, onion, peppers, mushrooms, and eggplant “kabob” would
   be delicious.

COMMENTS
Rice was cultivated in the Caspian area of Persia four thousand years BC after originating in China.
Basmati rice, “berenj,” fills the air with a light smell of flowers when cooked. It is still traditionally
served at all three meals as a diet staple and partnered with Persian Khoresht (stew in many varieties)
or Kabob (lamb, beef, chicken, and/or vegetables on skewers), called Chelow-Khoresht or Chelow-
Kabob. In this recipe, basmati is flavored with saffron, which consists of the dried stamen of crocus
flowers! Amazing!

“Nush-e Jan!” Enjoy!
Ground Chicken Kofta Kabobs
Submitted By: Siemy Khan

INGREDIENTS
• 1 lb ground chicken
• 1 Onion, finely chopped
• 1 tsp salt (to taste)
• ¼ cup fresh Cilantro, finely chopped
• 1 tsp Garlic, minced
• 1 tsp Ginger, finely chopped
• 1 tsp Tumeric powder
• ½ tsp Red pepper flakes or 1 tsp chopped green chilies (optional)
• ½ tsp Garam masala
• 1 Lemon, juiced

DIRECTIONS
1. Mix all ingredients in bowl until all is well blended with ground chicken. Make round patties.
2. Heat 1-2 tbsp of olive oil in skillet and fry kabobs on both sides, may cover to make sure well cooked inside. (can also make on skewers and grill in oven)
3. Serve with naan and side of lemon wedges and yogurt sauce.

COMMENTS
Traditional way of eating kabobs—served at parties and weddings as appetizers
Egyptian Cream Cheese
Submitted By: Mahmoud Abdel-Wahab • Student Name: Maie Abdel-Wahab

INGREDIENTS
• 1 lb Philadelphia cream cheese
• 1 large fresh tomato
• 6 tbsp Virgin olive oil
• ½ pinch fresh dill, cut in small pieces
• 1 each fresh hot pepper, diced (optional)

DIRECTIONS
1. Place opened cream cheese on counter to soften at room temperature.
2. Crush the tomato in a small blender until soupy.
3. Combine cream cheese, tomato, oil, dill and (optional) hot pepper in a deep china or stainless steel container. Crush with a fork to blend to the texture of ice cream.
4. Spread over pita or Italian bread.

COMMENTS
It will be so healthy and delicious too. Hoping everyone will enjoy it. It can be served sweet or you can add salt, or season with hot pepper. This dish is amazing if all the ingredients are very fresh—right from the Maryland Farmers Market!
Europe
Jewish Apple Cake

Submitted By: Shari Messinger • Student Name: Matthew Messinger

INGREDIENTS
- 3 cups flour, pre-sifted
- 2 cups sugar
- 3 tsp baking powder
- 1 cup oil
- ¼ cup orange juice
- 2 tsp vanilla
- 4 eggs

APPLE MIXTURE
- 2 21 oz cans apples, sliced
  drained well, if not in water remove as much of the gel as possible
- 5 tbsp sugar
- 2 tbsp cinnamon

DIRECTIONS
1. Mix all cake ingredients until smooth.
2. Pour ½ batter into well greased and floured 10” tube pan.
3. Spoon ½ apple mixture on top.
4. Pour remaining batter over apple mixture.
5. Top with remaining apple mixture.
6. Bake at 350°F for 1½ to 1¾ hours.
7. Cool in pan.

COMMENTS
This is a recipe passed down from Matthews great grandmother. A recipe her mother used, but with fresh apples. She was raised in a Kosher home. Jewish apple cake is non-dairy, and it may be eaten with meals containing meat or dairy. Although Matthew was not raised in a Kosher home I make this recipe for many celebrations, holidays, and family get-togethers. It becomes an instant favorite for anyone who tastes it, with is crunchy outer shell and moist flavorful inside.
Barbecue style Brisket
Submitted By: Donna Fredman • Student Name: Binyamin Fredman

INGREDIENTS
• 3 lbs first-cut Brisket
• 2 medium Onions
• 12 oz can Beer
• 12 oz bottle Chili sauce
• ¾ cup Brown sugar
• Salt and pepper

DIRECTIONS
1. Preheat oven to 325°F.
2. Season brisket on all sides with salt and pepper and put in glass baking dish.
3. Slice onions over and around it.
4. Mix beer, chili sauce, and brown sugar and pour over brisket.
5. Cover tightly and bake for 3 hours.
6. Remove foil and bake 45 minutes more (sauce will thicken).
7. Cool, slice, and reheat in sauce.

COMMENTS
Brisket is traditional in Eastern European Jewish cooking, and there are many variations. This barbecue style is an American version. It is Binyamin’s favorite.
Brisket
Submitted By: Robyn Goldman • Student Name: Zach Goldman

INGREDIENTS
• 6-7 lbs Brisket, top cut
• 4 large Yellow onions, sliced
• 2 tbsp Paprika
• ½ cup Ketchup
• ½ cup Red cooking wine
• 4 Garlic cloves
• 3 Bay leaves
• 3 tbsp Parsley flakes
• 2 lb Mushrooms, sliced

DIRECTIONS
1. Place brisket, fat side up in a large roasting pan. Cook uncovered at 475°F with 4 large sliced onions and Paprika sprinkled on top for 1 hour.
2. While it is cooking combine the ketchup, red cooking wine, garlic, bay leaf, parsley, mushrooms. Mix all together to a smooth consistency.
3. After 1 hour pull out the brisket and reduce oven temperature to 325°F. Pour the mixture over the brisket and cover everything. Continue cooking for 5 hours. Baste every so often.
4. When it is done, allow it to cool a bit. Slice it against the grain so it is not shredded.

COMMENTS
This recipe was made by Zach’s great grandma and grandma and now by me, his mom.
Bubbie's Brisket
Submitted By: Donna Bosses • Student Name: Will Clark

INGREDIENTS

• 1 First cut brisket
• Onions (half the weight of the brisket)
• Seasonings (Lawrey’s seasoned salt or paprika, pepper & garlic salt)
• 1 or 2 Bay leaves
• Water (enough to cover the bottom of the baking dish)
• Gravy Master

DIRECTIONS

1. Generously season both sides of brisket
2. Cut up onions and place in bottom of baking dish.
3. Place brisket fat side down on top of onions. Add bay leaves and water.
4. Cook for 3 hours turning meat every hour. Add gravy master during last ½ hour.
5. Carve meat against the grain.

COMMENTS

This recipe was handed down to me from my mother (Will’s Bubbie) and it is one of his favorites. Will came home for the Christmas break, I made it for him and my mom. It was the first time I made this dish for her.
Chicken Gyro with Tzatziki and Pita
Submitted By: Laurie Rentzeperis

INGREDIENTS
• Chicken Breast
• Marinade
  » Oil
  » Oregano
  » Garlic powder
  » Salt
  » Pepper
• Tzatziki sauce
  » Yogurt (plain)
  » Shredded cucumber
  » Olive oil
  » Garlic
  » Salt
  » Dill
• Pita bread
• Lettuce, shredded
• Tomatoes, sliced
• Onions, sliced

DIRECTIONS
1. Marinate chicken breasts. Grill and then slice.
2. Mix all Tzatziki ingredients.
3. Spoon chicken into lightly grilled pita bread, add lettuce, tomato, onion if desired
4. Serve Tzatziki on the side.

COMMENTS
Our family is Greek. We have spent many summers visiting relatives in Skamnaki and Sidirokastro in the Peloponnesos region. Chicken gyros have always been a staple on our trips. We make them frequently at home as well.
Chicken Paprikash
Submitted By: Mary Ellen Hayes • Student Name: Michael Stephen Hayes

INGREDIENTS
• 2 tbsp Shortening
• 1 large Yellow onion, chopped
• 3 lbs Chicken leg quarters cut in half
• 1¾ cups Chicken broth
• Salt to taste
• 2 tbsp Sweet Paprika
• ½ cup Sour cream
• 3 tbsp Flour

DIRECTIONS
1. Melt shortening in large pan.
2. Brown onion and chicken in pan.
3. Add broth, salt and paprika.
4. Cover and simmer about an hour until chicken is tender.
5. Remove chicken, add sour cream and flour to liquid in pan.
6. Heat this sauce in pan and then put chicken back into sauce.
7. Serve over rice, egg noodles or dumplings.

COMMENTS
Michael Stephen Hayes’s middle name comes from his 100% Hungarian Grandpa Stephen Straborny whose family came to the US in the late 1800s. When Grandma Patricia (100% Polish) married Grandpa Stephen in 1956 she asked her mother-in-law for Stephen’s favorite recipes. Chicken Paprikash topped the list and has been a staple in our family’s kitchens ever since.

My mother, Grandma Patricia, made Chicken Paprikash often for our family, and my siblings and I make it regularly for our children. It’s a simple but hearty feel-good meal that continues to top our list of favorites. It was Michael’s only request when he came home to CT for winter break. He likes his over rice.
Chicken Paprikash and Dumplings
Submitted By: Katie Birger • Student Name: Lydia Birger

INGREDIENTS

CHICKEN
• 1 tsp Salt
• 1 tsp Pepper
• 1½ lbs chicken thighs (about 6), with skin, with or without bone
• 2-3 tbsp all purpose Flour
• 2 tbsp Sweet roasted Hungarian Paprika
• 1 tbsp Olive oil
• 1 large Sweet onion (Vidalia or Maui)
• 1 Red bell pepper
• 2 tbsp Sour cream
• 1½ cups Chicken stock
• 1 cup Sour cream (optional)
• 1 tbsp fresh Parsley, chopped (optional)

DUMPLINGS
• 4 cups salted Water (4 cups water, 1½ tbsp salt) or 2 cups water & 2 cups chicken broth
• 2 cups Flour
• 4 large Eggs
• 1/3 cup Whole milk
• dash Nutmeg
• dash Black pepper, finely ground
• 1 tbsp salted butter
• Spaetzle press, they are inexpensive on Amazon, or a large holed colander

DIRECTIONS

CHICKEN
1. Lightly salt and pepper both sides of the chicken, after trimming excess skin and fat if needed.
2. Add the rest of the salt to the flour along with ½ tsp of paprika.
3. Lightly dredge the chicken thighs in the flour mixture and set aside. Reserve excess flour.
4. Heat the oil in a heavy bottomed pan (preferably cast iron) until hot but not smoking.
5. Place chicken in pan, skin side down, and cook over medium high until slightly brown. Turn and repeat. You may have to do this in two batches. Don’t overcrowd the pan or you won’t get a nice sear on the meat. Chicken with be slightly brown on both sides, but not cooked through. Remove and set aside. Add a bit more oil to the pan if needed.
6. Peel, half, and slice onion thinly. Core and slice pepper thinly. Sauté onion and pepper until pepper is soft and onion is translucent, about 5 minutes, over medium low heat. Avoid getting color on the onion.
7. Add remaining paprika and remaining flour mixture (should be about 1 tsp or so) and sauté for 1 minute.
8. Add chicken stock slowly to deglaze pan, scraping up any browned bits from the pan. Return chicken to the pan, cover, and simmer on low for about 15 minutes. Turn chicken half way.

DUMPLINGS
1. Heat water or water/stock combination in a large stock pot.
2. Sift flour and salt into a large mixing bowl. Flour should be fine and without lumps.
3. Mix eggs and milk in a separate bowl.
4. Slowly incorporate wet ingredients into the dry with a wooden spoon.
5. Once ingredients are barely incorporated, add pepper and nutmeg. Beat quickly into an elastic batter with the wooden spoon. A little bit of quick, aggressive work with the wooden spoon will get rid of any lumps and create the elastic quality you are looking for. Let rest about 2 minutes while water comes to a gentle boil.
6. Place spaetzle press over pot of gently boiling water and add about 1/3 of batter to the reservoir. Quickly slide the reservoir back and forth to press all the batter out of the press.
7. As soon as dumplings rise to the surface, stir about 3-5 times in boiling water with a spider (small strainer with a handle), and then remove from water and place in dry colander over a mixing bowl.
8. Repeat again as soon as water comes back to gentle boil. Repeat again. Shake spaetzle filled colander to remove any lingering water and place in serving bowl. Add butter and mix.
9. Now the chicken should be done cooking. Remove chicken pieces to serving plate, and turn up heat to reduce gravy by about 1/5, stirring constantly.
10. Remove gravy from heat and add sour cream and parsley. Adjust salt and pepper to taste. Pour some gravy over chicken and serve the rest in a side bowl to be served over dumplings. You can also mix the dumplings with the gravy before serving, but we generally prefer to add as much gravy as each person likes at the table.
11. Serve with green salad or red cabbage salad or slaw.

COMMENTS

Lydia’s great great grandfather on her dad’s side emigrated from Hungary to Ellis Island around the turn of the last century. The name Birger was an Ellis Island name. The family story is that the original name (Pirget) was changed at Ellis Island to the more familiar and similar sounding German surname, Burger or Berger. When great great grandpa was asked to clarify the spelling he responded that there was an I, not a U or E (not understanding the question as he did not know English), and unwittingly legally changed his name in the process. Our spelling is a very uncommon one, and this is the reason why. The name did not exist before this misunderstanding at Ellis Island. While Hungarian dishes have not carried through the family history in the same way the story of the Birger name has, we do have a great love of this particular dish, and enjoy the tie it brings to our long past history.
Chicken Soup
Submitted By: Abby Parigian • Student Name: Halle Parigian

INGREDIENTS
• 1 large Chicken, cut up (I use a 3.6 lb kosher chicken)
• 2 whole Yellow onions, unpeeled
• 4 Parsnips, whole peeled
• ½ cup Celery leaves, chopped
• 2 Celery stalks with leaves
• 1 Rutabaga, peeled and cubed
• 1 large Turnip, peeled and quartered
• 6 Carrots, whole peeled
• 6 tbsp fresh Italian Parsley, chopped
• 10 tbsp fresh Dill, chopped
• 1 tbsp Salt
• ¼ tsp Pepper
• ¾ jar chicken flavoring (Better Than Bouillon)

DIRECTIONS
1. Put chicken in large pot, cover with water and bring to boil. Skim off all froth. Add all remaining ingredients, cover and simmer for 2½ hours. While cooking, I always use chicken flavor to add depth. For this recipe, I use close to ¾ of a jar.
2. Strain. Throw away celery, onions, bones and chicken skin.
3. After broth cools, refrigerate overnight
4. Take apart chicken and shred meat. Put in separate container and refrigerate
5. Cut carrots, turnips, rutabaga and put in separate container and refrigerate
6. Next day, skim off heavy fat on top of broth. Add chicken and vegetables and more dill if needed and heat.

COMMENTS
Being Jewish and cooking great chicken soup go hand in hand. This is hands-down the best chicken soup recipe that I have ever tasted. I don’t have a great story about my great grandmother from Russia making it, but nevertheless, this is a recipe that Halle associates with her childhood. It’s great when it’s cold out. It’s great when you’re under the weather. It’s a little labor intensive but worth it. It’s even better on the second day. I hope that you make it and surprise Halle in the South Campus Dining Hall where she eats.
Crepes
Submitted By: Lynn B Kelly • Student Name: Victoria Kelly

INGREDIENTS
• 1¾ cup Flour
• 2 cups Milk
• 1 tbsp Sugar
• 1 tsp Vanilla
• 2 Eggs

DIRECTIONS
1. Whisk together all ingredients. Heat griddle to high.
2. Pour a small amount into oiled pan, spreading so the crepe is thin, flip after a minute or so.
3. Top with syrup or fill with your favorite fillings (Nutella, sausages, jelly etc.). Can top with brown sugar, powdered sugar cinnamon etc.

COMMENTS
My grandparents were all French and this was a popular meal at breakfast. It was also a special treat during Lent to have these for dinner on Ash Wednesday or Fridays when we abstained from eating meat. Everyone was always happy when crepes were made, definitely a crowd favorite. I continued the tradition with my own family, and my daughters love when I make these!
Kasha Varnishkes
Submitted By: Felicia Messing • Student Name: Ben Messing

INGREDIENTS
• 1½ cups kasha (buckwheat groats, whole granulation, cooked)
• ½ lb Bow tie pasta (farfalle, about ½ box)
• 1 Onion, chopped
• 3 cloves Garlic, minced
• 1 box Mushrooms, sliced
• Oil
• Salt to taste

DIRECTIONS
1. Cook kasha in 4 cups water until tender and water is absorbed (about 10-12 minutes)
2. Cook pasta according to package directions
3. In large frying pan, sauté onion, garlic, and mushrooms in oil until mushrooms are browned.
4. Add kasha and salt to taste (approx ½ tsp). Mix.
5. Add pasta. Mix. Serve!

COMMENTS
This is an Eastern European Ashkenazi Jewish recipe. We traditionally eat it as a side dish for large family dinners as it is easy to make, tasty, and serves many.
Mimi Kahn’s Lukchen Kugel

Submitted By: Diane Wechsler • Student Name: Diane Wechsler

INGREDIENTS
• 4 Eggs
• 1 scant cup Sugar
• 1 Lemon, juiced
• 2 cups Sour cream
• ½ lb Cottage cheese
• ½ lb Margarine, melted
• 12 oz Wide noodles, cooked and drained

TOPPING
• ¼ lb Margarine, melted
• ½ scant cup Sugar
• 2 tbsp Cinnamon
• 2 cups Corn Flakes, crushed

DIRECTIONS
1. In large bowl, beat eggs well, add sugar, lemon juice, sour cream, cottage cheese and melted margarine. Fold in cooked noodles.
2. Grease dish (9½” X 13”) and add noodle mixture.

TOPPING
1. Melt margarine in saucepan, add sugar, cinnamon and crushed corn flakes. Mix well. Cover entire top of kugel with this mixture.
2. Bake 1-1¼ hours at 350°F.

COMMENTS
A kugel or noodle pudding is a traditional Jewish dish. Usually served as part of the Sabbath meal on Friday nights. It can be served just about any time. Growing up, my Mom tried various versions and recipes of this classic dish. The one recipe that she seemed to go to time and again was this version. After a while it was the only one she used. I can remember eating it on various holidays even some Sunday brunches.
Grandma’s Baked Macaroni
Submitted By: Maria and Tom DiGiorgio • Student Name: Melissa DiGiorgio

INGREDIENTS
• 1 lb Elbow macaroni
• 8 oz sharp Cheddar cheese, shredded
• 4 oz part-skim Mozzarella cheese, shredded
• ¼ cup Pecorino Romano cheese, grated
• ¼ cup Parmesan cheese, grated
• ¼ cup Butter
• Black pepper, to taste
• 2 cups skim Milk
• 1 tsp Garlic powder
• Italian bread crumbs, to taste (4-C brand used)

DIRECTIONS
1. Cook macaroni for 3 minutes (after water has boiled).
2. Strain and then put back into pot it was cooked in.
3. Mix cheeses, butter, milk, black pepper and garlic powder with macaroni, in pot.
4. Spray large roasting pan with cooking spray.
5. Take all ingredients from pot and place in roasting pan.
6. Sprinkle top liberally with 4-C Italian breadcrumbs.
7. Bake for 45 minutes at 350°F.

COMMENTS
This is Melissa’s paternal grandmother’s Italian take on classic macaroni and cheese. It is scrumptious and a family favorite! With her sudden passing, this past fall, this recipe will be one we will look to replicate with love and reverence.
Baumel Manicotti
Submitted By: Debbie Baumel • Student Name: Mikaila Baumel

INGREDIENTS
• 1 lb Manicotti shells
• 1 lb Ground turkey breast
• 12 oz Mozzarella cheese
• 1 cup Parmesan cheese
• 1-2 heads Spinach
• 1 jar Spaghetti sauce (Barilla brand)

DIRECTIONS
1. Heat oven to 400°F.
2. Add manicotti shells to boiling water and boil for 9 minutes (drain, rinse, and cool).
3. While shells are cooking, sauté turkey in skillet on medium high, flipping until all pink disappears. Remove from flame and drain.
4. Chop ground turkey so it’s small enough to mix with spinach and cheese and stuff in shells.
5. Place cooked turkey in separate bowl big enough to mix in spinach & cheeses. Place in separate bowl large enough to combine spinach & cheeses.
6. Steam spinach, drain off excess liquid, and finely chop (small enough so it can mix with chicken and cheese). Place in bowl.
7. Grate Parmesan cheese and mix with mozzarella.
8. Combine ¾ of cheese mixture in large bowl with turkey and spinach and mix.
9. Spread ¼ of the spaghetti sauce on the bottom of the pan or tray (pan or tray should have sides to prevent leakage).
10. Stuff shells with mixture and lay atop spaghetti sauce already in pan.
11. Once all shells are stuffed and put in pan or tray.
12. Pour remaining ¾ sauce over tops of stuffed manicotti and let run down sides.
13. If there is extra stuffing because you ran out of shells, pour the remaining turkey mixture over the sauce.
14. Finish by sprinkling the remaining ¼ cheese mixture over the top.
15. Bake covered in the oven at 400°F for 30 minutes.

COMMENTS
Mikaila is a California girl who decided to go back East to college and chose UMD. But, she loves Baumel Manicotti and I make it right before she returns to Maryland from break.
**Matzo Brei**

Submitted By: Malka Hanna • Student Name: Scottie Hanna

**INGREDIENTS**
- ½ cup Milk (or milk substitute)
- 1 Box Matzo (gluten free if desired)
- ¼ cup Butter (or fat substitute)
- 1 dozen Eggs (organic if possible)
- ½ tsp Salt
- 1 cup Powdered white sugar
- 1 jar Applesauce
- 1 lb Sour cream

**DIRECTIONS**
1. Pour milk into a mixing bowl, tear up matzo sheets into pieces and then soak in milk for about five minutes.
2. Melt butter in frying pan, add soaked matzo to pan and stir till matzo is browned.
3. Add eggs to frying pan and scramble matzo and eggs together.
4. Salt to taste and transfer to plate.
5. Sprinkle Matzo Brei with white powdered sugar.
6. Traditional side dishes with Matzo Brei are applesauce and sour cream.

**COMMENTS**

*Matzo Brei is an old fashioned dish from Eastern Europe. Scottie's family has eaten matzo brei for many generations. It is nutritious, and can be made fun with applesauce and sour cream.*
**Pasta di Mike**

Submitted By: Jodi Detjen • Student Name: Eric Detjen

**INGREDIENTS**
- Parmesan cheese
- Pancetta
- Basil
- Plain tomato sauce
- Penne pasta

**DIRECTIONS**
1. Grate the cheese. Slice the pancetta. Dice the basil.
2. Heat the sauce.
3. Boil the penne to al dente. Mix all ingredients, season to taste and serve.

**COMMENTS**

This dish has been made in our family for over 20 years after Eric’s dad discovered it in Italy when he was based there. It’s now our family tradition and our friends now have adopted Pasta di Mike as their tradition because it’s so simple and delicious. The key is fresh ingredients.
Pasta Fagioli Soup
Submitted By: Cynthia Hall • Student Name: Sarah Hall

INGREDIENTS
• ½ lb Sausage, casings removed, crumbled
• 1 Small onion, chopped
• 1 Garlic clove, minced
• 1 tsp Olive oil
• 2 cups Water
• 1 can (15.5 oz) Great Northern Beans, rinsed and drained
• 1 can (14.5 oz) Diced tomatoes, undrained
• 1 can (14.5 oz) Chicken broth
• ¾ cup Elbow macaroni, uncooked
• ¼ tsp Pepper
• 1 cup Spinach leaves, fresh
• 5 tsp Parmesan cheese, shredded

DIRECTIONS
1. Cook sausage over medium heat until no longer pink; drain and set aside. In the same pan, sauté onion in oil until tender. Add garlic; oil 1 minute longer.
2. Add water, beans, tomatoes, broth, macaroni, and pepper; Bring to a boil. Cook, uncovered for 8-10 minutes or until macaroni is tender.
3. Reduce heat to low; stir in sausage and spinach. Cook for 2-3 minutes or until spinach is wilted.
4. Serve with Parmesan cheese.

COMMENTS
Coming up with meals that everyone likes with a family of 5 is not easy. This recipe has been a hit in our family from day one. There are rarely leftovers because EVERYONE loves it so much. Bonus—it’s quick and easy to prepare and can easily be doubled and frozen.
**Rigatoni Amatriciana**

Submitted By: Eve Santiglia  
Student Name: Luca Pedrazzini

**INGREDIENTS**
- 6 slices Bacon
- 3 tbsp Olive oil, divided
- 1 medium White onion, chopped, divided
- 1 lb canned whole peeled tomatoes (San Marzano brand)
- 1 lb Rigatoni Pasta
- 8 oz of Pecorino Cheese grated
- Fresh ground pepper to taste

**DIRECTIONS**

1. Sauté 6 slices of bacon sliced into strips ¼” wide julienne style in one tbsp. olive oil. Remove bacon when transparent. Do not allow to become dark or crispy.

2. Sauté ½ chopped onion in two tablespoons of olive until soft and transparent. Mix with bacon in large pan.

3. Cut tomatoes with flat edge wooden spoon until they have disintegrated. Add to pan. Simmer until reduced, about 30 minutes, stirring every few minutes.

4. Cook rigatoni half of the time indicated on the package. Finish cooking rigatoni in tomato sauce, stirring, so pasta absorbs flavor from sauce.


**COMMENTS**

*Serves 4 portions.*
Rouladen
Submitted By: Anita Knuth • Student Name: Mason Knuth

INGREDIENTS
• Thin flank steak
• Mustard (Dijon or stone ground)
• Bacon
• Onions, diced
• Dill pickles
• Butter/olive oil
• Beef stock or water and bouillon cubes

DIRECTIONS
1. Cut or pound flank steak into thin ¼ “thick pieces (3” x 6” or so).
2. Spread mustard on steak. Place bacon, onions, and pickle spear on each fillet and roll. Use spring or toothpicks to hold roll together.
3. Heat skillet over medium heat with butter and/or olive oil and sauté meat rolls until browned.
4. Add stock or water and bouillon cubes to almost cover. Simmer 1 hour or so.
5. Serve with spaetzle (noodles) and red cabbage.

COMMENTS
Mason’s grandparents were born in Germany and came to the US after WWII. They live in Ohio and whenever we visit them, Oma would always have a meal of Rouladen ready to welcome us.
Spotted Dog
Sweet Irish Soda Bread with Raisins
Submitted By: Martha Shields • Student Name: Brigit Shields

INGREDIENTS
• 3 cups Flour (NOT self-rising)
• 1 cup Sugar
• 2 tsp Baking powder
• ½ tsp Baking soda
• ½ tsp salt
• 2 cups Sour cream
• 8 oz Raisins
• 1 Egg

DIRECTIONS
1. Heat oven to 325°F. Grease and flour pie pan.
2. Mix dry ingredients together in a large bowl. Mix wet ingredients together in separate bowl.
3. Add wet mixture to dry—it will be stiff, somewhat crumbly, and VERY sticky. If dough is too dry, add a splash of milk. Knead dough with your hands to make sure all dry ingredients are mixed in well, but don’t mix too long. Form into a mound in the pie plate.
4. Bake for 80 to 90 minutes—outside will be toasty, crispy and an inserted toothpick/knife should come out clean.

COMMENTS
This recipe has been passed down 5 generations...Brigit's great-grandfather, Edward Shields, made Irish Soda Bread every St. Patrick's Day—he got the recipe from HIS Grandfather, an immigrant from Ireland in the mid-1800s.

Note: One hundred fifty years ago in Ireland, it was common to make bread using baking soda rather than yeast. In Ireland, the Gulf Stream prevents great fluctuations of temperature in summer or winter. “Hard” wheats (high gluten content), which need such extremes to grow, don’t prosper. Yeast requires hard wheat to make bread rise. “Soft” wheats (low gluten content) thrive in Ireland and baking soda leavens soft flour. To rise, baking soda must combine with something acidic—this bread uses sour cream.
Rose’s Sunday Meatballs
Submitted By: Annemarie Lenio • Student Name: Nicholas Lenio

INGREDIENTS
• 2 eggs
• 3/4 cup Whole milk
• ¼ tsp salt
• ¼ tsp Black pepper
• ½ tsp Onion powder
• 1 tsp Garlic powder
• 1 lb 85-90% Lean ground beef
• 1 lb Ground pork
• ½ cup Plain breadcrumbs
• ¼ cup Italian seasoned breadcrumbs
• 8 small Cloves minced garlic
• 3 tbsp Pecorino Romano cheese, grated
• 1 tbsp Fresh Italian parsley, chopped

DIRECTIONS
1. Heat oven to 350°F.
2. Scramble eggs in bowl. Add milk, salt, pepper, onion powder, garlic powder. Set aside while mixing meat.
3. In large bowl put beef, pork, breadcrumbs, fresh minced garlic, grated cheese, and parsley. Mix together for a minute or so. Add egg and milk mixture; mix well. Meat should be smooth not chunky. Moist not dry. If you need to add a little more milk do so, a little at a time.
4. Form into meatballs a little smaller than a pool ball. They should hold shape. Not too chunky, not so soft that they collapse.
5. Place meatballs on parchment paper on tray. Bake meatballs in oven for 35 minutes turning halfway to brown on both sides. Add meatballs to Rose’s Sunday Sauce. Meatballs should simmer in tomato sauce until the sauce is ready about 2-3 hours.

COMMENTS
**See Rose’s Sunday Sauce, pg 60**
INGREDIENTS
• 3 28 oz cans Crushed tomatoes (Redpack brand)
• ¼ cup Extra virgin olive oil
• ½ cup Sweet onions (finely chopped, preferably Vidalia)
• ¼ tsp Basil or 6 Fresh basil leaves
• 8 cloves Fresh garlic, minced
• ½ tsp Salt
• ¼ tsp Garlic powder
• Wooden spoon

DIRECTIONS
1. Open cans of tomatoes and have ready to pour into the pot.
2. Place olive oil in bottom of saucepan. Do not put the heat on yet.
3. Add onion and basil to the pot. Turn heat to medium high and simmer, while mixing regularly, about two minutes.
4. Add the minced garlic and continue stirring until onion and garlic become translucent, for another minute or two. DO NOT BURN!
5. Pour tomatoes into pot and mix thoroughly. Put a small amount of water into the cans to rinse out remaining contents of tomatoes and pour water into the sauce. Note: this should be a minimal amount of water.
6. Stir sauce. Add salt and garlic powder. Stir thoroughly. Bring to low to medium simmer with cover of pot cracked open slightly. Stir three to four times per hour. Make sure the simmer is not too high. Sauce will be done in about two hours.

COMMENTS
Nicholas’ maternal grandparents immigrated to the United States from Italy in the late 1920s. Sunday sauce at family dinner was a tradition in many Italian American households across the nation. Nicholas has enjoyed this sauce on a regular basis. Every Sunday, as our family entered Nicholas’ grandparent’s kitchen, we were treated to the delicious smell of garlic and onions, as well as the comforting sight of Grandma Rose attending to the stove. We sat around the table, mouths watering, awaiting Grandma’s Sunday sauce with pasta, meatballs and freshly prepared salad. Nicholas looked forward to listening to Grandpa Domenick’s World War II stories and sitting next to Grandma Rose while she sliced fresh cucumbers and drizzled them with olive oil and red wine vinegar. Nicholas will always treasure this time spent bonding with his grandparents during these meals. Sadly Grandma Rose and Grandpa Domenick are no longer here but their traditions and stories live on in Nicholas’ heart.
French Winter Soup
Submitted By: Martine Speckler • Student Name: David Speckler

INGREDIENTS
• 4 mild Italian sausage (turkey or pork)
• 2 onions thinly, sliced
• 2 celery stalks, chopped
• 2 cloves of garlic, minced
• 2 tbsp olive oil
• 1 cup fresh tomatoes peeled, seeded, chopped or 1- 28 oz can cut tomatoes, drained
• 1 cup parsley, chopped
• 8 cups chicken broth
• 1 cup orzo pasta
• Salt, pepper to taste
• 18 to 24 oz frozen artichoke (Trader Joe’s brand) (we love artichokes)
• 1 cup Parmesan cheese

DIRECTIONS
1. Remove sausage from casings (When I don’t have time, I don’t remove the casings)
2. Slice sausages.
3. Sauté sausage, onions, celery, and garlic in oil until onion is transparent.
4. Add the tomatoes and parsley, simmer 10 minutes.
5. Add chicken broth, bring to boil.
6. Add the orzo.
7. Cook until pasta is tender about 10 minutes.
8. Season to taste with salt and pepper.
9. Cut artichoke hearts into thin wedges
10. Just before serving, stir in artichoke hearts and cook for 5 minutes.
11. Sprinkle with Parmesan cheese, serve hot.

COMMENTS
This soup is one of our family favorites that we especially enjoy in the colder, winter months. Paradoxically, our family is of the Jewish faith but because we often eat it around Christmas, we sometimes also call this soup Christmas Soup. For years, even before our kids were born, we would invite our friends to enjoy this soup with us over the holidays.
New Zealand
New Zealand Ginger Crunch
Submitted By: Marie Sheppard • Student Name: Ela Rockafellow

INGREDIENTS
COOKIE BASE
• 125 g Butter, softened
• ½ cup Sugar
• 1½ cups standard plain Flour
• 1 tsp Baking powder
• 1 tsp ground Ginger

FROSTING
• 75 g Butter
• ¾ cup Icing sugar
• 2 tbsp Golden syrup
• 3 tsp ground Ginger

DIRECTIONS
1. Cream butter and sugar until light and fluffy.
2. Sift flour, baking powder and ginger together.
3. Mix into creamed mixture.
4. Turn resulting dough out onto a lightly floured board. Knead well.
5. Press dough into a greased 20x30cm sponge roll tin.
6. Bake at 190°C (375°F) for 20-25 minutes or until light brown.
7. When there is about 5 minutes of cooking time left, combine butter, icing sugar, golden syrup and ginger.
8. Heat until butter is melted, stirring constantly.
9. Pour hot ginger icing over base while hot and cut into squares before it gets cold.

COMMENTS
Ela is half New Zealander and half American, and she grew up in Zambia. This has been one of her favourite foods since she was tiny, and—no matter what country we’re in—all of her friends enjoy it as well.
North America
Bacon Wrapped Chicken
Submitted By: Teresa Bloom • Student Name: Luke Bloom

INGREDIENTS
• 1-2 lb Chicken tenders or chicken breast sliced in half
• 1-2 lb Bacon
• ½-1 bottle Italian dressing

DIRECTIONS
1. Wrap each chicken tender with bacon and place on lightly greased pan.
2. Drizzle a little Italian dressing over chicken wrapped bacon on pan.
3. Bake at 350°F for 20 to 30 minutes. If bacon needs to be crispier broil 2 to 5 minutes or until desired crispiness.
4. Optional: marinate chicken in Italian dressing before wrapping.

COMMENTS
*This is a favorite recipe used for birthdays and other special occasions.*
Baked French Toast
Submitted By: Christine Sullivan • Student Name: Dan Sullivan

INGREDIENTS
• 1 loaf Crusty bread: sourdough, French bread or challah
• 8 Eggs
• 2 cups Whole milk
• ½ cup Heavy whipping cream
• ¾ cup Sugar
• 2 tbsp Vanilla extract
• Topping
• ½ cup all purpose Flour
• ½ cup Brown sugar, firmly packed
• 1 tsp Cinnamon
• ½ tsp Salt
• 1 pinch Nutmeg (optional)
• 1 stick Butter, cut into pieces
• Fresh fruit (optional)- blueberries work best

DIRECTIONS
1. Grease a 9×13 baking pan with butter. Tear (or cube) bread into chunks and evenly distribute in the pan.
2. In a medium sized bowl mix eggs, milk, cream, sugar & vanilla. Pour evenly over the bread. Cover tightly and store in the fridge for several hours or overnight.
3. In a separate bowl mix flour, brown sugar, cinnamon, salt & nutmeg if desired. Add butter pieces and cut them into the dry mixture until resembling fine pebbles. Store in Ziploc in fridge.
4. To bake- preheat to 350°F, remove casserole from fridge and sprinkle crumb mixture over the top. (If using fruit, sprinkle them on before the crumb mixture. Blueberries add an extra sweetness, but the plain French toast is usually preferred by the younger folks). Bake for 45 min to 1 hour (depending on your desired texture). Consistency is best at a little over 1 hour.
5. Scoop out individual portions. Top with butter or syrup if desired.
6. Can also be made ahead and reheated (microwave works best). Allowing it to sit makes it better.

COMMENTS
This is a family favorite that is a hit on holiday mornings and family brunches and is a perfect gift for homebound friends and a favorite at team parties. This dish is loved by children and adults alike. What began as one-time a family reunion experimental recipe, now instantly brings the clamor “We’re making French toast, right?” any time the family gathers together.
Homestyle Beef Barley Soup
Submitted By: Susan Garbow • Student Name: Ethan Garbow

INGREDIENTS
• 2 tbsp Vegetable oil
• 3 lbs Well-marbled chuck roast, diced into half-inch cubes
• 2½ tsp Kosher salt, divided
• 1 Yellow onion, extra-large, diced
• 5 Celery stalks, diced
• 2 Large carrots, diced
• 3 cloves Garlic, minced
• 2 qt College Inn beef broth
• 2 cups Water
• 1 cup Pearl barley
• 2 Bay leaves

DIRECTIONS
1. Heat vegetable oil on medium high and add diced beef.
2. Sprinkle with 1½ tsp Kosher salt and cook until just browned, then remove meat from pot to a bowl, leaving drippings.
3. Add diced onions, celery, carrot and minced garlic to pot and sprinkle with remaining tsp of kosher salt.
4. Cook vegetables in meat drippings for 7-10 minutes, stirring occasionally. Remove from pot to a separate bowl.
5. Add beef broth and water to pot and add beef back to liquid with the pearl barley and bay leaves.
6. Bring to a boil and simmer covered for one hour.
7. Remove bay leaves and add vegetables back to pot.
8. Return to boil and simmer for another 45 minutes.

COMMENTS
My son has been a big soup since before he could speak. This thick and comforting soup makes for a hearty, well-balanced meal all by itself. It has a stew-like consistency and the aroma of this soup simmering on the stove makes any house a home. Enjoy every mouthful of this bowl of deliciousness.
Bar B Q Beef
Submitted By: Nancy Pentz • Student Name: Kelly Pentz

INGREDIENTS
• 2 lbs Ground beef
• 2 Onions, chopped
• Salt & pepper to taste
• 1 cup Ketchup
• ½ cup Yellow mustard
• 2 tbsp Brown sugar
• 2 tbsp Cider vinegar
• 4 tsp Lemon juice
• ½ cup Fresh parsley or 2 tbsp dried
• 3 tbsp Worcestershire sauce
• ½ cup Water

DIRECTIONS
1. Brown ground beef and onions, add salt and pepper.
2. Mix remaining ingredients together and pour over ground beef mixture.
3. Simmer 30 minutes.
4. Serve with your favorite burger buns.

COMMENTS
This recipe comes from Kelly’s grandmother. Her grandmother would make a batch and freeze it. They would always bring it along when they took Kelly and her brother to the beach. It always reminds Kelly of those times spent with her grandparents at the beach.
Best Salad Ever
Submitted By: Diane Saltzman • Student Name: Alexander Saltzman

INGREDIENTS

DRESSING
• ½ cup vegetable oil
• 1/8 cup white wine vinegar
• 3/8 cup EVOO
• 2 hefty pours of garlic powder
• 4/5 tbsp salt
• ½ packet artificial sweetener
• Course black pepper to make mixture semi cloudy when shaken

SALAD
• Head iceberg lettuce torn
• Container mini tomatoes
• ½ red onion thinly sliced
• 1 grated hard boiled egg
• 12 oz grated Romano cheese
• 12 oz grated Parmesan cheese

DIRECTIONS
1. Mix all dressing ingredients.
2. Place lettuce, tomatoes, onion and egg in bowl.
3. Pour ½ dressing over salad and sprinkle with enough of each cheese to cover.
4. Mix well. Add remaining dressing and enough of each cheese to cover.
5. Mix thoroughly. Add enough of each cheese to cover and mix.

COMMENTS
It was always very difficult to get our boys to eat vegetables. From the first time we served this, it became a favorite and must serve at many meals and birthday dinners.
Broccoli Salad
Submitted By: Tonya Faulkner • Student Name: Emily Faulkner

INGREDIENTS

SALAD
• 5 cups fresh Broccoli florets
• ½ cup Red onion
• 1 cup Bacon, cooked
• ¾ cup dried sweetened Cranberries

DRESSING
• 1 cup Mayonnaise
• ¼ cup Sugar
• 2 tbsp Apple cider vinegar

DIRECTIONS
1. Combine chopped broccoli florets, onion, crumbled bacon and cranberries.
2. Mix mayonnaise, sugar and vinegar together.
3. Combine salad mixture and dressing and refrigerate.
4. ENJOY!

COMMENTS
This is a classic dish that our family enjoys!
Buffalo Chicken Chili
Submitted By: Janet Gaboury • Student Name: Wil Gaboury

INGREDIENTS
• 1 large Onion, diced
• 1 tbsp Garlic, chopped
• 4 Celery stalks, diced
• 2 cups Carrots, sliced
• 2 tbsp oil
• 2-3 lbs of chicken breast, cubed
• Salt and pepper to taste
• 2 12 oz cans Tomato sauce
• 5 cups Chicken broth (or 5 cups water and 3 tbsp chicken base)
• 1 package Dry ranch dressing mix
• ½-1 cup Hot sauce (start with ½ cup and adjust at the end, Franks brand)
• 2 Red peppers, diced
• 1 package frozen Corn kernels (or 1-2 cans Corn)
• 4 cans White northern beans
• 2 8 oz Cream cheese blocks (let blocks warm to room temperature while you are cooking)

DIRECTIONS
1. In a soup pot, sauté onions, garlic, celery and carrots in 2 tbsp oil for about 5 minutes, then remove from pan. Add more oil and brown cut up chicken (salt and pepper) until mostly cooked in soup pot.
2. Add sautéed vegetables back to pot with chicken then add tomato sauce, chicken broth, ranch dressing, and heat to boiling then turn down heat to simmer for about 45 minutes.
3. Add the hot sauce, red peppers, corn, and beans, then bring to simmer again and heat for 10 minutes.
4. Add cream cheese (melts easier if cut into cubes) and stir to melt cream cheese.
5. Enjoy!

COMMENTS
Wil loves buffalo chicken wings. It wasn’t surprising that when I tried making Buffalo Chicken Chili it became his favorite soup/chili. He encouraged me to enter the chili into my church’s chili cook-off and it won first place. He asks for it every time he is home. Makes 10–12 servings.
Buttermilk Biscuits
Submitted By: Debra Moss Curtis • Student Name: Benjamin Curtis

INGREDIENTS
• 3 cups all purpose Flour
• 2 tbsp Sugar
• 4 tsp Baking powder
• 1 tsp Salt
• 1 tsp baking soda
• ¾ cups (1½ sticks) unsalted Butter, cut into pieces
• 1 cup Buttermilk

DIRECTIONS
1. Preheat oven to 425°F.
2. Whisk flour, sugar, baking powder, salt, baking soda in large bowl to combine.
3. Cut in butter to dry ingredients until mixture is coarse crumbs.
4. Pour in buttermilk and stir until moistened.
5. Drop biscuits on baking sheet (¼ cup each) spacing 2”.
6. Bake until golden brown, about 15 minutes.

COMMENTS
These biscuits are not southern, they’re not northern—they’re the perfect combination which is just like South Florida—an area very far south filled with former northerners.
**Thelma's Chicken & Dumplings**

Submitted By: Alan Jay Kaufman • Student Name: Diana and Lindsay Jo Kaufman

**INGREDIENTS**
- 1 stick shortening (Crisco brand)
- 3 cups all purpose Flour
- 6-8 Chicken thighs, boned and skinned
- 1 medium Yellow onion
- 2 Celery sticks
- Chicken base
- 1 cup cold Water
- 1-2 boxes of low salt chicken stock
- Salt and pepper to taste

**DIRECTIONS**
1. Hand mix shortening and flour, slowly adding cold water and kneading to make a wet dough ball.
2. Wrap dough ball in plastic wrap and sit in refrigerator for one hour.
3. Place chicken, large chunks of the onion, celery and 2 tbsp chicken base in a large pot and cover with water.
4. Bring water to a boil and cook for about 30 minutes.
5. Strain chicken, onion, and celery from the stock. Discard onion and celery.
6. Shred chicken thoroughly with two forks and return to stock.
7. Bring stock and chicken to low boil.
8. Spread flour onto wooden pastry board and wooden rolling pin.
9. Remove dough ball from refrigerator and cut in half.
10. Flour the outside of the half dough ball and flatten and then roll out thin on pastry board.
11. Cut long strips from the dumpling pastry, tear off 2” dumplings, and add individually into the boiling stock, stirring often to keep dumplings from sticking together.
12. Repeat with second half of the dough ball.
13. Once all of dumplings are added, turn heat down to low (or simmer) and stir often to keep dumplings from sticking to bottom of pan (at least one hour).
14. Serve, allowing diners to salt and pepper to taste.

**COMMENTS**
This is perfect southern comfort food. I grew up in Little Rock, Arkansas, and our second mother Thelma Johnson made chicken and dumplings every other week as my family adored them. Decades passed before Thelma would teach me the recipe. My father preferred white meat, but I use dark meat. After much experimentation, I decided to use pre-boned and skinned thighs. My daughters, both UMD undergraduates, similarly adore these.
Chicken Pesto Bake

Submitted By: Donna Lashuk • Student Name: Ryan Lashuk

INGREDIENTS
• 3 boneless skinless Chicken breasts
• Salt and pepper to taste
• 4 tbsp Basil pesto
• 1 Tomato, sliced
• 1 cup shredded Mozzarella cheese

DIRECTIONS
1. Preheat oven to 400°F.
2. Place chicken breasts in a baking dish
3. Season chicken with salt and pepper to taste
4. Spread pesto on each chicken breast
5. Layer tomato slices on top of chicken breasts
6. Top with mozzarella cheese
7. Bake 30–40 min.

COMMENTS
Ryan has always been a picky eater. He loves chicken and this is one of his favorite dishes. It was one of my favorites as well because it was quick and the family loved it.
Chocolate Chip Bars
Submitted By: Susan Morville • Student Name: Claire Morville

INGREDIENTS
• 1 package yellow cake mix
• ¼ cup water
• 2 eggs
• ¼ cup soft butter, not melted
• ¼ cup brown sugar
• 1 package chocolate chips

DIRECTIONS
1. Preheat oven to 350°F.
2. Combine ½ dry cake mix with water, eggs, butter and brown sugar. Mix thoroughly.

COMMENTS
My mother made these for me when I was a kid. Now I make them for my family because they are easy and lighter and fluffier than regular chocolate chip cookies!
Chocolate Chip Banana Muffins
Submitted By: Becky Wilson • Student Name: Christian Wilson

INGREDIENTS
• ½ cup Butter
• 1 cup Sugar
• 3 large or 5 small ripe Bananas
• 2 cups all-purpose Flour, divided
• 2 Eggs
• ½ tsp Salt
• 1 tsp Baking soda
• 1 tsp Baking powder
• 1 cup mini Chocolate chips

DIRECTIONS
1. Preheat oven to 350°F.
2. In a mixing bowl, cream together the butter and sugar.
3. In a bowl, mash bananas.
4. Reserve ½ cup of flour. Add the remaining flour, banana pulp and eggs to the creamed mixture slowly.
5. In another bowl, stir the reserved flour with the salt, baking soda, baking powder and chocolate chips- tossing to coat the chocolate chips.
6. Stir together the dry and creamed mixtures. Pour the batter in well-greased muffin tins and bake for 25 minutes.

COMMENTS
Makes 24 small muffins.
Conforti Coffee Cake
Submitted By: Lori Conforti • Student Name: Isabel Conforti

INGREDIENTS
• 2 cups Flour
• 1½-2 cups Sugar
• 2 tsp Baking powder
• 1 tsp Baking soda
• 1 pinch Salt
• 1 cup Sour cream (or substitute plain or Greek yogurt)
• ½ cup Vegetable oil
• 2 Eggs
• 1 tsp Vanilla
• 1-2 tbsp Cinnamon

DIRECTIONS
1. Preheat oven to 375°F. Grease and flour bundt pan
2. Mix dry ingredients and set aside. Whisk wet ingredients and pour into dry ingredients. Mix until just combined.
3. Combine ½ to 1 cup sugar with cinnamon. Sprinkle a small portion of cinnamon sugar mixture into the bottom of the greased and floured bundt pan. Reserve the remaining cinnamon sugar.
4. Pour ½ the batter into the bundt pan. Sprinkle the reserved cinnamon sugar onto the batter. Pour the remaining batter in the pan and bake for 40 minutes.

COMMENTS
As a child, this was my husband’s favorite cake made by his mom, Gail. When we were married, Gail gave me the recipe and told me that her mother-in-law, Agnes, had given her the recipe when Gail married my father-in-law, Doc. My children never got to know Agnes, since she was stricken with Alzheimer’s when they were very young. We also lived far away from their grandparents Gail and Doc. One way we could connect was through a shared love of this recipe passed down from one mother-in-law to the next. Maybe one day I’ll be passing it along to the spouses of my children as well.
Corn Pudding
Submitted By: Tracy Bottiglieri • Student Name: Nicholas Bottiglieri

INGREDIENTS
- 1 17 oz can Cream corn
- 1 17 oz can Whole corn, drained
- 2 Eggs, beaten
- Dash of Pepper
- ¼ cup Sugar
- ¾ stick Butter, softened
- 1½ tbsp Vanilla
- 1 5.33 oz can Evaporated milk
- 3 tbsp Flour

DIRECTIONS
1. Preheat oven to 350°F.
2. Spray a medium-sized casserole dish with cooking spray.
3. Mix all ingredients together and pour into greased casserole dish.
4. Bake at 350°F for approximately 45 minutes to 1 hour, until toothpick comes out clean.

COMMENTS
We serve this dish on special family events and holidays, like Thanksgiving, Christmas Day and Easter. It’s a recipe similar to one made every holiday by my mom’s family, going back at least 3 generations.
Corn Pudding
Submitted By: Laurie Varma • Student Name: Nalin Varma

INGREDIENTS
• 1 15.25 oz can Corn
• 1 15 oz can Creamed corn
• ½ cup Butter or margarine, softened
• 1 cup Sour cream or plain yogurt
• 8.5 oz Cornbread mix
• 2 tbsp Sugar

DIRECTIONS
1. Mix all ingredients in a bowl, then put into a baking dish.
2. Bake 45 minutes at 350°F.

COMMENTS
This is a recipe that all our family likes.
Linda's Cornbread
Submitted By: Maria and Tom DiGiorgio • Student Name: Melissa DiGiorgio

INGREDIENTS
• 1 15 oz can Cream style corn
• 1 11 oz can Whole kernel corn
• 1½ boxes Flako corn muffin mix (12 oz total)
• 1 stick Margarine or butter, softened
• 2 Eggs

DIRECTIONS
1. Mix all ingredients together.
2. Pour into a 10"x10"x2" glass dish.
3. Bake at 350°F for 45 minutes or until toothpick inserted into center comes out dry.

COMMENTS
This is a recipe from a lifelong family friend, and it has become one of the most anticipated side dishes at our Thanksgiving table every year! It is absolutely delicious, easy to prepare and very difficult to stop at just one piece! This can be made at any time of year and would be a great accompaniment to chicken, beef or fish. The consistency is more like a spoon bread; YUMMY!!! This is Melissa's all-time favorite!!!
Cranberry Chicken
Submitted By: Lisa Jablonover • Student Name: Benjamin Jablonover

INGREDIENTS
• 2 packets Lipton Dry Onion Soup Mix
• 2 cans whole Cranberry sauce
• 3 lbs boneless Chicken breasts

DIRECTIONS
1. Mix soup mix and cranberry sauce together in a bowl.
2. Place chicken breasts in a baking pan. Cut in halves or thirds if they are very large.
3. Pour the soup/cranberry sauce over the chicken breasts, covering them well.
4. Bake at 325°F for an hour.

COMMENTS
Growing up, my mom used to make this recipe at least once a week in the winter months. I have fond memories of this dish. It’s easy, always tasty, can be made ahead of time and frozen. My husband and kids enjoy this dish too.
Dr Gibson’s Chicken
Submitted By: Holly Brown • Student Name: Holly Brown

INGREDIENTS
• 8 Chicken breasts
• 6 slices Swiss cheese
• 1 can Cream of chicken soup, undiluted
• ¼ cup dry White wine
• 1 cup Potato bread, coarsely torn
• ¼ cup Butter, melted

DIRECTIONS
1. Place chicken in baking dish, cover with Swiss cheese slices.
2. Mix soup and wine, spread evenly over cheese.
3. Sprinkle bread pieces over all, then drizzle melted butter over all.

COMMENTS
A family favorite.
Gingered Turkey Meatballs
Submitted By: Dale Bentz • Student Name: Isaiah Bentz

INGREDIENTS
• 1 lb ground Turkey, raw
• ½ cup Gingersnap crumbs
• ¼ cup Onion, finely chopped
• 2 tbsp Soy sauce, divided
• ½ tsp Curry powder
• 1/8 tsp Black pepper
• 2 tbsp Vegetable oil
• 1 10 oz jar Chicken gravy
• 1 tbsp Brown sugar
• ½ tsp fresh Ginger, grated or ¼ tsp dried Ginger powder

DIRECTIONS
1. In medium bowl, thoroughly mix turkey, gingersnap crumbs, onion, 1 tbsp soy sauce, curry, and pepper. Shape into 1” meatballs.
2. In skillet over medium heat oil until hot. Cook meatballs, until browned on all sides. Remove meatballs as they brown; spoon off any fat.
3. Prepare gravy in pan by stirring together gravy, brown sugar, ginger, and remaining soy sauce.
4. Return all meatballs to skillet. Heat to boiling, Reduce heat to low. Cover and simmer 20 minutes or until meatballs are done, stirring occasionally.

COMMENTS
This recipe has been a family favorite for years, originally obtained from a 1993 church recipe book. Great served with mashed potatoes and cranberry sauce.
Ham Loaf
Submitted By: Nancy Pentz • Student Name: Corey Pentz

INGREDIENTS
• 2 lbs ground Ham
• 2 Eggs
• 15 Saltines, crushed
• 1 cup Milk
• Syrup
• ½ cup Vinegar
• 2 tbsp Brown sugar
• 1 tbsp Yellow mustard

DIRECTIONS
1. Combine all ingredients and shape into loaf. Put pan in pan of water and bake at 350°F for about 2 hours.
2. Combine syrup ingredients. Spoon over ham loaf after first hour of baking.

COMMENTS
This recipe came from Corey’s Great Grandmother, Nana Scott, who lived in Altoona, PA. It has Pennsylvania Dutch and Amish influence, though she was Scottish. It is one of Corey and his Father’s favorite meals.
Honey Dijon Pork
Submitted By: Tanya Wright • Student Name: Taylor Wright

INGREDIENTS
• 2-2½ lbs Pork tenderloins (2 tenderloins total)
• 4 Garlic cloves, quartered, sliced or slivered
• ¼ cup Soy sauce
• 2 tbsp Country Dijon mustard (whole grain mustard)
• 4 tbsp Honey
• 2 tbsp fresh Orange juice
• 1 tbsp Fresh rosemary, finely chopped, or Herbs de Provence
• Freshly ground pepper, to taste
• 3 tbsp Olive oil
• Baby potatoes, sliced in half
• Carrots, peeled and sliced into chunks

DIRECTIONS
1. Preheat oven to 350°F.
2. Take tenderloins out of the package. Rinse and pat dry. Spray a 9”×13” baking dish (I use olive oil on a paper towel) and place tenderloins inside.
3. Use a paring knife and poke holes on the top side of the tenderloins, about an inch deep. Place a garlic piece into each hole.
4. Make the marinade next. In a measuring cup or bowl, whisk together the next six ingredients. Whisk and slowly drizzle in the oil. Pour over tenderloin and roast 45–50 minutes or until cooked through. Allow meat to rest 10 minutes before cutting into 2” serving pieces.
5. Tanya adds potatoes and carrots to the pan for roast vegetables. This could be any vegetables you like. Make sure the potatoes are cut small enough or use baby potatoes so they cook through in the 50 minutes.

COMMENTS
This comfort food recipe is a guaranteed winner every time. My son (from Canada) plays for the baseball team at UMD and this is always a recipe he asks for when he is home during the holidays. We also host professional baseball players in the summer months and this recipe is a hit with everyone. Hosting baseball players is all about making them feel at home. The sauce is amazing and everyone always goes back for seconds. It is also the type of recipe which can be made in advance and reheated which is mandatory when feeding people at different times. I often eat ½ a meal before going to a baseball game and then the second half I eat around 11pm with my son or ball players. This way we get to sit down to a good wholesome meal together and chat about the day. It does not seem to matter if this is served as a hot comfort food on a cold Canadian winter day or as a summer meal out on the deck. It just makes you feel happy. Warning use lots of carrots as they soak up the sauce and provide a sweet veggie that we always seem to run out of.
Salmon Ball
Submitted By: Julie B Katz • Student Name: Jordan Katz

INGREDIENTS
• 1 large can salmon
• 8 oz cream cheese block style, softened
• 1 tbsp lemon juice
• 2 tsp grated onion flakes dried
• 1 tsp white horseradish
• ½ tsp salt
• 3 tbsp chopped parsley flakes dried
• ½ cup chopped pecans small bag

DIRECTIONS
1. Drain and flake salmon, remove skin and bones. Mash with cream cheese, lemon, onion, horseradish and salt.
2. Place in refrigerator for ½ hour till firm.
3. Roll into ball and roll balls in mix of parsley and nuts. Wrap in plastic wrap.

COMMENTS
My mom made this for easy entertaining. Now I make it.

Makes 2 medium or 1 large. Can be frozen.
Salsa Chicken
Submitted By: Beth Canterberry • Student Name: Brendan Canterberry

INGREDIENTS
• 2 lbs Chicken breasts, boneless
• 1 can Cream of chicken soup
• 1 can Green chili tomatoes (Rotels brand)
• ¾ cup Salsa
• 2 cups Cheddar cheese, shredded

DIRECTIONS
1. Cut chicken breasts in halves or thirds and spread out on a 9”x13” pan.
2. Drain chilies, then mix chilies, soup and salsa.
3. Pour over chicken.
4. Sprinkle cheese on top.
5. Bake at 350°F, uncovered for 30 minutes.

COMMENTS
This has always been the dish we have made for when we have a guest to our home for dinner for the first time! It is a family favorite!
Awesome Sloppy Joes
Submitted By: Kelly Petee • Student Name: Jillian Petee

INGREDIENTS
• 2 lbs Ground beef
• ½ cup Chopped white onion
• 2 Celery ribs, chopped
• ¼ cup Chopped bell pepper (I like red)
• 1 2/3 cups Crushed tomatoes, crushed
• ¼ cup Ketchup
• 2 tbsp Brown sugar
• 1 tbsp Vinegar
• 1 tbsp Worcestershire sauce
• 1 tbsp Steak sauce (Heinz 57 brand)
• ½ tsp Garlic sauce
• ¼ tsp Ground mustard
• ¼ tsp Paprika
• Hamburger buns

DIRECTIONS
1. Cook beef, onion, celery, and bell pepper until meat no longer pink and veggies are tender.
2. Drain. Add next nine ingredients and mix well.
3. Simmer, uncovered, for 30-40 min, stirring occasionally spoon desired amount of meat on hamburger bun.
4. Enjoy!

COMMENTS
No familial significance except everyone eats it. I also keep banana peppers available for those who like it spicy.
Taco Soup
Submitted By: Kathy Kirvan • Student Name: Finn Kirvan

INGREDIENTS
• 1 lb. Ground beef, sautéed
• 1 (28 oz) Can crushed tomatoes
• 1 (15 oz) Can kidney beans 1 (15 oz) can of black beans
• 1 (15 oz) Can corn
• 1 pkt Taco seasoning
• 1 pkt Dry ranch dressing

DIRECTIONS
1. Brown ground beef.
2. Once browned, open cans and add to beef. Include juices from cans.
3. Simmer about 15 min until heated through.

COMMENTS
No heritage reason—my kids just love it and it’s so easy.
Thank you!

We hope you’ve enjoyed these recipes. We would love it if you would share pictures or stories of you making one of these recipes...or send a recipe from your home and tell us about its significance to your family!

UMDDining