



HCDE COMMUNITY COOKBOOK

2022



ABOUT THIS COOKBOOK

Welcome to the inaugural HCDE Community Cookbook! Students, staff, and faculty at the University of Washington's department of Human Centered Design & Engineering have shared their most treasured recipes from across the world. In this volume you'll find appealing appetizers and sides, marvelous mains, delectable desserts, and more! You'll also get to learn a little more about the cultures and histories of the lovely people who call this wonderful department home.

Any sales of this cookbook that generate revenue in excess of printing costs will be donated to Northwest Harvest, Washington state's leading hunger relief organization. More about them at <https://www.northwestharvest.org/about-us/>.

Some contributors have provided images to accompany their recipes. In the online version of this cookbook, all such images have alt text.

Be sure to tweet or tag HCDE on Instagram @hcdeuw if you make one of the recipes in this book!

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APPETIZERS, SIDES & SNACKS



Basic Lemony Risotto

Kelsen Kitchen, Masters Student

Risotto seems intimidating but really you just have to stir it constantly. It can be very relaxing to just sit at a stove and slowly stir the rice for 35-40 minutes!

Ingredients

- 2 to 3 Tablespoon olive oil
- ½ diced onion
- Juice of one lemon
- 2 cups arborio rice
- ½ to 1 cup grated Parmesan cheese (i usually splurge for nice cheese, it's worth it)
- 3 Tablespoons butter
- salt and pepper to taste

Instructions

1. Fill a stockpot with 1 to 2 quarts water and a LOT of salt. The water should be almost as salty as the ocean. I usually do 3 to 4 Tablespoon. Bring the water to a boil, and then lower it down to a simmer. Keep it on the stove - you will need it to stay warm
2. In a separate pot (a dutch oven works best), heat the olive oil on medium and sauté the onions. I like to make them as soft as possible without being brown at all (completely see through)
3. Splash a little more olive oil in and then add the arborio rice. stir it around so the rice gets coated with oil (each grain of rice should have clear edges and a white center)
4. Add the lemon juice. It should sizzle. Stir until it is completely absorbed.
5. Add 1.5 cups of water from the stockpot. Stir constantly to make sure none of it is sticking.
6. When that water is completely absorbed, add another cup and stir until it is absorbed.

Keep doing this until the rice is completely cooked through to the way you like it. When I'm just cooking for myself I do it a little al dente but you can make it soft too

7. When the rice is done the way you want it, take it off the heat. Add half the cheese and stir it and taste it. Add as much or as little cheese as you want.
8. Once you've added all the cheese you want, add salt and pepper. I wait to add salt until after the cheese, because Parmesan is salty on its own.

Tip

Once you've mastered the basic recipe, you can add meat and veggies at the end. So for butternut squash, I dice a squash and roast it in the oven beforehand and then mix it into the risotto at the end. I have also done spinach, asparagus, and carrots. I made a yummy breakfast risotto once with half white cheddar cheese and diced bacon I added at the end, and I topped it with a fried egg

Caprese Orzo Salad

Hannah Webster Heublein, staff

Below is the recipe that I always come back to from the food blogger Five Heart Home. It is my go-to for potlucks and anytime I need a type of pasta salad. It is inspired by a caprese salad.

Serves 4

Ingredients

For the salad:

- 1 cup (7 ounces) dry orzo
- 8 ounces fresh mozzarella water-packed mozzarella pearls ("perline" or tiny balls)
- 1 pint grape tomatoes, halved
- 1 ½-ounce bunch fresh basil sliced in a chiffonade

For the dressing:

- ½ cup extra-virgin olive oil
- ¼ cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 clove garlic, minced
- ½ teaspoon salt
- Freshly ground black pepper to taste

Instructions

1. Cook the orzo in salted water according to package directions. Drain and set aside to cool, tossing occasionally so that the orzo doesn't clump together.

2. While the orzo is cooking and cooling, prepare the dressing by combining the olive oil, balsamic vinegar, Dijon, honey, minced garlic, salt, and pepper. You may whisk it vigorously in a bowl, shake it in a tightly-sealed jar, or pulse it in a mini food processor.
3. Once the orzo is cool, transfer to a large bowl. Carefully mix in fresh mozzarella, tomato halves, basil chiffonade, and about $\frac{2}{3}$ of the prepared vinaigrette, or as much as you prefer. Adjust salt and pepper, to taste. Serve immediately or refrigerate and serve chilled, stirring in additional dressing just before serving (since the dressing will soak into the pasta while in the fridge).

Notes

- After cooking the orzo, I prefer not to rinse it since the starch helps the vinaigrette adhere to the pasta. However, it's important to occasionally toss/stir the orzo as it cools to prevent it from clumping. Alternatively, if you already have the vinaigrette prepared, you can stir in a bit which will also prevent sticking.
- If you can't find mozzarella pearls, it's okay to buy a big ball of fresh mozzarella and cut it into $\frac{1}{2}$ -inch cubes.
- If making the vinaigrette with a very high quality balsamic vinegar, the honey may not be necessary.
- The original recipe author explains how to chiffonade basil (with step-by-step photos) in this post (<https://www.fiveearthhome.com/tortellini-pasta-salad-with-tomatoes-basil-fresh-corn/>).

Chile Relleno Casserole

Dana Langseth, Masters student

My dad grew up in Albuquerque, New Mexico and his mom (my Grandma) picked this recipe up from her neighbors while living there. Every year for Christmas eve, as well as for Husky tailgates, he makes a batch of these. They're always a hit and are often requested at gatherings from family and friends. While traditional Chile Rellenos are typically made from roasted poblano peppers stuffed with cheese or meat and coated in egg, this dish turns it into a casserole where the chillies are laid in a pan and covered with an egg and cheese mixture before baking. This allows the dish to be sliced into squares - making it easy to eat as finger food at a party or gathering (but it's just as good served as a side dish during a sit-down meal, or even as a breakfast main-course!).

Ingredients

- 3 to 4 (4oz each) cans of whole green chillies
- ½ lb colby longhorn cheese, shredded (if you can't find colby, monterey or pepper jack, cheddar, or a blend of cheeses works as well)
- 1 cup evaporated milk (regular milk would probably work as well, but I have not tried it)
- 3 eggs
- ¼ cup flour
- ½ lb sliced or shredded monterey jack cheese

Instructions

1. Preheat oven to 375 degrees F
2. Remove chillies from cans, remove seeds and flatten the chillies. Place half of them on the bottom of a 9"x9" square casserole dish. Top the chillies with the shredded cheese,

then cover the cheese with the other half of the flattened chillies.

3. Blend the evaporated milk, eggs, and flour together. Pour over the top of the chilies.
4. Bake for 45 minutes at 375 degrees.
5. Remove the pan from the oven and place the sliced or shredded monterey jack cheese on top. Bake for an additional 15 minutes.
6. Let cool, cut into squares and serve.

Note: if you need to keep the dish warm for a while before serving, it keeps well in a 200 degree F oven (leftovers can also be reheated in the oven at 200 degrees F).

Garantita (Mediterranean Chickpea Pancake)

Gabrielle Benabdallah, PhD student

This is not so much a recipe as a set of guidelines for an extremely forgiving, versatile and nourishing dish that exists in many places around the Mediterranean. It is called garantita or karantika in Algeria, socca in France and farinata in Italy. Garantita is a kind of savory cake made out of chickpea flour. It is more flan-like in Algeria, as people tend to add an egg and/or cheese, more like a galette on the other side of the Mediterranean. Below is my favorite variation, which is closer to the French, but if you want to try the Algerian version simply add an egg to the batter and lower the oven temperature to 375. When out of the oven, sprinkle with cumin, add a drizzle of olive oil and serve warm with harissa. For a more PNW version, leave out the cumin and add caramelized onions and rosemary to the batter instead.

Ingredients

- 2 cups of chickpea flour
- 1 ³/₄ cup of lukewarm water
- 4 Tablespoons of olive oil
- Salt, to taste
- Pepper, to taste
- Cumin, to taste (optional)
- A splash of apple cider vinegar

Instructions

1. Mix chickpea flour, salt, pepper, cumin (if you want it) and water until you have the consistency of crepe batter (not too runny but not too thick either).

2. Add a splash of apple cider vinegar. Cover and let sit for a minimum of 30 minutes (I often let it sit overnight).
3. When you're ready to make it, heat the oven to 450 F.
4. Pour the batter in a shallow baking sheet, rectangular mold or skillet (it is preferable not to lay the batter too thick but I've made it thick in the past and it had the consistency of a quiche inside. Not unpleasant).
5. Bake for 15 minutes or until it is firm to the touch (bake a little longer if you added an egg, probably 20-25 minutes, although it depends on the oven).
6. Serve with a drizzle of olive oil.

Green Onion Pancake 蔥油餅 (Cōng Yóu Bǐng)

Annie Lin, Masters Student

Ingredients

- 400g All Purpose Flour
- 280g room temperature water
- 10-15 stalks of scallions
- Neutral Oil
- Salt (ideally kosher)

Mixing the dough

1. Mix flour and water together. Knead for about 5-10 minutes. This is a high hydration dough (lots of water), so it's normal for it to be a bit sticky. As you knead more, the dough will become strong and more elastic, signifying gluten formation. After 5-10 minutes, it will still be a bit sticky, but less so!
2. Divide the dough into three and knead each section for a minute more.
3. Cover the dough and let it rest for 15-20 minutes.
4. Dice the scallions into small pieces, while you're resting the dough.

For each dough ball

1. Roll the dough ball into a flat circle shape with an even thickness of 1/8 inch. Feel free to use flour to help you roll the dough.
2. Sprinkle 1/4-1/2 Tablespoon salt evenly over the flat dough.
3. Drizzle 1 1/2 - 2 Tablespoon of oil over the flat dough, coating the dough evenly and thoroughly.
4. Sprinkle as much or as little scallion as you want, coating the dough evenly and thoroughly.

Rolling the dough (for each dough ball)

1. From the edge of the dough, roll the pancake into a tight burrito/cylinder shape.
2. After creating the burrito/cylinder shape, use one end of the dough to roll into a spiral shape.
3. When you're done, your dough should resemble the shape of a cinnamon roll. This double roll method creates layers for your pancake. Make sure to roll this tightly, so the dough will not separate into a cylinder again. Press your dough down to ensure everything is sticking together.
4. Let each spiral dough rest for 30 minutes.
5. Create a pancake shape again by rolling the spiral shape dough into a flat circle, with an even thickness of 1/4 to 1/2 inch.

Frying the Pancake

1. On a pan, drizzle a liberal amount of neutral oil (3 Tablespoon) until it's hot enough to fry.
2. Fry your pancake on medium high heat for about 5 minutes each side until each side is crispy and a beautiful golden brown. Feel free to turn the heat down to medium if it's browning too fast.
3. In between frying your pancakes, you'll probably have to use more oil in the frying pan.

Plating

Cut up the pancakes however you like, and it's ready to eat!

Tips

- Adding sesame to the pancake before frying adds another dimension of flavor.
- If you don't have kosher salt, no worries! It's not a huge difference.
- If the pancake doesn't turn out too salty after you fry it, feel free to add more salt.

Hash Brown Casserole

Kristin Dew, faculty/alum

Recipe by Cathy Ryner, with adjustments by Sharon Dew. Originally from Countryside Bible Church (Monmouth, IL) cookbook. This classic Midwestern casserole recipe is a staple side dish for family get-togethers and potlucks during the colder months. It's exactly what I think of when I think of comfort food, and is tastier as leftovers, even cold! You can also re fry the leftovers as fritters.

Ingredients

- ¼ cup melted salted butter
- ¼ teaspoon ground pepper
- 2 cups shredded cheddar
- ½ cup chopped onion
- 12 oz sour cream
- 32 oz fresh shredded potatoes or thawed frozen hash browns
- 10 oz can cream of mushroom soup

Instructions

1. Mix everything together, adding hash browns last. You can also add panko, chopped nuts, or other crunchy topping of your choice to the top before baking.
2. Pour into greased 9x13 inch baking dish. Bake at 350F for 1 hour, covered in foil.

Spinach Puffs (Vegetarian)

Akeiyah DeWitt, PhD student

I made these spinach puffs to share at my first ever HCDE friendsgiving. I just remember Kenya, Susanne, and Raina saying they were good, and I just felt so happy after that. Honestly not sure if these make sense for seasonal meals, but they are seriously great for any occasion. You can make these like 3 hours ahead of time, just cover the assembled puffs and chill in the fridge before baking.

Total time: 35 minutes

Serves 4 to 6

Ingredients

- 10 oz package frozen chopped spinach, thawed and squeezed (like DRY, soggy filling is gross)
- ½ cup crumbled feta cheese
- ¼ cup minced yellow onion
- 1 Tablespoon olive oil
- 1 teaspoon fresh chopped dill
- 1 teaspoon minced garlic
- Salt and pepper
- 2 large eggs
- 1 sheet frozen puff pastry (~17 oz pack), thawed and rolled out to a ~12x12 inch square

Instructions!

1. Preheat oven to 400 F
2. Drain the spinach if you haven't already, it needs to be DRY!!
3. Mix spinach, feta, onion, olive oil, dill and garlic in a medium bowl

4. Season mixture with salt and pepper
5. In a small bowl, beat one egg
6. Fold the egg into the spinach mixture, but keep the egg bowl! You will use it again.
7. Next, cut your puff pastry into three equal strips. Set one strip aside and cut the remaining strips into 6 equal squares.
8. Make your muffin tin non-stick (up to you what you use!)
9. Place a square into each muffin cup, and press on the bottom and on the sides so that the corners of the square are sticking up.
10. Divide the filling between the cups, and fold the pastry over. Press and swirl (or whatever you want) the corners to meet in the center
11. Beat the other egg in your small bowl, and brush your puffs with the egg mixture.
12. Bake the puffs for 20 to 25 mins until they are golden brown and puffed up
13. Let cool in the pan for 10 mins, then use a knife to loosen the edges and get the puffs out. You can let them cool again after this.

Sweet, Spicy, Savory, Crunchy Tofu with Fried Onion

Ridley Jones, PhD student

After I tried Maangchi's sweet and spicy crunchy tofu recipe, I was simply in love with it. But what if I could add the deliciousness of fried onions to it? What if I could make the sauce even more savory? I went wild and this is the outcome. It is extremely flavorful, and delicious on its own or with rice. I absolutely love this dish, but it does need to be eaten within an hour or so of being made for maximum delicious crunch.

Vegetarian as written, and VERY easy to make vegan and gluten free

Serves 1 to 2 as a main dish or up to 4 as an appetizer

Ingredients

- One (approximately 14 to 16 ounce) package firm tofu
- One red onion
- About ¼ to ½ cup potato starch (preferred) or corn starch, for dredging tofu
- Salt
- Enough neutral oil, such as canola, to deep or shallow fry the tofu (I like using part liquid oil like canola, and part coconut oil)
- Small amount of sesame oil—perhaps a teaspoon
- Optional but very nice: handful of thinly sliced scallions

Sauce (all amounts here are to taste, but start with the amounts listed and gradually adjust up as desired)

- 1 Tablespoon Ketchup
- 1 Tablespoon gochujang paste
- 1 Tablespoon natural liquid sweetener (I used half honey and half agave nectar, but the original recipe uses brown rice syrup, so you could use that, or part agave and

part maple)

- 1 ½ Tablespoons soy sauce (or for gluten free, tamari or coconut aminos)
- Sriracha to taste (skip if you don't like much spice, but do add in a sprinkle of garlic powder if you skip it)

Instructions

1. Slice the tofu into cubes or planks the size you want to eat—about ¾ inch cubes is perfect for me, but it's very flexible
2. Freeze, thaw (you can do this in a microwave on defrost or low power, or just leave out on the counter for a while), and *gently* squeeze out the tofu, patting dry. You're going to leave it to air out a bit while you do other parts of the recipe, so lightly salt it on both sides and leave it out.
3. Mix all the sauce ingredients in a small microwave-safe bowl. Microwave for 30 seconds or until it boils (watch carefully! The high sugar content means it may explode). Taste and adjust quantities to your liking, but keep in mind this is supposed to be a very strongly flavored sauce, since we're only using a small amount. Leave it to cool while you do the rest—if it's still hot when you put it on the tofu, it will steam and reduce the crunchiness.
4. Slice the red onion very thinly—the thinner the faster this will go—and fry it in the oil on low heat until browned and crisp, turning and redistributing now and then to cook it evenly and keep it from burning. Remove onion pieces from the oil as soon as they are well browned, not burned (you can taste pieces as they reach deeper shades of brown to verify). Place on a plate-lined with paper towel to drain if you like—and lightly salt the pieces as soon as you remove them from the oil. If there end up being lots of little onion particles in the oil at the end of this process (we're going to cook the tofu in this oil so little onion bits could burn if left in), run the oil through a strainer, wipe the bottom of the pan with a paper towel, and put the oil back in the pan.
5. Dredge the tofu in the starch of your choosing. It should be lightly coated all over. An easy way to do this is to put the starch and tofu together in a ziploc bag, seal it, and shake. Discard any excess dredging starch—we don't want it in the recipe except as a dredge.
6. Heat the oil to medium and fry the tofu in it. Make sure it's hot enough by dropping in one piece of tofu to make sure it starts bubbling right away. Loud angry sizzling right away means it might be a little **too** hot. Depending on the size of your pan, this may take multiple batches—don't crowd the pan to the extent that lots of pieces of tofu are touching each other. Fry the tofu until golden brown on both sides, turning if

necessary. Remove with slotted spoon and place the tofu on either a wire rack (preferable) or plates lined with paper towels. Lightly salt the tofu as it comes out of the fryer.

7. Turn off the oil. Now, you have two options: you can be done with cooking now and it will be great. If you want to MAXIMIZE crunch, you can wait a few minutes, turn the oil back on, and briefly refry the tofu (can be all in one batch as long as it all fits in the pan). That will cook out some of the extra steam/condensation and make it ridiculously crisp.
8. In a large metal bowl, place the tofu and toss with the sauce until well coated. Add the crispy fried onions. Taste and make any final adjustments. Toss in scallions, if using.

MAIN DISHES



Adventure-Ready Sandwich

Julie Sayigh, Masters student

Road trips, the beach, hiking, canoeing, and other daylong adventures nearly guarantee that at lunchtime there may be no charming bistro, funky diner, or interesting food truck in sight. Made ahead in the morning, this recipe ensures you have a tasty sandwich for just that moment. Ingredients can be purchased at most grocery stores in the U.S. and you will have enough to make a few sandwiches, so why not bring lunch for everyone in your group? I have yet to find someone who complains that they don't like this sandwich despite the odd combo of ingredients.



Serves 4

Contains Dairy, Nuts, Gluten

Ingredients

- 8 slices of Bread —pick your favorite sliced whole wheat loaf from the regular bread aisle. I like to find the largest slices possible, you're on an adventure after all, and you'll be hungry. This sandwich is also delicious made on a square ciabatta roll if you have access to that. You'll need 4 rolls or 8 slices of bread for the sandwiches.

- 4 to 8 Tablespoon Natural (unsweetened) Almond or Peanut Butter—If you're purchasing this on the road just for this recipe, buy the smallest jar you can. You will use 1 to 2 Tablespoons per sandwich. Almond Butter is recommended, although peanut butter works just fine. Smooth or crunchy.
- 2 Celery stalks—If you can buy a small quantity, great. You will use only ½ of a big stalk per sandwich. Celery sticks are great dipped in the leftover nut butter as a snack later!
- 1 White Onion—Unfortunately if you're on the road, most of this ingredient will be wasted. You will only need one thin slice the diameter of the onion per sandwich at most. Try to find a place to compost the leftovers!
- 1 Granny Smith Apple
- 1- 8 oz log of plain Goat Cheese—you'll use 2 oz per sandwich
- A little Black Pepper

Instructions

1. Let the goat cheese come to room temperature so that it's easy to spread.
2. Wash two celery stalks but don't bother to peel them. Cut off the leaves, then use a sharp knife to chop the length of the stalks into ¼" thick pieces. Place in the prep area.
3. Slice the onion down the center to expose the rings. With a sharp knife, taking the thinnest possible slices, shave off a small heap of onion rings. They should be so thin that they are almost transparent. Place in the prep area.
4. Slice the apple in the same way, in thin slices, not being as careful about the thickness. No need to peel the apple. Place in the prep area. Chop the rest of the apple into slices to eat on the side.
5. Open up the 8 slices of bread to lay flat on the prep area. Using a butter knife, spread the nut butter in a very thick layer thoroughly covering 4 of the slices.
6. Use the same knife to divide the goat cheese into four sections and spread each one generously, edge-to-edge, on the other 4 slices.
7. Press ¼ of the celery pieces into the peanut butter side of the sandwich, covering the whole surface. Press ¼ of the onion slices into the goat cheese side of the sandwich.

Place a few apple slices on top of the onion and sprinkle the sandwich halves with a bit of black pepper.

8. Press the halves of each sandwich together. Slice in half and wrap in a paper towel or wax paper with a rubber band. If you have a chance to refrigerate these sandwiches, great, but if not no worries. They are better at room temp.

P.S. Some have gone rogue and also added sunflower seeds and even raisins to this sandwich. Go crazy! And happy adventuring!

Badger's Mediterranean Festival

Brock Craft, faculty

Ingredients

- 2 cups dried jumbo couscous (e.g., Bob's Red Mill)
- 1/3 small red onion, finely chopped (about 1/3 cup)
- 6 to 8 cherry tomatoes, quartered
- 1/2 cucumber peeled and cubed
- 1/3 cup or a handful of flat parsley leaves, chopped, no stems
- 5 to 8 sundried tomatoes, rehydrated and chopped coarsely
- 1 clove of garlic, minced
- 1/2 teaspoon salt
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 2/3 cup feta, cubed
- 1/4 cup toasted pine nuts
- Cracked pepper to taste

Instructions

1. Prepare the couscous according to the package instructions. Toss with a Tablespoon or so of olive oil and put into the fridge to chill. Fluff occasionally to keep it separated. You can make this first and prepare the other ingredients while it is chilling.
2. Vigorously shake/combine the olive oil, balsamic vinegar, salt and pepper, and garlic. Excluding the feta and pine nuts, place all of the other ingredients in a bowl and pour the oil mixture over it all. Stir. Allow these items to marinate while the couscous cools. This is a good time to toast the pine nuts in a pan over medium heat until golden. Be careful not to eat them all before you use them!
3. When the couscous is cool, pour over the marinade and toss gently. Add the feta and

pine nuts at the last moment and stir. Serve with parsley and extra nuts as a garnish.

Most of the quantities listed are for guidance and can be tweaked to taste. I usually add extra balsamic for more zing. This will keep for a week in the fridge – if it lasts that long.

Basic Meatballs

Kelsen Kitchen, Masters student

Meatballs are the first dish I learned to cook without a recipe. Ultimate comfort food!

Ingredients

- 1 lb ground beef
- 1 lb Italian/hot sausage
- 1/3 cup breadcrumbs
- 1/2 cup grated Parmesan (can swap in Italian blend)
- 2 eggs (can use just 1)
- 1 to 2 Tablespoon milk
- 1ish Tablespoon Italian seasoning
- Ground pepper

Instructions

1. Preheat oven to 425 degrees F
2. Mix all ingredients together by hand. it should be easily shapeable. If it feels too dry, add a Tablespoon or two of warm water. If it feels too gloopy, add a little more breadcrumbs.
3. Form 2 inch balls by hand and put them on a cookie sheet (not too close to each other, but i can usually fit a whole batch on one cookie sheet). Bake them for 15-17 minutes, until they are just barely cooked. Broil them for the last two minutes in the oven.
4. At that point, you can pull them out and add them to a marinara sauce, or you could even do a Swedish meatball and make a brown gravy + jam for them.

Makes GREAT leftovers.

Chicken Piccata

Sean Horita, graduating Masters student

This recipe is hacked from a 'Cooks Illustrated' hack. 'Cooks' tend to identify the salient scrumptiousness of a recipe and employ simple techniques in timing and preparation to create crowd-pleasing executions of otherwise 'fancy' dishes. There are several steps including preparing the chicken, making the sauce, and combining it all to serve, but none of the steps are really difficult. Some skill with a sharp knife will be rewarded in the final presentation. My hacks are to make the dish gluten-dairy-free and increase the quantity of sauce (for the pasta!) I often make this for a week night dinner; we might eat a little late.

Ingredients

- 2 chicken breasts, about one pound
- Salt and pepper
- ~ 1 cup White rice flour
- Olive oil (doesn't have to be extra virgin, much of the flavor would be subsumed)
- 2 cloves garlic, sliced thinly
- 2 large lemons - find lemons with nice smooth skins
- 2 cup chicken broth (I use low-sodium kind)
- 2 Tablespoons capers (my daughter loves capers)
- ~ ½ cup italian parsley, finely chopped

Instructions

1. Heat a warming drawer on high, or your oven on the lowest heat setting, like 175 degrees F
2. To prepare the chicken: lay the breasts flat on a cutting board. With a sharp 6" or

longer chef's knife, hold the knife horizontally, and slice the breast in half along its length, leaving you with two thinner slices of chicken roughly the same size and shape. (This is the preparation known as scaloppini!) You now have four thinner slices of chicken. It is optional at this point to make them thinner by pounding with a tenderizer - use a sheet of parchment paper over the meat if you do, it reduces splatters.

3. Salt and pepper the chicken slices. Put the rice flour on a plate or shallow bowl, and dredge the chicken pieces one by one in the flour, shaking off excess.
4. Juice one lemon into a bowl. Slice off the 'poles' of the other lemon, and slice it lengthwise. Juice one of the halves. Slice the other half from pole to pole in very thin slices, no more than 1/8" thick. Stick these slices into your measuring cup with the chicken broth for simplicity, and dump your capers into the bowl of lemon juice.
5. Heat the olive oil in a large deep skillet over medium heat. Once hot, place the chicken two pieces at a time in the oil to fry. You want a thin, lightly browned surface on the chicken, this takes about 4 minutes per side. A trick I learned is that the chicken will release when it's browned, but flip too early and it will stick. Fry both sides and remove from the pan, placing them on an oven-safe plate in a warming drawer or oven. Continue with the second batch of chicken.
6. With the chicken complete, begin the sauce by sauteing the garlic in the now-empty pan for about 30 seconds. Pour the broth and lemon slices in the pan and bring to a low boil to reduce by 1/3 to 1/2, about 5 minutes. Add the capers and lemon juice and allow this to reduce as well for 2-3 minutes. Remove from heat and stir in most of the parsley.
7. To serve: thin sauces tend to work best with thin pasta, like a (gluten-free) capellini or linguine noodle. Whatever your favorite starch - polenta also could be good - place the pasta on a large serving dish, the chicken slices from the oven on top of the pasta, and ladle the sauce generously over everything, garnishing with the remaining parsley. Serve immediately. Reheats well and makes a great next-day lunch.

(Pro-dairy-tip: before the parsley but after removing from heat, stir a Tablespoon of butter into the sauce, butter makes anything tastier.)

Creamy Beef on the Peach

Cato Cannizzo, undergrad

Ingredients

- 2 strips bacon
- ¼ small onion
- ½ lbs beef
- Salt & Pepper (to taste)
- Chili Powder (to taste ~ 1 teaspoon)
- 1 peach or ½ can of peach
- ¼ cup Water (If peach is not canned)
- 2 Tablespoons Sugar (If peach is not canned)
- Fresh sage (to taste ~6 leaves), or approx. ¼ to ½ teaspoon ground sage
- Green Onion (to taste ~1 string)
- Thyme (to taste ~1 teaspoon)
- ⅓ cup Heavy Cream
- Lemon Juice (to taste ~¼ lemon squeezed)
- Parmesan (to taste)

Instructions

1. Add 2 strips of bacon, cut into ¼ inch pieces, to pan on medium heat
2. After all the fat has melted, add ¼ of a small onion sliced thinly diced into the small pieces
3. Slice the beef into thin strips, season it with salt, pepper, and chili powder
4. After the onion is golden and the bacon is cooked, add the beef
5. On high heat, cook the meat until brown and ready. Set aside
6. In the pan with the bacon fat and meat juice, fry on medium-high, 1 peach sliced or ½ a can of peaches

7. Once peaches are fried, add half a can of peach juice or water sugar mixture
8. Add finely chopped sage, green onions, some thyme, and pepper - increase heat to high
9. After most of the liquid evaporated, add heavy cream, reduce heat to medium
10. Add salt and ~2 Tablespoons of lemon juice to taste
11. Add in the meat, simmer for a couple of minutes, and grate some Parmesan on top

Goalundo Steamer Curry

Sayamindu Dasgupta, faculty

This chicken dish was allegedly prepared and served on steamboats that would ply the rivers of what is now Bangladesh and eastern India. Many of these steamboats passed through Goalundo ghat (https://en.wikipedia.org/wiki/Goalundo_Ghat), and hence the name. I first got a variant of this recipe on a Facebook group; similar versions of the recipe exist on a number of food blogs and recipe websites. A key ingredient in this recipe is the shrimp paste, which is somewhat uncommon in South Asian food.

Ingredients

- Around 1 lb of boneless chicken thighs, cut into bite-sized pieces
- Around 0.5 lb potatoes, cut into medium-sized cubes
- 1 medium-sized red onion, quartered
- 6 cloves of garlic
- 2 to 4 dried red chilies such as dried Chile de Árbol peppers (adjust according to your spice tolerance and the variant of pepper being used)
- ¾ teaspoon shrimp paste (e.g., Thai or Cambodian kapi)
- 1 teaspoon turmeric
- 2 Tablespoons oil (e.g., canola or peanut oil)
- 2 cups of water
- 1 to 2 Tablespoons lime juice
- Salt to taste

Instructions

1. Soak the chilies in hot water for at least 20 minutes
2. Coat the chicken pieces with turmeric and salt and set aside

3. Grind the soaked chilies, onion, and the garlic into a paste and combine with the dried
4. shrimp paste
5. Heat the oil in a wok or heavy-bottomed pan, and once the oil starts to smoke, add the onion paste mix.
6. Stir fry for 3-5 minutes over medium heat, and then add the chicken and the potatoes
7. Stir fry for another 5-7 minutes, till the oil starts to separate; if it looks like the mixture is about to burn before that, you can add a splash or two of water to the wok/pan to cool things down a little
8. Add 2 cups of water, bring to a boil, turn down the heat, cover and simmer for 10 minutes
9. (optional) If you want a thicker curry, toward the end of the 10 minutes, you can mash one of the potato pieces with your spatula or a fork, and stir it in with the curry
10. Turn off the heat, and stir in the lime juice
11. Taste the curry and add salt if needed
12. Serve with rice.

Green Curry (Gaeng Khiaw Waan)

Kathleen Rascon, staff

If you are like me, when you reminisce about your travel adventures, one of the first things you think about is the food you ate. What it looked like, how it tasted, and when you will get back there to try it again. The next time you find yourself in Thailand, do not miss the opportunity to cook with Khun Saiyuud Diwong, also affectionately known as Poo (short for "Chompoo" or rose apple)! A local chef from the largest slum in Bangkok, she is an entrepreneur, who started a business to bring tourists and local residents to her home, to shop the local market, support other local artists and learn about the food, culture, and community she grew up in. We made this recipe in her home and it is one I go back to again and again. So cozy and flavorful. Enjoy!

Ingredients

- 500ml coconut milk (1 can)
- ¼ cup fish sauce
- 1 teaspoon sugar
- 2 lbs of boneless/skinless chicken thighs (vegetarian? Skip this step)
- 2 to 3 Thai eggplant or zucchini chopped
- 250 ml water
- 20 Thai basil leaves

Curry Paste

- 1 Tablespoon kaffir lime rind (sub with regular lime rind)
- 1 Tablespoon galangal diced (sub with ginger)
- 1 ½ serrano peppers
- 1 Tablespoon lemon grass
- 3 garlic cloves diced

- 1 red onion diced

Instructions

1. Use mortar and pestle (I save time with using a Cuisinart) to crush the lime rind and galangal
2. Then add the chili, lemongrass, garlic and onion and grind until it's a paste
3. Add ½ cup coconut milk to saucepan and bring to boil
4. Add curry paste and stir for 2 minutes
5. Add torn kaffir lime leaves
6. Add fish sauce, sugar and meat and simmer until meat is cooked (10 mins or so)
7. Add eggplant, the rest of the coconut milk and water until eggplant is soft (5-7 minutes)
8. Add Thai basil, mix for 1 minute
9. Serve with rice.

Goong Goong Kam Shoyu Chicken

Sean Horita, graduating Masters student

This is Goong goong Kam's Chinese Shoyu Chicken. Mr. Kam is my good friend's father in law, and is of Hakka Chinese descent. Growing up in Hawai'i I recall Shoyu Chicken being served in the school cafeteria at lunch and never cared for it. Then a few years ago we had to feed ten guys after a long day at Whistler and my friend made this recipe and changed my mind.

Ingredients

- 2 lbs chicken thighs, approximately 6-8 pieces. Drumsticks would also be OK, but not breast meat.
- 14oz chicken broth - I tend to use low-sodium type
- 14oz shoyu (soy sauce) - for gluten-free be sure to use the soybean-only variety called 'tamari'
- 14oz water (if use Aloha Shoyu) or 28oz water (if use Kikkoman Shoyu or other higher-sodium variety)
- 2 (two) 1/4" thick slices of ginger; add more if you like ginger, but leave the slices on the larger side
- 1 Tablespoon sugar
- 1/2 teaspoon Chinese five spice (optional if you like the taste, but it's OK to omit)

Instructions

1. Remove chicken from the refrigerator 1-2 hours prior to cooking so it's closer to room temp.
2. Add all ingredients except the chicken to a stockpot with a well-fitting lid.
3. Bring liquid to a rolling boil then add chicken. Allow liquid to return to boil for 3 minutes.

4. Cover, turn off heat, and allow to sit in the pot for 90 minutes. Do not peek as this will allow heat to escape.

To store, I like to reserve some of the cooking liquid with the chicken as it helps it stay moist. Reheat the chicken in the liquid at a low simmer.

Hamburger Gravy

Ridley Jones, PhD student

This is probably my husband's biggest comfort dish, one his mom makes for him. It's simple to make and, indeed, very comforting. The instructions say to serve over rice but it's good with noodles or potatoes as well. You can make it with veggie ground beef alternative (like Impossible) if you like.

Ingredients

- 1 lb. ground beef (or veggie ground beef—if using veggie ground beef, supplement with a bit of coconut oil)
- 1 can cream of mushroom soup
- 2 cups milk
- 1/3 cup flour
- 1 teaspoon Lawry's Seasoned Salt
- 1 teaspoon garlic powder
- Fresh black pepper to taste

Instructions

1. Brown beef in a skillet. Do not drain the fat. If using less fatty veggie ground beef, add in a bit of coconut oil to compensate.
2. When cooked, mix in the flour until it's all incorporated.
3. Add the milk and seasonings. Cook and stir over medium heat until thickened. Add soup and stir again.
4. Serve over rice.

Hot Garlic Eggplant (AKA Toe Jam)

Alaina Orr, Masters Student

My aunt introduced this recipe to my family, and it was one of the first main dishes I learned to make as a child. It was jokingly nicknamed “toe jam” by our family friend and, as gross as it sounds, the name has stuck ever since. I assure you it tastes nothing like its nickname suggests; it’s delicious, flavorful, and perfect over rice or vegetables. I usually make it in big quantities and freeze for when I want a quick comfort meal.

Serves 4

Ingredients

- 1 Tablespoon Oil - Add $\frac{3}{4}$ Lb Ground lean pork or turkey
- 1 Tablespoon Oil - Add $\frac{1}{2}$ cup water to eggplant to simmer/ soften
- 1.5 Lb Japanese Eggplant - uniformly cut small
- Add cooked meat, Garlic Sauce (ingredients below)
- Garlic Sauce (Double this, combine and set aside)
- $\frac{1}{4}$ cup Soy Sauce
- 1 Tablespoon Sugar
- 1 Tablespoon White Vinegar
- 1 Tablespoon Cornstarch
- 2 Red chili peppers minced (or a few squirts of Sriracha)
- 2 Tablespoon Fresh Ginger minced (more is better)
- 2 Garlic cloves minced (more is better)

Instructions

1. Combine garlic sauce ingredients and set aside. Double recipe for more moisture.

2. Heat oil, add/ cook ground meat and set aside
3. Heat oil, cook eggplant covered until brown / soft. Add ½ cup water, cover and simmer to soften eggplant.
4. Add cooked ground meat. Combine garlic sauce with eggplant and meat, heat for about a minute (light boil) or until sauce is thickened. Simmer longer for softer eggplant.
5. Serve over hot rice with extra sriracha.

Mille-feuille Nabe (1000 Layers Hotpot)

Shenna Shim, undergrad

This dish holds a really special place in my heart. Not only because it's absolutely delicious, but it's the first proper meal that my cousin Jinsoo cooked for me. Growing up we didn't always see eye to eye, but even during the most turbulent times in our lives, he was my rock and I hoped to be his. Although this recipe is a lot more refined than the mille-feuille nabe that Jinsoo made for us when we were much younger, its warmth leaves something to be remembered.



Serves 2 to 3

Ingredients

- ½ Whole Nappa Cabbage

- 1 Pound of Sliced Pork Belly or any thinly sliced pork meat (do not use bacon, that is cured pork belly and will make the dish taste odd and salty)
- 2 Bok Choy Heads or 2 packets of Perilla Leaves (perilla Leaves are recommended but if unavailable Bok Choy works as a good substitute)
- 1 pack brown or white Seafood Mushrooms
- 1 pack Enoki Mushrooms
- Optional: brown gremlin or shiitake mushrooms (3-5 pieces)

Ingredients for this dish are readily available at your local Asian grocery stores such as H-Mart or Uwajimaya.

For broth

- A knob of ginger (1 inch)
- Dashi Stock and Soup Soysauce (note: normal soy sauce will not work for this recipe)
- Optional: 1 Tablespoon of unflavored soju or sake

For Dipping Sauce

- Ponzu or Sesame sauce (store bought)
- Optional: some chopped leek or scallions in dipping sauce.

Equipment

- Nabe pan (a pan at least 3-4in deep, 6-8in in diameter)
- Large cutting board
- Knife that is strong enough to cut through root vegetables
- Colander to wash and set aside vegetables
- Eating bowls + Ladle to serve dish
- Sauce bowl (for ponzu or sesame sauce)
- Eating utensils of choice

Instructions

1. Gather all the ingredients. Wash the veggies carefully and put them aside in a colander.
2. Cut ½ whole Nappa cabbage in half vertically (lengthwise). Make sure leaves remain intact to the bottom stem.
3. Slice a knob of ginger into thin slices and set them in the bottom of your nabe pan.
4. Place 1 or 2 pieces of perilla leaves and/or bok choy in between the cabbage leaves-

- enough to cover the cabbage length- followed by 1 or two slices of pork belly on top.
5. Repeat this layering process throughout the entire cabbage.
 6. With all the vegetables and meat tucked in, slice the cabbage into 3 to 4 pieces, about 2 to 2.5 inches wide. You may choose to remove the stem.
 7. In your nabe pan, begin to pack the layers of cabbage from the outer edges of the pan in a circular motion towards the center. Note: the layers should be packed TIGHTLY. They will shrink and become loose while cooking.
 8. You will likely have some space remaining in the center. Fill the space with seafood/enoki mushrooms and nicely cut gremlin or shiitake mushrooms for decoration.
 9. In a bowl, add 3 cups of water. Optional: add a Tablespoon of sake or soju.
 10. Add 3 to 4 Tablespoons of soup soy sauce into the water. Add dashi stock according to taste. Note: the broth will likely become saltier as you boil it with other ingredients.
 11. Place your nabe pan on the stove and fill with broth until the cabbage is submerged. If you have leftover broth, set it aside and use it to replenish your nabe from time to time.
 12. Start cooking on high heat for 4-5 minutes. Once boiling, skim the foam and fat on the surface. Reduce the heat to medium-low.
 13. Once the cabbage is tender and the meat is cooked, serve with ponzu or sesame sauce.

Mrs. Song's Fish Soup (Simplified and Adapted Version) 宋嫂鱼羹

Regina Cheng, PhD student

This dish is a signature dish of my hometown Hangzhou, China. It dates back to the Song dynasty, which is more than 800 years ago. The legend says Mrs. Song, a poor fisherman's wife, impressed a traveling emperor with this soup and got her family rich. The original recipe uses a certain kind of fish and fresh bamboo shoots that are not available in the US. Reading many online recipes, I was able to make a version that, in my opinion, is close enough to those that I ate in Hangzhou.

This is a fairly complicated recipe, so buckle up :) The finished dish should be a savory soup with a slightly thick texture, with the fragrance of vinegar and the taste of crab (although there is no crab in it).

Serves 2 to 3

Ingredients

- 2 Tilapia fish
- A small piece (about the same size as half of a name card) Chinese ham (Likely can be found in Chinese grocery stores like the Asian Family Market in the Seattle area. Ideally, use the Jinhua Chinese ham. CANNOT be substituted by western hams).
- A small piece (about the same size as half of a name card) Ginger
- 3 stems green scallion
- 2 cans (~500ml) chicken broth
- 2 shiitake mushrooms (Can be found in Asian grocery stores. If you get the dried ones, make sure to rehydrate them following the instructions on the package)
- 1 egg
- 2 Tablespoons regular soy sauce
- ½ Tablespoon white pepper
- 2 Tablespoons Chinese Chinkiang vinegar (Can be found in Asian grocery stores.

CANNOT be substituted by other vinegars).

- 4 Tablespoons Chinese Shaoxing cooking wine (Can be found in Asian grocery stores CANNOT be substituted by other cooking wines).
- 1 ½ Tablespoons potato starch
- Salt to taste
- 2 Tablespoons vegetable oil

Equipment

Steaming equipment (e.g., pot + steaming rack)

Instructions

1. Take half of the gingers and 1 stem of scallion and cut them into shreds.
2. Put the fish in a shallow bowl. Add 2 Tablespoons of Shaoxing wine and a pinch of salt, and spread the scallion and ginger shreds on top of the fish. Let it marinate for a few minutes
3. Steam the fish for 6 mins (after the water starts boiling). When it finishes, throw away the scallions and gingers (DO NOT throw away the juice). Use a fork or chopsticks to shred the fish into small pieces.
4. Cut the rest of the ginger, scallion, the shiitake mushrooms, and the Chinese ham into shreds.
5. In a different pot or wok, turn on the highest heat, use the vegetable oil to sautee half of the cutted scallions. When you can smell the scallion fragrance, add the can of chicken broth and 2 spoons of Shaoxing wine. Give it a boil. When it boils, pick out the scallions and throw them away.
6. Add 2 Tablespoons of soy sauce, the shreds of shiitake mushrooms, Chinese ham, and gingers to the soup. Give it a boil.
7. Add the steamed fish and its juice to the soup. Give it a boil.
8. While waiting for the soup to boil, dissolve 1.5 spoons of potato starch in water in a bowl. The water : starch ratio should be around 1.5 : 1.
9. Slowly add the starch water to the soup. Stir around the pot in one direction slowly and gently.
10. Beat the egg in a bowl. Add the egg to the soup. Stir around the pot in one direction slowly and gently to make thin egg drops.
11. Add 2 Tablespoons of vinegar. Stir around the pot in one direction slowly and gently.

12. Sample taste. Add some salt if not savory enough.
13. Add white pepper and serve.

Nana's Pork Green Chili

Lo Cianflone, graduate student

New Mexico takes chili very seriously, and everyone has lots of little tricks. This is Nana's method that she has perfected over many years. It's meant to feed A LOT of people so be wary. Also, I've given measurements for things, but most of her method is instinct, so it's best to just practice.

Ingredients

- Two medium white onions - finely diced
- 2 to 3 lbs pork butt - diced, take off the fat but don't worry about getting every little nubbin
- ½ bushel of chilis - roasted from the farmers market. Nana buys them a couple of times a year in New Mexico in huge quantities and just freezes them. If you're ever at a market with chilis just ask for recommendations 'cause she keeps it a secret what kind she uses.
- 1 can of whole tomatoes (the #10 can)
- 2 to 3 cloves of garlic - sometimes she just uses a couple of Tablespoons of powdered garlic.
- 1 can of chicken broth
- 4 cubes of beef bouillon
- 1 Tablespoon of chicken bouillon

Equipment

- Nana has a giant a*** heavy bottom pan that covers two burners on her stove (I think it's what people cook turkeys in at thanksgiving). She uses this to cook all the meat in a nice even layer. If you don't have access to anything like that 'cause you're not a grandma feeding an army then everything will need to be done in rounds.
- A blender.
- A sharp knife

- A whole day

Instructions

Part 1: Prep

1. If the chilis are frozen, leave them out the night before in a bowl. Once they're unfrozen, clean the skin off of them. If they've been properly roasted the skin just flakes right off.
2. Dice the onions - These should be finely diced - a really really sharp knife makes a big difference
3. Cut the fat off the meat (Note: Don't waste this stuff! Make chicharrones! Don't know what those are, you should look it up.)
4. Cube the meat.

Part 2: Cooking

1. Add canola oil to the big a** pan, and let it get hot. Don't be putting the meat in cold oil, it's a great way to get kicked out of the kitchen
2. Brown the meat on low heat
3. Add the onions. Soften the onions on low heat - 5 mins
4. Add garlic powder or 2-3 cloves of fresh garlic - finely diced
5. In the blender, blend half the whole tomatoes and chilis on low for 2 seconds just to combine
6. Pour these into the pan. Continue to simmer
7. Add 1 can of chicken broth.
8. Add 4 beef bouillon, and 1 Tablespoon of chicken bouillon. If it doesn't taste absolutely delicious, add some garlic salt.
9. Add the rest of the peppers and tomatoes, and cut them into strips - > this is what you see in the chili and it really 'adds something to it'
10. Add water a cup at a time to slow the thickening so the meat gets tender. Pork butt should literally fall apart like butter when you eat it.
11. Let it cook for as long as it takes to get the meat tender. The last time I made chili it took about 3-4 hours.

Notes

- If the chili is too spicy, add more tomatoes
- If the meat isn't tender it's not done! Add a cup of water if the sauce is looking thick.

This chili is best eaten shoveled into buen ellos which are basically fried tortillas that have puffed up into perfect little chili pouches or on top of really thinly sliced potatoes cooked in pork drippings. This is food for the heart, so it's best to load up when you get it. Also, if you have extra, you can just freeze it! Easy peasy.

Paneer Kathi Rolls (Spiced Indian Cheese Rolls) and Mint Chutney

Shivank Mistry, undergrad

This is probably my favourite dinner growing up. Kathi rolls are an Indian street food featuring Indian-spiced vegetables and protein wrapped in a roti (or in this case, a tortilla). For the protein, I will be using paneer, which is a type of Indian cheese. You can find all these ingredients at any local Indian store (I believe there is one on 55th and the Ave).

Makes 8 rolls

Ingredients

- 12 oz Paneer cut in 1" cubes
- 1 small green bell pepper cut in small cubes
- 1 small red bell pepper cut in small cubes
- 1 small red onion cut in small cubes
- 2 Tablespoon tomato paste
- 3 to 4 Tablespoon cooking oil
- 1 teaspoon whole cumin seeds
- 1 teaspoon garam masala powder
- 2 teaspoon coriander powder
- 1 teaspoon cumin powder
- ¾ teaspoon turmeric powder
- 1 to 2 teaspoon chili powder
- 1 ½ Tablespoon kasuri methi (dried fenugreek leaves)
- Chaat masala as needed (optional garnish, may be harder to find)
- 1 teaspoon ginger chopped
- Salt to taste

- ¼ cup chopped cilantro

Chutney (makes 2 cups)

- 2 cups tightly packed fresh mint leaves
- 2 cups tightly packed chopped fresh cilantro
- ½ inch ginger
- 2 cloves of garlic
- ½ cup peanuts
- 1 juice of fresh lime
- ½ cup water
- 1 teaspoon cumin powder
- 1 teaspoon salt

Instructions

To prepare the filling:

1. Heat oil in a skillet, add cumin, immediately add chopped vegetables along with ginger
2. Sauté for a minute, add tomato paste and mix well.
3. Once mixed, add all dry spice powders along with crushed kasuri methi and salt.
4. Cook covered on a medium low heat for additional 5 to 6 minutes, stirring intermittently.
5. Once done, turn off the heat, add cilantro and mix well.

To prepare rolls:

1. Cook the flour tortilla on both sides, one side a bit undercooked.
2. Place the undercooked side facing down on the pan and add the filling above neatly in a straight line.
3. Roll in the tortilla from both the ends tucking neatly and cook some more to get a crispy crust on the roll.
4. Once done, cut the rolls diagonally into 4 pieces and sprinkle with chat masala, serving warm with mint chutney.

To make the chutney:

Add all ingredients along with water into the blender and grind until well ground. Serve with Kathi rolls and other snacks as a condiment.

Rice Cooker Sausage Rice 香肠煲仔饭（电饭煲版）

Regina Cheng, PhD student

This recipe is inspired by Claypot Sausage Rice, a signature Cantonese dish. The rice cooker version is a lot simpler, and in my opinion, also pretty good. The best thing about this recipe is that the rice cooker does most of the job and while it cooks, I can focus on other things. The dish itself is also balanced with protein, veggies, and carbohydrates. This dish helped me get through many busy paper writing days as a grad student.

Serves 1 and can be made vegetarian

Ingredients

- 2 Chinese sausages made with pork (Can be found in Asian grocery stores. Brands may vary and I personally think they are all about the same. This CANNOT be substituted by any other types of sausages.) For dietary preferences/restrictions, you can skip the sausages. Although it will become a completely different dish, it should still taste good.
- 1 or 2 sheets fresh bean curd or tofu sheet. (Can be found in Asian grocery stores. Brands may vary. If you get the dried sheets instead, make sure to rehydrate them following the instructions on the package).
- 3 fresh or dry shiitake mushrooms (Can be found in Asian grocery stores. If you get the dried ones, make sure to rehydrate them following the instructions on the package).
- 1 cup uncooked white or brown short-grained rice (any rice should be fine in theory)
- 1 egg
- 1 bunch baby bok choy or yu choy (Any leafy vegetables or broccoli can work. I personally prefer these two).

Sauce Ingredients

- 2 spoons regular soy sauce
- ½ Tablespoon black soy sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon oyster oil
- 1 Tablespoon Chinese cooking wine (optional)
- 1 Tablespoon water

Equipment

Rice cooker

Instructions

1. Add rice to the rice cooker. Wash the rice and drain the water. Add water. Water rice ratio is approximately 1:25 : 1 (or slightly less than the amount of water that you'd put in for cooking normal white rice).
2. Slice the sausages and shiitake mushrooms. Cut the tofu sheet into ~1/3 inches or 1cm wide strings.
3. Place the sausages, mushrooms, tofu sheets on the rice.
4. Turn on the rice cooker as you'd normally do for cooking white rice.
5. Wash the baby bok choy. Cut it however you like and boil for 2 minutes. Take it from the water and put it aside.
6. Prepare the sauce by mixing the sauce ingredients in a bowl.
7. 8 minutes before the rice cooker finishes cooking, open the lid, quickly crack in the egg and close the lid.
8. When the rice cooker finishes cooking, add in the sauce. Give it a good fix. Top with the bok choy and serve.

Sausage and Kale Sweet Potato Soup

Kara Bates, Masters student

This recipe is my husband's, who does most of the cooking. He began making it a few years ago early in our relationship and it quickly became one of my favorites. I ask him to make it for me all the time in the winter. He's modified and improved it over the years. It's quick, easy, and perfect for those long cold winter days in the Pacific Northwest. The sausage and sweet potatoes combine for a nice sweet and savory soup with a little crunch from the kale.

Ingredients

- 1 pound sweet italian sausage (casings removed)
- 1 Tablespoon olive oil
- 1 large yellow onion, chopped
- ½ Teaspoon salt
- ½ Teaspoon pepper
- 4 garlic cloves, grated or finely minced (we normally use pre-prepared minced garlic)
- 2 large sweet potatoes, peeled and chopped into 1/2 inch cubes about 3 cups. (peeling is optional)
- 4 cups chicken stock (we usually use chicken bouillon cubes and water to make the broth)
- 1 bay leaf
- 1 bunch kale, stems removed and chopped

Instructions

1. Chop the onion, remove the casings on the sausages (slice the casing lengthwise all the way down the sausage then peel it off), and prepare the sweet potatoes.

2. Heat large pot over medium–high heat. Add the olive oil to the pot. Once heated, cook the sausage in the olive oil breaking it up with the back of a wooden spoon until almost cooked through, about 5 minutes.
3. Add in the chopped onion, salt and pepper, and cook until the onions turn translucent (about 5 minutes) stirring occasionally.
4. Add the garlic and cook until fragrant (30 seconds).
5. Add the sweet potatoes, chicken stock and bay leaf.
6. Cook partially covered on medium heat until the sweet potatoes are tender. (20 minutes)
7. Remove the stems and chop the kale while the soup is cooking.
8. Remove bay leaf and add the kale
9. Continue to cook for 5 minutes until the kale is tender.
10. Turn off heat, taste for salt and pepper, add more if needed and serve warm.

Shoyu Chicken

Jane Skau, staff

Ingredients

- 2 pounds bone-in chicken thighs with skin
- ½ cup shoyu (soy sauce)
- ½ cup brown sugar
- ½ cup chicken broth
- 2 Tablespoons rice vinegar
- 4 garlic cloves, smashed or minced
- 1 2-inch knob of ginger, peeled and sliced
- 1 Tablespoon sesame oil (optional)
- 2 Tablespoons cornstarch dissolved in 2 Tablespoons water (optional)
- 2 stalks green onions, chopped (optional)
- 1 Tablespoon sesame seeds (optional)

Instructions

1. Brown chicken skin side down for about 5 minutes in a pan on the stove. Use sesame oil if you need to so the skin doesn't stick to the pan.
2. In a bowl, mix together shoyu, brown sugar, chicken broth, and rice vinegar.
3. Add the ginger and garlic to the pan and turn the chicken skin side up.
4. Pour shoyu mixture into pan, over chicken. Bring everything to a boil then reduce heat to low.
5. Put a lid on the pan and simmer for 30 minutes or until chicken is tender.
6. Remove chicken onto a plate.
7. Bring remaining sauce to a gentle boil and reduce until thick OR thicken with the cornstarch slurry.
8. Serve with rice. Drizzle sauce over the chicken. Garnish with sesame seeds and green

onions.

Shrimp Curry

Pat Reilly, retired staff

This recipe was shared to me by one of my younger sisters, who moved to Iran with her husband and sons during the 1980s. They lived in a small town for about 12 years. She became close to her mother-in-law, who taught her many delicious Iranian meals. Now that they are living in the US, we get to experience other wonderful meals made by her family, all of whom are fantastic cooks. This recipe is simpler than some of the more complex meals, and I make it often.

Serves 4

Ingredients

- 1 small onion, diced
- 2 to 3 Tablespoons vegetable oil
- 4 cloves minced garlic
- 8 oz mushrooms, chopped
- 3 Tablespoons chopped cilantro
- 2 generous Tablespoons fresh minced ginger
- T tomato paste
- 1 peeled apple, grated
- 1 pound raw shrimp
- 3 Tablespoons curry powder
- ¼ teaspoon saffron*
- ¾ cup walnuts or almonds
- 1 cup yogurt or coconut milk
- Cooked basmati or other rice
- 1 teaspoon paprika

*Trader Joe's carries affordable saffron.

Instructions

1. Brown the onion in oil until soft. Add the garlic and stir another minute. Add the mushrooms, cilantro and ginger and stir. Cook until the mushrooms are limp.
2. Add the tomato paste, grated apple, shrimp, curry powder, paprika and saffron.
3. Put the walnuts or almonds in a blender with about 1 ½ to 1 ¾ cup water. Blend well. It will look like a milk shake. Add to curry, and simmer for about ½ hour.
4. Stir in yogurt or coconut milk. Taste and add salt as needed. Serve over rice.

Somen Noodle Salad

Alaina Orr, Masters Student

My great-uncle was a legendary cook. He was Japanese Hawaiian, and the many dishes he created and shared with his community have Japanese and Hawaiian influences. He would make entire family meals when my mainland family would visit him and our relatives on Kauai, and he enjoyed watching our reactions as we tasted his dishes. Most of his recipes are meat-heavy but his Somen salad is delicious with or without meat, and with plenty of blanched veggies. Served cold, it's perfect and refreshing for summer. (See tips at the very bottom!)

Serves 4 to 5

Ingredients

1 oz Package Somen noodles

Sauce #1

- ¼ cup Sugar
- 1 cup Chicken Broth
- ¼ cup Shoyu
- ¼ cup Rice Vinegar
- 2 Tablespoon Sesame Oil

Combine ingredients and boil. Simmer for 5 min to dissolve sugar.

Sauce #2

- ⅓ cup Rice Vinegar
- ⅓ cup Sugar
- 2 Tablespoon Sesame Oil

- 2 Tablespoon Oil
- 3 teaspoon Sesame seeds
- 2 teaspoon Salt

Mix, whisk, shake or whateva. Cook/strain Somen and combine with cooled sauces.

Tips: Add blanched and julienned veggies (carrots, snap peas, string beans). Add meat (ham, shredded chicken, kamaboko – Japanese fishcake). Make extra sauce, which will keep in refrigerator for easily 1 month.

Taiwanese Braised Dried Tofu (台式滷豆干)

Xenia Lin, Masters student

This recipe comes directly from my mom. I really missed having braised dishes since coming to Seattle, as my mom used to make braised dried tofu back in Taiwan. She would make plenty of braised dried tofu, put them in the fridge so that my family can eat them anytime we want, or even put them in small bags to distribute to friends and relatives. She had shared this recipe with many people and she said proudly that people really love it! I hope you do too!

Ingredients

- 1200g Dried tofu (NOT flavored)
- 3 to 5 pieces Star Anise
- 1 cup/200 ml Soy sauce - 1 cup or 200 ml
- 1 cup/200 ml Salad oil (Cooking oil)
- 1 cup Golden cane sugar (measured with the same cup used above)

Note: According to my mom, for soy sauce, salad oil, and golden cane sugar, it's the ratio (1:1:1) that matters. I write the portion of my estimation, but you may reduce/increase them depending on the amount of dried tofu you use. Additionally, you may modify the ratio a bit if you want it to be less oily or with less sugar to 1:0.5:0.7.

Instructions

1. Put some water in a pot and cook until it boils
2. Cut dried tofu into small pieces (bite-size), and put them into boiling water for 1 minute
3. Drain the water, and then put all the ingredients in the pot
4. Cook on medium heat until the sauce is boiling, and then turn to low heat (Do not close

the lid)

5. Keep cooking for 30 to 45 minutes without closing the lid, and stir occasionally in between to immerse dried tofu in the sauce
6. Turn off heat and let it sit still for 30 minutes for better flavor
7. Remove the dried tofu from the pot and put them into other containers. Can serve immediately, but putting them in the fridge overnight tastes better

Totsgiving Casserole (Vegan)

Akeiyah DeWitt, PhD student

I made this vegan tater tot casserole to share at my first ever HCDE friendsgiving. This was my first year in the program, so I was really excited to get closer to people and wanted to win them over with a unique (but undeniably festive) recipe! This recipe is now a part of my seasonal holiday rotations (my family LOVES it, I have to make extra every year).

Total time: 2 hours

Serves 6 to 8

Ingredients

- 1 large diced white onion
- 2 to 3 stalks diced celery
- 3 minced garlic cloves
- 4 vegan sausage, apple sage flavor, cut on the bias (diagonal cut)
- 2 Tablespoon vegetable oil
- 2 teaspoon fresh thyme
- 2 teaspoon finely chopped fresh sage
- 2 teaspoon vegan beef flavored bouillon (or 2 cubes)* (if you can't find this, use the vegetable one)
- 2 teaspoon dijon mustard
- 2 Tablespoon vegan Worcestershire sauce*
- ½ teaspoon ground black pepper
- 2 cups frozen vegetables (corn, peas, carrots, green beans)
- ¼ cup flour
- 1 ¾ cup non-dairy milk (unsweetened is better)
- ½ teaspoon sea salt (optional)

- 1 green apple, peeled, cored, and finely diced
- 4 ½ cups frozen tots (~32 oz bag)
- 2 teaspoon finely chopped fresh sage, as garnish

* You can buy vegan Worcestershire sauce online, but I usually make my own. You can also sub soy sauce. For my recipe, I just add everything below to a pot, cover, and heat until it's BARELY simmering, then let it cool to room temp. I think you can keep this in your fridge for like a month?

- 1 cup apple cider vinegar
- 1/3 cup soy sauce
- 3 Tablespoon brown sugar
- 1 teaspoon dijon mustard
- 1/2 teaspoon allspice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon black pepper

Instructions!

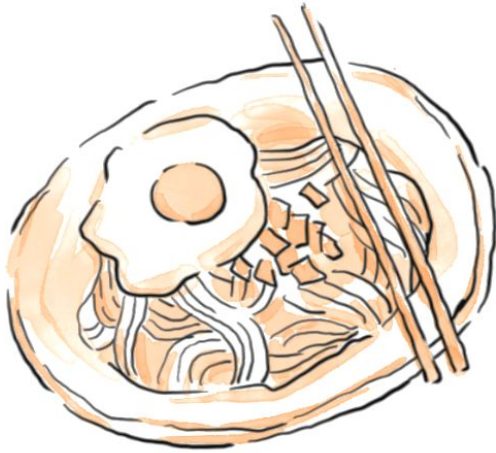
1. Preheat your oven to 425 F.
2. Heat vegetable oil in a pot (large one, enough to fit all ingredients except tater tots) and add cut sausage. Brown over medium heat for 6 mins. Remove the browned sausage from the pot and set aside.
3. Add chopped onion and celery to the pot (don't clean it!!) and saute for 3 mins.
4. Add the bouillon, mustard, worcestershire, black pepper, and frozen vegetables to the pot. Stir so everything is combined well and coated, and saute for 3 mins.
5. Add the sausage back to the pot and very gradually add the flour, while stirring constantly so you can coat everything in the pot with flour.
6. When the flour is well incorporated, very gradually add the milk while stirring to combine the flour. Make sure to also scrape any hard flour on the bottom of the pot while stirring because you want the browned flour in there. I like to use my wooden spoon for this :)
7. When the browned bottom is all incorporated, keep stirring and the mixture is going to thicken. When it starts to bubble, remove from the heat and stir in the apple.
8. At this point, taste it and see if you want to add salt? It depends...
9. Transfer everything from the pot to a casserole dish (medium thickness?) and

organize your tater tots on top however you want, just make sure the casserole filling is mostly covered

10. Garnish with the fresh sage!

11. Bake for 40 to 50 mins, or just cook until the tater tots are brown and crispy

BREAKFASTS



Crispy Sourdough Waffles

Kellie Dunn, staff/alum

Easy to make vegan. I spent 2020 perfecting this recipe with the ubiquitous pandemic sourdough starter discard!

Ingredients

Wet ingredients

- 1 cup sourdough starter discard
- 1 ½ cup milk (dairy or unsweetened plant-based is fine)
- ⅔ cup oil
- 2 eggs --OR-- 2 flax-eggs (2 Tablespoon. ground flaxseed stirred into 6 Tablespoon. hot water and set until it gels)

Dry ingredients

- 1 ¼ cup (175g) all-purpose flour
- ½ cup (71g) cornstarch
- 1 teaspoon. (5g) baking powder
- ½ teaspoon. (3g) baking soda
- 2 Tablespoon. (26g) sugar
- 1 teaspoon. (6g) kosher salt

Optional: a handful of chopped walnuts and rolled oats

Instructions

1. Stir together the sourdough discard, milk, oil, and eggs until well blended.
2. Whisk the flour, cornstarch, baking powder, baking soda, sugar, and salt together in a large bowl.
3. Add the liquid mixture and whisk together.
4. Heat your waffle iron while you let the batter rest for 5-10 minutes.

5. If using, sprinkle a small spoonful of oats and chopped walnuts onto the hot waffle iron first (they'll get a little toasty!)
6. Add batter to waffle iron, and cook until crispy.
7. Extra waffles keep well in the freezer for homemade toaster waffles!

Flam Blams!

Daniela Rosner, faculty

Cousin of the scone and flapjack. I made up this recipe at the height of my stressed-out PhD student days, and I stand by them. Easy to make and delicious fresh.

Ingredients

- 6 Tablespoon salted butter
- 1 cup gluten free flour (such as Bob's Red Mill 1:1 mix)
- ½ cup regular all-purpose wheat-based flour
- 2 teaspoon baking soda
- 1 ½ to 2 teaspoon baking powder
- 2 eggs
- 1 ½ cups yogurt
- ¼ cup currants

Instructions

1. Preheat oven to 400 degrees F.
2. Mix together baking soda and flour in a bowl.
3. Cut butter into flour
4. Mix in yogurt and currants
5. Place on a greased tray in small clumps
6. Bake for 10 minutes.

French Toast

Sean Horita, graduating Masters student

This is a good way to get kids to eat eggs and not even know it. They can also help prepare this dish, beat the eggs, measure milk. This preparation was adapted for my family's taste from a Martha Stewart recipe, reducing the sugar and stipulating the Japanese milk bread and coconut oil. I think the unrefined coconut oil adds to the flavor and complements the chewiness of the bread.

Ingredients

- 4 slices airy white bread, thickly sliced $\frac{3}{4}$ " - 1". The best results come from shokupan Japanese white milk bread, but a plain French loaf will also be OK. Don't use whole wheat bread or sourdough.
- 4 eggs
- 1.5 cup whole milk. If it's Christmas you can substitute half of the milk for egg nog!
- Pinch salt
- Pinch brown sugar or agave syrup
- Unrefined coconut oil or butter
- Toppings of your choice, maple syrup is the go-to

Instructions

1. First rule of French toast (pain perdu) is that the bread has to be stale and hard. Like its name in French suggests, this is 'lost bread', rendered inedible by all except goats and crows. It just won't work if the bread is still soft. So place your slices upright on a plate (maximum airflow around them) and leave them on the counter overnight.
2. In the morning (or whenever you want French toast), beat the eggs in a large bowl until scrambled, then mix in the milk, salt, and sugar/agave. (Note: I have found and read that adding salt to beaten eggs and letting it sit for 5-10 minutes helps to dissolve

the whites, making for a more evenly textured egg mix.)

3. Place the bread in a dish sufficiently deep and wide to hold your slices, and pour the mixture over the bread. You want a good amount of submersion of the bread under the liquid, so about half of the bread is under the surface. (Alternatively you can use a large ziploc freezer bag and place the bread and liquids in it, which makes it easier to flip and soaks up the liquid more quickly.) Gently turning the bread every couple of minutes, let the bread soak in the liquid until the liquid has been mostly absorbed into the bread. You'll know it's good when the centers of the slices are very, very soft, and the bread is nearly falling apart.
4. Heat the oil or butter in a large skillet over medium heat. If using butter, wait for the foaming to subside. Carefully add the slices; you will likely only be able to fit two slices in a 12" round skillet. Flip the bread after four minutes and let the other side cook. You want to get a thin brown crust on both sides. I tend to cook my French toast "slow and low" so the total cook time is 8-10 minutes. Serve immediately. The center of the bread should be soft and custardy, surrounded by a chewy crust. Smother it with your favorite toppings - typically butter and maple syrup, but creme fraiche and fresh berries are also delightful!

Ginger Pumpkin Muffins

Cindy Atman, professor

This recipe is the result of many iterations over several years. I started from the “Joanne’s breakfast muffin” gluten-free recipe from the cookbook *The Abascal Way* and morphed from there. I called my initial attempts “Acquired Taste Muffins” because they were very dense. I finally learned about the need to mix until the batter is fluffy from watching the *Great British Bake-off* :). I split up the ingredients into ones that require exact amounts to ones that you can toss in as much as you want. One key ingredient is the ginger - and I have increased the amount I use over time. If you don’t have fresh ginger you can use chopped ginger from a jar - but add lots! I tend to pack them with nuts and seeds and raisins. You can experiment with lots of different additions: flax seeds, cacao nibs, fresh blueberries, lemon zest, etc.. I hope you enjoy playing around with this recipe!

Yields 24 muffins

Gluten free, vegan, no sugar added

Ingredients that require exact measurement

- 1 can pumpkin puree (you can also use sweet potato)
- 2 cups of gluten-free flour (my favorite is to use one cup of ground almond flour and one cup of Bob’s Red Mill “Gluten-free 1 to 1 Baking Flour”, but you can experiment with any gluten free flours)
- Substitutes for four eggs - use both of the following:
 - 2 Tablespoons of flax seeds and six Tablespoons of water mixed well
 - AND ½ cup of applesauce with one teaspoon of baking powder mixed in
- ¼ cup olive oil

- 2 teaspoons baking powder
- 1 teaspoon salt

Ingredients that are approximate measurements

- 2 Tablespoons cardamom
- 1 teaspoon allspice
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- A piece of Ginger root that is approximately the size of your palm - chopped up fine or shredded
- ½ cup of shredded coconut
- ½ cup hemp seeds
- 2 cups chopped walnuts
- 1 cup chopped pecans
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 2 cups of raisins or currants (I use a mixture of black raisins, yellow raisins and currants)
- 1 medium sized apple or pear chopped to pieces the size of a raisin

Instructions

1. Preheat oven to 400° F
2. Make the egg substitutes and set them aside
3. Combine the can of pumpkin and all the dry powdery ingredients (flower, salt, baking powder, spices) and mix well
4. Add the egg substitutes and the quarter cup of olive oil and beat at a high speed until it's light and fluffy (this is a key to the recipe working well, making sure it gets fluffy at this point)
5. Add the shredded coconut, hemp seeds and shredded ginger and mix well
6. Add the nuts seeds and raisins and mix well

7. Stir in the cut up apple or pear
8. Put muffin papers for 24 muffins in two muffin tins
9. Bake for about 33 minutes (Since it is a hot oven the fruit caramelizes a bit and the tops of the muffins get crunchy. For my oven 33 minutes is the sweet spot - you might start to check at 30 minutes.)

Morning Kick-Start

Beth Kolko, faculty

This is more of an ode to a recipe than a recipe proper. I tend to be an improvisational cook. This is a super versatile recipe that can be adapted to your tastes -- more or less sweet, what kind of fruit, etc. I refer to this as my "gruel" which by no means gives any idea of its tastiness. I love this because it's super quick, healthy, and I can travel anywhere with it. I usually have a jar of the dry mixture on my counter, and I'll often pack a ziploc bag of it when I travel somewhere in the world for a fast, healthy option. I've mixed it up in hotel rooms on at least 4 continents, usually using the paper cups for the in-room coffee machines and awkwardly using stir sticks.

Instructions

In equal measure combine: chia seeds, unsweetened shredded coconut, chopped almonds (or whatever nuts you prefer; walnuts and pecans have also been tasty options). Add cinnamon. How much cinnamon, you ask? Well, it depends how much of the dry mixture you're making. A couple Tablespoons most likely. You want the whole mixture to be lightly cinnamon colored. Start scant, you can always add more. Put everything in a container and shake until it's fully combined.

To kick off your morning, measure out ¼ cup, add some berries or other fruit that delights you (I use frozen berries from my summer farm adventures). Cover in hot water or milk. Let sit for a few minutes so the chia seeds swell and it becomes like a pudding; add more liquid if you want more of an oatmeal texture. I sometimes zap it in the microwave for a minute to defrost the berries. Or I use boiling water. Sometimes (usually), I want a warm breakfast, so I start with boiling water or the microwave, let it rest for a couple minutes, then top it off with soy milk. You can mix it up the night before and put it in the fridge if you want a cold breakfast.

Peanut Sauce Cold Noodles 花生酱凉面 (Vegetarian)

Regina Cheng, PhD student

This recipe is inspired by Sesame sauce cold noodles, a northern Chinese dish. While good sesame sauces are not easily accessible, I found peanut butter could be a good substitute/twist. Most of the ingredients are available in a regular American grocery store. This dish is easy and fast to make yet still delicious and balanced with protein, veggies, and carbohydrates. I found it perfect for lunch on a heat wave day.

Serves 1

Ingredients

- 1 ½ Tablespoon peanut butter
- 1 Tablespoon regular soy sauce
- 1 Tablespoon vinegar (I'd strongly recommend using some sort of Chinese vinegars, e.g., Chinkiang, Shanghainese. White vinegar can work in theory, I've never tried with it personally).
- ½ Tablespoon sesame oil
- 1 or 2 eggs
- 1 or more cucumbers (any variety)
- 1 serving noodles (You can use spaghetti, soba, or any noodles with about the same diameter as spaghetti).
- White sesame seeds to taste, optional

Instructions

1. Boil water and cook the noodles as you normally cook them. Note that different types of noodles may have different cooking time.

2. In a different pot, hard boil the eggs.
3. While the noodles and eggs are being cooked, make the sauce by mixing the peanut butter, soy sauce, and vinegar in a big bowl.
4. Shred the cucumber.
5. When the noodles are ready, drain them, put them under running water for a few seconds, then put them in cold water or water with ice for a few minutes.
6. Drain the noodles and throw them in the bowl with the sauce. Give it a good mix.
7. Top the noodles with shredded cucumbers and eggs cut into half. Top with some white sesame seeds if you have some.

Treat Yourself Pancakes

Tricia Aung, PhD student

2 pancakes for a breakfast of solitude

Ingredients

- ½ cup almond flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 Tablespoon sugar
- 1 egg
- 1 Tablespoon oil
- 1/2 cup (alternative) milk
- Chocolate chips to taste

Instructions

1. Mix flours, baking soda, salt, and sugar together in a bowl.
2. Add wet ingredients, chocolate chips, and mix until just combined.
3. Heat pan over medium heat
4. Scoop batter on pan. Once there are bubbles, flip the pancake.

DESSERTS & DRINKS



Basic/Deluxe Brownies

Ridley Jones, PhD student

A rich, fudgy on the inside/chewy on the outside, tantalizing brownie recipe with a somewhat creamy, caramelly flavor from the browned butter and Nutella, to which you can add whatever else you like but is great on its own. This recipe evolved over several years, born of the realization that if I really wanted to, I could always have brownies within like, 45 minutes if I really wanted. A dangerous realization!

Makes one 9x9 inch square pan, or 8 or 9-inch round pan. Double recipe for a 9x13 inch pan.

Ingredients

- 5 Tablespoons salted butter (if using unsalted butter, throw in a pinch of salt when whisking together the butter and sugar)
- ½ cup each white and packed light brown sugar (if you only have white and dark brown sugar, use ¾ cup white sugar and ¼ cup packed brown sugar)
- ¼ cup Nutella or non-name-brand chocolate hazelnut spread
- ⅓ cup cocoa powder (whatever kind you like; the half and half blend of natural and dutch process cocoa is great to me, but any kind will work)
- 1 to 2 Tablespoons strong coffee, cooled to room temperature or chilled (just not hot)
- 1 Tablespoon of one of the following: sour cream, plain or vanilla yogurt, plain or vanilla kefir, or buttermilk, straight from the fridge (we use this partly to cool down the hot melted butter so you get zero benefit from trying to bring it to room temp)
- 1 teaspoon or so of vanilla
- 1 large egg plus, if desired, an egg yolk

- 1/3 cup each all purpose and bread flour (you don't *have* to use bread flour, but I find it gives the final product a pleasing thiccness. If using only all purpose, whisk the batter 30 seconds longer than the recipe indicates to develop some gluten. Do that *before* folding in the additions, if you're using them)
- Additions: chopped nuts, chocolate chips, caramel pieces, or anything else you enjoy in your brownie

Instructions

1. Preheat oven to 350 degrees F and spray your pan. I always serve these straight from the pan so I'm not concerned about perfect removability, but if you're that worried you can also line your pan with parchment paper.
2. Brown the butter (err on the side of light brown). If you're not sure how to do this, check out <https://www.allrecipes.com/article/browning-butter/>. As soon as it browns, pour it into a large bowl (leaving in the pan might make it brown too much), being sure to scrape those brown bits into the bowl as well.
3. In a small separate bowl, whisk together the flours and, if using, salt. (No need to sift, this is just to make sure the two kinds of flour are combined reasonably well. If you are only using all purpose flour, you don't need to do this step at all, because you'll probably be measuring your flour straight into the partially prepared batter.)
4. Whisk the sugars into the butter. Once it's pretty homogeneous, whisk about 15 seconds more (you can go longer, but it's really not necessary).
5. Whisk in the Nutella until it's homogeneous, then the cocoa, coffee, vanilla, and Tablespoon of your buttermilk/yogurt/etc. Then touch to make sure it's barely warm, if at all. If it's still pretty warm, let it cool a few minutes. Then whisk in the egg (and, if using, egg yolk) for about thirty seconds. It should be well incorporated and the mixture should be a little lighter in color.
6. Add the flour and whisk just until homogeneous--similar to my words of caution on my banana bread recipe, using bread flour makes a superior product but it also makes the mixture susceptible to glutenization, which can make the brownies tough,

so a light touch is needed. Finally, fold in any additions you like, such as chocolate chips or nuts.

7. Scoop the mixture into your pan and bake until a toothpick inserted about halfway between edge and center has some fudgy crumbs, but is NOT wet. For me this is about 25 minutes, but it can vary depending on pan size and oven characteristics, so start checking at 20 minutes. Take out and burn your tongue by immediately devouring them, or let them cool like an adult (they will definitely slice more easily once they're cool!).

Biscotti

Batya Friedman, adjunct professor

These biscotti are delicious and easy to make. I got the recipe decades ago from a B&B in Mendocino, California and have been making them ever since.

Ingredients

- 2 cups sugar
- 1 cup salted butter (melted)
- 2 Tablespoon vanilla
- 2 Tablespoon water
- 6 eggs (at room temperature)
- 5 ½ cups flour
- 3 teaspoon baking powder
- 2 cups sliced nuts (I use almonds)
- ½ to 1 cup poppyseeds

Instructions

1. Preheat oven to 375 degrees F.
2. In a large mixing bowl, combine sugar, melted butter, water and vanilla.
3. Add eggs (making sure the dough is cool enough so that the eggs don't cook).
4. In smaller bowl, combine flour and baking powder.
5. Add the dry ingredients to large mixing bowl with sugar, butter, etc.
6. Next add sliced nuts and poppyseeds to the large bowl.
7. On cookie sheets, form into small loaves about 3 inches wide and ½ inch thick.
8. Bake at 375 degrees for 20 minutes.
9. Then slice and turn pieces on their sides.
10. Bake again at 350 degrees for 15 minutes.

11. Cool.

Butter Mochi

Natasha Alcantra, Certificate student

Butter Mochi is a classic Hawaiian treat made with glutinous rice flour (mochiko) and coconut milk, and is a cross between Japanese mochi, U.S. gooey butter cake, and Filipino Bibingka. And though "glutinous" is in the name, the dessert is gluten-free since it is made with rice flour. Butter mochi comes together quickly, and doesn't require a stand mixer (though you can use one if you have it)! Experiment with other flavors like taro, chocolate, pumpkin, and matcha.

Ingredients

- 4 ounces unsalted butter (1 stick), melted
- 4 large eggs
- 2 cups granulated sugar
- 1 teaspoon vanilla extract
- 12 ounces evaporated milk (1 can)
- 13.5 ounces coconut milk (1 can)
- 16 ounces sweet rice mochiko flour (1 box, Koda Farms "blue star" brand can usually be found in the grocery store's "Asian" food aisle)
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup shredded coconut flakes (optional)

Instructions

1. Preheat oven to 350 degrees F.
2. Grease a 9x13 inch pan. If using a non-stick pan, you can line the pan with parchment paper. Set aside.
3. In a large mixing bowl, mix melted butter and sugar together until sugar is dissolved.

4. Add vanilla, eggs, coconut milk, evaporated milk to the melted butter and sugar mixture.
5. In a separate mixing bowl, whisk together mochiko sweet rice flour, salt, and baking powder until combined.
6. Add the dry ingredients into the wet ingredients in batches of three, and mix until flour is well incorporated. If adding shredded coconut, add it into batter after flour is incorporated.
7. Pour batter into the greased pan. Bake for 50 minutes in the middle rack of the oven, until the top of the cake is golden brown and a toothpick inserted in the middle of the cake comes out clean.
8. Cool butter mochi completely, cut into squares, and enjoy!

Tips

- Sweet rice flour is essential to producing a chewy, spongy cake. Full fat (not "lite") coconut milk is essential for the full, unctuous, coconut flavor.
- Allow butter mochi to cool completely before cutting.
- Leftovers can be stored in an airtight container in the refrigerator. Warm up cold mochi in the microwave for 30 seconds before enjoying it!

Caramel-Pecan Diamonds

Pat Reilly, retired staff

I've been making these bars every Christmas for years. It is a big hit for family and neighbors, so much so that I have often make two or more batches every year. The bars freeze well for up to 1 month.

Makes 4 dozen

Ingredients

Crust:

- 1 cup old-fashioned oats
- 1 cup flour
- 1/8 teaspoon salt
- 1/8 teaspoon baking soda
- 1/2 cup unsalted butter (no substitutions), cut up
- 1/2 cup firmly packed brown sugar

Caramel topping:

- 1 cup granulated sugar
- 2 Tablespoons light corn syrup
- 1/4 cup water
- 1/2 cup heavy or whipping cream
- 4 Tablespoons butter (salted or unsalted, depending on saltiness preferences, no substitutions), cut up
- 1 teaspoon vanilla extract

Final topping:

- 1 1/2 cup pecan halves, toasted and coarsely chopped

- 4 oz bittersweet chocolate squares, chopped

Instructions

1. Make crust: Heat oven to 350 degrees F. Line a 13x9-inch pan with foil; coat with cooking spray.
2. Combine oats, flour, salt and baking soda in large bowl; set aside. Combine butter and brown sugar in medium microwave-proof bowl. Cover with plastic wrap and microwave on high for 1 minute. Stir until blended. Stir butter mixture into flour mixture until combined. Pat evenly into bottom of pan. Bake 15 minutes. Cool on wire rack for 15 minutes.
3. Meanwhile, make caramel topping. Combine granulated sugar, corn syrup and water in small saucepan. Bring to a boil over medium-high heat. Cook until sugar melts and syrup is amber.
4. Remove from heat and carefully stir in cream (mixture will bubble vigorously). Cook, stirring, 1 to 2 minutes more, until smooth.
5. Pour mixture into large glass measure (2 cup measure works fine). Stir in butter and vanilla. Let stand 15 minutes, until cool.
6. Spread caramel topping evenly over cooled crust. Sprinkle pecans evenly over topping, then sprinkle with chocolate. Bake 20 minutes, until edges bubble.
7. Cool completely in pan on wire rack. Lift out pan with foil. Peel foil off. Cut lengthwise into 1 ½ inch-wide strips, then cut strips diagonally at 2" intervals to form diamonds.

Fried Milk

Kevin Feng, PhD student

Fried milk requires very few ingredients but tastes great and has an awesome textural contrast—I think the crunchy outside and creamy inside complement each other very well. Fried milk is a popular dessert in southern China as well as Spain (Leche Frita). The Spanish version tends to have some more spices such as cinnamon and nutmeg, but I often prefer just the pure taste of milk, and the Chinese version was also what my mom introduced me to. Below is the recipe for the Chinese version, but you can easily modify it by adding whatever spices you desire.

The use of Panko breadcrumbs isn't technically authentic. Traditionally, the milk was fried with an egg and flour coating, but I really like the extra crunch the breadcrumbs provide.

Ingredients

- 300ml milk (600 ml if not using cream)
 - Can be substituted with a plant-based alternative. Oat milk probably works the best due to its creaminess
- 300ml light cream (optional)
- 70g cornstarch
- 100g all-purpose flour
- 120ml water
- 100g condensed milk or honey (or 60g sugar)
- 100g Panko breadcrumbs

Instructions

1. Set aside a bit of the milk (just a few spoonfuls) in a small bowl.

2. In a saucepan, heat the rest of the milk (and cream if you're adding it), and condensed milk (or any other sweetener) over medium-low heat. Milk can burn easily in the pan, so it's important to keep the contents moving. The mixture is hot enough when you see steam coming off the surface. If it's boiling, it's too hot!
3. Mix the cornstarch with the small amount of milk you put aside to form a slurry.
4. Once the milk mixture is hot enough, pour the slurry into the mixture and stir. The milk should thicken pretty quickly.
5. Pour the thickened mixture into a rectangular container. The mixture should sit in the container and have at around 1 inch of depth.
6. Put this mixture in the fridge and wait a few hours until it has solidified.
7. Mix flour and water into a batter in a medium sized bowl. Set aside the breadcrumbs on a large plate.
8. Take out the refrigerated mixture and cut into bite-sized pieces. The exact size is really up to you, but I usually make it approximately the size of a mozzarella stick but half the length.
9. Coat the pieces in the batter first and then with breadcrumbs.
10. Heat some oil over high heat in a reasonably deep pan. The oil should be enough to fully cover the pieces of milk when you drop them in. It's actually quite difficult to tell when oil is not enough just by looking, so I would take a (dry) wooden spoon and dip the end of the handle in the oil. If bubbles form around the end, the oil's hot enough and you can turn the heat down to medium-high. If the oil is bubbling, it's too hot—turn down the heat and wait for it to cool down a bit.
11. Drop the breadcrumb-coated pieces of milk into the oil and fry until golden brown, turning every couple minutes or so. Depending on the size of your pan, you may need to fry several batches.
12. Once they're done, scoop them out and let them rest a bit on a piece of paper towel. They're going to be really hot inside, so it's usually not a good idea to eat it immediately. They should be ok after 10–20 minutes.
13. Enjoy your fried milk! If you want a bit of extra milkiness and sweetness, you can dip the pieces in some condensed milk, which you probably have some leftovers from earlier.

Grandma Juanita's Red Velvet Cake

Julie Kientz, faculty

My grandmother on my dad's side of the family had a reputation as an amazing baker and would bake for her whole community. Her specialty was pies, but somehow Red Velvet Cake became a family go-to for many birthdays. My dad and brother always had a friendly feud over "whose" birthday cake it was. As an adult, I was shocked by how much red food coloring went into it (1/4 cup!). I have tried to decrease the amount, but it ends up not as moist!

Ingredients

- 2 eggs
- 1 teaspoon vanilla
- ½ cup shortening
- 1 cup buttermilk
- 1 ½ cups sugar
- 2 ½ cups flour (sifted 2 to 3 times)
- ¼ cup red food coloring
- 1 teaspoon baking soda
- 2 Tablespoon cocoa
- 1 Tablespoon vinegar
- 1 teaspoon salt

Instructions

1. Cream shortening and sugar until fluffy.
2. Add eggs and beat one minute.
3. Put cocoa and food coloring in cup to make a paste. Add to mixture.
4. Add salt.

5. Put vanilla in buttermilk and slowly add to creamed mixture alternately with flour.
6. Combine vinegar and soda in a cup and mix thoroughly.
7. Blend vinegar and soda mixture into batter - do not beat.
8. Bake in 2 9-inch layer cake pans at 350° for 25 - 30 minutes.
9. Cool and cut into 4 layers.

Frosting

Cook 1 cup milk and 5 Tablespoon of flour until thickened. Cool. Place in refrigerator until ready to use. When ready to make frosting, mix together 1 cup salted butter (softened), 1 cup sifted confectioners' sugar, and 1 teaspoon vanilla. Beat together with mixture until creamy. Add flour mixture a little at a time. Continue beating until fluffy.

Grandma Betty's Cinnamon Rolls

Julie Kientz, faculty

This was a classic recipe that my late grandmother on my mom's side of the family would make for special occasions. Many of us in the family across multiple generations have tried to replicate our grandma's success with this recipe multiple times, even when she was helping us, but we could never get it as good as her! Maybe you can do it.

Ingredients

For rolls:

- 2 c. milk
- 4 Tablespoons shortening (unsalted butter or Crisco), plus extra for greasing bowl
- ½ cup sugar
- 1 egg
- 1 cake yeast -or- 1 cake-worth of quick rising yeast, follow directions on package
- 2 teaspoon. Salt
- 6 cups flour

For cinnamon roll filling:

- Butter
- 50/50 mix of cinnamon and sugar

Instructions

1. Heat milk and shortening together until lukewarm; start shortening first because it takes longer to melt.
2. Mix in remaining roll ingredients and knead—will have a lumpy mess!
3. Divide into 2 humps.

4. Grease two bowls with additional shortening/butter, put one lump of dough in each, and cover each with a towel. Allow to rise until it's doubled in size (at this point it can be dinner rolls, sweet rolls, etc.).

For Cinnamon rolls:

1. Roll out dough in thin layer (rectangular shaped).
2. Spread softened butter on it, sprinkle with the 50/50 mix of cinnamon and sugar mixture over the butter as desired.
3. Roll the dough into a spiral, then cut into cinnamon rolls.
4. Let them rise again.
5. Bake the rolls at 350 degrees until brown.
6. When they are hot, pour a powder sugar frosting over them (cream some butter, add vanilla and alternate powdered sugar and milk until you get desired consistency)

Gurer Payesh (Rice Pudding with Jaggery)

Sourojit (G) Ghosh, PhD student

This is a traditional Bengali dessert, and a common staple on birthdays and auspicious occasions at home. It is meant to be extremely sweet, and usually a dessert (though I have sometimes eaten it for breakfast as a side with *purī*).

Ingredients

- 6.5 cups milk (I typically use 2% or whole milk, but it could work with skimmed milk or almond milk)
- A handful of uncooked rice (typically somewhere between ¼ to ⅓ cup)
- 5 to 6 Tablespoons of white sugar (this is meant to be really sweet, but you can add less sugar if you want to)
- 1 Tablespoon solid jaggery
- [optional] 1 Tablespoon ghee
- [optional] 10 to 15 pistachios and almonds, thinly sliced laterally

Instructions

1. In a large pot, add 4 cups of milk on a *medium* heat. Keep stirring constantly, the milk must not be allowed to scorch at the bottom of the pot.
2. Once the milk comes to a boil, add in all the rice. Keep stirring constantly, preventing the rice from sticking to the bottom of the pot and sticking/scorching.
3. After a while, the mixture should thicken, indicating that the rice is cooking. Taste the rice to see if it has become soft. It should not be crunchy or hard at all.
4. Once the mixture thickens, add in sugar (as much as you decided to use). Keep stirring to dissolve the sugar into the mixture. This should make the mixture more watery than before.
5. Continue stirring and cooking the mixture at a medium heat. The mixture should come

to a lumpy consistency. If, at any point, the mixture becomes too thick, add in some more milk, stir it in until the mixture comes back to your desired thickness.

6. Once you are satisfied with the consistency of the mixture, *take it off the heat*. Wait 1 minute, and add in the jaggery. Stir it such that no solid chunks of jaggery remain, and the mixture turns chocolate brown.
7. If using almonds and pistachios, add in now. If you would like, you can saute these earlier in a different pan with the ghee.
8. Serve hot! Alternatively, transfer it to a container, wait for it to cool to room temp, refrigerate and serve cold!

Important tips

- Make sure you constantly keep stirring, and keep it at a medium/medium-low heat. Milk, especially fatty milk, tends to scorch at the bottom and that makes the dish bitter.
- Make sure you have taken the pot off the heat before you add in the jaggery. While the residual heat of the mixture helps dissolve the jaggery, active heat tends to separate water from the milk and makes it watery.

Impatience Banana Bread

Ridley Jones, PhD student

Necessity is the mother of invention, and this banana bread recipe came about, as many do, from having various ingredients about to go bad. It turned out so well I wrote it down, which I don't often do! I call it "impatience" banana bread because the recipe makes some extra banana muffins, which bake faster than the bread—you can eat them while you're waiting for the bread to finish baking. The cream cheese adds richness and improves the texture, without being "cream cheesy" as such. There are several options for customizing to your taste! I debated whether to call this a dessert or breakfast, but it does lean on the sweeter side of banana bread, so I'm putting it in the dessert category. However, it does last for a few days so enjoying a slice the morning after you bake it is certainly not a bad thing!

Makes one standard loaf pan of banana bread, plus six to nine banana muffins

Ingredients

Dry Ingredients

- 1 ¼ cups all purpose flour
- ¼ cup oat flour (just grind oatmeal in your blender until it makes a coarse flour. Measure after grinding)
- ½ cup bread flour (can also use all purpose for this part--I find using a little bread flour helps give the bread a denser, richer texture, but the extra gluten in bread flour makes it more prone to toughness if you over-mix the batter, so use your best judgment)
- ½ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda

- Spices you like: since this has (optional) chocolate and nuts it can be fairly mild, with just a ½ teaspoon of cinnamon. I have also added about ¼ teaspoon each of cardamom and nutmeg (and I wouldn't recommend more unless you like very well-spiced baked goods, as these are both fairly strong spices). A little ginger (¼ to ½ teaspoon) would be nice too.

Wet Ingredients

- 1 cup white sugar (yes, technically sugar is usually considered a wet ingredient!)
- ½ cup brown sugar
- ½ cup neutral oil like canola
- 4 oz cream cheese, softened
- 3 large eggs
- 3 bananas
- 2 Tablespoons or so milk
- 2 teaspoons vanilla

Recommended Extras

¾ cup each chocolate chips (or chunks) and chopped nuts (walnuts or pecans)

Instructions

1. Preheat oven to 350 degrees F.
2. Grease and sugar a standard loaf pan and a muffin tin. Explanation: grease first with butter or spray, then sprinkle sugar in the vessel, rotating gently and tapping to distribute the sugar to the entire inner surface. You may grease and flour instead, but I find the sugar makes it extra special.
3. Whisk together the dry ingredients and set aside.
4. In a large bowl, whisk together the sugars and oil until slightly lightened in color.
5. Beat in the cream cheese until well incorporated (some oil might separate but don't worry, it's fine).
6. Beat in the eggs one by one until the whole mixture is well incorporated and a bit frothy.
7. Mash the bananas to your liking in a separate bowl and whisk them into the wet mixture along with the milk and vanilla.
8. Whisk in the dry ingredients until just incorporated--the bread flour will give it a tendency to toughness, and super fluffiness is not the goal here. So use a light touch.

You have a little more leeway if not using bread flour.

9. Finally, fold in the chocolate and nuts, if using.
10. Pour most of the batter into the loaf pan. Pour the rest into the muffin tins (I'm guessing you'll get six to nine muffins).
11. Then let everything sit on the counter for five to ten minutes. Letting everything hydrate a little bit, especially since there's whole grain flour, will give a nicer texture.
12. Pop everything into the oven. Bake the muffins for about 18 minutes or until a toothpick inserted comes out ALLLLLmost clean (there can be a couple tiny crumbs clinging, but only a couple, and it should not by any means be wet).
13. Then turn the oven down to 330F and bake until the same is true for the loaf (for me, about 40 more minutes but it will vary of course).

Naomi's Chocolate Chip Cookies

Naomi Johnson, Masters student

I've tried about a dozen chocolate chip cookie recipes, but this has become my go-to! It's a basic recipe and that is a crowd pleaser at picnics and parties because it's a classic take on the all-American comfort food!

Ingredients

- 2 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup unsalted butter, softened*
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups semisweet chocolate chips
- 1 cup coarsely chopped nuts (optional - walnuts are my favorite)

*Note: softened butter and melted butter will have different results. If you want to use stick margarine, that's another option too (but don't use margarine from a tub). It's just personal preference, so there's not a "wrong" answer.

Instructions

1. Heat oven to 375°F.
2. In a large bowl, beat softened butter and sugars until fluffy, scraping side of bowl occasionally.
3. Add baking soda, salt, and vanilla. Mix well.

4. Add flour.
5. Beat in egg until smooth.
6. Stir in flour mixture just until blended (dough will be stiff).
7. Stir in chocolate chips. Add nuts if you want to.
8. Onto ungreased cookie sheets, drop dough by rounded Tablespoonfuls 2 inches apart.
9. Bake for 9 minutes or until light brown (centers will be soft and cookies will likely LOOK undercooked, but be fine). Cool for two minutes; remove from cookie sheet to cooling rack.
10. Ideally, serve warm with a glass of milk. Otherwise, store in an airtight container.

Nut Crescents

Adam Hyland, PhD student

This recipe is my great-grandmother's. It may have been published previously, though it would have been in a local mimeographed cookbook from either the Portuguese Bend Club or a cookbook circulated among people in Ventura, CA. The index card I have for it was probably written between 1950 and 1965. I remember the cookies being pretty darn good and when I make them they've been at least serviceable. If that's not an endorsement I don't know what is. I may not know what an endorsement is.

Ingredients

- 1 cup Oleo. Don't have Oleo? Don't know what Oleo is? Good news, it is margarine. Even better, you can (and should) substitute butter for half of the volume. This should be softened, as you will cream it. The other half can be any vegetable oil based fat which is solid at room temperature.
- 1/3 cup sugar
- 1 Tablespoon water
- 1 teaspoon vanilla
- 2 cups all-purpose flour, sifted. Don't skip the sifting part!
- ~1/3 cup finely chopped nuts. Ideally these should be a mix of almonds and walnuts. That seems to do the trick but you can try hazelnuts and pecans as well. Make sure you use a mix of nuts so your cookies come out tasting mysterious rather than like almonds. Finely chopped is not well defined, but the aim is that you do not want chunks of nuts to be bitten into (you aren't making a chocolate chip and nut cookie where the individual texture of the nuts is playing a role) but if you grind or pulse the nuts into a powder you might have gone too far
- Powdered sugar for dusting

Instructions

1. Preheat oven to 350 degrees F
2. Cream the butter/shortening and the sugar
3. Add the water and the vanilla, stir to combine
4. Mix in the flour
5. Mix in the nuts
6. Shape into crescents and place on ungreased cookie sheet. How big should they be?
About cookie sized? I have not actually strictly measured them when I make them but I think each cookie should be about 3 inches long.
7. Bake for 15-20 minutes. Remove from oven when done.
8. Allow to cool
9. Roll in powdered sugar

Osmanthus Sweet Potato Soup 桂花番薯 (Vegetarian)

Regina Cheng, PhD student

Osmanthus is a type of flower with a strong and unique fragrance. It is the city flower of my hometown Hangzhou, China, where we have osmanthus trees in nearly every neighborhood. Osmanthus blooms in mid autumn. When it blooms, the entire city is immersed in its sweet fragrance. While I barely saw any osmanthus trees after I moved to the US, I was very surprised to find one by the aerospace building near Sieg. People in my hometown use osmanthus flowers to make a variety of desserts and drinks. This recipe is one of my childhood favorites, a really easy dessert made with only a few ingredients.

Ingredients

- 2 medium sweet potatoes or yams per person (Ideally the Japanese yam, but generally any type should be good, except the purple ones for aesthetic reasons)
- Sugar to taste (Any type except brown sugar or any colored ones for aesthetic reasons). Really any amount you like. People have different preferences on sweetness levels. Just taste it before you serve - this dish supposed to be **slightly** sweet.
- 1 spoonful dried osmanthus flowers (Likely can be found in Chinese grocery stores like the Asian Family Market in the Seattle area. Brand and packages may vary but it should say something like “dried osmanthus or sweet osmanthus”).

Instructions

1. Peel the sweet potatoes and dice them into small pieces.
2. Put the diced sweet potatoes in a pot, add water to the level that all the pieces are under water. Boil until the sweet potatoes are soft.
3. Add sugar to your preferred sweetness level. I like it to be slightly sweet while I can

still taste the natural flavor of the sweet potatoes.

4. Add dried osmanthus flowers. Turn off the heat.
5. Put it in the fridge to let it cool down.
6. Serve cool. Serve both the sweet potatoes and the soup in a bowl.

Seattle Fog Latte

Alainna Brennan Brown, PhD student

Adapted from various versions I've sampled across the Sound.

Makes one 8-ounce latte

Ingredients

- Earl Grey tea for steeping (or London Fog blends if preferred)
- 6 oz hot water (per steeping instructions for your tea of choice)
- 2 oz milk of choice to latte
- Lavender simple syrup (recipe below)
- Ground cardamom

Equipment

- Means of choice to boil water
- Accoutrements of choice for steeping tea
- Latte foamer
- ~12oz mug

Instructions

In mug, steep tea leaves or tea bag to taste/per instructions for your specific tea blend. While tea steeps, add 2-3 Tablespoons lavender simple syrup (to taste) to milk and heat to steaming (not boiling). Consider using a Pyrex measuring cup to aid in pouring. Once heated, latte the milk to the degree you prefer; this recipe lends itself particularly well to stiffer foam. Remove tea leaves/bag from tea and gently pour latte milk and foam. Top with a sprinkle of cardamom to taste.

Lavender Simple Syrup

Makes approximately one cup of simple syrup

Ingredients

- 1-1.5 Tablespoon dried lavender buds (can be cheaply obtained from farms around the Puget Sound region, e.g. in Snoqualmie Valley)
- 2/3 cup granulated sugar
- 2/3 cup water

Equipment

- Mortar and pestle
- Small saucepan
- Sifter for straining
- Sealable bottle or another container for refrigerated storage
- Optional: small stirring spoon

Instructions

Separate lavender buds from any remaining leaves and stems. Grind buds with mortar and pestle into a fine powder (some larger granules are okay). Pour water and sugar into saucepan and bring to a brisk boil on medium heat. Immediately add ground lavender to saucepan, ensuring that as little as possible sticks to the sides of the saucepan. Use a small spoon to stir briefly to break up clumps of lavender if needed. Do not cover saucepan. Briskly boil for 2 minutes, then remove immediately from heat. Again, do not cover saucepan. Syrup will be watery while hot; allow syrup to cool to room temperature. Pour syrup through sifter into container for refrigerated storage; some stray lavender granules and/or seeds may remain in the syrup harmlessly. Syrup can be refrigerated for 2-3 weeks.

The Green Juice

Michael Beach, PhD Student

"Ew, gross -- it's green juice," you might say? Well, once you try *this* green juice, you'll see the world differently and want more. It's a fine drink on its own or paired with a sandwich on a summer picnic. This green juice is dairy-free, gluten-free, nut-free, vegan, and can be kosher using the proper salt. It is packed with nutrients and includes capsaicinoids and curcumin, which are great reducers of inflammation. Add pulp to compost.

Ingredients

- 1 cup water
- 2 medium apples, cut into chunks
- 2 cups spinach
- 1 cup baby kale
- 2 celery ribs, roughly chopped
- ½ cucumber, peeled and roughly chopped
- ½ avocado
- ½-inch piece ginger, peeled
- 2 to 3 sprigs of parsley
- ½ Tablespoon lemon juice
- 1 pinch of sea salt
- 1 pinch of cayenne (to taste, optional)
- 1 pinch of turmeric (to taste, optional)
- 1 cup ice

Instructions

1. Wash the produce.

2. Add the water, apples, spinach, kale, celery, cucumber, avocado, ginger, parsley, lemon juice, salt, cayenne, and turmeric to a blender. Blend until smooth.
3. Add 1 cup of ice and blend again.
4. Strain through a medium or fine mesh strainer/sieve.
5. Serve in a glass, or refrigerate until serving.

COMMON UNIT CONVERSIONS

- 3 teaspoons = 1 Tablespoon
- 16 Tablespoons = 1 cup
- $\frac{1}{3}$ cup = 5 Tablespoons + 1 teaspoon
- 8 fluid ounces = 237 mL
- 1 cup all purpose flour = approximately (very approximately) 120 grams
- 1 kg = 2.2 lb
- 350 degrees F = approximately 175 degrees C

COMMON INGREDIENT SUBSTITUTIONS

- 1 cup dark brown sugar = 1 cup granulated white sugar + 1 Tablespoon molasses
- 1 cup light brown sugar = ½ cup granulated white sugar + ½ cup dark brown sugar
- 1 cup self-rising flour = 1 cup all-purpose flour + approximately 1 teaspoon baking powder + ¼ teaspoon salt
- 1 Tablespoon fresh herbs = approx. 1 teaspoon dried herbs
- 1 egg = approximately (very approximately) 2 egg whites
- 1 cup salted butter = 1 cup unsalted butter + ¾ teaspoon salt