Exploring and Embracing Our Diversity
2010 Cookbook
BLACK BEAN SALAD WITH FETA
SUBMITTED BY: JULIE FRAZIER

2 (15-ounce) cans black beans, rinsed and drained
1 red bell pepper, cored, seeded and chopped
1 cup of chopped red cabbage
1 cup of chopped green cabbage
4 green onions, chopped
4 ounces feta cheese, crumbled
¼ cup chopped fresh parsley leaves
1 clove of garlic, minced
¼ cup fresh-squeezed lemon juice
1 tablespoon extra-virgin olive oil
Salt and pepper to taste

In a large bowl, combine all ingredients and toss gently to mix. Cover and refrigerate until well chilled.
A family recipe; it is a Peruvian (Peru – South America) dish. Lean beef (the leaner the meat the “skinnier”!) cut into strips of about ¾” wide and 1-1 ¼” long (the amount of meat depends on how many people & how much of meat eaters they are; but 2 lbs. should feed 3-4 moderate eaters). You can make this recipe with chicken, turkey, pork also if you so desire, but the original recipe is with beef (Flank Steak makes it the tastiest, but other cuts of red meat are good too). You can also substitute the freedom fries for broccoli, cauliflower, cabbage or more onions but if you put the veggies in then you have to stir fry these when the onions are lightly cooked, then come the Anaheim peppers strips. All of these ingredients can be stir fried in a pan or a WOK.

1-2 large yellow onion(s) cut into thin wedges (if you like onions, add another half onion)

2 medium tomatoes cut into wedges
Sea salt or regular salt

2 large garlic cloves mashed up
Cumin (ground)

Cilantro leaves ( ½ c. to 1 cup depending on taste or omit if you don’t care for cilantro)

1-2 Anaheim peppers
Freedom fries, soy sauce & cooking wine

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- After you have cut your meat into strips, marinate it with sea salt, cumin & the mashed up garlic. Your first optional item is to put about a half cup of cooking wine (red preferably) in your meat to marinate as soon as you’ve put the other spices on it & mix it up. Let the meat set for about 20 minutes while you’re doing your other preparations.

- Cut your onions & tomatoes into wedges and the Anaheim pepper or peppers in long strips, have these ready for the stir fry part.

- Spray your frying pan or WOK with cooking spray or put about 2-3 tablespoons of oil in the pan/WOK. Turn the heat up to high & let the pan/WOK get very hot without burning the cooking spray or the oil so you can stir fry your meat not “boil” it. As soon as your pan or WOK is hot enough put the meat in the pan to fry and when it is almost done, put in the onions & garlic, stirring it till the onions look like they are somewhat cooked, add the tomato wedges & the Anaheim peppers. When all is nearly cooked pour soy sauce & stir, next is the cilantro leaves while stirring & turning the heat off. Add a little (½ c. or less) boiled water so meat gives off its juice and put the freedom fries on top of this whole concoction.

- Serve with steamed rice on one half of your plate & the stir fry on the other side, spooning some of the juice on top of the stir fry &/or rice as you see fit. If you like your food spicy, you can put in jalapeño peppers in the quantity that you enjoy for the spicy effect that you like when you’re about to turn off the heat on the stir fry.
Here is a recipe submission for Moment Us that is sooooo simple, yet timely. The Jewish Holiday of Rosh Hashanah, marking the beginning of a new year, begins at Sundown on September 8 and continues through September 10, 2010. An ancient tradition, widely enjoyed, is to dip apples in honey to symbolize the wish for a sweet New Year.

1) Slice apples (crunchy are best)
2) Dip in honey

The sweetness is also useful because the Jewish New Year is a time for introspection, looking back at mistakes of the past year and planning the changes to make things better. A little sweetness is helpful when facing this challenging task.

SUBMITTED BY: CAROLYN WEISZ, WHOSE DAUGHTERS LOVE HONEY EVEN THOUGH THEY AREN’T SUPPOSED TO EAT FRUCTOSE.
APRICOT SAGE CORNMEAL COOKIES  
(FROM CAFÉ DI COCOA, BETHEL, MAINE )  
SUBMITTED BY:  BETSY GAST, WHO ASKED THE CHEF,  
KATHY FOR THE RECIPE AND SHE GRACIOUSLY GAVE IT!

Chop in food processor till coarsely ground:
1 cup dried apricots
1 cup cornmeal

Cream together:
1 lb. soft butter
3 cups sugar
3 eggs

In a large bowl mix dry ingredients:
3 cups flour
1 cup cornmeal
2 tsp baking soda
2 tsp salt
¼ cup fresh chopped sage or 2 T dry sage

Add creamed ingredients to the dry and mix. Then mix in apricots. Roll in 1 inch balls, place on cookie sheets (with room to spread) and bake at 350 for about 8-10 minutes.

*This makes lots of dough so I freeze part of it.)
Submitted by: Czarina Ramsay, Director of Multicultural Student Services

1 can of coconut milk (unsweetened)
1 can of water
1 can of pigeon peas (gandules)
2 cups of white rice (suggest jasmine or basmati)
1 tsp salt

Boil the coconut milk, water (fill can used for coconut milk), and pigeon peas (gandules) for 15 minutes on medium heat. Once the milk and water begin to boil add salt and rice. Reduce the stove to medium-low heat. Let the pot sit for another 15 minutes until the rice is fully cooked.

You can also add fresh beans of your choice. If so, bring the beans and water to boil on medium high heat first, and then add the coconut milk with the rice. Coconut rice also tastes great with carrot shavings and sweet corn if you prefer not to use beans.

Enjoy!
My husband is from Belgium and the traditional New year’s Eve dish in his family has always been Choucroute Garni (garnished Sauerkraut). He was so eager to have the dish one year that I called his mother in Belgium – who speaks less English than I speak French – and she repeated the recipe from memory for me (my husband had to do a little translating for me). I don’t have the actual recipe anymore but I found a close approximation online. It’s more complex than the one I remember, but it looks really good! Perhaps my mother-in-law simplified it for me.

One thing – every recipe I saw said the Juniper Berries were optional. My mother-in-law felt they were absolutely essential. I thought they made a difference but I don’t know if it’s a big deal, but for me that ingredient is what moved this from “Kielbasa and Sauerkraut” to fancy Alsatian dish. That and the wine, of course.

- 1 3/4 pounds smoked meaty ham hocks
- 1 pound fully cooked bratwurst
- 8 ounces thick-sliced bacon strips, cut crosswise into 1-inch pieces
- 2 large onions, chopped
- 1 teaspoon juniper berries (optional)
- 1 teaspoon whole black peppercorns
- 10 whole cloves
- 8 whole allspice
- 3 bay leaves
- 3 Red Delicious apples, unpeeled, cored, cut into 1-inch pieces
- 2 2-pound jars sauerkraut, squeezed dry
- 2 pounds fully cooked kielbasa, cut diagonally into 1-inch pieces
- 1 pound fully cooked knockwurst
- 2 cups Alsatian Pinot Blanc or other dry white wine
- 2 pounds small red-skinned potatoes
- 2/3 cup chopped fresh parsley
- Assorted mustards
- Prepared white horseradish

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CHOUCROUTE GARNIE
SUBMITTED BY: SUE DAHLIN, ASSISTANT DIRECTOR FOR CAREER ADVISING

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• Place ham hocks in large saucepan. Add enough water to cover by 2 inches. Bring to boil. Reduce heat, cover and simmer until meat is very tender, about 2 hours. Transfer hocks to medium bowl. Boil broth until reduced to 2 cups, about 15 minutes. Remove meat from bones; discard bones. Place hock meat in medium bowl. (Can be made 1 day ahead. Cover hock meat and broth separately; chill.)

• Preheat oven to 350°F. Heat heavy large pot over medium-high heat. Add bratwurst and bacon. Sauté until bacon is crisp and bratwurst is brown, about 10 minutes. Place in bowl with hock meat.

• Add onions, spices and bay leaves to same pot. Sauté until onions are tender, about 5 minutes. Add apples; sauté 2 minutes. Mix in sauerkraut. Add all meats; press to submerge. Add reserved broth and wine. Boil 10 minutes. Cover choucroute and bake 1 1/2 hours.

• Meanwhile, cook potatoes in pot of boiling salted water until tender, about 18 minutes. Drain; cool slightly. Cut potatoes in half. Dip cut sides into parsley. Arrange sauerkraut and meats on platter. Surround with potatoes. Serve with mustards and horseradish.
YORKSHIRE PUDDING  
(AN ENGLISH FAVORITE THAT IS LOVED BY ALL)  
SUBMITTED BY: SHIRLEY SKEEL, MEDIA RELATION MANAGER

1 ¼ cup milk  
¼ cup water  
1 cup flour  
1 tsp. salt  
4 eggs  
The Yorkshire pudding should be prepared so that it can be whisked straight from the oven to the table.

Sift flour and salt into a bowl. Mix milk and water in a separate bowl and add ½ cup of this to the slightly beaten eggs. Now add this egg mixture to the flour and beat vigorously with an electric beater until very smooth. Add another ½ cup of the milk and water mixture a little at a time, and continue beating at a high speed until bubbles appear. Set aside at room temperature for about ½ hour. Preheat oven to 500 degrees before next step.

Add the remaining milk and water mixture and beat for about two minutes. Put ½ tsp. fat (oil or melted fat) into each of 12 muffin pans and heat in 500 degree oven for a minute. Divide batter into muffin pan. Bake in 500 degree oven for 8 minutes. Reduce temperature to 400 degrees and bake 8 to 10 minutes more. Do not open the oven door during initial baking period.

Alternatively you can put the pudding in one round 8 inch pyrex pan to get a thicker pudding, but it takes a little longer baking. It should puff up and crisp nicely. A lot of beating is the secret.
Conversion Recipe (.25 recipe x .375 gal):

- ½ Qt Dark soy Sauce
- ½ Qt Mirin
- 1 ½ C Dark Brown Sugar
- ½ C Rice Wine Vinegar
- ½ C Sesame Oil
- ½ C Crushed Garlic
- 1 Bu Scallions
- 1 C Water

- Combine all ingredients, season ribd and marinade 6 hours, or overnight if possible
- Turn occasionally to coat evenly
- Grill until crispy and cooked thoroughly
- Baste meat and turn often, be careful not to burn
- Marinade can be reduced for a dipping sauce

The marinade can be for 3 pork short ribs, or 10 chicken wings... tasty on either!
KIMCHEE

SUBMITTED BY: MARC R. POWERS, EXECUTIVE CHEF

Conversion Recipe (.5 recipe x, 2 qt):

1 Ea Nappa Cabbage
1 ½ Ea Carrot
¾ Daikon
3 Ea Scallion
1 ½ C Soy sauce
3 C Water
1/8 C Honey
¼ C Cider Vinegar
½ T Minced Ginger
1/8 C Minced Garlic
¼ C Siracha

• Quarter cabbage into half inch pieces
• Julienne Daikon and carrot
• Slice scallions on a bias
• Toss all with soy and water, let stand overnight
• Drain liquid, hole on side
• Combine honey and vinegar until the honey is dissolved
• Add ginger, garlic, peppers and cabbage mix into jars

• Mix well and put in an airtight container, add the liquid until it covers them, let stand 1 day at room temp, refrigerate a min of 1 day.
It took me a couple dozen iterations and a lot of research before I perfected Irish brown bread -- but I've nailed it--sure the research into the recipes helped-- but I attribute my success largely to my standing in the flour aisle in Aileen's hometown until one old woman was kind enough to give me a few hints. She must have thought I was insane.

In fact, this bread can't be made with most whole wheat flour available in the USA -- and even the flour that I get via mail order is just not quite the same as the stuff used in Ireland - - but it's close enough!!

3 cups coarsely ground soft wheat flour (available at King Arthur Flour online as Irish flour)
1 cup all-purpose flour
1 Tbsp wheat germ
1 Tbsp wheat bran
1-1/2 Tbsp pinhead oatmeal
1 level Tsp salt
1 rounded Tsp of baking soda
1 Tbsp treacle or honey
1 Tbsp olive oil
approx 1-1/2 cups of buttermilk

Put dutch oven in cold oven; preheat oven and dutch oven to 425 degrees.

1. Place all dry ingredients in bowl and whisk to distribute evenly

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3. Make a well in center of dry ingredients and pour in honey/olive oil. Mix with buttermilk and make a wet dough.
4. Pour the dough mixture onto a floured surface. Shape into a round. Use a knife to cut a cross on the top.
5. Carefully place dough in hot dutch oven. Lower heat to 400 degrees.
6 Bake 30 minutes at 400 degrees; bake another 30 minutes at 375 degrees
7. Cool on a wire rack before cutting into loaf.

Variations to basic recipe:
Some receipes call for adding 1 egg.
Some recipes call for up to 2 Tbsp wheatgerm and/or wheatbran.
Most recipes call for honey and not treacle
Many recipes call only for the coarsely ground wheat flour (no all-purpose flour)
Some recipes substitute rolled oats for the pinhead oatmeal
A few recipes call for margerine or vegetable oil instead of olive oil
Some recipes call for baking as long as 1 hour, ten min. and as short as 45 min.
IRISH BROWN BREAD
SUBMITTED BY: KENT HOOPER, PROFESSOR ~ HUMANITIES PROGRAM

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Over the years I have had the good fortune to travel around the world as part of my job. Not only did I see some amazing sites, but I also enjoyed the local cuisine. At the top of my list of favorite foods would be corn chowder from Trinidad, but I couldn’t find that recipe. So, my second favorite is a dessert from New Zealand, pavlova. Here’s a little background quote from the Joy of Baking: “Pavlova (Pav) is a meringue cake that has a light and delicate crisp crust and a soft sweet marshmallow center. This lovely dessert is typically served with softly whipped cream and fresh fruit. There is a long standing debate about whether New Zealand or Australia invented this dessert, which has yet to be resolved. What we do know is that the name, Pavlova, was chosen in honor of the Russian ballerina, Anna Pavlova, who toured both New Zealand and Australia in 1926.” And now the recipe:

4 large egg whites
1 cup superfine sugar
1 teaspoon white vinegar
½ tablespoon cornstarch

Topping
1 cup heavy whipping cream
1 ½ tablespoons granulated white sugar
½ teaspoon pure vanilla extract

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PAVLOVA
SUBMITTED BY: JAN MOORE, INTERNATIONAL PROGRAMS

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• Fresh fruit: kiwi, strawberries, raspberries, blackberries, passion fruit, peaches, pineapple or other fruit of your choice

• Preheat oven to 250°F and place rack in center of oven. Line a baking sheet with parchment paper and draw a 7 inch circle on the paper.

• In the bowl of your electric mixer, with a whisk attachment, beat the egg whites on medium-high speed until they hold soft peaks. Start adding the sugar, a tablespoon at a time, and continue to beat until the meringue holds very stiff peaks. (Test to see if the sugar is fully dissolved by rubbing a little of the meringue between your thumb and index finger. The meringue should feel smooth, not gritty. If it feels gritty the sugar has not fully dissolved so keep beating until it feels smooth between your fingers.) Sprinkle the vinegar and cornstarch over the top of the meringue and with a rubber spatula fold in.

• Gently spread the meringue inside the circle drawn on the parchment paper, smoothing the edges, making sure the edges of the meringue are slightly higher than the center. (You want a slight well in the center of the meringue to place the whipped cream and fruit.)

• Bake for 1 hour 15 minutes or until the outside is dry and takes on a very pale cream color. Turn the oven off, leave the door slightly ajar, and let the meringue cool completely in the oven. (The outside of the meringue will feel firm to touch, if gently pressed, but as it cools you will get a little cracking and you will see that the inside is soft and marshmalloy.)

• The cooled meringue can be made and stored in a cool dry place, in an airtight container, for a few days.

• Just before serving gently place the meringue onto a serving plate. Whip the cream in your electric mixer, with the whisk attachment, until soft peaks form. Sweeten with the sugar and vanilla and then mound the softly whipped cream into the center of the meringue. Arrange the fruit randomly, or in a decorative pattern, on top of the cream. Serve immediately as this dessert does not hold for more than a few hours.

When I think of “down under” I think of Pavlova!
SWEDISH POTATO SALAD
SUBMITTED BY: LIZ HOWELL, BOOKSTORE ADMINISTRATIVE ASSISTANT

My grandmother, Lyda and her sisters, Helga and Olga were wonderful cooks. Every family reunion included one of them bringing this salad.

1 lb new potatoes, halved
4 herrings, sliced
1 red apple, diced
¼ cup cucumber, diced
1 small can of sweet corn, drained
1 tsp. caraway seed
2/3 cup sour cream
2 tbsp. milk
Salt and black pepper for taste
4 sliced gherkins for garnish

Cook the potatoes in boiling water until tender.
Rinse with cold water, drain, and put into a bowl.
Add herrings, apple, cucumber, corn and caraway seed. Toss gently.
Blend the sour cream and milk together with a little salt and pepper. Pour over the salad and toss gently.
Garnish with sliced gherkins.
WELSH TEA CAKES
SUBMITTED BY: LIZ HOWELL, BOOKSTORE ADMINISTRATIVE ASSISTANT

My husband's family, the Howells, are all Welsh. This Welsh recipe is a family favorite.

The Welsh name for these tea cakes is "teisen lap" which means "plate cake". It is traditionally cooked on a marin which is made of cast iron. A heavy frying pan or griddle works too.

Welsh cakes can be eaten hot or cold. To store, allow to cool and place in an airtight container. They will keep for up to a week.

8 oz. self-rising flour
1/2 cup butter
3 oz. currants
3 oz. granulated sugar
1 egg
1/2 teaspoon mixed spice (or use a combination of ground nutmeg, ground cinnamon, ground coriander, and ground cloves)

Instructions:
Sift the dry ingredients together, then cut in the butter.
When the mixture becomes crumbly, add the currants and mix thoroughly.
Beat the egg lightly and add to the mixture.

Transfer the dough onto a lightly floured work surface and roll out to about 1/4 inch thick. Using a 2 inch biscuit cutter, cut the dough into rounds, re-rolling the trimmings until all the dough is used.

Lightly grease the heavy pan or griddle.
Heat to a medium heat and cook the cakes for about 3 minutes on each side. If they look as if they're browning too quickly, turn the heat down—it's important to cook them through. They should be gently brown and slightly crisp on the outside.

Cakes can be served with butter and jam. Our family likes to sprinkle with granulated sugar.

Makes 2 dozen tea cakes.
FRESH PEACH PIE
(GREAT FOR FRESH AUGUST PEACHES)
SUBMITTED BY: AL EGGERS, FACULTY EMERITUS

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Makes 2 dozen tea cakes.
CAMARONES EN MOJO DE AJO
(QUICK, SIMPLE, & TASTY SEAFOOD)
SUBMITTED BY: AL EGGERS, FACULTY EMERITUS

1 # fresh prawns, peeled.
3-4 fresh jalapeno peppers
6-8 large garlic cloves
1 large lime.
1-2 tablespoons olive oil
1 c basmati rice

Steam rice.
Peel, crush, & dice garlic cloves.
De-seed peppers & dice into bite sized pieces. If jalapenos are deseeded this dish is not spicy hot.
Lightly sauté garlic & peppers in olive oil (medium high heat).
Add shrimp to garlic pepper mixture, sauté until shrimp turn pink (Don’t over cook!).
Squeeze lime over shrimp/pepper/garlic mix. Stir, deglazing pan.
Serve over steamed rice.

Substitutions: Octopus, squid, scallops, conch can be substituted for the shrimp.
I can’t claim this as an old family recipe or even my own! I searched cookbooks and the Internet for a recipe that duplicated the Cincinnati Chili I left behind in Ohio! Whenever anyone visits from Ohio, I say – bring some chili mixes! But this recipe below is pretty good!

This is not your traditional chili. It has a sweet spicy flavor rather than a traditional hot chili. The chili has Greek origins. You can read all about my favorite Cincinnati chili at the Skyline Chili website: http://skylinechili.com/story.php. What really sets this chili apart is that in Cincinnati you have to know “what way” you want your chili! When you enter a chili parlor you might order a 3 way or a 5 way! See below:

1. Plain
2. "Two Way" - Spaghetti and Chili
3. "Three Way" - Chili, Spaghetti, and Cheddar Cheese
4. "Four Way" - Chili, Spaghetti, Cheddar Cheese, and Onions
5. "Five Way" - Chili, Spaghetti, Cheddar Cheese, Onions and Kidney Beans

The Story of Skyline Chili.

From a small kitchen in the village of Kastoria, Greece, a fascinated young Nicholas Lambrinides watched as his mother and grandmother prepared authentic Greek dishes. Their recipes had been passed down from generation to generation. These were unique, wonderful dishes that had the power to bring his whole family together.

Nicholas dreamed that one day he would bring these recipes and traditions to America, where he could share them with friends and family. In 1949, his dream came true when Nicholas opened his first restaurant overlooking the skyline of Cincinnati, Ohio and began serving his delicious secret recipes to appreciative customers. (retrieved August 27, 2010 http://skylinechili.com/story.php)

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Cincinnati Chili
Submitted By: Jane Carlin, Library Director

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• 1 large onion minced very fine
• 1 pound extra-lean ground beef (this is very important as meat cooks in the sauce)
• 1 clove garlic, minced
• 1 tablespoon chili powder
• 1 teaspoon ground allspice
• 1 teaspoon ground cinnamon
• 1 teaspoon ground cumin
• 1/2 teaspoon red pepper
• 1/2 teaspoon salt
• 1 1/2 tablespoons unsweetened cocoa or 1/2 ounce grated unsweetened chocolate
• 1 (15-ounce) can tomato sauce
• 1 tablespoon Worcestershire sauce
• 1 tablespoon cider vinegar
• 1/2 cup water
• 1 (16-ounce) package uncooked dried spaghetti pasta

• In a large frying pan over medium-high heat, sauté onion, garlic, and chili powder until slightly cooked. Add allspice, cinnamon, cumin, cayenne pepper, salt, unsweetened cocoa or chocolate, tomato sauce, Worcestershire sauce, cider vinegar, meat and water. Make sure the meat is broken down into little pieces. Bring to a boil, and let then let simmer for 2-3 hours. Stirring every 15 minutes or so. Top up with water if needed.

• How to serve:
• Cook spaghetti according to package directions and transfer onto individual serving plates. Cover with chili and add the toppings of your choice! Oyster crackers are also served with the chili!
PICO DE GALLO
SUBMITTED BY: ELIZABETH ALEMAN, OFFICE OF DIVERSITY & INCLUSION

With the mix of my husband’s Hispanic heritage and having lived in Texas for many years it is only reasonable that I have my very own Tex-Mex favorite recipes. One happens to be the very simple, yet tasty, Pico De Gallo...

Ingredients:
2-3 medium fresh jalapenos
1 pack of fresh cilantro
3-4 roma tomatoes
1-2 medium-firm avocados
1 medium gold or white onion
1 medium-firm mango
1 bag on small limes

Directions:
Dice all ingredients finely, removing only a minimal amount of the jalapeno seeds for spicy flavor (excluding the limes) and place in a bowl. Add the juice of 6-10 limes.

*Enjoy with your favorite tortilla chips or use as a fresh topping for fajitas, tacos, or taquitos.
A few years ago my cousin decided to create a family cookbook. Among one of personal favorites to cook and to eat is my Grandmother Margaret’s Bread Pudding. This recipe makes a lot, so be prepared to share this desert with friends!

1 loaf of French bread (or any 1 loaf of bread to your liking, I actually use 15 hotdog buns)
1 ¾ stick butter
2 cups granulated sugar
4 large eggs
1 can evaporated milk
1 ¾ cup half and half milk
2 cups fruit cocktail
1 cup raisins
½ cup flaky coconut (optional)
½ teaspoon vanilla extract
½ teaspoon almond extract (optional)
¼ cup pecans (optional)

Preheat oven to 300 degrees. Cream sugar and butter, add eggs one at a time then add the other ingredients. (Add the bread last, it should be a thickened soup-like texture.) Pour the mix into a 13x9” baking pan. Bake at 300 degrees for 45-60 minutes or until a knife inserted into the center comes out clean.

*Great served with vanilla ice cream while warm. Enjoy!
Here is a great recipe whose variations can be found in Turkey, Tunisia, and Palestine as well as Israel. Orange-Scented Semolina Pudding with Nectarines (whatever is in season), from Faye Levy, Healthy Cooking for the Jewish Home.

3 1/2 cups milk  
pinch of salt  
1 vanilla bean, split  
3/4 cup semolina  
1/4 cup honey and 1/4 cup sugar  
grated zest of two oranges  
2 egg yolks  
1/3 cup vanilla yogurt  
2 TBLSP orange liqueur  
2-3 nectarines or peaches  
2 TBLSP toasted and sliced almonds or pistachios

Bring milk and salt to a boil. Add vanilla bean, cover, and let stand for 15 minutes, then remove the bean.

Return milk to a boil. Reduce heat to low. Gradually add semolina, stirring constantly. Over low heat, stir for five minutes. Add honey and sugar and cook for two more minutes.

Remove from heat. Add orange zest. Stir in yolks one by one.

Cool to room temperature.

Stir in yogurt and liqueur.

Refrigerate for up to one day and garnish with fresh fruit when ready to serve.
This is a vegan variation of my farm-raised South Carolina grandmother’s recipe, which she uses for all holidays and family gatherings. They are also called “Angel Biscuits” because they are softer and lighter than typical buttermilk biscuits.

- 1 packet active dry yeast
- 2 tbsp. sugar
- 1 cup warm plain soymilk
- 1 tbsp white vinegar
- 2-½ cups sifted flour
- 1 tsp. salt
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ cup Earth Balance margarine or shortening

1. Pour warm soymilk into a large bowl. Pour in the packet of yeast and stir gently with a fork. Let sit for 10 minutes. The mixture will develop a foamy, dimpled skin.

2. Mix flour, sugar, baking soda, baking powder and salt with a fork in a separate bowl. Rub in the margarine in small pieces, until it has the consistency of large peas.

3. Add the vinegar to the yeast mixture and stir, breaking up any clumps. Add the yeast mixture to the dry ingredients. Mix well with a fork. The dough will be sticky and light.

4. Roll the dough out about a half inch thick onto a floured surface using a floured rolling pin and well-floured hands. It should roll out with little effort.

5. Shape yeast biscuits into roundish disks with hands, placing one on top of the other so that each biscuit has a top and bottom disk. Set them on a greased or Silpat-covered pan with high sides, with the sides of the biscuits about an inch apart. If you have a small amount of dough left over, roll it into a ball. My grandma always referred to these as “baby biscuits” and gave one to each child at the meal.

6. Let dough rise for at least an hour in a warm place with a clean dish towel over the top. They will rise more in the oven.

7. Preheat oven to 400. Once they have risen, bake biscuits 10-12 minutes, watching closely after 8 minutes, until tops are barely golden or to taste. Serve hot with mushroom gravy.

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Yeast Biscuits with Mushroom Gravy
Submitted By: Leah Coakley, Academic Recorder ~Office of the Registrar

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Mushroom Gravy
• 2 tablespoons olive oil
• 6 ounces brown button mushrooms, chopped finely
• 2 tbsp low sodium soy sauce
• Fresh ground pepper to taste
• ½ tsp salt (more to taste)
• Dollop of brown mustard
• ½ tsp sage
• ½ tsp rosemary
• 2 tsp nutritional yeast (optional)
• 1 1/2 tablespoons flour
• 1 tablespoon red wine (or more vegetable broth)
• 1/2 cup vegetable broth
• 1/2 cup plain soymilk

Warm oil in a large flat-bottom pan at medium heat. Add the mushrooms and cover, stirring occasionally, about 8 minutes. Add spices, mustard, and soy sauce. Stir in the flour until lightly browned, about a minute. Add the wine and vegetable broth and bring to a boil, cooking until it starts to thicken, about 2 minutes. Pour in soymilk, stirring constantly. Cook until mixture returns to a boil and reaches desired thickness, about 5 minutes. Serve warm.
PALACSINTA (HUNGARIAN CREPES)
SUBMITTED BY: CYNDY GULYAS,
ACCOUNTS PAYABLE SPECIALIST

- mix until smooth: 3 eggs, 1 ¼ cup flour, pinch of salt, 1 cup milk (can add up to 1 tsp sugar)
- let dough rest at least an hour
- gently stir in 1 cup club soda

To prepare: use crepe or small sauté pan – lightly butter prior to cooking first crepe

Put small amount of batter in pan and swirl to form even, thin pancake – cook till ‘bubbles’, flip and finish

Filling:
- low fat, small curd cottage cheese
- sweeten with currants or golden raisins, finely ground walnuts, cinnamon to taste and 2-3 drops of vanilla
- let set at least ½ hour allowing it the ‘thicken’ – the currants and walnut meats will absorb the excess liquid

*Best at room temp.
JAMAICAN JOHNNY CAKES
SUBMITTED BY SHARON CHAMBERS-GORDON,
DIR FELLOWSHIPS & HEALTH PROF

INGREDIENTS:
4 cups flour
2 teaspoons baking powder
1.5 teaspoon salt
1 tablespoon sugar
1/2 cup butter or margarine
1 cup cold water
Vegetable oil for frying

METHOD:
Sift the flour, baking powder, and salt together into a large mixing bowl. Cut in the butter or margarine until the mixture is a flaky powder. Add the water to bring the dough together with a firm consistency (like soft play dough).

Roll dough on table sprinkled with flour in long roll and wrap in wax paper

Heat oil in a heavy bottomed frying pot over medium-low heat until hot

Cut or break off pieces and form the dough into slightly flat biscuits, about 2 inches across.

Place the rounds in the hot oil and fry until they become golden - Approximately 2-3 minutes turning regularly

Remove the Johnny cakes and drain on a paper towels to absorb the extra oil.

Serve warm with strawberry jam on the side

Enjoy!
MUSTARD ORANGE CHICKEN
SUBMITTED BY: LISA BERITICH,
TECHNOLOGY SERVICES

This is a favorite of my family. It gives a new tangy taste to chicken.
6 boneless skinless chicken breast, fat removed and pounded flat
1/3 cup mustard (your choice)
1 TBLS. Orange Zest
Juice of one large orange
4 TBLS. Balsamic Vinegar
2 TBLS Red wine Vinegar
2 tsp. Smokey Paprika
1 tsp. fresh chopped thyme
½ cup sliced shallots
Salt and pepper to taste.
Fresh Parsley, diced

Trim and pound chicken breasts and place in a shallow dish large enough for a single layer of chicken.

In a separate bowl, mix all of the rest of the ingredients and pour over the chicken. Let chicken marinate for 15 minutes, turning over in marinated to coat all sides. Remove the chicken leaving the marinated in the bowl and place chicken in a large skillet and brown each side of the chicken. Reduce heat and add marinated into the skillet and cook chicken until the juices run clear, about 20 minutes.

Remove from pan to plate and top with the fresh parsley.
Serve with brown rice (for pan sauce) and a great salad.
SOTO AYAM (INDONESIAN CHICKEN SOUP)
SUBMITTED BY: NANCY NIERAETH, HUMAN RESOURCES

Ingredients:
• 1 white onion, diced
• 1 red onion, diced
• 3 cloves garlic
• 2 tsp sambal
• 2 tsp lemon or lime juice (or ground dried lemongrass)
• ½ tsp turmeric
• 3-4 single boneless skinless chicken breasts, uncooked, diced
• 2 stalks celery, diced
• 1 medium potato, skinned and diced
• 1 ½ c fresh green beans, cut into ¼” pieces
• 8 cups chicken broth
• Garnishes: Hot cooked rice, Chopped scallion, Sliced hard-boiled eggs, Bean sprouts, French-fried onions (canned, French’s work fine), and/or Soy ketjap

Directions:
Saute onions in a little bit of vegetable oil until translucent. Add garlic, briefly stir fry. Add sambal, turmeric, lemon juice, and stir fry for a minute. Then add chopped chicken and stir fry for a minute. Stir in vegetables to combine, then add broth and water. Simmer on low heat until chicken is done and vegetables are tender. Serve with garnishes.

The sambal (chili pepper paste) and ketjap (Indonesian sweet soy sauce) can usually be found in Asian markets. Really good for treating a cold!
TOSTONES
SUBMITTED BY: LORI RICIGLIANO, COLLINS MEMORIAL LIBRARY

Ingredients:
3 green (unripe) plantains, peeled and cut diagonally into one inch slices
Oil
Salt
Garlic powder (optional)

Directions:
Fry the plantain slices in hot oil until lightly colored on both sides.
Remove and drain on paper towels.
While still hot, flatten the slices with the bottom of a glass or plate.
Return slices to the skillet and fry again until golden brown and crispy.
Remove and drain on paper towels.
Season with salt and garlic powder to taste.

This is a favorite side dish and snack in Puerto Rico. It is usually served with a garlic sauce called mojo, made with garlic, lemon juice, salt, and olive oil. Some Americans like to eat it with ketchup.

From my mother-in-law who introduced me to the wonderful food of her birthplace, Puerto Rico.
SUGARED CHOCOLATE BEIGNETS
SUBMITTED BY: SHARON STYER,
COMMUNITY MUSIC DEPARTMENT

There is a warning that comes with the recipe: These are addictive.

Ingredients
2 Tabs corn syrup
½ cup whipping cream
4 oz. chopped bittersweet chocolate
2 sheets (17 oz. total) cold thawed puff pastry dough
1 egg
½ cup sugar

Preparation
1. Combine corn syrup and cream in pan. Heat until boiling. Put chocolate into a mixing bowl and pour hot cream on top. Stir until smooth and then chill. Stir often until firm. About 20 minutes

2. Line 2 baking sheets with foil or parchment paper. On a lightly floured surface with a lightly floured rolling pin, roll each pastry dough sheet into a 12” square. Cut each square into 16 smaller squares and transfer to baking sheet.

3. In a bowl, lightly whisk egg and 1 Tab. water to blend, then brush over pastry squares. Spoon 1 tsp. chocolate into the center of each square. Fold 1 corner over to opposite corner forming a triangle. Press edges to seal. Place on baking tray and wrap with plastic wrap and freeze for 1 hour. To freeze for later use: After an hour, place each triangle into a freezer bag. Can freeze for a week.

4. Preheat oven to 400. Bake pastries right from the freezer. Bake for 15 minutes, turning once, until golden brown. Let cool 5 minutes – if you can wait. Then roll in the sugar. Serve immediately.