# **Recipes**

Egg Tart 蛋挞 (She/Her)

Every second Saturday of the month, the Dragonflies host a supper club for the residents of the E-wing House, a housing unit of the AIDS Services of Dallas (ASD). They started this tradition of cooking the residents Asian dishes after a fellow Dragonfly who stayed in this residence passed away due to HIV and AIDS. While all other Dragonflies' activities halted due to the COVID-19 pandemic, the Dragonflies are still active and alive today through their continued monthly visits to the Ewing House.

Ferris

**Japchae**

INGREDIENTS

- 14-16 oz of Korean glass noodles

- 10-12 shiitake mushrooms, sliced

- 1/2 of an onion, sliced into strips

- 1 bell pepper, julienned

- 1 medium carrot, julienned

- 12 oz of spinach leaves

- salt and vegetable oil for cooking

Sauce:

- 3 cloves of minced garlic

- 1/3 cup of soy sauce

- 1/3 cup of sugar

- 2 tbsp of sesame oil

- 2 tbsp of sesame seeds

- 1/2 tsp of black pepper

INSTRUCTIONS

1. Boil the noodles according to package instructions. You can add a tablespoon of soy sauce in the water before boiling to give the noodles a nice brown color and extra flavor.

2. Drain the noodles and set them aside in a colander to drain as much as possible.

3. To cook the vegetables, there are two methods:

Easy - stir fry it all together in a pan with some oil, and add salt to taste

Traditional - sauté each vegetable separately, and season every batch with a pinch of salt

4. Mix all ingredients for the sauce in a separate bowl.

5. Add the noodles and vegetables into a large mixing bowl, and pour the sauce over it.

6. Use your hand or tongs to gently combine the noodles and vegetables together, and garnish it with additional sesame seeds if desired.

**Taro Sago Dessert Soup**

INGREDIENTS

- 3 cups / 300g of taro, peeled and cut into 1 inch cubes

- 1/4 cup+1 tbsp / 50g of sago pearls

- 200mL of coconut milk

- 400mL of water

- 1/4 cup / 50g of sugar

- 1/6 tsp of salt

INSTRUCTIONS

1. Steam or boil the taro cubes for 15-20 minutes at a simmer until soft, then set aside. (If you can pierce it easily with a chopstick, it's done!)

2. Separately, boil the sago pearls for 15-20 minutes on medium low heat until they are transparent with just a bit of whiteness still in the center.

3. Drain the pearls into a sieve and rinse, then set them aside to soak in cold water for 10 minutes to preserve its chewy texture.

4. To make the soup, mix the coconut milk, water, sugar, and salt in a pot and bring it to a boil.

5. Crush 1/3 of the taro cubes into a rough paste and mix that into the pot.

6. Add the sago pearls into the pot and stir to combine.

7. Add the remaining taro cubes into the pot.

8. Simmer the soup for a few more minutes, and adjust it to taste if needed.