



# CLASS DIRECTORY

Aileen Pan	21
Amaya Avila	31
Calen Chung	43
Gavin Mullally	13
Joyce Lin	61
Juliette Fratto	77
Mary Wedd	27
Misty Lin	57
Savannah West	73
Scarlet Li	37
Shamail Zahir	53
Suditi Shah	67
Thalia Suri	17
Trudy Hoang	07
Yuri Kawada	47

**1**

Wash all the vegetables and place into the dish and set aside.

**2**

Cook the vermicelli noodle in boiling water for 12 minutes. When done cooking, drain and rinse under running cold water to remove excess starch. Drain completely and place in the microwave for 2 minutes then put aside.

**3**

Soak dry shrimp in hot water for 5 minutes then drain the water from the dry shrimp into a pot.

**4**

Using a food processor, pulse the shrimp into little pieces for about 45 seconds.

**5**

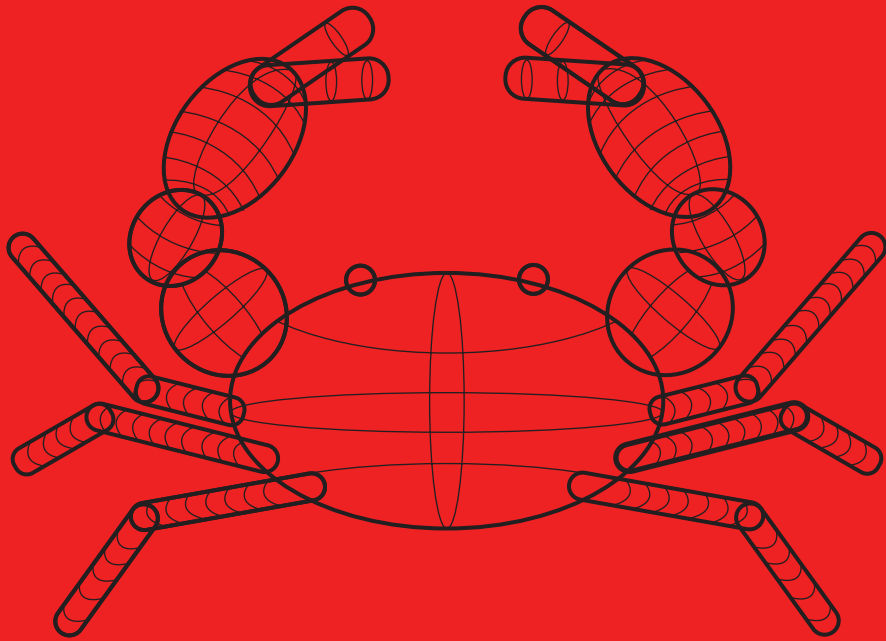
In a large bowl, mix the dry shrimp, spicy crab paste, lump crab meat and eggs white all together. Season with a pinch of salt and black pepper.

# RECIPE INDEX

Bun Rieu Cua	07
Chicken Parmesan	13
Pumpkin Bread	17
Runbing	21
English Breakfast	27
Corn Tortilla	31
Instant Ramen Supreme	37
Korean Shrimp Juk	43
Gimpap	47
Salad	53
Congee	57
Chinese Steamed Buns	61
Khichdi	67
Twelve Layer Jello	73
Veggie Fajitas	77

# BUN RIEU CUA VIETNAMESE CRAB SOUP

Recipe courtesy of Trudy



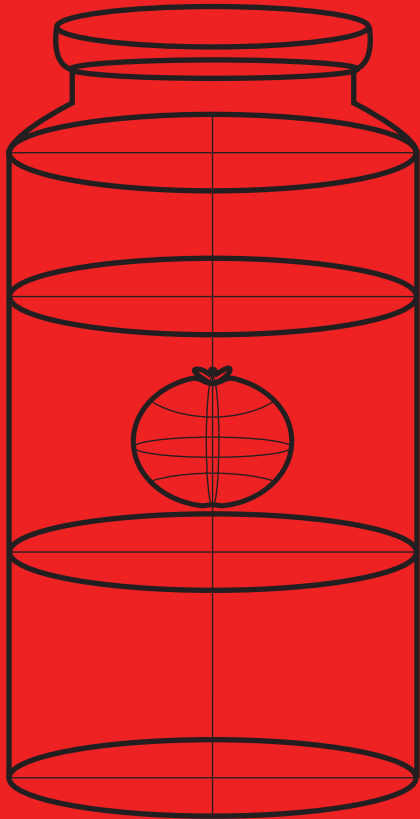
Traditional Vietnamese food in my home is never traditional. My mother avoids going by the book when it comes to food, so she cooks food originating from her childhood with a pescetarian twist. Each time she cooks, the dish is always different from the last time she makes it, as she is always trying to improve her own recipes. And her recipes are truly hers as she never measures her ingredients; My mother knows how much stuff to put just by eyeing her ingredients. Whenever I ask to teach me how to make one of her homemade meals, she puts it off, saying she'll tell me later because she doesn't want to actually have to figure out her exact measurements.

There is one dish she perfected early in my childhood. My mother's bun rieu cua, also known as Vietnamese crab noodle soup, is one of her main menu items for dinner time. When most people think of Vietnamese food, they think of pho, but there is more to Vietnamese cuisine than that. Bun rieu cua is a tomato broth with crab and vermicelli noodles. It is very light and fresh, yet flavorful and slightly sour. However, as delicious as the broth is, I'm still a picky eater. Whenever I eat bun rieu cua, I avoid the crab because I don't like seafood. Yet, I would not skip adding the crab into the broth, since it adds extra flavor.

While living at home, I would eat bun rieu cua for five days straight at a time, literally. Because my mother worked everyday and did not have time to cook dinner daily, she would make a huge batch of it at the beginning of the week so it would be waiting for me and my sister to heat up when we got home from school. Even now, when I got back home to visit my parents, it is always the first meal waiting for me. I have been requesting my mother's bun rieu cua recipe for years, and now, she has finally given it to me.

# CHICKEN PARMESAN

Recipe courtesy of Gavin



## 1lb. Vietnamese Vermicelli Noodle

3 tbsp. Roast Chicken Base

1/2 Cup Dry Shrimp

3 Egg Whites

7 oz. Spicy Crab Paste

8 oz. Fresh or Can Lump  
Crabmeat

**6**

Bring 8 cups of water and the roast chicken base in the pot to a boil. Then add tamarind soup mix to the soup. Let the soup boil for a few minutes.

**7**

Cut the fried tofu into small pieces and then add them into the soup. Let it simmer for 5 minutes.

**8**

Cut the tomatoes into half and then thirds and put into the soup, seasoning with salt, fish sauce and pieces of rock sugar to taste.

**9**

Wait for the soup to boil again then turn the heat down to medium and slowly scoop the crabs meat mixture into the soup one scoop at the time. The crab mixture is done when it floats up to the surface after a couple of minutes.

**10**

For assembly, place the noodles into a bowl, then pour the soup over the noodles along with tofu, crab meat mixture, and tomatoes. It can be served with your choice of vegetables.

**4 big Tomatoes**

**24 oz. Fried Tofu**

**1 tsp. Tamarind Soup Mix**

**1 tbsp. Fish Sauce**

**2-3 pieces of Rock Sugars**

**Pinch of Salt**

**Pinch of Black Pepper**

**Assorted Vietnamese**

**Vegetables. Bean Sprout,**

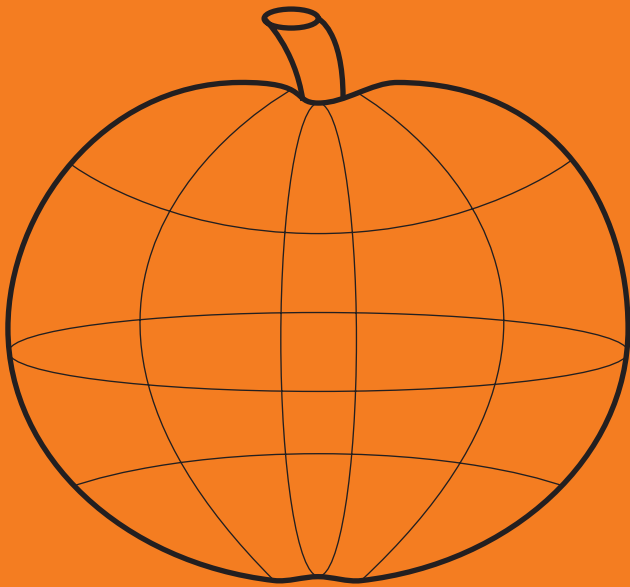
**Baby Lettuce, Water**

**Spinach Stems, Lime, and**

**Herbs (Mint and/or Cilantro)**

# PUMPKIN BREAD

Recipe courtesy of Thalia



On a bitter cold January day when I was ten years old, my mom decided it was time for my sister and I to learn how to cook for ourselves. Growing up in Texas, it was essential to my mother that we were accustomed to our family's traditions, since all of our relatives lived on the East Coast. Within our family, many different dishes were in circulation between my mother and her siblings. Chicken Parmesan, in particular, was the one recipe that came

to mind. I can still recall the sharp smell of the basil hand picked from our backyard after spreading Raos tomato sauce on the chicken cutlets. Looking back now at my first time cooking, I remember the stories that were shared and the memories that were made. Therefore this dish will go on to be a favorite within the Mullally family.

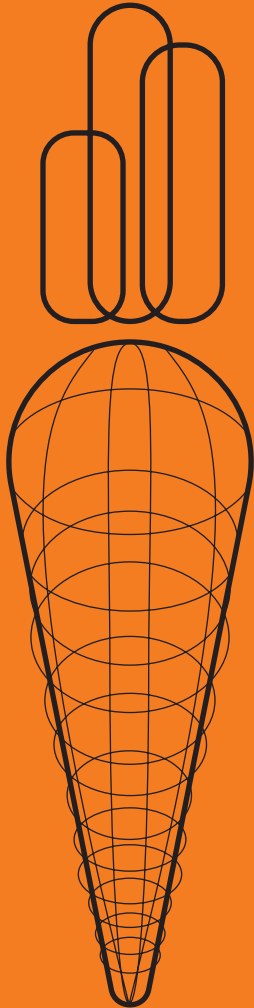
To start, my mom always placed importance on using the freshest ingredients. The first step to make chicken parmesan is to use Bell and Evans hormone and antibiotic free chicken. Then you pound the chicken cutlets, to make sure they are thin enough to fry. After, combine eggs, milk, salt and pepper in a large bowl and beat together to form a mixture. Following the mixture dunk the chicken cutlets in the egg mixture, then bread them in progresso italian seasoning bread crumbs until the pieces are fully coated in bread crumbs. In a large saucepan, pour extra virgin oil and coat the pan one fourth deep. Then place the breaded chicken cutlets on the pan and flip when they appear to be golden brown. Following that step, spread Raos tomato sauce using a large spoon in the center of the chicken. Then, take a fresh ball of mozzarella and slice thin, spread the pieces of cheese over the sauce covered chicken. Lastly, garnish the cutlets with fresh basil leaves and pop them in the oven for fifteen minutes on three hundred and seventy five degrees.

**4 Bell and Evans Hormone  
free Chicken breasts sliced  
and pounded thin.**  
**Monini Extra Virgin Olive Oil**  
**6 Eggs**  
**1 Cup of Whole milk**  
**A Dash of Salt**  
**A Dash of Pepper**  
**Progresso Italian  
Breadcrumbs**  
**A Jar of Raos Marinara Sauce**  
**2 Fresh Balls of Mozzarella**  
**Cheese sliced thin**  
**1 Head of Fresh Basil**



# RUNBING

Recipe courtesy of Aileen



It seems to be a recurrent feeling of being home sick being states away from my family, the sense of loneliness creeps in and out being weighed down by the lack of visits back home. In comparison to a plane ticket back home, this small but wholesome recipe trips all my senses into the same feeling of warmth that spending time with my family gives me. Pumpkin bread is usually in context to thanksgiving time or any other fall event, but to me it's the one recipe I've learned to make by heart all thanks to my grand mother. Growing up my mom wasn't much for baking considering her lack of patience. This is why it was up to me to learn all the techniques and generationally passed recipes that my grandmother knew. Pumpkin bread was the very first recipe she taught me, only because my love for pumpkin pie and anything pumpkin flavored. It's one thing to re-ad a recipe online and another to learn from a person whose connection to the recipe was passed down from her mother and her mother's mother and so forth.

The legacy of this pumpkin pie was never overlooked. After mastering the recipe to my grandmothers mothers teachings, I began to bake for my friends at school. I thought this would be a one-time thing, a nice gesture showing them my appreciation by presenting them with

something sweet to eat in the midst of a stressful semester. But their fondness towards the bread grew rapidly, I'm not one to hype it up myself, but I would be constantly asked if I could bring in more loafs. I'd get offers of up to 10\$ for one loaf to bake. It began to turn into a weekly ritual, every Sunday I'd bake 6 loafs and bring them to school for whoever would like to purchase. From friends, to teachers, to even administration staff were asking me about the loafs. Although a straight forward recipe with little to no real secrets to it, it still is simply the best pumpkin bread I'd ever had. Years later now residing In New York, precisely over 2000 miles away from home. This very recipe still follows me, its directions and ingredients carved in my memory. The very smell of baking this dish brings me back to the memory of learning it the first time. Its warmth makes me reminisce being back home with my grandmother in her kitchen listening to her direct me step by step.

Add wet ingredients (eggs, pumpkin, oil, water) to the dry ingredients all at once. Mix well with a mixer till smooth and the delicious smell makes you start drooling slightly. Grease 3 loaf pans (9x4) and pour equal amounts of the yummy batter into each pan.

Bake at 350 degrees for 45 minutes to an hour. You'll know it's ready when the top will start cracking and when you put a toothpick/knife in, it comes out clean. Set out to cool for about 5 minutes. Here's the trick on keeping it SUPER moist.

After letting it cool for about 5 minutes, take out a roll of aluminum foil. Pull out a large piece and then turn over the pan to drop one of the loaves right smack in the middle. Quickly fold the foil over (taking care not to burn the crap out of your fingers) and secure very tightly. Then set aside and let it cool off while being wrapped in the foil. Repeat and do the same to the other 2 loaves.

**3 Cups Sugar**  
**3 1/3 Cups Flour**  
**2 tsp Baking Soda**  
**1/2 Tbsp Baking Powder**  
**1 1/2 tsp Salt**  
**1 tsp Nutmeg**  
**1 tsp Ground Cloves**  
**1 tsp Cinnamon**  
**4 Whole Eggs**  
**1 Can Pumpkin (15 Oz.)**  
**1 Cup Oil**  
**1 Cup Water**  
**3 Strips Aluminum Foil**

## 4

Arrange the ingredients, including the stir-fried items, barbecue pork, peanut powder, chili sauce and egg strips, as well as optional items such as shredded green onions and seaweed powder, on a table for easy access and preparation.

## 5

Place a spring roll wrapper on a large, flat plate as shown in the photo below. Layer the items in the following order: dry ingredients first (such as peanut powder or egg strips), followed by the pork, the stir-fried vegetables, and finally some of the dried ingredients once again as desired. This will prevent the moisture from causing the spring roll wrapper to break.

## 6

Use the chili sauce to lightly moisten the edges of the wrapper and wrap the spring roll as indicated below.

Makes 6-8 servings.

Runbing is a Fujianese fresh spring roll. It is often eaten in Fujian, Chaoshan and Taiwan. In Taiwan, runbing is eaten in several varieties which can either be fried or non-fried. The fried version is very commonly served year-round in Chinese restaurants. It is small, crispy and rolled with meat or sweet red bean paste. There are two kinds of skins which roll the stuffing: one that is slowly heated until cooked is very thin; the other is baked. Furthermore, the way of cooking the stuffing is very different as well. The stuffing itself is quite diverse among different places. In northern Taiwan, the stuffing is flavored, stir-fried, sometimes it goes with peanut powder, and the sauce

is salty. In southern Taiwan, the roll's stuffing is water blanched without additional seasoning, and flavored primarily with sugar and peanut powder. The basic stuffing includes vegetables that grow in spring, meat and thinly shredded omelet. In some places, they also add noodles, Chinese sausages, stewed vegetables instead of blanched ones, tofu, seafood, sticky rice.

**1**

Beat eggs in a bowl and add salt to taste.

**2**

Heat oil in a skillet or wok and pour in half the egg mixture. Allow the contents of the skillet to cook over medium heat into a single, golden-brown, thin sheet of egg, turning over to ensure that both sides are cooked. Repeat once again with the remainder of the egg mixture. Cut the two sheets of cooked egg into thin strips.

**3**

Stir fry the following items for the filling separately and place into dishes: the bean sprouts, cabbage, snow peas with carrots, and baked bean curd. Add salt as desired for flavor.

**1 lb** bean sprouts

**1 lb** cabbage, cut into strips

**2 square pieces** of  
baked bean curd, cut into  
thin, fine strips

**1/2 lb** snow peas, cut  
into strips

**1** carrot stick, shredded

**4** eggs

**1/2** cup peanut powder  
mixed with

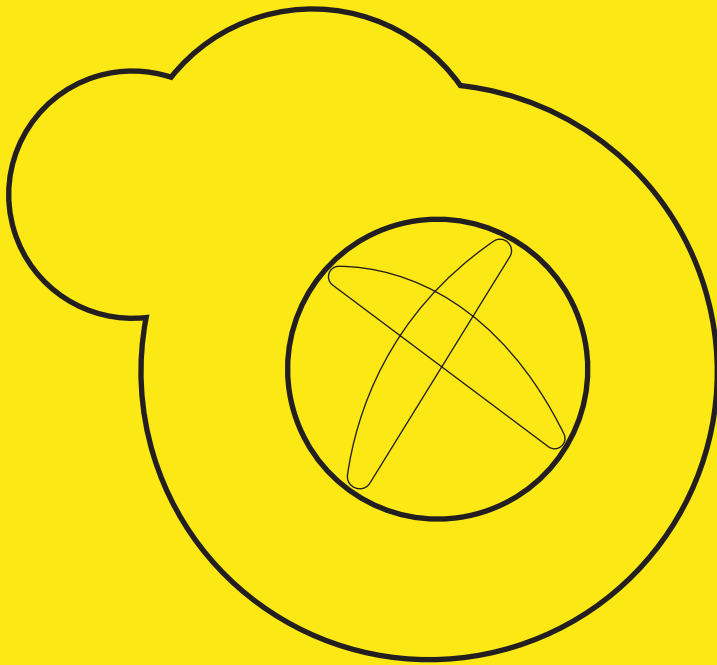
**1 bag** of spring roll wrappers  
Salt

Start with the beans, using your can of beans simply warm them up on the stove top. Then put your links in the frying pan with some olive oil keeping it on a low heat to insure the inside gets cooked, when the outside begins to crisp add the tomato vine wait until they become soft and the skin becomes thin and slightly crisp. While this saute the mushrooms with butter and salt and pepper to taste. When everything is almost done, should take around 10 minutes, put your bread in the toaster and fry your eggs, to however you wish! I recommend over-easy. Plate everything together and top it off with your favorite roast or black tea.

**1 lb** bean sprouts  
**1 lb** cabbage, cut into strips  
**2 square pieces** of  
baked bean curd, cut into  
thin, fine strips  
**1/2 lb** snow peas, cut  
into strips  
**1** carrot stick, shredded  
**3** green onion stalks,  
shredded  
**1 cup** cooked barbecue pork,  
sliced. Alternatively, you  
can use cooked pork strips  
**1/2** cup peanut powder  
mixed with  
**1/8** cup sugar  
**1 bag** of spring roll wrappers  
Salt  
Sweet chili sauce

# ENGLISH BREAKFAST

Recipe courtesy of Mary



Many of you know English breakfast tea but perhaps few of you know of the English Breakfast. The beauty of beans on toast, and the healthy alternative of a vine of tomatoes in place of a massive stack of pancakes, the American way. Growing up I was raised healthy by my two hippie parents nestled in upstate New York next to a bunch of organic farms. When I first went to the UK it didn't occur to me how much healthier and yumier this version of an indulgent breakfast was but upon going again 2 years ago I realized how delicious it can be. In my families house in the southern countryside on their organic farm I first enjoyed the relaxed deliciousness of an English breakfast.

It reminds me where many of my family came from, even though I don't go to lengths to create every part of this dish all the time simply adding tomatoes reminds me of my uncle. Or simple beans on toast, simple, maybe not the healthiest but a nostalgic genius hack for a quick snack. The great thing about the English Breakfast is you don't need every component, and to note you probably shouldn't eat this everyday. Adding some delicious tomatoes or mushrooms with your eggs makes all the difference, and to me brings me back to the English countryside.

Mix corn masa and flour plus 1/4 vegetable oil in a large mixing bowl. Cover it with stretch film and let it sit for 30 minutes.

Begin working the corn masa and slowly add water with your hands. Add 2 more tablespoons of cool water (one at a time) for the dough to reach an ideal texture, where it is still soft without being sticky. If, for some reason, it is dry, add a little more water. Or if it is too wet, let it sit on the kitchen counter uncovered for it to dry out for a little bit.

Divide the dough into equal parts, gently knead dough into a ball. Cover the dough with a clean kitchen towel.

Cover both sides of the tortilla press with clear plastic, making sure it covers both the upper and bottom parts of the press.

**1-2 eggs**

**1 can baked beans (or whatever beans you want)**

**1 small vine of tomatoes**

**2 pieces of bread**

**1 tbsp dijon mustard**

**A handful of oyster**

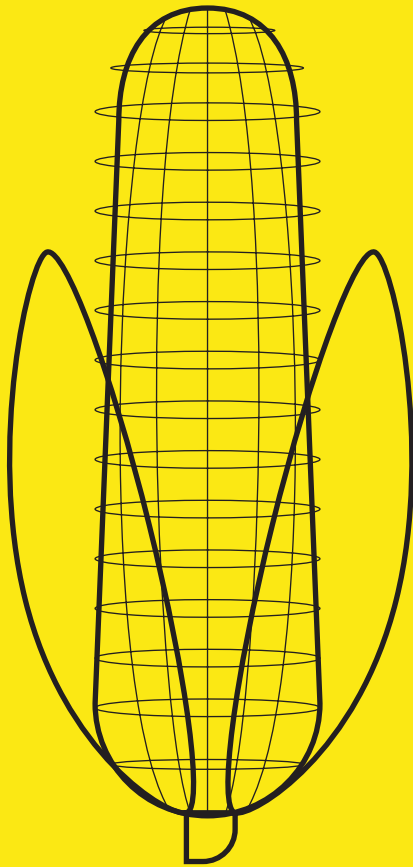
**mushrooms, shiitakes, and maitakes**

**2 links of breakfast sausage (pork)**

**Butter, Olive Oil (to fry)**

# CORN TORTILLA

Recipe courtesy of Amaya



The ancient ingredient “maize” is a quintessential facet of Mexican cuisine, from the ancient word mahiz from the Taino language of the indigenous people of pre-Columbian America. For the people of Mexico, corn is not merely a crop, but a deep cultural symbol tied to daily life. This basic grain is a part of meal preparation, and is also the national heritage of Mexican people. Archeological evidence indicates Mexico’s ancient Mayan, Aztec and Olmec civilizations depended on maize as the basis of their diet and was their most revered crop. The high level of maize diversity in Mexico is due to its varied

culture. As farmers selected the best maize for their specific environments and uses, maize diverged into distinct races, at present there are 59 unique Mexican landraces recorded.

Made intricately by the hands of my grandmother, the corn tortilla is the symbol of community and comfort. Home cooked meals are a consistent occurrence that unifies my family in one place and the ultimate addition on everyone’s plate is a tortilla. This recipe is an indication to my identity as a Mexican American, the lineage of my ancestors of Laredo.



# INSTANT RAMEN SUPREME

Recipe courtesy of Scarlet



**3 cups** corn masa  
**1 cups** flour  
**1/4 cups** vegetable oil  
**4 tablespoons** water, at  
room temperature

Roll each piece by placing on the bottom part of the press. Close the press and push it down. Transfer it to your hand. Place it on a baking sheet and cover it with a kitchen towel. Continue with pressing the rest.

In the meantime, heat a cast iron skillet in medium heat for 10 minutes.

When you are ready to bake, place a tortilla on the skillet and let it cook for 15 seconds. At first it will stick, but then, if your temperature is right, it will come off easily for you to flip it. Let it cook for another 30-45 seconds or until it is lightly browned.

As tortillas are cooked, transfer them in a basket cloth lined with a kitchen towel. Allow them to continue cooking with the steam inside the basket for at least 10 more minutes before serving.

**3 cups corn masa**  
**1 cups flour**  
**1/4 cups vegetable oil**  
**4 tablespoons water, at room temperature**

8

Fill the pot with 2 cups of cold water.

9

Add the packets of seasons. (I personally don't add the dried vegetables)

10

Add in the onion stalk, black pepper, and if you like it a little spicy, add the gochujang.

11

Thoroughly mix the seasonings, then add in the egg.

12

Put lid on and let it come to a boil.

13

Once it starts boiling, take off the lip and add the mozzarella cheese.

14

Leave the heat on until cheese is melted.

After moving to New York, the variety of food around me became very broad and I found myself eating out a lot more than I should. I came to the quick realization that I no longer had enough money to be eating out, and quite frankly, the UC food gets old really fast. So I started cooking for myself in the dorms. Given the tiny kitchen space in the dorms, I wasn't able to fix up anything too fancy. All of these restrictions led me to what is now my go-to cheap meal, instant ramen. Because instant ramen itself is quite boring, I decided to amplify it and create an ultimate version of

Aside from the fact that it's a cheap easy meal, this dish holds memories of my first year of college, as well as my time in New York City. Although I only started making this dish a year ago, it already gives me a sense of warmth and comfort. For some odd reason, I found comfort in eating this hot bowl of ramen, while sitting in my dorm alone and watching random videos. It might not be the most glamorous meal, but it's genuinely one of my favorites.

**1**  
Wash the bok choy and cut off the ends of the stalk so that you're left with individual pieces of leaf.

**2**  
Dice the cloves of garlic, and chop up the green onion.

**3**  
Fill half of a small size pot with water.

**4**  
Throw in the bok choy, diced garlic, fish tofu, and Spam or sausage.

**5**  
Turn the heat on high and put the lid on.

**6**  
After 3 minutes, throw in the instant noodle by itself.

**7**  
Once the noodles starts softening, drain the water from the pot.

**NongShim Shin Black  
Noodle Soup Instant Ramen  
Bok Choy\***

**Spam or Chinese Mini  
Sausages\***

**Fish Tofu\***

**1 Egg**

**2-3 Cloves of Garlic**

**1 Stalk of Green Onion**

**1 Teaspoon of Onion Salt**

**1/2 Tablespoon of  
Gochujang (Optional)**

**1 Teaspoon of Black Pepper**

**1/4 Cup Shredded  
Mozzarella Cheese**

**\* The amount of toppings to  
add is up to you**

Place rice in a large bowl and wash rice in several changes of water, then cover with about 4 cups water and let soak two hours to overnight. Drain rice thoroughly before proceeding.

Heat sesame oil over medium-high heat in a medium-large pot, then add the garlic, carrot, and shrimp and saute for about 30 seconds, stirring about to cook evenly. Add the soaked, drained rice to the pot and continue stirring and sauteing for a few minutes. Add 7 cups water and bring to a boil, then reduce heat to low, cover pot and simmer 30 minutes, stirring occasionally to prevent bottom from burning.

Add fish sauce and salt, then taste and check seasoning and add more salt if desired. Ladle juk into serving bowls and sprinkle with chopped green onions and crumbled kim.

To make this a more substantial meal, suggested accompaniments include kimchi and other side dishes such as broiled fish, japchae, sigeumchi namul, and kongnamul muchim.

## **NongShim Shin Black Noodle Soup Instant Ramen Bok Choy\***

**Spam or Chinese Mini**

**Sausages\***

**Fish Tofu\***

**1 Egg**

**2-3 Cloves of Garlic**

**1 Stalk of Green Onion**

**1 Teaspoon of Onion Salt**

**1/2 Tablespoon of**

**Gochujang (Optional)**

**1 Teaspoon of Black Pepper**

**1/4 Cup Shredded**

**Mozzarella Cheese**

**\* The amount of toppings to add is up to you**

# KOREAN SHRIMP AND RICE PORRIDGE. JUK

Recipe courtesy of Calen



It's a cold morning in the middle of winter and the alarm goes off. I wake up with my head throbbing and nose running. There's no way I'm going to be able to go to school. I wait in my bed for the inevitable knock on the door of a concerned, or more likely annoyed, mother for her tardy daughter. She opens the door and with one glance at the pale 8 year old, she immediately knows it's time to call the school.

After a long nap I wake up to the smell of something delicious cooking downstairs. My nose carries me down following the heavenly smell and making the long trek a tiny bit more

enjoyable. I walk in the kitchen to see my mother making Juk, the one food that I know won't make my stomach turn. As she turns the low fire off my stomach begins to rumble anticipating the warm food. The porridge is scooped into a bowl and garnished with onions and kim otherwise known as roasted seaweed. I thank my mom and eat the magical food which cures me of my fever. Not really, but something pretty close to it.

**1**

Mix the cooked rice with 1/2 teaspoon salt and 2 teaspoons sesame oil in a large bowl. Let it cool down and set aside.

**2**

Mix carrot with 1/4 teaspoon salt.

**3**

Cook the carrot with vegetable oil for about 1 minute and put it aside. Repeat step 3 for the cucumber.

**4**

Pan-fry 4 sticks of ham for 4 minutes and put it aside.

**1 cup Short-grained Rice**

**7 cups Water**

**1 Tbsp Sesame Oil**

**2 cloves Garlic, Minced**

**1.25 cups Chopped Carrot**

**1 cup Chopped Raw Shrimp**

**1 Tbsp Fish Sauce**

**1 tsp Salt**

**3 whole Green Onions,**

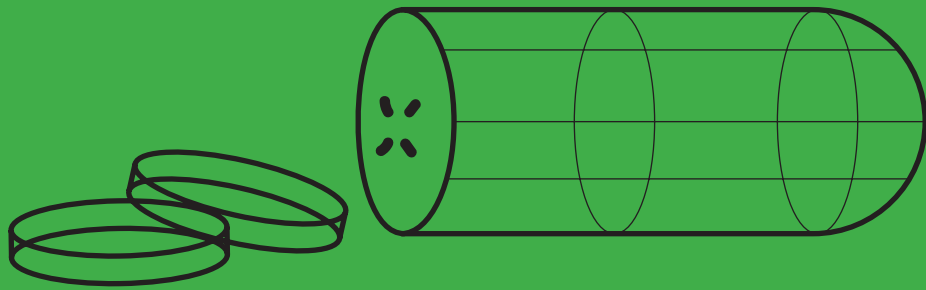
**Chopped**

**Roasted Kim. Seasoned**

**Seaweed, Crumbled**

# GIMBAP

Recipe courtesy of Yuri



Gimbap is an easy dish to make that is filling and healthy to eat. Personally, Gimbap is used as a means of expressing my love for someone, especially my family. Gimbap is a classic dish that my mother would put in my lunchbox for school or field trips. It was a replacement of the classic sandwich in a lunchbox. My family always loved the taste of homemade Gimbap, which I made very much. In fact, it is my favorite food because it was the dish that I had learned to make for the first time.

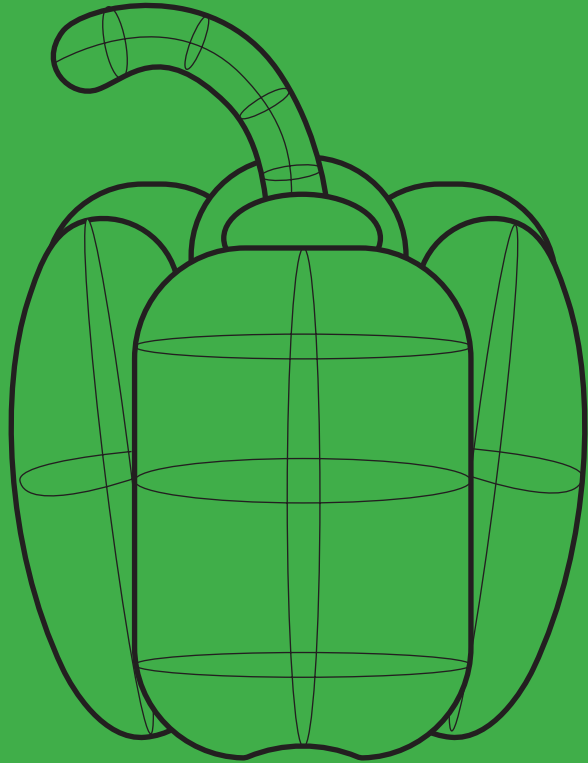
The making process is another factor that makes the Gimbap dish special - that is, it brings the

people together. At times, my mother would prepare the ingredients, and I would help her roll the Gimbap. This became a tradition in the family. As I got older, I realized the different tastes of gimbap from restaurant to restaurant. However, this Gimbap recipe from my mother gives a nostalgic taste that is different from all the other Gimbap's made in stores. To me, Gimbap is a Korean dish, which partly represents my Korean culture.



# SALAD

Recipe courtesy of Shamail



5 Sheets of Dried Seaweed  
2 Eggs  
1/2 Carrot (120g/4.2  
ounces)  
4 Sticks of BBQ Ham  
4 Yellow Radish Pickle  
4 Cucumber  
2 1/2 Cups Grain Rice  
2 Tbsp Sesame Oil  
3/8 Tsp Sea Salt

**5**

Mix 3 eggs with 1/4 teaspoon salt and pour the egg mixture into the pan. Cook the egg for 5 minutes. Cut the egg into 1/2 inch wide strips and put it aside.

**6**

Place a sheet of gim on a bamboo mat. Spread 3/4 cup of cooked rice on gim.

**7**

Place cucumber, carrot, ham, yellow pickled radish strip, and egg in the center of the rice.

**8**

Use both hands to roll the mat over the fillings. Grab the mat with both hands and press it tightly. Push out the mat as you roll.

**9**

Remove the roll from the mat and set the roll aside. Repeat 4 more times with the remaining ingredients.

**5 Sheets of Dried Seaweed**

**2 Eggs**

**1/2 Carrot (120g/4.2 ounces)**

**4 Sticks of BBQ Ham**

**4 Yellow Radish Pickle**

**4 Cucumber**

**2 1/2 Cups Grain Rice**

**2 Tbsp Sesame Oil**

**3/8 Tsp Sea Salt**

# CONGEE. RICE PORRIDGE

Recipe courtesy of Misty



Most of my life I ate in a very Afghan way, which is unknowingly avoiding most or all vegetables. As most people know, a balanced diet consists a good portion of vegetables and since I wasn't eating any, I wasn't healthy. I wasn't healthy both physically and mentally, mainly due to how I was eating. I didn't really realize that I had an awful diet up until college. I started to notice how other ate compared to how I ate and I was confused at first. My diet growing up had so little vegetables and I assumed it was the same for everyone and seeing everyone eating a balanced diet confused me. At this point in time I also took a deep dive into (beauty and lifestyle guru culture) on YouTube. Everyone that I watched swore that the reason they were happier and living a better life was because of what they ate, so I decide to change my diet just to see what would happen.

A couple of weeks after I changed my diet I saw some pretty significant changes in my life. I was generally feeling a lot better and I was just had more energy to do things. I didn't really want to admit that the beauty gurus might be right, but they might be into something. I also lost around 60 pounds since I changed my diet, I honestly didn't even start this to lose weight so it was a pleasant surprise. I'm not really

someone who likes to preach about being healthy but this was just one of those things that really stuck with me. Now it's confusing how I could've let myself eat terribly since I was born and not even question it until I was an adult. Although something like vegetables seems extremely insignificant, the whole idea of wanted to change everything I eat was really a turning point in my life and I hope that I can keep it up.

**1**

I really just do everything in a very basic order. At first I set 2 eggs in a pot of water and let them boil for about seven minutes just so the yolk is a little soft and a little hard, but it's up to you.

**2**

After that I cut the vegetables in the order of spinach, then tomatoes, then bell pepper, lastly half a lemon.

**3**

I lay everything inside of the bowl so that it's a bed of spinach with tomatoes and the peppers lay out on it. I add some of the lemon's juice as a (dressing) sort of thing.

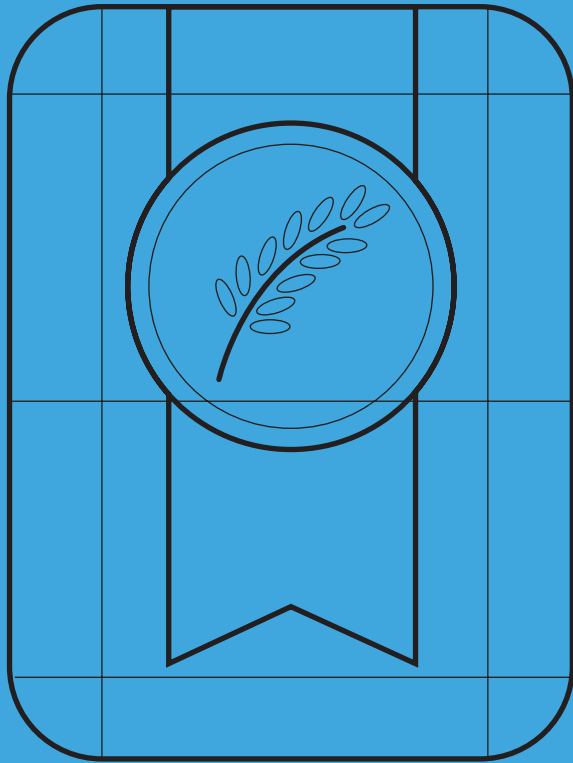
**4**

I, lastly, take the eggs cut them and put it either onto of everything or on a dependent plate. Then you eat it! That about it!

**1 - 1 1/2 cups of Spinach**  
**7-10 cherry tomatoes**  
**1/4 of a bell pepper**  
**1/2 of a lemon's juice**  
**2 hard boiled eggs**

# CHINESE STEAMED BUNS. 馒头

Recipe courtesy of Joyce



Congee reminds me of my family. It's what we ate on the weekends when my older brother and I weren't at school. We always paired congee with fried eggs, to-fu with soy sauce, and other side dishes. I have a very vivid memory of when I was maybe 7 years old and I went up to my mom one morning and asked her if she would teach me how to make congee. I grabbed a notepad and pencil and wrote down every single thing she did, from how many times she washed the rice to how many minutes the

rice was cooking for. Although I don't have that handwritten piece anymore, I still love congee and appreciate it when my mom cooks it. Those weekend mornings with my family around the table enjoying a meal together, although very mundane at the time, is something I miss now that my brother has moved out and me being busy with college. Food really does bring people together and I look forward to the weekends where I start the day by eating with my parents.

1

Wash the rice.

2

With your preferred rice to water ratio (measurements are in cups), add the rice.

3

On medium-high heat, bring the water to a boil.

4

When it starts to boil, bring the temperature down to a medium-low.

5

Stir occasionally to prevent rice from sticking to the bottom of the pot.

6

It will get thicker and when you are happy with the consistency, it's ready! You are free to add things to it!

## Rice Water

6

Remove the two ends and use a very sharp knife to cut the log to smaller pieces (around 2 cm wide). Try to keep the original shape. Place the buns to a lined steamer one by one. Leave some space among each one as the buns rise after steaming.

7

Add cold water to your wok or steel steamer. Cover the lid and rest for 10 minutes in summer and around 20 minutes in winter or until the bun becomes fluffy again.

8

Use high fire to bring the water to a boil and continue to steam for around 20 to 25 minutes (depending on the size of your buns).

9

Remove off the fire and wait for around 5 minutes before opening the lid. Serve warm or re-steam to soften before serving.

When I was at my childhood friend's house, her grandma would always have fresh steamed buns ready for me to eat because she knew that I loved them. Her family was from the northern part of China, where Chinese steamed buns are a staple, and my family is from the southern tip. It was like eating warm clouds, with the soft white of the bread and the slight tinge of natural sweetness. I remember loving them so much that even my dad started making them for me on weekends. There'd be endless rows of rolled dough, ready to be sliced and cooked in the steamer. Although I would sometimes eat the steamed buns with Szechuan pickles, dried pork, or soy sauce, I always knew

that I fell in love with the simplicity of the taste in the first place.

I haven't made this recipe in a long time. Honestly, it takes a lot of space, time, and resources that I could only get from my very Chinese kitchen at home. When I get the off-chance to eat homemade steam buns, that simplicity takes me back to another time, when I had just gotten off the school bus at my friend's house, walked down her winding driveway, and opened the door to a fresh bowl of steaming (man tou). But then it also take me home, to a kitchen that always smells like garlic and cold marble counters waiting to be filled with bowls and warmth.

**1**

Prepare warm water around 35°C and melt the sugar in. And mix the yeast with the water. Mix well and set aside for around 5 minutes. If you do not want sugar, just skip it.

**2**

Place salt and flour in a large bowl. Pour the water with yeast slowly to the bowl with flour and stir with a chopstick.

**3**

Then knead the flour into smooth and soft dough. At the very beginning, it might be a little bit sticky. Or you can simple resort to a stand mixer.

**4**

Cover the bowl and let the dough rest for around 1 hour or until the paste ball doubles in size.

**5**

When the dough is double in size, get paste ball out, dust the operating board and re-knead the dough for 3-4 minutes until the dough becomes almost smooth again. Divide the dough into two parts, keep kneading and shape each part into 1 inch thick long log.

**300g all-purpose flour + 2  
tbsp more for dusting  
1 and 1/2 tsp instant yeast  
2 tbsp sugar, optional  
150g water or 20ml more  
if needed  
a tiny pinch of salt, around  
1.5% of the dough**



1

Heat the ghee in a pressure cooker

2

Add bay leaves

3

Add cumin seeds

4

Add dry red chilli

5

Add clove

6

Add cinnamon stick

7

add chopped onions

8

Saute the mix for 1 minute

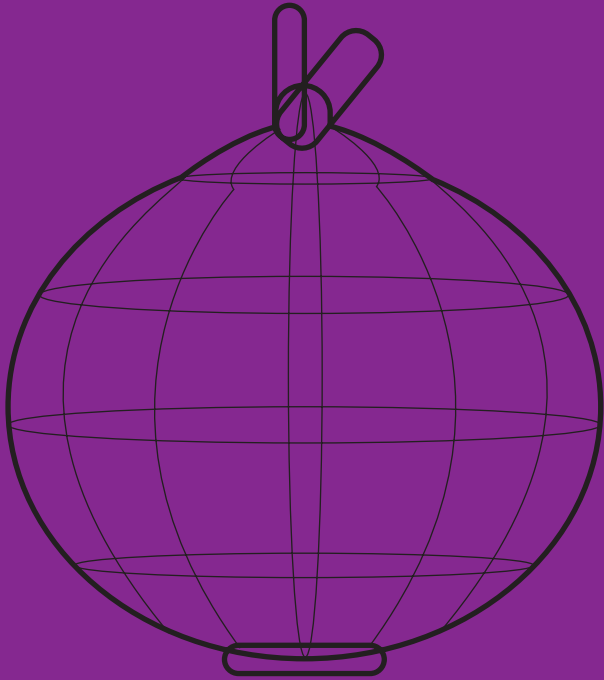
9

Add ginger paste

300g all-purpose flour + 2  
tbsp more for dusting  
1 and 1/2 tsp instant yeast  
2 tbsp sugar, optional  
150g water or 20ml more  
if needed  
a tiny pinch of salt, around  
1.5% of the dough

# KHICHIDI

Recipe courtesy of Suditi

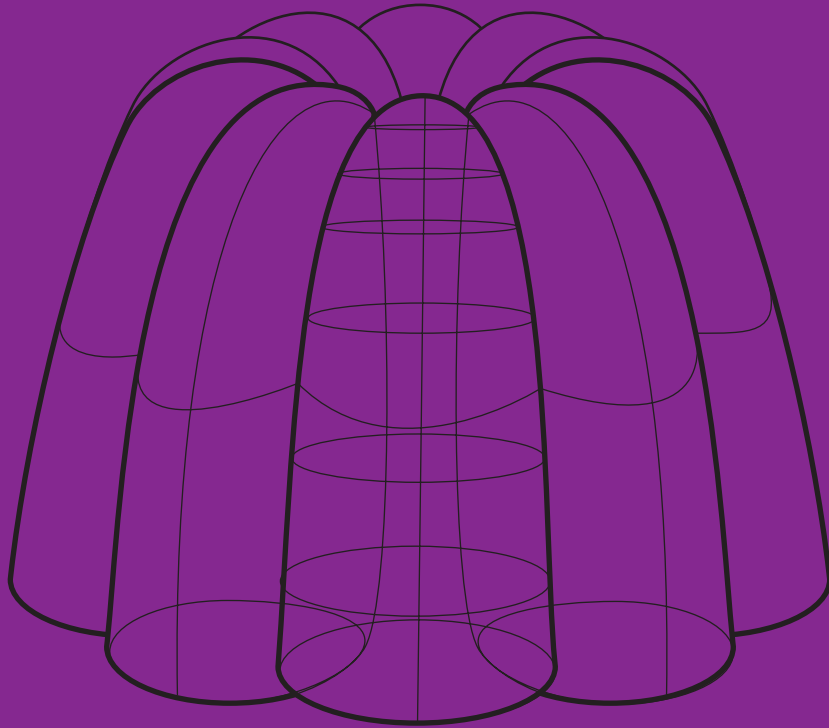


This dish slices through India's deep divides of caste, class and religion. It was devoured by both emperors and peasants. The main reason for this is the inexpensive ingredients alongside its rich nutritious values. Khichdi is a true symbol of India's cultural diversity. It is considered to be part of a staple diet and one of the healthiest prepared meals in the country. In a nutshell, Khichdi (to me) is comfort food with rice, lentils and spices. However what makes this dish so close to home is the fact that each household has a different take on the recipe. With varying

ingredient components and cooking styles, this recipe can transform into a whole new meal. The ease at which Khichdi can be prepared, made it one of the few meals I cook at college. I make it twice a week as it's quick and relatively cheap (especially when using the crockpot). When I made it for the first time out here I used a youtube tutorial. Interestingly, the Khichdi I make tastes really different from the one at I have at home but I enjoy both!

# TWELVE LAYER JELLO

Recipe courtesy of Savannah



1 **tbsp** ghee  
2 **bay** leaves  
1/2 **tsp** cumin  
2 dry red chillies  
2 **cloves**  
Cinnamon Stick  
1/2 finely chopped onion  
1/4 **tsp** ginger paste

**10**

Add turmeric powder

**11**

Add parsley

**12**

Add remaining vegetables

**13**

Saute the mix for 1 minute

**14**

Add rice

**15**

Add the pulse (dal)

**16**

Saute the mix for 1 minute

**17**

Add 4 cups of water

**18**

Pressure cook until 4 whistles go off

**1/4 tsp turmeric powder**

**1 tsp salt**

**1 tbsp green peas**

**1 tbsp finely chopped**

**broccoli/cauliflower**

**1 finely chopped tomato**

**1 tbsp finely chopped beans**

**Parsley/coriander for taste**

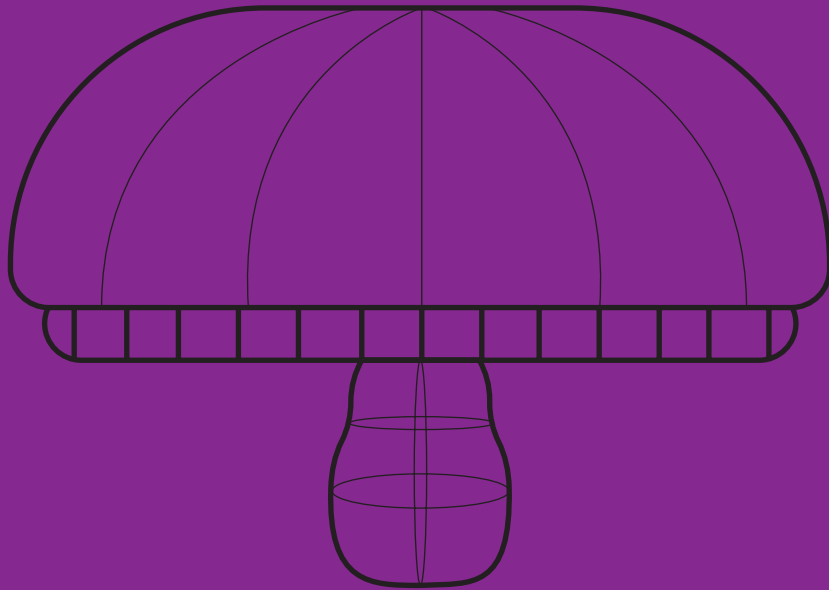
**Chopped soaked almonds**

**Pine nuts and Lettuce**

**leaves**

# VEGGIE FAJITAS

Recipe courtesy of Juliette



For as many Thanksgivings as I can remember, my mother has made the illusive and magically Twelve Layer Jello. It is exactly what it sounds like, twelve jiggly layers of Jello all stacked together to create a perfect rainbow. It is a dish of labor and patience. That requires plenty of freezer and fridge space. The tradition of the Thanksgiving Jello is one I hold fondly in my heart. To this day it is the only dish I want to participate in preparing. I find myself smiling when

I think back on past Thanksgivings, and the drama the colorful dessert has caused. If one layer broke and bled into another you could pretty much count on a mental break down from my mother. Heaven forbid you were the poor soul who decided to eat the last slice. The moments spent with my mother and grandmother mixing jello, will forever be ingrained in my memory. I hope to carry on these joyful memories into my future home.

Dissolve jello in 2 cups boiling water split into two bowls (about 1/4 cups in each, jello adds volume)

Bowl One: add 2 TBSP cold water, mix.

Bowl Two: add 1/3C plain yogurt, mix until dissolved.

Pour bowl one into pan and freeze for 7-10 minutes (or until setup). Pour bowl two gently over first bowl, use a spoon to keep the pouring from making a hole in the previous layers. Repeat all steps with the remaining jello.

**Grape**  
**Blue Raspberry**  
**Lime**  
**Lemon**  
**Orange**  
**Strawberry**  
**32 oz of Nonfat Plain Yogurt**  
**Heavy Whip Cream for**  
**topping**

Veggie fajitas make the perfect dish for a dinner party with friends. (or just a quick meal for a gal-on-the-go). You never know when you'll want to have friends over, or when you'll need to prep your meals for the week in less than half an hour, and taking only 25 minutes (including prep time). Balancing both school, work, and my social life can be challenging when preparing meals. Not only is this meal quick to prepare, it's also really affordable. It makes it easy to keep myself on a budget while still eating a super healthy meal. I tend to just make the fajita filling in bulk and it can be kept in the fridge for a couple days.

I love making dinner with my friends, but when you have to take dietary needs into consideration it can make it super difficult. When I started making vegetable fajitas, I realized how easily adaptable it is to fit all of my picky friends' dietary restrictions. To accommodate vegans you can just replace the cheese with a vegan substitute or cut it out all together. If you have meat lovers you can easily whip up some chicken, pork, or steak using the same spices and ingredients as the veggies. These fajitas are such a hit and a fairly healthy option for students in a rush!

First, heat your oven to 350F (180C). Wrap the tortillas in aluminium foil, and pop them in the oven for 15-20 minutes until heated through. Or if you have a gas stove, turn on a flame and using tongs put a tortilla directly over the flame. Turn continually to evenly toast the tortilla, flip and repeat on the other side. About 20 seconds per side. Repeat with each tortilla.

Heat the oil in a large skillet or frying pan over medium-high heat. When hot, add in the peppers, onions, chili powder, cumin, salt, and smoked paprika. Stir often to evenly cook the veggies until the peppers just begin to soften, about 5 minutes.

Add in the mushrooms and garlic and continue to cook for another 5-7 minutes until the mushrooms have reduced in size, and the peppers have softened but aren't mushy. Crank the heat for the last minute if you want to get a real sizzle going on. Serve the skillet directly to the table on a heat-safe rest, or present the filling in a bowl. Make fajitas by topping a warm tortilla with the hot vegetable mix, and any toppings you desire.

**8 corn or flour small tortillas**  
**4 bell peppers thickly sliced**  
**1 red, white, or yellow onion, thickly sliced**  
**8 oz portobello mushrooms, thickly sliced**  
**3 cloves garlic, minced**  
**2 tbsp light oil**  
**1 1/4 tsp chili powder**  
**3/4 tsp cumin**  
**3/4 tsp salt**  
**1/2 tsp smoked paprika**  
**Lime wedges**  
**Avocado, sliced or mashed**  
**Hot sauce of your choice**