



# WINning Dishes

SPRING  
2020



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## A MESSAGE FROM PASHA

Before we cook... Wow! You made it! I hope you are proud of what you have accomplished so far.

Fittingly, the first assignment that most coding classes ask their students to complete is the infamous “peanut butter and jelly” exercise. I believe Cohort 2 was lucky enough to avoid the banal PB&J example, and instead walked through a similar kitchen activity where you were asked to relay some basic culinary guidance to an unknown third party. Not as easy as you would have thought, huh?

Well, I’m sure that wasn’t the only time you mentioned that to yourself during your time in the WIN program (see: COVID-19). But this wasn’t your first-time facing adversity. So, you adapted. You grew. You came together while physically moving apart. Bonds were formed, lessons were shared, and connections were made in order to help each other survive. Some of you even learned to code along the way.

When I reflect about what makes the WIN program special, I don’t think about the resources we provide, or the curriculum that we teach, or the jobs we offer to those who make it to the end of the grueling 24-weeks. It has been, and always will be about the people in the program--the “Participants”.

I’ve never found this moniker to be fitting. One does not “participate” in the WIN program. You engage, endure, and grow through the program. But this year also helped remind us that not every person is awarded the opportunity to equally “participate” in society.

Personally, I’ve realized I take for granted the diverse roots within each cohort that bears a fruit not everyone has the privilege of experiencing--the faces, the colors, the stories, the backgrounds. Diversity is not “nice to have”, it is a competitive advantage for those who embrace it. Culture is not something we should be ashamed of; it is a light that illuminates the path ahead via generations of ancestral wisdom. While the word “essential” has been thrown out more than ever, I hope we remember that the most essential task is to learn from our brothers and sisters of every race, color, creed, and nationality.

When I used to volunteer for a refugee resettlement organization, they emphasized that you don’t need to know another person’s language in order to connect with them--all you need is a plate of food to share. If you start by offering food off your plate to a person you have nothing else in common with, the rest of the relationship will follow easily and organically.

So, what a perfect way to continue to build our relationships together. While COVID-19 has forced us to embrace solitude, we can still share a meal and learn a little bit about where our taste buds call home. Humans do not thrive in isolation, and we are indeed better when learning from our peers. Therefore, I hope you take the time to learn to appreciate the cuisine of your peers and embark on a journey into the most cherished part of every home and culture—the food we share with the ones we love.

Happy cooking and much love,

Pasha

P.S. – Big shout out to DANA!!! Thank you for putting this together. What an incredible idea and thank you for the huge effort to follow through on this undertaking. #Allstar

P.S.S. – Before anyone else gets the chance to say it, yeah, I know, I know... My recipe is the most complicated rice you've ever seen in your life. Iranian people LOVE rice. Nothing makes my mouth water more than some fresh "tahdig". Don't even try me with that Uncle Ben microwave rice trash.



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CODE IS LIKE A JOKE...  
...IF YOU HAVE TO EXPLAIN IT, IT'S BAD.

SEE? BECAUSE IF YOU HAVE TO EXPLAIN  
A JOKE, IT'S NOT FUNNY.

# APPETIZERS

Vegetable Puff

Egg Rolls

Cowboy Crackers

Asha Kadekoppa

Chue Moua

Dominick Park



# VEGETABLE PUFF

## INGREDIENTS

Puff pastry sheets

1 cup mixed vegetables cut into cubes  
(carrot, beans, peas, corn kernels,  
potatoes)

½ teaspoon grated garlic

1 small onion chopped

Salt to your taste

*SPICE(MASALA) POWDER*

¼ teaspoon turmeric powder

½ teaspoon cumin powder

½ teaspoon coriander powder

1 teaspoon garam masala powder

¼ teaspoon red chili powder



## INSTRUCTIONS

1. Preheat oven to 400° F.
2. Thaw and prepare puff pastry sheets as per the package instructions and cut into rectangles.
3. Cut the vegetables into cubes, place into pan and bring to a boil. Boil until vegetables are soft, then drain.
4. In a pan add oil, garlic, and onion sautéing until the onions are translucent.
5. Add spice powders and salt to the pan. Add boiled vegetables. Mix together and turn off the fire.
6. Add a spoon of vegetable stuffing on one side and fold from the other side (see photo above).
7. Press the edges with a fork to seal pastry closed.
8. Bake for 15-20 minutes until the top gets a golden brown color.

# VEGETABLE PUFF

## EGG PUFF - VEGETABLE PUFF ALTERNATIVE

---

1. If you would like to skip vegetables, skip step 3. Increase the amount of onion and prepare the stuffing.
2. Add 1 teaspoon of onion stuffing in the center and put half hard boiled egg on top. Sprinkle salt and pepper and fold as shown in picture. Bake at 400° F for 10-15 minutes.



# HMONG EGG ROLLS

## INGREDIENTS

### *EGG ROLLS*

1 pack of Menlo wrappers/TYJ Spring Roll Pastry (found at Asian stores)  
1 package of bean thread cellophane noodles (10½ oz or 300g)  
1 pound of ground pork  
8 stems of green onion, chopped  
¾ cup of cilantro, chopped  
¾ cup of cabbage, thinly shredded  
¾ cup of carrots, outer skin peeled off and grated  
½ of a shallot, finely chopped  
1 tablespoon of ginger, minced  
1-1 ½ tablespoons of salt  
1 tablespoon of black pepper  
1 teaspoon of granulated chicken flavor soup base mix (optional)  
1 tablespoon of fried garlic powder (optional)  
3 tablespoons of oyster sauce  
2 eggs  
1 egg yolk for sealing the wrapper  
Vegetable oil for frying

### *PEANUT CHILI SAUCE*

3 tablespoons of peanut butter (optional)  
½ cup of Thai red chili sauce  
1 teaspoon of lime  
½ tablespoon of squid sauce (optional)  
¼ cup of water



Some chopped green onions & cilantro (optional)

Some crushed peanuts (optional)

Thai chili red peppers (optional)

# HMONG EGG ROLLS

## INSTRUCTIONS

---

### EGG ROLLS

1. Take out the pack of Menlo wrappers/TYJ Spring Roll Pastry wrappers out of the freezer and let it defrost at room temperature. Approximate time is about 30 minutes.
2. Soak the bean thread cellophane noodles in hot water for about 5 minutes or until soft. Then drain and cut the noodles into about 1-inch segments.
3. Mix the bean thread cellophane noodles with the rest of the egg roll ingredients (except the wrappers, egg that is for sealing the wrappers, and vegetable oil) until well combined.
4. Once the wrappers are defrosted, peel the individual wrappers onto a separate plate.
5. Now add about a spoon full of the mixed egg roll ingredients onto the wrapper and start rolling it. (Check out the pictures for a photo tutorial)
6. Pour enough oil in a frying pan or pot so that when egg rolls are in the pan the oil covers the whole egg roll.
7. Deep fry the egg rolls in hot oil (350° F) until golden brown over medium-high heat. Each batch should take about 8-10 minutes.

### DIRECTIONS FOR THE PEANUT CHILI SAUCE

1. Combine and mix all the ingredients under the “peanut chili sauce” section. That’s it for the dipping sauce.

# HMONG EGG ROLLS

## PHOTO INSTRUCTIONS FOR WRAPPING EGG ROLLS

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# HMONG EGG ROLLS

## PHOTO INSTRUCTIONS CONT'D





# COWBOY CRACKERS



## INGREDIENTS

1¼ cups canola oil  
1 1-ounce package ranch  
dressing mix  
2 tablespoons red pepper flakes  
1 (16 ounce) box saltine crackers

## INSTRUCTIONS

1. Use a large ziplock storage bag, 2 gallon size.
2. Add the oil, ranch dressing mix, red pepper flakes and crackers. Tumble constantly for 15 minutes.

*I was enjoying a nice evening with friends enjoying many many libations. Unfortunately I did not eat beforehand. Luckily Cowboy Crackers came through and saved the day and settled my stomach because your boy needed every bit of help that he could get.*

*</> Dominick Parks*



I USED TO CODE A LOT OF HTML  
BUT NOW IT'S JUST SOME <BODY>  
THAT I USED TO KNOW

I HAVE A JOKE ON CSS STYLES  
BUT THAT'S NOT !IMPORTANT

WHAT SCREAMS I'M INSECURE?  
HTTP://

```
#titanic {  
  float: none;  
}
```

```
.wife {  
  right: 100%;  
  margin: 0%;  
}
```

```
.ninja {  
  visibility: hidden;  
  color: black;  
}
```

# SOUPS

Minestrone Soup

Turkish Lentil Soup

Tomato Soup

Albondigas

Mexican Lentil Soup

Borscht

Branson Perkins

Görkem Aygun

Jenny Tang

Melina Whitlock

Melina Whitlock

Stanislav Ptushkin

# MINESTRONE SOUP

## INGREDIENTS

---



## INGREDIENTS

---

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1 16-ounce can kidney beans           | 1 Savoy cabbage head            |
| 1 16-ounce can garbanzo beans         | 3 small zucchini                |
| 1 16-ounce can cannellini beans       | 2 ounce Prosciutto ham          |
| 1 14½-ounce can green beans           | 1 tablespoon minced garlic      |
| 1 bay leaf                            | 1 beef bouillon                 |
| 2 carrots                             | 2 tablespoons olive oil         |
| 1 14½- ounce can of tomatoes          | 1 tablespoon butter             |
| Celery stalks (as many as you please) | Fresh basil                     |
| 1 onion                               | Block of Parmesan cheese & rind |
| 2 potatoes                            |                                 |

# MINESTRONE SOUP

## INSTRUCTIONS

---

1. Wash and cut up vegetables to preferred size.
2. Heat olive oil and butter in a large pot. Sauté all fresh vegetables until they are soft.
3. Add chicken stock, bay leaf, tomatoes, prosciutto, beef bouillon, and Parmesan rind.
4. Allow soup to boil & reduce to simmer. Cook until the vegetables are soft.
5. Add canned beans *and their liquid*. **Do NOT** drain the cans.
6. Let the soup simmer for 5 minutes and the soup is ready to serve. Add salt and pepper to taste!

*Bonus: Shred some Parmesan cheese and add to the soup.*



# TURKISH STYLE LENTIL SOUP

## INGREDIENTS

---

1 tablespoon butter (or olive oil)	1 cup red lentils, rinsed and picked over
1 medium white onion, peeled and diced	1 small Yukon gold potato, diced into ½-inch cubes
1 carrot, diced	Fine sea salt and freshly-cracked black pepper, to taste
1 tablespoon tomato paste (optional)	Fresh lemon wedges and chopped fresh mint, for serving
1 teaspoon ground cumin	
½ teaspoon Aleppo pepper	
6 cups vegetable or chicken stock or regular water	

## INSTRUCTIONS

---

- Sauté the veggies.**  
Melt butter (or heat oil) in a large stockpot over medium-high heat. Add onion and carrot, and sauté for 5 minutes until softened, stirring occasionally. Stir in the tomato paste (if using), cumin, and Aleppo pepper. Sauté for 1 more minute, stirring occasionally.
- Simmer.**  
Add the stock, red lentils, potato, and stir to combine. Continue cooking until the soup reaches a simmer. Reduce heat to medium-low to maintain the simmer, cover and cook for 15 minutes (or until the lentils are tender).
- Purée. (optional)**  
If you would like to purée the soup, use an immersion blender to purée until completely smooth. Or transfer the soup to a traditional blender (I recommend doing this in two batches, so as not to overfill the blender), and carefully purée until smooth.
- Season.**  
Taste the soup, and season with salt and pepper to taste.
- Serve.**  
Serve warm, sprinkled with chopped fresh mint and fresh lemon wedges for squeezing. The lemon juice is essential, in my opinion, so be sure that it gets added to the soup!

# TOMATO SOUP



## INGREDIENTS

1 29-ounce can tomato sauce  
1 cup heavy whipping cream  
(can substitute with half and half  
or whipping cream for a "lighter"  
version)  
1 tablespoon Italian seasoning  
¼ teaspoon salt  
⅛ teaspoon pepper  
Dash hot sauce  
Salad croutons optional  
Cheddar cheese optional

## INSTRUCTIONS

1. Combine all ingredients - tomato sauce, cream, Italian seasoning salt, pepper, and hot sauce - together in a pot and heat.
2. Once it is dished into a bowl, top with salad croutons and/or cheese, and I like to live on the edge and add a few extra dashes of hot sauce!

*The croutons are a must for me.*

*</> Jenny Tang*

# ALBONDIGAS

## MEXICAN MEATBALLS SOUP



### INGREDIENTS

#### MEATBALLS

- 4 medium tomatillos
- 1 large onion
- 2 garlic cloves
- 2 large eggs
- ¼ cup flour (regular)
- ⅓ cup rice
- 1 tablespoon chicken(or beef) bouillon
- 1 pound ground beef (Turkey)

#### BROTH

- 2-3 medium Roma tomatoes
- 1 large onion
- 2 garlic cloves
- 3-4 ounces chipotle peppers in Adobo sauce
- 1 tablespoon chicken(or beef) bouillon
- 1 cilantro bundle
- 3 large potatoes
- 2 carrots

### INSTRUCTIONS

1. Using a large pot, fill the pot halfway with water and leave on high heat. Dice the potatoes and carrots to ½"-1" or your liking. Add them to the water and leave heat on high.
2. In a blender, add the tomatoes, onion (both cut into fourths), garlic, chipotle peppers with sauce, and bouillon. Blend until everything is a puree. Add puree to the pot to give your broth flavor. Reduce heat to medium. If you need liquid to help the blending process add water as needed.

# ALBONDIGAS

## INSTRUCTIONS CONT'D

---

1. As your broth is cooking, dice the tomatillos, onion, and garlic into ¼" or less sized pieces. Then in a large bowl, mix the diced tomatillos, onion, garlic, eggs, flour, rice, bouillon, and beef. If you don't like beef ground turkey is a great substitute!
2. Once everything is mixed, make meatballs out of the mixture and add them to the broth. The size of the meatballs depends on how big you want them and how many you want in your soup. This may also limit your servings. I recommend 1½"-2" diameter sized meatballs.
3. Once everything, broth and meatballs, are in the pot, cook on low for approximately 25-30 minutes to allow the meatballs to cook through and absorb the flavor of the broth. Cut and add cilantro about 10 minutes before taking off the heat.
4. Enjoy your meatball soup with extra toppings such as a pickled/fresh jalapeños, avocado and even sour cream.

*Chipotle peppers I use: La Costena Chipotles in Adobo Sauce. They're available in supermarkets and on Amazon.*

*Enjoy your meatball soup with extra toppings such as a pickled/fresh jalapeños, avocado and even sour cream.*

*</> Melina Whitlock*

# MEXICAN LENTIL SOUP

## INGREDIENTS

1 pound bag of lentils  
4 Roma tomatoes  
1 large onion  
3 garlic cloves  
1 cilantro bundle  
1 pound bacon  
1 pack of hot dogs(or andouille sausage)  
1 tablespoon chicken/beef bouillon  
Salt to taste  
2 tablespoons oil



## INSTRUCTIONS

1. Use a large pot filling it halfway with water, and add the lentils. Add salt and bouillon to the pot to give lentils broth some flavor. Leave pot on medium fire to cook lentils while you prep everything else.
2. Dice the tomatoes, onion, and garlic into  $\frac{1}{4}$ " pieces (or a size that you like). Then heat oil in a large skillet and sauté tomatoes, onion, and garlic. Add sautéed vegetables to the pot with lentils.
3. Cut the hot dogs and bacon into bite-size pieces. Heat skillet and cook the bacon first then add bacon to pot with lentils. Use the grease from the bacon to cook the hotdogs, then add to the pot with lentils. *Make sure that you do not add grease to lentils. Drain bacon of excess grease before adding it to the lentils.*
4. Cut cilantro and add to the pot. Reduce heat from medium to low and allow lentils to cook for an additional 10-15 minutes. If you want lentils to have a lot of broth now is the time to add more water.

*NOTE: Lentils take about 20-30 minutes to cook so if you cut everything first and add everything quickly make sure to allow your lentils to cook for at least 20 minutes.*

*Enjoy your lentils with extra toppings such as a hard-boiled egg, pickled jalapeños, avocado, and even sour cream. You can also add extra veggies such as potatoes, carrots, or celery but make sure to account for them in the cooking time!*



# BORSCHT

*Borscht is one of those soups that has dozens of variations. It is debated where it originated, but it was either Ukraine, Russia, or Belarus. This version is how my grandmother used to make it except a few modifications I adopted.*

## INGREDIENTS

---

1 pound beef (any part, less fatty is better)  
2 medium onions  
6-8 medium white potatoes  
1 small to medium cabbage  
2 medium beets  
3 medium carrots  
1 green bell pepper  
¼ cup minced dill  
½ tablespoon salt plus more as needed  
½ ground black pepper  
Olive, vegetable, or sunflower oil  
(I use sunflower oil)  
1 6-ounce can tomato paste  
Sour cream (optional)



## INSTRUCTIONS

---

1. Fill the pot to about  $\frac{3}{4}$  with water and bring to boil.
2. Cut the meat into cubes or manageable chunks about  $1\frac{1}{2}$  inches on the side.
3. When water boils add  $\frac{1}{2}$  tablespoon salt and meat. Bring to boil and continue boiling on low heat for about an hour or until the meat is tender enough to pull it apart into smaller pieces/strings. Throughout cooking skim the foam forming on the surface as often as possible (every 10 minutes should be fine).
4. While boiling meat, peel and cut potatoes into cubes about an inch on the side. Chop the onions. Peel carrots and beets then grate on the largest grater profile.
5. Core the bell pepper. Cut it in 4 pieces by length and then slice altogether.
6. Core and slice the cabbage. If the cabbage is about the same diameter as a regular soup bowl, I use only one half.



# BORSCHT

## INSTRUCTIONS CONT'D

---

7. Mince dill and set everything aside in separate containers or on paper plates.
8. Add enough oil to the skillet so the onions would barely touch the bottom, but not too much as to make them float there freely. Insert the chopped onions and let simmer on low to medium heat stirring occasionally until slightly golden.
9. Stir in grated carrots and let simmer for another 10 minutes, stirring occasionally.
10. Stir in grated beets, adding oil as needed so the mixture doesn't burn on the bottom. Let simmer for another 5-10 minutes, stirring occasionally.
11. Stir in sliced bell pepper and let simmer for another 5 minutes, continuing to stir occasionally.
12. Finally stir in the entire contents of tomato paste can and some water (either newly boiled water or boiling water from the meat pot (just water!)) until well blended. Let simmer for another 10-15 minutes stirring every minute or so. Take off the heat and set aside. Will be added to the pot right after cabbage.
13. Without draining the water from the pot remove the meat once tender. Let stand until cool enough to handle, then cut or pull apart into smaller pieces/strings.
14. Return meat to the pot and add cubed potatoes at the same time. Boil on a low to medium heat for about 20 minutes or until potatoes are cooked. Continue to skim the foam from the surface regularly.
15. Add sliced cabbage and  $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon ground black pepper. Right after adding the cabbage, transfer the contents of the skillet (onion, carrots, beets and tomatoes) to the pot (try to get the skillet part done by this time!) and stir well. The water level should be about 2-3 inches from the top of the pot. If it's not have separate boiling water ready to add as needed. Let boil on low to medium heat for 10 minutes partially covered and stirring occasionally.

# BORSCHT

## INSTRUCTIONS CONT'D

---

16. Taste liquid at this point and add salt as needed. Let boil for another 10-20 minutes partially covered and slightly stirring about every 5 minutes. It should be ready when all the vegetables, especially the cabbage, are completely tender. At that point add the dill to the pot and turn off the heat. Cover and let stand for 10 minutes.
17. Serve and enjoy.

*Optional: 1 tablespoon of sour cream can be added to individual bowls to change the flavor.*

*Best served hot (with baked bread like sourdough).*

*Note: Quantities of ingredients would need adjusting if using pots of considerably different size but the proportions stay the same. 8-quart pot, 12-inch skillet.*



WHEN I DRIVE AROUND I KEEP SEEING  
ORANGE SIGNS THAT SAY "CONST AHEAD"..  
THE CONSTRUCTION NEVER SEEMS TO FINISH.  
IN FACT, IT NEVER SEEMS TO CHANGE AT ALL!

ALWAYS DATE A JAVASCRIPT DEVELOPER..  
THEY ALWAYS CALLBACK IF THEY PROMISE.

# SIDES AND VEGGIES

Hush Puppies

Mexican Cornbread

Squash Casserole

Sweet Potato Delight

Cranberry Sauce

Elote

Adas Polo

Twice Baked Potatoes

Mema's Mac and Cheese

Andrew Yerger

Andrew Yerger

Carlton Vaughn

Carlton Vaughn

Dana Delancey

Lisa Miller

Pasha Maher

Sean Gerbich

Zach Hall

# HUSH PUPPIES

## INGREDIENTS

---

1½ cups self-rising cornmeal  
1 tablespoon sugar  
Black pepper to taste

1 medium onion, chopped  
1 egg, well beaten  
Milk

## INSTRUCTIONS

---

1. Mix all ingredients except milk.
2. Add enough milk to form balls.
3. Drop from teaspoon into hot fat in which fish has been fried or cook along with fish.
4. Cook until well browned and cooked throughout.
5. Serve with hot fried catfish, bream, bass, or white perch and slaw.

# MEXICAN CORN BREAD

## INGREDIENTS

---

2 eggs  
1 cup sour cream  
1 cup cream-style corn  
⅔ cup salad oil  
1½ cups cornmeal  
3 teaspoons baking powder

1 tablespoon salt  
2 green jalapeño peppers (seeds removed),  
chopped  
2 tablespoons chopped green pepper  
1 cup grated cheddar cheese

## INSTRUCTIONS

---

1. Mix all ingredients except cheese, in order given.
2. Pour half of the mixture into hot, well-greased iron skillet.
3. Sprinkle half of the cheese over batter.
4. Add remaining corn meal mixture and top with the rest of the cheese.
5. Bake at 350° F for 1 hour. Bread may be sliced and buttered if desired.

# SQUASH CASSEROLE



## INGREDIENTS

---

1½ pounds yellowsquash  
1 can of cream of chicken soup  
1 box of stove top stuffing  
1 stick of butter  
1 large onion  
1 small cup of sour cream  
1 tablespoon sugar  
1 teaspoon black pepper

## INSTRUCTIONS

---

1. Slice squash and boil for 15 minutes or until tender.
2. Drain the squash.
3. Chop onion.
4. Combine all the ingredients into baking dish (add stove top stuffing last).
5. Bake at 375° for 35 min or until brown.
6. Allow dish to cool then serve.



# SWEET POTATO DELIGHT

## INGREDIENTS

3 cups mashed sweet potatoes  
1/3 cup melted butter  
2 beaten eggs  
1 cup sugar  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 cup brown sugar  
1/3 cup of flour  
1 cup of chopped pecans



## INSTRUCTIONS

1. Mix all ingredients together and pour into a greased baking dish.
2. Cover with topping of choice and bake 35 minutes at 350° F.

## TOPPING

1. Melt 1/2 stick of butter.
2. Add 1 cup brown sugar, 1/3 cup of flour, and 1 cup of chopped pecans.
3. Mix until crumbly.
4. Sprinkle over sweet potatoes.

# CRANBERRY SAUCE

*If you need something to take to holiday potluck one of the easiest sides to bring is cranberry sauce. It's quick, it's cheap, and you can find it just about everywhere. That said, if you want to prove you aren't the worst cook in the family or you want to impress someone with an easy dish many people don't think twice about making, bring fresh cranberry sauce. Still quick, still cheap, and people think it's harder to make than it is.*

## INGREDIENTS

---

1 12-ounce bag cranberries, picked through	1/8 teaspoon ground cloves
1 cup sugar or sugar substitute	1/4 teaspoon ground ginger
1 star anise	1/8 teaspoon ground nutmeg
1 cinnamon stick	Pinch of Kosher salt
1 teaspoon vanilla extract	Orange Zest
1/4 teaspoon cinnamon	

## INSTRUCTIONS

---

*The instructions below are for fresh cranberries. If you use frozen do not defrost them before cooking.*

1. Combine all ingredients in a saucepan.
2. Bring to a boil then reduce heat to a medium-low simmer for 10-12 minutes or until the berries have broken open and collapsed.
3. Remove the cinnamon and star anise if using.
4. Taste and adjust seasoning to your liking.
5. Refrigerate or let cool and serve.

*If you are cooking for someone with insulin sensitivity or that can't have sugar you can use any of the alternative sweeteners in this dish. Monkfruit and allulose taste the most like regular sugar to me, so I would stick with one of those.*

*</> Dana Delancey*

# ELOTE

## INGREDIENTS

---

Ears of corn  
(how many is up to you)  
Mayonnaise  
Parmesan cheese  
Red pepper flakes/cayenne pepper  
(optional)



## INSTRUCTIONS

---

This is the easiest!

1. Place water in large pot. Fill with water and boil.
2. Once boiling add corn and boil for 10 minutes.
3. Remove corn from water. I suggest letting it cool for a couple of minutes.
4. Spread mayo all over the corn, be sure to get it in the cracks.
5. Then top the entire ear of corn with Parmesan cheese. If you want you can sprinkle a little cayenne pepper or something on top, but I don't really like spicy food so I don't. Then that's it! Finished.

*Family is really important to us. Diana's family is in Florida, and until we can move the best we can do is try to bring Florida home. Diana's mom is from Nicaragua and her dad is from El Salvador, so she grew up on traditional Hispanic foods. When my mom passed, I really lost of a feeling of home, but felt like I found it again with Diana and her family! Mi casa es su casa, bienvenida a la familia. (My house is your house, welcome to the family).*

*</> Lisa Miller*

# ADAS POLO

## LENTILS & RAISINS WITH RICE

### INGREDIENTS

---

3 cups of basmati rice	2 to 3 cloves of garlic
1 cup of lentils	A dash or two of cinnamon
6-8 ounces of raisins	1 russet potato (optional)
1 small onion/or half of a large white onion	Clean dish towel

### INSTRUCTIONS

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*If you want Tahdiq with potato it will add 5 more minutes to the cooking time. Follow the optional step 9 I have below.*

#### 2 TO 3 HOURS BEFORE COOKING YOU WANT TO SOAK THE RICE AND LENTILS

1. *Rice and Lentil:* Wash and soak 3 cups of rice and set aside. Make sure you add salt to the rice (about a tablespoon is enough). You also want to take a cup of lentils and wash/soak. Let your rice and lentils to sit a couple of hours until you prepare the other items.

#### 30 MINUTES BEFORE COOKING

2. *Raisins:* I like my Adas polo with a healthy amount of raisin so I usually get a box and use the entire box :) Wash the raisins and let them soak. You don't need to soak for long, about 30 minutes is enough. Rinse and let dry.

#### WHEN YOU ARE READY TO COOK

3. You need either half of large onion or a small onion and 3 cloves of garlic. Chop onion and garlic to very small pieces. Sauté until translucent. Add turmeric and sauté for 2 minutes. You need to be a little generous with the oil ;)
4. Add raisin to onion and garlic and sauté until you see the raisins swell up a little. Add a half teaspoon of cinnamon and sauté. You can add a little bit of salt and pepper and very small amount of Saffron (if you don't have any, not to worry). Set aside.

#### PREPARING THE RICE/LENTILS AND RAISINS

5. Take a large pan (where you are going to cook your rice) and add water ( $\frac{2}{3}$  full) and bring to a boil.
6. Dump the water that the rice and lentils were soaking in separately (without losing any of the rice or lentils) and then put the rice in the boiling water. Do not add the lentils yet.

# ADAS POLO

## INSTRUCTIONS CONT'D

---

7. About 5 minutes after adding the rice, add the lentils to the rice. Stir the rice and lentils until the rice is al dente (about 3 more minutes).
8. Dump the rice and lentil in a sieve and let it sit.
9. If you want Tahdiq with potatoes, thinly slice potato and soak it in cold water for 5 minutes. If you want just rice Tahdiq you don't have to worry about the potato.
10. Add ¼ cup water and 2 to 3 tablespoons of oil to the pot you want to cook your rice in and bring to a boil. Once you see it bubbling you can add a little bit of Saffron (if you want) to the boiling water. Then add either the potato as a layer or if you don't want potato, just add a layer of rice/lentil to the bottom of the pan.
11. Take your sautéed raisins and add to the rice, keep layering. It really doesn't matter how you layer the mixture. Once all of the rice/lentil and raisin is added, then add a dash of cinnamon, take a wooden spoon and make small hole in the middle of the rice (this allows for the steam from the boiling water to cook the rice evenly).
12. Cover the rice and put the stove on medium heat. In 8-10 minutes, slowly take the lid off and check for steam. If you do see it, then cover the lid with a clean towel and cover the rice and lower the heat to medium low. (The lid should sit on top of the towel.)
13. Rice should be ready 15 minutes after that. You can always check the rice by tasting to make sure it is soft. Once the food is done, take a large plate and put it on top of the pot and then flip it over :)

*Adas polo is best with chicken. You can cook that separately however you like.*

# TWICE BAKED POTATOES

## INGREDIENTS

---

Potatoes, brown russet  
1 pat of butter per potato  
1 tablespoon sour cream per potato  
Milk  
Salt to taste  
Pepper to taste

## *OPTIONAL TOPPINGS TO YOUR TASTE*

Shredded cheese  
Bacon bits  
Cajun seasoning/seasoned salt

## INSTRUCTIONS

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1. Wash potatoes and pierce with a fork to vent.
2. Cook at 400° F for approximately 1 hour.
3. Cut the potatoes in half and scoop the insides in to a mixing bowl.
4. Brush the potato shells with butter or oil and put back in to the oven for about 12 minutes to crisp up.
5. Combine the potatoes, warm butter, sour cream, salt and pepper. Add warm milk in tablespoon increments if the mixture is too thick.
6. Scoop the mixture back into the shells and top with any desired toppings.
7. Cook for approximately another 20-25 minutes.



# MEMA'S MAC AND CHEESE

## INGREDIENTS

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8 ounces of macaroni noodles	2 tablespoons butter
2 cups of milk	1 teaspoon salt
14 ounces of sharp cheddar cheese	1 teaspoon black pepper
2 tablespoons of flour	

## INSTRUCTIONS

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1. Cook noodles to directions on box. Drain.
2. Melt butter in saucepan over low heat. Add flour, salt, and pepper. Stir.
3. Once a light brown roux has formed slowly add milk while stirring until smooth.
4. Add 12 ounces of shredded cheese in batches and stir, allowing to melt before adding more.
5. Put drained noodles in baking dish, add cheese mixture on top and stir
6. Top noodles and mixture with remaining shredded cheese.
7. Cook at 400° F for 40 minutes. Allow to cool for 5 minutes for best eating.
8. Optional: for final minutes of cooking turn oven's broiler on to add extra crunch to top layer.



WHERE DID THE FRONT-END  
GO TO SEND A MAIL?  
THE **POST** OFFICE

I DON'T **GET** IT  
WILL **UPDATE** WHEN I DO.

# VEGETARIAN

Paneer Wrap

Butternut Squash Enchilada Casserole

Black Bean Taco

Paneer Makhni

Aabha Khandwala

Dana Delancey

Lisa Miller

Rafeena Usman

# PANEER WRAP

Wraps are a popular street food across India. It is generally made with a combination of egg yolk with spiced meat stuffing wrapped in wrap bread. For the non-meat eaters like me, vegetarian rolls and paneer wraps are a popular alternative among the veg wrap recipes. You can replace any meat with paneer in this recipe.



## INGREDIENTS

### FOR PANEER STUFFING

1 tablespoon butter  
1 cup paneer/cottage cheese, cubed  
1 onion, finely chopped  
1 teaspoon ginger garlic paste  
¼ teaspoon turmeric  
½ teaspoon kashmiri red chilli powder  
½ teaspoon coriander powder  
¼ teaspoon cumin powder  
½ teaspoon garam masala  
1 cup tomato paste  
½ teaspoon salt  
½ capsicum, sliced  
2 tablespoons coriander, finely chopped

### FOR WRAP MASALA

½ teaspoon red chilli powder  
¼ teaspoon turmeric  
½ teaspoon cumin powder  
½ teaspoon garam masala  
½ teaspoon chaat masala  
½ teaspoon amchur  
Salt as per taste

### OTHER INGREDIENTS

2 wrap/tortilla  
2 tablespoons mayonnaise  
2 teaspoons chilli sauce  
2 tablespoons cabbage, shredded  
2 tablespoons carrot, grated  
1 onion, sliced  
2 teaspoons lemon juice  
4 tablespoons grated cheddar cheese, grated

### WHAT IS PANEER?

Paneer is a soft, unaged Indian cheese that's made from milk and an acid like lemon juice. It can be made within a couple hours or purchased in an Indian market.

# PANEER WRAP

## INSTRUCTIONS

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### WRAP STUFFING PREPARATION

1. Firstly heat 1 tablespoon butter in a kadai and roast 1 cup cubed paneer. Roast until the paneer turns golden brown. Set aside and remove from pan.
2. Add 2 teaspoon oil to the kadai. Sauté 1 onion, 1 teaspoon ginger, and garlic paste until onions turn golden brown. Each successive paneer step will continue adding to pan.
3. Add ¼ teaspoon turmeric, ½ teaspoon chilli powder, ½ teaspoon coriander powder, ¼ teaspoon cumin powder, and ½ teaspoon garam masala. Sauté on low flame until spices turn aromatic.
4. Add 1 cup tomato pulp to the spice mix above and sauté well. To prepare tomato pulp, blend 3 ripened tomatoes to a smooth paste. Sauté until the oil separates from tomato paste.
5. Add 2 tablespoon water, ½ teaspoon salt. Mix well. Add in roasted paneer, ½ capsicum, mixing the ingredients well. Cover and simmer for 4 minutes.
6. Add 2 tablespoon coriander and mix well. At this point the paneer stuffing is ready.

### MASALA PREPARATION

1. Firstly, in a small bowl take ½ teaspoon chilli powder, ¼ teaspoon turmeric, ½ teaspoon cumin powder, ½ teaspoon coriander powder, ½ teaspoon garam masala, ½ teaspoon chaat masala, ½ teaspoon amchur, and ¼ teaspoon salt.
2. Mix well and the spice mix is ready.

### PANEER WRAP PREPARATION

1. Firstly, take tortilla or chapati and warp if required.
2. Add 1 tablespoon eggless mayonnaise and 1 teaspoon chilli sauce to the wrap. Mix and spread uniformly.
3. Add 2 tablespoon prepared paneer stuffing and spread slightly. Top with 1 tablespoon cabbage, 1 tablespoon carrot and a few onions. Sprinkle in prepared masala and squeeze 1 teaspoon lemon juice. Grate 2 tablespoons of cheddar cheese uniformly and add.
4. Roll wrap tightly without allowing the stuffing to come out. Tuck the ends of the wrap to secure well. Finally, cut into halves and enjoy paneer wrap.

# PANEER WRAP

## EXTRA INFORMATION

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*Note: The preceding recipe uses a kadai, which is a thick, circular, and deep cooking pot used in Indian, Pakistani, Bangladeshi, and Nepalese cuisine. In English it is also called a karahi. They are traditionally press-formed from mild steel sheets or made of wrought iron. Appearance wise they resemble a wok with steeper sides.*



*Traditional Wok on the left, Kadai/Karahi on the right.*

*Namaste! I am Aabha Khandwala and I define myself as foodie. A Roma of spices is relaxing therapy for me. I'm inspired by the traditional recipes from India where I spent my childhood days, and create easy and delicious meals using fresh, seasonal produce right in my kitchen.*

*</> Aabha Khandwala*



# BUTTERNUT SQUASH ENCHILADA CASSEROLE

## INGREDIENTS

---

6 cups butternut squash cut into 1 inch cubes  
(Harris Teeter sells 16 ounce precut packages)  
1 tablespoon olive oil  
salt and pepper  
1 19-ounce can of black beans drained  
and rinsed  
1 11½-ounce can of corn kernels  
1 20-ounce mild enchilada sauce  
1 pack of Mission tortillas cut into quarters  
4 cups shredded mozzarella cheese



## INSTRUCTIONS

---

1. Heat oven to 425° F.
2. Toss butternut squash with olive oil and season with salt and pepper.
3. Roast for 25 minutes, turning squash over half way through.
4. When tender and cooked through, turn oven temperature down to 350° F.
5. Combine the squash, black beans, corn, and enchilada sauce.
6. In the bottom of a 9 x 9 inch pan, arrange 1 tortilla so all corners of the dish are covered.
7. Spread out half of the enchilada sauce mixture.
8. Sprinkle with half the cheese.
9. Repeat layers.
10. Top with a final layer of tortilla shell, follow with the reserved enchilada sauce, and finish with cheese.
11. Bake for 20–30 minutes, until heated through and cheese is bubbling.

# BLACK BEAN TACOS

## INGREDIENTS

---

10 tortillas flour or corn,	Mojo marinade
1 15-ounce can black beans	Hot sauce (optional)
1 can of chickpeas	Chili powder
1 medium white onion	Ground cumin
Shredded cheese, your choice	Onion powder
Sour cream or crema	Garlic powder
Guacamole	Paprika
Goya Adobo all-purpose seasoning	



## INSTRUCTIONS

---

1. Empty black beans and liquid into a medium sized pan over medium heat. Add your favorite hot sauce (optional), one tablespoon of Goya all-purpose seasoning. Add salt and pepper to taste.
2. Cook for 5-10 min or until done. If you are using corn instead of chickpeas, I suggest you add them here! Drain the can of corn before you add it to your beans.
3. To cook the chickpeas, set oven to 375° F. Put peas in a bowl spread light oil over them until well covered. Season with 1 teaspoon of chili powder, 1 teaspoon of ground cumin, a dash of paprika, onion powder, garlic powder, and salt and pepper to taste. Mix well.
4. Put chickpeas on a greased or foil covered baking sheet. Cook for approximately 25 minutes (can test to see around 20 min mark if finished).
5. Slice and grill onions for toppings on taco.
6. Wrap your tortillas in a paper towel and microwave for 30 seconds or until warm.
7. Plate from bottom to top: tortilla, chickpeas, beans, onion, guac, cheese, crema.

---

### BONUS RECIPE: CREMA

Add water to sour cream until runny.

Add salt to taste.

### BONUS RECIPE: GUACAMOLE

2 avocados

1/4 onion diced

1 small tomato diced

1 lime

fresh cilantro, palm sized (fresh)

or if dried a few dashes

Salt to test

Pepper to taste

**Mash the avocados. Juice the lime. Mix everything together.**

# PANEER MAKHNI (BUTTER PANEER)

## INGREDIENTS

---

18-20 cashew nuts (a palmful)	1 teaspoon Kashmiri mirch (red chili powder)
1 cup boiling water	½-1 teaspoon sugar
1 8-ounce can Hunt's no salt tomato sauce	⅛ teaspoon turmeric powder (haldi)
1 15-ounce can Hunt's tomato puree	1¼ teaspoon garam masala powder
1-2 tablespoons butter	1 teaspoon to 1 tablespoon Kasuri methi (fenugreek leaves)
2 green cardamom (Elaichi)	1 small package of paneer
1-inch cinnamon stick	1 cup water
2 cloves	¼ cup heavy cream (adjust to your taste)
1 green Thai chili (optional)	
¾ teaspoon grated ginger	
3-4 garlic cloves grated	

## INSTRUCTIONS

---

1. Soak the cashew nuts in the boiling water and set aside for 10-15 min. After soaking blend the cashew nuts and water into a smooth paste.
2. Heat a pan on medium heat and add butter. Once the butter melts add your whole spices (cloves, cinnamon, and cardamom) and green chili. Sauté for 1-2 minutes.
3. Sauté ginger and garlic in the pan. for 2 minutes, or until the they become fragrant.
4. Add the tomato sauce, tomato puree, and cashew paste. Cover and lower the heat to medium-low and stir every few minutes until the mixture thickens. Add chili powder, turmeric, and salt to taste. Sauté until the mixture leaves the sides of the pan.
5. Add garam masala and sauté for 1-2 min.
6. Add sugar and 1 cup of water (adjust the water to how much gravy you would like). Cook until the gravy thickens.
7. Add paneer and kasuri methi to the gravy. Cook for 2 minutes.
8. Pour the cream on top and allow to bubble.

*Kashmiri mirch can be found at the Indian store. It's better to use Kashmiri mirch: less spice level, more color. Haldiram's fresh paneer in the frozen section of the Indian store is the best! The other brands taste like rubber unless you fry them first.*

*</> Rafeena Usman*



WHY COULDN'T THE PROGRAMMER  
COMMIT TO RETURNING A BOOK TO  
HIS CLOSEST LIBRARY?  
IT WAS CHECKED OUT FROM  
ANOTHER BRANCH

WHAT DO YOU CALL A PARTY  
WITH PROGRAMMERS?  
GIT BASH

# BEEF

Shepherds Pie

Sous Vide Steak

JP's Shepherds Pie

Gochujang Beef and Rice

Kondré

Lasagna

Ethiopian Roasted Beef

Andre Steele

George Gardner

Javarius Phelps

Leah Yopp

Nicolas Tientcheu Ngongang

Pernell Grant

Yami Gorfú

# SHEPHERD'S PIE

## INGREDIENTS

2 pounds of ground beef  
5 cups of mashed potatoes  
3 cans of creamed corn



## INSTRUCTIONS

1. Preheat oven to 325°.
2. Brown the ground beef, drain.
3. Cook and mash potatoes.
4. In a 9x11 baking pan layer ground beef, followed by creamed corn, then potatoes on top.
5. Add salt and pepper to taste.
6. Cook until tips of potatoes are golden brown.
7. Serve with bread and butter.

*This was one of my great grandma's recipes. She used this recipe to feed a lot of people for a little bit of money. Anna Calista Gjostlaw aka GaGa*

*</> Andre Steele*

# SOUS VIDE STEAK WITH PAN SAUCE

## INGREDIENTS

40 grams avocado oil (~1½ ounces)  
100 grams butter, divided (6½ tablespoons)  
1 shallot, minced/diced  
5 grams garlic, minced (2 cloves)  
1 gram onion powder (½ teaspoon)  
250 grams beef stock (8½ ounces)  
Salt as needed  
Black pepper as needed



## INSTRUCTIONS

1. Using a sous vide machine or stove-top heat, water to 129° F for medium rare.
2. Place steak in food safe bag pre-seasoned with the salt and pepper.
3. With bag open, slowly lower into water to force air out, then seal the top portion of bag.
4. For a 1 inch thick steak leave in water for 1½ to 2 hours.
5. Heat a large pan with the avocado oil to just below the smoke point.
6. Pull steak out of bag and pat both sides completely dry. Place both steaks in pan.
7. After 20ish seconds flip steak and look for a nice browning. After another 20 seconds use tongs to also sear the fat cap as well as the other middle side.
8. After browned to your liking (no more than 2 min) remove from pan and leave to rest for 10 minutes.
9. While pan is still hot remove most of the oil and add the Beef stock to the pan. Add onion powder and diced shallo. Allow to reduce, stirring and scraping the bits stuck to the bottom of the pan.
10. After 3-4 minutes add the minced garlic and butter. Continue to reduce until the the sauce slowly comes back together when dragging a spoon through it.



# JP'S SHEPHERD'S PIE

## INGREDIENTS

---

1-3 pounds ground turkey or beef	2 tablespoons garlic, minced
16 ounces of sharp shredded cheese	1 medium diced yellow onion
1 22-ounce can of Campbell's cream of mushroom soup	1 pinch seasoned salt
3 cups frozen or fresh vegetables (corn, carrots, sweet peas)	1 teaspoon black pepper
1 6-ounce box of mashed potatoes	1 teaspoon Accent Seasoning
2 tablespoons of butter	1 teaspoon cumin
	1 teaspoon cayenne Pepper
	1 teaspoon lemon pepper seasoning

## INSTRUCTIONS

---

1. Preheat oven to 350° F.
2. In small pot add 1½ cups of water and a pinch of salt and pepper. Turn pot on low and add all vegetables to pot. Simmer until all other ingredients are done cooking. (Can be canned vegetables but frozen or fresh are better for taste.)
3. In medium sized pan on medium, sauté 1 tablespoon of butter, 2 tablespoons of minced garlic and 1 diced yellow onion for 5-7 mins..
4. Add meat to pan followed by the salt, pepper accent, cumin, cayenne, and lemon pepper seasoning. Cook meat until brown. Once brown set aside.
5. In medium pot boil 2 cups of water and 1 cup of milk. Add 1 tablespoon of butter and a pinch of sea salt. When water comes to a boil add 3 cups of mashed potatoes.  
*Add more milk and water for creamier potatoes so that potatoes aren't clumpy and dry.*
6. When potatoes are whipped and smooth cover and set aside.
7. In a large baking dish evenly layer ingredients in order below:
  - meat, 1 packet of shredded cheese, cooked vegetables, cream of mushroom, mashed potatoes, 1 packet of shredded cheese

# JP'S SHEPHERD'S PIE

## INSTRUCTIONS CONT'D

---

8. Cover oven pan with aluminum foil and place in preheated oven for 25-30 minutes.
9. For better enjoyment place some Pillsbury butter biscuits in the oven and bake until golden brown.
10. Once both, the pie and the biscuits are done baking remove from oven and enjoy together. If cooked properly you'll never get tired of this meal!

# GOCHUJANG BEEF & JASMINE RICE

## INGREDIENTS

---

10 ounces thinly sliced beef	½ cup jasmine rice
2 Persian cucumbers	6 ounces carrots
4 ounces cremini mushrooms	2 scallions
2 teaspoons gochujang	1 tablespoon sesame oil
1 teaspoon kombu	1 tablespoon soy sauce
1 tablespoon apple cider vinegar	

1. In a small pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
2. Once boiling, reduce the heat to low, cover and cook, with out stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.
3. While the rice cooks, wash and dry the fresh produce.
4. Peel the carrots, and grate on the large side of a box grater. Grate the cucumbers on the large side of a box grater. Combine in a bowl. Cut the mushrooms into bite-sized pieces.
5. Thinly slice the scallions, separating the white bottoms and the hollow green tops.
6. While the rice continues to cook, to the bowl of grated carrots and cucumbers, add the vinegar, kombu, and half the sesame oil; season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
7. While the vegetables marinate, in a medium pan (nonstick, if you have one), heat the remaining sesame oil on medium-high until hot. Add the chopped mushrooms in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
8. Add the sliced white bottoms of the scallions and soy sauce (carefully, as the liquid may splatter), season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Transfer to a bowl; cover with foil to keep warm. Rinse and wipe out the pan.

# GOCHUJANG BEEF & JASMINE RICE

## INSTRUCTIONS CONT'D

---

9. Separate the beef and pat dry with paper towels. Season with salt and pepper.
10. In the same pan, heat 1 teaspoon of olive oil on medium-high heat until hot. Add the seasoned beef in an even layer and cook without stirring 2 to 3 minutes, or until lightly browned.
11. Add 1 tablespoon of water and as much of the gochujang as you would like. Cook, stirring frequently, 1 to 2 minutes, or until the beef is coated and just cooked through. Turn off heat.
12. Serve the cooked rice topped with the cooked beef and mushrooms and marinated vegetables (discarding any liquid). Garnish with the sliced green tops of the scallions. Enjoy!

*Gochujang can be purchased at your local supermarket or from [Amazon.com](https://www.amazon.com)*

# KONDRÉ

## INGREDIENTS

---

2 kg goat or beef meat  
(~4½ pounds)  
15 green plantain fingers  
2 leek stalks  
2 celery branches  
2 onions  
Basil  
Garlic  
Curry powder  
3 bags secret meat sauce\*  
2 tablespoons oil  
2 garnished bouquets



## INSTRUCTIONS

---

1. Peel your plantains, cutting them into 15 fingers. Put them in a pot over medium fire with salted water and pour a little oil and the 2 garnished bouquets. Cook for 90 minutes.
2. Wash and cut the meat into 2 inch chunks, then season it with salt. Let it sit.
3. Make a composition of green condiments + onions + curry + Provence herbs and mash.
4. After 90 minutes, add the pieces of meat to the plantains and cook for 1 hour.
5. Then pour your green condiments mixed with 3 sachets of Secret Sauce Meat, cook.

*\*This refers to the mixture you get when you boil some meat with some salt, cube and onions.*

*</> Nicolas Tientcheu Ngongang*

# LASAGNA

## INGREDIENTS

---

9 lasagna noodles	1 tablespoon Italian seasoning
1 tablespoon olive oil	1 15-ounce package whole milk ricotta
1 pound ground beef	3½ cups shredded mozzarella, divided
1 onion, diced	1 large egg, beaten
Kosher salt, to taste	¼ cup freshly grated Parmesan
Freshly ground black pepper, to taste	2 tablespoons chopped fresh parsley leaves
1 28-ounce can crushed tomatoes	

## INSTRUCTIONS

---

1. Preheat oven to 350° F. Lightly oil a 9×13 baking dish or coat with nonstick spray.
2. In a large pot of boiling salted water, cook lasagna noodles according to package instructions.
3. Heat olive oil in a large skillet over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes. Crumble beef as it cooks.
4. Season with salt and pepper, to taste. Drain excess fat. Stir in tomatoes and Italian seasoning until well combined.
5. In a medium bowl, combine ricotta, ½ cup mozzarella, and egg. Set aside.
6. Spread 1 cup tomato mixture onto the bottom of a 9×13 baking dish. Top with 3 lasagna noodles, ½ of the ricotta cheese mixture and 1 cup mozzarella cheese. Repeat with a second layer. Top with remaining noodles, tomato mixture, 1 cup mozzarella cheese and Parmesan.
7. Place into oven and bake for 35-45 minutes, or until bubbling. Then broil for 2-3 minutes, or until top is browned in spots.
8. Let cool 15 minutes.

*Pairs well with mac'n'cheese and orange soda. Vegetables? We don't need rabbit food! Just pretend your doctor said "you need more burgers in your diet".*

*Also, honey buns...are a national treasure and a necessary staple to continue human existence (look it up on wiki)...(actually don't, I haven't changed the page yet. Just take my word for it).*

*</> Pernell Grant*

# ETHIOPIAN ROASTED BEEF

## INGREDIENTS

- 2 tablespoons vegetable oil  
(or Ethiopian niter kibbeh)
- 1½ medium yellow onion, chopped roughly
- 3 garlic cloves, minced
- 1½ tablespoons black paper
- 2 Roma tomatoes, sliced finely
- 1 pound beef (eye of round roast)  
cut into ½ inch cubes
- 1 teaspoon iodine salt
- 2 jalapeños, deseeded and sliced
- 3 sprigs fresh rosemary



1. Heat a nonstick skillet over medium heat 1-2 minutes. Add the beef and cook stirring often until the water from the beef absorbs (10-15 minutes).
2. Add olive oil, garlic and ground black pepper. Mix it well and let it cook 2 minutes.
3. Add tomato, mix it well until all the meat cubes are coated. Reduce the heat to medium high and cook for 5 more minutes, stirring often.
4. Add the chopped onion, mix it well and let it cook for another 2 minutes.
5. Add salt, jalapeños, and rosemary. Give it a last stir and let it cook for 3 more minutes. Taste and adjust seasoning.
6. Remove rosemary, garnish it with fresh jalapeños and serve beef tibs on injera (Ethiopian flat bread) or regular bread.





I'M HAVING TROUBLE APPLYING DRY  
PRINCIPLES TO MY GRAPE CLASS.  
IT KEEPS RAISIN EXCEPTIONS.

I HAVE A JOKE ABOUT  
@MEDIA PREFERS-COLOR-SCHEME...  
...BUT IT'S A BIT DARK

# PORK

Barbecue Ribs

Andrew Yerger

Pork Belly Laab

Keng Mouda

# BARBECUE RIBS

## INGREDIENTS

---

6 pounds country-style pork ribs	2 tablespoons prepared mustard
3 cloves garlic, minced, sautéed in 2 tablespoons margarine	2 teaspoons chili powder
1½ cups water	1 tablespoon celery seed
¾ cups chili sauce	¼ teaspoon liquid smoke
1 cup ketchup	½ teaspoon salt
¼ cup brown sugar	Tabasco to taste
2 tablespoons Worcestershire sauce	1 large onion sliced
2 tablespoons soy sauce	1 lemon thinly sliced

## INSTRUCTIONS

---

1. Place ribs in shallow roasting pan. Cover and bake 45 minutes at 450° F.
2. Meanwhile combine remaining ingredients except onion and lemon and heat to boiling.
3. Remove ribs and drain off all fat. Arrange in pan placing a slice of onion and a slice of lemon on each piece. Pour sauce over the ribs and continue baking uncovered at 350° F for about 90 minutes.
4. Baste ribs with sauce every 15 minutes or so.

# PORK BELLY LAAB

## INGREDIENTS

---

3 pounds pork belly  
1 tablespoon ground rice powder  
1 pack Laab-Namtok seasoning mix  
2 bunches cilantro  
2 limes  
3 tablespoons salt



## INSTRUCTIONS

---

1. Cut the pork belly into 6-inch strips and boil in a pot of salted water for 20 minutes.
2. While the pork is cooking, rinse the cilantro and chop it into 1 inch cuts.
3. Cut the cooked pork belly into thin slices.
4. Mix the pork belly slices with a full pack of Laab-Namtok Seasoning Mix.
5. Squeeze limes into the mix.
6. Add the cilantro.
7. Mix well and season to taste.



WHY DO FRONTEND DEVS  
ALWAYS EAT ALONE?  
THEY DONT KNOW HOW  
TO JOIN TABLES!

HOW DO WE FIND SOMEONE WHO  
COMMITTED A MURDER?  
GIT --BLAME

# POULTRY

Chicken 65

Spinach Artichoke Chicken Thighs

Chicken Fajitas

Pineapple Chicken

Ras El Hanout Chicken

Tomatillo Chicken and Corn Skillet

Ashwini Patil

Dana Delancey

Erica Lewis

Jordan Ivy

Leah Yopp

Leah Yopp

# CHICKEN 65

## INGREDIENTS

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### FOR MARINATION

½ kilogram boneless chicken (~ 1 pound)  
1 egg  
4 tablespoons corn flour  
2 tablespoons all-purpose flour (Maida)  
1 tablespoon ginger garlic crush  
1 tablespoon red chili powder  
½ teaspoon garam masala  
Salt to taste  
Oil for frying

### FOR GRAVY

3 tablespoon oil  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
2-3 green chilies  
7-8 curry leaves  
1 tablespoon ginger garlic crush  
4 tablespoon curd (yogurt)  
1 tablespoon red chili powder  
½ teaspoon garam masala  
1 teaspoon all-purpose flour (Maida)

## INSTRUCTIONS

---

1. In a large bowl marinate the boneless chicken pieces with egg, corn flour, all purpose flour, ginger garlic crush, red chili powder, garam masala & salt.
2. Fry the chicken pieces in medium hot oil till golden brown color.
3. Keep the chicken pieces aside to cool down.
4. To make the gravy in a pan heat some oil.
5. Add mustard seed, cumin seeds, green chillies, curry leaves & ginger garlic crush. Sauté everything well.
6. In the meanwhile, in a bowl take some curd. Add red chili powder, garam masala, all purpose flour & salt. Mix well.
7. Add this curd mixture to the gravy and mix everything well.
8. Add the fried chicken pieces to the gravy and give a good stir.
9. Chicken 65 is ready to serve!



# SPINACH ARTICHOKE CHICKEN THIGHS

## INGREDIENTS

---

6–8 large boneless chicken thighs, trimmed  
of excess fat (see note)

Flaky kosher salt, to taste

Black pepper, to taste

herbs de provence, to taste

onion powder, to taste

garlic powder, to taste

crushed red pepper flakes, to taste

2 tablespoons olive oil

2 tablespoons butter

6 to 8 cloves garlic, thinly sliced

2 teaspoons fresh thyme

½ teaspoon fresh rosemary

2 tablespoons fresh parsley, finely chopped

2 tablespoons fresh chives, finely chopped

1 scallion, finely chopped

1 tablespoon fresh dill, finely chopped

1 cup heavy cream

1 cup chicken stock

8 ounces of cream cheese

9 ounces of fresh spinach

1 14-ounce can quartered artichokes  
(see note)

Zest from one, plus juice from half a lemon

⅛ teaspoon freshly nutmeg

1 cup pecorino or Parmesan cheese, grated

## INSTRUCTIONS

---

1. Preheat oven to 425° F.
2. Season the flesh side of the chicken thighs with flaky kosher salt, black pepper, herbs de provence, onion powder, garlic powder, and crushed red pepper flakes. Massage the seasonings into the meat. Flip the chicken over and pat the skin dry with paper towels. Season the skin with flaky kosher salt and black pepper. Drizzle a teaspoon of olive oil total over all the chicken thighs.
3. Set a large oven-safe deep-sided skillet or braiser over medium heat. When the pan is nice and hot, gently place each chicken thigh skin-side down. Allow the skin to brown and crisp, about 8 to 10 minutes, then flip to cook the flesh side. The chicken will be ready to flip when it's no longer sticking. There will be a lot of rendered fat in the bottom of the pan. Cook the chicken on the flesh side for about 6–8 minutes longer, then transfer the chicken to a plate to rest while you make the sauce. Do not cover the chicken, we don't want the skin to get soggy.
4. Drain all of the rendered fat from the skillet and return to medium heat.

# SPINACH ARTICHOKE CHICKEN THIGHS

## INSTRUCTIONS CONT'D

---

5. Add in a nice drizzle of olive oil, and a pat of butter. When the butter begins to sizzle and foam, add the sliced garlic, scallions, and poblano peppers (if using). Season with kosher salt, crushed red pepper flakes, and black pepper. Sauté until softened, about 3 minutes or so. Add a good pinch of herbs de provence, fresh thyme, and fresh rosemary. Stir to infuse, about 30 seconds.
6. Next, add the drained artichokes and stir to scoop up any browned bits from the bottom of the pan. Heat the artichokes through, about 2 minutes, then stir in the fresh chives. Pour in the chicken stock and heavy cream. Add the cream cheese in small pieces so that it melts a little easier, then lemon zest. Taste and adjust seasoning.
7. Bring the mixture to a gentle simmer over medium heat to fully melt the cream cheese and allow it to thicken up a bit. It won't be gloopy, but it should be a nice gravy-like consistency. This will take anywhere from 5 to 10 minutes or so.
8. Squeeze in the juice from half of a lemon. Toss in the fresh spinach and gently stir to submerge. Add the grated pecorino cheese, along with the freshly ground nutmeg. Stir to combine. Next, stir in the fresh parsley, fresh chives and allow the mixture to continue to simmer for an additional 5 minutes. Taste and adjust seasoning as needed. At this point, I determined mine needed a good amount of onion powder, but do what you want with yours.
9. When the mixture is thickened to your liking, gently arrange each chicken thigh inside, making sure to keep as much of the crispy skin exposed as you can. Place the entire dish in your preheated oven and cook for about 10 to 15 minutes. This will allow the chicken to continue cooking through, as well as blend all of the flavors together. When the chicken is thoroughly cooked (an instant-read thermometer should register 170-175° when inserted in the thickest part of the chicken), remove the dish from the oven and let it rest for 10 minutes. Garnish with additional grated cheese and fresh herbs.
10. Serve with cauliflower rice, regular rice, or potatoes.

*Note: Chicken preference: Boneless thigh with skin on > Boneless skinless > Bone in skin on.*

*If using bone-in thighs increase your cooking time until chicken is cooked through.*

*You can leave out the artichoke and/or the spinach if you don't like or want them.*

*If using canned or jarred artichoke, make sure they're packed in either brine or water, NOT oil.*

*</> Dana Delancey*

# CHICKEN FAJITAS

## INGREDIENTS

---

4 boneless, skinless chicken breast halves	1 large yellow onion, chopped
1 tablespoon ground cinnamon	1 large clove garlic, peeled and minced
1 tablespoon salt and pepper to taste	1 tablespoon chopped jalapeño peppers
2 large baking potatoes, peeled and cubed	1 lime, juiced
¼ cup canola oil	12 6-inch corn tortillas, warmed

## INSTRUCTIONS

---

1. Preheat oven to 400° F.
2. Place potatoes in a shallow baking dish. Drizzle with about half the oil, and season with salt. Bake 30 to 40 minutes in the preheated oven, until tender.
3. Meanwhile, season chicken with cinnamon, salt, and pepper. Arrange in a separate baking dish, and bake 30 minutes in the preheated oven, until no longer pink and juices run clear. Cool and shred.
4. Heat remaining oil in a skillet over medium heat, and sauté onion and garlic until tender. Mix in shredded chicken, jalapeño, and lime juice. Cook until heated through.
5. Serve the chicken and potatoes in warmed tortillas

# PINEAPPLE CHICKEN

## INGREDIENTS

---

1 pound chicken breast  
1 cup pineapple juice  
½ cup brown sugar  
⅓ cup soy sauce

## INSTRUCTIONS

---

1. Place all ingredients in a crockpot and cook on high for 4 hours.

# RAS EL HANOUT CHICKEN

## INGREDIENTS

---

2 boneless, skinless chicken breasts	½ cup jasmine rice
1 Lemon	4 ounces sweet peppers
½ cup plain nonfat greek yogurt	2 scallions
1 pinch saffron	2 cloves garlic
2 tablespoon sliced roasted almonds	1 tablespoon Ras El Hanout

## INSTRUCTIONS

---

1. Wash and dry the fresh produce. Cut off and discard the stems of the peppers, remove the cores. Halve lengthwise then thinly slice crosswise. Peel and roughly chop 2 cloves of garlic. Thinly slice the scallions, separating the white bottoms and the hollow green tops. Quarter and deseed the lemon.
2. In a bowl, combine the yogurt and the juice of 2 lemon wedges, season with salt and pepper.
3. In a small pot combine the rice, saffron, a big pinch of salt and 1 cup of water. Heat to boiling on high. Once boiling reduce the heat to low. Cover and cook, without stirring, 12–14 minutes, or until the water has been absorbed and the rice is tender. Turn off and fluff with a fork
4. While the rice cooks pat the chicken dry with paper towels; season on both sides with salt, pepper and enough Ras el Hanout to coat.
5. In a medium pan (nonstick if you have one) heat 1 teaspoon olive oil on medium-high heat until hot. Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits in the pan transfer to a cutting board and cover with foil to keep warm.
6. In the same pan, heat 1 teaspoon olive oil on medium-high heat until hot. Add the sliced peppers, season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned.
7. Add the chopped garlic and sliced white bottoms of the scallions. Cook, stirring occasionally, 1 to 2 minutes or until softened. Transfer to a large bowl and stir in the juice of the remaining lemon wedges. Wipe out the pan

# RAS EL HANOUT CHICKEN

## INSTRUCTIONS CONT'D

---

8. In the same pan heat 2 teaspoons of olive oil on medium-high until hot. Add the cooked rice in an even layer and cook, with out stirring 3 to 4 minutes or until slightly crispy.
9. Transfer the crisped rice to the bowl of finished peppers and stir to combine. Taste then season with salt and pepper if desired.
10. Slice the cooked chicken crosswise. Serve the finished rice topped with the sliced chicken and lemon yogurt. garnish with the almonds and sliced green tops of the scallions. Enjoy!

# TOMATILLO CHICKEN & CORN SKILLET

## INGREDIENTS

---

10 ounces chopped chicken breast	1 7⁄4-ounce can cannellini beans
2 ears corn	1 lime
4 ounces sweet peppers	2 cloves garlic
¼ cup guacamole	1 ounce sliced pickled Jalapeño pepper
2 tablespoons fRomage blanc	2 tablespoons cotija cheese
½ cup tomatillo-poblano sauce	2 tablespoons chicken demi-glace

## INSTRUCTIONS

---

1. Wash and dry the fresh produce. Remove any husks and silks from the corn; cut the kernels off the cobs.
2. Peel and roughly chop 2 cloves of garlic. Cut off and discard the stems of the sweet peppers; remove the cores, then thinly slice into rings. Drain and rinse the beans. Combine in a bowl.
3. Quarter the lime.
4. Roughly chop the jalapeño pepper and thoroughly wash your hands immediately after handling.
5. Pat the chicken dry with paper towels; season with salt and pepper.
6. In a medium pan (cast iron or nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Leaving any browned bits in the pan, transfer to a plate.
7. In the same pan heat 1 teaspoon of olive oil on medium-high until hot. Add the corn kernels in an even layer. Cook without stirring, 2 to 3 minutes, or until lightly browned (be careful, as corn may pop as it cooks).



# TOMATILLO CHICKEN & CORN SKILLET

## INSTRUCTIONS CONT'D

---

8. Add the prepared garlic, sweet peppers, and beans, season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the tomatillo-poblano sauce; demi-glace, and  $\frac{3}{4}$  cup of water. Cook stirring occasionally, 2 to 3 minutes, or until thickened and thoroughly combined. Turn off the heat.
9. While the vegetables cook in a bowl, combine the guacamole, fRomage blanc, and the juice of 2 lime wedges. Taste, then season with salt and pepper if desired.
10. To the pan of cooked vegetables, add the cooked chicken and as much of the chopped jalapeño pepper as you would like. Stir to thoroughly combine. Taste, then season with salt and pepper if desired. Serve the finished chicken and vegetables topped with the creamy guacamole and cheese. Serve the remaining lime wedges on the side. Enjoy!



WHY DID THE CHILD COMPONENT HAVE  
SUCH GREAT SELF-ESTEEM?  
BECAUSE ITS PARENT KEPT  
GIVING IT PROPS!

WHY DID THE FUNCTIONAL  
COMPONENT FEEL LOST?  
BECAUSE IT DIDN'T KNOW WHAT  
STATE IT WAS IN!

# SEAFOOD

Maple Soy glazed Salmon and Veggies

Fish and Grits

Shrimp Fra Diavola

Asian Style Salmon

Old Bay Crab Cakes with Roasted Red Peppers

Lemon Garlic Parmesan Shrimp Pasta

Grilled Salmon with Mango Salsa & Coconut Rice

Fish Tacos

JP's Shrimp and Grits

Peruvian Ceviche

Ecuadorian Ceviche

Linguini with Shrimp Scampi

Aisha Heard

Al Talford

Angelo Grant

Aprajita Yadav

Cherish Moore

Dominick Park

Elijah Puckett

Erica Lewis

Javarius Phelps

Kaley Fry

Luis Gonzales

Rich Miller

# MAPLE SOY GLAZED SALMON AND VEGGIES

## INGREDIENTS

---

2 4-6 ounce salmon fillets  
1 cup chopped broccoli  
1 red bell peppers  
1 large carrots  
½ small red onion, chopped  
¼ cup maple syrup or honey  
¼ cup soy sauce/tamari  
2-3 cloves garlic, finely minced  
2 teaspoons toasted sesame oil  
½ teaspoon red pepper flakes  
Any veggies you choose

## INSTRUCTIONS

---

1. Whisk maple syrup, soy sauce, and garlic together in a bowl.
2. Add the salmon fillets to a shallow baking dish and pour half of the sauce on top. Set the remaining sauce aside. Marinate fish in the refrigerator for at least 20 minutes, but longer if you have the time.
3. During the last 10 minutes, preheat the oven to 400° F.
4. Chop the veggies into bite sized pieces and add to a baking sheet.
5. Transfer the salmon to the baking sheet, skin side down. Make sure the salmon isn't directly on top of the veggies and vice versa. Drizzle any leftover sauce from the baking dish onto the veggies and bake for 15-20 minutes, depending on your oven and your preference of "doneness."
6. While baking, add the leftover marinade to a small sauce pan and bring to a boil.
7. Reduce heat to low and allow the mixture to thicken slightly. If it doesn't thicken on its own, whisk in 1 tsp cornstarch.
8. When the salmon is done, remove from the oven and brush the rest of the sauce on top.

# FISH AND GRITS

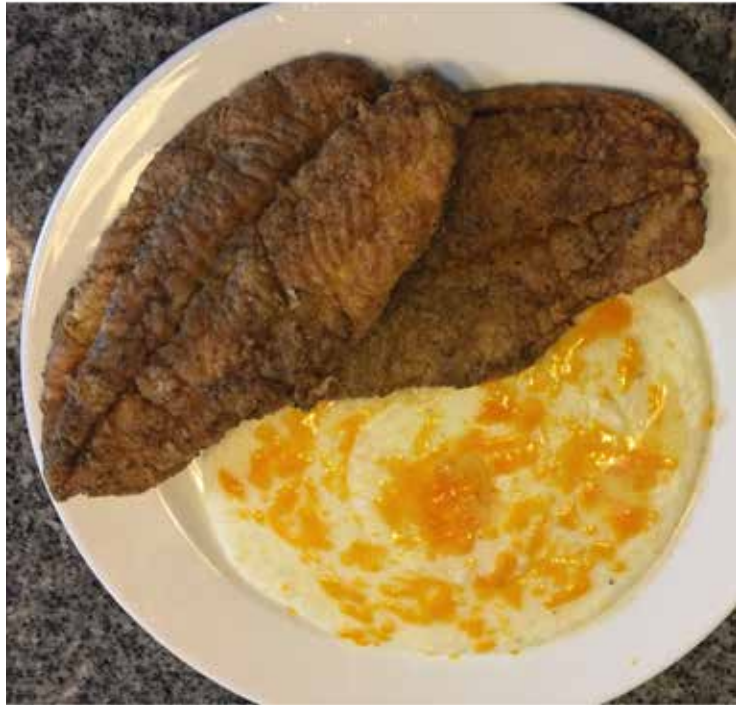
## INGREDIENTS

---

½ cup Quaker quick grits  
½ cup water  
¼ cup half and half or milk  
¼ cup sharp cheddar cheese  
½ tablespoon butter  
½ teaspoon salt

### *FOR THE FISH*

2 pieces tilapia, croaker, or salmon  
¼ cup House-Autry medium  
hot breading mix  
½ teaspoon Old Bay seasoning  
½ teaspoon pepper  
¼ cup olive oil  
just enough to coat the pan



## INSTRUCTIONS

---

1. Soak and pat fish dry.
2. Rinse and drain grits until water is almost clear. (Rinsing removes starch).
3. In a saucepan bring water to boil.
4. Add grits, salt, and milk. Stir, cover, and reduce heat to low.
5. Cook until grits are soft and creamy, stirring occasionally adding more milk/water if needed.
6. Meanwhile, season and bread fish evenly on both sides.
7. Heat oil until hot in a large skillet over medium heat. Sauté fish (very little oil) until crispy on both sides, or until it flakes easily with a fork.
8. Remove the grits from heat and add cheese, butter, salt, and pepper.
9. Pour grits into a bowl and top with 2 pieces of fish. Serve immediately.

# SHRIMP FRA DIAVOLO

## INGREDIENTS

---

1 pound large shrimp, peeled, deveined	1 cup dry white wine
1 teaspoon salt, plus additional as needed	3 garlic cloves, chopped
1 teaspoon dried crushed red pepper flakes	¼ teaspoon dried oregano leaves
3 tablespoons olive oil, plus 1 to 2 tablespoons	3 tablespoons fresh Italian parsley, chopped
1 medium onion, sliced	3 tablespoons fresh basil, chopped
1 14½-ounce can diced tomatoes	

## INSTRUCTIONS

---

1. Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes.
2. Heat the 3 tablespoons oil in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes.
3. Transfer the shrimp to a large plate. Set aside.
4. Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and sauté until translucent, about 5 minutes.
5. Add the tomatoes with their juices, wine, garlic, and oregano. Simmer until the sauce thickens slightly, about 10 minutes.
6. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together.
7. Stir in the parsley and basil. Season with more salt, to taste, and serve.

# ASIAN STYLE SALMON

## INGREDIENTS

---

4 salmon steaks or fillets

### FOR THE MARINADE

1 tablespoons ginger-garlic paste

2 tablespoons soy sauce<sup>1</sup>

2 tablespoons sriracha sauce

1 teaspoon sesame oil

1 teaspoon brown sugar/honey(optional)

1 teaspoon rice wine vinegar<sup>2</sup>

### FOR PAN FRYING SALMON

2 tablespoons canola oil/olive Oil

1 tablespoons lemon juice.



## INSTRUCTIONS

---

1. Whisk/mix all the marinade ingredients.
2. Brush salmon fillets nicely with brush on both the sides.
3. Place all the fillets in a big glass tray/bowl. Pour remaining marinade on top of the fillet. Cover it with a lid and let it rest for a 30 minutes.
4. Add oil to a non-stick pan. Heat until oil makes a sizzling sound. Place salmon skin side down and turn the flame to medium. Press fish lightly so that whole skin comes in contact with the pan.
5. Sear it without turning for 3-4 minutes until skin side is crispy. Turn is over and do the same for 3-4 minutes.
6. Check it if its done to your liking. Thin fillet takes arounds 10 minutes to cook and 15-16 minutes for thick fillets.

*You can use dark or light soy sauce depending on your taste. I like dark.*

*If you don't have rice wine vinegar you can substitute white wine vinegar.*

*</> Aprajita Yadav*



# CLASSIC OLD BAY CRAB CAKES WITH ROASTED RED PEPPERS



## INGREDIENTS

½ cup Panko bread crumbs  
Parmesan and herb flavored  
½ red pepper roasted and diced  
4 green onions diced  
1 tablespoon mayonnaise  
1 tablespoon Worcestershire sauce  
1 tablespoon baking powder  
1 tablespoon parsley flakes  
1 teaspoon Old Bay seasoning  
¼ teaspoon salt  
1 egg beaten  
1 pound lump crab meat  
(can be canned)  
1 tablespoon olive oil  
1 tablespoon of green Tabasco

## INSTRUCTIONS

1. Mix together all the ingredients well, using your hands if necessary. Shape into eight patties. Be sure to refrigerate the crab cakes for about 30 minutes before cooking. It helps to keep them together while cooking.
2. Using a cast-iron skillet, heat 1 tablespoon of olive oil over medium heat and add the crab cakes to the pan when hot. Fry them flipping once until golden brown on each side, for a total of about 5 to 6 minutes.
3. Serve with lemon.

# LEMON GARLIC PARMESAN SHRIMP PASTA

## INGREDIENTS

---

8 ounces linguine pasta  
2 tablespoons olive oil  
6 tablespoons butter  
4 cloves garlic minced  
1 teaspoon red pepper flakes  
1¼ pound large shrimp  
salt and pepper to taste  
1 teaspoon Italian seasoning  
4 cups baby spinach  
½ cup Parmesan cheese  
2 tablespoons parsley chopped  
1 tablespoon lemon juice



## INSTRUCTIONS

---

1. In a large pot cook the pasta in boiling water according to package directions. Drain and set aside.
2. Heat olive oil and 2 Tablespoons of butter. Add the garlic and red pepper flakes and cook until fragrant.
3. Add the shrimp and salt and pepper to taste. Cook until the shrimp start to turn pink.
4. Add Italian seasoning and spinach and cook until wilted.
5. Add the pasta back to the pot with the remaining butter, Parmesan, and parsley. Stir until mixed and butter is melted.
6. Add the lemon juice before serving and serve while hot.

*This is a go to dish to impress people.*

*</> Dominick Parks*

# GRILLED SALMON WITH MANGO SALSA AND COCONUT RICE



## INGREDIENTS

### LIME SALMON

4 6-ounce salmon fillets  
3 tablespoons olive oil, plus  
more for grill  
2 teaspoons lime zest  
3 tablespoons fresh lime juice  
3 cloves garlic, crushed  
Salt and freshly ground black  
pepper, to taste

### COCONUT RICE

1½ cups Zico Coconut Water  
1¼ cups canned coconut milk  
1½ cups jasmine rice, rinsed  
well and drained well  
½ teaspoon salt

### OTHER INGREDIENTS

2 large mangos, peeled  
and diced  
¾ cup chopped red bell  
pepper (½ of a large one)  
¼ cup chopped fresh cilantro  
⅓ cup chopped red onion,  
rinsed under water and  
drained  
1 large avocado, peeled and  
diced  
1 tablespoon fresh lime juice  
1 tablespoon olive oil  
1 tablespoon Zico coconut  
water  
Salt and pepper, to taste

*For creamier coconut rice, use full-fat coconut milk.*  
</> Elijah Puckett

# GRILLED SALMON WITH MANGO SALSA AND COCONUT RICE

## INSTRUCTIONS CONT'D

---

### FOR THE CHICKEN

1. In an 11x7-inch baking dish whisk together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste (a fair amount of each).
2. Place salmon in baking dish, cover and allow to marinate in refrigerator 15-30 minutes, then flip salmon to opposite side and allow to marinate 15-30 minutes longer. Preheat a grill over medium-high heat during last 10 minutes of marinating.
3. Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through. Turn the fish carefully as the salmon will be fragile.

### FOR THE COCONUT RICE

1. While salmon is marinating prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil.
2. Cover and simmer until liquid has been absorbed (there may be just a little bit of excess liquid in center which you can drain off), about 20 minutes. Fluff with a fork, then let rest 5 minutes.

### FOR THE SALSA

1. While the salmon is grilling prepare the salsa. In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil, and coconut water. Season with salt and pepper to taste.
2. Serve salmon warm with coconut rice top with avocado mango salsa.



# FISH TACOS

## INGREDIENTS

---

1 cup mayonnaise	1 teaspoon freshly ground black pepper, plus more for seasoning
¼ cup Sriracha hot sauce	⅓ cup all-purpose flour
1 medium lime, juiced (about 1 tablespoon),	¼ cup plus 1 tablespoon panko breadcrumbs
12 6-inch corn tortillas	1½ pounds skinless white fish fillets, such as cod, halibut, snapper, flounder or tilapia
1 teaspoon chili powder	2 tablespoons olive oil, plus more as needed
1 teaspoon kosher salt, plus more for seasoning	1 teaspoon butter or ghee (optional)

## INSTRUCTIONS

---

1. Stir the mayonnaise, Sriracha, and lime juice together in a small serving bowl. Taste and season with salt if needed; set aside.
2. Heat a 12-inch cast-iron skillet or other heavy-bottomed pan over medium heat. Add 1 tortilla and heat until warmed through. Transfer to a clean kitchen towel or aluminum foil to stay warm, wrap it up, and repeat with the remaining tortillas; set aside.
3. Stir the flour, panko, chili powder, salt, and pepper together in a shallow bowl or pie plate. Season the fish with salt and pepper, then toss to coat evenly in the flour-breadcrumb mixture.
4. Heat the oil in the same pan used to heat the tortillas over medium-high heat until shimmering. Working in batches if needed, add the fish and immediately use a flat spatula to firmly press down on it so that it adheres to the pan. (Make sure to press the ends and not just the center.) Cook until the fish is opaque about halfway up the sides and the bottom is deep golden-brown, 3 to 5 minutes.
5. Using a sturdy spatula, flip the fish over. If the fish sticks to the pan, give it about 15 to 30 seconds longer and try again. Cook until the fish is cooked through and easily flakes when gently prodded with a fork, 3 to 6 minutes more. If the pan looks dry at any point or during the last minute of cooking add the butter, ghee, or more oil, swirling it around the pan. Remove from heat.
6. Use a fork to break the fish apart in rough 2-inch pieces, or as best you can depending on shape of the fish. Divide the fish between the warmed tortillas. Serve with the Sriracha mayonnaise, cabbage, cilantro, avocado, and salsa.

*You can make the spicy mayo one day ahead and store covered in the fridge. </> Erica Lewis*

# JP'S SHRIMP AND GRITS

## INGREDIENTS

---

1 pound medium shrimp	Old Bay
Oregano	Black pepper
Basil	Accent
2 teaspoons fresh or sun-dried tomatoes	1/3 cup lemon juice
1 teaspoon salt	6 slices bacon (or turkey bacon)
4 tablespoons butter, divided into 1 and 3 tablespoons	1/2 cup white button mushrooms
2 cups grits (not instant!)	1 cup spinach
1 cup water	1 quart heavy cream
1/2 cup milk	1 tablespoon minced garlic

## INSTRUCTIONS

---

1. Mix oregano, basil, and sun-dried tomato into a spice blend.
2. Season shrimp with Old Bay, pepper, Accent, and spice blend (or to your liking).
3. Add tablespoon of butter (or olive oil), 1 tablespoon lemon juice in sauté pan.
4. In a separate sauté pan add & cook bacon.
5. Remove bacon once crispy & set aside. Do not drain or rinse pan.
6. In the same pan, sauté mushrooms until they begin to wilt. Add tomatoes and spinach until wilted.
7. Add garlic to pan and stir for 30 second so that it doesn't burn. Transfer sauté mix to a covered bowl.
8. Bring water and salt to a boil. Add butter & grits, stirring so they don't stick to the bottom of the pan. Stir grits occasionally until done.
9. Add heavy cream. (For creamier grits only add 1/2 of heavy cream.) Stir and Let simmer until it thickens.
10. Add seasoning to your liking.

*If you abstain from pork you can use turkey bacon or leave bacon out all together, and supplement butter or olive oil for step 6.*

*</> Javarius Phelps*

# PERUVIAN CEVICHE

*This is a great recipe if anyone likes prepping more than baking or cooking. It's also ideal for people who like lime juice and fish. When I started making it I was worried I wasn't letting the fish cook enough before serving it so I would let it marinate overnight. I now let it marinate for about an hour but it's personal preference. I LOVE making ceviche when I go to the beach and get fresh fish. It's a great low-stress prep food that I can just throw together and let sit and then eat when I get back from the beach.*

## INGREDIENTS

---

150 grams white fish (~ 5 ounces) any kind - ideally fresh	Fresh cilantro (as much as you want)
¼ onion (purple is good)	Fresh juice of 3 Limes - enough to cover all of the fish in it)
¼ Limo chili (red is better) (substitute it with ½ of a jalapeño sliced very thinly)	1 teaspoon of garlic paste ½ teaspoon salt

## INSTRUCTIONS

---

1. Cut up the fish into small bite-size pieces.
2. Slice the onion very thinly and salt generously. Let stand 15 minutes until it begins to release its liquid (this will remove the bitterness).
3. Rinse well, squeeze dry.
4. Mix everything together in a bowl and place it in the refrigerator to marinate. You can marinate for short periods or longer periods, depending on how much you like your fish cooked. This marination time can be anywhere from 30 minutes to 2 hours. 45 minutes is a good rule of thumb, especially if just starting out.
5. Before serving, gently toss in the fresh cilantro and taste to add more salt if needed.

*Ceviche is generally served with corn and sweet potatoes but can be added to anything. My personal favorite when making it at the beach with fresh fish is adding it on top of my eggs in the morning. You can serve it on an avocado, in a taco, or by itself in a little bowl as an appetizer or snack.*

*</> Kaley Fry*



# ECUADORIAN SHRIMP CEVICHE

## INGREDIENTS

---

2 pounds (~1 kilo) cooked shrimp  
2 red onions sliced very thinly  
4 tomatoes sliced very thinly or diced  
1 pepper red or green, diced (optional)  
10-15 limes freshly squeezed  
1 orange, juiced  
½ cup of ketchup or ½ cup of freshly  
blended tomato juice  
1 bunch of cilantro chopped very finely  
Salt pepper and  
Oil (sunflower or light olive oil)



## INSTRUCTIONS

---

1. Soak the onion slices in salt water for about 10 minutes, rinse well and drain.
2. Mix all the ingredients together in large bowl and let it sit in the fridge for 1 to 2 hours.
3. Serve with chifles (fried green banana or green plantain chips) or patacones (thick fried green plantains).

*If purchasing raw shrimp , I suggest you cook it in beer or coconut milk for amazing flavor.  
In place of ketchup use the blended tomato juice for a fresher style ceviche.*

*</> Luis Gonzalez*

# LINGUINE WITH SHRIMP SCAMPI

## INGREDIENTS

---

Vegetable oil	¼ teaspoon freshly ground black pepper
1 tablespoon kosher salt plus 1½ teaspoons	⅓ cup chopped fresh parsley leaves
¾ pound linguine	½ lemon, zest grated
3 tablespoons unsalted butter	¼ cup freshly squeezed lemon juice (2 lemons)
2½ tablespoons good olive oil	¼ lemon, thinly sliced in half-rounds
1½ tablespoons minced garlic (4 cloves)	⅛ teaspoon hot red pepper flakes
1 pound large shrimp (about 16 shrimp), peeled and deveined	

## INSTRUCTIONS

---

1. Drizzle some oil in a large pot of boiling salted water. Add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.
2. Meanwhile, in another large (12 inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Add the garlic. Sauté for 1 minute. Be careful, the garlic burns easily!
3. Add the shrimp, 1 ½ teaspoons of salt, and the pepper, and sauté until the shrimp have just turned pink, about 5 minutes, stirring often.
4. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
5. When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce.
6. Toss well, and serve.



HOW DO YOU COMFORT  
A JAVASCRIPT BUG?  
YOU CONSOLE IT

THE PERSON WHO INVENTED  
AUTOCORRECT SHOULD BURN IN  
HELLO WORLD

# SNACKS AND DESSERTS

Mango Delight

Lemon Bars

Beetroot Halwa

Mango Kulfi

Murder Cookies

Carrot Cake Cheesecake

Red Velvet Cheesecake Brownies

Best Simplest Dessert

Rice Krispie Treats

Arroz Con Leche

Keto Coconut Cookies

Chocolate Chip Cookies

Cream Cheese Delight

Fudge Cream Cheese Brownies

Apple Pie

Banana-less Banana Pudding

Aprajita Yadav

Aisha Heard

Anupama Avula

Asha Kadekoppa

Dana Delancey

DeVonne Burton-Thompson

DeVonne Burton-Thompson

Joshua Kornmayer

Kaley Fry

Lisa Miller

Melina Whitlock

Rafeena Usman

Sean Gerbich

Sean Gerbich

Tempestt Swinson

Tempestt Swinson

# MANGO CREAM DELIGHT

*This was the first sweet made by me after my marriage. In North India, when the bride comes to her in-laws place, there is a ritual of cooking something sweet. The most common is to cook 'Kheer' or rice pudding. In my case, my mother-in-law asked me to cook something different as she wanted to impress the relatives who had come to attend our marriage. I had been helping my mother make this summer delight since I was in school, so this was the most comfortable and quick recipe for me.*



## INGREDIENTS

- 2 large ripe mangos  
(Kesar or Alphonso will be better)
- 2 tablespoons powdered sugar
- 1 cup heavy whipping cream
- ½ cup fruits for garnishing

## INSTRUCTIONS

1. Chop and puree mangos. Mix 1 tablespoon of sugar into the mangos..
2. Whip the heavy cream with a blender until it forms soft peaks. After peaks have formed mix one tablespoon of sugar into the cream.
3. Layer both the cream and mango puree according to your choice in a glass jar or cup.
4. Garnish with cut fruits or whipped cream.
5. Set in refrigerator to chill, then serve.

# LEMON BARS



## INGREDIENTS

---

### *LEMON SHORTBREAD COOKIE CRUST*

½ cup unsalted butter  
softened (do not melt)  
⅓ cup powdered sugar sifted  
¼ teaspoon vanilla extract  
¼ teaspoon lemon extract  
½ teaspoon lemon zest  
1 cup all-purpose flour  
¼ teaspoon salt

### *LEMON FILLING*

3 eggs room temperature  
¾ cup granulated sugar  
⅓ cup lemon juice  
1 teaspoon lemon zest  
½ teaspoon lemon extract  
¾ teaspoon vanilla extract  
⅓ cup all-purpose flour

### *GARNISH*

powdered sugar  
lemon zest

## INSTRUCTIONS

---

1. Preheat oven to 325° F.
2. Line a glass 9x9 inch pan with parchment paper (leaving enough overhang to be able to lift the bars out of the pan). Set aside.

# LEMON BARS

## INSTRUCTIONS CONT'D

---

### TO MAKE THE CRUST

1. Combine the butter and powdered sugar in a bowl until creamy.
2. Add the vanilla extract, lemon extract and lemon zest.
3. Stir in the flour and salt, stirring until the mixture turns into a dough.
4. Gather dough into a ball then press the dough evenly and firmly into the prepared pan.
5. Bake for 18 minutes and remove from oven.

### PREPARING THE FILLING

1. Add the eggs and sugar in a large bowl and whisk until combined.
2. Whisk in lemon juice, zest, lemon extract, and vanilla extract.
3. Whisk in flour until flour it is dissolved.
4. Pour filling into prepared pie crust.
3. Bake for 25–30 minutes or until middle is set and firm to the touch.
4. Remove from oven and let cool.
5. Once cool, refrigerate for about 1 hour (optional but creates an amazing firm texture)

### FINAL STEPS

1. When ready to cut, lift bars from pan with parchment paper. Removing parchment before cutting.
2. Cut bar in half and then fourths. Cut each fourths into fourths.
3. Using a sifter, dust bars with powdered sugar and garnish with lemon zest.
4. Serve cold or room temperature.



# BEETROOT HALWA

*This is a slow cooked traditional Indian halwa made by simmering beetroots in milk. It is present in most special occasions like festivals, celebrations and parties. This is one of the classic Indian sweets that would not fail to impress anyone.*

## INGREDIENTS

---

- 4 medium size beetroots
- 1 cup sugar
- 2 cups milk
- 4 cardamom
- 6 tablespoons butter
- Few slices of cashew & almonds



## INSTRUCTIONS

---

1. Wash and grate beetroots.
2. Roast a few slices of cashews and almonds in 2 tablespoons of butter in a separate pan.
3. Bring milk to a boil in a heavy bottom pan.
4. Add grated beetroots and cook on a medium heat, stirring often.
5. When milk is completely evaporated add sugar and stir well.
6. Cook until all the moisture evaporates and then add butter.
7. Sprinkle cardamom powder.
8. Once it is ready garnish it with nuts.



# MANGO KULFI

## INGREDIENTS - NO COOK METHOD

- 1 cup heavy whipping cream
- ¼ cup cold Milk
- ½ cup condensed milk
- 1 cup mango puree (fresh or canned)
- 7-8 saffron strands (optional)
- ⅓ teaspoon cardamom powder (optional)

## INSTRUCTIONS

1. Add all the ingredients in a blender and blend until smooth. (Easy peasy! 😊)
2. Pour into the popsicle molds and freeze for 6-8 hours or overnight. Enjoy!



</>

## INGREDIENTS - TRADITIONAL METHOD

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 4 cups whole milk                   | 7-8 saffron strands (optional)        |
| ⅓ cup sugar                         | ⅓ teaspoon cardamom powder (optional) |
| 1 cup mango puree (fresh or canned) |                                       |

## INSTRUCTIONS

1. In a wide, thick bottom pan add milk and cook on a medium flame stirring continuously to prevent milk sticking to the pan.
2. Add saffron strands (optional).
3. When the milk is reduced to ⅓ cup add sugar and cardamom (optional). Turn off the stove and allow the mixture to come to room temperature.
4. In a blender add mango puree and the reduced milk. Blend until texture is smooth.
5. Pour into the popsicle molds/container and freeze for 6-8 hours or overnight and enjoy!

*If you don't have mangos you can leave them out and follow the same steps.*

*You can add finely chopped pistachios or almonds after the blending step.*

</> Asha Kadekoppa

# MURDER COOKIES

## (CUSHMAN'S BAKERY SCOTCH COOKIES)

### INGREDIENTS

---

1½ cups sugar  
1 cup shortening  
½ cup molasses  
1 egg  
3½ cups flour  
1 teaspoon salt  
2½ teaspoons baking soda  
1 teaspoon cinnamon  
1 teaspoon mace  
¼ cup milk



### INSTRUCTIONS

---

1. Preheat oven to 350° F.
2. With a mixer, cream the sugar, shortening, molasses and egg.
3. Sift dry ingredients and beat in, along with milk.
4. Drop by tablespoonful onto greased cookie sheet. Press down lightly with floured glass.
5. Bake, but do not overbake (start checking at 7 minutes).

*Mace is the lacy coating that is found on a nutmeg seed. It's considered an old timey spice and so many supermarkets don't carry it anymore. If you want to find some though it's still available online. Cinnamon is not a substitute for mace, so if you don't have mace you can substitute nutmeg although the flavors are a little different.*

*</> Dana Delancey*

# CARROT CAKE CHEESECAKE



## INGREDIENTS

---

### *CHEESECAKE*

8 ounce cream cheese  
room temperature  
¼ cup castor/superfine sugar  
1 tablespoon lemon juice  
2 eggs  
¼ cup sour cream

### *CARROT CAKE*

1 cup all-purpose flour  
½ teaspoon baking soda  
½ teaspoon baking powder  
¾ teaspoon cinnamon  
powder  
⅛ teaspoon nutmeg powder  
⅛ teaspoon clove powder  
Pinch of salt  
2 eggs  
1 carrot, grated  
½ cup white sugar  
1 teaspoon vanilla extract  
½ cup oil  
2 tablespoons maple syrup  
¼ cup dried coconut  
(optional)  
¼ cup raisins (optional)  
¼ cup pecans (optional)

### *WHIPPED CREAM CHEESE FROSTING*

7 ounces cream cheese,  
room temperature  
3 tablespoons butter,  
room temperature  
1 cup icing/powdered sugar  
1 teaspoon vanilla extract  
1 cup ready whipped cream  
Toasted whole pecan nuts  
to decorate  
Caramel sauce for topping

# CARROT CAKE CHEESECAKE

## INSTRUCTIONS

---

### PAN PREPARATION

1. Preheat oven to 180° C, 350° F. Using a piece of foil and parchment paper bigger than the tin, clip both together onto the bottom of a 6½ inch spring form pan. (Make sure the pan is at least 3½ – 4 inches deep). Paper above the foil. Do not trim off excess foil and paper but just bring it up the outer side of the tin. Grease parchment paper and up the sides of the tin.

### CHEESECAKE PREPARATION

2. Beat cream cheese and sugar in a mixer until smooth, scraping down the sides a few times. Add eggs one at a time, then lemon juice and sour cream. Set aside mixture in a bowl.

### CARROT CAKE PREPARATION

3. In a separate bowl, sift flour, soda, baking powder, salt, cinnamon, nutmeg, and clove powder and set aside.
4. With a clean mixing bowl, beat eggs until frothy. Gradually add sugar and beat until thick and pale. Add oil slowly, then vanilla and maple syrup. Add the flour mixture in batches and beat until incorporated. With a spatula, fold in the carrot, and optional ingredients.

### COMBINING IT ALL

5. Put half the cake batter in the prepared pan. Next dollop about ⅓ cup of cheesecake batter on top of the cake batter. Put the rest of the cake batter over this mixture and pour the rest of cheesecake mixture over. **DO NOT SWIRL** – The batter will ‘swirl’ by itself during cooking!
6. Place the cake in the oven on a middle shelf. Pour hot water into the pan until it comes up just **BELOW** the foil. Bake for around 60 minutes, until the center is slightly wobbly. Allow to cool and refrigerate until its cold enough to frost.

### FROSTING

7. Beat cream cheese for a minute, then add butter. Beat until incorporated. Add sugar and until fluffy. **DO NOT** over beat or you will get a runny mixture and have to start over. Fold in whipped cream.

# CARROT CAKE CHEESECAKE

## INSTRUCTIONS CONT'D

---

### ASSEMBLY

8. Remove cooled cheesecake cake from the baking pan and parchment paper. Put onto a or cake board.
9. Frost the whole cake with frosting. Decorate pecan nuts all around. Drizzle caramel sauce on top and crush up a few pecans and put over caramel sauce.

# RED VELVET CHEESECAKE BROWNIES

## INGREDIENTS

---

10 tablespoons butter melted  
1 cup white sugar  
½ cup brown sugar  
2 eggs slightly beaten  
¼ cup buttermilk  
½ teaspoon white vinegar  
2½ teaspoons vanilla extract  
2 tablespoons red food coloring  
1½ tablespoons unsweetened  
cocoa powder  
1 cup all-purpose flour  
½ teaspoon salt

### *FOR THE CHEESECAKE SWIRL*

1 egg  
8 ounces cream cheese  
½ cup white sugar  
1 teaspoon of vanilla extract



## INSTRUCTIONS

---

1. Preheat oven to 325° F. Line an 8 x 8 glass dish with greased parchment paper.
2. In a large bowl cream together butter, white sugar, and brown sugar.
3. Mix in egg. Follow with Mix in buttermilk, vinegar, and vanilla. Batter will be speckled.
4. Add food coloring and mix to combine.
5. Mix in unsweetened cocoa powder.
6. Add flour and salt. Mix until smooth and well combined, being sure to scrape down the sides of the bowl.
7. In a separate bowl mix cream cheese, sugar, vanilla, and egg until smooth.
8. Pour batter into prepared pan.
9. Ddop cheesecake mixture over brownie batter and use a knife to swirl cheesecake into brownie.
10. Bake for 30-35 minutes or until center is set and toothpick inserted into center comes out clean.
11. Remove brownies from oven and let cool.
12. Cut brownies into small squares and store in airtight container.

# BEST SIMPLEST DESSERT

## INGREDIENTS

---

1 Hershey Bar (or chocolate bar of any kind)	Nesquik chocolate powder
Peanut butter	(Nesquik Chocolate Milk Mix)

## INSTRUCTIONS

---

1. Take your Hershey Bar and spread Peanut butter on one side. How much of a peanut butter fan you are depends on how much you slather on there. I love peanut butter so I make it as thick as the bar itself.
2. Next, sprinkle Nesquik chocolate powder on the peanut butter. This again depends how much chocolate or powder taste you want. I love this powder so I make it as thick as the bar itself again.
3. That's it! The simplest dessert you will ever eat but one of the most delicious treats I had growing up!



# GLUTEN AND DAIRY-FREE RICE KRISPIE TREATS

*I LOVE rice Krispie treats and when my spouse figured out a way to make them gluten-free and dairy-free I about cried. These are delicious and pretty much follow the standard recipe with a few substitutions. If you're allergic to gluten and dairy like me, then these will rock your world. They honestly don't taste any different either than normal ones.*

## INGREDIENTS

---

- |   |  |
|---|--|
| 3 tablespoons Earth Balance<br>(butter alternative) | 1 package of gluten and dairy free<br>marshmallows |
| 6 cups gluten free Rice Krispies cereal             |  |

## INSTRUCTIONS

---

1. In large saucepan melt earth balance over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool.
4. Cut into 2-inch squares. Best if served the same day.

## ALTERNATIVE MICROWAVE INSTRUCTIONS

---

1. In large saucepan melt earth balance over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool.
4. Cut into 2-inch squares. Best if served the same day.

*Most marshmallows are gluten-free but it's still helpful to read the ingredients to be sure. For best results, use fresh marshmallows. 1 jar (7 ounce) marshmallow crème can be substituted for marshmallows. I highly suggest getting the bigger marshmallows vs the small ones if you like getting big chunks of marshmallows when you eat it. Diet, reduced calorie or tub margarine is not recommended. Name brand Krispies are not gluten-free but Harris Teeter's brand is. Store no more than two days at room temperature in airtight container. To freeze, place in layers separated by wax paper in airtight container. Freeze for up to 6 weeks. Let stand at room temperature for 15 minutes before serving.*



# ARROZ CON LECHE

## INGREDIENTS

- 1 cup of white rice
- 2 cups of milk
- 3 cinnamon sticks
- 1 12-ounce can of evaporated milk
- 1 14-ounce can sweetened condensed milk
- Cinnamon powder (optional)



## INSTRUCTIONS

1. Put rice and two cups of milk into a pot with cinnamon sticks (you can add a dash or two of cinnamon powder) and let it cook over medium heat for 15-18 minutes or until done.
2. Once rice is fully cooked add evaporated milk and sweetened condensed milk to pot and stir every 2-3 minutes until pudding thickens and is sticky.
3. Once rice is rice pudding-like texture you can put cinnamon, sugar, and other toppings to taste. Don't let it sit out! Put it away once made or it will dry out.

*Family is really important to us. Diana's family is in Florida, and until we can move the best we can do is try to bring Florida home. Diana's mom is from Nicaragua and her dad is from El Salvador, so she grew up on traditional Hispanic foods. When my mom passed, I really lost of a feeling of home, but felt like I found it again with Diana and her family! My casa es su casa, beinvenida a la familia. (My house is your house, welcome to the family).*

*</> Lisa Miller*

# KETO COCONUT COOKIES



## INGREDIENTS

---

¼ cup coconut oil  
3 tablespoons butter, softened  
3 tablespoons granulated keto sweetener  
½ teaspoon salt  
4 egg yolks  
1 cup sugar-free dark chocolate chips  
1 cup coconut flakes  
¾ cup chopped walnuts

## INSTRUCTIONS

---

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. In a large bowl stir together coconut, oil, butter, sweetener, salt, and egg yolks. Mix in chocolate chips, coconut flakes and walnuts.
3. Drop batter by the spoonful onto prepared baking sheet and bake until golden, about 15 minutes.

# CHOCOLATE CHIP COOKIES

## INGREDIENTS

---

½ cup granulated sugar  
¾ cup brown sugar  
1 teaspoon salt  
½ cup unsalted butter, melted  
1 egg  
1 teaspoon vanilla extract  
1¼ cups all-purpose flour  
½ teaspoon baking soda  
4 ounces milk or semi-sweet chocolate chunks  
4 ounces dark chocolate chunks



## INSTRUCTIONS

---

1. In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
2. Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
3. Sift in the flour and baking soda, then fold the mixture with a spatula (Be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).
4. Fold in the chocolate chunks, then chill the dough for at least 30 minutes. It is preferable overnight. The longer the dough rests, the better it will be.
5. Preheat oven to 350° F. Line a baking sheet with parchment paper.
6. Scoop the dough on to parchment paper with about 2 inches from each cookie as well as the edges of the pan.
7. Bake for 12-15 minutes, or until the edges have started to barely brown.
8. Cool completely before serving.

*This is the best chocolate chip recipe I have ever had.*

*</> Rafeena Usman*

# CREAM CHEESE DELIGHT

## INGREDIENTS

---

2 cups graham cracker crumbs	1¼ cups sugar
½ cup butter	2 teaspoons vanilla
3 large packages of cream cheese, softened	2 packages frozen raspberries
4 eggs	

## INSTRUCTIONS

---

1. Mix together melted butter and graham cracker crumbs and pat in to the bottom of a 13x9 pan with a fork. Refrigerate until firm (about 30 minutes).
2. Blend cream cheese with mixer.
3. Add eggs and beat until smooth.
4. Add sugar and vanilla.
5. Pour cream cheese mixture over gram cracker crust.
6. Bake at 250–255° F for 60 minutes or until the cake is set in the middle. Do Not overcook.
7. Thaw the berries. Drain the juice from the berries in to a sauce pan and set the berries aside.
8. To the juice add approximately 2 tablespoons of corn starch to thicken.
9. Cook until the sauce turns clear with the consistency of thin jelly.
10. Add the berries back in and cool berry mixture.
11. When berry mixture is cooled spread topping on cake.

# FUDGE CREAM CHEESE BROWNIES

## INGREDIENTS

---

1 cup unsalted butter	4 large eggs
1¼ cups semi-sweet chocolate chips or milk chocolate	1¼ cups all-purpose flour
¾ cup unsweetened cocoa powder	8 ounces cream cheese
2 cups granulated sugar	1 12-16 ounce jar hot fudge topping
¼ cups packed brown sugar	1½ cups mini chocolate chips, additional chocolate chips, or chopped peanut butter cups
1 teaspoon vanilla extract	
½ teaspoon salt	

## INSTRUCTIONS

---

1. Preheat oven to 350° F. Line a 13x9 pan with foil and spray with nonstick cooking spray.

### BROWNIE LAYER

1. Melt the butter and chocolate chips in the microwave stirring every 30 seconds until melted and smooth.
2. Stir in cocoa powder until completely incorporated. Add both sugars, vanilla, and salt, stirring to combine.
3. Stir in eggs one at a time until completely mixed through. Gently stir in flour until incorporated and no more flour is visible. The batter will be thick.

### CHEESECAKE LAYER

1. Use a hand mixer to beat together cream cheese and hot fudge until smooth and no lumps remain. Drop spoonfuls of the cream cheese-fudge mixture evenly over the top and then spread gently so as to not disturb the other layers. Sprinkle with mini chocolate chips, regular chocolate chips, or chopped peanut butter cups.
2. Bake for 30-38 minutes until the brownies are set with just a little wiggle in the center and they are starting to pull slightly from the edges of the pan.
3. Cool completely and let rest at least 2 hours before cutting. Store in refrigerator in a sealed container.

# APPLE PIE

## INGREDIENTS

---

4 Granny Smith apples, peeled & sliced	1 teaspoon ground nutmeg
4 Macintosh apples, peeled & sliced	2½ cups plus 3 tablespoons flour
2 sticks plus 2 tablespoons unsalted butter cold and cubed	1 teaspoon salt
1¼ cups plus 1 teaspoon sugar	¼ to ½ cup ice water
1 tablespoon ground cinnamon	1 lightly beaten egg
	Cinnamon sugar for dusting

## INSTRUCTIONS

---

1. Preheat oven to 400° F.
2. In a food processor pulse the 2½ cups flour, salt, and 1 teaspoon sugar. Add in 2 sticks cubed, cold butter and slowly, gradually add the ice water. Pulse until dough just comes together. Don't overwork the dough or it will make a tough crust.
3. Remove the dough from processor. Cut into two equal sections. Pat sections into discs and wrap in plastic wrap and place into refrigerator. Chill for 1 hour. (Crusts can be frozen for future use.)
4. In a small mixing bowl, combine cinnamon, nutmeg, 1¼ cups sugar and 2 tablespoons flour. Set aside.
5. In a large mixing bowl, add the peeled and sliced apples. Sprinkle spice and flour mixture over apples. Toss to coat.
6. Remove one chilled disc of dough from the refrigerator and roll out on a lightly floured surface, large enough to cover your pie pan. Shape to fit, cutting off any excess.
7. Pour apple mixture into pie pan. Add 2 tablespoons sliced butter to the top of the mixture.
8. Remove second dough disk from refrigerator and roll out large enough to fit the top of your pie with an overhang. Place pie dough on top of apple mixture and crimp edges to seal.
9. With a knife, add four slits to your piecrust. Lightly brush egg wash onto top of dough.
10. Sprinkle liberally with cinnamon sugar.
11. Place onto a baking tray into preheated oven for approximately 50 minutes or until golden brown and bubbly. Allow pie to rest until cool before slicing. Refrigerate any uneaten portions.



# BANANA-LESS BANANA PUDDING



## INGREDIENTS

---

- 1 box of Nilla Wafers
- 2 boxes of vanilla or banana cream pie Jell-O Instant Pudding (the flavor depends on your preference)
- 2 containers of cool whip

## INSTRUCTIONS

---

1. Mix both boxes of pudding according to the directions on the box
2. Add the two containers of cool whip folding in with the pudding mixture until fluffy.
3. Place a layer of cookies at the bottom of a rectangular pan. Add a layer of pudding. Continue alternating until the pan is full.
4. Chill in the fridge for a couple of hours for best results. Enjoy!



HEY GIRL, ARE YOU A JAVA COMPILER?  
BECAUSE WHEN I PROPOSED A DATE,  
YOU SAID I WASN'T YOUR TYPE.

A SQL QUERY WALKS INTO A BAR,  
SELECTS TWO TABLES AND SAYS,  
"MIND IF I JOIN YOU?"



# CAKES AND BREAD

Banana Bread

Almond Cake

Hot Water Pastry

Monkey Bread

Caleb Bridges

David Juarez

David Juarez

Tempestt Swinson

# BANANA BREAD



## INGREDIENTS

---

1½ cup sugar  
1 stick butter  
2 cups flour  
2 eggs  
3 overripe bananas  
1 teaspoon baking powder  
1 teaspoon salt  
1 teaspoon vanilla

## INSTRUCTIONS

---

1. Preheat oven to 400° F.
2. Cream together sugar and butter.
3. Beat in eggs and bananas.
4. Add vanilla.
5. Mix dry ingredients together in a separate bowl, then mix with wet ingredients.
6. Cook in loaf pan for 60 minutes or until a knife in center comes out dry.

# ALMOND CAKE



## INGREDIENTS

---

1¼ cup sugar  
½ cup butter  
2 eggs  
1 teaspoon vanilla extract  
2 teaspoons of almond extract  
1¾ cups flour  
2 teaspoons of baking powder  
½ cup of milk or water  
1 cup of almonds crush or whole

## INSTRUCTIONS

---

1. Preheat oven to 350° F. Grease a bundt cake pan.
2. In a large bowl cream together the sugar and butter.
3. Beat the eggs, one at a time, then stir in the vanilla and almond extracts.
4. Sift flour and baking powder together, then add to the creamed mixture and mix well.
5. Add almond to mixture and add milk until batter is smooth.
6. Pour batter into prepared pan
7. Bake for 30 or 40 minutes. Cake is ready when it springs back to touch.

# HOT WATER CRUST PASTRY

*I grew up with a very traditional mexican grandma where the idea of a man cooking was out of the question. I thought to myself that I would need to learn this skill and started cooking for myself when I was 16, mostly eggs and hamburgers. I grew up and moved away and started cooking other things. I started baking in February of 2018 after watching so many episodes of the Great British Baking Show. I thought I should give that a try.*

## INGREDIENTS

---

3 cups all-purpose flour

$\frac{3}{4}$  cup water

$\frac{3}{4}$  teaspoon salt

1 cup of unsalted butter

## INSTRUCTIONS

---

You **MUST** have your filling and pan ready to go.

1. Whisk flour and salt together.
2. In a medium pot bring water to boil over medium heat.
3. Add butter to water until melted. Mixture should be hot.
4. Make a well in the center of flour and pour the hot mixture into it.
5. Mix with fork or spatula. Mix until mixture forms a shaggy mass. It should form a ball, but not smooth.
6. Remove dough and knead it on a clean smooth surface until smooth 2-3 minutes.
7. Ready to use with prepared filling.

# MONKEY BREAD

## (CINNAMON PULL APART)

### INGREDIENTS

---

3 cans of canned biscuits  
1 cup of butter  
2 teaspoons of brown sugar  
2 teaspoons of cinnamon



### INSTRUCTIONS

---

1. Pre heat oven to 350° F.
2. Break biscuits into small pieces.
3. Mix sugar, brown sugar, and cinnamon.
4. Coat biscuit pieces with half of the mixture.
5. Spray bundt pan with cooking spray then place coated biscuits in pan. Make sure to not squish them.
6. Melt the cup of butter and add in the other half of the sugar mixture.
7. Pour the butter and sugar mixture over the biscuits and bake for 30 minutes.



HIDE AND SEEK CHAMPION....

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;

SINCE 1958

# DRINKS

Avocado Bubble Tea

Breakfast Smoothie

Hot Chocolate

Kombucha

Rafeena's Margarita

Bau Yang

Chris Wood

Erica Lewis

Hector Gonzalez

Rafeena Usman

# AVOCADO BUBBLE TEA

## INGREDIENTS

---

1 avocado  
4-5 ice cubes  
⅓ cup sweetened condensed milk  
½ cup milk  
1 teaspoon of sugar  
(optional if you want it sweeter)  
10-15 tapioca pearls



## INSTRUCTIONS

---

1. First prep the tapioca pearls per package instructions. Depending on how many you'll like portion to instructions.
2. Boil water in a deep pot. Once boiling lower the heat to medium. Add tapioca pearls and boil for 2-3 minutes.
3. Drain pearls into colander under cold water for a minute and set aside.
4. Scoop avocado flesh into blender along with ice, condensed milk, milk, and sugar (optional) then blend until smooth.
5. Place tapioca into cup along with blended smoothie and ENJOY!



# BREAKFAST SMOOTHIE

## INGREDIENTS

---

1 banana  
½ cup oats  
1 tablespoon coconut oil  
1 tablespoon natural peanut butter  
1 cup chocolate soy milk  
½ cup frozen strawberries  
½ cup kale or baby spinach  
1 scoop pea protein powder (optional)



## INSTRUCTIONS

---

1. Blend dry oats to a powder.
2. Add and blend remaining ingredients.

*Smoothies are pretty self-explanatory but here's a few tips:*

- I'm not a big fan of giving my girls protein powder so I leave it out if I'm sharing.
- Although the coconut oil and peanut butter are good sources of healthy fats, they boost the calorie content so if you want a "skinny" variation, just leave them out.

*</> Chris Wood*

# HOT CHOCOLATE

## INGREDIENTS

---

3 tablespoons cocoa powder  
(preferably Dutch-processed), plus more  
for serving

3 cups whole milk

6 ounces semisweet chocolate, finely  
chopped

3 tablespoons demerara or granulated sugar  
Lightly sweetened whipped cream (for  
serving)

## INSTRUCTIONS

---

1. Bring  $\frac{3}{4}$  cup water to a simmer in a medium saucepan over medium-high heat.
2. Whisk in 3 tablespoons cocoa powder until no lumps remain, then add milk and return to a simmer.
3. Whisk in chocolate and sugar and cook, whisking frequently, until mixture is smooth and creamy and chocolate is melted, about 5 minutes.
4. Divide hot chocolate among mugs. Top with whipped cream and dust with cocoa powder.

# KOMBUCHA

## INGREDIENTS

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### *FOR 1ST FERMENTATION*

- A clean one gallon glass jar
- 2 cups of old kombucha (or starter kit online)
- 1 SCOBY (bacteria culture)
- 10 cups of filtered water
- 4 cups of sweet tea (must let cool)
  - 4 cups hot water
  - 6 tea bags (3 green, 3 earl grey)
  - 1 cup sugar

### *FOR 2ND FERMENTATION (FLAVORING)*

- 6 fermentation grade 16 ounce glass bottles
- A standard funnel

### *FLAVORINGS*

- A least one 16 ounce bottle of real fruit juice.
- Use whatever; real fruit juice, berries, fruit

## PROCESS OVERVIEW

---

There are 2 main steps to making kombucha and they are the first and second fermentation. The first fermentation is where you are making your base kombucha that you will fill your glass bottles with. This is pretty much just letting the sweet tea that you make ferment and letting the SCOBY do all the work. This will take anywhere from 10-15 days depending on how sour you want your kombucha to be. I have let it go as far as 21 days and it was just fine. A great thing to just let sit on the shelf and forget about for a while.

The second part is the actual flavoring of the kombucha. You are going to bottle the kombucha from the first step and add a bit of fruit juice for flavor in the small glass bottles. This will look more like what you would find in the store, aka the finished product, but with more natural particulates floating around. Don't worry if there are mini scobies floating around after a while, this is natural and means your Scoby is healthy and fermenting properly. It is totally safe but I don't really recommend eating it. This step is necessary to build up the carbonation from the fruit juices. After about 4-5 days, your bottled kombucha will be ready to drink!

# KOMBUCHA

## INSTRUCTIONS

### FIRST FERMENTATION

1. Make your sweet tea by steeping the tea bags for about 15 minutes. Remove the tea bags and then stir in sugar until fully dissolved. Let cool.
2. With your clean gallon jar, fill with 10 cups of filtered water (if possible, regular water is fine). Then fill with the cooled sweet tea. Lastly, fill with 2 cups of old kombucha from an older batch or from a starter kit. You can find this online or in the store.
3. Once the liquids have been poured in, carefully place the SCOBY at the top of the liquid and let it float (it's okay if it doesn't float right away).
4. (Optional) Put today's date so that you can keep track of how long it has been fermenting. Also, give it a name to be fun!
5. Cover the top of the jar with a towel or breathable cloth and fasten with a rubber band to make sure it is tight. This is to make sure nothing gets into your brew during the fermentation process but allowing air to flow freely inside.
6. Place on a shelf or unused counter area where it can get a free-flowing air. Allow 10-15 days to ferment before moving on to the second fermentation. If you think it needs more time, feel free to keep letting it ferment to the desired taste.



### SECOND FERMENTATION

7. Place your fermented kombucha base and all of your glass bottles on the counter.
8. Uncover base kombucha and remove the SCOBY into a separate bowl or plate to be used in another batch. (Notice how it has grown and added layers!)
9. Using a funnel, pour about ¼ cup of fruit juice into each of the bottles. Feel free to mix and match flavors and add a bit more or less depending on how fruity you want the kombucha to be.
10. Mix your base kombucha with a non-metallic spoon to kick up all of the bacteria and yeast that is settled through the jar. This is to ensure an even distribution of yeast for the bottles.

# KOMBUCHA

## INSTRUCTIONS CONT'D

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11. Pour the contents of the base kombucha into the bottles to fill them up until they are mostly filled.
12. Close bottles and let rest at room temperature for another 4-5 days. This would be a good time to start on another batch if you want to cycle batches.
13. Put in the refrigerator once rested. Careful when opening as carbonation may have built up. Enjoy!



## OTHER NOTES AND CONSIDERATIONS

1. Don't worry if it doesn't come out perfect on the first time! It takes some time to find the right balance of taste, fizziness, and tang to suit your liking. It is a very complex drink but honestly easy to make so have fun with it and get creative.
2. Make sure you properly sanitize your glass wear and measuring cups. While it is a living symbiotic culture of bacteria and yeast (SCOBY), it is healthy and contains lots of probiotics. While it is fairly resilient, make sure you keep your work area and tools clean to limit any unwanted bacteria or mold from growing in your beverage. I have included some pictures so you have an idea but do not drink it if it resembles anything very white or blue like mold. Again this is unlikely but is always possible in a messy kitchen.
3. Feel free to double this recipe so that you can make a bunch at the same time. I usually have 2 or 3 gallons on rotation so that I can always have some kombucha ready in the fridge (yes, I drink that much of it haha).
4. Juice Ideas that have worked well for me (but definitely not limited to):
  - Mango juice, pineapple juice, and sliced habaneros (feel free to leave out the pepper).
  - Plum juice, and cherry juice.
  - Mixed berry juice with beet juice.
  - Apple, Pineapple, and ginger cold-pressed juice.
  - Vegetable juice with kale and apple (not really sweet).
  - Cranberry juice, cherry juice, and apple juice.

# RAFEENA'S MARGARITA



## INGREDIENTS

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1 bottle of Simply Limeaid  
2 cups tequila  
1 cup triple sec

## INSTRUCTIONS

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1. Mix it up and serve over ice!



## FINAL THOUGHTS

If you made it to this page in the WIN Family Cookbook then hopefully you have flipped through or even already created some amazing recipes from your classmates! I know you are boiling over with excitement from all the delicious food you can now make, but simmer down and let me tell you a little more about the WIN Family Cookbook.

This cookbook is a simple reminder of the journey you went on with your classmates to get where you are now in your career. Each recipe submitted will hopefully remind you of the people and environment you worked in for 6 months. Because the program was virtual and you didn't get that face to face interaction with your classmates and teachers as anticipated, this cookbook is a way to get a feel of who each person is by what recipe they submitted. There is a recipe for every occasion. You have recipes to celebrate a programming job well done, recipes to relax and forget about the work week (Rafeena's Margarita), and great stress eating recipes you need when you can't find that one little semicolon that is breaking your code (I'm looking at you Sean with your Fudge Cream Cheese Brownies). I don't want to mince words when I tell you that this cookbook is chopped full of recipes that will make you feel like you never left the comfort of the EY Building kitchen.

It all starts at the top with our fearless leader Pasha as he brings you his Adas Polo. Zach guided us through our time in the program, so it's only fitting he'll guide you one more time in making Mema's Mac and Cheese. Our TA's continue to teach even after the program has ended with Kaley's Peruvian Ceviche and George's Sous Vide Steak. With so many people from so many different backgrounds, you will always have a meal you can make for any occasion.

2020 hasn't been the year we all pictured. A lot has happened affecting us, our loved ones, and the world around us. The circumstances we have faced aren't to be looked on negatively though, as these last six months have shaped our careers and mental fortitude for the better. When you started this program, you knew how difficult it would be to learn a brand new set of skills in a brand new environment. The anxiety of not knowing what company you'd be working for upon completion and what your role would be was just another added pressure. When you look back on this program, I hope you realize all the things you've accomplished.



While so many people were struggling with unemployment during this turbulent time, you were given the opportunity to work and earn a living that will set you up for years to come. You completed a rigorous six month training program. You worked as a team with new people to solve difficult challenges everyday. You dove headfirst into a new job and field. You put in hours of research and training to perform at a high level. And you did all of this in a virtual setting. Just think if you made it through all of that, all the sleepless nights, all the tears and stress, all the ups and downs of the program, and all of Pernell's jokes, then there is no doubt in my mind that you can make Hector's Kombucha (3 week process).

This cookbook wouldn't have been created if it wasn't for the Coronavirus and the pandemic of 2020. As you scroll through these recipes I hope you remember the opportunity this program gave you and the work you put in to succeed. Every time you have success at your new job, however small, I hope you do the George Finger Point. Whenever you celebrate a birthday, I hope you think of our zoom Happy Birthday songs. When you see a new technology with groundbreaking implications, I hope you think of Angelo's robot army and how every day he is getting one step closer to ruling the world. But most of all, I hope you remember the people and the experience you went through during the summer of 2020 and view this year not as a loss, but as a WIN.

*When I asked for a bit of copy I admit this was not what I expected. I thought I would get a paragraph or two of quips to fill in some space. Then he wanted to leave his name off because though the words are his, this is a message from everyone. He gave us pieces of ephemera that helped make this experience uniquely ours, and now this, which will last a bit longer. Something I love about this program is we recognize each other and give people their flowers while they can receive them. That means there's no getting away under the radar.*

*Thank you, Joshua.*



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HAVE A GREAT WEEKEND...

I HOPE YOUR CODE BEHAVES ON MONDAY  
THE SAME WAY IT DID ON FRIDAY

< /END >



# Carolina Fintech HUB

WORKFORCE INVESTMENT NETWORK (WIN)

COHORT 2: MARCH 9 - AUGUST 21, 2020



