



# EMPLOYEE RESOURCE GROUPS (ERGS)

## OF

## DOORDASH

Employee Resource Groups (ERGs) are voluntary, employee-led groups whose aim is to foster a diverse, inclusive workplace aligned with the organizations they serve. At DoorDash, our global program is brought to life by our nine official ERGs, whose collective mission is threefold:

1. Enhance the DoorDash employee experience for employees who identify with the URT community the ERG is representing.
2. Empower employees to build and drive the culture they want to experience at DoorDash.
3. Provide a platform for people of color, women and non-binary employees, and underrepresented or marginalized groups of all backgrounds to demonstrate leadership skills as a way to propel their professional development.

### INDIVIDUAL ERG MISSION STATEMENTS



The AAPI@ (Asians, Asian Americans, and Pacific Islanders) ERG creates an inclusive environment and open forum that amplifies the voices of the AAPI community. This group is a supportive resource for members, both personally and professionally, as well as a partner organization to other DoorDash ERGs and communities of color at large.



The Able@DoorDash ERG celebrates physical and neurological diversity, provides an inclusive global support network, and collaborates to improve DoorDash's workplaces and products holistically.



The Black@ ERG fosters a supportive community that serves to unlock the potential of Black employees at DoorDash while advocating and advancing business initiatives that empower Black merchants within our local economy.



The Indigenous@ ERG celebrates the diversity of all Indigenous Peoples and strives to develop and foster a sense of community, inclusion, personal growth, and professional development within DoorDash.



The Parents@ ERG is a supportive resource for working parents and caregivers personally and professionally, building a community to share experiences, support, and feedback, and to make DoorDash an inclusive and desirable workplace for caregivers of every background.



The Pride@ ERG fosters an environment of inclusion by representing and advocating for all LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, intersex, asexual, and more) employees and allies within DoorDash, as well as connecting employees to the broader external LGBTQIA+ community.



The Unidos@ ERG provides opportunities, support, and an amplified voice to all identifying Latinx and Hispanic individuals at DoorDash.



The Veterans@ ERG has the mission to support and promote our proud community of employee veterans through shared experiences, veteran recruitment, career development, outward engagement, professional growth, and retention.



The Women@ ERG offers a safe environment for women and allies at DoorDash to share, connect, and support each other and to empower women to lead every initiative with the best version of themselves.



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# BREAKFAST BITES



Featured ERG Recipes:



Able@ : 3-Ingredient Vegan Banana Oatmeal Pancakes



Pride@ : Rainbow Bagels



Parents@ : Best Banana Bread

# Best Banana Bread



**Contributor's Name:** Parents@ ERG

## Prep Time

10 mins.

## Total Time

1 hour & 5 mins.

## Ingredients

Recipe from House of Nash Eats

Serves 10

3-4 ripe bananas mashed

$\frac{1}{2}$  cup butter melted

$\frac{3}{4}$  cup granulated sugar

1 large egg beaten  
1 teaspoon vanilla  
1 teaspoon baking soda  
1 teaspoon baking powder  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{8}$  teaspoon salt  
1  $\frac{1}{2}$  cups all-purpose flour  
1 cup chopped walnuts or chocolate chips,  
plus extra for topping if desired

## Instructions

- Preheat oven to 350°F. Lightly grease and flour an 8.5x4.5-inch loaf pan or spray with baking spray.

- In a large bowl, combine the mashed bananas with the melted butter, then add the sugar, egg, and vanilla. Stir well with a large wooden spoon.

- Sprinkle the baking soda, baking powder, cinnamon, and salt over the banana mixture. Stir to combine.

- Add flour and walnuts or chocolate chips (if desired), and stir just until no streaks of flour remain. Pour the batter into the prepared loaf pan.

- Bake for 50-60 minutes, until a knife inserted in the center of the loaf comes out clean. Cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely. Slice into 10 thick slices and serve.

# Rainbow Bagels



**Contributor's Name:** Pride@ ERG

**Prep Time**

15 min

**Total Time**

2 hr 45 min

**Ingredients**

DOUGH (per color - 6 total)

$\frac{1}{4}$  cup warm water

$\frac{1}{4}$  teaspoon (color) gel food coloring

$\frac{1}{4}$  teaspoon instant yeast

$\frac{1}{2}$  teaspoon brown sugar

$\frac{2}{3}$  cup all purpose flour, plus more for dusting

$\frac{1}{4}$  teaspoon kosher salt

**Instructions**

Make the red dough: Add the warm water and red food coloring to a medium bowl and stir until the food coloring is dissolved. Sprinkle the yeast on top of the water, then add the brown sugar, flour, and salt and mix until the dough begins to come together. Use your hands to gently knead in the bowl until there are no dry spots, 1–2 minutes (the dough doesn't need to be completely smooth at this point), then bring the dough together in a ball. Set the dough in a small dish inside a gallon-size zip-top plastic bag and seal to prevent the dough from drying out. Repeat to make the remaining colors. After mixing the final dough, let the dough rest for 10 minutes. Remove a dough ball from the bag. On a lightly floured surface, knead for 30–60 seconds, until smooth. Return the dough to the plastic bag and repeat with the remaining colors.

Let the dough rise in a warm spot for 40–45 minutes, until  $1\frac{1}{2}$  times their original size.

Line a baking sheet with parchment paper.

Transfer the purple dough to a lightly floured surface. Use a rolling pin to roll the dough into an 8 x 6-inch rectangle. (You should need very little flour, if any, to roll the dough out.) Roll out the blue dough to an 8 x 6-inch rectangle. Place on top of the purple rectangle, making sure not to overlap the edges so that each color remains exposed. Repeat with the green, yellow, orange, and red doughs, in this order. Use your hands to stretch and flatten the stacked dough rectangle as needed to maintain the 8 x 6-inch dimensions.

Use a sharp knife to cut the dough lengthwise into 6 1-inch-wide strips. Return 5 of the strips to the plastic bag to prevent them from drying out.

Use your fingertips to lightly roll the dough strip back and forth 5–6 times to round the square edges. Once rounded, use your palms to apply light pressure, rolling the dough strip back and forth while moving outwards, until it is about 12 inches long. Grab an end of the dough strip in each hand and twist 1–2 times to swirl the colors. Bring the ends together in a ring, overlapping about 1½ inches. Press the ends together to seal. Make sure the bagel hole is at least 2 inches wide, using your fingers to carefully stretch and widen the hole if necessary. Transfer the bagel to the

prepared baking sheet and repeat with remaining dough strips, spacing the bagels at least 2 inches apart. Cover the baking sheet with plastic wrap or place in a large, clean recycled plastic bag to prevent the bagels from drying out. Let proof for 25–30 minutes, until slightly puffy.

Arrange a rack in the center of the oven. Preheat the oven to 400°F (200°C). While the bagels are proofing, prepare the water bath: Add the water, baking soda, and flour to a large pot. Stir to dissolve the baking soda and flour. Bring the water to a boil over high heat and let boil for at least 5 minutes.

Carefully place 2–3 bagels (depending on

# 3-Ingredient Vegan Banana Oatmeal Pancakes



Banana Oatmeal  
Pancakes



**Contributor's Name:** Able@ ERG

## Prep Time

5 minutes

## Total Time

15 minutes

## Ingredients

2 cups rolled oats  
2 medium ripe bananas  
1 ¼ cups water  
2 tsp baking powder

## Instructions

### Steps

1

Measure 2 cups oats

Put oats in blender

Blend until finely ground

Peel bananas

Put bananas in blender

2

Measure 1 ¼ cup water

Put water in blender

Measure 2 tsp baking powder

Put baking powder in blender

Blend until smooth

Add a little water if batter is too thick

3

Spray griddle with cooking spray or add a little oil

Turn stove to medium heat and wait for griddle to heat up

Add 3 tbsp batter per pancake to griddle

Cook 2-3 minutes

Flip and cook 2-3 minutes

Enjoy!

# steps

1



Measure 2 cups oats



Put oats in blender



Blend until finely ground



Peel bananas



Put bananas in blender

2



Measure 1 1/4 cup water



Put water in blender



Measure 2 tsp baking powder



Put baking powder in blender



Blend until smooth

3



Spray griddle



Turn stove to medium heat



Add 3 tbsp batter per pancake



Cook 2-3 minutes



Flip and cook 2-3 minutes

# Crumb Muffins



**Contributor's Name:** Jessica Lachs

**Prep Time**

30 minutes

**Total Time**

1 hour

**Ingredients**

[Makes 11-12 muffins]

For the crumb topping:

3/4 cup flour

3 tablespoons sugar

1/4 cup dark brown sugar

3/4 teaspoon cinnamon

pinch of ground allspice  
pinch of kosher salt  
6 tablespoons butter, melted

For the cake:

6 tablespoons butter (softened at room temperature)

1/2 cup sugar

1-2 eggs (extra large - use 1, large use 2)

1/2 cup sour cream

3/4 teaspoon vanilla extract

zest of 1/2 lemon

1 1/4 cup flour

1 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon kosher salt

**Instructions**

1. Preheat oven to 350 degrees. Grease or line 12 muffin cups (you may only have enough batter for 11.)

2. Make the crumb topping first. Whisk together flour, sugar, spices, and salt in a medium bowl. Pour in melted butter and stir until crumbs form.

3. Prepare cake. Using an electric mixer, cream butter and sugar until light and fluffy,

about 5 minutes. Add eggs, 1 at a time. Scrape down the side of the mixer. Mix in sour cream, vanilla, and zest.

4. In a separate bowl, mix together flour, baking powder, baking soda, and salt. With the mixer on low, add flour mixture to the batter and beat until just mixed.

5. Spoon batter into the prepared cupcake pan, filling cups halfway. Pinch large crumbs from the topping mixture and scatter evenly over the batter.

6. Bake 25-30 minutes until muffins are golden and the cake tester comes out with crumbs attached but not wet.

Note: can be made using gluten-free ingredients and can be frozen for future consumption!

# Breakfast Pizza



**Contributor's Name:** Josie Hernandez

**Prep Time**

5 minutes

**Total Time**

15-20 minutes

**Ingredients**

1 flour tortilla

2 eggs

2 egg whites

4 slices Chopped turkey meat (or protein of your choice)

5 sliced cherry tomatoes

2 baby bell peppers, sliced thin, seeds removed  
handful of chopped spinach  
~1 oz goat cheese or a handful of grated parmesan  
Pinch of seasonings (to your liking): Paprika, Garlic Powder, Non-salt seasoning (Kirkland), white/black pepper

Thinly sliced green onion (for garnish, post-bake)

**Instructions**

- Preheat oven to 350 degrees
- Line a pie pan with parchment paper and place in the flour tortilla
- Add in eggs, chopped protein, cherry tomatoes, bell peppers, spinach, and cheese, then sprinkle with seasoning: Paprika, non-salt seasoning (Kirkland), garlic powder, salt, and pepper (go lite with white!)

Bake for 12-15 mins on the second lowest oven rack

garnish with green onion (post-bake)

# Chaffles

Chaffles



you will  
need:



1 egg



1/2 cup shredded  
cheese

tools:



waffle iron



bowl



oven mitt



spatula



whisk



measuring  
cup

**Contributor's Name:** Elsa de la Garza

## Prep Time

5 minutes

## Total Time

15 minutes

## Ingredients

1 egg

½ cup shredded cheese

## Instructions

Crack 1 egg into bowl

Add cheese

Whisk together

Pour into waffle maker

Wait for chaffle to cook- on some waffle makers, light will turn on

Put on oven mitt

Open waffle maker

Lift out chaffle

Put on plate

## steps

1



Crack 1 egg  
into bowl



Add cheese



Whisk  
together



Pour into  
waffle maker

2



Wait for chaffle  
to cook



Put on oven  
mitt



Open waffle  
maker



Lift out  
chaffle



Put on plate

# Walt Disney's Favorite Pancake Recipe

**Contributor's Name:** Burt League

**Prep Time**

20-30 min

**Total Time**

30-min

**Ingredients**

6 eggs seperated yolks from Whites 2 bowls  
medium (whites and large for Yolks  
Beat egg whites (medium bowl until they  
form "Stiff Peaks" set aside.

4 TBS sugar into yolk bowl (large bowl) and  
beat.

1 cup each of all purpose flour and 1 cup of  
sour cream added to yolk bowl 1/2 half cup  
at a time beating to incorporate all  
ingredients . should be a nice pale yellow  
smooth batter.

Next, Gently fold Egg Whites into batter  
bowl carefully incorporating.

**Instructions**

Heat griddle to Medium to medium High  
heat.

and pre-heat oven with sheet pan and rack

to 275 F.

using just a couple pats of butter on griddle  
cook a couple of small test pancakes To get  
the feel of color and doneness.

Re-butter Griddle each time and working in  
batches Cook up your Flapjacks and keep  
warm in oven after each batch.

This ensures they won't be raw in the  
middle. Serve with 100% pure Maple Syrup  
and butter. You will taste "The happiest  
place on Earth" Super light sweet and fluffy  
almost like a soufle! ( recipe can easily be  
Halved to feed 2 Persons.

# Iced Coffee from Tato

**Contributor's Name:** Tato Tskhovrebadze

## **Prep Time**

5-8 minute

## **Total Time**

10 minute

## **Ingredients**

80 ml espresso

50 ml water

Full glass ice

200 ml cold milk

2 g vanilla's

Little bit cinnamon

## **Instructions**

The main thing in this recipe is to follow the steps

1. Make 80 milligrams of espresso
2. Fill a glass with ice
3. Add milk to a glass filled with ice
4. Add vanilla and cinnamon to the coffee and mix
5. Add all this to a glass full of milk and ice
6. Let's add a straw and enjoy it

# Dates Milkshake

**Contributor's Name:** Pernekhan  
Utemuratov

**Prep Time**

2 minutes

**Total Time**

5 minutes

**Ingredients**

4 dates (pitted)  
1.5 cups of milk (300 ml)

**Instructions**

1. blend the dates until smooth
2. pour the milk and blend together
3. blend at medium speed for 1-2 minutes  
depending on how bubbly you want it to be





# APPETIZERS AND DIPS



Featured ERG Recipes:

 Womens@ : Date + Bacon Goat Dip

 Veterans@ : Sandwich

# Avocado Boats

**Contributor's Name:** Khali Okazaki

## Prep Time

3 minutes

## Total Time

3 minutes

## Ingredients

1 avocado  
1 Tbsp soy sauce  
Furikake seasoning (optional)

## Instructions

1. Slide avocado in half.
2. Pit avocado.
3. While holding the avocado in your hand, pour soy sauce into the empty avocado pit. It should be slightly above halfway full.
4. Sprinkle Furikake seasoning on top (optional).
5. Dig in with a spoon and enjoy your avocado boat snack.

(Bonus: the avocado skin serves as a bowl, so you can enjoy this snack straight from the avocado without any dishes!)

# Ceviche



**Contributor's Name:** Unidos@ ERG

## Prep Time

30 minutes to an hour

## Total Time

1 - 2 hours

## Ingredients

1 lb large de-veined jumbo shrimp, chopped

Substitute 1 small head of cauliflower to make this dish vegan

2 cups seeded and diced tomatoes (3 - 4 medium tomatoes)

½ cup chopped red onion  
2 mini cucumbers diced  
1 Jalapeño, diced and seeded (leave in the seeds or add another if you like it spicy)  
¼ teaspoon salt  
1/2 cup lime juice  
¼ cup chopped cilantro  
1 tablespoon fresh chopped mexican oregano (substitute 1 teaspoon dry)  
1 large avocado, diced  
Pinch of black pepper (to taste)  
Optional dash of cayenne pepper

## Instructions

In a medium bowl add the shrimp and ½ of the lime juice, mix together then wrap the bowl and set in the fridge while you prepare the other ingredients.

In a large mixing bowl, mix together the tomatoes, red onion, cucumbers, jalapeño, salt, and the rest of the lime juice. Add the cilantro and oregano and add the marinated shrimp to the rest of the mixture and return everything to the fridge for at least an hour.

Add the avocado and pepper, and it is ready to serve

# Date + Bacon Goat Dip



**Contributor's Name:** Women@ ERG The actual recipe was submitted by our very own community member Madi Lefrancois.

## Prep Time

40 minutes

## Total Time

40 minutes

## Ingredients

8 oz Goat Cheese  
8 oz Cream Cheese  
0.5c Heavy Whipping Cream  
1 lb Bacon thinly sliced

12 oz Medjool Dates Pitted and Sliced into stripes  
2 tbsp brown sugar  
2 tbsp honey  
1 tbsp fresh rosemary  
1 tbsp fresh thymes  
Baguettes, thinly sliced

## Instructions

**Whipped Goat Cheese**  
Add the goat cheese, cream cheese, heavy cream, and a pinch of salt in a food processor or blender and blend on low until smooth and creamy, scraping down the sides as needed. Add a little more heavy cream if it's not blending. It should be the consistency of Greek yogurt. (Set aside)

## Bacon Topping

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. On the baking sheet, add the bacon in a single layer. Bake for 10-15 minutes or until the bacon is 75% done cooking to your preference. Remove from the oven and add the dates, brown sugar, honey, rosemary, and thyme to the baking sheet. Toss them together

and arrange them in an even single layer. Bake for 10 more minutes or until the brown sugar and honey has dissolved. You don't want to overbake the mixture, or the dates will be rock-hard.

Spoon the whipped goat cheese into a serving bowl and then top with the warm bacon and dates. Drizzle over extra honey, fresh rosemary, and sea salt. Serve with sliced baguettes (can toast slightly in the oven, but not required).

If the dip gets cold before serving, you can microwave it for a little to warm the bacon and dates. It's okay if the cheese gets warmed.

# Empanadas Argentinas



**Contributor's Name:** Mariana G (MG)

## Prep Time

1 hour

## Total Time

1 hour 45 mins (including chilling and baking)

## Ingredients

For the dough:

4 cups all-purpose flour

1 teaspoon salt

2/3 cup butter, chilled and cut into small pieces

2/3 cup water

2 eggs

For the filling:

1 lb ground beef

1 onion, finely chopped

2 cloves garlic, minced

1 red bell pepper, finely chopped

1/4 cup green olives, pitted and chopped

2 hard-boiled eggs, chopped

2 tablespoons olive oil

2 teaspoons ground cumin

2 teaspoons paprika

Salt and pepper to taste

For brushing:

1 egg, beaten

## Instructions

In a large bowl, combine the flour and salt. Add the chilled butter and mix it with your fingers until the mixture resembles coarse crumbs.

In a separate bowl, whisk together the water and eggs. Gradually add the egg

mixture to the flour mixture, stirring until the dough comes together.

Transfer the dough to a floured surface and knead it for about 5 minutes until it becomes smooth and elastic. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Meanwhile, prepare the filling. Heat the olive oil in a skillet over medium heat. Add the onion, garlic, and red bell pepper, and sauté until they become soft and translucent.

Add the ground beef to the skillet and cook until browned. Stir in the cumin, paprika, salt, and pepper. Cook for an additional 2-3 minutes. Remove the skillet from heat and let the filling cool.

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

Take the dough out of the refrigerator and roll it out on a floured surface to about 1/8 inch thickness. Use a round cutter or a small plate to cut circles of dough, approximately 4-6 inches in diameter.

Place a spoonful of the beef filling in the center of each dough circle. Top with some

chopped olives and a few pieces of hard-boiled egg.

Fold the dough over the filling to form a half-moon shape. Press the edges together to seal the empanada, and use a fork to crimp the edges.

Place the empanadas on the prepared baking sheet. Brush the tops with the beaten egg to give them a golden color when baked.

Bake the empanadas for about 20-25 minutes or until they turn golden brown.

Remove from the oven and let them cool for a few minutes before serving.

Enjoy your delicious Argentine empanadas!

# Home-Office Tuna Ceviche

**Contributor's Name:** Daniel Pryjma

## **Prep Time**

15min

## **Total Time**

15min

## **Ingredients**

- 1 can of tuna
- 1 small red onion
- 1 tomato
- 1 lime
- 1 avocado (optional)
- 2-4 slices of toasted bread
- 1/4 cup of fresh coriander
- Salt and pepper to taste

## **Instructions**

Drain the tuna from most of the oil, put it in a bowl, and add the juice of the lime. Dice the onion and tomato; chop the coriander; and add it to the tuna-lime mix. Let it rest.

Toast the bread slices. Slice the avocado. Spread the tuna ceviche on the toasts, add avocado slices to the top and serve.

# Chilaquiles

**Contributor's Name:** jovonne gonzales

**Prep Time**

15 minutes

pour the tomatoe sauce over  
let it simmer for 2 minutes  
remove from heat and garnish with cotija  
cheese

**Total Time**

35 minutes

**Ingredients**

1 pack of fresh tortillas (flour or corn)

1 whole green bell pepper

1/4th of a red onion

2 garlic cloves

4 eggs

Cotija cheese

1 can of tomato sauce

olive oil

**Instructions**

Heat the olive oil in a pan, medium heat

Chop the onion, garlic, and bell pepper into  
small pieces

Fry for 3 minutes

Shred the toritilla into pieces and throw  
into the pan

Fry for 3 minutes then turn everything in  
the pan over and fry another 4 minutes

# Stuffed Mushrooms



**Contributor's Name:** Disha Dalal

**Prep Time**

15 minutes

**Total Time**

45 minutes

**Ingredients**

1 tbsp. Olive Oil or Unsalted Butter  
15 Cremini Mushrooms (Whole)  
1-2 tbsp. Minced Garlic  
2 cups Spinach  
8oz Cream Cheese  
1/4 cup Parmesan-Romano cheese [grated]  
1/4 cup Mozzarella  
1 tbsp. Italian Herb Seasoning  
Red Pepper Flakes [Optional]

1/4 cup Dried Italian Seasoned  
Breadcrumbs  
Lemon juice  
Salt and Black Pepper

**Instructions**

Step 1) Preheat oven to 400°. Grease a baking sheet with cooking spray/oil or line it with parchment paper. Remove stems from mushrooms and roughly chop stems. Place mushroom caps on a baking sheet.

Step 2) In a medium skillet over medium heat, melt unsalted butter. Add chopped mushroom stems and cook until most of the moisture is out 5 minutes. Add garlic and cook until fragrant, 1 minute.

Step 3) Add spinach and cook till wilted, 4 minutes. Season with salt and pepper. Remove from heat and let cool slightly.

Step 4) In a large bowl mix together mushroom stem/spinach mixture, Parmesan, Mozzarella, cream cheese, Italian seasoning, lemon juice, and red chili flakes [optional]. Season with salt and pepper.

Step 5) Fill mushroom caps with filling and  
sprinkle with dried Italian Seasoned  
Breadcrumbs.

Step 4) Bake until mushrooms are soft and  
the tops are golden for about 15- 20  
minutes.

# Hamida's Chicken Roll



**Contributor's Name:** Hamida Hamzazade

## Prep Time

15 minutes

## Total Time

18-20 minutes

## Ingredients

Medium-sized chicken fillet

2 pieces of pita bread

1 onion

1 tomato

1 fresh or pickled cucumber

iceberg lettuce leaves

oil

salt

pepper

paprika  
turmeric  
chicken spice  
meat spice  
vegetable spices  
khmeli-suneli  
curry

## Instructions

Are you ready for a flavor explosion in your mouth? Let's get started! First, we need to cut up some juicy chicken breast into long, tantalizing pieces. Now comes the fun part - adding all of our favorite spices! We're talking turmeric, paprika, and a blend of spices for chicken and meat. But wait, there's more! We're also adding some spices for vegetables, curry, khmeli - suneli, and a pinch of salt and pepper. The aroma alone will make your mouth water.

Once the chicken is coated in all of those delicious spices, we're going to add some vegetable oil and let it marinate for a few minutes. While we wait, let's chop up an onion into half rings. Now it's time to start cooking! We'll place each piece of chicken on a hot frying pan and let it sizzle away,

releasing all of its juicy goodness. The onions will cook on the edge of the pan, soaking up the flavors from the chicken and getting nice and soft.

While the chicken and onions are cooking, we'll chop up some fresh cucumbers, lettuce, and tomato. As soon as the chicken is cooked through and the onions are soft and fragrant, we'll turn off the heat and let everything sit for a few minutes.

Now comes the main part - assembling our pita rolls! We'll take two large pieces of soft pita bread and slather on our favorite sauce (ketchup for us!). Then we'll pile on those savory onions, chopped chicken, and fresh veggies. Top it off with another drizzle of sauce and gently roll it all up into a deliciously juicy roll.

One bite of this flavorful creation and you'll be transported to foodie heaven. Bon appetit!



Hamida Hamzazade

# Party Bean Dip

**Contributor's Name:** Samantha Guillen

**Prep Time**

5-10 mins

**Total Time**

35-45 mins

**Ingredients**

6-8 slices of bacon, diced  
1/4 cup of yellow onion, finely chopped  
1 jalapeno, finely chopped (with seeds if you would prefer a more spicy dip)  
2 cans of Rotel Original Diced Tomatoes & Green Chiles  
1 12 oz bottle of beer (Mexican brand preferred)  
2 cans of refried beans  
Cheese for topping (queso fresco or Mexican blend preferred)

**Instructions**

- 1.) Place bacon into a large (3-8 qt) skillet and cook on medium-high heat until bacon is crispy, occasionally stirring.
- 2.) Add onion & cilantro, and saute with bacon for about 1 minute or until the

onions are clear.

- 3.) Add both cans of Rotel (undrained) and the bottle of beer; cook for about 10 minutes or until the liquid has been reduced in half.
- 3.) Add both cans of beans, stirring until combined. Bring this to a boil, then reduce the heat to medium. Cook uncovered for 10 minutes or longer depending on your desired thickness, stirring occasionally.
- 4.) Serve! Add cheese on top for garnish and added flavor.

# Sandwich



## Instructions

Take bread, add cheese, add meat, add condiments, DONE! Enjoy!

**Contributor's Name:** Shaun on behalf of  
Veterans@ ERG

## Prep Time

45 seconds

## Total Time

87 seconds

## Ingredients

2 slices of bread (white, wheat, or gluten free)

1 Slice of cheese (of your choice)

4 slices of the meat of your choice

1tsp of mayo

1tsp of mustard

# Sourdough BLTA



**Contributor's Name:** Ros Johnson

**Prep Time**

5 minutes

**Total Time**

15 minutes

**Ingredients**

2 pieces of sourdough bread

3 pieces of pepper bacon

1 roma tomato

2 green lettuce leaves

1 medium avocado

1 tbsp of real mayonnaise

Spreadable butter, ground black pepper

**Instructions**

- 1) Wash and dry all produce.
- 2) Thinly slice roma tomatoes.
- 3) Peel avocado, de-core, and slice into wedges.
- 4) Preheat a medium nonstick frying pan on medium high heat until the pan gets hot.
- 5) Once pan is hot, place the three pieces of bacon side by side in the pan. Cook bacon on one side for 2-3 minutes.
- 6) While bacon is cooking, spread butter on top side of both slices of sourdough bread. Put them in the toaster to lightly toast.
- 7) Once bacon is done frying, place bacon on layered paper towels and lightly press excess bacon grease off of bacon.
- 8) Once the bread is done toasting, spread mayo on one side of each piece of sourdough.
- 9) Add lettuce leaves to one slice. Place bacon on the lettuce bib. Add sliced tomato and sliced avocado on top. Sprinkle ground black pepper on top of the tomato slices. Place the other piece of sourdough on top of tomato.
- 10) Cut sandwich in a rectangle or triangle and ENJOY!



Avocado slices really add a nice texture

# Citrusy Corn Salsa



**Contributor's Name:** Erica Bullock

## Prep Time

15 mins

## Total Time

30 mins

## Ingredients

1 - 8oz can of corn  
1 - handful of cilantro  
1 - shallot or small onion (your preference)  
1 - medium tomato  
1 - whole lime  
1 - whole lemon  
1 - avocado

salt, garlic powder, Tajin to taste

## Instructions

1. In a bowl pour in the can of corn
2. Dice up the tomato and onion (can be chunky or finely chopped, depends on personal preference), and add to the bowl
3. Squeeze in the whole lime and the whole lemon (be careful to avoid seeds) over the corn, tomato, and onion
4. Do a fine chop of the cilantro and add it in to the bowl
5. Chop avocado into medium chunks and add to the bowl
6. Add in salt, garlic powder, and Tajin to taste
7. Mix everything together until all items are well incorporated
8. Let the mixture set for 15 minutes in the fridge
9. Set out and enjoy with tortilla chips, or put on tacos, seafood, etc!

# Quick Texas Queso

**Contributor's Name:** Kylie Moden

**Prep Time**

5 minutes

**Total Time**

10 minutes

**Ingredients**

1 can of Rotel Diced Tomatoes & Green Chilies (10 oz)  
1 block Velveeta Cheese (16 oz)  
Optional additions: avocado, salsa, guac, jalapeños, etc.

Note: you can experiment with different types of Rotel and Velveeta to adjust the flavor profile to your liking.

**Instructions**

Chop up velveta cheese and add to microwave safe dish, or pot if heating over stove top.

Add can of Rotel and stir.

Heat and stir occasionally. If using the

microwave, use 30-60 second increments and stir.

When cheese is fully melted, stir in any optional toppings. Enjoy with your favorite chips or dipping veggies. Can also be used as cheese topping to chili, hot dogs, burritos and more.







# DINNER PARTY MEALS



Featured ERG Recipes:  AAPI@: Yu Sheng aka Lo Hei

# Yu Sheng aka Lo Hei



**Contributor's Name:** Shaobin Wang on behalf on the AAPI@ ERG

## Prep Time

30 minutes

## Total Time

45 minutes

## Ingredients

300g Fresh Raw Fish (salmon or trout is typically used)  
1 large Carrot  
1 White Radish  
1 Cucumber

1/2 cup Jicama or White Redish  
1/2 cup Pomelo or Mango  
1/2 cup Fried Peanuts  
1 packet of Fried Wonton Skin (or replace with pita chips)

## Sauce:

30 gram Sugar  
50 gram Water  
3 tablespoon Mayonaise  
1 tablespoon Plum sauce  
1 tablespoon Ketchup  
2 tablespoon Lime Juice  
1 tablespoon Sesame Seeds

## Instructions

1. Begin by preparing the vegetables. Thinly shred the carrot, radish, and cucumber. The thinner they are, the better they will combine with the rest of the ingredients.
2. Arrange the shredded vegetables on a large serving plate.
3. Thinly slice the raw fish and arrange it on top of the shredded vegetables.
4. Mix the sauce and drizzle over the dish.
5. Before serving, add Fried peanuts and fried wonton skin for the extra crunch!

# Ottolenghi's Parsley & Barley Salad

**Contributor's Name:** Virginia Kennedy

**Prep Time**

20 mins

**Total Time**

1 hour

**Ingredients**

1/4 cup Pearl Barley - you can substitute farro, spelt or wheat berries  
5 oz Feta Cheese  
5 1/2 TB Olive Oil  
1 tsp Za'atar  
1/2 tsp Coriander Seeds, lightly toasted and crushed  
1/4 tsp ground Cumin  
3 oz Parsley, leaves and stems  
4 green Onions, finely chopped  
2 cloves Garlic, crushed  
1/3 cup Cashew Nuts, lightly toasted and coarsely crushed  
1 Green Pepper, seeded and cut into 3/8" dice - we used Lunchbox Pepper  
1/2 tsp ground Allspice  
2 TB freshly squeezed Lemon Juice  
Salt and freshly ground Black Pepper

**Instructions**

Place barley in a small saucepan, cover with plenty of water and boil for 30 to 35 minutes, until tender but with a bite. Pour into a fine sieve, shake to remove all the water, and transfer to a large bowl. Break the feta into rough pieces, about 3/4" in size, and mix in a small bowl with 1 1/2 TB of the olive oil, the za'atar, the coriander seeds, and the cumin. Gently mix together and leave to marinate while you prepare the rest of the salad. Chop the parsley finely and place in a bowl with the green onions, garlic, cashew nuts, pepper, allspice, lemon juice, the remaining olive oil, and the cooked barley. Mix together well and season to taste. Top with marinated feta.

# Seared Scallops w/ Quinoa and Apple Salad + Butternut Squash Puree



**Contributor's Name:** Kondja Kamatuka

## Prep Time

30 mins. (but take this with a grain of salt)

## Total Time

60 mins. (truly, who knows)

## Ingredients

Recipe from A Food For Thought

Serves 4

For the butternut squash puree:

1 small butternut squash (about 2 lbs)

2 teaspoons olive oil

Salt

1 tablespoon butter

Garam masala

For the quinoa salad:

1 cup quinoa

2 apples

2 tablespoons chopped fresh parsley

1 ounce lemon juice

Salt

2 tablespoons olive oil

For the seared scallops:

1 pound sea scallops

3 tablespoons unsalted butter

1 tablespoon olive oil

Salt

Black pepper

## Instructions

1. Preheat the oven to 375 degrees. Line a baking pan with aluminum foil. Trim both ends of the butternut squash and cut it in half lengthwise. Using a spoon, scrape out the seeds. Drizzle olive oil over the cut side of both halves and sprinkle a teaspoon of salt over them. Place the halves face down (that's the cut side) on the baking sheet and

- cook in the oven for 25-30 minutes, until a sharp knife easily pierces the flesh.
2. While the butternut squash is cooking, prepare the quinoa. Place the quinoa and water in a pot and bring to a boil. Once it reaches a boil, reduce heat to medium low. Simmer until all the water has been absorbed, approximately 15 minutes. Remove from heat, open the lid, and let cool.
3. Transfer the flesh of the butternut squash to a blender (or you can put it in a bowl and use an immersion blender), along with 1/2 teaspoon garam masala, 1 tablespoon butter, and 1 teaspoon salt. Blend until smooth. (if you're looking at the picture, your puree will and should be smoother than mud. I didn't have an immersion blender when I originally made this)
4. Transfer the quinoa into a bowl, along with chopped apple, parsley. In a separate bowl, whisk together lemon juice, olive oil, salt and pepper. Pour over quinoa salad and toss to combine.
5. Dry the sea scallops with paper towels. Season with salt and pepper.
6. In a large skillet, heat the olive oil and butter on high heat. Once it begins to smoke, add the scallops and cook for approximately 3 minutes, or until it has browned on one side. Using tongs, flip the scallops and cook for an additional 1 to 2 minutes, depending on the size of the scallops.
7. To plate, start by spooning 3 tablespoons of butternut squash puree onto the plate (or shallow bowl). Top with a couple spoonfuls of quinoa salad, followed by the seared scallops. Spoon some of the remaining melted butter from the pan on top of the scallops.

# Mozambique Shrimp

**Contributor's Name:** Danielle Jones

**Prep Time**

15 minutes

**Total Time**

30 minutes

**Ingredients**

12 jumbo shrimp, shelled and deveined, tails intact  
1 small (yellow or white) onion, chopped  
2 large garlic cloves, chopped  
14.5 oz canned diced tomatoes, drained  
2 tsp. salt (or season to preferences)  
1 tsp. black pepper  
1 tsp. cayenne pepper (optional)  
1 tsp. smoked paprika  
1 tsp. ground cumin  
2 Tbsp. ground coriander  
4 Tbsp. olive oil  
2 cups unsweetened coconut milk  
Parsley for garnish (optional)

**Instructions**

Wash the shrimp under cold water and drain on paper towels. In a large skillet,

heat oil until hot but be careful not to burn. Sauté the onion and garlic until translucent. Add the shrimp to the pan and season with the salt, black pepper, cayenne pepper, cumin, smoked paprika. Sauté for 2 minutes. Remove the contents from the pan and set aside. Add the drained tomatoes and coriander to the pan. Simmer for 3 - 4 minutes and stir in the coconut milk. Simmer for an additional 5 minutes. Add the shrimp and onion/garlic back in the pan. Simmer over low heat for 3 - 5 minutes. Garnish with fresh parsley. Best served over rice.

# Butter Garlic Shrimp

**Contributor's Name:** Phillip Mosher

**Prep Time**

30 minutes

**Total Time**

35 minutes

**Ingredients**

2 pounds shrimp  
2 pounds butter  
1 cup garlic powder  
1 tablespoon chili flakes (adjust for desired heat)  
1 cup chopped fresh garlic  
1 bunch parsley chopped  
2 tablespoon Ranch powder seasoning  
(Hidden valley is best)  
1 zested lime, save juice for later  
1/4 cup white wine

**Instructions**

Peel and devein shrimp, set aside in a bowl on top of ice.

Take butter, chili flakes, garlic powder and fresh, chopped parsley, lime zest and juice, ranch powder and mix thoroughly until all

flavors are incorporated, 8-10 minutes by hand, 2 minutes by machine

Take butter and place in a container

Take a hot sauté pan and add 1 tablespoon oil

Add shrimp and sauté for 3 minutes or until pink

add butter and toss in lime from before cook thoroughly and serve

# Orange Glazed Salmon

**Contributor's Name:** Blair Jones

**Prep Time**

20 minutes

**Total Time**

45 minutes

4. After Salmon is cglomplete
5. Prepare Orange Glaze by mixing 1 cup of Orange marmalade and 1/3 cup lemon juice.
6. Warm up the glaze mixture for 15-30 seconds
7. Drizzle the glaze over the Salmon.

## Ingredients

1 lb. Fresh Atlantic Salmon  
1 tsp. garlic powder  
1tsp. Onion powder  
1 tsp. lemon pepper  
Pepper  
Salt  
As needed Mrs. Dash Salt free Onion/Herb seasoning  
1 cup Orange Marmalade  
1/3 cup Lemon Juice

## Instructions

1. Season your salmon using the following seasonings ( Garlic powder, lemon pepper, onion powder, and Mrs. Dash seasoning)
2. Place your Salmon in medium size skillet
3. Cook on medium heat for 3-5 minutes on both sides

# Honey Jalapeño Glazed Salmon



**Contributor's Name:** Chris Ferchen

## Prep Time

15 mins

## Total Time

35 mins (including prep)

## Ingredients

6 oz Atlantic Salmon, trimmed to individual servings (skin optional)  
1 cup sushi rice  
Vegetable oil  
1 jalapeño, sliced  
2 cloves garlic, crushed into paste

2 green onions, sliced  
1/2 cup honey  
1/2 cup soy sauce  
1 tbsp rice wine vinegar  
1 tbsp Chinese cooking wine  
4 cups spinach  
Maldon salt (to taste)

## Instructions

Makes two servings

1. Prepare salmon as desired (trimmed, portioned, skin off or on). Let rest as remaining ingredients are prepped to come up to temperature for cooking.
2. Prepare sushi rice per package instructions. (Rice should be served warm, so prepare with time to cook remainder of the dish.)
3. Heat a tbsp of vegetable oil in a saucepan over medium-high heat. Add 1/2 the sliced jalapeño and the white portion of the green onions to the pan until cooked.
4. Mix honey, soy sauce, rice wine vinegar, and Chinese cooking wine together in a bowl to make the base for the glaze. Add 1/2 cup water. Whisk until honey is dissolved. Set mixture aside.

5. Add 1/2 of the fresh garlic paste to the vegetables for 30 seconds or until fragrant.
6. Stir in glaze mixture from step 4 and bring to simmer. Reduce heat to maintain simmer, without boiling, stirring frequently.
7. In a second pan heated to medium-high, coat the bottom of the pan with a thin layer of vegetable oil. Once heated, add salmon in, skin-side down (if skin retained). Reduce heat once fish is no longer sizzling to medium.
8. Baste fish using oil and rendered fat to assist in cooking the flesh side of the fish.
9. Checking the fish for doneness periodically, flip once fish is mostly cooked through to your liking. The seared side should be crispy.
10. Strain out and discard the vegetables from the glaze mixture, returning the mixture to the saucepan to thicken. Continue to simmer over medium heat, adjusting heat as needed to thicken glaze.
11. Add reserved jalapeños to the pan with the salmon to cook. Continue to baste salmon as the other side is cooked. Once cooked to desired temperature, pull salmon and jalapeños and let rest on a paper towel or kitchen towel.
12. Drain the oil and fat from the pan from the salmon. Do not wipe clean.
13. Add 2 cups of spinach to the pan, then the remaining 1/2 of the fresh garlic paste. Then add the remaining 2 cups of spinach to the pan. Stir to incorporate garlic.
14. Cook spinach thoroughly, then remove to drain once finished. Season to taste.
15. Season sushi rice as desired. After fluffing add to plate. Top rice with cooked spinach, then the salmon portion. Pour glaze over salmon and plate. Garnish with cooked jalapeño slices and green ends of the green onions.

# Chicken Marsala

**Contributor's Name:** Hailey Byrne

**Prep Time**

10 minutes

**Total Time**

30 minutes

**Ingredients**

4 skinless, boneless chicken breast  
1/4 cup all-purpose flour (gluten free flour works too!)  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
4 tablespoons butter  
4 tablespoons olive oil  
1 cup sliced mushrooms  
1/2 cup Marsala wine  
1/4 cup cooking Sherry

Step 4: In a large skillet, melt butter and oil over medium heat

Step 5: Place chicken in pan until lightly brown on each side

Step 6: Once lightly brown, add mushrooms to pan. Pour over Marsala wine and Sherry into the pan

Step 7: Cover the skillet; simmer chicken for 10 minutes, turning the chicken half way through

Step 8: Enjoy!

\*\*I like to pair this with oven roasted asparagus and mashed potatoes!

**Instructions**

Step 1: Pound chicken breasts into 1/4 inch thick pieces

Step 2: In shallow bowl, mix together flour, salt, pepper and oregano

Step 3: Coat chicken in flour mixture

# Chicken Piccata



**Contributor's Name:** Frank Fanelli

## Prep Time

20 Mins

## Total Time

40 Mins

## Ingredients

1 lb. boneless, skinless chicken breast  
2 Large lemons, 1 lemon cut into about 6 slices and one cut into wedges  
2 Tbs of capers, rinsed & drained  
1 cup of flour  
1 can of artichoke hearts (15oz) drained  
4 cloves of garlic sliced

1/4 cup white wine  
1 cup chicken stock  
Salt & Pepper  
Olive Oil  
Butter  
Parsley

## Instructions

- 1) Thinly slice chicken breast and pound out to 1/4 inch thick, S&P both sides
- 2) Prepare flour station, a pinch of S&P into the flour
- 3) Heat a 12 inch pan (preferably stainless steel) with a high lip with 4 tbs of olive oil
- 4) Add a few tablespoons of butter, dredge chicken in flour and add to the pan in batches. 2 mins per side until a nice brown crust forms.
- 5) Remove chicken, add another Tbs of olive oil and saute garlic, throw in artichokes a minute later.
- 6) After another min, throw in lemon slices and capers and saute for a couple of mins.
- 7) Turn up the heat to high and add 1/4 cup of white wine to deglaze the pan for 2 mins
- 8) Add your chicken stock and bring to a quick boil, then turn down the heat to medium and cook down until the liquid is

about half.

9) Add chicken back into the pan with the sauce for 3-5 mins, add parsley and serve.

Serving recommendations:

1) Throw in orzo into the sauce to soak up the flavor and provide a bed for the chicken.

2) Roasted broccolini or broccoli rabe as a side always works well.

3) Please eat with a good loaf of bread, either semolina or a baguette.

Enjoy

# Butter Chicken Lasagna

**Contributor's Name:** Lyndsey Kaplan

**Prep Time**

20 min

**Total Time**

2 hours

**Ingredients**

Chicken marinade:

1.5 lbs chicken thigh or chicken breasts (cut into 1 inch cubes)  
1/2 cup plain yogurt  
1.5 tbsp minced garlic  
1.5 tbsp minced ginger  
2 teaspoons garam masala  
1 teaspoon tumeric  
1 teaspoon ground cumin  
1 teaspoon red chili powder  
1 teaspoon salt

Sauce:

2 tbsp olive oil  
2 tbsp ghee (or 1 tbsp butter + 1 tbsp oil)  
1 large onion (chopped)  
1.5 tbsp garlic (minced)  
1.5 tbsp ginger (minced)

1 tsp ground coriander  
1 tsp cumin  
1 tsp garam masala  
14oz container crushed tomatoes  
1 tsp red chili powder  
1 tsp salt (to taste)  
1 cup heavy cream  
1 tbsp sugar  
0.5 tsp dried fenugreek leaves

Lasagna:

Butter chicken (above)  
4 tbsp chopped cilantro  
12 lasagna noodles  
16 oz ricotta cheese  
1 egg  
0.75 lbs shredded mozzarella cheese  
0.75 lbs grated parmesan cheese

**Instructions**

Prepare the chicken + sauce:

1. In a bowl combine chicken with all of the marinade ingredients; marinate for 30-60 min (or overnight).
2. Heat oil in large pot over medium-high heat. When hot add chicken pieces in batches (don't over crowd pan). Fry until

browned (3 min per side). Set aside and keep warm. (chicken will finish cooking in sauce)

3. Heat ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes); scrape brown bits as they stick to pan.

4. Add garlic and ginger, sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Cook for 20 seconds until fragrant, stirring occasionally.

5. Add crushed tomatoes, chili powder and salt. Simmer for 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red color.

6. Remove from heat, blend until smooth (can skip this step for chunkier sauce). You may need to add a couple tablespoons of water to help it blend.

7. Pour the puréed sauce back into the pan. Stir the cream, sugar and crushed fenugreek leaves through the sauce. Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.

Prepare the lasagna: (use a 9x9 or 9x13 pan)

1. Preheat oven to 375 degrees F (190 degrees C)
2. Cook lasagna noodles per package

instructions. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, cilantro, and 1/2 teaspoon salt.

3. To assemble, oil or butter baking dish then spread 1 1/2 cups of sauce. Arrange 6 noodles lengthwise over meat sauce.

Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with oiled foil (prevents sticking).

4. Bake in preheated oven for 25 minutes. Remove foil, and bake for an additional 25 minutes. Cool for 15 minutes before serving.



# Sini Manti



**Contributor's Name:** Levon Stepanian

## Prep Time

1 to 2 hours (depending on how many dumplings you prepare)

## Total Time

2.5 hours

## Ingredients

1 lb. lean ground beef  
2 large red onions, finely diced  
1.5 tablespoons salt  
1.5 tablespoons of black pepper  
1 to 2 packs of premade egg roll wraps  
(Nasoya brand)

## Instructions

There are many variations of this recipe, below is an Armenian-variation straight from my mom's recipe book. Preparing Sini Manti is a four step process outlined below:

### Part 1: Prepare the filling

To make the filling, mix together ground beef, minced onion, salt and pepper. Refrigerate until ready to create the dumplings.

### Part 2: Create the dumplings

To create the dumplings, cut each egg roll wrap into squares, roughly 3 inches wide. Place enough of the filling in each square such that you are able to wrap the egg roll square around the filling, leaving a bit of filling exposed on the top. Place wrapped dumpling on a baking tray that has been lightly coated with butter or olive oil. Place dumplings adjacent to each other (touching ok) until tray is filled.

### Part 3: Bake them

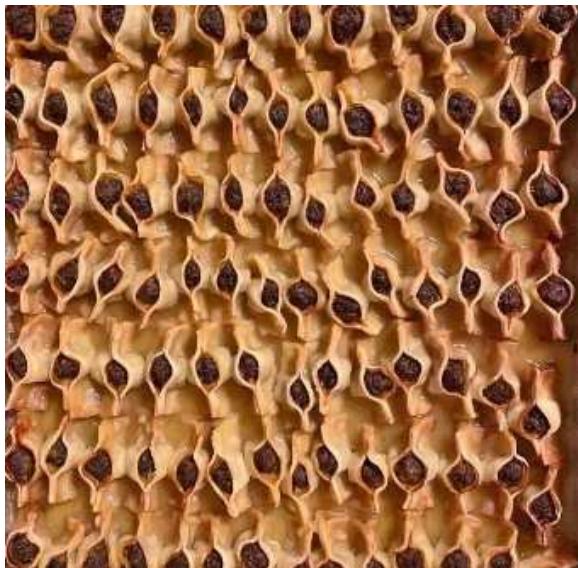
Bake them for about 30 minutes at 375 Fahrenheit, or until egg roll wrap is light brown and slightly crisp

Part 4: Eat them :-)

There are many ways to consume the baked dumplings, here are a couple of options:

(Dry) One way is to eat them with some salted/garlic (minced) yogurt sprinkled with Aleppo Pepper on top.

(Soup) Another way is by preparing a broth and consuming them as a soup; chicken broth (optional tomato paste) with some butter and dried mint brought to a boil, and then add the dumplings and serve after a minute. Some people enjoy adding the yogurt to the broth right before eating.



Dumpling shape and tray placement



Soup-based consumption

# The Only Bolognese Sauce Recipe You'll Ever Need



**Contributor's Name:** Hannah Tighe

## Prep Time

30 mins

## Total Time

5-ish hours

## Ingredients

1 tablespoon vegetable oil

3 tablespoons butter plus 1 tablespoon for tossing the pasta

½ cup chopped onion

⅔ cup chopped celery

⅔ cup chopped carrot

¾ pound ground beef chuck (or you can use 1 part pork to 2 parts beef)

Salt

Black pepper, ground fresh from the mill

1 cup whole milk

Whole nutmeg

1 cup dry white wine

1½ cups canned imported Italian plum tomatoes, cut up, with their juice

1¼ to 1½ pounds pasta

Parmesan rind

Freshly grated parmigiano-reggiano cheese at the table

## Instructions

### Step 1

Put the oil, butter and chopped onion in the pot and turn the heat on to medium. Cook and stir the onion until it has become translucent, then add the chopped celery and carrot. Cook for about 2 minutes, stirring vegetables to coat them well.

### Step 2

Add ground beef, a large pinch of salt and a few grindings of pepper. Crumble the meat with a fork, stir well and cook until the beef has lost its raw, red color.

### Step 3

Add milk and let it simmer gently, stirring frequently, until it has bubbled away completely. Add a tiny grating -- about  $\frac{1}{8}$  teaspoon -- of nutmeg, and stir.

### Step 4

Add the wine, let it simmer until it has evaporated, then add the tomatoes and stir thoroughly to coat all ingredients well. When the tomatoes begin to bubble, turn the heat down so that the sauce cooks at the laziest of simmers, with just an intermittent bubble breaking through to the surface. Cook, uncovered, for 3 hours or more, stirring from time to time. Add the Parmesan rind. This will make your sauce silky and dreamy. While the sauce is cooking, you are likely to find that it begins to dry out and the fat separates from the meat. To keep it from sticking, add  $\frac{1}{2}$  cup of water whenever necessary. At the end, however, no water at all must be left and the fat must separate from the sauce. Taste and correct for salt.

### Step 5

Toss with cooked drained pasta, adding the tablespoon of butter, and serve with freshly grated Parmesan on the side. Pairs best with The Godfather Part II.

# Summer Vibe Mimosa



## Instructions

Take 9 oz champagne glass and chill in a fridge for an hour. Prep ingredients to mix and create a layered Summer Vibe mimosa.

First, pure 1 oz of strawberry puree in a chilled glass, then 4oz of sparkling wine of your choice, top it with 3oz of orange juice. To add an extra coloring add 1-2 splashes of a blue curacao liqueur. Garnish with strawberry .

**Contributor's Name:** Nina

## Prep Time

3 minutes

## Total Time

5 minutes

## Ingredients

1. Sparkling Wine 4 oz (Prosecco or Brut)
2. Orange Juice 3 oz
3. Strawberry puree 1oz
4. Splash of blue curacao
5. Strawberry for garnish

# Puerto Rican Mojito



**Contributor's Name:** Jesse Lewis

## Prep Time

10 minutes

## Total Time

20 minutes

## Ingredients

Mint (lots of mint!!)

Muddler

Limes (at least 1 lime per drink)

Simple syrup

7-up ( soda works too but 7-up makes it sweeter)

Ice

Puerto Rican Rum (Bacardi or Don Q is a

good choice)  
sugar (if you want to coat the rim)

## Instructions

In a shaker squeeze 3 slices of lime and drop the lime slices in a cup  
Throw a heaping handful of mint into the cup and use a muddler  
Fill with Ice halfway  
Add a shot of simple syrup  
2 shots of Rum  
3/4 of a can of 7-up  
Then shake together and pour into another cup  
Add a straw and serve  
Optional: add sugar to the rim on the cup before pouring it  
add a slice of lime to the rim of the cup before serving



# ENTREES



# Peruvian Lomo Saltado



**Contributor's Name:** Hugh Malkin

**Prep Time**

15 minutes

**Total Time**

10 minutes

**Ingredients**

1 lb steak cut into 1 in cubes (smaller for little kids)  
1 red onion sliced  
2 tomatoes sliced  
1 chili pepper (VERY OPTIONAL) seeded and chopped  
2 garlic cloves minced  
1/4 cup cilantro chopped  
1 bag frozen french fries (cook using bag instructions)

1/4 cup white vinegar

3 tbsp olive oil

2 tbsp soy sauce

2 tsp cumin

Salt and pepper

**Instructions**

1. MARINADE: Whisk garlic, vinegar, soy sauce, cumin, 2 tbsp olive oil in a small bowl then add steak to the bowl and let sit for 10 minutes before cooking
2. COOK: Add the last tbsp olive oil to a pan or wok to cook the steak with marinade at high heat and keep moving for 4-5 minutes until brown.
3. Add onion and continue cook and move for 1 minute
4. Add tomato and cooked fries and stir until mixed and warmed through (NOTE: the Fries can be served separately)
5. SERVE: Garnish with cilantro and serve with rice



Just before serving



American/Peruvian kid approved

# Chicken Bowtie Pasta

**Contributor's Name:** NA

immediately or cover and refrigerate several hours until chilled.

**Prep Time**

25 min

Makes 4 servings, 2 cups each

**Total Time**

25 min

**Ingredients**

2 cups bowtie pasta uncooked  
2 cups fresh broccoli florets  
1 pkg. (6oz) grilled chicken breast strips  
1 cup halved cherry tomatoes or 1 large tomato cut into chunks  
1/2 cup Zesty Italian dressing  
1/2 cup cheese (Milk Colby & Monterey Jack)  
1/24 cup sliced ripe olives  
1/4 cup Parmesan cheese

**Instructions**

Cook Pasta as directed on packed, add broccoli to the cooking water for the last 2 min. of pasta cook time; drain. Toss chicken, tomatoes, dressing, cheese, and olives in a large bowl; add pasta mixture; mix lightly. Sprinkle with Parmesan cheese and serve

# Baked Pork Chops and Rice

**Contributor's Name:** Heather McDonald

5) Cover with foil

6) Bake at 350F for 2 hours

## Prep Time

10 minutes

## Total Time

2 hours 10 minutes

## Ingredients

4-6 pork chops

3/4 cup converted raw (parboiled raw) rice

1 can cream of mushroom soup

1 package onion soup mix

1 can beef bouillon

1 can water (add water to empty cream of mushroom soup can to get last bits out)

9" x 13" baking dish with foil to cover

## Instructions

1) Preheat oven to 350F

2) Add converted raw (parboiled raw) rice to baking dish, leveling on the bottom.

3) Place pork chops on top of rice in baking dish

4) Spread over pork chops: can of cream of mushroom soup, package of onion soup mix, can of beef bouillon, 1 can of water

# Lemon Pepper Chicken Tenderloins

**Contributor's Name:** Jonathan Cooper

**Prep Time**

10-15 minutes

**Total Time**

30 minutes

**Ingredients**

Chicken breast tenderloin~7-8

Lemon pepper

Garlic salt

Ground mustard

**Instructions**

Preheat oven to 375°, warm peanut oil in skillet on stovetop. Season chicken tenderloins with lemon pepper, garlic salt and ground mustard. Heat oil and cook on stovetop 2-3 minutes or until a nice golden brown. Once brown on both sides, transfer to oven. Cook 7 to 7:30 minutes on each side. Take out of oven, let rest for 5 minutes and enjoy!

# Questionable Loaf

**Contributor's Name:** K.C. Pearl

**Prep Time**

15 minutes

**Total Time**

1 hour 15 minutes

**Ingredients**

Meatloaf:

2 lb. ground beef

1 lb. ground pork

2 eggs

1 cup panko bread crumbs

1 Tbsp. Worcestershire sauce

1/2 sweet yellow onion (small dice)

1 can (14.5 oz.) crushed tomato

1/2 can (3 oz.) tomato paste

2-3 cloves minced garlic

1 1/2 Tbsp. fresh parsley (chopped) set aside  
1/2 Tbsp. for garnish

1/2 tsp. white pepper

1/2 tsp. ground black pepper

1/2 tsp. thyme

1/2 tsp. oregano

1 Tbsp. dill weed

1 Tbsp. paprika

1 Tbsp. celery flakes (dried)

1 Tbsp. salt (to taste)

Glaze:

1 can (6 oz.) tomato paste

1 1/2 tsp. white vinegar

2 1/2 Tbsp. brown sugar

1 tsp. garlic powder

1/2 tsp. onion powder

1/4 tsp. ground black pepper

1/4 tsp. salt

**Instructions**

Preheat oven to 375°F and line a 9"x5" loaf pan with parchment paper.

In a large bowl, add all meatloaf ingredients, and mix well to combine.

Add mixture to lined loaf pan, and gently press the meat down, shaping evenly.

Bake at 375°F for 40-45 minutes.

In a separate small bowl, mix all the ingredients together for the glaze.

Spread sauce over the meatloaf and return it to the oven to bake for an additional 15-20 minutes, or until internal temperature reaches 160°F. Let rest for 10 minutes, garnish with fresh parsley, then slice and serve.

# Beer-Braised Beef Brisket

**Contributor's Name:** Keith Elliott

**Prep Time**

15 minutes

**Total Time**

9 hours, 30 minutes

**Ingredients**

1.5-2kg beef brisket, trimmed of excess fat  
1 tsp. salt  
2 tsp. ground black pepper  
2 tsp. mustard powder  
3 thinly sliced small-medium brown onions  
2 cups sliced button mushrooms  
1 tbsp. balsamic vinegar  
1 tsp. minced garlic (or 1x clove finely chopped)  
1 tsp. dried (or fresh) thyme  
1 tsp. ground (or fresh) sage  
2 tsp. dried (or fresh) parsley  
2 cups (500mL) dark beer (stout, porter)  
1 cup (250g) chopped tomato  
¼ cup firmly packed brown sugar

**SAUCE**

4 tbsp. cornflour, mixed into slurry with 4 tbsp. cold water (mix in while sauce is simmering)

**ROAST VEGETABLES**

6 cups mixed roasting vegetables cut into 1-inch cubes (potato, carrot, parsnip, sweet potato, zucchini, pumpkin, etc.)  
¼ cup olive oil  
1 tbsp. dried thyme  
1 tbsp. dried rosemary  
2 tbsp. balsamic vinegar  
½ tsp. ground black pepper

**Instructions**

1. Grease the inside of the slow cooker and a large skillet with vegetable oil. Heat the large skillet over medium-high heat.
2. Pat the beef dry with paper towel to remove any excess blood, and then trim any excess fat. Season the beef with salt, pepper and mustard powder, then cook in the skillet for 3-5 minutes or until browned on each side, turning once. Remove the beef from the skillet and place aside.

3. Add onion, mushrooms, garlic, and half a cup of beer to the skillet, cooking until fragrant. Spread evenly across the base of the slow cooker, and then place the beef on top.
4. Add the rest of the beer to skillet, stirring to deglaze and loosen brown bits from bottom of skillet. Add the chopped tomatoes, herbs, balsamic vinegar and brown sugar to skillet, stir until blended. Pour mixture over beef in slow cooker. Add a small amount of water if liquid doesn't cover the meat.
5. Cover and cook on LOW for 9 hours. With 45 minutes to go, preheat oven to 240°C (220°C fan forced).
6. Mix herbs and oil from roasting list in a bowl, then toss the vegetables in the mixture. With 40 minutes left on the beef, add the roasting vegetables to a baking tray and put into the oven.
7. Transfer beef to cutting board, cover with foil and leave to rest while cooking down sauce.
8. Remove onions & mushrooms from slow cooker with a slotted spoon.
9. Pour liquid from slow cooker into medium saucepan, bring to a boil, then reduce heat and simmer for 10-15 minutes, whisking in the cornflour slurry to thicken a few minutes before the end. Don't whisk once slurry is finished being added.
10. Serve sliced beef with onions, mushrooms and roasted vegetables, with sauce spooned over beef.
- 
- If you don't want to go to the effort of roasting vegetables, you can add the brisket, onions and mushrooms to bread rolls, spoon sauce over the meat, and serve alongside thick cut fries; or serve the sliced brisket, onions and mushrooms with buttery rosemary mashed potatoes.

# Taiwanese Beer Braised Chicken



**Contributor's Name:** Cathy Huang

## Prep Time

15 minutes

## Total Time

45 minutes

## Ingredients

- 12 chicken wings (approximately 2 pounds; chicken thighs can be used as a replacement)
- 1 can of beer (12 fl oz; choose a brand with less bitterness; Budweiser or Taiwan beer are my preferred choices)
- 2.5 tbsps. soy sauce
- 1 tbsp. thick soy sauce
- 2.5 tbsps. sugar

- 2 tbsps. olive oil (or any cooking oil with a mild flavor)
- 5 scallions (green onions)
- 7-8 cloves garlic
- 4 slices ginger (1/4 inch thick)
- 1 tsp ground white pepper
- 1 star anise
- 1 Serrano pepper or Thai pepper (optional; only if you enjoy spiciness)

## Instructions

1. Prepare the ingredients:

Wash and dry the fresh produce. Cut the scallions into 1.5-inch chunks and separate the white and green parts into two bowls. Peel and crush the garlic, peel and slice the ginger, and slice the pepper into thin pieces.

2. Melt sugar on the stove:

Place a deep pot over medium-low heat. Add the sugar directly to the pot without water. Allow it to melt undisturbed for 5 minutes until it turns light brown.

3. Add the aromatics:

Once the sugar has caramelized, stir in the olive oil. Add the garlic, white bottom part

of the sliced scallions, and ginger to the pot. Cook and stir occasionally for 1-2 minutes until the aromatics become fragrant.

4. Add the sauce:

Pour all the sauces into the pot, along with star anise, 1 teaspoon of ground white pepper, and sliced pepper. Mix everything together under medium heat.

5. Cook the meat:

Pat the chicken dry with a paper towel. In the same pot, add the chicken wings and pour enough beer to fully submerge the chicken. Bring it to a boil and let it simmer for 15-20 minutes until the chicken is cooked through. Add all the green parts of the scallions in the last five minutes.

[Pro tip]: For a different twist, you can replace chicken wings with chicken thighs. I often enjoy adding chicken gizzard, dried

tofu, or peeled hard-boiled eggs.

Combining this mix of ingredients adds delightful variety. Just make sure to fully submerge all the added ingredients in the sauce for optimal taste and texture.

6. Garish the plate (optional):

Remove the star anise from the pot and garnish the dish with thin-sliced scallions or

roasted sesame seeds, if desired.



# Pernil (Roasted Pork Shoulder)



**Contributor's Name:** Alex Lopez

**Prep Time**

1 hour

**Total Time**

4-5 hours

**Ingredients**

3 ½ tbs Salt for a 7lbs Pernil

1 ½ - 2 heads of Fresh Garlic

1 tbs Dominican Oregano (Regular oregano works)

1 tsp Black Pepper

2 tsp Fresh Thyme

½ tsp Cumin  
½ tsp Cayenne pepper  
1 Red Onion  
1 carrot  
1 green pepper  
1 Orange  
1-2 Limes  
2 tsp of sour orange  
2 tsp soy sauce  
¼ cup olive oil  
¼ - ½ cup of white vinegar

3 cups of water

**Instructions**

Get ready to create a Dominican culinary masterpiece with these step-by-step instructions:

Start by scoring the pernil (pork shoulder), using a cross method that creates small to medium-sized perforations. This technique allows the marinade to penetrate the meat.

Place the pernil in a generously sized mixing bowl, where magic will soon unfold. Pour in a cup of water and add ½ cup of white vinegar, let this soak for 30 minutes

as this will tenderize the meat and cut off some of the "porky" smell.

Next, we assemble the marinade. In the food processor, combine a symphony of ingredients: garlic, oregano, salt, cayenne, pepper, carrot, cumin, onion, black pepper, thyme and soy sauce.

It's time to elevate the marinade to new heights. Add the freshly squeezed juice of oranges and limes, along with a drizzle of olive oil and sour orange. Give it one final whirl in the food processor, and set the stage for the marinade's captivating performance. Drain the vinegar-water mixer.

Now, it's time for the grand transformation. Generously coat the pernil with the flavorful marinade, ensuring that every nook and cranny is fully embraced. Embrace the unusual sight of marinade-filled holes; they are the secret to unlocking unparalleled taste sensations.

Cloak the pernil in anticipation, wrapping it with aluminum foil, allow everything to soak for a minimum of 4 hours. For those seeking the ultimate gastronomic symphony, a three-day marinade is highly recommended.

The stage is set, and it's time to bring the pernil to life. In a grand pot, place the majestic pork with its skin side up. Pour in 1-2 cups of water, ensuring that the captivating marinade from the mixing bowl joins the performance. Allow them to simmer together for 45 minutes to an hour. Next Transition the pernil to a sturdy pan and let it roast in the oven at a temperature of 350 degrees for a tantalizing 3 hours.

And now, for the final act. After 4 hours of anticipation, release 50% of the enchanting juices that have been painstakingly captured. Allow the pernil to roast uncovered for one additional hour, unveiling a crescendo of flavors that will leave you in awe!

#### \*\* pro tips

Don't let the skin touch the water when boiling, This will boil it and we are aiming for a crispy texture.

During the 4th and final hour of cooking, create a salt and water mixture, and baste the skin with it. The salt will draw out moisture allowing it to crisp up. Do this every 15 minutes. Finally, 10 minutes before service, set the oven to broil, allow the skin to get extra crispy, but don't let it burn

# Zasa's Crock Pot Barbacoa

**Contributor's Name:** TJ Zasa

## Prep Time

10 Minutes

## Total Time

4 - 8 hours (4 hours cooking on high, or 8 hours cooking on low)

## Ingredients

4 pounds beef chuck roast, cut into 3-inch chunks  
1 onion, diced  
3-4 chipotles in adobo sauce, finely diced  
5 garlic cloves, minced  
1/4 cup fresh lime juice  
2 tablespoons apple cider vinegar  
1 tablespoon ground cumin  
1/2 tablespoon dried oregano  
2 teaspoons salt  
1 teaspoon black pepper  
1/4 teaspoon ground cloves  
3/4 cup beef stock  
3 bay leaves

## Instructions

1. Add all of the ingredients, except the bay

leaves, to the bowl of a slow cooker.

2. Use tongs to gently toss and mix it all together. Then add the bay leaves, and cover. Cook on low for 8-9 hours, or on high for 4-5 hours. The beef should be tender and fall apart easily when shredded with a fork. If it doesn't shred easily, cook it a bit longer.

3. Remove the beef to a cutting board and use two forks to shred it.

4. Place the shredded beef back in the slow cooker, give it a stir, and let it absorb the juices.

5. Serve the barbacoa straight from the slow cooker, or add it to a plate and garnish with chopped cilantro and lime wedges.

# Mike's Mom's Meatloaf

**Contributor's Name:** Michael Fynes

**Prep Time**

15 mins

**Total Time**

2 hours 15 mins

**Ingredients**

500g minced pork

500g minced beef

1 small onion, chopped into small, fine pieces

2 eggs

half a cup of breadcrumbs

half a teaspoon of ground black pepper

one teaspoon of salt

half a tablespoon of of flavourful herbs, for example oregano or thyme

one or two glasses of cold water

bacon slices for covering the loaf

**Instructions**

1. Mix all ingredients (except the bacon) in a mixing bowl, once mixed well form a loaf and set on a baking tray or dish (if using a

dish grease the dish well before baking)

2. cover the loaf with bacon slices

3. Bake at 180C(~360F) for about one hour and fifteen minutes

4. remove the loaf from the oven, transfer to a tray or board and cover with a clean cloth

5. Pour some boiling water (for example from potatoes, rice, or pasta if served as a side dish) into the baking tray to get all the good goo off the pan, pour this into a small saucepan and thicken the sauce.

Serve with potatoes and lingonberries, or pasta and arabiata pesto for best results

Enjoy!

# Creamy Poblano Corn Tacos



**Contributor's Name:** Ailia Rodriguez

## Prep Time

30 minutes

## Total Time

60 minutes

## Ingredients

1 tablespoon olive oil  
2 roasted poblano peppers, skin removed, seeded and diced  
 $\frac{1}{2}$  medium yellow onion, chopped  
2 cloves garlic, minced  
2 oz cremini mushrooms, sliced (optional)  
 $\frac{1}{4}$  cup heavy cream or half and half  
2 tablespoons salsa  
1 oz cream cheese

Crushed red pepper  
Salt  
Pepper  
 $\frac{1}{2}$  teaspoon ground coriander (optional)  
 $\frac{1}{2}$  cup sweet corn (frozen or fresh)  
Cotija cheese  
Corn tortillas

## Instructions

In a medium saucepan, heat up olive oil over medium heat. Add onion and cook until soft, about 5-8 minutes. Add mushrooms (if using) and cook an additional 5-10 minutes, until mushrooms brown. Add garlic and cook 1 minute, then season with salt, pepper, coriander, and crushed red pepper to taste. Add cream, salsa, and cream cheese and cook until mixture becomes thick and creamy, about 5 minutes. Add corn and reduce heat to low. In a separate nonstick pan, crumble cotija cheese directly onto pan. As cheese starts to melt, place corn tortilla over cheese. Cook 1-2 minutes over medium heat until cheese sticks to tortilla turning golden brown. Scoop 1-2 tablespoons of poblano / corn mixture on tortilla. Serve immediately.

# Dumplings



**Contributor's Name:** Jesse Wilson

**Prep Time**

1 hour

**Total Time**

1 hour 30 minutes

**Ingredients**

Dumplings:

1 package store-bought round dumpling or gyoza wrappers (cover with a damp towel while making dumplings)

10 shiitake or cremini mushrooms, finely chopped

1 lb ground chicken or pork  
½ lb shrimp, minced  
2 cups shredded cabbage  
3 stalks green onion thinly sliced, tops and bottoms divided  
4 cloves garlic, minced  
2 tsp fresh ginger, grated  
3 tbsp soy sauce  
2 tsp sesame oil  
1 tbsp rice vinegar (optional)  
1 tsp sugar

Sauce:

2 tbsp soy sauce  
2 tbsp water (if boiling dumplings, use water from the pot)  
1 tbsp doubanjiang (sub chili sauce or gojuchang)  
½ tbsp chili oil or chili garlic sauce  
2-3 tsp sugar  
2 tbsp Chinese black vinegar or rice vinegar  
2 tsp sesame oil  
½ tsp sesame seeds  
Sliced green onions (from dumplings)

**Instructions**

Sauce:

Mix the sauce ingredients together and set aside. Feel free to adjust to your taste and desired spice level.

#### Dumplings:

Sprinkle shredded cabbage with a pinch of salt, stir and set aside until you're ready to wrap the dumplings. Drain excess water before combining with the dumpling mixture.

Finely dice the mushrooms, and heat about a tablespoon of vegetable oil in a skillet over medium heat. Once the oil is hot, add the mushrooms to the skillet and cook uncovered for 10 minutes, until the mushrooms have softened, darkened, given up some of their water and absorbed some of the oil. The skillet should be dry at this stage. Remove the mushrooms from the heat and set aside to cool for at least 10 minutes.

Combine the chicken, shrimp, the white section of the green onions, garlic, ginger, soy sauce, sesame oil, rice wine, sugar, cooled mushrooms and drained cabbage. Pro tip: spoon a tbsp of dumpling mixture into a skillet and cook at medium heat. Taste and adjust mixture seasoning as needed.

Wrap dumplings, using water to seal the edges. For a video tutorial, go to YouTube

and search "How to wrap Dumplings - Easy and Perfect"

#### Cook (boiled):

Bring water in a large pot to a gentle boil. Add 4-6 dumplings at a time and simmer, removing with a slotted spoon when they float to the top and are translucent.

#### Cook (pan fried):

Heat a tbsp of oil in a nonstick skillet over medium heat. Add the dumplings in a single layer, frying for about a minute. Once the dumplings hit the skillet, do not move them until the very end.

After a minute, add half a cup of water to the skillet and cover. Cook for 3-5 minutes before cracking the lid, continuing to cook partially covered until the water is mostly evaporated and the dumplings are cooked through. Add another quarter cup of water if needed.

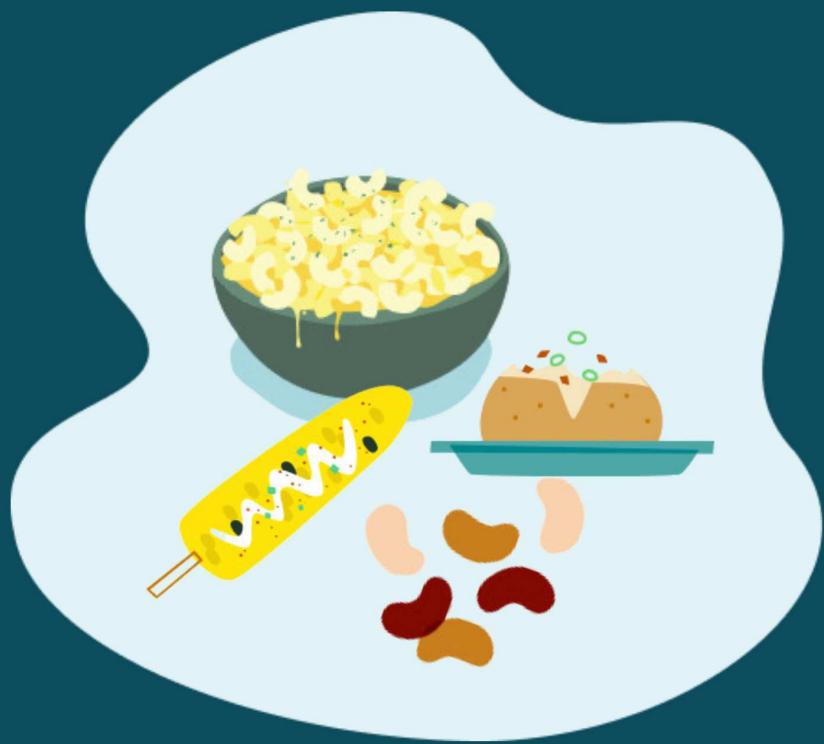
When the water is nearly gone, forming a slurry in the pan with the oil and the flour from the dumpling wrappers, remove the lid and begin occasionally swirling the pan to brown.

Continue frying the dumplings over medium heat for another 2-3 minutes, until the bottoms of the dumplings are browned and crisp. Once the potstickers are crisp, remove them from the heat and serve them crispy side up.





# SIDE DISHES



Featured ERG Recipes:



Black@ ERG: Mac N Cheesy



Unidos@ ERG: Esquites

# Mac N Cheesy

**Contributor's Name:** Member Tanisa Miller on behalf of Black@ ERG

## Prep Time

20-minute Prep time

## Total Time

30-minute cook time.

## Ingredients

Ingredients

16oz- 1lb of Elbow macaroni

1Block each of Marble Cheese, Muenster Cheese, Sharp Cheddar, and Mild Cheddar

8 oz Cream Cheese Spread

Evaporated milk

1stick of Butter

1Tbsp of mustard

1cup of Almond milk (or regular milk)

Salt &pepper

Cheese grater

Baking dish

## Instructions

Directions

1. Depending on how much macaroni you use fill your pot about halfway with water,

as it will rise once macaroni is added. Add a tsp of salt to the water, wait for it to boil then add macaroni elbows. Water should cover your noodles, if, not add more water. Cook for 9-15 minutes stirring occasionally to prevent sticking. Noodles should be plump and tender, be careful to not overcook. Remove from stove and drain noodles. Season noodles with salt and pepper sprinkling generously then stirring to mix in noodles. Place your noodles in a baking dish.

2. Cut your cheeses in sections make some rectangular slices and some square slices to help them melt better. Save 1/4 of your sharp cheddar and marble cheddar block cheese for shredding to cover the top of your macaroni once prepared.

3. Add some of the square slices to your noodles directly as they are still hot. Stir the noodles with the cheese slices for distribution throughout your noodles. (This will prevent chunks of cheese from being on top of your dish.)

4. In a pot on low heat pour in your 1cup of almond milk (regular milk), 1can of evaporated milk, cream cheese spread, 1stick of butter, tbsp of mustard, add in

pieces of your cheese (Sharp Cheddar, Mild Cheddar, Marble, and Muenster Cheese). Stir your cheese blend until it melts. Once melted it is ready to pour over your macaroni.

5. In the baking dish of your choice pour your melted cheese blend over your macaroni. Stir distributing the cheese evenly. Allow to settle for 5-10 minutes.

6. Using a cheese grater shred the 1/4 block of Sharp Cheddar and Marble Cheddar on top of your macaroni and cheese blend.

7. Bake in the oven at 350 degrees for 15-20 minutes until cheese is melted on top. Remove from the oven allow to cool for 10 minutes or dig right in.

8. Optional: More than Mac N Cheese add, shrimp, lobster, crab, or even bacon to mix in with your noodles for a complete meal.

Alternative to Method: Once you have your melted cheese in your pot add your macaroni directly to the pot stirring to mix the cheese with the macaroni. Then pour into a baking dish, cover with shredded cheese. Ready to serve

# Esquites



**Contributor's Name:** Unidos@ ERG

## Prep Time

10 - 20 minutes

## Total Time

12 - 20 minutes

## Ingredients

4 tablespoons of unsalted butter (you can substitute extra-virgin olive oil or avocado oil)  
1 medium chile poblano, stemmed, seeded, and chopped  
 $\frac{1}{4}$  medium white onion, chopped  
2 garlic cloves, finely grated  
4 chiles de árbol, do not remove the stems and seeds  
4 cups fresh corn kernels

3 fresh epazote sprigs  
2 sprigs of fresh oregano  
1  $\frac{1}{4}$  teaspoons kosher salt  
 $\frac{1}{2}$  cup mexican crema, (you can substitute sour cream)  
 $\frac{1}{2}$  cup queso fresco or cotija, finely crumbled  
To Garnish  
1 lime, cut into wedges  
 $\frac{1}{4}$  cup chopped fresh cilantro  
Crushed chiles de árbol

## Instructions

In a large skillet over medium-high heat, melt the butter/oil. Once the butter/oil is heated place your chopped chile poblano, and onion in the pan and sauté. Tossing occasionally, until the onion becomes tender/translucent. Toss in your chopped garlic and continue to sauté until the onion and garlic are golden brown (6 - 8) minutes. Be careful not to over cook and burn your garlic.

Add your corn, epazote, oregano, and your salt and continue cooking. Be sure you continue to toss the mixture occasionally until the corn is cooked through and begins to brown (6-8 minutes)

Serve the equites warm with a drizzle of the crema and a sprinkle of queso fresco and chopped cilantro, and your crushed chiles de árbol. Serve with your lime wedges, you can also add any other desired toppings as well, make it your own. (I like to sprinkle on some tajin on top of mine as well)

# Aunt Louise's Mac and Cheese



**Contributor's Name:** Jonathan Smith

**Prep Time**

30 minutes

**Total Time**

55 minutes

**Ingredients**

2 tbsp cornstarch

1 tsp salt

1 tsp dry mustard

1/4 tsp pepper

2 cups of milk

2 tbsp of butter or margarine

3 cups of New York-style sharp cheddar cheese (shredded)

8 oz of elbow macaroni

**Instructions**

1. Mix cornstarch, salt, dry mustard, and pepper in a large saucepan.
2. Stir in milk, adding butter or margarine, and bring to a boil on medium heat, stirring constantly.
3. Boil for one minute.
4. Remove from heat, add cheese, and mix until smooth.
5. Cook elbow macaroni for five minutes and drain.
6. Add macaroni to cheese sauce.
7. Pour into buttered 2-quart casserole dish and bake uncovered at 375 degrees for 25 minutes.

Optional: add buttered bread crumbs to the top.



Baked with bread crumbs on top



Before being baked in aluminum foil pan

# Southern Corn Casserole

**Contributor's Name:** Sonia Kettering

**Prep Time**

10 - 15 minutes

If you want to make double the recipe all you have to do is double the ingredients . You can also add other things like Jalapeños to spice it up

**Total Time**

35 - 45 minutes

**Ingredients**

1 can kernel corn  
1 can creamed corn  
1 box Jiffy mix (the small ones)  
1 stick butter (8 tablespoons) melted  
1/2 cup cream cheese (soft) OR sour cream  
1-2 cups shredded cheese ( I use cheddar)

**Instructions**

Preheat oven to 350, 9x9 greased baking dish (or something comparable) Mix all ingredients together, except shredded cheese. Pour mixed ingredients into greased baking dish, baking 35-45 minutes or until toothpick inserted in the middle of the casserole comes out clean (like a cake). Spread shredded cheese evenly over the casserole then put back in the oven until cheese is melted or golden brown.

# Frijoles Charros



**Contributor's Name:** Diego Contreras

## Prep Time

1 hour 20 minutes

## Total Time

1 hour 30 minutes

## Ingredients

2.2 lb. peruvian beans

4 - 6 tomatoes

2.5 onions

2 cloves garlic

6 serrano chili (or enough to make it as spicy as you want)

1 bunch of fresh coriander

1 lb. longaniza (if unable to get, or want to use something else, sausage and/or bacon)  
Kosher salt  
Canola oil

## Instructions

Put the peruvian beans in a pressure cooker, add enough water so they don't drain: it must be a bean soup so we can add the rest of the ingredients. Also, add salt, canola oil, 1 clove garlic and 1/2 onion, and cook for 1 hour.

In the meantime, chop the rest of ingredients:

- Longaniza - medium to large chop.
- Bacon - medium to large chop.
- Sausage - medium chop.
- Tomatoes - medium chop.
- Onion - diced.
- Serrano chili - diced.
- Coriander - large chop.
- Garlic - minced.

Add the longaniza/bacon first, so you won't need to use more canola oil or salt. If using only sausage, add salt and a tsp of canola oil. Once it has changed its color, add the

onions, chili and garlic. After 5 minutes, add the tomatoes, and once the tomatoes have released enough liquid, add the coriander. Keep stirring until the coriander shrinks.

Once the beans are ready and soft, add the previously cooked ingredients to the pressure cooker, stir it all and low-heat cook it for 5 minutes, and serve.

Personal tip: have it with tortillas and mayo, so you dip the "taco". Enjoy!

# Cuban Black Beans

**Contributor's Name:** Danny Almeida

**Prep Time**

15 minutes

**Total Time**

Over night plus 3 hours cook time

**Ingredients**

1 lb dry black beans

1 large green pepper

10 cups of water

—

2/3 cup of olive oil

1 large yellow onion

4 large garlic cloves

1 green pepper

4 teaspoons of salt

1/2 teaspoons of ground black pepper

1/4 teaspoons of dry oregano

1 bay leaf

2 tablespoons of granulated sugar

—

2 tablespoons white vinegar

2 tablespoons olive oil

2 tablespoons cooking wine

**Instructions**

Pour the 10 cups of water, 1 LB of dry black beans, and green pepper in to a stock pot. Let sit out over night at room temperature. Cook/low boil the beans in a covered pot for about 45 minutes till they've softened in the water. You'll know they've softened once you're able to easily mash one. Dice the onion and green pepper and mince the garlic. Turn the stove on to medium heat with sauté pan pour the oil till slightly shimmering. Place the diced onion and green pepper in sauté pan stir till onions are translucent, then add minced garlic. Once the garlic is no longer fragrant about 30-45 seconds add in one cup of beans in to the sauté pan. Mash the beans with using a potato masher if you do not have you can place in blender or food processor. Once all the ingredients from the sauté pan are combined add to the stock pot. The purpose of this is to thicken the beans. Now add the salt, black pepper, oregano, bay leaf, and sugar. Let beans low boil on medium/high heat covered for about another hour. Later add in the vinegar and cooking wine. Let beans cook for one more hour at low heat to thicken. If there is a lot

of liquid remove the pot cover to allow it to simmer down and continue to thicken. Before serving add the remaining olive oil.

# San Francisco Sourdough Bread

**Contributor's Name:** Aaron Friedman

## Prep Time

1 hour

## Total Time

8-24 hours

## Ingredients

500g bread flour or flour(s) of your choice  
350g water, room temp  
10g salt  
125g sourdough starter; active, fed  
1 tsp diastatic dry malt powder (optional)  
Toppings as desired

## Instructions

Making Sourdough bread is more of a process than a recipe. This is my tried-and-true method that allows for some flexibility. You will need to have an active, fed sourdough starter/mother for this recipe. If you don't have one, you can usually ask at your local bakery or from a baking friend. My starter's name is Bruce. He's worked well for me since cultivating him in California in 2018. You can look on-line for

how to start and keep a Sourdough starter.

- 1) By hand, mix the water and starter, then add the flour(s) and mix into a shaggy dough, should take 1-2 minutes to come together
- 2) Allow this dough to rest covered for 30-60 minutes. This is the 'autolyze' process to form strong gluten.
- 3) Add the salt (and optional malt powder), mix just to distribute the salt, 1 minute
- 4) Rest covered for 30 minutes
- 5) Perform the 'Stretch and fold' process on the dough every 30 minutes
- 6) 3 more times (4 total), covering in-between
- 7) Cover dough and set aside to rise for 4 hours for the 'bulk rise'. There may not be very much rising, this is ok
- 8) Shape your dough and place in a prepared bowl with a tea towel or lined banneton
- 9) Allow to ferment for 4 hours at room temp or 12-16 hours in the refrigerator. Fridge is preferred
- 10) Place the dutch oven in your oven set to 475°f/250°c, and let it heat up for 1 hour At the same time, take your dough out of

the refrigerator if that is where you were fermenting. This will allow the dough to come to room temp with the oven is heating up.

11) Turn the formed loaf out onto the parchment paper

12) Using the lame' or a razor, make a  $\frac{1}{2}$  inch/2 cm deep score from pole to pole on the loaf

Optional: Spritz the formed, scored loaf with a water spray bottle, then sprinkle on toppings like sesame seeds, poppy seeds, rosemary leaves, everything-bagel seasoning

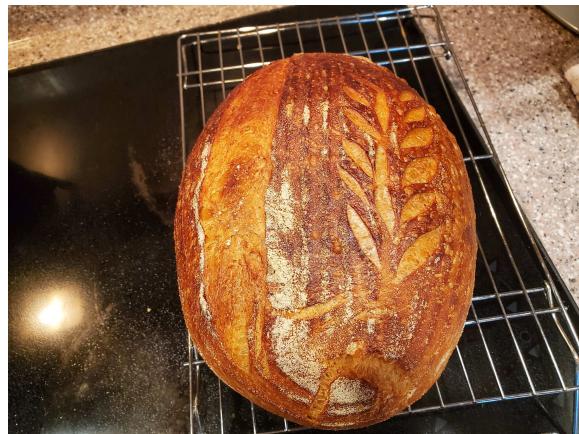
13) Using the parchment paper as handles; place the loaf in the dutch oven, close the lid, return to the oven, and drop temperature to 450°f/230°c

14) After 30 minutes remove the lid from the dutch oven, return the pot to the oven for another 30-35 minutes.

The color should be medium-dark brown.

15) Remove from the dutch oven and rest on a wire rack for at least 4 hours before slicing.

16) Enjoy!



So pretty coming out of the oven



Makes the best Turkey Sandwiches!

# Homemade Flour Tortillas



\*This recipe will make about 16 tortillas

## Instructions

To make by hand:

Combine flour, salt, and baking powder in a medium-sized bowl. Using a sturdy silicone spatula or a sturdy wooden spoon, mix dry ingredients until well combined.

Make a well in the center of the dry ingredients and add the oil and water. Stir well from the bottom up, until all dry ingredients are incorporated and the dough begins to come together and form a shaggy ball.

Turn the dough out onto a lightly floured work surface and knead for 1-2 minutes until the dough is nice and smooth.

Proceed with step number 3 below for the remainder of the recipe.

To make with a mixer:

Combine flour, salt, and baking powder in the bowl of a stand mixer. Using the dough hook, mix dry ingredients until well combined.

Add oil and water with a mixer running at a medium speed. After about 1 minute, or when mixture comes together and begins to form a ball, decrease the mixing speed

**Contributor's Name:** Glo Diaz

## Prep Time

20 minutes

## Total Time

1 hour

## Ingredients

3 Cups All-Purpose Flour

1 Teaspoon Salt

1 Teaspoon Baking Powder

$\frac{1}{3}$  Cup Oil of Choice (I love to use Avocado)

1 Cup Warm Water

to low. Continue to mix for 1 minute or until the dough is smooth.

Transfer dough to a lightly floured work surface. Divide into 16 equal portions. Turn each piece to coat with flour. Form each piece into a ball and flatten it with the palm of your hand. Cover flattened balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours) before proceeding.

After the rest period, heat a large pan over medium heat. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep the work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each other or they will stick together. (I like to separate my tortillas with parchment paper.)

When the pan is hot, place one dough circle into the pan and allow to cook 45 seconds to 1 minute or until the bottom surface has a few pale brown spots and the uncooked surface is bubbly. If browning too fast, reduce the heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on the underside of the tortillas, increase the heat a bit. Flip to the other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface. Remove from the pan with tongs and stack in a covered container or zippered bag to

keep the tortillas soft.

Serve warm or allow to cool for later use. When ready to use, place a slightly damp paper towel in the bottom of a microwave-safe container (with a cover) that will hold the stacked tortillas. Microwave uncovered for 15-30 seconds (start with 15) or until warm, then keep covered to hold heat while serving.

Store in an airtight container or zippered bag at room temperature for 24 hours or refrigerate for up to 1 week. To freeze, separate tortillas with parchment paper or waxed paper and place them in a ziplock bag before placing them in the freezer.

# Jalapeño Cornbread

**Contributor's Name:** Taylor Thomas

## Prep Time

15 min

## Total Time

1 hour

## Ingredients

3 packages of the Martha White Sweet  
Yellow Cornbread Mix  
3 eggs  
1 1/2 cups of grated cheddar cheese  
1 large diced sweet onion  
1 cup of milk  
1 tsp of garlic salt  
1/4 cups of diced jalapeños  
1/2 cup of oil  
1 can of sweet corn (drained)

## Instructions

1. Preheat the oven to 350 degrees
2. Mix all ingredients in a large bowl
3. Pour cornbread mix into a greased 9x13" casserole dish
4. Bake for 45 min



# DESSERTS



Featured ERG Recipe:  Indigeous@ : Fancy Blue Corn Cupcakes

# Vegan Pudding

**Contributor's Name:** Namrata Date

6. Garnish with shaved chocolate, fruit, mint leaves, whipped cream.

## Prep Time

15 mins

## Total Time

45 mins

## Ingredients

1 block silken tofu (drained)  
10 squares of dark chocolate, melted  
7-8 dates  
1 tbsp cocoa powder, if needed  
1 tsp instant coffee  
Fun additions- Bailey's Irish Cream, Orange extract, Vanilla essence, nuts

## Instructions

1. Drain the tofu well.
2. Melt the chocolate in the microwave in short bursts to ensure no burning.
3. Blend the tofu, chocolate, dates in a high powered blender until smooth.
4. Taste, and add cocoa powder, coffee, vanilla, Irish cream/extract accordingly.
5. Pour into a dish or individual cups, and let set in the fridge for 30 mins.

# Peanut Butter Chocolate Chip Cookie Bars



chocolate chips. Spread into a greased 9 x 13 pan. Bake 20-22 minutes @ 375 degrees. Cool completely. Cut into squares and then sink your teeth into the most delectable and moist cookie bars you've ever tasted!

**Contributor's Name:** Connie Walikonis

## **Prep Time**

5-8 minutes

## **Total Time**

28 minutes

## **Ingredients**

1 15oz Super Moist Yellow Cake Mix

1 cup peanut butter

2 eggs

1/3 cup water

1/4 softened butter

12 oz milk chocolate chips

## **Instructions**

Mix the first 5 ingredients and then add the

# Fancy Blue Corn Cupcakes



**Contributor's Name:** Indigenous@ ERG

## Prep Time

20 minutes

## Total Time

45 minutes

## Ingredients

Blue Corn Cupcakes:

- 1 cup all-purpose flour
- 1 cup roasted blue corn meal (Tamaya Blue is a Native Owned company where you can purchase online)
- 1/4 cup white sugar
- 5 teaspoon baking powder
- 1 pinch of Salt
- 1/2 cup unsalted butter (softened at room

temperature)

- 2 eggs beaten
- 1 cup milk
- 1 tablespoon pure vanilla extract

Vanilla Buttercream Frosting:

- 1/2 cup of cold unsalted butter
- 3 cups powdered sugar
- 2 -4 tablespoons of heavy cream
- 2 teaspoons pure vanilla extract
- 1 pinch of salt

## Instructions

Recipe from [TheFancyNavajo.com](http://TheFancyNavajo.com)

Blue Corn Cupcakes:

1. Preheat the oven to 350 degrees F. Line cupcake pan with cupcake liners.
2. Sift all dry ingredients (flour, blue corn meal, baking powder, salt) together in a large bowl.
3. In a separate bowl, whip room temperature unsalted butter and sugar together until fluffy. Then add eggs, milk, and vanilla until combined.
4. Slowly stir in wet mixture into dry ingredients and mix until smooth.
5. Scoop in batter into cupcake liners 3/4's

from the top using a spoon or ice cream scoop.

6. Bake for 20-22 minutes or until the tops are a light golden brown and a toothpick can be inserted in the center and be removed clean.

7. Let cool for 10 minutes.

Vanilla Buttercream Frosting:

1. Whip butter and salt together on medium high until light and fluffy.
2. Slowly add in powdered sugar until the mixture starts to clump up.
3. Add in heavy cream and continue to add powdered sugar until desired frosting consistency (If the frosting is too thick add in more heavy cream).
4. Frost your beautiful blue corn cupcakes.
5. Optional, top with piñon nuts

# Choccy Chip Cooky

**Contributor's Name:** Ivan Morin

**Prep Time**

15 minutes

**Total Time**

25 minutes

**Ingredients**

1/2 cup butter softened

1/4 cup & 2 tbsp sugar

1/2 cup brown sugar

1 egg

1 tbsp vanilla

1 1/2 cup flour

1 tsp baking soda

1 tsp salt

A bunch of chocolate chips

Add as many chocolate chips as you want

\*pro tip\* use 2-3 different types of chips. I personally like dark chocolate chips, mini chocolate chips, and peanut butter chips

Scoop 1 inch balls onto parchment paper and bake 8-10 minutes

Cookies will look kinda doughy, let rest on pan and let them sit for at least 5 minutes but not more than 10 minutes.

Enjoy with ice cream and/or friends

**Instructions**

Preheat oven to 350

Mix butter, sugar, and brown sugar

Add egg and vanilla and mix again

In separate bowl mix flour, baking soda, and salt

Mix dry ingredients with wet ingredients

# Lemon Ginger Cookies



**Contributor's Name:** Annie Bond

**Prep Time**

15 to 30 minutes

**Total Time**

45 minutes to 1 hour

**Ingredients**

3/4 cup butter  
1 cup brown sugar  
1 egg  
1/4 cup molasses  
zest of whole large lemon  
2 to 2.5 cup all-purpose flour  
2 tsp baking soda  
1 tbsp powdered ginger (or more)

1 tsp cinnamon

Coarse or granulated sugar (for rolling)

**Instructions**

1. Preheat conventional oven to 350°F or convection oven to 325°F
2. Cream butter + sugar
3. Add egg + molasses + lemon zest (reserve some zest for sprinkling)
4. Add dry ingredients
5. Incorporate together, dough should be like a sugar cookie dough texture
6. Roll into balls then roll balls into sugar
7. Bake at 350°F for 8 min or until edges are brown
8. Sprinkle remaining lemon zest on cookies while cookies are still hot

Notes:

- More flour has a drier more "crackly dough" after baking
- More ginger will obviously have a more gingery flavor, you can use a combo of fresh ginger + ginger powder as well

# Gluten Free Lemon Bars

**Contributor's Name:** Erin Collins

**Prep Time**

15 min

**Total Time**

40 min

**Ingredients**

Crust:

1 1/2 cups almond flour  
6 tbsp sugar  
3 tbsp cornstarch  
1/4 tsp salt  
6 tbsp cold butter, cubed

Filling:

2 eggs  
2/3 cups sugar  
1/3 cup lemon juice (plus zest of lemon, if using fresh lemons)  
2 tbsp cornstarch  
pinch of salt

**Instructions**

Preheat oven to 350F. Line 9x9 square baking dish with parchment paper, or

grease lightly.

Crust:

Whisk all dry ingredients into bowl. Roughly work in cold butter with fingers or pastry blender until even and mixture is still crumbly. Press mixture into bottom of the prepared pan, working a little up the sides.

Bake the crust 15 min until it's light golden, not soggy.

Filling:

While the crust is baking, whisk together all of the filling ingredients.

When crust is done baking, pour filling on top of crust and return to oven to bake until filling is set, another 10-15 minutes.

Let cool completely, then cut into desired shape. Store covered, preferably in the refrigerator.

# Chocolate Chip Cupcakes



**Contributor's Name:** Tahira Huseynova

**Prep Time**

15 minutes

**Total Time**

35 minutes

**Ingredients**

250 gr flour

150 gr sugar / 30g of stevia

120 gr butter

2 eggs / mashed ripe banana

150 ml milk

2 tsp baking powder

100 gr chocolate drops / fragmentated dark

chocolate  
a drop of vanilla extract

**Instructions**

The cupcakes are really easy and quick to prepare!

Sift flour and baking powder into a large bowl. Mix eggs, sugar, milk, melted and cooled butter in a separate bowl. Pour the liquid ingredients into the dry ones and mix. Add chocolate drops and stir. Fill the 2/3 part of molds with dough and send them to the oven for 20 minutes at 180 degrees.

I baked these cupcakes at one of the first days at work and our team loved them, so try and enjoy as well! Happy cooking!

# Matcha Crepe Cake



**Contributor's Name:** Chrystal Lyu

## Prep Time

1 hour (+ overnight batter chilling)

## Total Time

3 - 4 hours

## Ingredients

### Crepe Batter

- 80g unsalted butter
- 496g whole milk
- 4 eggs
- 40g sugar
- 1g salt
- 110g (1 cup) cake flour

### Matcha Custard

Heat following mixer:

- 4 egg yolks (~72g)

- 65g sugar
- 20g cornstarch
- 1g salt
- 420g whole milk

Whisk constantly remove from heat

Then mix:

- 8g vanilla extract (1 tbsp)
- 30g unsalted butter (2 tbsp)
- 20g matcha powder (3 tbsp)

### Matcha Cream

- Matcha custard
- 300g heavy whipping cream
- 15g sugar

### Topping

- 6g matcha powder

## Instructions

### Crepe Batter:

- Heat up 80g unsalted butter over medium heat and set aside when it turns amber color
- Mix eggs, sugar, salt and cake flour. Slowly whisk in warm whole milk and brown butter. Combine well.
- Filter the batter through a sifter into a

container and chill it in the fridge over night

Matcha cream:

- Heat egg yolks, sugar, cornstarch, salt and whole milk until they are well combined
- Whisk constantly and remove from heat until there's smoke
- Add in vanilla extract, unsalted butter and matcha power mix well
- Chill match cream in fridge for couple hours

Making crepes:

- Room temperature the batter mix
- Heat and butter a 7 inch pan (flat surface)
- Pour ~1/4 cup of the batter to the pan and swirl the pan for it to completely cover the pan and pour excessive batter back (this is important for making a super think crepe)
- Keep making crepes, batter should allow us to make 25+ crepes

Assembling the cake:

- Place a crepe on a cardboard/plate/flat surface
- Apply a layer of match cream and spread it evenly. Make sure it is not thicker in the center, this will prevent us from assembling a pyramid shaped cake)
- Keep applying a layer of crepe followed by a layer of cream until we have at least 25

layers of crepes

- Chill in fridge for couple hours for better texture and stabler shape
- To serve, take it out of the fridge and sift the matcha power over the cake

Enjoy!

My YouTube video for even detailed instructions:

<https://www.youtube.com/watch?v=VAcXxVOUhqU>



# Lemon Berry Cake



**Contributor's Name:** Jane Lee

**Prep Time**

2 hours

**Total Time**

3 hours

**Ingredients**

Yellow Sponge (makes three 6" layers):

1 1/2 c./180 g. cake flour

1 tsp. baking powder

3/4 tsp. salt

1/4 tsp. baking soda

1/2 c. butter, soft

175 g. granulated sugar

2 T. vegetable oil

2 large egg yolks

1 whole egg

1/2 T. vanilla extract

1/2 c. buttermilk

Mixed berry compote:

1 c./200 g. frozen mixed berries

1/4 c./50 g. granulated sugar, or to taste

Splash of lemon juice

Lemon swiss meringue buttercream:

2 egg whites

150 g. granulated sugar

200 g. butter, soft

1/2 tsp. vanilla

1/4 c. lemon curd, to taste

Lemon simple syrup:

1/3 c. lemon juice

1/3 c./67 g. granulated sugar

Finishing (optional):

Fresh raspberries and lemon slices

Lemon curd

Fresh flowers

## Instructions

Make the cake:

Preheat oven to 350F, grease and flour three 6" round pans. Whisk dry ingredients in a bowl. In a separate bowl (of your stand mixer, if using one), cream butter, sugar, and oil for ~5 min until very pale and fluffy. Add vanilla and eggs, one at a time. Add 1/3 of dry ingredients on low speed, then 1/2 of the buttermilk. Alternate, ending with the last 1/3 of dries (don't overmix!). Divide batter into pans, ~240 g. batter per pan. Bake for 25-30 min.

Make the compote:

In a saucepan, cook berries and sugar until berries break down and slightly thicken. Strain to remove the seeds.

Make the lemon syrup:

In a saucepan, heat lemon juice and sugar until sugar is completely dissolved and syrup has slightly thickened.

Make the buttercream:

Whisk sugar and egg whites in a double boiler over medium heat, for ~5 min until the sugar is dissolved (feels smooth when rubbed between two fingers), or temp reaches 160°F/71°C. Transfer to mixer and whisk on medium-high until stiff peaks and the bowl is completely cool to the touch

(10-15 min). Add butter 1 T at a time, then add vanilla and lemon curd.

Assembly:

Brush a cake layer generously with lemon syrup. Pipe a ring of buttercream around the edge of the cake. Spread 1/4 of the berry compote within the ring of buttercream. Cut fresh raspberries in half and press them flat over the compote. Repeat with remaining layers. Frost the cake with remaining buttercream, and decorate with fresh lemon slices and raspberries.



# Chocolate Biscuit Pudding



**Contributor's Name:** Razeen Jivani

## Prep Time

30 minutes

## Total Time

24 hours (since its needs to be refrigerated overnight)

## Ingredients

Ingredients for biscuit base

1. Marie biscuits (or plain digestive biscuits) (1.5 or 2 packets)
2. Evaporated milk (1 can)
3. Whole milk (1.5 cups whole milk)

4. Cocoa powder (1 teaspoon) or chocolate chips (0.5 cups)
5. Sugar (2 tablespoon)
6. Butter (1 tablespoon)

Ingredients for cream

7. Nestle Cream (2 cans) or Whipping cream
8. Vanilla essences (0.5 teaspoon)
9. Sugar (2 tablespoon)

## Instructions

Recipe for biscuit pudding

1. Take a pan and put ingredients 2-6
2. Stop before boiling point - stop earlier if possible but everything should be melted
3. Add the cookies inside, don't let them become mushy, just enough to fully soak them
4. Put in Pyrex dish (9inch); Do not fill to the top since the cream will be put on it
5. Wait till it cools (leave outside)
6. Take the nestle cream or whipping cream on (the biscuits must be completely cool) - Refrigerate overnight
7. Spread cocoa powder before serving

Recipe for cream (use a separate bowl)

1. Mix cream, sugar, vanilla essence and whip it
2. If using whipping cream, use electric mixer

# Panna Cotta

**Contributor's Name:** Javier Lopez

## Prep Time

10 minutes to make

## Total Time

2 hours & 15 minutes overall to enjoy it!

## Ingredients

6 servings

- Unsalted butter for ramekins
- 3 1/4 cups heavy cream
- Zest of 1 lemon OR orange
- Pinch of Salt
- 1/2 cup plus 1 tablespoon of sugar
- 2 teaspoons vanilla extract
- 2 1/2 teaspoons unflavored gelatin
- 3 tablespoons tepid whole milk
- Tablespoons sugar
- 2 cups strawberries OR raspberries
- Mint for decoration

## Instructions

In medium saucepan over medium heat, bring the cream, zest, salt and 1/2 cup sugar almost to a boil.

The cream will be bubbling slightly around the edges. Reduce the heat to medium low, and stir the mixture for 5 minutes, until the cream is tinted with the zest. Stir in the vanilla and remove and remove the saucepan from the heat.

In a small dish, dissolve the gelatin in the milk for a minute and then add to it a couple of spoonfuls of hot cream. Whisk with a fork, and then add the gelatin mixture to the saucepan. Continue to stir until all the gelatin is dissolved. Butter ramekins lightly before dividing the cream among the ramekins. Cool on the counter or in the fridge for a minimum of 2 hours.

Serve the panna cotta in the ramekins or unmold by loosening the sides with a thin knife. If you're serving them later, cover the ramekins with plastic wrap and keep them in the fridge. When serving sprinkle the remaining tablespoons of sugar over the raspberries or strawberries and decorate the top of each panna cotta with the berries.



Recipe from Tuscany Italy

# Sweet Tamales

**Contributor's Name:** Sandra Castro

**Prep Time**

30 min

**Total Time**

2 hrs

**Ingredients**

For dough:

3 lbs ground corn masa  
1/4 cup shortening  
1 stick of butter  
2 cups of sugar  
3/4 evaporated milk  
2 tbsp baking powder  
1 tbsp ground cinnamon  
1tbsp vanilla extract

For filling:

food coloring red or yellow (or whichever color you prefer)  
1 can cubed pineapples  
1 can crushed pineapples  
1 cup strawberries  
1 cup strawberry preserves or marmalade  
1 can dulce de leche

1/2 cup chopped pecans

30 corn husks for tamales (make sure you soak them for at least an hour)

**Instructions**

1. Soak the corn husks in water to soften them and then drain the excess water
2. Combine all of the dough ingredients and knead until they are combined and well combined. If the dough is too moist, add additional flour. If too firm add a bit of milk.
3. Divide the dough into 3 equal parts. Add yellow food coloring to one part, red to another and no food coloring for the 3rd. Knead with hands until the color is evenly distributed.
4. Once the dough is ready, add a small amount in one of the corn husks (approx. 4 tablespoons) and flatten with your hands.
5. For the pineapple flavor, dd some of the crushed pineapple to the dough and mix it in, flattening on the corn husk once you have finished. Add the pineapple chunks in the center. Fold the pointy part of the husk down slightly, then roll the tamale up like a burrito. Place it top-side up in the steamer.
6. For strawberry flavor, add a small amount of strawberry preserves (or

marmalade), some chopped strawberries to the center of the dough, and fold as instructed above. Place in the steamer as well.

7. For the dulce de leche, add a tablespoon of dulce de leche and chopped pecans to the center of the dough and follow the instructions above.

8. Cover the tamales with the remaining corn husks and add enough water to your steamer where it doesn't touch the tamales. Top with the lid and let cook for 1 and 1/2 hours.

9. Once cooked, let them cool a little and then unwrap and enjoy!

# Koolaid Whip Pie



**Contributor's Name:** Viv Davison

**Prep Time**

10 minutes

**Total Time**

4hours

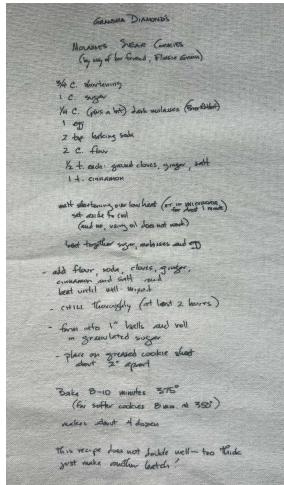
**Ingredients**

Sweet Condensed Milk, cool whip, kool aid,  
no bake pie shell

**Instructions**

In a large mixing bowl, mix up your milk and  
kool-aid packet till mixed well, then add  
cool whip, stir well pour mix onto pie shell,  
Store in fridge for up to 4hours covered.

# Grandma Diamond's Molasses Cookies



**Contributor's Name:** Teddi Craddick-Shalabi

## Prep Time

15 minutes prep 2 hours to chill

## Total Time

2 hours 35 minutes

## Ingredients

3/4 cup shortening  
1 cup sugar  
1/4 cup (plus a pinch) dark molasses  
1 egg  
2 tsp. baking soda

2 cups all purpose flour  
1/2 tsp. ground cloves  
1/2 tsp. ground ginger  
1/2 tsp. salt  
1 tsp. cinnamon

## Instructions

1. Melt shortening over low heat (or in microwave for about 1 minute). Set aside to cool.
2. Whisk together sugar, molasses and egg.
3. Add flour, baking soda, cloves, ginger, cinnamon and salt. Whisk until well mixed.
4. Let chill at least 2 hours.
5. Form dough into 1" balls and roll in granulated sugar.
6. Please on greased cookie sheet about 2" apart.
7. Bake for 8-10 minutes at 375°F.

## Notes:

Makes about 4 dozen cookies.  
For softer cookies, bake at 350°F for 8 minutes.

# Grandma's Apple Pie



**Contributor's Name:** Kelsey Smithisler

## Prep Time

Prep Time: 30 minutes

Cook Time: 50 minutes

## Total Time

1 hour 20 mins

## Ingredients

7 tart Macintosh apples, peeled and sliced  
3/4 cup sugar  
2 heaping tablespoons flour  
1/8 teaspoon salt  
1 teaspoon cinnamon

1/4 teaspoon nutmeg  
1 tablespoon lemon juice  
2 tablespoons butter  
2 pie crusts, 9-inch

## Instructions

Preheat the oven to 450 degrees Fahrenheit.

Wash and peel the apples, and slice them thin. Add sliced apples into a large mixing bowl. Add the sugar, flour, salt, cinnamon, nutmeg, and lemon juice to the apples and mix with clean hands until the apples are coated with the mixture.

Prepare the pie pan by rolling out one of the 9-inch crusts across the pan. The crusts can be homemade or store-bought, but should not be cooked yet. Add the apple mixture to the prepared pie plate. Chop the butter into pieces or cubes, dot them over top of the apple mixture.

Place the second pie crust over the top of the pie. Seal edges by pinching with fingers or a fork. Once the top crust is in place, slice 3 - 4 vents in the top crust with a knife. A design could also be carved into the top crust at this step.

If possible, place a crust shield over the pie

to prevent crusts from burning, though this is not essential. Bake the pie at 450 degrees Fahrenheit for 10 minutes. Then, lower the oven temperature to 350 degrees Fahrenheit and bake for an additional 40 minutes. Remove the pie from the oven when the time is up or when the crust is golden brown.

Let the pie rest for 30 minutes and then serve warm with ice cream for the best experience.

# Addicting Monster Cookies



**Contributor's Name:** Jessica Dixon

**Prep Time**

15 minutes

**Total Time**

35 minutes

**Ingredients**

1 cup sugar

1 cup packed light brown sugar

1/2 cup unsalted butter, at room temperature

3 large eggs

1 1/2 cups peanut butter (smooth or

chunky)

1 Tablespoon vanilla extract

2 teaspoons baking soda

1/2 teaspoon salt

4 1/2 cups oats (Old Fashioned or Quick)

1 cup mini M&Ms

1 cup mini-chocolate chips

**Instructions**

1. Pre-heat the oven to 350°F. Line two baking sheet with parchment paper or Silpat baking mats.
2. In the bowl of a stand mixer fitted with the paddle attachment, cream together the sugar, brown sugar and butter until light and fluffy.
3. Beat in the eggs, one at a time, and then beat in the peanut butter, vanilla, baking soda and salt until well combined.
4. Add the the oats and mix just until combined, then add the mini M&Ms and mini-chocolate chips.
5. Scoop 2-to 3-tablespoon mounds of the dough onto the prepared baking sheets, spacing the mounds at least 2 inches apart.
6. If your dough is really wet, you can put the pans with the dough mounds into the

freezer for 10 minutes. This will help you have taller (not flat) cookies.

6. Bake the cookies for 12-15 minutes then remove them from the oven and allow them to cool for 5 minutes on the baking sheets before transferring them to a rack to cool completely.

Notes:

1. These make ~24 (quite large) cookies.

You can make them smaller with a 1-1.5 tablespoon scoop. The dough will go further, be more friendly for kids, and you can bake them faster 8-10 minutes.

2. These cookies are better when they are slightly underbaked. They will stay chewier and not too crispy that way. If that's your preference, start checking them at the 10-minute mark (earlier for smaller cookies), remove them from the oven when light brown on the edge, and allow them to cool for 5 minutes on the baking sheets.

3. Because of the peanut butter, these keep well in a sealed bag or container for about a week.

# Frog Eye Salad - A Family Tradition!



**Contributor's Name:** Mandi Boring

## Prep Time

Pineapple egg mixture - approx 10 minutes  
Cooling time - 8 hours  
Mixing time - 5 minutes

## Total Time

8 hours and 15 minutes

## Ingredients

1 cup white sugar  
2 tablespoons flour  
1/2 teaspoons salt  
1 3/4 cups pineapple juice\*

2 eggs, beaten  
1 tablespoon lemon juice  
3 qt. water  
1 teaspoon salt  
1 tablespoon cooking oil  
1 pound acini di pepe pasta\*\*  
1 8oz container of Cool Whip  
3 cans (11 oz. each) canned mandarin  
oranges drained well  
1 can (20 oz.) crushed pineapple drained  
well  
1 can (20 oz.) pineapple tidbits, drained well

## Optional

1 cup miniature marshmallows  
1 cup coconut  
Maraschino cherries

\*I use pineapple juice from the pineapple  
chunks. Just drain them and put the chunks  
in the refrigerator for the next day.

\*\*Acini de Pepe can be found in the pasta  
aisle of most grocery stores.

## Instructions

In a large saucepan, combine sugar, flour  
and 1/2 teaspoon salt. Gradually stir in  
pineapple juice and eggs. Cook over

moderate heat, stirring constantly until thickened. Add lemon juice. Cool mixture to room temperature. Bring water, 2 teaspoons salt and oil to boil. Add Acini de Pepe. Cook at rolling boil until Acini de Pepe is al dente (one minute less than on box). Rinse with warm water and cool to room temperature.

Combine pineapple egg mixture and Acini de Pepe. Mix lightly but thoroughly. Refrigerate overnight in airtight container. Add remaining ingredients. Mix lightly but thoroughly. Refrigerate until chilled in airtight container. Salad may be refrigerated as long as a week in airtight container. Some water may seep from the fruit, just mix again and stir.

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- 3-Ingredient Vegan Banana Oatmeal Pancakes











*newlywords*

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