



Technical Editing

# CULINARY CHRONICLES

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## **Introduction**

Food and culture are essential to each other. Whether you're preparing a generation-old stew that your family has passed down or you're finishing your Saturday night with the chocolate chip cookie recipe your friend shared with you recently, food always reminds us of our relation to other people.

With Culinary Chronicles, we wanted to provide not only an eclectic list of recipes but the relationships that come with those recipes. The recipes that we have compiled from the authors have a global reach, and whether its Iranian or Irish, they all share the sentiment we wanted this cookbook to impart: that food brings us closer to each other. Each recipe includes a short anecdote that tells you what their recipe means to them, and to their family and friends. It will give you a glimpse of different cultures, friendships, families, and will broaden your horizons and tastebuds!

So, beyond having access to these tasty recipes, we hope that their stories make each of these recipes a bit more savory or sweeter when you prepare them yourself. On behalf of our publication team and our authors, we thank you for sharing in these Culinary Chronicles.

- The Culinary Chronicles Editorial Team

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# APPETIZERS

MAC N' CHEESE | SCONES | SALMON BITES

# Mynne's Macaroni and Cheese

Submitted by: Allie Ruth Black



## Ingredients

- 4 tablespoons butter cut into pieces
- 1/2 cup sour cream
- 2 cups grated cheddar cheese
- 3 beaten eggs
- 4 cups cooked drained elbow macaroni
- 1/2 teaspoon salt
- 1 cup milk

## Instructions

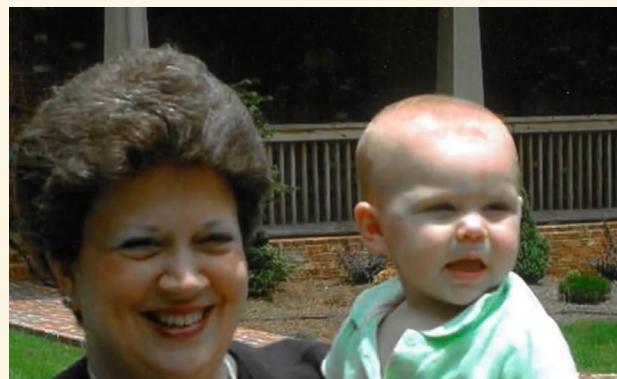
1. Preheat the oven to 350 degrees
2. Cook and drain the macaroni
3. Place cooked macaroni in large bowl and add the cheddar cheese while the noodles are still hot
4. In a separate bowl, combine remaining ingredients
5. Add those ingredients to macaroni and cheddar mix
6. Pour mixture into medium sized casserole dish and bake for 30 to 45 minutes

If desired, add any remaining cheddar to the top before serving.

My grandmother Lynne (we called her Mynne because my oldest sister could not say her L's) made this macaroni and cheese every Thanksgiving. Our Thanksgivings were a rambunctious and lovingly chaotic event, with around 30 people in the kitchen at any moment.

My favorite dish to help make was the mac n' cheese. I think Mynne let me help with it because it was so easy and quick. I am very invested in learning family history so one holiday I asked her who had taught her to make this recipe, expecting a story about her mother in Illinois or a roommate at college. She laughed and said, "Paula Deen."

We lost her to breast cancer three years ago, and this will be our third Thanksgiving without her. But thanks to her guidance, and Paula Deen's website, I can make "her" mac and cheese anytime I like.



Works Cited: The Lady's Southern mac and Cheese recipe |  
Paula Deen. (2017, October 20). Paula Deen. Imahhttps://www.pauladeen.com/recipe/the-ladys-southern-mac-and-cheese-

# Kana'tarokhón:we (Native American Mohawk Translation: Cornbread)

Submitted by: Jane Barron



## Ingredients

- 6 cups of lyed corn flour
- 1 can (15 ounces) kidney beans
- Salt
- Kettle of boiling water

## Instructions

1. Start a large pot of boiling water with salt.
2. Using a mixing bowl mix the corn meal, drained kidney beans and salt. Mix it thoroughly with your hands or large spoon. Add boiling water from the kettle until it is a doughy consistency.
3. Run your hands under cold water to cool off your hands as needed.
4. Shape a handful of dough into a round, flattened ball about the size of a hockey puck.
5. Add dough balls into the pot of boiling water. Stir. When they float to the surface, remove with a slotted spoon.
6. Serve with hot gravy and sausages or steak.

Constance Miriam Jocks Barron grew up on a Native American Indian reservation in Canada. One of the many things she loved to cook for her family is cornbread. My husband, her son, used to eat it all the time. This cornbread has some cultural background; it's partly tied to the lifestyle of families of ironworkers.

Ironworking is a longstanding tradition that has spanned multiple generations of Kanien'kehá:ka families and has helped shape cities and skylines across North America. Countless men in the trade travel roughly 600 kilometers up and down the I-87 every week to work out of New York's Local 40 union. Just before they leave on Sunday, families get together and share a meal like cornbread. It's also tied to Kahnawà:ka's history with Catholicism, and eating cornbread became a tradition following Sunday mass.

Overall, Constance lived and breathed her culture as a Native American Mohawk Indian, and it rubbed off on my husband, who shared much of that culture with me.



# Buttermilk Scones with Raspberry Butter & Clotted Cream

Submitted by: Judyth Last



## Ingredients

### Scones

- 2-3 tablespoons buttermilk, plus a little extra for brushing
- 8 oz self-raising flour, plus a little extra for dusting
- Pinch of salt
- 3 oz butter, at room temperature
- 1 ½ oz golden caster sugar
- 1 large egg, beaten

## Instructions

1. For the scones, begin by sifting the flour and salt into a bowl, rub the butter lightly into the mixture until it looks like breadcrumbs, then add the sugar. Now, in a jug, beat the egg and 2 tablespoons of the buttermilk together and start to add this to the rest, mixing the dough with a palette knife. When it begins to come together, finish off with your hands – it should be soft but not sticky (if the dough seems too dry, add a little more buttermilk, a teaspoon at a time). When you have formed the dough into a ball, tip it on to a lightly floured surface and roll it into a circle at least 1 inch thick – be very careful not to roll it any thinner; the secret of well-risen scones is to start off with a thickness of no less than an inch.
2. Cut out the scones by placing the cutter on the dough and giving it a sharp tap – don’t twist it, just lift it up and push the dough out. Carry on until you are left with the trimmings, then bring these back together to roll out again until you can cut out the last scone. Place the scones on the baking tray, brush them lightly with the buttermilk and dust with a little flour.
3. Bake for 10-12 minutes at 425 degrees

I'm originally from Birmingham, England, and I moved to Auburn for a brief six months in the spring of 2023 to work as an intern for Auburn Christian Fellowship (ACF). I take pride in my culture. Buttermilk scones is my favorite British recipe because it reminds me of summer holidays in Cornwall. We would stay there in July with my Grandma and Grandad, and enjoy spending time with the family by the seaside.

A cream tea is a really popular afternoon treat in the West Coast of England. You halve fresh scones, spread each half with fruit jam (I prefer raspberry), and then dollop on lots of clotted cream!! And serve it with a cup of English Breakfast tea.



# Air Fryer Salmon Bites with Homemade Honey Mustard

Submitted by: Foster McNeece



## Ingredients

### Salmon Bites

- 1 Salmon Filet (skinless tends to work best, but you can always leave the skin on if you like)
- Blackening seasoning (I recommend Blackened Redfish Magic by Chef Paul Prudhommes)
- 2-3 tablespoons Soy Sauce for marinade (another great option is Soyaki sauce from Trader Joe's)
- 1 tablespoon of olive oil
- Squeeze of lemon

### Honey Mustard

- 1/2 cup Mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons Yellow mustard
- 3 tablespoons Honey (highly recommend some delicious local honey for this sauce)
- A couple of pinches of pepper
- 1/2 tablespoon of lemon juice

My wife and I both love fish, and this dish has become a staple for us. I use the air fryer for this recipe because the air fryer does a great job of giving fish a nice crust while also being a convenient cooking method.

When you make the salmon into bite-sized pieces, you get even more of that delicious crust on the salmon, and this honey mustard recipe complements it so well. We usually have rice and broccoli with this, and it also goes well with soy sauce if you're not a honey mustard fan. I love this dish because it's something that Meg and I both enjoy, and it's emblematic of our new marriage in a way. Plus, it's a very simple dinner that is extremely tasty.

## Instructions

1. Take your salmon filet and cut into 1 inch bite-size pieces (on the thinner side of the filet, make the pieces a half an inch longer)
2. Apply the blackening seasoning, olive oil and soy sauce to the salmon and marinate for 20 mins-1 hour
3. Preheat air fryer to 400 degrees
4. Place in the air fryer 5-7 mins at 400 depending on the thickness of your salmon bites
5. Note: while you're halfway through you can flip them but they'll turn out good regardless.
6. \*Optional when they are done squeeze a little lemon juice on the salmon bites

Serve with rice and your favorite vegetable and enjoy!



# Nuts and Bolts

Submitted by: Clare Herrington



## Ingredients

### Sauce

- 2 cups bacon drippings
- 2 sticks margarine
- 3 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce
- 1 tbsp garlic salt
- 1 tbsp celery salt
- 1 tbsp seasoning salt

### Nuts and Bolts

- 1 box Life Cereal
- 1 box Rice chex
- 1 box Cheerios
- 1 bag pretzels
- 1 can of Mixed nuts
- 1 can cashew nuts
- 1 can peanuts
- 1 can pecans

## Instructions

### Sauce

1. Mix the ingredients and let stand an hour

### Nuts and Bolts

1. Preheat the oven to 350 degrees
2. In a large bowl, mix the sauce and nut mix
3. Roast in oven for 20 minutes, stir often
4. Let cool and serve

I grew up in Pascagoula, Mississippi, and this recipe is one my great grandmother, Myrtle, made at every Smith family get-together. This was a recipe that gathered everyone around the kitchen to talk as the larger meal was being cooked.

Grandma Myrtle would give the 3 sisters (Mary Lee, Trudy & Joan) a brown bag each. They would dump all the ingredients into their bag & shake it all up really well. Then Grandma Myrtle would bake the mixture before prepping it in gift bags to take to the elderly friends & family who were not able to attend the family Christmas Celebrations.





# DRINKS

**MULLED CIDER | MINT JULEP**

# Mulled Cider

Submitted by: Liz Smith



## Ingredients

- ½ cup brown sugar
- ¼ teaspoon salt
- 2 quarts apple cider
- 1 tsp whole allspice
- 1 tsp whole cloves
- 3 inches stick cinnamon
- Dash of nutmeg

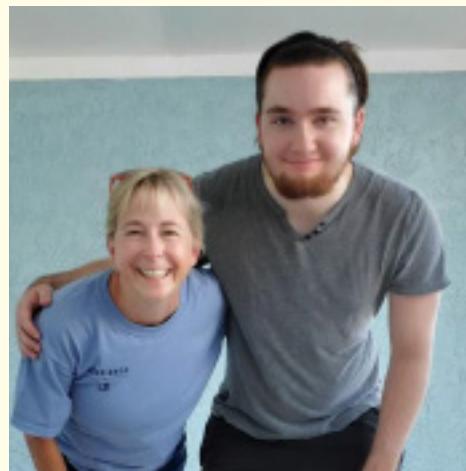
## Instructions

1. Combine brown sugar, salt and cider.
2. Tie spices in small piece of cheese cloth or put in tea ball, add to cider.
3. Bring to a boil, cover and simmer 20 minutes.
4. Remove spices.
5. Serve hot with orange slice floaters, cinnamon-stick muddlers.

For extra warmth, add 1 shot (1.5 oz) bourbon per cup

My mom has made this cider recipe for years at family holiday celebrations. My family and I combined this and other recipes into a family cookbook to pass the recipes down to our children.

This past Christmas, its sentimental nature grew because my son-in-law, Hank, made it with me. We enjoyed making the recipe together, and he even wrote the note about adding bourbon to the cider “for extra warmth”.



# Mint Julep with Ale-8

Submitted by: Kaitlyn D'Amico



## Ingredients

### Non-Alcoholic

- 4 mint sprigs
- 2 cups of cold water
- 1.5 qts Ale-8
- 1.5 cups of sugar
- $\frac{3}{4}$  cup of fresh lemon juice
- Thin lemon slices

### Alcoholic

- 2 tsp Ale-8 infused simple syrup
- 6-8 mint leaves
- Crushed ice
- 1  $\frac{1}{2}$  oz Bourbon
- Ale-8

## Instructions

### Non-Alcoholic

1. Rinse mint and discard stems.
2. Place sugar, water, and lemon juice in medium sized bowl.
3. Mix and stir in mint leaves. Allow to stand for 30 minutes.
4. Fill a large pitcher with ice and stir liquid over ice.
5. Add Ale-8-One and lemon slices.
6. Pour into tall glasses

### Alcoholic

1. Gently muddle simple syrup and mint leaves in a cup.
2. Fill cup with crushed ice.
3. Add bourbon and fill cup with Ale-8.
4. Garnish with a sprig of mint

This is a recipe for a mint julep using Ale-8. I am obsessed with ale-8. It is a brand of ginger ale (but not just any ginger ale) it includes a citrus flavor. It's a Kentucky based drink and I am originally from Kentucky. You can \*sometimes\* find the OG flavor in Kroger and Cracker Barrel's.

Plus, Mint Julep is a staple for the Kentucky derby, another thing about this recipe near and dear to my heart. The Kentucky Derby is the best Kentucky event of the year. People wear crazy hats and suits and bet on horses.

I've added recipes to both the alcoholic and mocktail versions. I've only ever consumed the mocktail version and it's delicious, in my opinion.







# ENTREES

PASTA | STEW | LASAGNA | MEATLOAF

# Veggie Lasagna

Submitted by: Megan Mcneece



## Ingredients

- 1 container (8oz) low fat cottage cheese
- 1 yellow onion
- 1 cup mushrooms
- 1 red bell pepper
- Several TBSPs olive oil
- 1 tall jar marinara sauce
- 2 zucchinis
- Salt/pepper for seasoning
- 1 bag shredded mozzarella
- 1 package of oven-ready lasagna noodles

## Instructions

1. Add 1 diced yellow onion, chopped mushrooms, and diced bell pepper to a heated skillet containing 1-2 TBSPs heated olive oil. Saute over medium-high heat for 5-10 minutes until soft.
2. Add a full jar of marinara to sauteed vegetables.
3. Cut both zucchinis into 1/4 inch coins. Saute in a pan with 1-2 TBSPs olive oil for 5 minutes. Add salt and pepper to taste.
4. Assemble in an 8x8 dish by layers. Assemble in this order; one layer of lasagna noodles, 1/2 veggie sauce, all sauteed zucchini, 1/2 cottage cheese, 1/2 mozzarella, 1/2 veggie sauce, 1/2 cottage cheese, and 1/2 mozzarella.
5. Cook at 400 degrees covered in aluminum foil for 30 minutes.
6. Serve and enjoy!

I came up with veggie lasagna one day while craving a dish that was filled with protein and vegetables but did not require meat. This recipe is perfect for a Meatless Monday or when wanting to add more vegetables to your diet. The best part is that it whips up so quickly and leftovers can be frozen. I love playing with ingredient combinations, and this has become a new favorite for family meals.



# Scottish Meat Loaf

Submitted by: Dylan Scott



## Ingredients

- 1 lb. hamburger meat
- 1 egg, beaten
- 1/2 cup rolled oats
- 1/2 cup grated carrot
- 1/4 cup grated onion
- 1/4 teaspoon pepper
- 1/2 cup milk
- 1/2 c. raw potato, grated
- 1 1/4 teaspoon salt
- 1/4- 1/2 teaspoon savory

## Instructions

1. Mix ingredients.
2. Press into 9"x4" pan.
3. Bake at 350 degrees for 1 hour.
4. Serve with tomato sauce and sides of your choice.

Note: if sticking to the Scottish theme, buttered turnip and cabbage are popular.

I'm a recent graduate of Auburn University with a bachelor's degree in Aviation Management, and I'm originally from Birmingham, AL. One of my favorite things to cook is meatloaf, particularly a recipe with "Scottish" in the title. Those who know me often refer to me as "Scottish Dylan," and my love for Scottish culture runs deep. I've always been fascinated by the traditions, history, and spirit of Scotland, and I try to embrace that part of me in various ways.

Cooking Scottish-inspired dishes is one way I stay connected to the culture, even though I didn't grow up in Scotland. Whether it's preparing a hearty meatloaf or exploring other Scottish recipes, it's my way of bringing a bit of that culture into my everyday life.



# Homemade Spice Bag

Submitted by: Elliot Meinert



## Ingredients

- Large white onion
- Bell peppers
- Spring onion
- Thai chilli peppers
- 8 potatoes
- White vinegar
- 2 chicken breasts
- Corn flour
- 2 eggs
- Black pepper
- Garlic powder
- Chilli powder
- Sesame oil
- Chilli oil
- Sugar
- Salt
- MSG
- Large foil food bag

## Instructions

1. Cut half of a large white onion, 2 bell peppers, 1 spring onion, 2 thai chilli peppers into pieces and two chicken breasts into strips
2. Rinse and cut 8 potatoes into thick fries and set into white vinegar
3. Prepare another bowl with enough corn flour to batter the chicken, and mix into the flour a tablespoon of each: black pepper powder, chilli powder, garlic powder. Then mix in a teaspoon of salt.
4. Dip the strips of chicken into bowl of two cracked eggs and once fully soaked, roll the strips around in the flour mixture until the entire strip is covered in flour.
5. Fry the chicken in oil then remove the raw fries from the vinegar and fry them until fully cooked and crispy
6. While the fries are cooking, boil the vegetables in a pot of hot water for around 2 minutes and then remove the vegetables
7. Take a small measuring cup and add a teaspoon of chilli oil and a teaspoon of sesame oil and mix together
8. After everything is finished cooking, add all of the food to a large foil food bag and evenly pour in the oil mixture
9. Open the bag and then evenly sprinkle in a tablespoon of black pepper powder, garlic powder and chili powder. Then sprinkle in a teaspoon of sugar and a teaspoon or tablespoon of MSG depending on how much salty taste you like
10. Close the foil bag and shake it evenly distribute the seasoning across the food



My favourite memory growing up in Dublin with spice bags is when my mother and I got home late from work and we didn't want to cook. We wanted something to make our souls happy, so we ordered a spice bag from the local takeaway and watched a movie together.

# Spaghetti and Meatballs

Submitted by: Landon Archer

## Ingredients

### Meatballs

- ¾ lb ground beef
- ¾ lb ground pork
- 2 whole eggs
- ¾ c. fine breadcrumbs
- ¾ c. freshly grated parmesan cheese, plus more for topping
- 3 cloves garlic, minced
- ¼ c. flat-leaf parsley, minced
- ¼ tsp. Salt
- Freshly ground black pepper
- Splash of milk
- ½ c. olive oil

### Spaghetti

- 1 whole yellow onion, diced
- 3 cloves garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 1 can (28 ounces) whole tomatoes
- ½ c white or red wine (optional)
- Crushed red pepper flakes (optional)
- ¼ c. flat-leaf parsley, minced
- ¼ tsp. Salt
- Freshly ground black pepper
- 1 tsp. Sugar
- 8 whole fresh basil leaves, chopped (optional)

## Instructions

### Meatballs:

1. Combine meat, eggs, breadcrumbs, parmesan, garlic, parsley, salt, pepper and splash of milk.
2. Mix well, roll into 25 1 ½- inch balls and place on cookie sheet, then into freezer for 5 to 10 minutes
3. Heat olive oil over medium-high heat and add the meatballs 8 at a time, browning on all sides
4. Remove and drain.

### Sauce:

1. Add onions and garlic to meatball pot. Pour in toma toes and add red pepper flakes, parsley, salt, pepper.
2. Stir to combine and cook over medium heat for 20 minutes
3. Add the meatballs to the pot and stir gently into the sauce.
4. Reduce the heat to a simmer and cook for 30 minutes, stirring very gently a couple of times.
5. Just before serving, stir in the basil, if using.
6. Serve over cooked spaghetti and sprinkle with extra parmesan.



My absolute favorite dish is spaghetti and meatballs. I've always loved it, though I'm not entirely sure why—it just hits the spot every time. Italian culture fascinates me, and spaghetti and meatballs is often seen as a symbol of Italian-American cuisine. While traditional Italian pasta dishes usually feature smaller meat portions, Italian immigrants in America adapted recipes to include larger meatballs, making the dish more substantial.

This blend of Italian roots and American influence makes it special. The dish embodies the comforting, hearty nature of Italian cooking, and its cultural significance adds to my fascination and love for it.

# Guiso (Meat Stew)

Submitted by: Lucía Suárez



## Ingredients

- 1 onion (small)
- 1/2 bell pepper (I use rather red for color, but use what you have)
- Oil
- Rice (wash it first)
- Ground beef (the small tray at your local store)
- Bacon or sausage (optional)
- 1 or 2 potatoes
- 1 or 2 sweet potatoes
- Butternut squash (optional if you are feeling fancy)
- 1 carrot
- 1 can of diced tomato (or real for more pleasure)
- 1 can of tomato sauce
- 1 box of chicken broth (if needed, you can also use water)

## Instructions

1. Chop vegetables and then add onion and bell pepper to a little hot oil and salt so the onion sweats. Cook until onion is transparent.
2. Add the meat in any order.
3. Add the diced tomatoes. When the mixture bubbles, add the tomato sauce and the veggies, (add the broth if the veggies are not covered fully). Make sure to put a lid on it and wait until everything is cooked.
4. Cook the rice on the side
5. Add garlic salt, pink salt, basil, paprika, oregano and thyme.
6. Let simmer for a few minutes
7. Serve.

I was born in Uruguay but have lived in the U.S. for three years. I moved here to work with Auburn Christian Fellowship (ACF), a campus ministry at Auburn University. There is a similar group in Uruguay, where I was involved and first met Perry Rubin, the campus minister at ACF.

During my time here, I've taken on many roles at ACF. I recently got married and am working on getting my U.S. citizenship. I enjoy spending time with my husband and my cats, cooking, and sharing my humor, faith, and culture with everyone.



# Hamburger Casserole

Submitted by: Mallory Beck



## Ingredients

- 2 lbs lean ground beef
- 1 can of cream of mushroom soup
- 1 can of golden mushroom soup
- 1 pack of American cheese slices
- 1 bag of tater tots

## Instructions

1. Take ground beef and press into the bottom of a 9x13 casserole dish
2. Mix 1 can of cream of mushroom soup and 1 can of golden mushroom soup together and spread over the top of the meat
3. Put cheese slices over that to cover the soup
4. Put tater tots on top of the cheese
5. Bake at 350 for 1.5 hours

Hamburger casserole was a dish made by my paternal grandmother. She made this dish for my sisters and me all of the time when we were children. This dish is a core memory for us, and every time we prepare and cook it, we are reminded of the beautiful memories with our grandmother.

We spent a lot of time with her because she would pick us up from school and watch us until our parents got off work. Just a few weeks ago, my sister invited me for dinner at her house. She made a hamburger casserole, and it happened to be our grandmother's birthday—such a beautiful coinci-



# Italian Sausage Pasta

Submitted by: Michael Richards



## Ingredients

- 1.25 lbs Italian sausage
- 3-4 cloves of garlic
- parmagianno or grana padona
- 1-2 lemons
- box of pasta (Gemelli is best)
- broccolini
- red pepper flakes

## Instructions

1. Cook Italian sausage out of casing with garlic and olive oil
2. Start boiling pasta
3. Put broccolini on top of sausage and let it steam
4. Add red pepper flakes
5. Zest a lemon
6. Drain pasta, but save some of the pasta water
7. Mix pasta with sausage and broccolini. Add some pasta water.
8. Put cheese in. Maybe a little more olive oil.
9. Put lemon zest and some lemon juice in. Mix.

This pasta recipe, from a great friend of mine, is my absolute favorite. There's something special about Italian pasta, a dish with deep roots in Italy's culinary culture. Pasta has been a staple of Italian cuisine for centuries, representing regional diversity and traditions.

From simple, humble beginnings to more elaborate recipes, it has become a global comfort food. Eating a bowl of this pasta while watching *The Sopranos*—an iconic show centered on a Jersey-based Italian-American family—makes the experience even better. The combination of delicious pasta and the drama of Italian-American culture feels like the perfect pairing.



# Chicken Biryani

Submitted by: Muhammad Noman Ali



## Ingredients

- 1 kg boneless, skinless chicken thighs or breasts, cut into pieces
- 1 cup basmati rice, washed and soaked for 30 minutes
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 1-inch piece ginger, grated
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili powder (adjust to taste)
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon saffron strands
- 1 cup plain yogurt
- 1/4 cup ghee or vegetable oil
- Salt to taste
- Fresh cilantro leaves, for garnish

## Instructions

1. Marinate the chicken: In a large bowl, combine chicken pieces with yogurt, garam masala, cumin, turmeric, chili powder, cardamom, cloves, salt, and a little water. Mix well and marinate for at least 30 minutes, or preferably overnight.
2. In a separate pot, bring salted water to a boil. Add the soaked rice and cook until al dente. Drain and set aside.
3. Heat ghee or oil in a large pot over medium heat. Add the sliced onions and cook until golden brown and caramelized. Remove the onions and set aside.
4. Add the marinated chicken to the pot and cook until browned on all sides. Remove the chicken and set aside.
5. In the same pot, add the garlic and ginger paste. Sauté for a few seconds until fragrant. Add the garam masala, cumin, turmeric, chili powder, cardamom, and cloves. Stir for a few seconds.
6. Add a layer of rice to the pot, then a layer of chicken, and finally a layer of caramelized onions. Repeat the layers until all ingredients are used, ending with a layer of rice.
7. Soak the saffron strands in a few tablespoons of warm milk. Pour this saffron milk over the rice layer.
8. Cover the pot tightly and cook over low heat for 15-20 minutes, or until the rice is cooked and the flavors have blended.
9. Remove from heat and let it rest for 10-15 minutes before serving. Garnish with fresh cilantro leaves and serve hot.



Biryani, a beloved rice dish, is often reserved for special occasions that evoke joy, merriment, and social happiness. It's a common centerpiece at celebratory events like weddings, festivals, and family gatherings. The dish's rich flavors and aromatic spices create a festive atmosphere, making it a cherished tradition in many cultures.

# Alfredo Pasta with Kale

Submitted by: Na'Veh Matthews



## Ingredients

- 16 pounds of penne pasta (or any pasta of choice)
- 16 cups of fresh, pre-wash kale
- Butter
- Vegetable oil
- Salt, pepper, garlic powder, cayenne pepper, crushed red pepper flakes, parsley
- Grated parmesan cheese

## Instructions

1. In a medium steel pot, take 4 quarts of water,  $\frac{1}{2}$  cup of vegetable oil and a handful of salt; set the stove on high and wait for the water to boil.
2. Once it boils, pour 1 pound of penne pasta into the pot, reduce to heat to level 6, and cook uncovered for 11 minutes, stirring occasionally.
3. In a separate 11.75 inch frying pan, pour  $\frac{1}{2}$  cup of vegetable oil, a spoonful of butter, and 16 cups of fresh, pre-washed kale and turn the heat on high.
4. Cover the kale with 1 cup of water on top and saute it for about 5 minutes, stirring frequently.
5. Add a sprinkle of salt, pepper, garlic powder, and 3 pinches of crushed red pepper flakes.
6. After pasta is cooked, drain most of the water in the sink, leaving only a little left over so the pasta remains moist.
7. Then, add the cooked kale, and a spoonful of butter.
8. Add the same seasonings, including a pinch of cayenne pepper and parsley (based on taste and flavor).
9. Take some classic alfredo sauce and pour half of the jar into the pot along with grated parmesan cheese and spread all over the pasta. Stir thoroughly, and serve.

I remember going to Olive Garden when I was younger and having fettuccine alfredo for the first time. Since then, I've always loved pasta in any shape and with any type of sauce, but I'm mostly fond of alfredo. I'm a vegetarian but I'm also a picky eater so I do not like most foods, including most vegetables, so pasta is a dish that I found comfort in because it rarely changes, it always tastes amazing, and it's cheap and easy to make.

I started to add kale or spinach or broccoli to my pasta to help increase my vegetable intake. I don't want to just eat starch, so by adding kale, I'm able to have the best of both worlds: good and good for me. Pasta will forever be my go-to dish to make. No matter how I feel, there will rarely be a time when I don't crave alfredo pasta.



# Abgoosht

Submitted by: Souroush Abedini



## Ingredients

- 2 lbs beef short ribs or shank
- 1 large onion, diced
- 6 cloves garlic, minced
- 6-8 cups water, adjust as necessary
- 1 cup garbanzo beans, soaked overnight
- 1 cup great northern or navy beans, soaked overnight
- 1/2 cup wheat berries
- 1 teaspoon turmeric
- 1/2 teaspoon black pepper, ground
- 3 large russet potatoes, peeled and cut into quarters
- 4 medium tomatoes, quartered
- 2 tablespoons tomato paste
- 2 whole dried Limu-Omani (Persian dried limes), pierced with a paring knife
- 2 teaspoons salt, adjust as needed

## Instructions

1. Place the meat, onions, garlic, water, beans and wheat and turmeric in a large, heavy pot. Bring to a boil, skimming the froth as it forms.
2. Cover and gently simmer for 90 minutes over low heat.
3. Add the remaining ingredients. Keep covered and continue to simmer for another 45 to 60 minutes over low heat. Check to make sure that the meat, beans and potatoes are fully cooked and tender. Adjust the seasoning as needed.
4. Using a colander or slotted spoon remove all the meat, beans and vegetables from the broth, place them in a mixing bowl and set aside.
5. Pour the broth into a soup bowl and serve it with pieces of Sangak bread floating in the bowl.
6. Debone the meat and mash the meat mixture with a potato masher or a Persian Goosht Koob. This mixture should have the consistency of lumpy mashed potatoes.
7. Place the Goosht Kubideh (mashed meat) on a serving platter and serve with a platter of fresh herbs and Sangak bread

It is hard to think of unique Iranian food, and Abgoosht should be at least in the top three. Even though other countries and cultures have similar food to Abgoosht, to me, the uniqueness is tied not to the taste, nor the ingredients, but to the memories. As Abgoosht is served hot, at least warm, on long and dark winter nights are the optimal times to have it. The warmth is multiplied, I think, since Abgoosht is unofficially associated with family.

It is uncommon that single people make Abgoosht for themselves. The connection of this dish to family stirs up a lot of old memories for me every time I have or even think about Abgoosht. Well, it is hard to say that a dish defines one's personality or identity; I do not think that is quite accurate, but I do think that a dish adds something to the human senses and experience through which people perceive the world. Abgoosht, whether eaten or thought of, reminds me that it does not matter how cold and dark it gets; I can still go on because of its nutritiousness, warmth, and inspiration from my loved ones.

Roustaei, Omid. "Abgoosht - Meat and Potato Stew with Beans." The Caspian Chef – Omid Roustaei, 17 Apr. 2020, thecaspianchef.com/2020/04/16/abgoosht-meat-and-potato-stew-with-beans/.





# DESSERTS

**CAKES | PIES | COOKIES | MUFFINS**

# Scottish Shortbread

Submitted by: Carson Ruley



## Ingredients

- 339g of room temperature butter (3 sticks)
- 360g of flour
- 90g powdered sugar
- ½ tsp salt
- ½ tsp baking powder
- 1 ½ tsp vanilla
- Optional: powdered sugar for dusting
- Optional: jam

## Instructions

1. Preheat oven to 325 and pre-measure your ingredients.
2. Line baking sheet pans
3. Cream the butter in an electric mixer for 3 full minutes at medium-high speed until the butter is extremely fluffy.
4. Wipe down the sides of the bowl and add in the vanilla and turn the mixer back on for about 30 seconds on medium speed until it is fully incorporated.
5. Wipe down the sides of the bowl once again.
6. Sift together flour, powdered sugar, salt & baking powder and gradually add the dry ingredients into the butter until smooth and the dough is fairly stiff.
7. **For jam filled cookies:** Repeat rolling dough into small balls and then place on cookie sheet and make an indent with your thumb. Spoon a small amount of jam into the indentation.
8. Bake for 16 – 18 minutes or until the edges begin to golden just slightly. I like to start checking the cookies around 14 minutes.

I'm originally from Texas and have a passion for cooking and baking, which I indulge in all the time. One of my favorite things to make is shortbread cookies. While this recipe doesn't connect to a specific culture, baking has become a personal tradition for me. I love how it helps me unplug from the world, focus on the steps, and stay present in the moment. Each time I make these cookies, I feel a sense of pride in my creations, and I can't help but enjoy their delicious taste!

Texas is known for its diverse culinary scene, from Tex-Mex to barbecue, but I appreciate the simplicity of baking. It offers a wonderful balance between creativity and following instructions, much like building with Legos. Each cookie is a small masterpiece, and the process brings me so much joy and satisfaction, allowing me to embrace the comfort of home while I experiment in the kitchen.



# Fruit Cobbler

Submitted by: Daniel Carmichael



## Ingredients

- 1 cup flour
- 1 cup sugar
- 1 cup milk
- 1 Tablespoon baking powder (not soda)
- 1 teaspoon salt
- 3-4 cups fruit of your choice
- 1 stick butter (half of big Kerry-gold blocks)
- Teaspoon of vanilla

## Instructions

1. Put pan into oven and turn to 425 degrees with the stick of butter in the pan.
2. In a large bowl put one cup of flower, one cup of sugar, 1 Tablespoon of baking powder (not soda) (add a bit extra for more bread)
3. 1teaspoon salt
4. And add vanilla extract
5. Once butter is melted remove skillet from oven while simultaneously add 1 cup of milk to the bowl and mix together with whisp: within 4 minutes of whisping pour into pan
6. After pouring batter into pan pour 3-4 cups of fruit on top.
7. Spread evenly.
8. Bake for 25 minutes or so

I'm a senior studying Aviation Management at Auburn University, and I love going on side quests and adventures. Whether you're camping in the middle of nowhere or cooking at home, this cobbler recipe is perfect for any setting. It's incredibly easy to make and super versatile—you can whip it up just about anywhere.

As an avid camper, this has become one of my favorite go-to recipes when I'm craving something simple and satisfying out in the wilderness. Whether indoors or outdoors, this cobbler never disappoints!



# LBJ (“LadyBird Johnson”) Cake

Submitted by: Marcia Edmonds Black



## Ingredients

### Crust

- 1 cup self rising flour
- 1 stick butter, melted
- 1/2 cup pecans, chopped

### 1st layer

- 1 1/2 cups powdered sugar, sifted
- 1 ounce cream cheese
- 1 container (8 ounces) cool whip

### 2nd layer

- 3 cup milk
- 2 boxes (6 ounces) instant coconut pudding,(3 ounces each)
- 1/4 cup coconut flakes
- 6 ounces chocolate shavings,( 1 candy bar)
- 1/2 cup pecans, chopped

## Instructions

1. Preheat oven to 350 degrees
2. Mix flour, butter and 1/2 cup pecans and press into bottom of Pam sprayed 9x13 pan
3. Bake at 350 for 20 minutes, cool completely
4. Mix together powdered sugar, cream cheese, and 1 cup of cool whip
5. Spread over cooled crust
6. Sprinkle with coconut
7. With the mixer on low speed, combine milk and both packages of pudding
8. Pour over top to make the next layer
9. Spread remaining cool whip on top
10. Sprinkle with more coconut and chocolate shaving and pecans Refrigerate until ready to use

This cake was my mother’s “trademark” dessert. She and my daddy were big fans of Lady Bird and Lyndon B. Johnson. In 1970 my husband and I took my parents to his birthplace in Texas. We visited the site in Dallas where Kennedy was shot and the Johnson’s ranch. When she discovered the recipe (I think it was at a church potluck), she decided to make it her special dessert. Every time the family got together, she made an LBJ cake, but especially on Christmas.

She had a stroke in 1994 and was bedridden. I went to visit her and reminded her that it was Christmas Eve and she tried to get up saying “Oh my goodness, I haven’t made my LBJ cake!”. She relaxed when I told her that I made it for her. We’ve had it almost every year since and now my granddaughter helps me make it. I think of my mom every time.



# Chocolate Chip Cake

Submitted by: Matt McGlynn



## Ingredients

- 1 lb of butter
- 3 cups of sugar
- 3 cups of flour
- 5 eggs
- $\frac{1}{2}$  tsp of salt
- $\frac{1}{2}$  tsp of baking powder
- $\frac{1}{2}$  tsp vanilla
- 1 cup of milk
- 1 package of semi sweet baking chocolate squares or chocolate chips (I use the chocolate squares and chip them with a knife as recommended by an aunt of mine – it makes the cake more moist.)
- Optional: chocolate drizzle

## Instructions

1. Cream butter and sugar.
2. Add eggs. Add flour, salt, and baking powder in that order.
3. Slowly add milk and vanilla. Once mixed, stir in chips.
4. Bake at 325 for 1 hour and 40 minutes (or until done).

Note: Most times it takes closer to 2 hours. If you use a 2 part pan, put a cookie sheet on the rack under the pan to catch the butter that leaks out. Also, put a cup of cold water in a Pyrex mixing cup in the oven with the cake – another tip from my aunt to keep the cake moist.

This recipe is a favorite in the McGlynn family and an important part of our family's traditions. For many birthdays over the years, it has been the chosen birthday cake and is always a big hit.

While it doesn't come from any particular culture, it's special to us because it has been passed down to many family members. Each time we make it, it reminds us of past celebrations and the good times we've shared. It's more than just a cake – it brings our family together with every bite.



# Strawberry Rhubarb Pie

Submitted by: Kaylen Michaelis



## Ingredients

- 2 ½ cup strawberries
- 2 ½ cup rhubarb
- 1 cup brown sugar
- 3 tablespoons minute tapioca
- 3/8 cup flour
- ½ teaspoon lemon zest
- ½ teaspoon lemon juice
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 tablespoons salted butter
- 1 tablespoon all-purpose flour
- 3/8 cup oatmeal

## Instructions

1. Take homemade or premade pie crust and roll or place it in a 9-inch pie plate. The crust needs to be slightly larger than the pie plate itself.
2. Wash and hull the strawberries, then slice them into quarters or halves.
3. Wash the rhubarb well and be sure to remove any leafy ends, which are poisonous. Chop the stalks into ½ pieces.
4. Add the strawberries and rhubarb to a large bowl with the sugar, tapioca, flour, cinnamon, lemon juice, and lemon zest, then dump the strawberry rhubarb pie filling into the bottom pie crust.
5. To create a finished look, trim away excess overhanging pie crust and tuck the edges under. Use your thumb and forefingers to crimp the edges in a decorative fluted pattern.
6. Bake for 15 minutes at 425 degrees F, then drop the oven temperature to 375 degrees F and bake for another 45-50 minutes (about 60 minutes total bake time) until the crust is golden brown on top and the filling is bubbling.
7. Cool completely, usually about 4 hours, before slicing and serving.



Strawberry rhubarb pie is one of the recipes my grandfather made. He owned a bakery in the small town of West Point, Nebraska. I never liked it when he was around, but after he died I've really enjoyed it and it makes me feel closer to him.

Nash, A. (2023, May 9). Strawberry rhubarb pie. House of Nash Eats.  
<https://houseofnasheats.com/strawberry-rhubarb-pie/>

# Grandma Eileen McGlynn's Favorite Blueberry Muffins

Submitted by: Sue Finkbriner McGlynn



## Ingredients

- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup vegetable oil
- 1 large egg
- ½ cup milk, or more as needed
- 1 tsp vanilla extract
- 2 cup fresh blueberries

### Crumb topping:

- 1 cup white sugar
- ⅔ cup all-purpose flour
- 1/2 cup butter, cubed
- 3 teaspoons ground cinnamon

## Instructions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Grease 8 muffin cups or line with paper liners.
3. Whisk flour, sugar, baking powder, and salt together in a large bowl.
4. Pour oil into a small liquid measuring cup.
5. Add egg and enough milk to reach the 1-cup mark; stir until combined.
6. Add vanilla to the liquid mixture.
7. Pour liquid mixture into flour mixture. Stir just until batter is combined.
8. Fold in blueberries; set batter aside.

### To make the crumb topping:

1. Combine sugar, flour, butter, and cinnamon in a small bowl. Mix with a fork until crumbly.
2. Spoon batter into the prepared muffin cups, filling half way to the top.
3. Sprinkle generously with crumb topping and fill to the top.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean

This blueberry muffin recipe makes at least eight large, yummy breakfast muffins with a sugary-cinnamon crumb topping. It's based on a recipe I found on Allrecipes.com titled "To Die for Blueberry Muffins," with my own tweaks. My Grandma, Eileen McGlynn, loves blueberry muffins and pies (so does my husband).

Recently, I've been making these for her whenever we visit her and Grandpa Steve McGlynn. Fun fact about Grandma Eileen: her mother was born in Castletown Bere, on the west side of Cork, Ireland. Eileen has always cherished her Irish heritage, even though this isn't an Irish recipe.



**Recipe Tip :** If using a 12-cup muffin pan, Add 1 tablespoon of water to the empty cup spaces when baking. Muffins tend to burn faster in a pan with empty cups.

# Spoon Fingered Italian Cookies

Submitted by: Kim Marotta



## Ingredients

- ½ pound (lb) of butter softened
- 1 cup of sugar
- 2 eggs
- 1 tablespoon of vanilla
- 3 cups of flour
- 1 cup of chopped walnuts

## Instructions

1. Mix ingredients by hand
2. Drop by tablespoon onto an ungreased cookie sheet
3. Bake at 375 degrees until lightly browned

This was a recipe that my mom made every Christmas. It's a quintessential Italian cookie that she made with love and she made it by hand, which was the most typical way that women of her generation made cookies she didn't use a mixer and she didn't use measuring cup. She did it from memory, this is what I smelled in the house during Christmas season and my children also remember this fondly.

She also made these cookies to bring over someone's home and to just have sitting around the house for if someone came over for a cup of coffee, she was very proud of her Italian heritage and this was one of the recipes that was passed down from her mother that she then passed down to her daughters, and I passed it down to my daughter.

I have many Italian recipes, including a vintage pasta maker. Cooking is way of life in our culture to bring everyone together and remember the foods that made us happy and content.