

THE COOKBOOK PROJECT



A COLLABORATIVE COLLECTION OF RECIPES
FROM THE FALL HIST 349S COMMUNITY



Oyster Stuffing

3 loaves of stuffing bread. Slice off the crusts and cut into 1/2 inch pieces.
(You want the bread to be somewhat hard...leave out overnight.)

Melt 2 sticks of butter
Sauté 2 cups of chopped onions until transparent.
Chop the turkey livers and add to the onions.

In a warm pan, cook 1 lb. ground pork. Do not drain.
Add the pork to the onions.
Add some bread to the pan. Toss---Do not stir.

Toss together the following:
the rest of the dry bread
3 cups chopped celery
2 pints oysters (drained and chopped fine)
1 cup chopped parsley
2 tbs salt
2 handfuls of sage
poultry seasoning to taste.

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INDEX

APPETIZERS

Bacon-Tater Soup 7
Carimanolas 8
Colombian Empanadas 9
Crispy Tortilla Soup 10
Egusi Soup 11
Elizabeth's Pumpkin Seeds 12
Guacamole 13
Ham Spread 14
Jalapeño Poppers 15
Kroket Kentang 16
Muhammara 17
Oyster Seaweed Soup 18
Pupusas 19
Texas Caviar 20

SIDES

Authentic Mexican Rice 21
Buffalo Cauliflower Baked Mac&Cheese 22
Cornbread Dressing 23
Elotes-Pan Dulces 24
Espaguete Verde 25
Flour Tortillas 26
Frijoles Charros 27
Funeral Potatoes 28
German Coleslaw 29
Grandma's Holiday Rolls 30
Green Bean Casserole 31
Heis Kartoffle Salat 32
Makaroni/Persian Spaghetti with Potato 33
Noodle Kugel 34
Oyster Stuffing 35
Phil's Black Eyed Pea Casserole 36
Tabouli 37
Thanksgiving Stuffing 38
Yeast Rolls 39

DESSERTS

Apple Pie a La Mode 105
Biscochitos 106
Caramel Pie 107
Champorado 108
Chocolate Chip Cookies 109
Cinnamon Shortbread Cookie 110
Cool Whip German Chocolate Pie 111
Divinity 112
French Bread Pudding 113
German Chocolate Cake 114
German Chocolate Cake 115
Ginger Cookies 116
Hot Fudge Cake 117
Kolačky 118
Peach Cobbler 119
Pecan Candy 120
Pizelles 121
Pumpkin Bread 122
Rice Pudding 123
Slightly Underdone Pillsbury Cookies 124
Southern Praline Pecan Loaf 125
Springerle Cookies 126
Ustipci 127
Zwetschgenknödel 128

INDEX

DINNER

- Albondigas 40
- Arroz Con Pollo 41
- Baked Ziti 42
- Bandeja Paisa 43
- Beef Braciole 44
- Beef Stew with Sadza and Collard Greens 45
- Beef Stroganoff 46
- Brittain Family Barbecue 47
- Binyebwa 48
- Bun Rieu, Vietnamese Crab Noodle Soup 49
- Cassie's Comforting Chicken & Noodles 50
- Chicken & Rice 51
- Chicken and Sausage Gumbo 52
- Chicken Calabacitas 53
- Chicken Divan 54
- Chicken Piccata 55
- Chicken Tinga 56
- Chicken Tortilla Casserole 57
- Chile Colorado 58
- Chorizo Con Papas 59
- Cow-Pot 61
- Dorito Casserole 61
- Eggs with Tortillas 62
- Garrett Chili 63
- Green Chili Chicken Enchiladas 64
- Gyudon Rice Bowl 65
- Hopkins County Stew 66
- Hoppin' John 68 67
- Irish Stew
- Italian American Lasagna 69
- Jollof Spaghetti with Chicken and Egg 70
- Kedjenou 71
- Mariballi Pizza 72
- Meatballs 73
- Meaballs in Red Sauce 74
- Menudo 75
- Moroccan Couscous 76
- Mushroom Chicken 77
- Mattar Paneer with Brown Rice 78
- Mutton Curry 79
- One-Pot Creamy Taco Pasta with Turkey & Cheddar 80
- My Grandmother's Spinach & Cheese Tamales 81
- Pozole 82
- Pozole 83
- Red Bigos 84
- Red Pozole 85
- Riley's Bibimbap 86
- Rosemary Chicken 87
- Salmon Croquettes 88
- Sancocho 89
- Shepherd Pie 90
- Smothered Pork Chops 91
- Sopes 92
- Spaghetti 93
- Spaghetti 94
- Stacked Red Enchiladas 95
- Stir-Fry 96
- Sunday Roast 97
- Tamales 98
- Tamales 99
- Tostadas 100
- Tastadas de Tinga 101
- Upside Down Banana French Toast 102
- White Cut Chicken 103
- Zacahuil 104

**EXTRA:
HOW-TO & INFO**

BEEF STROGANOFF 129
BISCOCHITOS 131
CARAMEL PIE 133
CHILE COLORADO 134
DIVINITY 136
FUNERAL POTATOES 137
HAM SPREAD 138
JALAPENO POPPERS 139
MATTER PANEER 140
PIZELLES 150
SMOTHERED PORK CHOPS 151

CONTENTS





APPETIZERS

BACON-TATER SOUP BY

DAKOTA LINNABARY

SERVES 6 | 3-6 HOURS | ~ 6 HOURS

INGREDIENTS

- 4 large russet potatoes
- 1 Small onion
- 3 cups of chicken broth
- 1 tablespoon minced garlic
- ½ tablespoons salt and pepper
- 1 can of Campbell's potato soup
- 1 cup of sour cream
- 2 cups of chopped bacon
- Shredded cheese (optional)

HISTORICAL NARRATIVE

- This recipe was made by my great grandmother then passed to my mother. The only thing that has changed is the use of store-bought ingredients and canned potato soup. Growing up on rural farmland, My mom's great grandmother used to make everything from scratch or trade ingredients with neighbors.
- This is the recipe that was made for my great great grandmother's funeral, it was her favorite and the recipe has been given to the women in the family ever since.

DIRECTIONS

- Cook and roughly chop strips of bacon until you produce about 1 cup of chopped bacon. Set aside for now.
- Clean and peel potatoes, then cut them into cubes no bigger than 1 inch.
- Peel and dice 1 small onion
- In a crockpot, add and mix all ingredients together then cover.
- Set the crock pot to low for 4 to 6 hours, or high for 3-4 hours. Stirring occasionally.
- Check potatoes periodically throughout cooking. When done, potatoes should be tender.
- Add salt and pepper to taste, serve with optional shredded cheese.

CARIMAÑOLAS | JAMIE MULLIS

24 SERVINGS | 30MIN PREP | 1HR TOTAL

Dough:

- 1 ½ lbs frozen yucca
- 2 tsp salt
- 3 tbsp. salted butter
- 1 egg, beaten
- 1 tbsp white flour

Filling:

- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp hot paprika
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp adobo powder
- 1 tsbp tomato paste
- 2 tsbp culantro (substitute w recaito or cilantro paste)
- 1 roma tomato, seeded cored and diced
- 8 oz ground beef
- Neutral Oil of choice for Frying

DIRECTIONS

DOUGH:

Boil frozen, pre-peeled yucca for 15-20 mins until fork tender. Reserve ½ cup of boiled starchy water for later.

When cooled, split open cooked yucca and discard fiber-like threads inside the plant. These cannot be eaten.

Smash with potato masher, slowly adding salt, butter, and reserved starchy water—similar to making American mashed potatoes.

Slowly mix in the beaten egg and flour until a dough forms. Knead lightly until everything is uniform, and cover bowl with a dishtowel while you move onto the next step.

FILLING:

Combine all powdered spices in separate bowl.

In a pan, sauté onion and garlic over medium heat until translucent . Add ground and spices and cook.

Add in diced tomato, tomato paste, and cilantro and stir will.

Once meat is fully browned and tomatoes are soft, remove from heat and cool.

PREPARING THE CARIMANOLAS:

Pinch off a piece of dough and roll into a 2” ball.

Flatten dough ball in the palm of head, and place small amount of filling inside. Close the dough around it—similar to a dumpling or empanada—but in a longer shape, like a torpedo.

Continue process until all of dough and filling is used, and fry in 350 F neutral oil until golden brown.

HISTORICAL NARRATIVE

- This recipe was passed down to me by my mother, who immigrated from Panama to the United States before I was born. The recipe was passed down to her through generations on our maternal side.
- As the land bridge between North and South America, Panamanian food contains historically Indigenous, African, Afro-Caribbean, Hispanic/Latino and Asian cultures; the Panama Canal allows cultures from every single country to influence their food today.
- Carimanolas became popular in the 19th century, when Panama and many other modern Central/South American countries were apart of Gran Colombia and yet to declare independence. Today, Carimanolas are found in Panama and modern Colombia.

COLOMBIAN EMPANADAS

BY FREE BURRELL

SERVINGS | PREP TIME | TOTAL TIME

20

10 MIN

1 HR



INGREDIENTS

- Dough or Masa
- 1 ½ cups precooked yellow cornmeal Masarepa
- 2 cups water
- 1 tbsp vegetable oil
- ½ tsp Sazon Goya with Azafran
- ½ tsp salt



Filling

- 2 cups peeled and diced white potatoes
- 1 chicken or vegetable bouillon tablet
- 1 tablespoon olive oil
- ¼ cup chopped white onions
- 1 cup chopped tomato
- ½ teaspoon salt
- ¼ cup chopped green onions
- 1 chopped garlic clove
- 2 tablespoon cilantro
- 2 tablespoon chopped red bell pepper
- ¼ teaspoon black pepper
- ½ pound ground pork and beef

DIRECTIONS

To prepare the dough:

Place the Masarepa in a large bowl. Add the Sazon Goya and salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes.

To make the filling:

Cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside.

Heat 1 tablespoon olive oil in a large, heavy skillet. Add the onion and cook over medium-low heat, stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes.

Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes or until the mixture is fairly dry.

Transfer the meat mixture to the mashed potatoes bowl and mix well to combine.

Put it together:

Break small portions of the dough, about 1 ½ tablespoons each one, and form each portion into a ball by rolling between the palms of your hands.

Place the dough balls between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in each center.

Then using the plastic underneath, fold the dough to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork.

Fill a large pot with vegetable oil and heat to 360° F over medium heat.

Carefully place 3 or 4 empanadas at a time in the heated oil and fry for about 2 minutes until golden on all sides.

Transfer the empanadas to a plate lined with paper towels using a slotted spoon. Serve with ají and lime on the side.

HISTORICAL NARRATIVE

I met Juan Lozano while serving in the Navy, and he introduced me to this recipe. I was fortunate to travel to Colombia and try Empanadas locally.

“It’s part of our culture, day-to-day life”- **What empanadas mean to Colombia**

“Flavor just blends in very well”- **Taste**

- Earliest Finding of Empanadas 100 BC in Persia
- “Empanada” comes from the word “empanar.” Empanar means “to bread.”

CRISPY TORTILLA SOUP BY

SAIGE ALLEN

SERVINGS 5 | PREP TIME 30MIN | TOTAL TIME
3HRS

• INGREDIENTS

- Whole rotisserie chicken
- Two 37oz chicken broth boxes
- 1 cup carrots
- 1 bag tortillas
- 2 cups cheese
- Cilantro to taste
- ½ cup celery
- Chicken boullion
- Taco seasoning
- Salt and pepper to taste
- Lime juice

HISTORICAL NARRATIVE

- I chose this recipe by my best friend, Kyanne, because I grew up eating her mothers Mexican food and fell in love with the flavors and the process.
- The fact that this recipe is only passed through the women of the family is tied to the historical gender differences in cooking in Mexico, especially in tortilla production.
- The way the tortilla is made today is almost exact to how the original Native Americans prepared it.

DIRECTIONS

- To prepare: shred whole chicken and debone
- Add chicken broth, shredded chicken, chopped carrots, and chopped celery into a large pot and bring to a boil
- Add bag of shredded cheese along with seasonings
- Let simmer for two hours
- In a separate pot, bring vegetable oil to a boil to prepare for crispy tortilla strips
- Cut bag of tortillas into half inch strips and fry until crisp
- Garnish with cilantro, add remaining cheese, top with tortilla crisps

EGUSI SOUP BY GRACE BYNUM

SERVINGS 8 | PREP TIME 10 | TOTAL TIME 1 HOUR

INGREDIENTS

- 4 cups diced small onions
- 2 tablespoons minced garlic
- 2 whole tomatoes, chopped
- 2 tablespoons minced ginger
- 1 teaspoon minced Scotch bonnet pepper
- 1 cup red palm oil
- 2 cups ground egusi seeds
- 1 teaspoon crayfish powder
- 3 Maggi cubes
- 1/4 teaspoon dried iru powder
- 2 quarts chicken stock
- 1 pound goat shoulder, cubed
- Kosher salt
- 2 tablespoons canola oil
- 2 cups pumpkin leaf or spinach, strained dry

HISTORICAL NARRATIVE

- This recipe was given to me by the person I interviewed. It is written by Kwame Onwuachi, a chef of Nigerian descent. I chose to continue using this recipe because it is apparent that it is authentic and meaningful to the culture.
- This dish is associated with communal gatherings and special celebrations. There are multiple variations to this recipe based on ingredient availability, but the cultural significance never wavers.
- Egusi soup is named after its primary ingredient, Egusi seeds. These are ground into a paste or powder to add to the flavor and thicken the soup.

DIRECTIONS

- In a large saucepan, over medium heat, sweat the onion, garlic, tomatoes, ginger, and Scotch bonnet pepper in the palm oil until vegetables are translucent, about 10 minutes. Add the egusi seeds and toast in oil for 10 minutes. Add crayfish powder, Maggi, iru, and chicken stock and simmer for 30 minutes.
- Meanwhile, in a separate pan, over high heat, season the goat meat with salt and sear in canola oil until browned on all sides, about 7 minutes. Add the goat meat to the egusi mixture and simmer together for about an hour, or until the meat is tender. Add the pumpkin leaves during the last 20 minutes of cooking. The sauce should be thick and most of the liquid should have simmered off.
- Season to taste with salt. Serve with fufu or pounded yam.

ELIZABETH'S PUMPKIN SEEDS

BY CAETANO GRIFFITHS

12 SERVINGS | PREP TIME 2 HOURS | TOTAL TIME 3

HOURS AND 30 MINUTES

• INGREDIENTS

- Pumpkin seeds generally around 100
- 4 tbsp / lowton salt
- 1/4 tsp / olive oil
- 3 c / Ingredient

HISTORICAL NARRATIVE

- It is my mom's authentic recipe and I wanted to eventually pass it down to my own kids
- it uses olive oil because Elizabeth thinks it is the most effective for roasting faster. It was also first done to create more food when she was in college

DIRECTIONS

Step 1: Gather the seeds

Use a large spoon to remove the inside pulp, stringy fibers, and raw seeds from the pumpkin. Depending on the size of your pumpkin, the more or less yield you will have.

STEP 2: Wash and Dry Seeds

With paper towels, strain seeds, wash, and remove any pulp. Make sure to dry the seeds as much as possible. This will help to crisp up the seeds during roasting.

STEP 3: Season the Seeds on a baking sheet

Toss the seeds in a bowl with Lowrey season salt and mix with a small amount of olive oil. Make sure to separate and spread the seeds evenly on a cookie sheet for even roasting.

STEP 4: Roast the Seeds

The seasoned pumpkin seeds get roasted at a moderate heat of 325°F (177°C) and toss every 15 minutes to encourage even browning for about 1 hour. When the seeds are a golden-brown color, they are ready!

GUACAMOLE BY BEREN ROMO

SERVINGS: 4 | PREP TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES

INGREDIENTS

- 4 ripe avocados
- 1 small red onion, finely diced
- 2 tomatoes, diced
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced
- 2 cloves garlic, minced
- Juice of 2 limes
- Salt to taste

DIRECTIONS

1. Cut the avocados in half, remove the pit, and scoop the flesh into a mixing bowl.
2. Mash the avocados with a fork until smooth but still chunky.
3. Add the diced red onion, tomatoes, cilantro, jalapeño, and minced garlic to the bowl.
4. Squeeze in the lime juice and sprinkle with salt.
5. Gently fold all the ingredients together until well combined.
6. Taste and adjust the salt as needed.
7. Serve immediately with tortilla chips or as a topping for tacos

HISTORICAL NARRATIVE

Dylan Romo, a Mexican-American culinary enthusiast, inherited his love for cooking from his grandmother. Growing up in a household that celebrated both Mexican and American cultures, Dylan developed a deep appreciation for the rich flavors and traditions of Mexican cuisine. His grandmother, a culinary matriarch, passed down cherished recipes, including this guacamole, which holds a special place in Dylan's heart. As a second-generation Mexican-American, he takes pride in preserving and sharing the culinary heritage that connects him to his roots. Guacamole, a symbol of freshness and vibrancy in Mexican cooking, serves as a delicious testament to the fusion of Dylan's Mexican heritage and American upbringing.

Guacamole traces its roots back to the Aztecs, who created a similar dish called "ahuacamolli," made with mashed avocados, tomatoes, and chili peppers. The Aztecs considered avocados to be a symbol of love and fertility.

HAM SPREAD BY CYDNEY HERNANDEZ

10 SERVINGS | 7 MIN PREP TIME | 8 MIN TOTAL TIME

INGREDIENTS

- Salt and pepper
- 2 bell peppers
- 1 onion
- Mayo to taste and consistency
- Diced ham

DIRECTIONS

- This whole recipe is about chopping and how much or how less you want of each ingredient.
- Chop your ham into little tiny piece's. After that, put that into a mixing bowl. Mince your bell peppers and onion. Throw that in as well. Add as much mayo as you want. Top it off with salt and pepper and voila! Simple yet delicious! Serve with crackers or make a sandwich.

HISTORICAL NARRATIVE

- I chose this recipe because it reminds me of my grandmother. My mom makes it all the time because I know she knows that it reminds of us of her mom and how much joy it brings us. We still talk about how she used to make it for us after school and bring up all of these memories which I know my mom enjoys.
- People back in the 1960's used to make this all of the time.
- It is so simple, yet people make a ton of variations of it just how their family used to make it.

JALAPEÑO POPPERS

BY MICHELLE BORSCH

3-4 SERVINGS | 15-25 TOTAL TIME

INGREDIENTS

- 6-8 large jalapeños
- 8 oz. softened cream cheese
- 1 cup shredded monterey jack cheese
- 1-2 TBS garlic powder (to preference)
- Chopped green onion (optional)

DIRECTIONS

1. Gather all ingredients and wash all produce.
2. Finely dice 2-3 green onions (~1/3 c.)
3. Slice jalapeños length wise and using a spoon, scoop out and discard all seeds and ribs from the inside of the peppers.
4. In a bowl, add the softened cream cheese, garlic powder, green onions, and 3/4 c. of the shredded cheese (the remaining 1/4 c. is for topping peppers later).
5. Mix and fold the cheese mixture until incorporated.
6. Using a spoon, fill each jalapeño half with the cheese mixture and sprinkle the leftover cheese on top of the peppers.
7. Once all are filled and topped, bake in an air fryer on 400° for 10 minutes OR in the oven on 400° for 15-17 minutes until cheese is toasted and bubbly looking.
8. Remove from oven and let cool for 4-5 min before eating. Enjoy!

HISTORICAL NARRATIVE

- This is a snack my husband and I make often. John got this recipe from his mom, Sungvol. When she first moved to Texas in the late 1980s from Thailand, jalapeños poppers were a popular Tex-Mex snack and restaurant food. She would make this dish often for John and his brothers growing up.
- Fun fact: It is generally thought that jalapeños poppers are inspired by chile rellenos (means 'stuffed peppers'), which is typically a battered and cheese stuffed poblano pepper dish.

KROKET KENTANG BY MICHELLE HIE

15 SERVINGS | PREP 45 MIN | 1 HR 30 MIN

INGREDIENTS (DOUGH)

- 500 g / potato (boiled and mashed)
- 2 tbsp / milk powder
- 1 tsp / salt
- ½ tsp / ground white pepper

INGREDIENTS (FILLING)

- 2 tbsp / unsalted butter
- 250 g / ground beef
- 100 g / diced carrots
- 1 stalk / finely chopped green onion
- 3 cloves / garlic (grated or minced)
- 2 tbsp / all purpose flour
- 1 tbsp / chopped celery
- 1 tsp / salt
- ½ tsp / ground white pepper
- ¼ tsp / nutmeg powder

INGREDIENTS (FRYING)

- 6 tbsp / water
- 3 tbsp / all purpose flour
- 2 cups / breadcrumbs

HISTORICAL NARRATIVE

- I chose this because it is a common snack in my culture (Indonesian)
- Derived from Dutch cuisine

DIRECTIONS

- Melt butter in a pan, then add garlic and sauté until soft
- Add ground beef and cook until color changes
- Add carrots and seasoning, cook carrots until soft
- Add green onions, celery, and flour; then stir the mixture
- Cut potatoes into small cubes, steam until they can be mashed easily (~15-20 min)
- Mash potatoes until smooth
- Add milk powder, pepper, and salt; stir to combine until dough forms
- If dough is too soft, add a little bit of all purpose flour
- Lightly oil your palms, portion potato dough into 35-40 g dough balls
- Flatten the dough a little to form a circle
- Put ~ 1/2 tbsp of filling in the middle then gather the 2 sides to enclose, form into a round shape
- Mix all purpose flour with water
- Dip kroket into the flour slurry then coat with breadcrumbs
- Repeat with rest, then put in freezer for 1 hour
- Fry kroket with cooking oil, medium heat

MUHAMMARA

BY NATHALIE ROSS

SERVINGS 8-10 | PREP TIME: 30 | TOTAL TIME: 1 HOUR

INGREDIENTS

- 4 lg red bell peppers
- 1c finely chopped walnuts
- 4 cloves garlic
- salt
- juice of 1/2-1 lemon
- 1T extra virgin olive oil
- pinch of chili pepper

DIRECTIONS

- Preheat the broiler or bake at 500F.
- Roast peppers until skin blackens and blisters under the broiler.
- Then skin them and remove the seeds.
- Blend the peppers in a food processor until it forms a paste and add in the rest of the ingredients.
- Blend briefly, enough to mix well
- Serve warm or chilled, best with pita
- Can be made the day before and keeps well for 1 week or so in the refrigerator

HISTORICAL NARRATIVE

- **My parents were born and raised in Cairo and we always cooked Middle Eastern food in our house. Muhammara is an easy dip and we always had it on hand. It makes me think of entertaining and having guests, but not being fussy. This is a simple dish, but it's so tasty and versatile.**

OYSTER SEAWEED SOUP: MY MOM'S

BIRTHDAY SEAWEED SOUP

(BOILING DEL)

BY JOHN LEE

SERVINGS | 6 PEOPLE PREP TIME | > 40 MINUTES

INGREDIENTS

- 70 g / Seaweed
- 10 c / Kelp broth
- 1 tsp / Sesame oil
- 1 tsp / Brown rice oil
- 2 tsp / Korean style soy sauce
- 300 g / Oyster
- 2-3 tsp / Snow crab and white soy sauce
- 1 tsp / minced garlic
- Salt

HISTORICAL NARRATIVE

- I could not find anything on the recipe author aside from their name 재미마미, but I can infer from the recipe title that this seaweed soup was made by their mother who they loved and admired to share this recipe. I chose this recipe because this is the one my mother shared with me and is the exact one she cooks most of the time when she is not busy and has all the ingredients. I am a picky eater, and I didn't like oysters, but my mom made me appreciate the taste due to this soup.

- 1) Seaweed soup, or miyeok-guk as it is pronounced in Korean, is traditionally served to women who had just given birth as seaweed was seen as healthy and would boost the quality of the breast milk. Additionally, it was easy to eat for women who had gone through labor.
- 2) Seaweed soup is traditionally eaten at birthdays to promote health and ensure a year of extra health and goodwill for the birthday person.

DIRECTIONS

(make sure you wash your hands before prep. and the kitchen tools used are clean)

1. Get a clean pot and put the kelp in it. Soak the kelp in room-temperature water.
2. Wash and dry the seaweed in separate pot. Rinse and drain the seaweed then squeeze out excess water. Use a drainer basket to help with the draining. Remove the seaweed to cut into pieces with scissors, preferably on cutting board. Transfer seaweed back to pot and add water until it covers seaweed. Cover and boil for about 10 minutes
3. Wash the oysters with salt, rinse them, and sieve them (put the oysters through a sieve tool or sifter to separate solids from liquids).
4. Add 1 tsp of sesame oil and brown rice oil to seaweed and stir-fry it with minced garlic
5. Add soy sauce and continue to stir-fry
6. Slowly add seaweed into kelp broth and pour seaweed water or kelp water when soup boils. Let soup simmer.
7. Add oysters and continue to let simmer for at least 30 minutes.
8. When boiling, turn down temperature. Then add soy sauce to season.
9. Get bowl(s) and pour soup into bowl(s). Serve while hot.

PUPUSAS BY MARIO JIMENEZ

INGREDIENTS

Ingredients for Pupusa Dough (Masa):

- 2 cups masa harina (corn flour)
- 1 1/2 to 2 cups warm water
- 1/2 teaspoon salt

Ingredients for Pupusa Fillings:

- Queso (Cheese) Filling:
 - 2 cups grated quesillo or a mix of mozzarella and a mild white cheese
- Frijoles (Refried Beans) Filling:
 - 2 cups cooked and refried beans (black or red)
 - 1/2 cup grated cheese (optional)
- Chicharrón (Pork) Filling:
 - 2 cups cooked and finely minced pork
 - 1/2 cup finely chopped onion
 - 1/4 cup finely chopped bell pepper
 - 1/4 cup tomato sauce
 - 1/2 teaspoon dried oregano
- Salt and pepper to taste

**Optional Sides and Toppings:

- Curtido (fermented cabbage slaw):
 - 2 cups shredded cabbage
 - 1 cup shredded carrots
 - 1/2 cup finely chopped onion
 - 1/2 cup apple cider vinegar
 - 1/4 cup water
 - 1/2 teaspoon dried oregano
 - Salt and pepper to taste
- Salsa Roja (Red Sauce):
 - 2 cups diced tomatoes
 - 1/2 cup chopped onion
 - 1/4 cup chopped cilantro
 - 1-2 jalapeños, chopped (adjust to taste)
 - 1-2 cloves garlic, minced
 - Salt and pepper to taste

HISTORICAL NARRATIVE

I opted for this recipe as part of my culinary exploration, given my background predominantly rooted in Mexican dishes like tamales and pozole. When I entered my wife's Salvadoran family, there was a natural hesitation to embrace their unique culinary traditions. The journey with pupusas traces back to my childhood when my grandmother would take me to Martha's house in East Dallas. Martha, the talented pupusa maker, had been perfecting her craft since middle school. Encouraged by my grandmother, Martha turned her exceptional skills into a small business, attracting a steady stream of customers. Unfortunately, the success led to challenges, with neighbors complaining and health inspectors imposing fines, ultimately forcing Martha to close her home-based enterprise. The connection to pupusas, fostered by my grandmother's encouragement and the vivid memories of Martha's bustling pupusa business, motivated me to explore and select this recipe. It represents a meaningful link between the familiar Mexican culinary backdrop of my upbringing and the vibrant Salvadoran flavors that I've grown to appreciate over time.

DIRECTIONS:

For Pupusa Dough (Masa):

- In a large bowl, combine masa harina and salt.
- Gradually add warm water and mix until you have a soft, pliable dough.
- Knead the dough for a few minutes until smooth. If it's too dry, add a bit more water; if too wet, add a bit more masa harina.
- Divide the dough into golf ball-sized portions.

For Pupusa Fillings:

- For cheese filling, mix the grated cheese of your choice.
- For refried beans, mash the cooked beans and mix in the grated cheese if desired.
- For pork filling, sauté minced pork with onion, bell pepper, tomato sauce, oregano, salt, and pepper until cooked.

Assembly and Cooking:

- Take a ball of dough and flatten it into a disc.
- Add a spoonful of your chosen filling in the center.
- Fold the edges of the dough over the filling and seal it, forming a stuffed ball.
- Flatten the ball into a disc again, ensuring the filling is evenly distributed.
- Cook the pupusas on a hot griddle or skillet for 2-3 minutes per side or until golden brown.
- For Curtido:
 - Mix shredded cabbage, carrots, onion, vinegar, water, oregano, salt, and pepper in a bowl. Let it sit for at least 30 minutes before serving.

For Salsa Roja:

- Combine diced tomatoes, chopped onion, cilantro, jalapeños, garlic, salt, and pepper. Let it chill in the refrigerator for flavors to meld.
- Serve pupusas warm with curtido and salsa roja on the side. Enjoy your Salvadoran pupusas!

TEXAS CAVIAR BY RACHEL NUNNENKAMP

6 SERVINGS | 30 MINUTES | 2.5 HOURS

INGREDIENTS

- 2 tbs/ Cumin
- 2 tbs / ground pepper
- 2 cloves / minced garlic
- ½ c / lime juice
- 1 c / chopped white onion
- 1 can/ Rotel mild (drained)
- ½ cup/ Cilantro
- 1 c/ Green onion
- 1 bell pepper
- 2 cans/ black eye peas (drained)
- 2 cans of hominy (drained)

HISTORICAL NARRATIVE

- I chose this recipe because it is something I use to make with my grandmother before she passed. I love making this dish because it makes me think of her and all the fun memories we have cooking it together.
- This recipe has been created in Texas since the 1950s and this dish was actually created by a new York chef who eventually moved to Texas and became the culinary director for Neiman Marcus

DIRECTIONS

- Make sure to chop up and blend all ingredients into a big bowl
- Once ingredients are all chopped up and ready to go blend the ingredients into a big bowl.
- Mix all the ingredients together.
- Chill in the fridge for at least 2 hours or over night
- Pull bowl out and begin to serve it.

SIDES



AUTHENTIC MEXICAN

RICE BY GILBERT GILLAND

SERVES 8 PEOPLE | PREP TIME 10

MINUTES | 35 MINUTES TOTAL COOK TIME

• INGREDIENTS

- 1 Cup Uncooked White Rice
- 2 cups Water or Chicken Broth
- 8 oz Tomato sauce
- 2 Tbsp Vegetable oil
- ½ Onion & ½ Green Bell Pepper
- 1 Tbsp Black Peppercorn & 1 Tbsp Salt
- 1 Tbsp Whole Cummin & 3 Cloves Garlic

HISTORICAL NARRATIVE

- This recipe was passed down to me from my Mother, who in turn learned it from my Grandmother and Great Aunt, this style of rice has been a staple on my Mom's side of the family for over 6 generations.
- Mexican Rice – "Arroz Rojo" Rice is not native to Mexico and was brought over in the 1500s when Spain started their invasion. Spain was introduced to rice by the Moors during the Holy Crusades when the Moorish people occupied Spain. As the Spaniards continued their conquest around the world, they visited Asia, and from there they traveled to the Americas and brought back wheat and rice to Mexico.

DIRECTIONS

- First start by gathering all your ingredients – You will need a 12" stainless steel sauté pan with a lid and a 2-cup measuring vessel and a Molcajete for grinding your spices.
- Add peppercorn, salt, cummin and garlic to Molcajete to begin grinding process. Once spices and garlic are fully macerated and blended together, add in ½ can of tomato sauce to spices and blend thoroughly, then put this aside for later use.
- Next, begin by slicing your ½ onion and ½ bell pepper into long slices, while your sauté pan is beginning to heat up on Medium High heat.
- Once your pan is hot, add the onion and bell pepper to begin browning with your 2 Tbsps. of oil.
- After the onion and bell pepper have cooked a bit add in 1 cup of uncooked white rice, brown rice thoroughly till it almost seems burned.
- Next, add in spice and tomato sauce mixture from the Molcajete to the browned rice and bell pepper and onion, then stir together. Be sure to rinse the molcajete with a bit of water to get any remaining spices or sauce out and add to sauté pan.
- Finally add the water or chicken broth into the sauté pan with all the other ingredients and stir thoroughly. Bring back up to a full rolling boil, then cover and reduce heat to simmer for a total of 25 minutes. No further stirring or mixing.
- After 25 minutes, turn the heat off and uncover, next fluff the rice in pan and scrap the bottom for any rice that is sticking. Let cool and then serve slightly warm

BUFFALO CAULIFLOWER

BAKED MAC & CHEESE BY

ALYSE HOLMAN

8-10 SERVINGS | PREP: 40 MIN | TOTAL TIME:

1 HR 35 MIN

INGREDIENTS

- 7 tbsp/ Unsalted Butter
- 4 c / Cauliflower*
- 1 lbs./ elbow macaroni
- 2 stalks/ celery
- 1 / small onion
- 2 / minced cloves of garlic
- $\frac{3}{4}$ c / Franks Red Hots
- 2 tbsp / all-purpose flour
- 2 tsp / dry mustard
- 2 $\frac{1}{2}$ c / half & half
- $\frac{2}{3}$ c / sour cream
- 3 $\frac{1}{2}$ c / yellow cheddar
- 2 c / pepper jack

• *can substitute for a rotisserie chicken

HISTORICAL NARRATIVE

- Dish was found by my Dad, Bruce Holman, off of the Food Network channel. He is the primary cook in my house & loves cooking this dish for special occasions
- The first recorded written recipe of mac and cheese is found in a 13th century cookbook titled, "Liber de Cocina."
- Franks Red Hots was invented in 1918 in Louisiana

DIRECTIONS

- Preheat the oven to 350 degrees F and grease a 13 by 9 pan
- Bring a large pot of salted water to boil and submerge the cauliflower for five minutes or until tender. Once it is tender remove it from the pot and submerge the cauliflower in an ice bath to cool it.* Let the pot of water return to boiling and then cook the elbow noodles for seven minutes or until al dente. Drain the pasta and set it aside to cool. blanching cauliflower at this time you may shred 4 c of chicken
- Melt 3 tbsp of butter in a skillet. Add the celery and onion and cook until soft. Stir in the cauliflower*and garlic and cook it for 2 minutes. Then add $\frac{1}{2}$ of Franks Red Hots and allow for it to thicken in the pan
- Melt 2 tbs of butter in a saucepan. Whisk in flour and mustard until smooth. Whisk in half & half and the remaining hot sauce, allow for it to thicken. Whisk the cheddar and pepper jack in until smooth, and then whisk in the sour cream
- Spread $\frac{1}{2}$ of the macaroni on the bottom of the prepared dish, pour $\frac{1}{2}$ of the cheese sauce. Finish with the rest of the pasta, cheese, and the cauliflower mixture* Cook for 30 to 40 min or until the cheese is bubbly
- * if you wish to use a rotisserie chicken instead of cauliflower omit all cooking steps involving cauliflower. Shred 4 c of chicken and when placing the meal in the dish layer in the chicken with the cheese sauce

CORNBREAD DRESSING

BY MINDY BUCHANAN

SERVINGS 20-25 | PREP TIME 3 HRS. |

TOTAL TIME 4 HRS.

INGREDIENTS

Make 3 recipes of following
cornbread:

- 1 1/2 c. cornmeal
- 1/2 c. flour
- 1/2 tsp. salt
- 1/4 tsp. baking soda
- 2 tsp. baking powder
- 2 eggs
- 1 1/2 c. buttermilk
- 1 Tbs. bacon grease or vegetable oil

For Dressing:

- 2-3 recipes of cornbread
- 15 slices white bread
- 2 c. diced celery
- 1 1/2 c. diced onion
- 2 quarts chicken broth
- Juice of roasted turkey
- 6 eggs, slightly beaten
- 3 tsp sage
- salt and pepper to taste

HISTORICAL NARRATIVE

- This recipe has been passed down through my family as far back as my great-grandmother (late 1800s) and is served every Thanksgiving and Christmas, and the most important part of the recipe is the homemade buttermilk cornbread.
- Cornbread dressing was based on an African recipe called "kush" which was a cornbread scramble made by enslaved people.
- It is important to start with stale cornbread and white bread so the dressing is not too soggy. This dish was originally made with leftovers of what people had on hand - a "struggle food", and now it is representative of a traditional Thanksgiving meal.

DIRECTIONS

If possible, the day before, make 3 recipes of the cornbread. Preheat oven to 425 degrees. Mix all ingredients of the cornbread in a bowl. In a cast iron skillet, heat a Tbs. of preferably bacon grease (or vegetable oil) until sizzling. Pour cornbread mixture into the skillet and transfer to preheated oven. Bake for 25-30 minutes or until golden. Remove from skillet and allow to cool. Cover with a tea towel and let set out overnight.

Also, the night before lay out 15 pieces of white bread to dry out (if you are not able to set out the day before, slightly toast the bread the day of).

To make the dressing (preheat oven to 425 degrees):

Boil the celery in a small pot of water barely covering the celery. Do the same with the onion in another small pot. Cook both until tender. Do not drain.

If a turkey was roasted, reserve the juices and pour into a large, greased pan. Crumble 2 1/2 of the cornbread into the pan. Cut the stale bread into small cubes and add to the pan. Pour the celery and onion along with whatever water is remaining into the pan with the breads. Add the chicken broth a cup at a time until it is very moist. Add the beaten eggs and mix well (you can even use your hands to break up the cornbread even more). Feel free to add more cornbread to the mixture, if you think it is needed. We usually just use 2 1/2.

Add the sage and salt & pepper to taste. Add more chicken broth as needed. You will want it to pool up around the edges so the dressing will not be dry.

Bake at 425 for 20 minutes, then turn oven down to 375. Take out when the dressing is golden and turning brown at edges, around another 20-30 minutes.

ELOTES-PAN DULCES BY

HAILEY PAYNE

12 PAN DULCE | 45MINS PREP; 2HR15MIN

REST | 3HR20MIN

INGREDIENTS FOR BREAD

- ½ c / hot water
- 1 tsp / active dry yeast
- 1tsp & 1/3 c / sugar, reserve the 1/3 cup
- 1/3 c / sugar reserved
- 3 c / flour, sifted
- 1 tsp / cinnamon
- ½ tsp / crushed anise seeds
- ½ tsp / salt
- 2 large eggs
- ½ c / unsalted butter

INGREDIENTS FOR FILLING

- 1 c / flour
- 1 c / powdered sugar
- ½ c / unsalted butter, room temp
- 1 large egg yolk
- ½ tsp / cinnamon
- Zest of 1 orange
- 1 tsp / yellow food coloring gel

INGREDIENTS FOR TOPPING

- ¼ c / milk
- 1/3 c / cinnamon/sugar mix

HISTORICAL NARRATIVE

- The author of this recipe, Sonia Mendez Garcia, is the daughter of Mexican immigrant who owned a Taqueria in Houston, Texas.
- This, along with other pan dulces, are traditionally used to welcome visitors.
- The dish has a variety of possible fillings as each bakery tends to have different preferences depending on location and customers

DIRECTIONS FOR FILLING

- Prepare the filling by mixing all the ingredients together. If the mixture is too sticky, sprinkle in a little more flour until it is a workable paste that doesn't stick to your hands.
- Make 12 small balls and roll them between the palms of your hands to form a skinny cigar shape about 2 inches long. Transfer to a plate and cover.

DIRECTIONS FOR BREAD

- In a cup mix the hot water with 1 tsp active dry yeast and 1 tsp sugar. Let stand for 10-15 minutes.
- In a stand mixer add the flour, cinnamon, anise, reserved sugar, and salt. Whisk to combine.
- Pour in the water/yeast mixture and 2 eggs. With paddle attachment mix at med. Speed for 5 minutes, scraping the sides from time to time
- Again, at medium speed, mix for 5 more minutes. Add the room temp butter then mix for another 5.
- Switch to the hook attachment and knead for 5-7 minutes adding just enough flour to bring the dough together, it's ready when it pulls away from the sides of the bowl.
- Transfer dough to a greased bowl and let it proof for 90 minutes in a warm draft free area.
- After 90 minutes transfer dough to lightly floured surface and divide into 12 equal dough balls. Keep covered.
- Press or roll balls out about 4 ½ inches
- Using a knife or metal spatula, score straight lines across the flattened dough. Turn it and score it again so it crosses the other lines.
- Carefully flip and add filling down the center, fold in sides, press to seal. Pinch the ends together to shape like an ear of corn. Place seam side down on a parchment lined baking sheet and let proof for 45 min.
- Brush with milk and sprinkle with cinnamon sugar mix. Bake at 375 degrees F for 15-20 minutes, turning the pan halfway through the baketime. Bake until golden.

ESPAGUETI VERDE BY JANINE MOLINA

SERVINGS 8 | PREP TIME 25 MINS | TOTAL TIME 45 MINS

INGREDIENTS

- One lb of spaghetti pasta
- Two cans of evaporated milk (can also use cream cheese)
- One- two parsley cloves
- Chicken bouillon (three cubes/ tablespoons)
- Garlic powder
- Salt
- Pepper
- Four poblano peppers
- Half a cup of crema
- Two tablespoons butter
- One small onion chopped
- Queso fresco (optional topping)

HISTORICAL NARRATIVE

- The author of my recipe shared with me that he is the oldest of nine kids and learned many recipes to help his parents cook for the family when help was needed. I chose this specific recipe because the author made it for me for the first time 4 years ago and it has been my favorite recipe from them to this day!
- The poblano pepper (main staple of the recipe) originated from Puebla, Mexico and the residents of Puebla are called “poblanos”.

DIRECTIONS

1. Cook the spaghetti according to the package instructions and drain, reserving some of the pasta water for later. Toss noodles with butter so they don't stick together.
2. While the spaghetti is cooking, roast the poblanos.
3. Place the peppers in a blender along with the, parsley cloves, onion, crema, evaporated milk or cream cheese, garlic powder, chicken bouillon and ½ cup of milk or reserved pasta water. Blend until smooth and creamy.
4. Pour into large pot over medium-low heat and season to taste with salt and pepper. Bring to a simmer, then add spaghetti and stir to coat. Add additional milk or pasta water if it gets too thick. Serve with queso fresco, if desired.

FLOUR TORTILLAS BY

JENNEVIEVE KAUFMAN

6 SERVINGS | PREP TIME: 5MIN | TOTAL TIME: 10MIN

INGREDIENTS

- 4 c / All- Purpose Flour
- 1/2 tsp / Salt
- 1 tsp / Salt
- 3 tbsp / Lard
- 1/2 c / Room temperature Water

DIRECTIONS

- Mix the flour, lard and salt together in a bowl.
- Then slowly mix in the water by hand, until a shaggy dough forms.
- Then knead the dough into 6 medium-sized balls. The dough should be sticky, add more flour, using a tortilla press flatten the dough.
- Then using butter in a cast-iron skillet toast the tortillas until it puffs up and brown spots are seen on the tortilla. About 2-3 minutes.

HISTORICAL NARRATIVE

The author of the recipe made this recipe daily while raising 5 kids.

- Flour tortillas were most likely invented by Mayans in the 1500s during the Spanish Conquest.
- Flour tortillas were made out of necessity since Spanish people didn't eat corn because it was seen as junk food for animals.

FRIJOLE CHARROS BY AVERY SPEARS

MAKES 6 CUPS | PREP TIME: 10 MIN | TOTAL TIME: 20 MIN

INGREDIENTS

- 1 teaspoon lard or vegetable oil
- 4 slices bacon, minced
- ½ onion, chopped
- 2 fresh jalapeño or serrano chiles, stemmed and chopped
- 2 garlic cloves, minced
- 6 cups Frijoles and bean broth
- 1 tablespoon salt, or to taste
- ½ teaspoon ground cumin
- Chopped fresh cilantro

DIRECTIONS

- Heat the oil and fry the bacon and onion together in a skillet over high heat until the onion is golden.
- Add the chiles and garlic and continue cooking for a minute more, until the chiles are softened.
- Stir the cooked mixture into a soup pot or crockpot containing the frijoles. (Include bacon grease, if desired.)
- Add the salt and cumin and simmer for 10 minutes or more to combine the flavors.
- Serve in a bowl, garnished with cilantro

FUNERAL POTATOES

BY AVA KINGHORN

SERVINGS | PREP TIME | TOTAL TIME

12 | 10 MINS | 50 MINS

INGREDIENTS

- 1 bag frozen shredded hashbrown
- 2 cans cream of mushroom soup
- 2 cups shredded cheddar cheese
- ½ cup sour cream
- 1 white onion, shredded
- Salt and pepper to taste
- Cornflakes
- Melted butter



DIRECTIONS

- Allow frozen potatoes to thaw slightly in fridge.
- Preheat oven to 350 degrees F.
- Combine cream of mushroom soup, cheese, sour cream, salt, and pepper in a large bowl. Mix in thawed hashbrowns and onions until well combined.
- Spoon mixture into 9 x 13" casserole dish.
- Bake for 35 minutes
- While the potatoes are cooking, place cornflakes into a plastic bag and lightly crush.
- Take casserole out of the oven and sprinkle cornflakes on top of the dish. Drizzle melted butter and a handful of extra cheese over the top.
- Place back in oven for 5 minutes or until toasted.

HISTORICAL NARRATIVE

My mom grew up in the Mormon church and ate this dish at church potlucks, post-funeral luncheons, and other get-togethers.

GERMAN COLESLAW BY MEGAN GARDNER

10-15 SERVINGS | 20 MINUTES PREP TIME | TOTAL TIME
4 HOURS

•INGREDIENTS

- 1 and 1/2 pound of shredded cabbage
- 1 teaspoon of salt
- 1/3 cup of cider vinegar
- 1 cup of whipping cream (do not whip)

HISTORICAL NARRATIVE

- This recipe was passed down from my great grandfather, who sailed to America from Germany, where he settled in Pilot Grove, Missouri. I chose this dish because it is apart of my families culture, and I eat this multiple times a year. Everyone, including myself has fond memories surrounding this dish.
- This recipe has officially been passed down to every living family member on my great grandfathers side of the family; his children, grandchildren, and their children, including all my cousins and siblings.
- Coleslaw was originally brought to America by the Dutch and was called “koosla” which translates to cabbage salad.

DIRECTIONS

- First, Prep by shredding your cabbage and measuring your other ingredients..
- Then, place shredded cabbage in a covered dish by itself, then in the fridge for 3 to 4 hours.
- After that time has passed take out your cabbage and add the salt, vinegar, and whipping cream. Then, stir till combined.
- Lastly, place back in fridge till it is time to serve.

GRANDMA'S HOLIDAY ROLLS BY: HANNAH RAINEY

SERVINGS: 5 PREPPING TIME: 15 MIN COOKING TIME: 2 HOURS

INGREDIENTS

- 1/2 cup of warm Water
- Yeast
- Spoonful of sugar
- 4 or 5 cups Flour
- 1 t. of Salt
- 1 t. of sugar
- 1/2 cup of Crisco

DIRECTIONS

1. Preheat the oven to 350 degrees F. Put together warm water, yeast, a little sugar separately in different bowls and set aside in a warm place.
2. Mix flour, salt, and sugar. Then mix yeast, water, with flour mixture and Crisco.
 - 1.Knead dough till it is stiff into a greased bowl. Cover it and let it rise. Then knead the dough down. repeat process. Keep doing this for awhile until stiff.
 - 2.Make into balls of dough and put on a pan. Cover them with clear plastic wrap and let them rise again.
 - 3.When they are risen, finish put them in the oven. Cook for about 10 min and keep checking on them until brown at the

HISTORICAL NARRATIVE

- This recipe has been passed down from my great grandma to my mom. Sadly, we have never been able to replicate the recipe to what she had, but my mom and my uncle have tried to recreate the best they could. We do not have the exact measurements because she used fists and pinchfuls of ingredients. My uncle did the best he could writing the recipe. The reason my mom chose this recipe because it reminded her of so many memories at thanksgiving.
- Dinner rolls were invented in 1870s.
- They were also well known to be the invention of Parker house hotel, now known as Omni.

GREEN BEAN CASSEROLE

BY SOPHIA BENNETT

SERVINGS: 6-8 | PREP TIME: 30 MIN | TOTAL TIME: 1 HR

• INGREDIENTS

- 4 cups fresh green beans, trimmed and cut into bite-sized pieces (or frozen)
- 1 can (10.5 oz) cream of mushroom soup
- 1/2 cup milk (or half and half for a richer flavor)
- 1 teaspoon soy sauce
- 1/4 teaspoon black pepper and salt
- 1 1/2 cups crispy fried onions (you can buy pre-made or make your own)

HISTORICAL NARRATIVE

- Originally named "Green Bean Bake," the recipe was developed in 1955 as an everyday side dish by Dorcas Reilly at the Campbell Soup Company.
- The dish gained popularity as a Thanksgiving favourite in the 1960s when Campbell's featured the recipe on their Cream of Mushroom soup can labels.
- This was the first American dish that my partner ever made me for me, thus I chose it due to its sentimentality to me.

DIRECTIONS

1. Preheat your oven to 350°F (175°C).
2. Boil or steam 4 cups of fresh green beans until just tender.
3. In a bowl, mix 1 can (10.5 oz) cream of mushroom soup, 1/2 cup milk, 1 teaspoon soy sauce, 1/2 cup of the crispy fried onions, and 1/4 teaspoon black pepper and salt.
4. Combine and mix the cooked green beans with the mushroom soup mixture in a baking dish.
5. Top with remaining 1 cup crispy fried onions.
6. Bake in the preheated oven for about 25 minutes or until the casserole is hot and bubbly.
7. Remove from the oven, let it cool for a few minutes, and serve.

HEISS KARTOFFLE SALAT BY JACKSON KEEFE

4 SERVINGS | 15 MIN PREP TIME | 40 MIN TOTAL TIME

INGREDIENTS

- 3 cups diced peeled potatoes
- 4 slices bacon
- 1 small onion, diced
- ¼ cup white vinegar
- 2 tablespoons water
- 1 ½ tablespoons white sugar, or more to taste
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon chopped fresh parsley

HISTORICAL NARRATIVE

I chose this recipe because a friend of mine who considers themselves to be quite the foodie grew up eating this and continues to claim that it is one of the best dishes they have ever had when prepared right.

This recipe in many ways personifies the versatility of German culinary culture, especially considering how the dish was cultivated shortly after potatoes became a food staple in Germany due to economic hardship.

One of my favorite things about this dish is how it is served hot versus it's mayonnaise-based counterpart, so when you go to the cookout you don't have to worry about leaving it out in the sun or moving it from cooler to cooler in order to maintain it's edibility.

DIRECTIONS

1: Place potatoes in a large pot and add water to cover by at least 1 to 2 inches; bring to a boil. Cook until potatoes are easily pierced with a fork, about 10 minutes. Drain, and set aside to cool.

2: While the potatoes are cooking, place bacon in a large, deep skillet over medium-high heat. Fry until browned and crisp, 10 to 12 minutes, turning as needed. Transfer bacon to a paper towel-lined plate and crumble when cool enough to handle. Leave bacon grease in the skillet.

3. Cook onion in the bacon grease over medium heat until browned, 6 to 8 minutes. Add vinegar, sugar, water, salt, and pepper to the pan and bring to a boil.

4. Once boiling, add potatoes, and 1/2 of the crumbled bacon. Cook until heated through, 3 to 4 minutes.

5. Transfer warm potato salad to a serving dish and sprinkle remaining bacon over top. Garnish with parsley. Serve immediately.

MAKARONI/PERSIAN SPAGHETTI WITH POTATO BY MAYA BECK

SERVINGS 4 TO 6 | PREP TIME 10/15 MIN | TOTAL TIME 1&1/2 HOUR

INGREDIENTS

- $\frac{3}{4}$ tablespoon salt (more if needed)
- 2 medium potatoes
- $\frac{1}{2}$ cup olive oil
- 1 tablespoon of ground turmeric
- 1 yellow onion, sliced
- 8 garlic cloves
- $\frac{3}{4}$ pound of ground beef (or turkey, if you prefer)
- 1 pound of pasta
- 4 ounces of fresh parsley
- Yogurt (preferably Greek)
- Pepper
- 1 tablespoon ground cinnamon
- 1 tablespoon for ground cumin
- 1 tablespoon ground cinnamon
- 1 tablespoon ground cumin
- 2 tablespoons sugar
- 1 cup tomato paste

HISTORICAL NARRATIVE

- The author Nasim Alikhani got this recipe from her cousin Amir when he immigrated from Iran to New York in the 90s.
- My friend Farrah says this is the “best way to make spaghetti and this writer thinks she’s right.

DIRECTIONS

- Fry onions and garlic until lightly cooked, set aside.
- Prepare potatoes, combine $\frac{3}{4}$ tablespoon salt and 3 cups water. Boil. Peel potatoes. Cut potatoes into slices.
- Prepare sauce. Put beef and olive oil onto pan and stir over medium heat until there’s no pink left. Add spices (turmeric, pepper, salt, cinnamon, cumin), sugar, onions and garlic. Add 3 teaspoons of tomato paste and stir for a couple minutes. Stir. Put on low heat for about 15 minutes. Add lemon juice if you prefer.
- Boil pasta with salted water. Cook al dente. Drain.
- Arrange potatoes with butter or olive oil in bottom of pot. Put noodles and sauce over it, then cover it on low heat for about an hour.
- serve

NOODLE KUGEL BY LAURYN WALTERS

SERVINGS | PREP TIME | TOTAL TIME

5-6 | 20 MINUTES | 1 HOUR AND 45 MIN

INGREDIENTS

- 1 lbs./ Extra Wide Noodles
- 6 Eggs Beaten
- 1 8oz package of low-fat cream cheese
- 1 ½ lbs./ low-fat cottage cheese
- 1 16oz jar applesauce
- 2 C/ Raisins
- 1 C./ Sugar
- 3 TBS/ Butter, melted
- Nutmeg and Cinnamon to taste



HISTORICAL NARRATIVE

- My best friend Jessica shared this beloved Jewish dish from her family that has been passed down from generations. She says it is the one dish people race for and it brings everyone together.
- Kugel first started out as a savory dish, but is now made it different ways. The three main ingredients of Kugel are eggs, a starch, and a fat.
- Noodle kugel is also called noodle pudding.

DIRECTIONS

- Preheat oven to 350 degrees
- Cook noodles according to instructions on the box and strain
- In a large bowl, mix cooked noodles, with beaten eggs, cream cheese, cottage cheese, apple sauce, raisins, sugar and spices.
- Grease with butter a 9 x 13 pan.
- Pour noodle mixture into pan.
- Cover and bake for 1 hour. Then, uncover and bake for an additional 30 minutes more.

OYSTER STUFFING

BY RYAN RAPPOLD

INGREDIENTS

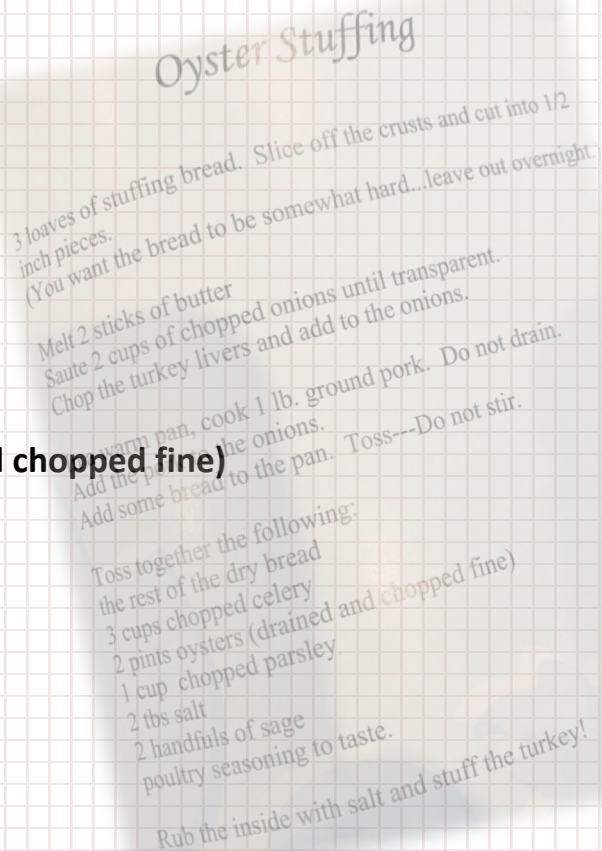
- 3 loaves of stuffing bread
- 2 sticks of butter
- 2 cups chopped onions
- Turkey livers
- 1 lb ground pork
- 3 cups chopped celery
- 2 pints oysters (drained and chopped fine)
- 1 cup chopped parsley
- 2 TBS salt
- 2 handfuls of sage
- Poultry seasoning to taste

HISTORICAL NARRATIVE

The person who created this recipe as you read it on this photo was my grandmother. Her cooking was so legendary that her daughter created a cookbook full of her recipes and this recipe is one of our family's favorites. My grandmother used to make this every thanksgiving for her family, and now all of her 4 children make it for their family on thanksgiving day.

DIRECTIONS

- Slice off the crusts and cut into ½ inch pieces. You want the bread to be somewhat hard...leave out overnight
- Melt 2 sticks of butter
- Saute 2 cups of chopped onions until transparent
- Chop the turkey livers and add the onions
- In a warm pan, cook 1 lb ground pork. Do not drain.
- Add the pork to the onions.
- Add some bread to the pan.
- Toss—Do not stir.
- Toss together the rest of the dry bread and remaining ingredients.
- Rub the inside with salt and stuff the turkey or cook in separate casserole and bake at 350F for 1 hour.



PHIL'S BLACK EYED PEA CASSEROLE BY MICHAEL MASTERS

INGREDIENTS

- 3lbs of dried black-eyed peas
- 2 onions
- 2 of each Red, yellow and Green Peppers
- 2 lbs of Pork sausage hot
- 2 lbs of thick-sliced bacon
- 2 lbs of cooked ham
- Bread crumbs
- Butter (there is no measurement here the recipe just says butter)
- Salt for taste

Optional

- 6 pack of beer

HISTORICAL NARRATIVE

Consuming this on New Year's day is considered good luck and fortune

This recipe has been in my family since 1861. It started as Beans and Meat

DIRECTIONS

- The night before dump Black-eyed Peas into water. Water should be 3 times as high as the peas. This is important as it makes them chewable.
- Fry sausage in large pan. Save the grease. Put sausage in Large mixing bowl after browning.
- Pour Black-eyed peas into large pot with about 1 inch of water over the top. Add about a half Tbsp of salt. Bring mixture to boil.
- Dice onion and peppers. Place them in large pan with sausage grease. Cook until fragrant. Then put in pot of peas
- Slice up bacon and ham into desired chunk size. We do about half an inch. Take all products and put them in the pot with the peas.
- Bring whole pot to boil then reduce heat and simmer for about an hour covered.
- Ladle mixture into as many casserole dishes as needed and set oven for 350. Cook for 1 hour.
- Consume beer and relax.
- Serve with cornbread or stand alone.

TABOULI BY DIANE KESSEL

SERVINGS 4 | PREP TIME 30 | TOTAL TIME

INGREDIENTS

- 1 cup of Bourghol
- Parsley – (3) cups or large bunch
- Scallions – or onions – or radishes if preferred
- Fresh Mint (or dried mint) for seasoning
- Lettuce
- Cucumber
- Tomatoes



DIRECTIONS

1st wash bourghol and drain well let it set
2nd wash parsley – and chop real fine
3rd add the vegetables to the mixture & mix well
Dressing

1 clove garlic (chop garlic and 1 tsp salt)

Mash this up together and add 2 lemons and ½ cup of olive oil and mix this – stir this into salad

Make ahead of time – before you start your dinner (place in refrigerator)

HISTORICAL NARRATIVE

I chose this recipe because my dear friend is part Lebanese and a wonderful cook. I knew sharing her culture by cooking will be a worldly adventure in food appreciation.

This recipe dates back to the 12th century and was much simpler using mint, onions, parsley and cracked wheat. During the Ottoman Empire it was often served to royalty although today the recipe is found nationwide.

THANKSGIVING STUFFING

BY LAUREN MELLOTT

SERVINGS: 10 | PREP TIME: 1 HOUR | TOTAL

TIME: 2-4 HOURS

INGREDIENTS

- 1 Cup Chopped Celery
- 1 Cup Chopped Carrots
- 1 Cup Chopped Onions
- Two Eggs
- 2 Tsp Salt
- 2 Tsp Pepper
- 2 Cup Water
- 2 Tbsp Sage
- 2 Loafs of Bread
- 1 Pound of Hamburger Meat

HISTORICAL NARRATIVE

- This recipe is from my father and was based down to him by his mother.
- This recipe features ingredients commonly used in stuffing recipes from the North and differs to the typical Southern methods of making stuffing.

DIRECTIONS

- Chop up the celery, carrots and onions into small chunks.
- Break up hamburger meat and mix in vegetables. Add mixture to pan.
- Add in shred up bread to pan.
- Add eggs and salt and pepper.
- Sprinkle in sage in layers. Add additional sage to taste.
- Add a little water to keep moist, but not sloppy wet.
- Add some juice from turkey
- Add 1 ½ to 2 cups of water around sides and bottom if it is not cooked with turkey.
- Cook for at least 3 hours at around 350 degrees if it is cooked with turkey. If not, cook for around 1 hour at 350 degrees.

Yeast Rolls by Nicholas Campbell

Servings: 4 | Prep Time: 15 mins | Total Time: 2 hours

INGREDIENTS

- **Mixture 1**
- **1/2 cup/warm water**
- **1 package/dry yeast**
- **Mixture 2**
- **1/4 cup/sugar**
- **1/4 cup/crisco**
- **1 teaspoon/salt**
- **1/2 cup hot water**
- **3 cups sifted flour**

DIRECTIONS

- **Dissolve yeast in water**
- **add to mixture two**
- **add flour and beat**
- **cover with wax paper**
- **let rise one hour in warm oven**
- **Roll out-cut-place in greased pan**
- **Let rise again until doubled in size (45-60 mins)**
- **Bake in preheated 350 degree oven until brown (15-20 mins).**

HISTORICAL NARRATIVE

- **The recipe used here belonged to my fiancée's great grandmother, and is something we have enjoyed at family gatherings and holidays for years.**
- **Yeast rolls originated in Boston during the 19th centuries and are one of the most popular side dishes available**

DINNER



HISTORICAL FACTS

- ALBONDIGAS ARE A CAPIROTADA MEAT WHICH IS A TYPE OF MEAT SERVED DURING THE LENT PERIOD AND IS A COMMON FIXTURE ACROSS LATIN AMERICA
- ALBONDIGAS SOUP WAS FIRST INTRODUCED TO SPAIN IN THE 6TH CENT. THROUGH ISLAMIC IMMIGRATION TO THE REGION

Albondigas

COLLIN RUE

INGREDIENTS:

- 2 POUNDS GROUND VENISON, DUCK, OR OTHER MEAT
- 4 GARLIC CLOVES, MINCED
- 1 TO 2 TABLESPOONS DRIED MINT
- 2 EGGS
- 1 CUP BREADCRUMBS
- 2 TEASPOONS GROUND CUMIN
- 2 TEASPOONS SALT
- 1 TEASPOON BLACK PEPPER
- BACON FAT, LARD, OR OIL FOR FRYING

DIRECTIONS:

- PUT ALL THE MEATBALL INGREDIENTS TOGETHER IN A LARGE BOWL. MIX WITH YOUR VERY CLEAN HANDS UNTIL THE MIXTURE COMES TOGETHER. DON'T OVERWORK THE MIX OR THE MEATBALLS WILL GET TOUGH. ROLL INTO MEATBALLS OF WHATEVER SIZE YOU WANT
- BROWN THE MEATBALLS IN THE BACON FAT, LARD, OR OIL. SET ASIDE ONCE BROWNED
- DRAIN ALL BUT ABOUT 2 TABLESPOONS OF THE FAT AND KEEP USING THAT PAN. OTHERWISE, GET A POT OR PAN LARGE ENOUGH TO HOLD ALL THE MEATBALLS AND HEAT 2 TABLESPOONS OF FAT IN IT. COOK THE ONIONS IN THIS UNTIL SOFT AND BROWNED AT THE EDGES, ABOUT 10 MINUTES. STIR FROM TIME TO TIME. ADD THE GARLIC AND COOK ANOTHER MINUTE.
- ADD YOUR CHOICE OF SAUCE AND LET SIMMER FOR 20-30 MINUTES



ARROZ CON POLLO BY JOSEPH LENZI

4 SERVINGS | 10 MIN PREP TIME | 25 MIN TOTAL TIME

INGREDIENTS

- 1.5 tbsp / Cumin
- 3 tbsp / Tomato Bouillon
- 1.5 tbsp / Onion
- .5 tbsp / Garlic Powder
- 3 cups / Rice
- 6 cups / water or chicken broth

DIRECTIONS

- Brown rice in oil
- Add seasoning
- Add water/chicken broth
- Add cubed chicken
- Cover and steam on medium to medium-high heat
- Stir occasionally

HISTORICAL NARRATIVE

- This is a recipe handed down from the great-grandmother of my friend Brenna who looks fondly over her times with her family while eating it.
- Puerto Rico likes to cook arroz con pollo in celebrations and festivals viewing it as something to bring the community together.

Baked Ziti BY Taylor Kirkwood

SERVINGS 10 | 50 Minutes | 2 Hours

•INGREDIENTS

- 2 lbs. Ground Beef
- 1 lb. Sweet Italian Sausage
- 4 to 5 Jars of Classico Sauce
- 2 lbs. Ricotta Cheese
- 1 Box of Ziti
- 2 Eggs
- Mozzarella Cheese and Parmesan
- Spices - Salt, Pepper, Garlic Powder, Onion Powder, Italian Seasoning, and Parsley
(*Personal Preferences on Amount*)

HISTORICAL NARRATIVE

- This recipe belongs to my Nana who has taught me everything from cooking to baking. We are an authentic Italian family, and Baked Ziti has been our tradition when we all get together, especially during these holidays.
- First, Baked Ziti originated from a simple lasagna with noodles and pasta sauce. Secondly, Italians refuse to use the microwave to reheat leftovers. They use the oven, which my Nana insists as well.

DIRECTIONS

- Brown ground beef and Italian sausage on high. Drain off fat. Add seasoning to meat to taste.
- Add 4 to 5 jars of sauce to meat. Taste and adjust seasoning as needed. Simmer for about 30 minutes.
- In a separate bowl, add ricotta cheese, two eggs, salt, pepper, and parsley (to taste). Mix well.
- Boil Ziti to a dente (about 8 minutes)
- Drain Ziti and add to the bowl of ricotta cheese. Stir together.
- In a large rectangular pan, add a layer of meat sauce on the bottom of the pan. Add a layer of Ziti noodles. Sprinkle with mozzarella cheese and light layer of parmesan
- Cover with layer of sauce. Then repeat layers ending with sauce.
- Cover with foil. Bake in oven at 350 degrees until hot throughout - at least one hour. Keep tasting center until fully heated through.

BANDEJA PAISA BY DEVYN MOORE

SERVINGS - 4 | PREP TIME - 45 | TOTAL TIME - 3 HOURS

INGREDIENTS

HOGAO

- Vegetable oil – 3 tbsp
- Onion, finely chopped – ½ cup
- Red onion, finely chopped – ½ cup
- Garlic, finely chopped – 2 tbsp
- Tomato, small-sized cubes – 2 cups
- Cumin - 1 tbsp
- Salt and black pepper - to taste

BEANS

- Pinto beans, soaked overnight, drained - 3 cups
- Onions – 1/4
- Garlic – 1 clove
- Carrot, peeled and sliced – 1 cup
- Salt

PORK BELLY

- Onion – 1/4
- Garlic – 1 clove
- Bayleaf - 1
- Pancetta, with a grid pattern cut on top – 500g

INGREDIENTS

GROUND BEEF

- Vegetable oil – 2 tbsp
- Ground Beef - 1 1/2 Cups
- Vegetable oil – 1 tbsp
- Salt and pepper - to taste

EGGS

- Vegetable oil – 2 tbsp
- Egg – 1
- Salt and Paper

OTHER

- Chorizos - 3
- Plantain, sliced lengthwise, fried – 1 whole
- White rice, cooked – 2 cups
- Avocado – ½
- Arepa, cooked - 1

HISTORICAL NARRATIVE

- I choose this recipe because it's a worldwide dish that brings the love and passion that Colombia is. This dish is a hearty dish full of ingredients but taste wonderful.
 - This dish is Colombia's nation dish of the country.
- - This dish is influenced by different cultures that are in Colombia

DIRECTIONS

1. HOGAO : In a hot pan, fry white onion, red onion, and garlic. Once ingredients turn dark keep on low heat
2. Once ingredients are fully cooked add tomato, cumin, salt and pepper to pan and stir for 7 minutes. Once done remove pan from heat.
3. BEANS : Beans, onion, garlic and carrot go into a large pot filled with water. Cook over medium heat (uncovered) until water boils. Boil until the beans soften
4. Transfer a bit of bean brother and carrots to a blender and add a tablespoon of hogao. Blend until smooth. Once blended pour mixture back into pot and let it sit for 20 minutes adding a pinch of salt
5. PORK BELLY : In a pot add water, onion, garlic, bay leaf. Cook for 40 minutes then remove heat, drain, then cool
6. Grab a skillet and place the pancetta in and add oil. Cook for 15 minutes on medium once browned turn off heat and place on cool. Same skillet you are to fry the chorizo
7. GROUND BEEF : In a skillet place ground beef and a tablespoon of hogao. Season with salt and pepper and cook for 12 minutes stirring constantly.
8. EGGS: Fry egg in a skillet with vegetable oil and salt and pepper.
9. Grab 4 plates and disturbed evenly white rice, bean broth and beans, pork rinds, chorizo, egg, ground beef. Garnish with cilantro .

BEEF BRACIOLE

By Jenaro DelPrete | 4 Servings |

20 min prep | 2 hr 50 min total

INGREDIENTS

- 1-2 lbs Flank Steak
- 1 cup of Pecorino Romano cheese
- 1 cup of Italian breadcrumbs
- 5-6 cloves of garlic
- About 1 cup of chopped white onion
- 28 oz San Marzano tomato sauce
- 1 can tomato paste
- ¼ bottle of dry red wine
- Seasonings: salt, pepper, basil, parsley, oregano, red pepper flakes, fennel seed, MSG.

HISTORICAL NARRATIVE

This recipe is from my father, who modified it from his mother's recipe. I chose this because it is a meal we all enjoy to cook together when my brother and I return home from school.

Historically, this dish has been made with pine nuts and hard boiled eggs as a filling.

DIRECTIONS

1. Tenderize steak with salt and pound until thin, roughly ¼ in.
2. In a bowl, combine breadcrumbs, chopped parsley, 3 chopped cloves of garlic, and half a cup of chopped onion, with olive oil, salt, and pepper.
3. Use two tbsp of mixture and spread onto steak evenly.
4. Finely grate and spread cheese on top of the steak.
5. Roll steak into pinwheel form, tie loosely but firm with butcher twine.
6. With a small amount of olive oil, sear steak on medium-high heat.
7. Remove steak and begin sauce.
8. Sauté the rest of the chopped garlic and onions in oil, in a large pot.
9. Once lightly browned, pour tomato sauce, paste, and a quarter bottle of red wine into the pot, cook on medium-low heat.
10. Place steak into pot with sauce, use wooden spoon to make sure they are at the bottom of the pot.
11. Season sauce with all listed seasonings to taste.
12. Cook for 1 hr 30 minutes on medium-low, simmer on low for 1 hr.

BEEF STEW WITH SADZA AND

COLLARD GREENS BY ABIGAIL BURT

SERVINGS 10 | PREP TIME 20 MINUTES | TOTAL

TIME 1 HOUR 20 MINUTES

INGREDIENTS

Sadza Ingredients:

- 4 cups white corn meal
- 2 quarts water

Beef Stew Ingredients:

- 2 lbs. Beef chuck
- ½ cup tomatoes
- ½ onion

- 2 cloves garlic
- ½ tsp curry powder
- ½ tbsp paprika
- ½ tsp black pepper
- ½ red bell pepper
- ¼ tsp chili flakes
- ½ cup beef base
- Salt to taste

Collard Greens Ingredients:

- 5 cups collard greens
- 1 diced tomato
- 1 small onion diced
- 1 tbsp oil
- ½ cup water
- Salt and pepper to taste

HISTORICAL NARRATIVE

- **The author of these recipes is Chef and Dr Lewis Mhlanga. I chose him because he is one of my favorite professors here and one of the first chefs I have ever met. He later guest lectured in my global kitchen class and he gave us a master class in Zimbabwean food and culture.**
- **Sadza, a traditional Zimbabwean dish, is fundamental to the country's food culture. This maize-based porridge, also known as "sadza" holds historical significance as a staple food in Zimbabwe. Its origins can be traced back to pre-colonial times when maize was introduced to the region. Sadza is often prepared in large communal pots, symbolizing a sense of community unity. It is customarily served with various relishes, such as meat stews and vegetables, reflecting the communal and celebratory nature of Zimbabwean meals.**

DIRECTIONS

- For the stew you will start by cutting the beef into medium-sized chunks. Heat oil in pot. Add beef and sauté until brown. Add the chopped onions, garlic, and curry powder and stir fry for 2 - 3 minutes. Add the tomatoes, bell pepper, and red chili flakes and cook for another 3 to 4 minutes or until the tomatoes are tender and cooked through. Let simmer for 30 minutes and occasionally stir the meat. Adjust seasoning.
- While the beef is simmering start the Sadza putting 1 cup of white maize meal in a pot and add some cold water to make a slurry using a wooden spoon over medium heat, add water slowly into the mixture and continuously stirring. Make sure the mixture doesn't stick to the pan. The maize meal will become smooth, like smooth porridge and bring into to a boil, stirring constantly. Be careful of bubbling Cover and allow it to simmer for some minutes. Add more maize meal, a little at time while stirring to prevent lumps. Continue with the process until you get the desired consistency.
- Last you will start the collard greens by washing the collard greens. Then finely cut the greens (chiffonade), discarding tough stems. Place in a saucepan with water. Bring to boil until collard green is crunchy tender. Drain greens, reserving liquid. Return green to medium heat, add oil and sauté for a minute. Add diced tomatoes and onions. Sauté and add some of the reserved liquid. Taste; add salt & pepper.

BEEF STROGANOFF BY LAUREN WHEAT

SERVINGS 4 | PREP TIME 20 | TOTAL TIME 40

•INGREDIENTS

- 1 lb / beef tenderloin, top of the round, or sirloin steak sliced ¾ inches thick
- 1 tbsp / tomato paste
- 1 clove / finely chopped garlic
- 1 tsp / salt
- 2 tbsp / flour
- 2 tbsp / sherry wine
- ½ cup / dry onions finely chopped
- ¼ cup / butter
- ½ lb / sliced mushrooms
- 1 cup / sour cream
- ¾ cup / beef bouillon
- 2 tsp / Worcestershire sauce
- ¼ cup / flour combined with 1 ½ tsp / salt and ¼ tsp / pepper

HISTORICAL NARRATIVE

- I chose this recipe because it not only tastes wonderful, it also has a beautiful history. This recipe has been shared in my family for several generations and I have so many memories making this with my grandmother and mother.
- This specific recipe comes from a Francois Pope cookbook. It was also made with Antoinette Pope who had a well-known “School of Fancy Cookery” in the heart of Chicago. This has meaning to my family because they were all from the Chicago area and were very familiar with their cooking show before Julia Child’s.
- This cookbook was given to my Grandmother as a wedding gift as she was a very big fan of their work. This was fitting for their wedding as well which was very close to their school of cookery.

DIRECTIONS

- Dredge uncooked meat in seasoned flour.
- Sauté onions, garlic, and mushrooms in hot melted butter for several minutes.
- Add meat and brown on both sides for just a few minutes.
- Remove meat and vegetables from pan and keep warm.
- Stir 2 tablespoons of flour into drippings in pan, add beef bouillon slowly to assure smooth paste.
- Add wine, Worcestershire sauce, tomato paste, and 1 teaspoon salt and cook until thick, stirring constantly.
- Add sour cream a little at a time and heat slowly until sauce simmers. If sauce is not dark enough, a little commercial gravy coloring can be added to give better color.
- Last, add cooked beef and vegetables and heat for a few minutes,
- Serve in hot casserole dish at once.

THE BRITTAIN FAMILY

BARBECUE BY HANNAH CHINN

SERVINGS 20+ | PREP TIME 5 MIN | TOTAL TIME 30 MIN

• INGREDIENTS

- 3 lbs / Mrs. Tucker's (lard)
- 1 lb / Butter
- 1 gal / Mustard
- 1 gal / White Vinegar
- 1 box / Black Pepper
- 1 box / Red Pepper
- Reserve:
 - ¼ / butter
 - 1 qt. / mustard
 - 1 qt. / vinegar

HISTORICAL NARRATIVE

- This recipe and barbecue tradition has been in my family for almost 100 years where it started by roasting a goat and camping out on the banks of the Neches River. Adding it to an oral history archive is my way of honoring my family, especially my late grandfather, and keeping the tradition alive.
- The history of American barbecue can be traced back to an early Caribbean cooking technique that Spanish colonists called "barbacoa." The unique addition of mustard in this recipe can also be traced back to the Spanish when they brought over mustard plants from Europe and planted them in Californian settlements.

DIRECTIONS

- Melt Mrs. Tucker's and butter in a large pot over medium heat.
- Alternately add and mix mustard and vinegar, salt and pepper into the pot.
- Use medium heat and be careful of scorching.
- Add reserved ingredients if needed.

BINYEBWA

BY VICTORIA NABAGEREKA

**SERVINGS 7 | PREP TIME 15 | TOTAL TIME 50
MINUTES**

INGREDIENTS

- 2c / groundnut red peanuts
- 4c / water
- 2 tbs/ oil
- 2 tbs/ curry
- 1 large onion
- 1 tomato (can be 1 tube)
- Pinch of salt



HISTORICAL NARRATIVE

The Food binyebwa is a peanut sauce from Uganda. My mom used to make my family Binyebwa when it was cold outside and it would warm us up whenever we ate it with flat bread. My mother is an immigrant from Uganda so being able to eat the food she used to eat back home makes me feel so close to the culture and the people

The usage of peanuts (or ground beans) became popularized in West and east Africa during the 15th century Columbus Exchange. Groundnuts are also from Peru

DIRECTIONS

- First, go through the peanuts and take out any bad nuts
- Lay them out on a baking tray covered in foil paper
- Set oven to 345, let bake for 45 minutes
- While cooking, cut and dice the vegetables
- Take peanuts out and let them cool down for 10 minutes
- Add oil and vegetables to a large saucepan, let sautee on low heat
- Add peanuts to a blender, blend until fine powder
- Add water to the saucepan until slight boil
- Add powder to mixture
- Stir until a thick gravy is formed
- Add curry and salt
- You can add cooked fish or meat to your liking
- Serve with potatoes, greens, flat bread, and plantains

BUN RIEU, VIETNAMESE CRAB

NOODLE SOUP- ELLIE TRAN LEE

INGREDIENTS

- 16 oz (1 lb) dried rice stick (Rice vermicelli) *For the Sautéed Tomatoes & Fried Tofu*

Broth

- 4 to 5 lb pork riblets
- 8 qt (32 cups) cold water
- 1 cup dried shrimp
- 2 tsp salt
- 1 Tbsp rock sugar
- 2 cubes Bun Rieu seasoning, optional
- 3 to 4 Tbsp fish sauce
- 3 Tbsp remaining oil from the crab paste
- 6 to 7 garlic, chopped (approximately 2 Tbsp)
- 1 shallot, chopped (approximately 2 Tbsp)
- 6 large firm Rome tomatoes, cut each into 4 wedges
- 1 tsp salt
- 2 tsp sugar
- 1/2 tsp black pepper
- 8 oz fried tofu

For the Crab Mixture

- 16 oz (1lb) lump crab meat or 3 dungeness crabs, steamed then picked crab meat
- 1/2 lb shrimp, chopped until pasty
- 1/2 lb ground pork
- 2 of 7oz jared crab paste with soya bean oil, drain oil, set aside for later use
- 2 tsp oil from the jared crab paste
- 3 eggs
- 1/2 tsp black pepper

For the Garnish & Sides

- Beansprouts
- Cilantro, chopped
- Banana blossom, thinly sliced and place into a lime juice water
- Water spinach
- Green lettuce, sliced
- Perilla leaves
- Lime wedges
- Fish sauce and Thai chili mixture, optional
- Shrimp paste, optional

Oftentimes when people think of Vietnam and their cultural dishes, they often think about pho, after all it is the national dish and highly popularized internationally. What many people don't realize is that the second top contender is Bun Rieu which would be best described as its sour seafood cousin. Bun Rieu is a coveted dish well known to all Vietnamese households, it's a dish that warms the soul and can be eaten for any meal of the day.

DIRECTIONS

- Cook the noodles in boiling water by following the directions of the package you are using. When done cooking, drain and rinse under running cold water to remove excess starch. Drain completely and set aside. Fluff up the noodles a few times until ready to serve.
- Bring a large pot of water to boil, enough to cover pork riblets. Add pork riblets and par boil for 5 minutes then drain and wash under running cold water. This way we can remove all the residues and unwanted blood from the bones for a clean broth.
- Add par boiled pork riblets and 8 qt cold water (32 cups) into a large pot along with 1 cup dried shrimp, 2 tsp salt and 1 Tbsp rock sugar. Bring it boil then reduce heat to medium and simmer for 40 to 50 minutes.
- Meanwhile, let's make crab mixture and sautéed tomatoes. Combine all ingredients for crab mixtures in a large mixing bowl and set aside.
- Heat a large skillet over medium high heat, add remaining oil from the crab paste and shallot, Sauté for 1 minute then add garlic. Sauté for 30 seconds to 45 seconds then add tomatoes, salt, sugar and black pepper. Saute for 2 to 3 minutes, tomatoes should be still nice and firm. Set aside.
- Back to the broth, let's add Bun Rieu seasoning if you are using and fish sauce.
- Taste if the seasoning is right for you, if not add more fish sauce, 1 teaspoon at a time.
- Now, increase heat to medium high and add crab mixture (1 large scoop at a time), sautéed tomatoes and fried tofu into the soup. Bring back to boil and keep cooking until the crab mixture is floats on the surface. Then continue to cook 2 to 3 more minutes. Remove from heat and it's ready to serve!
- Let's assemble Bun Rieu! In a serving bowl, arrange cooked noodles then ladle over the soup with pork riblets, crab, tomatoes and tofu. Serve with all the garnishes together, so everyone can customize their own bowl as they wish to have. Enjoy!

CASSIE'S COMFORTING CHICKEN &

NOODLES BY: DAVIDA LEWIS

SERVES: 4-6 | PREP TIME: 10 MINS | TOTAL TIME: 8 HRS 10 MINS

INGREDIENTS

- 1 pkg frozen egg noodles, 24 ounce
- 2 can cream of chicken soup, 10.5 oz each
- 1 stick (1/2) cup butter - cut into pieces
- 1 can chicken broth, 32 oz;
- Mixed vegetables, optional
- 1 tsp Better Than Bullion, optional
- 6 small boneless, skinless chicken breasts or 4 large (seasoned to taste)

Method: Slow Cooker Crock Pot



HISTORICAL NARRATIVE

Cassie lives in Pennsylvania and this recipe was awarded a Blue Ribbon by *The Test Kitchen*. We chose this recipe because our initial one was something the family had just eaten and we wanted to switch it up. It was easy to make and very hearty. It lasted us a few days.

FUN FACTS

1. Campbell's first introduces 'Noodle soup with Chicken' in 1934
2. Eating Chicken Noodle Soup has proved to be a serotonin booster.

DIRECTIONS

1. Wash and Season your chicken (any way you'd like).
2. Place chicken in the bottom of the crockpot.
3. Spoon Soup on top of the chicken.
4. Cut butter into several parts and place pieces evenly over soup.
5. Whisk the bouillon with the broth.
6. Pour bouillon-broth mixture over soup.
7. Place lid on the Crock Pot and turn to low. Cook for 6 hours.
8. Remove chicken and tear into pieces.
9. Add shredded chicken back into the pot.
10. Add noodles, and veggies (optional), and cook for another 2 hours or until the noodles reach the desired tenderness.

You may want to add more broth to thin out the mixture at the end of cooking

12. Top with parsley (optional) and more seasoning (*if needed*)

CHICKEN AND RICE

BY: CHRISTINA

BOLTON

2-4 PEOPLE | 15 MINUTES PREP | 60 MINUTES

TOTAL

• INGREDIENTS

- 4-6 pieces / Chicken (All dark, All white, or mixed)
- 1 can / Cream of Mushroom Soup
- 1 can / French Onion Soup
- 1 Cup / uncooked rice
- ½ Cup / Water

HISTORICAL NARRATIVE

- My grandma learned this recipe from my Uncle Ryan's Great Aunt Nettie, and has since began to tweak the recipe with little changes to adapt to the people she's serving. It's also one of the first things that I learned how to cook growing up. I chose this recipe because it has always been a family favorite, and it's very easy to make! Comfort food at its finest.
- Rice originates from Asia, and the cuisine of "Chicken Rice" has originated from there as well. It has been adapted to the recipe of Chicken and Rice my family eats.
- One of the earliest recipes of Chicken and Rice can be found in Aunt Babette's cookbook from 1889.

DIRECTIONS

- Preheat the oven to 350 degrees. Next, mix the two cans of soup, water, and the rice into a 9" x 13" oven proof pan. Salt and pepper the chicken and place them on top of the rice mixture. Cover pan with foil. Total baking time is about an hour. After 30 minutes, open the foil and flip the chicken over and mix the rice up. If the mixture still has a lot of liquid, leave foil off for the last 30 minutes. If the rice has absorbed most of the liquid put the foil back on. At 50 minutes, check the temp of the chicken, needs to be 180 degrees.

CHICKEN AND SAUSAGE

GUMBO BY KATE LEBOEUF

15 SERVINGS | PREP TIME: 15 MINUTES |
TOTAL TIME: 1 HOUR 30 MINUTES

INGREDIENTS

- 1 cup oil (personal preference)
- 1 cup flour
- 1 ½ cup white onion
- 1 ½ cup bell pepper
- 1 ½ cup celery
- 1 ½ cup green onion
- 4 cups okra
- 1 32 oz. can of diced tomatoes
- 32 oz. chicken broth
- 4 Tbsp Tony's Cajun seasoning
- 4 Tbsp garlic powder
- 4 Tbsp Tabasco sauce
- 4 Tbsp Worcestershire
- 3 Tbsp gumbo file
- 4 bay leaves
- 2 lbs. rotisserie chicken
- 2 lbs. andouille sausage

HISTORICAL NARRATIVE

- My dad cooks this recipe often for my family and it has been passed down through many generations, originating in southern Louisiana
- Gumbo originated from people gathering what they had in their fridge to create a soup, so the recipe varied depending on what was available.
- The creation of Gumbo over time has contributions and influence from many different cultures including Native American, African, and French

DIRECTIONS

- Dice the white onion, bell pepper, celery, and green onion
- Using a large pot, heat the oil over medium heat
- Once oil is heated, add the flour slowly while stirring to create the roux
- Continue to stir the roux until it turns dark brown
- Add the diced vegetables, okra, and diced tomatoes to the pot and allow to simmer for 10 minutes
- Pour in the chicken broth and bring to a simmer again
- Add all the seasonings and stir
- At medium temperature, cook for 30 minutes
- Add chicken and sausage and let gumbo cook for 20 more minutes
- Serve over cooked white rice

CHICKEN CALABACITAS BY

KAETLIN MARSH

SERVINGS 6-8 | PREP TIME: 0.5 HOUR | TOTAL TIME 1.5 HOURS

INGREDIENTS

- 5 medium sized chicken breasts
- 1 medium Anaheim or Poblano pepper, halved
- 5-6 small calabacitas, chopped
- 3 Roma tomatoes, chopped
- 1 medium white onion, chopped
- 1 head of garlic, minced
- 1 can of tomato sauce (15 oz)
- 2 cans of corn (15 oz)
- 3 tbsp chicken bouillon (or to taste)
- 7 tbsp olive oil
- Salt, pepper, chili powder (to taste)
- 3 cups of water, or just enough to cover the ingredients



Note: this is a pot of Calabacitas I made using the same recipe, but just exchanging chicken for beef and corn for mixed veggies. Got to use what you have on hand!

HISTORICAL NARRATIVE

- This is a Mexican recipe that comes from my grandmother. My family makes it quite frequently, especially in the summer months to help use up my mom's bumper crop of calabacita squash.
- The squash and the corn in this recipe were traditionally grown alongside beans in an intercropping technique labelled "the Three Sisters". The beans "fixed" nitrogen in the soil, the squash inhibited weed growth and water evaporation on the ground, and corn provided support for the beans. This complementary system was utilized by many Indigenous peoples of the Americas.

DIRECTIONS

- Warm up 3 tbsp olive oil in a frying pan on the stove. Then, dice all of your chicken breast into cube-sized pieces. Fry the chicken along with the chopped onion and garlic until fully cooked and set aside.
- In a large soup pot, coat the bottom with the remaining 4 tbsp of olive oil. Place all of your calabacita squash, tomatoes, and anaheim or poblano peppers in the pot.
- Pour the chicken bouillon into the pot along with 3 cups of water, tomato sauce, corn, and the chicken and onion mixture. You may need more or less water, but just enough to keep all ingredients covered with $\frac{1}{2}$ inch of water at all times. Let the soup cook on the stove for about an hour, or until squash is tender.
- Add salt, pepper, chili powder, water, and more chicken bouillon to taste throughout the recipe.

CHICKEN DIVAN BY ZACHARY

BAUMANN

6-8 | 30 MIN | 1 HOUR

INGREDIENTS

- 3 Whole Chicken Breasts, cooked, boned, & sliced
- 2-10 oz. Pkg. Frozen Broccoli, cooked & chopped
- 2 Cans Cream of Chicken Soup
- ⅓ Cup Mayonnaise
- 1 Tsp. Curry Powder
- 1 Cup Cheddar Cheese, grated
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Butter or Margarine, melted ⅓ Cup Bread Crumbs

DIRECTIONS

- Into a greased 2-quart casserole arrange the broccoli first, and then layer the sliced chicken over the broccoli. In a separate bowl mix the soup, mayonnaise, lemon juice and curry powder and pour over chicken.
- Sprinkle grated cheese over the entire mixture. In a saucepan combine the melted butter with the bread crumbs, and then sprinkle on top of casserole. Bake at 350° for 30 minutes.

HISTORICAL NARRATIVE

There are many historic recipes for Chicken Divan found in cookbooks dating to the late 1950s and early 1960s, but their authenticity is uncertain since the original recipe was kept a secret. An approximation based on hints from the maître d'hôtel of the Divan Parisien is made with poached chicken breasts, broccoli and a cheesy béchamel, or Mornay sauce, enriched with egg yolks. I chose this recipe because. this was the meal my grandmother would cook for all the kids - including my sister and myself.

CHICKEN PICCATA

BY JAKE MARTINEZ

SERVINGS: 4 | PREP TIME: 10 MINUTES |

TOTAL TIME: 30 MINUTES

• INGREDIENTS

- 4 (5-oz.) boneless, skinless chicken breast, pounded
- 2 T. vegetable oil
- ¼ c. dry white wine
- 1 tsp. garlic, minced
- ½ c. low-sodium chicken broth
- 2 T. fresh lemon juice
- 1 T. capers, drained
- 2 T. unsalted butter
- 6 Fresh lemon slices

HISTORICAL NARRATIVE

- I have fond memories of my mother making me this dish after an achievement, such as an honor roll in school. In uncovering the family history of this dish, I learn that the recipe comes from a local Denton restaurant and my aunt happen to gift it to my mom. As such, chicken piccata taken on its own version of a “family recipe,” in my life.
- This dish has its roots in the American-Italian cuisine of New York City’s East Village. Originally, this dish has veal as its main meat, but due to the Americanization of Italian immigrant breaking traditional cuisine rules and the rising popularity of chicken throughout the 20th century, Chicken Piccata was born.

DIRECTIONS

- Season chicken with salt and pepper, to taste; then dust with flour.
- Spray sauté pan with nonstick spray, add vegetable oil and heat over medium-high.
- Sauté chicken 2-3 minutes on one side. Flip and sauté other side 1-2 minutes with the pan covered.
- Transfer chicken to warm plate; pour off fat from pan. Deglaze pan with wine and add garlic.
- Cook until garlic is slightly brown and liquid is nearly gone, about 2 minutes.
- Add broth, lemon juice, and capers. Return chicken to pan; cook until done about 1-2 minutes.
- Remove chicken from pan; add butter and lemon slices. Once butter melts, pour over chicken.

CHICKEN TINGA BY HANNAH HEFNER

SERVINGS 4 | PREP TIME 15 MINS | TOTAL

TIME 45 MINS

• INGREDIENTS

- **2 Deboned Chicken Breasts**
- **1 Onion**
- **½ TSP Salt**
- **4 Roma Tomatoes**
- **2 Cloves of Garlic**
- **1TSP Chipotle Chili**

- **Begin with boiling your chicken and tomatoes, they can be combined or separated.**
- **Next, blend the tomatoes with the chipotle chili**
- **Fry onion and garlic cloves in a separate pan**
- **After the onions are a gold brown, add in your chicken**
- **Add in your blend of tomatoes and chipotle chili to the chicken.**
- **Add salt to taste, and any other spices that you like**
- **Can be served with tortillas, refried beans, lettuce, etc. The possibilities are endless!**
- **Lastly, enjoy!**

HISTORICAL NARRATIVE

- **This recipe is from my best friend, Britney, and her family. It is her favorite food to eat at home as it is comforting to her. She grew up with eating this meal often, as did her mom, and her grandma when they were growing up. I chose this recipe because it has a lot meaning to Britney and I want to help her share it with everyone.**
- **This dish comes from a state in Mexico called Puebla, and has roots from Indigenous cuisine.**

CHICKEN TORTILLA CASSEROLE

BY SEAN HUNLEY

SERVINGS 8 | PREP TIME 30 MINS | TOTAL TIME 90 MINS

INGREDIENTS

- 2 cups shredded chicken
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- ½ bag of Dorito chips
- 1 8oz bag shredded cheddar cheese
- 1 can Rotel Tomatoes
- 1 chopped onion

Why I chose this recipe

- One thing my mom cares about is family. This recipe has been a huge part of her life since she was young, and this is her go to meal when she is craving some comfort food. It's also her way to carry on the family tradition that's been passed down since she was a kid.
- This dish started to appear during the convenience cooking era. It uses 2 canned soups that played a huge part during that era. It has been around since the 40's, just under a different name. It's quite famous throughout the South. Lady Bird Johnson's version is featured at the LBJ Memorial Library.

DIRECTIONS

- Preheat oven to 350 degrees.
- Start by putting the shredded chicken in a 9x13in baking pan. Top with chopped onion. Layer in Dorito chips. Add half the cheese on top.
- In a bowl mix cream of chicken and mushroom soup until combined, add in the Rotel tomatoes and mix well.
- Pour mixture over and rest in pan.
- Bake for 30 mins until bubbly. Top with rest of cheese and bake for 15 more mins.
- Rest for 10 mins, serve and enjoy

CHILE COLORADO

BY TRINITY MCHELLEN

4 SERVINGS

PREP TIME: 20 MINUTES | TOTAL 1 HOUR

INGREDIENTS

- 2 1/2 lb / Beef or Pork
- 3 tbsp / salt
- 8 gloves / garlic (minced)
- 15 /dried red chili
- 1 tsp / ground cumin
- 2 tsp / dried oregano
- 1 cup / water
- 1/2 cup / tomato sauce

HISTORICAL NARRATIVE

This is from Cristina Smith's family recipe, and I chose this because this was one of the recipes that is fully made from scratch

Chile colorado is a type of dish that has different variations depending on the region of Mexico. The northern parts of Mexico such as Chihuahua prefer to have the dish extremely spicy, whereas the southern parts of Mexico prefer it to be mild.

DIRECTIONS

- Preheat a pot to medium heat and pour a tbsp of olive oil
- Chop meat into cubes, then toss into a pot,
- Mince 4 gloves of garlic, then add it with the meat
- Pour a tbsp of salt, then mix
- Set a lid on top to simmer while working on the sauce

The Sauce

- Grab a smaller pot and pour a cup of water in it
- Take 15 red chiles of any kind and toss them into the pot of water and leave them to dehydrate for 10 minutes (makes sure to take off the stems!!!)
- Grab a blender and pour a small can of tomato sauce
- Mince 4 more gloves of garlic and them to the blender
- Once the chiles have dehydrated, add them to them blender
- Blend the ingredients until it is smooth

Adding sauce to the meat

- Take off the lid and mix the meat around
- Grab a strainer and hold it above meat pot
- Pour the blended sauce on the strainer and use a spoon to swish and push the sauce through the strainer
- After pouring all of the sauce, mix the meat around for a minute or two
- Set lid on top of the pan and let it sit for 20 to 30 minutes

CHORIZO CON PAPAS BY NATHAN ISRAELSON

2-4 SERVINGS | 30 MINS PREP TIME | 60 mins TOTAL TIME

INGREDIENTS

Chorizo

- 16oz / Pork Sausage
- 1 teaspoon chili powder
- 2 teaspoons paprika
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon Onion powder
- ¼ teaspoon ground cumin
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil

Potatoes

- 2 teaspoons paprika
- 1 teaspoon salt
- ¼ teaspoon garlic powder

Tortillas

- 2 cups Corn Flour
- 1.25 cups of water

DIRECTIONS

- Put Pork Sausage into mixing bowl, then add spices and oil and vinegar ingredients. Step aside.
- Place in a pan over medium heat and cook for about 5 minutes
- Potatoes
- Wash and then chop potatoes into small pieces.
- Place potatoes and spices in mixing bowl and mix together. Step aside
- Cook on medium high heat until soft and browned
- Tortillas
- Mix corn flour and water in mixing bowl and stir then knead.
- Divide into ten pieces
- Flatten and then cook 15-30s over medium heat pan

HISTORICAL NARRATIVE

Lily would have this meal on a cold rainy day

COW-POT

BY: TATUM AVEN

SERVES: 5-6 | PREP TIME: 10 MIN | TOTAL TIME: 1 HOUR - 1 HOUR 30 MIN

INGREDIENTS:

- 1-1 ½ lbs Ground beef
- 5 Tbsp butter
- 1 small yellow onion diced
- 28 oz box of uncooked white rice
- 1 Tbsp soy sauce
- 3 ½ cups of water
- 1 large egg



HISTORICAL NARRATIVE:

- My wife shared this recipe with me that has been passed down from her great-great-grandad for generations.
- Her great-great-grandad learned how to make this recipe while serving in the military in Vietnam.
- My wife and her family love making this dish and it is one of their favorite foods to eat.

DIRECTIONS:

- Cook 1-1 ½ lbs of ground beef in a pan until browned
- Drain grease from ground beef and set aside.
- Add 2 Tbsp of butter, add onion and sauté till onion is translucent.
- Transfer onions to plate with ground beef.
- Leave butter in pan and add 3 more Tbsp.
- Add the entire box of rice, and cook stirring occasionally, until it begins to brown.
- Add 3 ½ cups of water with 1 Tbsp of soy sauce to pan.
- Stir then cover and turn down to between low & medium heat.
- Cook until the rice on bottom of pan begins to get crunchy.
- Add ground beef and onion back into pan add egg and stir to distribute egg.
- Cover, turn temp to low and cook for 15-20 minutes
- Serve with more soy sauce (*if need/wanted*).
- For an added kick, add tobasco sauce (optional).

DORITO CASSEROLE BY

NICKOLAS LOZANO

SERVINGS 5 | PREP TIME 5 MINUTES | TOTAL

TIME 20 MINUTES

INGREDIENTS

- **10oz Canned Chicken**
- **4oz of Diced Green Chilies**
- **10 oz Cream of Mushroom**
- **¼ Cup Chicken Broth**
- **7.25oz Doritos (Crushed)**
- **¼ Cup Shredded Cheese**

HISTORICAL NARRATIVE

- **The author of this recipe is of Irish-Mexican descent and I chose this dish because upon moving here for University, I had the fortune of trying it and thought the dish was an interesting blend of American, Irish, and Mexican food subcultures.**
- **Originally made in the 80s, this dish is a recreation of a lost family recipe using ingredients that were both accessible and wallet friendly at the time in the US.**
- **This dish originates from the Appalachian region of the United States, and after a few generations, it now finds itself comfortably in the home of a few Texans, representing this change is the addition of the diced green chilies and shredded cheese in 2002.**

DIRECTIONS

- **To get started, bring stovetop to medium heat and pour 10oz of Cream of Mushroom into a pan.**
- **Second, pour in 10oz of canned chicken along with juice.**
- **Thirdly, pour in your green chilies, or just the juice if you don't like the texture.**
- **Mix well and allow mixture to boil**
- **When mixture is boiling, slowly pour in Doritos and stir as you do.**
- **Mixture after Doritos are added and properly stirred in should thicken up and develop an orange color.**
- **Allow to come to a boil once more.**
- **Once boiling, and at a paste consistency, add chicken broth for taste and top with shredded cheese.**

EGGS WITH TORTILLAS BY ADRIAN NOAH

SERVINGS 1 | PREP TIME 3 MINUTES | TOTAL TIME 10
minutes

INGREDIENTS

- 4 eggs
- 4-5 tortillas
- Olive oil

DIRECTIONS

- Tear tortillas into pieces, drizzle olive oil in the pan, and add eggs into the pan, with tortillas.
- Do not let eggs burn to pan flip up edges often, allow to cook for 5- 6 minutes and plate

HISTORICAL NARRATIVE

- Corn is domesticated from a wild grass, called teosinte, that has a hard corn like kernel which is inedible
- Corn was domesticated in Mexico, so it is native to North America, and it is one of the three sisters, which were intrinsic to Indigenous peoples diets.

GARRETT CHILI BY COLE

JARAMILLO

| SERVINGS AS MANY AS YOU COOK FOR

| PREP TIME ~5 MIN

| TOTAL TIME ~1.5H

INGREDIENTS

- Ground beef, Rabbit, etc. (It doesn't matter)
- Paprika
- Dehydrated onion
- Dehydrated garlic
- Salt
- Cumin
- Cayenne pepper
- Chili powder
- Dried oregano
- Tomato sauce
- Water
- Masa, (optional)

HISTORICAL NARRATIVE

- The recipe author grew up poor and this meal was one of the few things that his family would make/eat while they were all together.
- This recipe was passed down the Garrett family lineage from parent to child and iterated upon since they arrived in America back in 1794.

DIRECTIONS

- 1.Brown the beef in a large pot or Dutch oven.
- 2.Drain the meat and return it to the pot.
- 3.Add the spices and stir in thoroughly.
- 4.Add tomato sauce and water.
- 5.Bring to a boil, then reduce heat to simmer.
- 6.Simmer for about 30 minutes.
- 7.Combine masa and hot water to thicken the chili and stir until smooth.
- 8.Pour the masa mixture into the chili.
- 9.Cook until the chili thickens, and serve.



GREEN CHILI CHICKEN

ENCHILADAS

BY KARLEIGH LYNCH

10 SERVINGS | 45 PREP TIME | 1.5 HRS TOTAL
TIME

INGREDIENTS

- Whole Chicken
- Corn Tortillas
- 4c Sharp Cheddar Cheese
- 2c Chopped Hatch green chili
- ½ a Medium Yellow Onion
- 2 tbsp Diced Garlic
- 2 Cans cream of chicken soup
- 2 Cans cream of cheddar soup
- Chicken broth
- Milk
- Olive oil
- Vegetable oil
- Salt
- Pepper
- Onion powder
- Garlic powder

HISTORICAL NARRATIVE

- This is my Grandma Jean's recipe. She made it each year for our annual family Christmas Eve dinner. It fills me with nostalgia when I eat it or prepare it.
- Aztecs were the inventors of the enchilada dish dating it back thousands of years.
- The word enchilada comes from the word "enchilar" which means "to add chili pepper to."

DIRECTIONS

- Fill a large pot with enough water to cover a whole chicken. Season water with salt, pepper, onion powder, and garlic powder. Add in a whole chicken and boil until cooked. Then debone, shredded, and set aside.
- Heat 3 Tablespoons of olive oil in a large pot. Add in ½ cup of finely chopped onions and 2 cups of chopped green chili and sauté till the onions are translucent. Add in 2 tbs of minced garlic, 2 cans of cream of chicken soup, 2 cans of cream of cheddar soup, 1 cup milk, 1 cup chicken broth, and all the shredded chicken. Season with salt, pepper, and onion powder to taste. Heat till the mixture has reached a simmer. Turn to low.
- Heat a ½ cup of vegetable oil in a small skillet. Fry 25 corn tortillas till crispy and place on a paper towel.
- Preheat oven to 375 degrees.
- In a 9x13 casserole dish ladle the mixture in just enough to cover the bottom. Place a layer of crispy tortillas covering the bottom of the dish. Ladle the mixture over the tortillas till generously covered then cover with shredded cheese. Repeat until the dish is filled. The top layer should be crispy tortillas covered with cheese.
- Bake for 30 to 45 minutes or until the cheese is golden brown.
- Set for 20 minutes before serving.

GYUDON RICE BOWL BY PENELOPE RIVERA

**SERVINGS: 2 | PREP TIME: 15
MIN. | TOTAL TIME: 20 MIN.**

FOR THE SAUCE:

- ½ bonito stock (dashi soup stock)
- 2 tbsp sake
- 2 tbsp mirin
- 3 tbsp soy sauce
- 1 tbsp sugar
- 1 tbsp amino acid
- Salt to taste

INGREDIENTS

- ½ cup onion
- ½ lb. thinly sliced beef
- 2 cups white rice
- 1 egg (optional)



DIRECTIONS

- Cook white rice separately, preferably in a rice cooker.
- Cut onion into thin slices.
- Cut the beef into 3-inch-wide pieces.
- In a large skillet pan, combine the dashi, sake, mirin, soy, amino acid, sugar and salt BEFORE turning on the heat.
- Add onions and mix well into the sauce.
- Add beef to the pan, covering the slices of onion.
- Turn on to medium heat, cooking until the beef turns brown.
- Turn the heat down to a simmer and let it continue cooking with the top on for another 3-4 minutes.
- Once it is done, you can put your meat on top of the cooked steamed rice.
- **OPTIONAL:** Add one raw egg to the top.

HISTORICAL NARRATIVE

- Originally from Hiroshima, Japan, the gyūdon rice bowl is one of Dr. Koji Fuse's favorite dishes from his childhood.
- Gyūdon originated from a beef hot pot dish called "gyunabe" during Japan's Meiji Era (1869-1912). Before this, eating meat in Japan was not allowed.

HOPKINS COUNTY STEW BY

ABIGAIL PARMER

10 GALLONS | 4 HOURS PREP | 10 HOURS TOTAL

INGREDIENTS

- 35 lbs / Chicken Breast
- 2 gallons/ Corn
- 3 (28oz) cans/ Crushed Tomatoes
- 4 large cans / Tomato juice
- 1 large can / Beef Broth
- 1 large can / Chicken Broth
- 20 pounds / potatoes
- 8 pounds / yellow onion, diced
- Garlic butter
- Seasoning:
- 1 (2oz) bottle / chili powder
- 1 (1oz) bottle / celery flakes
- 1/3 (1oz) bottle / white pepper
- ½ (2oz) bottle / garlic salt
- ½ (2oz) bottle / onion powder
- ½ (2oz) bottle / cayenne pepper
- ½ (2oz) bottle / paprika

HISTORICAL NARRATIVE

- The annual Hopkins County Stew Contest calls on businesses and individuals in the area to compete against one another in an annual competition that requires overnight prep on a local campground. I competed as part of a team for a local bowling center, Classic Lanes, in October of 2023. The owner, Justin, did the bulk of the work in developing the main components of the recipe while I contributed ideas for the seasoning mix.
- At 5am we met at the campground to begin stewing, getting a late start after cold rain made fire-making challenging. Despite some slightly undercooked potatoes, our stew sold out within in hour and won no prizes but several hearts

DIRECTIONS

- Prepare chicken breast by smothering in garlic butter and separating into two turkey pans. Roast in oven on 350 until cooked through. Shred chicken in pan and pour remaining juice into a separate container
- Chop potatoes and onions to preferred size (the smaller the better for reducing softening time)
- Combine all liquid ingredients into a 10 gallon cast iron stew pot alongside the potatoes and onions and all seasonings
- After two hours, add in the remaining chicken, corn, and tomatoes
- Allow to stew for three to four additional hours and then serve

HOPPIN' JOHN BY ASH PALMER

SERVINGS: 6 | PREP TIME: 20 MINUTES |

TOTAL TIME: 50 MINUTES

INGREDIENTS

- **1 c / Chopped Celery**
- **4 c / Chopped Onion**
- **1 clove / Garlic, Minced**
- **6 oz / Sausage**
- **1 can / Ranch-Style Beans**
- **1 can / Black-Eyed Peas**
- **1 can / Chicken Broth**
- **2 c / White Rice**

DIRECTIONS

- **First, sauté the onion and celery**
- **Then add the garlic and sausage, Sauté with the onion and celery**
- **Add the beans, peas, and broth then bring to a boil.**
- **Add the white rice and cook as instructed on the rice packaging.**
- **Then enjoy!**

HISTORICAL NARRATIVE

- **The recipe originated from the Low Country of South Carolina**
- **The Black-Eyed Peas, known for bringing luck for the year if eaten on New Year's Day, was domesticated in West Africa**

IRISH STEW BY MATTHEW JAMES

SERVINGS: 6 |

PREP TIME: 15M | TOTAL TIME: 1H 30M

INGREDIENTS

- 1/2 c all-purpose flour
- 2 tbsp vegetable oil
- 1 lb lamb stew meat
- 1 lb beef stew meat
- 1 medium onion, chopped
- 1 head of garlic, minced
- 2 c beef stock
- 1 tbsp Dijon mustard
- 1 large turnip, peeled and diced 1 in.
- 1 lb potatoes, peeled and diced 1 in.
- 1 lb mushrooms, cut into 1 in. strips
- Salt and pepper to taste

HISTORICAL NARRATIVE

- This recipe was related to me through my cousin and comes from my grandparents. We chose it because it reminded us of our childhood, because it spoke to our cultural heritage, and because it's the kind of meal you can share with a large family for cheap.
- Irish Stew comes, as the name suggests, from Irish immigrants to the U.S. The presence of lamb is typically Irish, though adaptations such as the addition of beef became common due to comparative affordability in the American West. Potatoes and turnips also speak to classic Irish cooking, being cheap, easily available, and able to be grown in most home gardens.

DIRECTIONS

- Prepare all of your ingredients, chopping the vegetables, mushrooms, and meat and mincing the garlic.
- Preheat oven to 300* F.
- Heat the oil in an ovenproof stewpot or Dutch oven.
- Mix flour with salt and pepper. Dredge the meat in the seasoned flour. Brown meat in stewpot for a few minutes per side. Remove and set aside.
- Sweat onions and garlic until soft.
- Return meat to the pot. Pour in the beef stock, mustard, carrots, and potatoes, stirring well. Bring to a boil, then decrease to a simmer. Cover and place in oven for 10 minutes.
- Remove and stir well, scraping the fond from the bottom. Return to the oven and cook for an additional 30 minutes.
- Remove and place on a burner over medium heat. Add the mushrooms and cook for 10 minutes or until mushrooms are tender. Season to taste.

ITALIAN AMERICAN LASAGNA BY KALEB BATTEY 12 SERVINGS | PREP: ~15

MINUTES | TOTAL TIME: 90 MINUTES

INGREDIENTS

- 2 pounds fresh or packaged whole-milk ricotta cheese
- Italian American meat sauce
- 2 pounds lasagna noodles
- 2 tablespoons olive oil
- 2 large eggs
- pinch of salt
- 2.5 cups of freshly grated grana podano cheese
- 1 pound mozzarella cheese

HISTORICAL NARRATIVE

I chose this author and recipe because I knew her from watching Masterchef and becoming interested in Joe Bastianich, and the fact that his mother was a well-known chef in her own right. I chose this specific recipe because it symbolizes something I realized when researching the food, and it's the fact that it reflects the influence lasagna and Italian food has had, now joining American cuisine and Italian cuisine with this dish.

DIRECTIONS

- Line a sieve with a double thickness of cheesecloth or a basket-type coffee filter. Place the ricotta over the cheesecloth and set the sieve over a bowl. Cover with plastic wrap and refrigerate overnight or up to one day. Discard the liquid that drains into the bowl. Make the meat sauce.
- Bring 6 quarts of salted water and the olive oil to a boil in an 8-quart pot over high heat. Stir about one third of the lasagna noodles into the boiling water. Return to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until al dente, 8 to 10 minutes.
- While the pasta is cooking, set a large bowl of ice water next to the stove. When the lasagna noodles are al dente, remove them with a wire skimmer and transfer to the ice water. Let them stand until completely chilled. Repeat the cooking and cooling with the remaining two batches of lasagna noodles. When the cooked noodles are chilled, remove them from the ice bath and stack them on a baking sheet, separating each layer with a clean, damp kitchen towel.
- While the noodles are cooking, beat the eggs with the salt in a mixing bowl until foamy. Add the ricotta and stir until thoroughly blended. Preheat oven to 375 degrees F.
- To assemble the lasagna, ladle about 3/4 cup of the meat sauce over the bottom of a 15 x 10-inch baking dish. Arrange noodles lengthwise and side by side so as to cover the bottom of the baking dish and overhang the short ends of the dish by about 2 inches. (A little 'cut and paste' might be necessary. Also, the noodles will most likely overlap in the center of the dish. That is fine.) Spoon enough meat sauce, about 2 cups, to cover the noodles in an even layer. Sprinkle the sauce with 1/2 cup of the grated cheese. Arrange a single layer of noodles crosswise over the cheese so they overhang the long sides of the baking dish by about 2 inches, again trimming the noodles and overlapping them as necessary. Spread the ricotta mixture evenly over the noodles. Arrange a single layer of noodles lengthwise over the ricotta, trimming the noodles as necessary. Arrange the sliced mozzarella in an even layer over the noodles. Spread 1 cup of the meat sauce over the cheese and sprinkle 1 cup of grated cheese over the sauce. Cover with a layer of noodles, arranged lengthwise. Spoon enough meat sauce, about 2 cups, to cover the noodles in an even layer and sprinkle the sauce with 1 cup grated cheese. Turn the noodles overhanging the sides and ends of the dish over the lasagna, leaving a rectangular uncovered space in the middle. Spread a thin layer of meat sauce over the top layer of noodles. Sprinkle with the remaining grated cheese. Cover loosely with aluminum foil and bake 45 minutes.
- Uncover the lasagna and continue baking until the top is crusty around the edges, about 20 minutes. Let rest at least 30 minutes or up to 3 hours before cutting and serving. To rewarm a lasagna that has been standing, cover it loosely with foil and place in a 325 degrees F oven until heated through, 15 to 45 minutes, depending on how long it has been standing

JOLLOF SPAGHETTI W/ CHICKEN

AND EGG TOMI MONJOK

SERVINGS: 2 PREP TIME: 25 MINS TOTAL TIME: 1 HR

INGREDIENTS

jollof spaghetti

- 400g of spaghetti
- 1 cup of tomato stew (blended tomatoes, onions, and peppers, cooked down)
- 1/2 cup of vegetable oil
- 1 onion, finely chopped
- 2 red bell peppers, blended
- 2 tablespoons of tomato paste
- 2 teaspoons of thyme
- 2 teaspoons of curry powder
- 2 teaspoons of paprika
- 2 bay leaves
- Salt and pepper to taste
- 2 cups of chicken or vegetable broth

Egg and Chicken topping

- 500g of chicken, cut into bite-sized pieces
- 4 hard-boiled eggs, sliced
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 teaspoon of ginger, grated
- 1 teaspoon of thyme
- 1 teaspoon of curry powder
- Salt and pepper to taste
- 2 tablespoons of vegetable oil

HISTORICAL NARRATIVE

This recipe offers a unique twist on the classic Jollof Rice by incorporating spaghetti, making it a hearty and satisfying meal. Feel free to adjust the seasonings and spice levels to suit your taste preferences. Enjoy your flavorful Jollof Spaghetti with Egg and Chicken!

DIRECTIONS

1. *Prepare the Tomato Stew:*

- Blend tomatoes, onions, and peppers to form a smooth puree.
- In a pot, heat vegetable oil, add chopped onions, and sauté until golden brown.
- Add the tomato paste and cook for 5 minutes.
- Pour in the blended tomato mixture, thyme, curry powder, paprika, bay leaves, salt, and pepper.
- Cook the stew down until the oil begins to float on the surface.

2. *Cook the Spaghetti:*

- Boil the spaghetti in salted water until al dente.
- Drain and set aside.

3. *Prepare the Chicken and Egg Topping:*

- In a separate pan, heat vegetable oil, add chopped onions, garlic, and ginger. Sauté until fragrant.
- Add chicken pieces and cook until browned.
- Season with thyme, curry powder, salt, and pepper. Cook until the chicken is fully cooked.
- In the same pan, add the sliced hard-boiled eggs and stir to combine.

4. *Combine the Jollof Spaghetti:*

- Add the cooked spaghetti to the pot with the tomato stew.
- Mix well, ensuring the spaghetti is well-coated with the Jollof sauce.
- Pour in chicken or vegetable broth to keep the spaghetti moist.
- Cover the pot and let it simmer on low heat for about 10-15 minutes, allowing the flavors to meld.

5. *Serve:*

- Plate the Jollof Spaghetti and top it with the chicken and egg mixture.
- Garnish with fresh herbs or chopped green onions if desired. **Enjoy**

KEDJENOU BY PAULA YOBOUE

ABOUT 4 SERVINGS | PREP TIME: 15 MINS |

TOTAL TIME: 1 HOUR

INGREDIENTS

- 1 whole chicken or guinea hen (cut into manageable pieces)
- 2 medium onions
- 3 medium bell peppers
- 1 small eggplant
- 4 medium tomatoes
- 1 ½ tbsp chopped ginger
- 1 ½ tbsp chopped garlic
- 2 bay leaves
- 8-10 sprigs fresh thyme (or 1 tsp dried)
- 1 tsp smoked paprika
- 2-3 hot peppers
- 1 chicken bouillon cube
- Salt and pepper to taste

HISTORICAL NARRATIVE

- This is a stew from Côte d'Ivoire that my parents who were both born and raised there. This dish is a staple in the country, and is traditionally served with rice, attieke (a grain made from fermented cassava), or, less commonly, couscous.
- This recipe is used to bring people together on the weekends.
- This is the one dish my dad would always make for my sister and I whenever my mom went out of town.

DIRECTIONS

- Preheat oven to 350° Fahrenheit
- Clean your chicken by removing any unwanted fat, tendons, or skin and set aside
- Chop vegetables (excluding the eggplant) into small-medium sized pieces so they can all fit into the pot leaving hot peppers uncut
- Finely dice garlic and ginger
- Place about half the vegetable mixture in lightly oiled pot
- Then add chicken, bay leaves, thyme, and seasonings. Crumble the chicken bouillon cube and sprinkle it on this layer.
- Add remaining vegetable mix on top
- Cover pot with lid, and place in preheated oven
- Allow to cook for 45 mins to 1 hour or until chicken is soft and falling off the bone.

MARIBALLI PIZZA BY AIDAN MORTIMER

16 SLICES | 1 DAY PREP TIME |

1 DAY 30 MINS TOTAL TIME

INGREDIENTS

For Dough

- 1 ½ c / Water or Beer
- 4 ¼ c / Bread Flour
- 2 tsp / Bread Machine/ Dry Yeast
- 2 tbsp / Extra Virgin Olive Oil
- 1 tbsp / Sugar
- 1 ½ tsp / Salt

For Sauce

- 29 oz / Tomato Sauce
- 29 oz / Tomato Puree
- 1.31 oz / Italian Seasoning
- 1/8 c / sugar
- To taste / Salt & pepper

Other

- 12 oz / Preferred toppings
- 4 c / mozzarella or parmesan cheese

DIRECTIONS

- Into a bowl add the listed ingredients for dough in order of listing.
- Mix in either mixer with hook or by hand till forming a cohesive ball of dough.
- After that, remove dough from the bowl and cover with saran wrap and let rise.
- Once risen, divide in half, roughly 14 oz. each of dough balls and place onto a pan, dust with flour and place into refrigerator for 24 hours.
- While the bread is rising in the fridge, begin work on sauce either next day or on the day you put the dough in (the next day for fresher sauce).
- Combine listed ingredients for sauce into a pan over medium to low heat until thoroughly smooth and well seasoned.
- To assemble the pizzas, take the bread out and let it warm to room temperature, then flour your hands and rolling pin and begin to roll the dough into 15" circles, about 1 ¾ inches thick.
- Cover with sauce to desired level, atop with toppings of choice and cheese, and then toss into a preheated oven at 425, for 20 minutes.
- Slice and serve while warm

HISTORICAL NARRATIVE

- I chose this recipe since it is something my dad makes on special occasions and something I hold in high regard, and something about my father, the author of the recipe, he taught me that you don't always have to be perfect and do what everyone else does, he never went the path of college and is now the head of safety for his company and does it for the entire US, not just regions but national, and he got there with determination and a drive to succeed.
- 1) Pizza in its modern, most common form comes from Naples, Italy in the early 19th century.
- 2) In Vergil's Aeneid, they describe a dish similar to pizza, in the form of flat bread, that would mark they made it to the holy land of Italy, and later Rome.

MEATBALLS BY TERESA DANIELS

4-6 SERVINGS | 15 MIN PREP TIME |

1H 20 MIN TOTAL TIME

INGREDIENTS for Meatballs

- 1 lb. / ground beef
- 1 c / milk or milk substitute
- 2 c / coconut flour or your preference of flour, crackers, or bread
- 1/4 c / diced onions
- 1 ½ tsp / salt
- 1 ½ tsp / black pepper
- 1 tbsp / Chili Powder
- 4 tbsp / Worcestershire sauce
- 4 tbsp / oil
- ½ c / flour
- Ingredients for Sauce
- 1 c / Ketchup
- 2 tbsp / brown sugar
- 3 tbsp / Worcestershire sauce
- ½ c / diced pickles
- 1 tbsp / chili powder
- 1/2 c / water

HISTORICAL NARRATIVE

- My mother's close friend gave her the recipe for meatballs that she knew my family would love. Over the years I experienced medical issues, which had my mother struggling to find alternatives to my favorite dishes. She finally found ways to incorporate my favorite dishes into a safer form for me eat without losing the flavors that I love.
- Worcestershire sauce was invented by Lea and Perrin when they were trying to recreate an Indian sauce. They did not like it, so they stored it. At a later time, they stumbled across it and found it had ripened to perfection.
- Meatballs have been made by many different cultures and there is no clear narrative where the first meatball was invented but there are several claims that the first meatball came from China around 200 BC but did not appear in the United States until the mid 1800s.

DIRECTIONS

- Preheat oven to 350 degrees
- In a large bowl combine ground beef and 1 ½ cup coconut flour or alternative, mix thoroughly
- Pour in spices (salt, pepper, chili powder) , milk, Worcestershire sauce and onions, mix thoroughly
- Pour oil into a frying pan and heat over medium
- Take pieces of the beef mixture and roll them into 2-inch balls (try to keep the balls similar in size, irregular sized meatballs may not cook thoroughly).
- Dredge meatballs into the flour
- Brown the meatballs in a frying pan in small batches until light brown (Just enough to sear the outside)
- Once brown transfer meatballs to a greased baking dish
- Baked for 45 minutes
- In a medium sized bowl combine all sauce ingredients
- Take meatballs out of the oven and drizzle the sauce over the cooked meatballs
- But the meatballs back in the oven for 15-20 minutes until meatballs are completely cooked through (To check if the meatballs are done you may have to cut a larger one open)
- Once finished cooking serve with desired sides (I like mine served with mash potatoes and spinach)

MEATBALLS IN RED

SAUCE BY DANIEL LEON

SERVINGS 10 | PREP TIME 30 MIN |

TOTAL TIME 3-4 HOURS



INGREDIENTS

Meatballs

1 lb of ground pork, ground veal and ground beef

2 yellow onions diced

½ a bulb of garlic diced

1 (bunch?) of parsley chopped small

1 cup of Romano cheese

Salt and Pepper

2 eggs to hold it together

Flavored bread crumbs (add enough so the meatballs hold together)

Mix it together and roll the meatballs to your preferred size

Brown the meatballs on all sides

Then put them on the side in paper towel to drain

DIRECTIONS

Sautee in a ½ cup of olive oil until softened

Make a gap in the veggies and add 1 can of tomato paste until lightly browned

Add 1 cup of red wine

Add 1 can crushed tomatoes

Add 1 can of tomato puree

Fill the can of crushed tomatoes with water (as a measurement tool) and add it

As it cooks add basil leaves and chopped parsley

Add the meatballs to the sauce

Let it cook for 2 hours on Low

Sauce

2 large onions diced

½ bulb of garlic diced

1 carrot diced small

1 or 2 sticks of celery diced

HISTORICAL NARRATIVE

- I chose my grandmother because she is the head of our very huge family (she has 10 siblings including herself and I have at least 30 cousins) and she cooks for almost all of our family events. She has inspired many in my family to become professional chefs even though her experience of cooking is personal at home (no professional training)
- After discovering that meat in America was relatively inexpensive, Italian Americans made meatballs using affordable ground beef and indulged in larger portion sizes than they had had back home.
- Meatballs were originally served alone or with soups. Tomato sauce in which the meatballs are dipped and drenched, came into to the Italian cuisine because, in the late 19th and early 20th century, the tomatoes became readily available within cheap cans in the US, making the sauce a good compliment for the meatballs.

MENUDO by Bridgette Riddle

8 Serving | 20 mins prep time | 8 hours and 30 mins

INGREDIENTS

- 2 ½ pounds beef tripe, cut into 1-inch pieces
- 1 gallon water
- 1 large white onion, finely chopped
- 6 cloves garlic, finely chopped
- 2 tablespoons ground red pepper
- 1 ½ tablespoons dried oregano
- 1 ½ tablespoons salt
- 1 tablespoon ground black pepper
- 5 de árbol chile peppers
- 6 japones chile peppers, seeds removed
- 6 cups canned white or yellow hominy, drained
- ¼ cup chopped fresh cilantro
- ½ medium white onion, chopped
- 8 wedges lime

DIRECTIONS

- Bring a large pot of water to a boil. Add tripe, reduce the heat, and simmer, periodically skimming off fat, for 2 hours; drain.
- Fill the pot with fresh water, and simmer tripe for 2 more hours; drain again.
- Pour 1 gallon water over tripe in the pot; bring to a boil. Stir in onion, garlic, red pepper, oregano, salt, and black pepper. Reduce the heat and simmer for 1 hour.
- Meanwhile, set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Arrange árbol chiles on a baking sheet.
- Broil chiles in the preheated oven just until they begin to scorch, about 2 minutes. Remove from the oven, split lengthwise, and remove seeds.
- Place árbol chiles into a blender or food processor with japones chiles; blend until minced.
- Stir Chile mixture into the pot and continue cooking over low heat for 2 hours. Mix hominy into the pot and cook for 1 hour.
- Serve soup with cilantro, onion, and lime wedges.

HISTORICAL NARRATIVE

- **I chose this recipe because I made it with my grandmother. My roommate has the same connection with making it with her grandfather. I really love the comparison between me and my roommate because this has been a fun project to do with my close friend.**
- **Two relevant historical facts are that menudo is indigenous from Mexico, and that menudo is believed to be a hangover cure, meaning it is a food used to help with the effects of drinking too much the night before.**

MOROCCAN COUSCOUS

BY: ABIGAIL HAXEL

SERVINGS 8 | PREP TIME 35 MINS | TOTAL

TIME 2HR 35MINS

INGREDIENTS

Meat and Broth

Seasoning

- 2 lb. beef
- 1 large onion, chopped
- 3 tomato's chopped
- 1/4 cup olive oil
- 1 1/2 tbsp salt
- 1 tbsp ginger
- 1 tbsp pepper
- 1 tsp turmeric
- 1 handful parsley and cilantro

Couscous

- 2 lbs couscous
- 1/4 cup olive oil
- 6 cups water
- 2 tsp salt - (added after 1st steaming)
- 2 tbsp soft butter - (added after final steaming)

Traditional Veggies

- 1/2 cup chickpeas, soaked overnight
- 1 small head of cabbage, cut in half
- 3 turnips, peeled and cut in half
- 8 carrots, peeled
- 2 tomatoes, peeled and quartered
- 2 onions, cut in half
- 1 acorn squash, quartered
- 4 zucchinis

DIRECTIONS

In the bottom of the couscoussier you brown 2lbs of beef with 1/4 cup of olive oil, 1 chopped onion, and 3 finely chopped tomatoes. Then add the spices in as well, 1 1/2 tbsp salt, 1 tbsp ginger, 1 tbsp pepper, and 1 tbsp turmeric. This part of the broth cooks for about 15 minutes on medium-high heat, stirring quite often. After the first part of the broth has cooked for 15 minutes add a 1/2 cup of chickpeas that have soaked overnight, a handful of cilantro and parsley, and about 3 quarts of water. This cooks for about 30 minutes on medium-high heat. The next part of the recipe is steaming the couscous 3 times. For the first steam, put 1/4 oil over 2lbs of couscous and roll the couscous in between your hands to get an even distribution of oil. Add a cup of water to the couscous and continue to roll it so it's all blended. Put the couscous in the top of the couscoussier and steam for 15 minutes. After the first steam, pour the couscous into a deep bowl, add 2 tsp of salt, 1 cup of water, and roll again with your hands or a spoon. Once the couscous is back in the pot add 1 small head of cabbage that's been cut in half, 2 small halved onions, and 2 quartered tomatoes. Steam all of this for 15-20 minutes. For the third and final steam, pour the couscous back into the deep bowl. Add 3 peeled and cut turnips, and 8 peeled and cut carrots to the couscous pot and steam them for 15 minutes. In increments add 3 cups of water to your couscous and work it between your hands so there are no lumps. Put half of the couscous back in the pot and add an acorn squash that's been quartered, and 4 zucchinis. Add enough water to cover vegetables. Steam until you see steam coming from the pot and then add the rest of the couscous and cook for 15 more minutes. After 15 minutes put your couscous mixture into the bowl and work in 2 tbsps of butter. To serve this recipe, put the couscous in your deep dish and add a cup of the broth into the couscous and mix it in. Arrange the couscous into a volcano-like mound with an indentation in the middle. Add the meat to the center of the couscous and top it with the cabbage and squash. The other vegetables go around the meat as well. The rest is used to garnish.

HISTORICAL NARRATIVE

- My narrator Maha is originally from Morocco but now lives in Canada. She chose this recipe to share with me because of the memories of watching her nanny cooking it for her when she was young.
- Maha learned how to make this recipe by watching how it was made and remembered a lot of how to make it based on how it smelled.
- Couscous originated by the Berbers, and the term couscous comes from their word, Keksu, which was the instrument used for cooking this dish.
- Couscous is traditionally cooked on Fridays, the Muslim day of worship, and is usually shared with a large group.

MUSHROOM CHICKEN

BY CARTER SWIFT

Servings: 2-3 Prep Time: 15-20 minutes Total Time: 45-60 minutes

Ingredients

- 2-3 chicken breast
- 1 cup cut up mushrooms
- 4 tablespoons of butter cut
- 2 tablespoons of olive oil
- ¼ cup of diced onions
- Fresh Rosemary/fresh parsley (canned)
- ½ cup of parmesan cheese fine
- 2 ½ cups of heavy cream
- salt and pepper powder
- 1 teaspoon lemon pepper



Directions

1. Cut your chicken breasts in half lengthwise to make four thinner cutlets. Season them with salt & pepper then coat them in flour.
2. Add the oil to a skillet over medium-high heat.
3. Once the pan's hot, add the chicken. Cook it for 4-5 minutes/side until golden. Once this step is done, take the chicken out of the pan and set it aside.
4. Add the butter to the pan. Let it melt, then add the mushrooms and Italian seasoning. Cook the mushrooms, stirring occasionally, until the water has been released, it cooks off, and they get a nice sear.
5. Take the mushrooms out of the pan (ok to put them on the same plate as the chicken).
6. Add the garlic, chicken broth and lemon juice, to the pan. Give it a good stir and let it reduce by half (about 3-4 minutes).
7. Add the cream to the pan, along with the chicken and mushrooms. Let the chicken cook for another 5 minutes or so until it's cooked through and the sauce has thickened a bit. Season with salt & pepper as needed.



I chose this recipe because it has been in my family my entire life. My grandmother originally introduced it to my mother who passed it on to me. It is one of my favorite meals of all time and has always had a unique flavor.

1. Mushroom chicken in the 1950s was often referred to as the "Mediterranean Dish" in Europe due to its popularity across Italy, France, and Spain, all of which are bordered by the Mediterranean Sea.
2. Ancient civilizations like the Egyptians, Greeks, and Romans incorporated chicken and vegetables, including mushrooms, into various dishes, often roasted, stewed, or fried.

MATTAR PANEER WITH BROWN RICE BY SATYA KABIRPANTHI

4 SERVINGS | 20 MIN PREP TIME | 40 MIN TOTAL TIME

INGREDIENTS – MATTAR PANEER

- 1 c / Frozen Peas (or Peas and Corn)***
- 3 Garlic Cloves
- ½ Large Onion
- 3 Large Tomatoes
- 15 -20 g Paneer**
- 3 tbsp / Edible Oil
- ¼ tsp / Cumin Seeds*
- 1 c / Raw Cashews
- 1 tsp / Salt (as preferred)
- ¼ tsp / Turmeric Powder*
- ¼ tsp / Red Chili Powder*
- ¼ tsp / Garam Masala*
- 1 c / Washed Brown Rice & 1.5 c / Water

*Cumin Seeds, Turmeric Powder, Red Chili Powder (can be replaced by Paprika), Garam Masala (optional) are available at local Indian Grocery Stores or even at Whole Foods Stores

**Fresh Paneer (Indian Cheese) is also available at local Indian Grocery Stores in the refrigerated section.

***Peas is preferred vegetable for this recipe, I used corn mixed with peas due to insufficient peas (it is okay to be creative with veggies!)

HISTORICAL NARRATIVE

I had selected a recipe that my mom cooks called the Mattar Paneer that she makes with brown rice. Mattar Paneer is one of my most favorite recipes that refresh my memories from my childhood. The meaning of “Mattar” is peas and “Paneer” means cottage or also soft cheese. Mattar Paneer is a very popular vegetarian dish that has a rich creamy texture and has a mouth-watering flavor. This dish is highlight of every festival, wedding, or special occasion in the North Indian culture. Kids love dishes made with paneer and this could be why I have really liked this dish since my childhood days.

DIRECTIONS

- Mix salt and dry spices in a container and set aside.
- Microwave frozen peas and corn for approximately 2 minutes and set aside.
- Peel tomatoes, cut onions and garlic into large pieces.
- Blend tomatoes using the blender, set aside the tomatoes sauce.
- Cut Fresh Paneer into small cubes, if Paneer is Frozen microwave for approximately 1 minute if needed.
- Add 1 tbsp oil to the pan oil to the pan, once the oil is hot, add the paneer cubes and cook until light brown (approx. 3-4 minutes). Note that paneer will leave water, ensure the water is completely dried and it is alright if paneer becomes slightly scrambled in this process.
- Wipe the pan and use the same pan for the next step. Add 2 tbsp oil, heat at medium flame. Add cumin seeds, cook for few seconds until it stops sputtering. Cumin seeds are optional, if you don't have it skip the cumin seeds.
- Once the oil heats add cashews and cook for few seconds until cashews until light brown, stir rapidly to ensure cashews do not burn.
- Do not turn off the flame, then add cut onions and garlic. Keep stirring rapidly to avoid burning of the food. The goal is to caramelize the onions and garlic.
- Lower the flame and add the dried spices mixture (flame is low to ensure spices do not burn). Stir spices rapidly with the ingredients in the pan. Cook for few seconds. Note do not cook spices here for too long, they tend to burn quickly.
- Next add the tomatoes sauce to the pan, the stove flame can be raised to medium. Cook the mixture for 6-7 minutes. Cover the pan as when the sauce gets added the mixture tends to sputter and splash.
- Turn off the stove and add mixture to the blender. If it is glass blender hot mixture can be added, if plastic blender make sure mixture cools before blending. Blend into smooth paste, ensure there are no cashew pieces, and it is mixed well.
- Turn on the stove, use the same pan we originally started with. Add the smooth sauce to the pan. Cook for 2 minutes, stirring rapidly.
- It is finally time to add cooked paneer and peas (or peas and corn). Add the ingredients and cook for about an additional 2 minutes, stirring rapidly. This is our final step, mattar paneer is ready and the stove can now be turned off!
- Simply cook the brown rice in the electric cooker for 40 minutes. Note do this prior to making mattar paneer, so that brown rice is ready by the time mattar paneer is cooked.

MUTTON CURRY BY

NAVPREET SINGH

7 PEOPLE | 2 HRS | 5 HRS

INGREDIENTS

- **8lbs Front Shoulder and Ribs**
- **7-8 Onions**
- **4 tbsp/Meat Masala**
- **4 tbsp/Salt**
- **3 tbsp/Red Chili Powder**
- **4 tbsp/Ginger Garlic Paste**
- **2 Whole Garlic**
- **3 tbsp/Garam Masala**
- **3 tbsp/Mustard Oil**
- **Yogurt**
- **3 Cups Hot Water**

DIRECTIONS

Marination:

In a large bowl, combine the mutton pieces with yogurt, ginger-garlic paste, turmeric powder, and a pinch of salt.

Mix well, ensuring each piece is coated evenly.

Allow the mutton to marinate for at least 1 hour, or preferably overnight in the refrigerator for enhanced flavors.

Preparation:

Heat oil or ghee in a heavy-bottomed pan or pressure cooker over medium heat.

Add cumin seeds and let them splutter.

Add finely chopped onions and sauté until golden brown.

Spice Infusion:

Stir in the green chilies and ginger-garlic paste. Sauté for 2-3 minutes until the raw smell disappears.

Add coriander powder, red chili powder, and turmeric powder. Cook the spices for another 2-3 minutes until the oil begins to separate.

Tomato Puree:

Pour in the pureed tomatoes and cook until the mixture thickens and the oil starts to separate from the masala.

Cooking the Mutton:

Add the marinated mutton to the masala. Ensure each piece is coated with the rich mixture.

Cook on medium heat, stirring occasionally until the mutton is browned on all sides.

Pressure Cooking (Optional):

If using a pressure cooker, transfer the browned mutton to the cooker. Add a cup of water, secure the lid, and cook for 4-5 whistles or until the mutton is tender.

Final Seasoning:

Once the mutton is cooked, add salt to taste and sprinkle garam masala over the curry.

Simmer for an additional 10-15 minutes until the curry reaches your desired consistency.

Garnish and Serve:

Garnish with fresh cilantro.

Meera Singh's Punjabi Mutton Curry, a delightful blend of traditional flavors and contemporary culinary finesse!

The author of the mutton curry recipe that we're exploring in this historical narrative is **Meera Singh**, a home cook with a rich cultural background that significantly influenced her culinary creations. Meera Singh's family emigrated from Punjab, India, to the United States in the 1960s, bringing with them a treasure trove of traditional recipes and culinary practices. Meera, born and raised in the U.S., has become a custodian of her family's culinary heritage, particularly the art of preparing mutton curry.

Meera Singh's mutton curry embodies the essence of cultural continuity, adaptation, and the lived experience of migration, making it a compelling subject for our exploration of the historical narrative behind this beloved dish. Through her culinary contributions, Meera Singh contributes to the broader tapestry of global cuisine, enriching the story of mutton curry with personal narratives and a celebration of cultural diversity.

ONE-POT CREAMY TACO PASTA WITH TURKEY & CHEDDAR BY MD

AKIB HUSSAIN

4 SERVINGS | 35 MINUTES | 40 MINUTES

Ingredients

- cheddar cheese $\frac{1}{2}$ (8 oz.) block
- Cilantro 1 small bunch
- diced tomatoes 1 (14.5 oz) can
- Garlic 4 cloves
- gluten-free rotini pasta 12 oz
- ground turkey 1 lb
- plain Greek yogurt $\frac{1}{4}$ cup
- yellow bell pepper 1
- yellow onion 1 medium
- chili powder 2 tbsp
- cumin, ground 1 tsp
- extra virgin olive oil 1 tbsp
- garlic powder 1 tsp
- onion powder 1 tsp
- Salt $1 \frac{1}{2}$



DIRECTIONS

- Wash and dry the fresh produce.
- Seed and small dice the bell pepper.
- Peel and small dice onion. Peel and mince garlic.
- Heat a large pot over medium heat.
- Once the pot is hot, add the oil, bell pepper, onion, garlic, and ground turkey. Break apart the turkey with a spoon until crumbly. Stirring occasionally, cook until turkey is cooked through and vegetables are tender, 6-8 minutes.
- Add the pasta, tomatoes, water, and spices to the pot. Stir and bring to a boil over high heat. Reduce heat to medium-low and cook, stirring occasionally until pasta is cooked and most of the water is absorbed, 15 minutes.
- Shave the cilantro leaves off the stems; discard the stems and mince the leaves.
- Once the pasta is done, remove from heat. If more than $\frac{1}{2}$ cup of liquid is remaining in the pot, carefully strain off excess liquid using a colander.
- Add cheese, yogurt, and half of the cilantro to the pot with the pasta and stir until cheese is melted and creamy.
- To serve, divide pasta between bowls. Garnish with remaining cilantro. Enjoy!

HISTORICAL NARRATIVE

- This recipe was introduced by my best friend while we were attending the same college and I chose this recipe because it's very delicious and healthy.
- Pasta is commonly associated with Italian cuisine, but its origins can be traced back to ancient China, where noodles have been made for thousands of years.
- There are numerous shapes and types of pasta, each designed for specific sauces or dishes. Examples include spaghetti, penne, fusilli, ravioli, and lasagna.

MY GRANDMOTHER'S SPINACH AND CHEESE TAMALES

- 3 dozen corn husks
- 3 pounds of prepared Masa
- 3 T olive oil divided
- 1 yellow onion diced
- 3 cloves of garlic minced
- 2 pasilla peppers
- 5 ounces of fresh spinach
- 2 tomatoes diced
- 8 ounces oaxaca cheese shredded

Historical fact: The tamale is a perfect representation of cultural blending, from containing both ancient Mayan culture to Spanish influence.

- Soak corn husks in water overnight to soften.

- Wilt spinach in a medium saucepan over low-medium heat with 1 tablespoon of olive oil.

- Roast pasilla peppers over medium-high heat until the skin is charred; this can be done in a dry skillet or directly over the flame.

- Allow peppers to cool before handling, then remove the skin and seeds. Dice and set aside.

- In a large saucepan, sauté onion and garlic until soft without browning. Add roasted peppers, wilted spinach, and tomatoes.

- Prepare a steamer with water, but do not heat it to avoid burns during assembly.

- To assemble tamales, spread 1/4 cup of prepared masa onto the smooth side of a soaked corn husk. Place 2 tablespoons of vegetable filling onto the masa, avoiding overfilling. Add cheese to taste.

- Roll tamales lengthwise toward the center, ensuring the husk's sides overlap. Fold over once and tie with a piece of corn husk to prevent filling leakage during steaming.

- Place tamales open end up in the steamer, avoiding laying them flat. Steam over low-medium heat for 2 1/2 to 3 hours.

- Allow tamales to cool slightly before removing the corn husk.

POZOLE BY JADARION JENKINS

8 SERVINGS | PREP TIME: 45 MINS | TOTAL TIME: 2 HRS

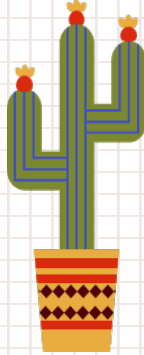
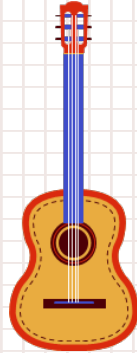


Soup

- 4 quarts of water
- 2 pounds cubed pork shoulder
- 1 pound pork spareribs or baby back ribs
- 1 white onion cut in quarts
- 8 large garlic cloves
- Salt to taste
- 3 cans (15 ounces each) white hominy, drained and rinsed

Red Sauce

- 5 guajillo peppers
- 5 ancho peppers
- 6 garlic cloves
- 1 medium white onion chopped
- ½ teaspoon dry Mexican oregano
- 2 tablespoon vegetable or canola oil
- Salt to taste



HISTORICAL NARRATIVE

The person I chose for this project was my friend, Jonathan, despite growing up together, we have different upbringings, and this gives me a chance to take a glimpse at his heritage. Pozole is a staple dish in Mexican households and is typically eaten during special occasions, such as birthdays and holidays. This meal originated as a result of rituals that was performed by the Aztecs to appease the gods and used human meat in the dish as opposed to the pork and chicken used today.



1. Heat water in a large stockpot. Add pork meat, spareribs, onion, and garlic. Bring to a boil, then lower the heat and let simmer, partially covered for 2 and half hours or until meat is tender and falling off the bone. Season with salt when meat is almost done. While cooking, skim the top layer of foam and fat from the pot.
2. Remove pork from broth; reserve broth. Trim excess fat, and remove meat from bones; discard bones, onion, and garlic from the broth. Shred meat, and cover.
3. Now for the sauce, soak the ancho and guajillo peppers in water just enough to cover for 25-30 minutes until soft.
4. Blend peppers, garlic cloves, onion, and oregano, adding some of the water in which they were soaking. Puree mixture until smooth.
5. Heat oil in a large skillet over medium-high. Add the dry pepper puree and salt to taste, stirring constantly as it splatters. Reduce heat to medium; simmer, about 25 minutes.
6. Using a strainer, add the sauce to the broth. Bring to a boil and add the meat, and simmer gently, for about 10 minutes. Stir in white hominy, and season with salt and pepper. Simmer until heated through.
7. Serve Pozole in large Mexican soup bowls and place garnishes, then you're finished, enjoy!



POZOLE BY AHTZIRY LOPEZ

10 SERVINGS | 1 HOUR 30 MIN PREP | 1 HOUR

INGREDIENTS

- 8 Chiles Anchos
- 8 Chiles Guajillo
- 1 Onion
- 1 Onion
- 1 Hole Garlic
- 3 Laurel Leaves
- ½ Cup of Cumin
- 3 Cup of salt
- 1 Cup of pepper
- 1 Pound of corn Maize
- 5 lb of pork back (some stuff was hard to translate)

DIRECTIONS

- **Cook the meat in water within 1 hours**
- **Prepare the chilis in a blender add the chilis and pepper**
- **Add the garlic when the meat is done**
- **Use a colander for the chili mix and add it to the meat**
- **Let it cook for 15 min then add the corn and oregano**
- **Finish!**

HISTORICAL NARRATIVE

- **I chose this recipe because it's a family recipe passed down from grandmother to granddaughter. My grandmother, when she was young, was living with her grandmother, and she taught her how to cook. My great-grandmother also made posole as something for special occasions or when someone comes to visit, and my grandmother has done that as well.**
- **Pozole is an ancient dish made by many different civilizations in Mesoamerica, including the Aztecs in modern-day Mexico**

RED BIGOS BY SEAN COLLINS

SERVINGS | 30 MINUTES | 1 HOUR 30 MINUTES

• INGREDIENTS

- 1 Large Cabbage Head
- 2-3 Cups of Sauerkraut
- 1 Yellow Onion
- 1 Tomato
- 1 Small Can of Tomato Paste
- 8 Garlic Cloves
- ½ Cup of Mushrooms
- 8 Strips of Bacon
- 4 Large Smoked Sausages
- Seasoning: Butter, Salt, Pepper, Bay Leaves, and Cilantro

HISTORICAL NARRATIVE

- This recipe is a family recipe that was handed down to me from my mom. I choose this recipe because I have had fond memories of cooking and eating it.
- Bigos has a long history with Poland, first appearing in first Polish cookbook Compendium Ferculorum in 1682 but has been around in some form since the high mediaeval period. Bigos is the national dish of Poland.

DIRECTIONS

First, simmer the mushrooms in a saucepan until tender (10min). Meanwhile, begin to shred the cabbage and prep 2-3 Cups of Sauerkraut. Then bring 6 cups of water to boiling point in a large pot. Once boiling, add shredded cabbage and sauerkraut, simmer for 30 minutes. Meanwhile, cut the yellow onion into strings. After 30 minutes, add the onions to the cabbage and put some butter on top of the mix, simmer until onions are golden. Meanwhile, sauté the sausage and bacon until done, then dice up the meat into fine small chunks and add to the mix once the onions are done. Once meat is introduced, let to all simmer for 15 minutes. Then add the rest of the ingredients, smash and add the tomato and paste, the mushrooms, and dice the garlic cloves and add them in. Mix all the ingredients together and then simmer for another 15min. Finally, season with salt, pepper, bay leaves, and cilantro and simmer all for another 15min. Let it cool down and then enjoy.

RED POZOLE BY ALFREDO BAUTISTA

20 SERVINGS | PREP TIME: 20-30

MINUTES | TOTAL TIME 3-3 1/2 HOURS

INGREDIENTS

- Chile Guajillo
- Chile De Arbol
- Salt
- Garlic
- Oregano
- 10 pounds of Pork
- Black Pepper
- 8-10 cups of Maiz
- 10 pounds of Pork

HISTORICAL NARRATIVE

- **I chose this recipe because it is a special dish within my family and has a very special connection with my mother.**
- **Posole used to be eaten with Human flesh by the Aztec elite**
- **One of the oldest dishes in Mexico's history, dating back to the 14th century**

DIRECTIONS

For the 10 pounds of Pork:

- Fill Pot with hot water until the meat is covered and put in on the stove and wait for the water to boil
- As you wait for the meat to boil, pepper salt throughout the pot (As much or as little as you'd like)
- After the stew gets hot pour the 8-10 cups of Maiz in order for it to boil alongside the meat
- Begin to prep the red salsa, by putting Chile Guajillo, Chile de Arbol, Garlic, Oregano and black pepper into a blender (You can add as many or as little of each ingredient as you'd like, there is no specific measurement)
- Before blending put in about 1-2 cups of the soup broth (After it has begun to boil) within the blender along with the other salsa ingredients.
- Blend for about 1-2 minutes until everything is blended well.
- Before putting in the blended salsa make sure the stew is boiling, if it is, pour the salsa.
- Let stew boil in order to allow the salsa to blend in well and allow the meat to become tender.
- Pour more salt if the soup needs more flavor
- Once the meat is tender enough, serve it up and Enjoy!

RILEY'S BIBIMBAP BY LILLIAN

COWAN

SERVINGS 4 | PREP TIME 25 MIN | TOTAL

TIME 45 MIN

• INGREDIENTS

• For the Rice

- 2 cups of jasmine rice
- 2 tbsp of salt
- 2 cups of water (ratio for rice cooker)

• All the Extras

- Kimchi (store bought)
- Beansprouts
- ½ an avocado
- Green onion
- Hoisin, sriracha, soy sauce, sesame oil
- Sunny side up egg

• For Bulgogi Beef

- (I often will get pre-marinated beef from Costco or H-mart)
- 2 rib-eye steaks thinly sliced
- 1 white onion thickly sliced
- 8 tbsp soy sauce
- 4 tbsp brown sugar
- 4 tbsp rice wine
- 5 tbsp minced garlic (or more)
- 1 tbsp minced ginger
- Pepper to taste

DIRECTIONS

- Combine all ingredients for Bulgogi beef mix and let marinate for at least 1 hour
- Wash rice thoroughly until water runs clear
- Add rice water and salt into rice cooker, set for "plain rice"
- Using large pot set to medium-high heat, add sesame oil, then marinated beef
- Add salt, pepper and extra garlic to taste as it cooks.
- Cook sunny side up egg (do not salt)
- Chop green onion
- Add rice to bowl, add sesame oil
- Pile on beef, avocado, beansprouts, and kimchi
- Finish with the egg and green onions on top
- Finish with soy sauce, sriracha and hoisin over the entire bowl

HISTORICAL NARRATIVE

- This recipe is important to me because it has become a staple in my diet since moving in with my boyfriend. It is a meal he has enjoyed his whole life. Having it at church events and friend's house as a child, he has shown me why it is such a great dish for any time of the day! I have come to absolutely love it! This is great for left overs.
- There are written records of Korean literature claiming that Korean nobles added sesame oil to the meal making it of higher quality, elevating it from "common folk food". It was added to help the ingredients mix, for easier eating.

ROSEMARY CHICKEN BY

BRIAN OVIEDO

SERVES 4 | 10 | 30

INGREDIENTS

- 4 chicken breasts
- 2 eggs
- 2 c / flour, 3 tbsp reserved
- 2 c / chicken stock
- 3 sprigs of rosemary, roughly chopped
- Your preferred seasoning blend

HISTORICAL NARRATIVE

- This recipe was first introduced to me by my grandmother, Jean. I chose this recipe because I have great memories helping to cook it with my family as a kid. This recipe has something for everyone and allows the whole family to cook together.
- The origin of fried chicken is unknown but is believed to be either Scottish or West African.
- There are 3 different primary frying methods for fried chicken, pressure fried(which was popularized by Colonel Sanders of KFC) , deep fried, and shallow fried. This recipe uses the shallow fry method.

DIRECTIONS

- Place your chicken breasts in a plastic bag and pound them one by one with a mallet until they are ½ in thick
- Place flour on a plate or in a shallow dish
- In a separate bowl crack the eggs and whisk until homogenous
- Season the chicken flour, and eggs with your preferred seasonings (my family uses salt, pepper, garlic powder, onion powder, paprika, and a pinch of cayenne pepper)
- Coat the seasoned chicken with the seasoned flour, then dip into the egg mixture, then dredge in the flour mixture again
- Shake off excess flour and place chicken into deep Sautee pan with 350 degree oil fry until golden brown and chicken is cooked through (165 degrees f)
- After the chicken is cooked, remove all but 3 tbsp of frying grease
- Add the reserved flour and cook until the flour taste is gone, 2-3 minutes
- Add the chicken stock and allow to reduce until thickened
- Add the rosemary and serve immediately with your choice of side

SALMON CROQUETTES BY NAPHTALIY ALEXANDER

1 SERVING: 350 CALORIES | PREP TIME: 15 MINUTES| TOTAL TIME: 30 MINUTES

INGREDIENTS

- **2 cans of Salmon**
- **1 can of Mackerel**
- **1 egg**
- **1 bell pepper**
- **1 whole onion**
- **A little bit of salt (enough salt in the chips)**
- **lots of pepper (enough to taste it)**
- **lots of Slap Yo Mama seasoning (enough to taste it)**
- **lots of Creole Seasoning (enough to taste it)**
- **1 bag of Lay's potato chips**

• **My Mom Turquoise Pipes never really did measurements in terms of how much seasoning is added in the recipe. Furthermore, she got this recipe from my Grandma, so it's literally a mediate family recipe. Moreover, I chose this recipe because of the fact of how creative this recipe is along with how it shows the uniqueness of my family.**

2 Historical facts about this recipe

- **This recipe was popular during the Great Depression, which further increased its popularity in the South.**
- **Salmon croquettes are the favorite dish of well known American author William Faulkner.**

DIRECTIONS

- 1. Have a big bowl.**
- 2. Get 2 cans of salmon, put it in the bowl, and pick out the bones.**
- 3. Then get 1 can of mackerel, pick out the bones, and also add it with the salmon as well.**
- 4. Beat one egg and add to the bowl with the salmon and mackerel and mix it.**
- 5. Get 1 bell pepper and 1 onion, cut them into pieces and add it to the mixture.**
- 6. While mixing it all together, add a little bit of salt.**
- 7. Then sprinkle huge amounts of pepper and other seasonings including "Slap Yo Mama" and "Creole seasoning" and make sure it is enough to taste it without adding more.**
- 8. Then get 1 bag of lays, pound the bag to make sure the chips are nothing but crumbs, then mix it in along with the other ingredients.**
- 9. Afterwards, make each piece into big chunks and form them into a shape of an oval.**
- 10. Put it on the skillet pan full of oil and cook them for 15 minutes.**

SANCOCHO BY BEVERLY ROSA

8-10 SERVINGS | PREP TIME: 30 MIN | TOTAL TIME: 3 ½ HRS

INGREDIENTS

- 1 c sofrito
- 2 medium yuca
- 1 green plantain
- 2 medium malanga (taro root)
- 1 lb/ beef bones with meat
- 1 lb/ pork bones with meat
- 2 tbsp / oil (olive or vegetable is okay)
- 10 c beef broth
- 3 dried bay leaves
- 2 packets of Goya Sazon
- Salt and pepper to taste

HISTORICAL NARRATIVE

- The author of this recipe was born and raised in Camuy, Puerto Rico. This dish is important to Puerto Rico's history and has been passed down from generation to generation.
- The stew comes from the time of the Spanish colonization of the West Indies (Caribbean), mixing the food cultures of the enslaved indigenous people and African slaves.
- There are many variations of Sancocho among the West Indies islands which consist of Cuba, Jamaica, Hispaniola (Haiti and the Dominican Republic), and Puerto Rico.

DIRECTIONS

- Peel and cut the yuca, plantain, and malanga. (Place them in a bowl with cold water to keep them fresh and so they will not turn brown.)
- Wash the bones with meat thoroughly under running cold water.
- Heat 2 tbsp of oil in a large pot over medium-high heat and gently add the bones with meat into the pot and brown on all sides. Once they are browned, carefully remove them and place them into a bowl.
- Reduce heat to medium and add sofrito to the pot, making sure to scrape any fond created on the bottom of the pot. Cook until most of the liquid from the sofrito has evaporated and you have formed a slight paste (3 to 5 minutes).
- Add back the bones with meat and any accumulated juices from the bowl, along with the beef stock, bay leaves, and Goya Sazon. Bring to a rolling boil over high heat for 30 minutes.
- Reduce temperature to medium-low to bring the stew to a simmer, stirring occasionally for 2 hours.
- Add the yuca, malanga, and plantains to cook in the stew for at least 30 minutes. (Try not to over-stir at this point or the roots will start to break up into a mush within the stew).
- After at least 30 minutes have passed, add salt and pepper to taste.
- Serve with bread or white rice on the side.

SHEPHERDS PIE BY OTTO MEADORS

4-5 PEOPLE | 20 MINUTES | 45 MINUTES

INGREDIENTS

Mashed Potatoes

- 5lbs of potatoes
- ¾ cup of half/half
- 1 ½ - 2 sticks of butter
- Salt to taste

Shepherds Pie

- 1lb ground beef
- 1 yellow onion, chopped
- 1 can of sweet corn, drained
- 1tbsp of Worcester sauce
- 2tbsp of ketchup
- Salt & pepper to taste
- 1-1 1/3 cups shredded cheddar cheese
- ½ cup of butter
- 2tbsp cooking oil

HISTORICAL NARRATIVE

- This is my Mothers version of a Betty Crocker recipe. It was her favorite food growing up and it would become mine as she made it often. This version uses shredded cheese on top from my mom as well as replacing the frozen vegetables with corn from her mom.
- Shepherds Pie is intended to refer to the version using lamb instead of beef, hence shepherd. The beef version is commonly called Cottage Pie. However, Shepherds Pie now is usually used when referring to any version as it became the primarily used name regardless of meat.

DIRECTIONS

- Peel and cut potatoes
- Add to boiling water and cook until tender
- Drain and add warmed half/half and butter to the potatoes
- Add salt to taste
- Mix on low until creamy
- Set aside
- Preheat oven to 350 degrees.
- Heat oil in a large frying pan.
- Add onion to the pan until translucent.
- Add ground beef and brown on medium heat. Season with salt and pepper. Add Worcester sauce and ketchup.
- When fully cooked, remove from heat and pour into a baking dish. Spread evenly. Add one can of corn and spread evenly. Pour mash potatoes over corn, spread.
- Cut butter into pieces and evenly place over potatoes.
- Cook in oven for 25 minutes. Remove and add shredded cheese to the top, spread evenly. Bake until cheese has melted.

SMOTHERED PORK CHOPS

BY BRIANNA HUGHEY

SERVINGS: 5-8 (DEPENDENT)| PREP TIME:

~30-45 MINS | TOTAL TIME:~3 HOURS

INGREDIENTS

- 6-8 Bone-in Pork Chops
- Kosher Salt
- Coarse Black Pepper
- 1 tbsp Vegetable Oil
- 2 White Onions
- ½ Stick Unsalted Butter
- ¼ Cup All Purpose Flour
- 32 oz Chicken Stock
- 1tsp Cajun/Creole Seasoning
- ½ Cup Water

HISTORICAL NARRATIVE

- I chose this recipe because it is one of my sister's favorites and this recipe is more specifically how she nailed down a consistent process.
- Smothered pork chops are an authentically deep southern soul food born from the creativity of slaves working with limited ingredients.
- Smothering food in gravy originated as a tactic to improve upon cheap cuts of meat.

DIRECTIONS

- Start by heating a pan over Medium/High heat
- Season both sides of your pork chops generously with the kosher salt and coarse black pepper
- Add your vegetable oil to the heated pan and sear the pork chops on each side for 4-5 minutes. While searing these, chop your onions. When you remove them, place them on a plate or bowl that you can salvage the extra liquid from later.
- Add your chopped onions to the same heated pan and sauté for 5 minutes and add the half stick of butter. When this is melted completely add your flour, making a roux.
- When the onions become soft and brown, add your chicken stock in increments. You are looking for it to get creamy. Stir Well.
- Add your pork chops back into the gravy just made. (Pour that extra liquid from the plate in!)
- Add Cajun seasoning, bring to a low boil, and cover.
- Cook for 2 hours, stir in 15-minute increments. If your gravy is too thin, uncover for the last 30 minutes of cooking.
- Serve with mashed potatoes or side of your choice!

SOPES BY JESSICA ARROYO

4 SERVINGS | 30 MINS | 45 MINS

• INGREDIENTS

- 2 cups / Masa harina
- 1/2 tsp / Salt
- 1 3/4 cups / Warm water
- 1/2 cup / Vegetable oil

OPTIONAL TOPPINGS

- Refried Beans
- Lettuce
- Grated Cheese
- Mexican sour cream
- Meat of Choice
- Salsa

HISTORICAL NARRATIVE

•The author of this recipe is my mother, Teresa Gonzalez, who chose to share it because she believes that it is an excellent introduction to Mexican food.

•Fun fact: Sopes, which are now mostly made with every kind of meat, came from the Toltecs, who existed from around 950–1150 CE and only made their sopes vegetarian.

DIRECTIONS

1.Prepare the Masa:

1. In a large bowl, combine masa harina, salt, and warm water. Mix until the dough is formed. If it's too dry, add a little more water. If it's too sticky, add more harina.

2.Form Sopes:

1. Take a golf ball-sized portion of the masa dough and roll it into a ball. Flatten it into a thick disk, about 1/4 to 1/2 inch thick.
2. Use your fingers to pinch the edges of the disk, creating a border.

3.Cook Sopes:

1. Heat oil in a deep fryer on medium-high heat.
2. Starting with 1 or 2 sopes at a time, place sopes into the deep fryer until golden. Approximately 2 minutes in fryer.

4.Assemble Toppings:

1. Once cooked, allow the sopes to cool down for 1 to 2 minutes and spread a thin layer of refried beans on each sope.
2. Top with shredded lettuce, the meat of choice, salsa, and grated cheese and enjoy!

SPAGHETTI BY KAYLEN PARIS

3 SERVINGS | PREP TIME: 10-15 | TOTAL TIME: 30 MINUTES

INGREDIENTS

- 1 lb ground beef
- 8 oz Ragu Sauce
- 1/3 c water
- 2 oz Angel Hair Pasta
- 1 tbsp onion powder, Italian seasoning, garlic salt

DIRECTIONS

- Begin by boiling your pasta noodles. I start this process 10-15 minutes before cooking the meat to make sure everything is ready at the same time
- Once the pasta comes to a boil, begin browning your ground beef
- As you turn the meat, add in your preferred seasonings to taste
- Once the meat is brown, stir in pasta sauce and water and let heat
- Drain noodles once they're tender
- Enjoy!!

HISTORICAL NARRATIVE

- I chose this recipe because it is my favorite childhood meal. My mother would make homemade breadsticks with garlic sauce and it was the best
- The Greek God, Vulcan, made strings of dough, very similar to spaghetti noodles

SPAGHETTI BY EMMA TRISKA

SERVINGS SUBJECTIVE - MEASURE WITH YOUR HEART

- INGREDIENTS

- Homemade or store bought pasta sauce [raos or prego]
- 1-4 lbs of Ground beef
- 1-4 lbs of italian sausage
- 5+ Roma tomatoes- diced
- 1 can of tomato paste
- Fresh herbs: oregano, basil, rosemary, thyme
- Dried herbs: paprika, garlic powder, onion powder, sage, bay leaves
- 1 white onion
- Fresh or minced garlic- measure with love
- Olive oil
- Salt and pepper

- Optional: sugar, cumin, cayenne

HISTORICAL NARRATIVE

- My father created this recipe after he was inspired by his mothers spaghetti recipe. I grew up eating and making homemade sauces and spaghetti. The recipe has always been something that shifted over time. No pasta sauce has ever been the same, they are all entirely unique

- The idea that Marco polo was the one who introduced pasta to the west is incorrect, pasta predates Marco Polos adventures by centuries
- It wasn't until the 14 th century that the combination of tomatoes and pasta noodles was even thought of. That is because tomatoes originated from the Americas.

DIRECTIONS

- Begin by prepping the fresh herbs, ribbon cut the basil, de-leaf the rosemary, oregano and thyme- collect those all in a bowl
- Quarter your Roma tomatoes and place into a bowl- you can use canned diced tomatoes if needed
- Dice your onion and mince your garlic. Once this is completed then mix both into a bowl. Take out desired amount and caramelize both in a large sauce pan with a tsp of olive oil, before adding your meat. I recommend doing this lb by lb and adding bit by bit of the garlic and onion mixture
- Once all the meat is cooked, drain the juices and add to a large stew pot.
- From here, you will add your homemade sauces or storebought.
- Then you will mix in the remainder of your garlic and onions- if any are left
- Add in your Roma tomatoes and tomato paste
- Add your fresh herbs
- Mix all the ingredients
- Add all dried herbs and spices- season as desired- good rule of thumb is two tbsp at a time
- If the sauce is too tart- add sugar
- If you want a woodsy taste- add nutmeg or cumin
- If you want a bit of kick, buy spicy italian sausage and add cayenne as desired
- From here, cook on a low heat and stir every thirty minutes to prevent burning.
- Once it begins boiling, remove from heat and serve over homemade or storebought noodles

STACKED RED ENCHILADAS

BY SAMANTHA THORNFELT

SERVINGS 6 | PREP TIME 30 MINS |

TOTAL TIME 120 MINS

INGREDIENTS

- 8oz dried red chile pods
- 1 cup of water (plus additional for soaking, boiling)
- 1 tsp garlic salt OR garlic powder
- $\frac{3}{4}$ tsp ground cumin
- 1 cup chicken, beef, OR vegetable broth
- 3 tbsp oil (plus additional oil for frying)
- 3 tbsp cornstarch
- 18 corn tortillas
- 1 cup shredded Monterey Jack cheese
- 1 cup chopped onion
- 1 cup shredded lettuce

HISTORICAL NARRATIVE

This recipe has been passed down through my family from my maternal great-grandmother, Julia. I chose this recipe because it is one of the first my mom learned from her grandma, and one of the first dishes she taught me to cook.

DIRECTIONS

- Soak the red chile pods in water for 30 mins. Once done, strain and transfer pods to a pot of water. Boil for 30 mins.
- Strain and add pods to a blender. Add chicken broth and blend until appears nearly smooth.
- Use a sieve to strain the chile sauce. Toss meat left over in sieve.
- Heat 3 tbsp of oil in a pot and add the chile sauce. Cook for 10 mins. Add 1 cup of broth and bring to a boil.
- Add 1 tbsp of cornstarch to the sauce and whisk until smooth. Add garlic salt/powder and cumin. Set sauce aside.
- Fry corn tortillas in a pan with oil and place on paper towels to soak up excess oil.
- Set oven to 350.
- Take 3 tbsp of sauce and spread on the bottom of a baking pan.
- Dip sides of a through.
- Top enchiladas with shredded lettuce and enjoycorn tortilla in the sauce and place in the pan. Place chopped onion and shredded cheese on top. Repeat until stack is 3 corn tortillas high. Repeat until you have 6 stacked enchiladas.
- Pour remaining sauce over all of the enchiladas in the pan. Sprinkle remaining onions and cheese on top.
- Bake enchiladas in pan for 15-20 minutes or until heated !
- Top enchiladas with shredded lettuce and enjoy!

STIR-FRY BY JAYDEN GOLDEN

**SERVINGS= 4 PREP TIME= 20 MIN. TOTAL
TIME= 35 MIN.**

INGREDIENTS

- Olive Oil
- Soy Sauce
- Garlic Powder
- Frozen Beef
- Sugar snap peas
- Carrots
- Frozen Broccoli
- Frozen baby corn
- Bell Peppers
- Green Onions
- Sesame seeds



HISTORICAL NARRATIVE

- My Recipe originates from China and was created around 1500 years ago. Traditionally Stir-Fry is made in a Wok which is a large bowl-shaped pan that slowly absorbs certain oils to maintain the flavor of most classic Chinese dishes.

- My Fiancés family has been making a more American version of this dish for around 2-3 generations. This is because stir-fry can be made with basically any ingredients making it a cheap and quick meal.

DIRECTIONS + PREP

- Chop Bell Peppers & Carrots into small pieces
- Cube beef (roughly 1 inch cubes)
- Heat pan on medium heat
- Add a 1/3 cup Olive oil and Soy Sauce
- Add your preferred amount of garlic powder
- Add in all vegetables (Sugar snap peas, Carrots, Frozen Broccoli, Frozen Baby corn, Bell Peppers)
- Cook from roughly 3-5 minutes, or until frozen vegetables are soft and cooked
- Add cubed beef to stir-fry mix
- Continuously stir for 6-8 minutes or until beef reaches 145 internal temp
- Once cooked, remove from pan and place on plate
- Top with green onions and sesame seeds
- Eat!

SUNDAY ROAST BY DOUGLAS DEFORD

SERVINGS | PREP TIME 30 MIN | TOTAL TIME 8HR

INGREDIENTS

- 3-4 lb. Chuck Roast, or Rump Roast Cut
- 2 tablespoons flour
- 4 tablespoons olive oil
- Meat Seasoning:
 - 2 teaspoons brown sugar
 - 1 teaspoon EACH: salt, garlic powder, onion powder, chili powder, paprika
 - ½ teaspoon black pepper
- Gravy:
 - 1 cup chicken broth
 - 2 cups beef broth
 - 1 beef bouillon cube, or 1 tsp better than bouillon
 - 1 ½ teaspoon onion powder
 - 1 teaspoon garlic powder
 - 1 teaspoon Worcestershire/Red Wine
- Sides:
 - 2 ¼ lbs. baby potatoes, see notes
 - 2 lbs. whole carrots, cut into halves or thirds.
- Gravy:
 - 3 tablespoons corn starch and tablespoons cold water added to broth mixture.
 - 1 Tablespoon cold unsalted butter

HISTORICAL NARRATIVE

This is a family recipe that became a Sunday tradition for my girl friend. Her grandparents had a garden and they made countless memories picking vegetables, cleaning, and peeling together. It was a wonderful way to connect and work together as a team in preparation for a meal, together. The Sunday Roast became a time to share and connect as a family before enjoying the meal.

To me that made a huge impact on me for it to be so important to my Girlfriend who I want to be a part of here life and traditions. That made me want to focus and write about this meal. 97

DIRECTION: How to Make Crock Pot Sunday Family Roast:

- I typically purchase Chuck Roast or Rump Roast Cut from the grocery store.
Pat the roast dry and rub with seasoning, then with flour. Sear in a skillet for 2-3 minutes per side.
- Combine gravy ingredients and add then to the Crock Pot along with the roast, potatoes, mushrooms, and carrots.
- Cook on low for 8-10 hours
- Remove roast and vegetables and tent with foil. Bring gravy to a boil and add cornstarch + water mixture to thicken it. Reduce to a simmer and swirl in cold butter.

Gravy:

- Beef and Chicken Broth: I like to use a combination of both for a greater depth of flavor.
- I like to add a splash of Red Wine or Worcestershire Sauce: just to add more depth to flavor.
- Onion Powder, Garlic Powder, and extra 1 bouillon.
- Optional additions: Thyme, Rosemary, and Sage.
- Cold Butter: Swirl 1-2 Tablespoons cold butter into gravy at the end of cooking

TAMALES BY LUKE BENITEZ

SERVING SIZE = # OF CORN HUSKS/

PREP = 3 ½

HOURS / TOTAL = 4 ½

INGREDIENTS

5 Pounds of flour
2 Packs of corn husks
5 Pounds of preferred meat
Dried guajillo chiles
3 Tablespoons of salt
1 Whole garlic
Black pepper
Oregano

HISTORICAL NARRATIVE

The author of this recipe is my Abuela, Maria Benitez. She has been cooking this dish for over 40 years, and she loves doing it every time. I chose this recipe to share her amazing recipe to all who want good tamales.

Facts about tamales: Tamales were so widespread among American restaurants, there was a time when nobody knew its original country / Tamales are used now to show gratitude and thankfulness to God for the good harvest of crops.

DIRECTIONS

1. First, start cooking the meat, add a small piece of onion, salt to taste, and add 2 volumes of water.
2. Soak the guajillo chiles to soften for 3 hours. The corn husks are also soaked separately. When the meat is ready to be cut into pieces, grind the chiles in the blender with the garlic, black pepper, cloves, oregano, and salt to taste, and then strain it.
3. When the meat and the sauce are ready, add the sauce to the meat but make sure it is well mixed but hard, not watery. The leftover sauce is left to put on the dough.
4. Now, to make the dough. Put it in a large bowl to be able to beat it, add 3 tablespoons of salt and 2 pounds of butter and if there is any water left over from the meat you added, add it and beat it until it has a soft texture.
5. Then the corn husks are removed and drained so that they do not have much water. Finally, a spoonful of flour is placed in the egg, it is mixed well, the meat is added to taste and stuffed.
6. Put them to strain in a steam pot, they put the strainer into a pot, and fill the pot with water to about halfway on the strainer. With medium heat, when it is simmering, add the tamales and cover it for one hour or 1:20 hours. Then they are ready!

TAMALES BY MELANY GUTIERREZ

SERVINGS: 15 | PREP TIME: 30 MINUTES |

TOTAL TIME: 5 HOURS

INGREDIENTS:

Filling for Tamales (Meat - Picadillo)

- 1 / Pig leg (pierna de Puerco)
- 1/2 a head / of Garlic (Ajo)
- ¼ of an / Onion (Cebolla)
- 2 tablespoons / of Salt (Sal)
- Potato (Papa)
- Carrots (Zanahoria)
- Peas (Chillaros)
- Oil (Aciete)
- Tomato (Tomate)
- Bay leaf (Oja de Laurel)
- Cumin (Comino)
- Pickled Sliced Jalapenos (Chiles en Vinagre)
- Corn leaves (Ojas para tamales)

Masa for Tamales

- 1 bag of Instant Corn Masa Flour (Una bolsa de Maseca)
- 1 liter / of lard (Un litro de Manteca)
- 1 Tsp / Baking Soda (Royal)
- 2 tablespoons / Salt (Sal)

HISTORICAL NARRATIVE

I chose this recipe because it is significant to my family and popular in many Latin cultures.

A historical fact about tamales is that they originate back to 8000 to 5000 B.C.

DIRECTIONS:

The night before, you should soak your corn leaves in a big bowl of water.

1. To begin, start by putting a large pot (big enough to fit your pig leg) to boil.
2. Once the water is boiling, put a half of a head of garlic, 1/4 of an onion, and 2 tablespoons of salt into the water, then add your meat.

The meat should cook for about two hours, or until tender enough to be pulled apart.

While the meat is cooking, you can begin the Masa for your tamales.

3. To make the masa start by pouring the bag of instant masa flour into a large mixing bowl as well as your teaspoon of baking soda.

Then slowly add in your liter of lard and mix as you go. The consistency should be on the medium to thick side.

Every time you add lard, you should also mix in your salt as you go totaling to two tablespoons.

4. Once your masa is ready you can let it rest, covered, until your pig leg is ready.
5. Once your leg is ready it is important to let it cool for at least 30 minutes and then shred by pulling apart.
6. Next, with a tablespoon of oil and your bay leaf, add cubed carrots, potatoes, peas, and tomatoes to a pan until golden brown on medium heat. Then lower heat and add shredded meat and mix.

7. Remove corn leaves from water and with a spatula, begin spreading masa on the center of tamale. Then add meat and vegetable filling. To fold, fold in left and right flaps, then fold up. There should be an opening at the top. Continue doing this until about 45 tamales are made.

To cook them, place in a large pot circling the outside and moving inwards. They should all face up. Then take a plastic bag and cover them and then place lid on top. Cook for 2 hours.

TOSTADAS BY MATTHEW GATMAITAN

SERVINGS 1 | PREP TIME 10 MINUTES | TOTAL TIME 20 MINUTES

INGREDIENTS

- 6 tostada shells
- 1 can refried beans
- 1 package of 93/7 ground turkey
- Fiesta Brand Southwest Fajita Spice
- 1 can enchilada sauce
- 1 package of Mexican blend cheese
- Additional topping examples
 - Iceberg lettuce
 - Avocado
 - Pico de Gallo
 - Cilantro
 - Tomato
 - Corn
 - Salsa

HISTORICAL NARRATIVE

I chose this recipe because it is a quick and easy meal that I grew up eating. It is very customizable so you can put whatever you feel like. Tostadas have traced back all the way to the Aztecs and Mayans, so tostadas must be worth trying if they have lasted this long in the world!

DIRECTIONS

- Place six tostada shells (Or however many fit) on to a baking pan and preheat your oven to 370F.
- Distribute one can of refried beans (Or beans of your choice) on to all six tostada shells and spread.
- Put a pan on a heat of 7 on your stove top and break up a package of ground turkey (Or a meat of your choice) on the pan.
- Once the bottom half has changed color, flip the meat and let the uncooked half cook.
- You can then mash the meat more to ground it up and you can add Fiesta Brand Southwest Fajita (Or whatever spices you like).
- Once you feel like the meat is fully cooked, distribute the meat on top of the beans of each tostada.
- Then pour enchilada sauce on top of the meat and then add Mexican blend cheese to each of the tostadas.
- Place the baking pan of tostadas in the oven for 7 minutes at 370F.
- Take the pan out of the oven and let the tostadas rest and cool for two minutes.
- Then you can add whatever toppings you may like to the tostadas.

TOSTADAS DE TINGA BY

JENNIFER

BECERRA

SERVINGS: 16 | PREP TIME: 10 MINUTES |

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 3 tablespoons of vegetable oil
- 1 large white onion sliced
- 250 grams of tomatoes cooked
- 1 and a half cup of marinated chipotles
- 2 and a half pounds of cooked and shredded chicken
- 16 Tostadas
- Half cup of crema
- Pinto refried beans
- Shredded lettuce
- At your taste: queso fresco/seco, chile, purple onions sliced, salsa roja, & salt.

HISTORICAL NARRATIVE

This recipe comes from my grandma Martha and the reason I chose this recipe was because every time we I would visit her in Mexico she would make this dish, it's one of my favorite things she makes.

The dish itself originated from the state of Puebla in Mexico and is one that was made for my grandma when she was younger, as the years went by my grandma implemented more ingredients and is now the amazing recipe it is today.

DIRECTIONS

- Once you have your refried beans and chicken hot, cooked, and ready you will set those aside and put vegetable oil in a pan and let that heat up on medium heat, soon after you will add the cut-up onions and let that for about 5 minutes.
- While that's on the pan, you will blend tomatoes with the chipotle, you will add this to the pan and add the shredded chicken as well, add salt and close the pan and leave it cooking on low heat for 20 minutes.
- Once the time has passed the main part of the dish will have been completed, grab tostadas, spread your pinto refried beans, add the chicken, and top it off with your favorite vegetables and sauce, we normally add shredded lettuce, purple onions also nicely cut that were smothered in lime juice and pepper, we also add crema, salsa roja, chile, and queso fresco or queso seco.
- Once the recipe has been completed you can sit down open a Mexican soda or agua fresca and enjoy your delicious tostadas de tinga.

UPSIDE DOWN BANANA FRENCH TOAST

BY: SARAH RUBIO

SERVINGS 8 | PREP TIME: 4 HR 15 | TOTAL TIME: 5 HR 10 MN

INGREDIENTS

For the french toast:

8 large eggs
2 ½ cups vanilla unsweetened almond milk
(or milk of choice)
3 tablespoons packed brown sugar
1 tablespoon ground cinnamon
2 teaspoons pure vanilla extract
1 pound/loaf day old French or Italian
bread, cut into 1-inch cubes*

For the sauce caramel:

2/3 cup packed brown
sugar (or coconut sugar)
1/3 cup salted butter,
melted (unsalted is fine,
too!)
½ teaspoon sea salt
1/3 cup chopped pecans
2-3 bananas, sliced

HISTORICAL NARRATIVE

My mom started doing this recipe the year we adopted my two older brothers. We had had family traditions prior, however my mom wanted to make a new and special memory. I look forward to this breakfast every Christmas and it will forever be a part of my childhood.

French toast is thought to have originated in the Middle Ages when resourceful European cooks repurposed day-old bread in the face of poverty. The revitalized dish gained popularity in 1724 Albany, New York, with innkeeper Joseph French replicating it and dubbing it French Toast. The omission of the apostrophe led to the widely recognized name, French Toast. The use of "French" in the dish's name may have added a touch of sophistication and perceived value for non-French cultures.

WHITE CUT CHICKEN 白切鸡

BY GABRIELLE RUST

SERVINGS 4-8 | PREP TIME 10 MIN

TOTAL TIME 1 HR

INGREDIENTS

- 1 whole chicken
- 4 tbsp finely minced scallions
- 3 tbsp finely minced ginger
- $\frac{1}{3} - \frac{1}{2}$ cup vegetable oil
- 2 tsp salt

HISTORICAL NARRATIVE

- The recipe author is my Mom's best friend's Father, Patrick Wong. He chose this recipe because it was iconic dish of the Canton/Guangdong province (where he is from).
- The dish is often served at big parties, festivals, weddings, birthdays, and holidays. It is also involved in some of the traditional celebrations of Chinese New Year, Ching Ming Festival, Joh Guan day, and at dragon boat races.

DIRECTIONS

- Remove chicken from fridge and allow it to adjust to room temperature, so it cooks more evenly. Rinse the chicken in the sink, making sure to also rinse the chest cavity.
- Fill a large stock pot with just enough water to cover the chicken when submerged, bring it to a boil. Once boiling, slowly lower the chicken into the pot, legs down, head and wings up. The water will cool down and stop boiling when you add the chicken, so bring it up to boil once again.
- Once the water boils again, immediately lift the chicken out of the water very carefully. You can carefully hook two wooden spoons under the wings to lift the chicken up. This is to empty any colder water that may be trapped inside the chest cavity. Once the water is released, lower the chicken back into the pot, and bring it to boil again. Once the water nears boiling, lower the heat to a simmer. Cover the pot and cook for about 30-35 minutes (approximately 11 minutes per pound)
- Use a meat thermometer to check the chicken is done (ideal temp- 165 F). When fully cooked, transfer the chicken to a large bowl of ice water. Let sit until completely cooled (approximately 15- 20 minutes) When the chicken is out of the ice water, brush it lightly with oil.
- While the chicken is cooling, make the dipping sauce
 - Finely mince scallions and ginger. Heat vegetable oil in a small saucepan.
 - Combine the minced scallion and ginger in a bowl, add salt, and mix. Pour in the hot oil into the bowl and mix.
- Slice the Chicken. Serve it chilled or at room temperature with the dipping sauce

ZACAHUIL BY YANELI PADRON

SERVINGS: 12 | PREPTIME: 1HR | TOTAL TIME: 6HRS

INGREDIENTS

- 4 kg of short crust pastry (not so much dough)
- 1 kg of lard
- 250 grams of Cascabel or guajillo Chile
- 125 grams of Chile chino or ancho Chile
- 2kg of pork meat, you can add a part with bone to give it more flavor
- 3 rolls of banana leaves
- 1 Head of Garlic
- 1 Small Onion
- Salt as needed

DIRECTIONS

1. In a pot put the meat to cook, add enough water, approximately 6-7 liters of water for 1-2hrs
2. Add the onion, salt and the head of garlic.
3. Preheat the oven 400 degrees (fire oven preferred).
4. Next remove the seeds and veins from the chili.
5. Put it in a pan with little oil to brown the chili. The fire needs to be low so that the chili does not burn. If this happens the chili will not be useful because it is bitter.
6. Once it is golden brown you add water and let it boil a little to soften.
7. Grind it in a blender with a little salt.
8. After it's blended pass it through a strainer to prevent it from taking the chili peelings.
9. Place the banana leaves over the stove and roast them for a few seconds.
10. In a large bowl you put the dough and add the butter with your hands well cleaned, stir well and then it's time to add the chili.
11. Once you have stirred everything, you add the meat broth (it must be cold) and keep stirring.
12. Get a bigger pot to assemble, layer it with aluminum foil, the thickest one, to keep the heat.
13. When you have lined the pot, you put the banana leaves that you have already roasted a little so they can be folded.
14. Then empty the dough into the pot, it will be quite watery. .. you place it and put
15. Place the meat in it, salt all your mixture and proceed to cover it with the leaves and the paper.
16. Place in the hot oven and bake it for about 5 hours.

HISTORICAL NARRATIVE

- Originating in the 1400s there is a lot of history relating to this recipe, even an urban legend relating to cannibalism.
- This recipe is usual cooked for big events like parties and festivals.



DESSERTS



APPLE PIE A LA MODE

BY KATHERINE POULSEN

1 DOUBLE CRUST 9" PIE | 1-12 HOURS

INGREDIENTS

Pie Crust:

• All materials should be as cold as possible

Sift, then measure:

2 C all-purpose flour, resift with:

1 tsp salt

Measure and combine:

2/3 C Butter, or shortening

2 Tbsp butter

Have ready 1/4 C ice water

Filling:

Peel, core, and cut into very thin pieces: 6 medium apples.

1/2 to 2/3 C white or brown sugar (use 2/3 C when using tart apples)

1 Tbsp cornstarch

1/2 tsp Cinnamon

1/8 tsp Nutmeg

1 1/2 Tbsp butter (do not mix in apples)

Sprinkle apples with 1 Tbsp lemon juice or 1 tsp. vanilla if they lack flavor.



DIRECTIONS

- **Crust:** Separate butter into 1/3 and 2/3 amounts. Cut the larger amount of fats into the dry ingredients using two knives or a pastry cutter until the consistency of corn meal. Cut in remaining butter until it is the size of a large pea. Sprinkle 3 - 4 Tbsp to start, cold water over the mixture and blend it in lightly. Stop adding water when dough can be gathered into a ball. Chill 1-12 hours before rolling dough for crust. Separate dough evenly for two 9" pie crusts. Roll to 1/8 inch thickness.
- **Filling:** Mix first five ingredients and layer into bottom crust of 9" pie. Dot with 1 1/2 Tbsp butter. Add 2 Tbsp water or cream if apples are very dry. Cover with pricked upper crust. Bake in hot oven 450 for 10 minutes. Reduce heat to 350 and bake 3/4 hour to an hour until done.
- Serve warm with Vanilla Ice Cream

- My mother won Blue Ribbons for her pie crusts when in high school and this is one of the first recipes we would make together. It brings back warm memories.
- Early European settlers had little access to wheat and so made pies since the dough required little flour.
- Possible origin of the word 'pie' – meaning a baked pastry – may be connected with the same word used in an agricultural context for 'a collection of things made into a heap'.

BISCOCHITOS

BY SCHUYLER ROBINSON

AROUND 5 DOZEN COOKIES | 30 MIN PREP |

TOTAL TIME 1 HOUR

INGREDIENTS

- 6 Cups Flour
- 3 Teaspoons baking powder
- 1 teaspoon salt
- 1 pound lard (Do not substitute)
- 1 ½ cups sugar
- 2 eggs
- 1 cup Red wine (sweeter wines preferred)
- ¼ cup sugar
- 1 tablespoon cinnamon

HISTORICAL NARRATIVE

- This recipe can be traced back to the early Spanish explorers of the Americas. I chose this recipe because it is a family tradition to bake these during the holidays and share them with our neighbors and other relatives.
- Some of my fondest memories are making these every Christmas with the whole family squeezing into Grandma's tiny kitchen to help.
- Biscochitos were used during special celebrations like wedding receptions and baptisms as well as other largely celebrated holidays.

DIRECTIONS

- Preheat oven to 350 degrees F.
- Cream lard and sugar together in a mixer at medium speed, In another bowl, mix the flour, baking powder, cinnamon and salt into the mix. While mixing, whisk and beat the eggs until light and fluffy, then add into the creamed mixture. Mix well, adding in the wine to the creamed mixture. After the wine has been mixed in, slowly add the flour mixture into the creamed mixture, continue mixing until dough is formed.
- Set a plastic tablecloth over the table, sprinkle flour on the cloth so the dough doesn't stick, and then make a fist sized ball of the dough. Pat it down into an oval shape then roll over the dough with a rolling pin to flatten it more but be sure not to leave it too thin or too thick.
- Use cookie cutters and then place cut dough on an ungreased baking sheet. (They don't expand so you can place them very close together for more cookies in one batch.)
- Bake 11-16 or until the bottom is a golden brown. Check in intervals to make sure you don't overcook them.
- While they are baking, mix 1 ½ cups of sugar and 1-2 tablespoons of cinnamon in a large bowl. When the cookies are straight out of the oven, place the cookies in the bowl, coating them in the cinnamon sugar mix.
- Repeat until out of dough to use.
- Let cool and enjoy.

CARAMEL PIE BY HUNTER PERRY

SERVINGS 8 | PREP TIME 45 MIN | TOTAL TIME 60 MIN

• INGREDIENTS

- 2.5 c / Sugar
- 2 c / Milk
- .125 lb / Butter
- .25 tsp / Salt
- 2 pie shells
- 5 eggs
- 2 c / water
- 8 tbsp / flour
- 1 tsp / vanilla

DIRECTIONS

- Put 2 cups of sugar and the butter in a skillet and brown it to the color of caramel.
- Add water into the mixture (be very careful).
- Stir until all solids are dissolved.
- Mix remaining sugar, flour, salt, eggs, milk, and vanilla.
- Pour mix into skillet and bring to boil, thickening to the consistency of pudding.
- Pour filling into pie shells.

HISTORICAL NARRATIVE

- The author is my great grandmother, who would create this pie for Thanksgiving and Christmas.
- This recipe was created in Palo Pinto county, Texas.

CHAMPORADO BY MUHAMMAD AL-SAYYED

SERVINGS: 4 | PREP TIME: 15 MINUTES | TOTAL TIME: 30-45 MINUTES

INGREDIENTS:

- **1 c / Long Enriched Rice**
- **2 c/ Water**
- **0.5 c/ Evaporated Milk**
- **0.5 c/ Sugar or Sugar Substitute**
- **3-5 Pieces of Tablea or Baking Chocolate**
 - **Coco Powder can be used as well**

DIRECTIONS

- **Just as one would cook normal rice, start by boiling 1 cup of long enriched rice inside a pot with 2 cups of water in it till it all begins to boil.**
- **Once rice is at a point where you can put it down to a simmer and cover, mix in your sugar, chocolate, or coco powder. Mix throughout til all is one consistency and cover til rice finishes as normal.**
- **Once rice is done, taste and adjust sweetness to taste, bowl or plate and serve with evaporated milk mixed in or drizzled over for extra creaminess.**

HISTORICAL NARRATIVE

- **I honestly, got the recipe for this from my friend Malaya! One fun fact about Malaya is that her grandma made this for me for Thanksgiving, and yes, it was yummy.**
- **The dish Champorado is linked back to the colonial settler period of the Philippians. It additionally draws inspiration from a Mexican drink that is similarly made.**

CHOCOLATE CHIP

COOKIES BY LUCKY FLOYD

SERVINGS 10 | PREP TIME 10 | TOTAL TIME 22

INGREDIENTS

- 1 cup (2 sticks) unsalted butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups semisweet chocolate chips
- 1 cup chopped nuts (optional)



HISTORICAL NARRATIVE

This is a recipe for chocolate chip cookies made by my mother

- This has been a classic dessert for Americans for decades
- Chocolate chip cookies have always been 1 serving for each cookie

DIRECTIONS

- Preheat your oven to 375°F (190°C).
- In a large mixing bowl, cream together the softened butter, granulated sugar, and brown sugar until the mixture is light and fluffy.
- Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.
- In a separate bowl, whisk together the flour, baking soda, and salt.
- Gradually add the dry ingredients to the wet ingredients, mixing just until combined.
- Fold in the chocolate chips and nuts (if using) until evenly distributed throughout the dough.
- Drop rounded tablespoons of dough onto ungreased baking sheets, leaving enough space between each cookie.
- Bake in the preheated oven for 9 to 11 minutes or until the edges are golden but the centers are still soft.
- Allow the cookies to cool on the baking sheets for a few minutes before transferring them to wire racks to cool completely.
- Enjoy your delicious homemade chocolate chip cookies!

CINNAMON SHORTBREAD COOKIE BY EVAN SIMMONS

15 | 15 MINUTES | 45-60 MINUTES

INGREDIENTS

- 1/2 lb butter (1/2 cup)
- 1/4 lb shortening (1/2 cup) Crisco Stick
- 1/4 cup regular sugar
- 1/4 cup brown sugar
- 2 tsp cinnamon
- 2 cups flour
- Cinnamon Sugar mix
- 1/4 Fine sugar (fruit sugar)
- 2 tsp Cinnamon

DIRECTIONS

- Put ingredients in the following order
- Soften butter- shortening and cream together
- Mix dry ingredients: brown sugar, cinnamon, and flour
- Add dry ingredients to wet ingredients slowly while kneading
- Mix with hands and knead well
- Take small pieces from mixture and roll in palms of hands
- Bake on un-greased sheet 300 F 30-45 minutes in a horseshoe shape

HISTORICAL NARRATIVE

- This is a family recipe that has been passed down my family, and is only made during the winter holiday so this is why I chose this recipe.
- A historical fact about the recipe of the cinnamon shortbread cookie, a variation of the shortbread, came from Scotland.

COOL WHIP GERMAN

CHOCOLATE PIE BY AMANDA KASS

SERVINGS 8 | PREP TIME 10 | TOTAL TIME 25 MIN

INGREDIENTS

- 1 pkg Baker's German Chocolate
- ⅓ Cup of Milk
- 2T . Sugar
- 1 Package of cream cheese
- 1 container of Cool Whip
- 1 graham cracker crust

DIRECTIONS

- Heat Chocolate & 2 T of milk and stir until melted
- Beat sugar into cream cheese and remaining milk
- Then mix in Chocolate continuing beating until smooth
- Fold in cool whip until smooth
- Spoon into crust
- Put in Fridge until it is set

HISTORICAL NARRATIVE

- The term Icebox pie got its name when they would store the cool pies in a little insulated box to keep it cool when refrigeration wasn't made available.
- My mom sometimes adds a splash of vanilla to make the pie a little sweeter.

DIVINITY BY LEAH WALLS

4 DOZEN CANDIES | 30 MINUTES | 1.5 HOUR

INGREDIENTS

- 2 2/3 cups sugar
- 2/3 cup light corn syrup
- 1/2 cup water*
- 2 egg whites
- 1 tsp vanilla
- 2/3 cup broken nuts



*1 tb less water on humid days.

HISTORICAL NARRATIVE

- This recipe is from the 1972 Betty Crocker Cookbook, with drying directions modified by my Nana. This recipe is very affected by humidity, so pay attention to the instructions for water if it's humid.
- Divinity is a popular southern candy and can be found even in gas stations in Texas. Be careful when making this dish, as the sugar temperature gets very hot!

DIRECTIONS

- Stir sugar, corn syrup, and water over low heat until sugar is dissolved.
- Cook, without stirring, to 260° on candy thermometer (or until small amount of mixture dropped into very cold water forms a hard ball).
- In mixer bowl, beat egg whites until stiff peaks form. Continue beating while pouring hot syrup in a thin stream into egg whites.
- Add vanilla; beat until mixture holds its shape and becomes slightly dull. (Mixture may become too stiff for mixer.)
- Fold in nuts.
- Drop mixture from tip of buttered spoon onto waxed paper, or alternatively, to cool down faster, put the bowl in large bowl or pan of cold water. But, you need to stay with it and not let it get too stiff.

FRENCH BREAD PUDDING

BY CAMILLE WILLIAMS

SERVINGS: 6 | PREP TIME | TOTAL TIME

PUDDING INGREDIENTS

- 1 c sugar
- 8 tbsp (1 stick) butter
- 5 eggs, beaten
- 1 pint (2 cups) heavy cream
- Dash of cinnamon
- 1 tbsp vanilla extract
- ¼ c raisins
- 12 slices of fresh or stale French bread

CLEAR RUM SAUCE

- 1 c sugar
- 2 ¼ c water
- 1 tsp cinnamon
- 1 tbsp unsalted butter
- ½ tsp cornstarch
- 1 tbsp light or dark rum

HISTORICAL NARRATIVE

This recipe is derived from the Commander's palace restaurant in New Orleans where they put a twist on traditional bread pudding. Although bread pudding originated in Great Britain as the poor man's pudding, it has been adopted by New Orleans' chefs as a decadent and celebratory dessert at the finest restaurants. This is a special recipe because they use of stale French bread rather than regular bread. The rum sauce is a part of the chef's secret recipe. I chose this recipe because of family heritage in New Orleans. This recipe is a classic dessert for holidays and gatherings.

DIRECTIONS

- Preheat oven to 350 degrees
- In a large bowl, cream together the sugar and butter. Add eggs, cream, cinnamon, vanilla and raisins mixing well. Pour into 9 inch square pan 1 ¾ inches deep
- Arrange bread slices flat in the egg mixture and let stand for 5 minutes to soak up liquid. Turn bread down and let stand for 10 minutes longer. Then push bread down so that most of it is covered by the egg mixture. Don't break the bread.
- Set pan in a larger pan filled with water ½ from top. Cover with foil. Bake 45-50 min. Uncover for last 10 min to brown the top. When done custard should be soft.
- *For sauce:* in medium saucepan combine sugar, 2 cups of water, cinnamon and butter and bring to a boil. Stir in cornstarch blended with remaining water and simmer, stirring until it's a clear sauce. Remove from heat and add rum.

GERMAN'S CHOCOLATE CAKE

BY MARY RUSSELL

SERVES 12 | PREP 40 MINS | TOTAL 90 MINS

• INGREDIENTS for Cake

- **1 pkg (4 oz) Baker's German's Sweet Chocolate Baking Bar**
- **½ cup boiling water**
- **1 cup butter or margarine**
- **2 cups sugar**
- **4 egg yolks**
- **1 tsp vanilla**
- **2 ½ cups sifted cake flour**
- **1 tsp baking soda**
- **½ tsp salt**
- **1 cup buttermilk**
- **4 egg whites, stiffly beaten**

• INGREDIENTS for Coconut-Pecan Frosting

- **1 cup evaporated milk**
- **1 cup sugar**
- **3 egg yolks**
- **1/2 cup butter or margarine**
- **1 tsp vanilla**
- **1 1/3 cup flaked coconut**
- **1 cup chopped pecans**



DIRECTIONS

Have all ingredients at room temperature – preheat the oven to 350 degrees. Grease and flour three 8 or 9-inch round cake pans and line the bottoms with parchment paper.

In a small bowl combine the chocolate and water, stir until melted and smooth, set aside to cool. When cool add the vanilla and stir.

Using a small bowl and mixer whip the egg whites on medium speed until soft peaks form, then on high speed until stiff peaks (approximately 4-7 mins total time) and set aside.

In a medium bowl whisk together the flour, baking soda, and salt until thoroughly blended.

In a large bowl use a mixer and cream the butter, then gradually add sugar and beat on high-speed until light and fluffy (4-6 mins). On medium speed, add one egg yolk at a time beating after each addition.

On low speed, add the chocolate mixture to the large bowl. Now it's time to add the flour mixture and the buttermilk alternating each (i.e., add about 1/3 of the flour mix, then 1/3 of the buttermilk, mix, back to flour, etc. Thoroughly mixing after each addition.

Fold in the egg whites – blending well.

Pour the batter evenly into the three pans and bake 35-40 minutes.

Let the pans cool on a rack for 10 minutes, then invert on the racks and remove the pans and parchment paper. Turn the cakes right side up and cool completely.

While the cake is cooling prepare the frosting. In a small saucepan combine all the ingredients except the coconut and pecans. Cook and stir over medium heat until thick (about 12 minutes). Stir in the coconut and pecans. Cool until it thickens enough to spread.

Frost between the layers and on top leaving the sides bare.

In 1852, Samuel German created a new sweet chocolate named after him. In 1957, the recipe submitted by Mrs. George Clay was featured in the Dallas Morning News, and because the sweet chocolate bar was an ingredient, she called her cake German's Chocolate. It quickly became a household favorite when the recipe was published nationwide.

It was my dad's favorite cake, so it became a tradition to bake it for his birthday. My nephew enjoyed the special times when grandma would visit and make the cake. He asked her for the recipe, and she not only gave it to him, but spent time beside him in the kitchen teaching him how to bake it creating lasting memories of their special time together. Cakes are a part of American history evolving from a cornmeal-based flat cake cooked on a griddle to what we know as layer cakes today. from only the wealthy enjoying made from scratch cake to availability to most families from a box mix.

GERMAN CHOCOLATE CAKE

BY SHEALEIGH ROOKS

SERVINGS | PREP TIME: 30 | TOTAL TIME: 1 HOUR

INGREDIENTS

- 2 cups all purpose flour
- 2 cups granulated sugar
- ¾ cup unsweetened cocoa powder
- 1 ½ teaspoons baking power
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- 2 large eggs
- 1 cup milk
- ½ cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup boiling water
- 1 cup evaporated milk
- 1 cup granulated sugar
- 3 large egg yolks
- ½ cup unsalted butter
- 1 teaspoon vanilla extract
- 1 1/3 cups sweet shredded coconut
- 1 cup chopped pecans

HISTORICAL NARRATIVE

The author is my friend's great-grandmother.

The dessert is not actually German, but it's named after Samuel German and The first recipe was published in Dallas in the 1957 newspaper.

DIRECTIONS

- Preheat oven to 350F and grease/flour 2 9-inch round cake pans
- In a large bowl whisk together the flour sugar cocoa powder, baking soda, baking powder, and salt
- Add the eggs, milk, oil, and vanilla extract, to the dry ingredients. Mix until well combined.
- Stir in the boiling water then pour the batter evenly into the pans
- Bake for 30 to 35 minutes or until a toothpick in the center comes out clean
- Let cool for 10 minutes and in a saucepan combine the evaporated milk, sugar, egg yolks, butter, and vanilla extract
- Cook mixture over medium heat, stirring consistently, until it thickens and becomes golden brown
- Take off the heat then add in coconut and pecans and let it cool
- Once everything has cooled spread a layer of frosting between the layers and on top of the cake
- Enjoy!

GINGER COOKIES BY JACOB CALHOUN

24 COOKIES | 20 MINUTES | 45

MINUTES

INGREDIENTS

- 2 Sticks of Butter
- 1c White Sugar
- ½ c brown sugar
- 1TB molasses
- 1Tsp baking soda
- 1 Egg
- 1Tsp Cinnamon
- 1 ⅓ Tsp Ginger
- 1 Tsp Cloves
- 3c Flour

DIRECTIONS

Preheat oven to 350

- Mix in order, do not use a mixer, do by hand.
- Prepare cookie sheet
- Press cookies on to sheet
- Put in oven for 7-8 minutes

HISTORICAL NARRATIVE

- This is my grandmother's recipe and I chose it because I remember making these cookies with my whole family.
- Compared to some other recipes this one calls for flour. This recipe doesn't call for as much ginger as others.

HOT FUDGE CAKE

BY SUZANNA CORDER

SERVINGS 24 | PREP TIME 30M | TOTAL TIME 1HR15M

INGREDIENTS

- 2c / Flour
- 2c / Sugar
- ½ tsp / salt
- ½ c & 6-7tbsp / Buttermilk
- 2 sticks of "oleo" / butter
- 1/2c / "Wesson oil"
- 6-8 tbsp / cocoa
- 1 "box" (pound) / powdered sugar
- Marshmallows (optional)
- 1 can nuts (desired and optional)



(Pollitt, J. (2023, November 6))

HISTORICAL NARRATIVE

- This is the recipe passed down from my grandmother's mother-in-law following her marriage to her late husband, Paul. This recipe is traditionally only passed down following a marriage, and my grandmother wants to break this tradition by allowing UNT and the world to have it, no commitment is required.
- Hot Fudge Cake is typically known as Texas Sheet Cake and must be made with Buttermilk.
- During the adaptation of this recipe Oleo and Wesson oil was common words for today's margarine and vegetable oil.

DIRECTIONS

Dry

Mix together in large mixing bowl
2 c flour & 2 c sugar & 1/2 tsp salt
Set aside

WET

In a small pan
1 stick "oleo" butter, 1/2 cup "Wesson oil", 1 cup water , 3-4 Tablespoon cocoa Bring to a boil

Combine

Pour mixture over flour and sugar. Stir until well blended
Mix 1/2 cup buttermilk with 1/2 teaspoon baking soda
Give time to bubble Add to flour mixture, Add 2 eggs 1 Tablespoon vanilla Mix by hand

Bake

Pour into greased 9 x 13 pan Bake 350 30 minutes and Cool 5 minutes

Icing

Bring to a boil , 1 stick butter, 6-7 Tablespoon buttermilk, 3-4 Tablespoon cocoa. Remove from heat , Add marshmallows cut into small chunks 1 "box" powdered sugar, Stir until smooth
Pour over warm cake - Can add 1 cup nuts to icing or sprinkle on top

KOLAČKY BY KAITLYN GREENWOOD

SERVINGS 120 SMALL ROLLS | PREP TIME -
4-5 HOURS | TOTAL TIME -6 HOURS

INGREDIENTS

- **1 pound flour**
- **1 teaspoon salt**
- **2 teaspoons sugar**
- **4 egg yolks, unbeaten**
- **2 packets yeast, dissolved in one cup of lukewarm milk**
- **1 pound butter**
- **Filling**
- **1 ½ pound walnuts (ground)**
- **8 egg whites**
- **2 cups sugar**
- **2 teaspoons vanilla**



HISTORICAL NARRATIVE

- **This recipe comes from my mother's heritage. She is half Slovak on her father's side and has made sure my siblings and I grew up immersed in our heritage, including the food. This dessert will always be one of those I think of when I think of my comfort memories.**
- **Kolacky, or nut rolls, are a traditional Czech and Slovak dessert. Made mostly for Christmas and Easter, this recipe has been re-worked by many and can be found in more than just Eastern Europe as people immigrated.**

DIRECTIONS

- Sift flour, salt and sugar. Add egg yolks and dissolved yeast to the salt and sugar. Mix well.
- Work the butter into the flour and mix well.
- Combine flour and yeast mixtures. Mix well
- Let rise for 2 hours in covered bowl
- Punch down, cover and let rise for another 2 hours
- Punch dough.
- Roll out on powdered sugar board about ¼ inch thick.
- Cut in desired shapes and fill with nut filling.
- Place on ungreased cookie sheet, about 1 inch apart
- Brush with beaten egg yolk
- Bake at 350 degrees Fahrenheit for 30 minutes (or until golden brown)

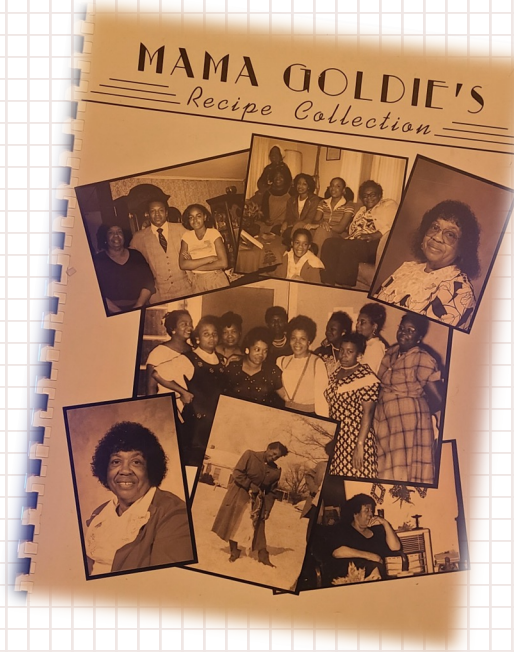
PEACH COBLER

BY TAMARA JOHNSON

6 SERVINGS | 20 MINUTES PREP TIME |
1 HOUR TOTAL TIME

INGREDIENTS

- 1 stick butter or margarine
- 1 C. self-rising flour
- 1 C. milk
- 2 C. fresh sliced sweetened peaches



HISTORICAL NARRATIVE

- This recipe was from the Cookbook, *Mama Goldie's Recipe Collection*. A book of recipes from my Grandmother, Mrs. Goldie Mae White, McKinney, TX.
- *MAMA GOLDIE'S Recipe Collection* is an actual copulation of recipes in book form; put together by my Uncle Clarence White's wife, Barbara, my Grandmother's daughter-in-law.

DIRECTIONS

- Combine flour and milk and pour over melted butter.
- Spoon in peaches and juice on top of mixture. Bake about half an hour or until brown.
- Note: Can substitute following for flour
- 1 ½ t. baking powder
- ½ t. salt to 1C of all purpose flour

PECAN CANDY BY JAYLA JACKSON

20 | 15 MIN PREP | 1 HOUR

INGREDIENTS

- **1 can / Eagle Brand condensed milk**
- **1 c / PET evaporated milk**
- **2 c / sugar**
- **¼ / stick of butter**
- **1 tbsp/vanilla extract**

HISTORICAL NARRATIVE

- **My grandmother wrote this recipe and has been making it for decades. She always adds her twist and flavor so that whatever she makes never gets boring. the memories of every time I have indulged in this treat made me realize how important Pecan Candy is to my identity and culture.**
- **Pecan pralines, in particular, gained favor during the Great Depression because they could be made with relatively inexpensive ingredients**

DIRECTIONS

- **Mix the following ingredients together in a deep pot**
- **bring mixture to a boil over high fire for 5 min (stir constantly)**
- **Lower fire to medium and cook for about 30 min, or until thick. (stir constantly)**
- ***(note: to test thickness, drop a little of the candy on a buttered cookie sheet, otherwise continue to cook and stir)**
- **Pour in 11 lbs. of pecans (stir constantly)**
- **Pour candy on a buttered cookie sheet.**

PIZZELLES BY CARSEN GRIFFITH

24 SERVINGS | 10 MINUTES | 30 MINUTES

INGREDIENTS

- 6 eggs
- 1 1/3 cups granulated sugar
- 4 cups flour
- 1 cup margarine or butter
- 4 teaspoons baking powder
- 3 tablespoons vanilla extract or anise extract

HISTORICAL NARRATIVE

- This pizzelle recipe was created by my mother. Her father was Italian, and his family would make pizzelles every Christmas.
- This recipe originated in Italy. Pizzelles are cookies traditionally eaten at Christmas and Easter.

DIRECTIONS

- Using a hand mixer, beat the eggs. Gradually add in the sugar and continue to beat mixture until smooth.
- Melt the butter and allow it to cool completely before mixing it into the eggs and sugar.
- Add your extract of choice and mix it in.
- In a separate bowl, mix together the flour and baking powder. Then begin to gradually add it into the wet mixture and mix until it is fully incorporated.
- Grease your pizzelle press and allow it to heat up before adding your dough in spoonful.
- Bake pizzelles for 30 seconds to 1 minute, then remove them from the iron and place them on a cooling rack.
- As an optional extra step, you can sprinkle powdered sugar on top of your pizzelles.

PUMPKIN BREAD BY TRINITY HINCKLEY

PREP TIME 15 MIN COOK TIME 1HR

TOTAL TIME 1:15

INGREDIENTS

- 3 1/3 c flour
- 3 c sugar
- 1 1/2 t salt
- 1 1/2 t cinnamon
- 1 t nutmeg
- 2 t baking soda
- 1 c vegetable oil
- 2/3 c water (or orange juice)
- 4 large eggs
- 1 (15oz) can of pumpkin

DIRECTIONS

- Preheat oven to 350
- Stir together all ingredients into a large bowl
- Divide batter evenly among three greased and floured 9x5" loaf pans
- Sprinkle the top of each loaf with white sugar
- Bake at 350 for 1 hour or until toothpick comes out clean

HISTORICAL NARRATIVE

- My mom has been making this recipe at least 4 times a year since I was in Kindergarten. Originally it came from my kindergarten teacher, who has no memory of making this with my class in the first place.
- Pumpkin bread has been a staple of the American diet (largely in the South) since the 1800s! Pumpkin was used to stretch grain supply when there was not enough to make bread with just the grain itself.

RICE PUDDING BY ASHLEY PALACIOS

5 PEOPLE | 3 MINUTES | 25 MINUTES

INGREDIENTS

- 1 cups rice
- 2 cups water
- Milk
- 1 tablespoon flour
- 2 sticks of cinnamon
- sugar

DIRECTIONS

- Boil 1 cup of washed rice in 2 cups of water until rice is soft or water has evaporated.
- Add milk to the rice until covered.
- Add sugar to taste and 2 sticks of cinnamon.
- In a separate cup add a tablespoon of flour to a equal amount of milk and mix well. Add it to the rice to thicken.
- Stir well until mixture boils.
- Ready to serve hot or chilled.

HISTORICAL NARRATIVE

- This dessert is very popular in Mexican culture, and I grew up eating it during special occasions
- There are many similar sweet dishes like this recipe in other cultures such as *Kheer* and *Phirni*.

SLIGHTLY UNDERDONE

PILLSBURY COOKIES BY ISAIAH

BISHOP

SERVINGS: ROUGHLY 16 | PREP TIME: MAYBE
2 MINUTES | TOTAL TIME: 15 MINUTES

• INGREDIENTS

- 1 package ready to bake Pillsbury sugar cookies (preferably the fun holiday kind)
- (optional) PAM spray



DIRECTIONS

- Take your package of Pillsbury cookies and arrange them on a baking tray with your oven preheated to 350.
- Take your package of Pillsbury cookies, and whatever the package may say for time instructions, typically aim for the lower number in the range.
- This typically leads to about an 8-10 minute cook time
- When they can't hold a proper shape, but are still firm around the edges, you're done!

HISTORICAL NARRATIVE

- Now, this recipe originates from an off-campus apartment, where four women gather weekly during the holiday season to enjoy the pleasures of a half-baked Pillsbury cookie. It's intrinsically tied to the very weave of their culture.
- Post WWII, sugar rationing had finally let up, and in the mid 50's Pillsbury started producing the very sugar cookies we all know and love now, greatly increasing accessibility to ready-to-bake cookies, that we take great advantage of now.

SOUTHERN PRALINE PECAN LOAF

LUCAS YUMUL

SERVINGS: 1 LOAF APROX: 8-10 PEOPLE

PREP TIME 10 MINS | TOTAL TIME 45 MINS - 1 HOUR

INGREDIENTS

- 1 cake box mix
- 3 eggs
- 1/3 cup of vegetable oil
- 1 cup of chopped pecans
 - OPTIONAL – Sugar Frosting
 - 1 ¼ cup powdered sugar
 - 1 tsp. vanilla extract
 - 2 tbsp. milk or heavy whipping cream

HISTORICAL NARRATIVE

- My sister learned how to make this recipe from her fellow coworkers at the hospital. She learned it during the pandemic and since then has served this pecan loaf at many different gatherings. Highly recommend adding as much pecans and topping with frosting!
- Pecans especially in bread and desserts have become a staple in the south. Pecans are easily grown in Texas and usually harvested mid-fall through winter. Pecans are native to the North American continent in fact the name originates from indigenous people Alogonquin word "paccan" - the nut that needs to be cracked by stone.

DIRECTIONS

- Preheat oven to 350 degrees and oil the baking pan
- In a bowl, place the cake box mix and add 3 eggs one at a time making sure to mix well
- Add ½ cup of chopped pecans and mix well (add more if necessary).
- After mixing the ingredients pour into baking pan and top with the rest of your chopped pecans.
- Place in the oven and bake for 30 minutes.
- While the pecan loaf is baking you can create the sugar frosting by mixing the 3 ingredients together. If the consistency is too thick you can add more milk or if it is too runny then you can add more powdered sugar. You want the consistency to be similar to syrup.
- After 40 minutes, check the pecan loaf and see if you can insert a toothpick and it comes out clean.
- Remove pecan loaf from oven and let cool for 10 minutes.
- Once cooled, you can serve. OR add sugar frosting then serve.

SPRINGERLE COOKIES

BY FAITH WATKINS

MAKES 40 COOKIES | 30 MIN PREP | 12 HOURS

TOTAL

INGREDIENTS

- 4 eggs
- 4 C Flour
- 2 C sugar
- ¼ tsp salt
- 3 tsp baking powder
- Anise seeds



DIRECTIONS

- Beat eggs until thick (15 minutes)
- Slowly add sugar
- Sift dry ingredients together, add to egg mix
- Refrigerate dough ½-1 hour
- Roll dough to 3/8 inch thickness
- Imprint using springerle mold board or rolling pin
- Cut apart following the mold using a knife or pizza cutter
- Let set overnight
- Bake on greased cookie sheet sprinkled with anise seeds 10 minutes at 300 or until bottoms start to gain color



HISTORICAL NARRATIVE

- This recipe originally comes from my great grandma. She lived in Nebraska most of her life, but moved to Germany for a few years for her husband's job. However, our family lineage is from Germany since long before this. I chose this recipe because it has been passed down in my family for generations, and it is a Christmas tradition for us.
- The molds used to decorate these cookies traditionally contain Christmas or biblical motifs, but now depict designs of all kinds. Molds can be made of clay, stone, wood, ceramic, or metal
- The word Springerle means "little springer" or "little jumper"



USTIPCI BY ALEX WELLS (RECIPE ADAPTED FROM

THE BALKAN HOSTESS)

4 SERVINGS | PREP TIME: 40 MINUTES | TOTAL TIME : 1 HOUR

INGREDIENTS

- 4 c / Flour
- 2 eggs
- 1 Tbsp flour
- 1 Tbsp sugar
- ¼ cup water, warmed
- 1 Tbsp active dry yeast
- 1 tsp baking powder
- 2 1/4 tsp / Ingredient
- 3 c / Ingredient
- 1-3 cups of flavorless oil

HISTORICAL NARRATIVE

- Alma Djurovic, my interviewee, stated this dish held incredible significance to her and other women in her Balkan family, as the dish represents a feeling of togetherness and kinship of her past in Montenegro.
- Uštipci remains one of many variations of a deep-fried dough, more popularly known as kolache or doughnuts. Following the Austrian occupation of Balkan countries in the late 1800's, numerous iterations of the dish began to disperse across Europe.

DIRECTIONS

1. Combine warm water, yeast, and sugar in a bowl. Let sit for 10-15 minutes.
2. Combine milk, sugar, salt and eggs. Add proofed yeast mixture.
3. Add flour to wet mixture. Keep in mind that the dough will be sticky, this is perfectly fine!
4. Let rise for 30 minutes.
5. After dough has risen, add oil to a pot or deep-walled pan (depending on if you want to deep or shallow fry your dough).
6. Spoon dough into the hot oil and fry on both sides until golden brown.
7. Remove from oil and let dry on paper towels or rack. Serve warm with jams, clotted cream, or other toppings of your choosing.

ZWETSCHGENKNÖDEL BY ANNA NEU

SERVINGS 6 | PREP TIME 50 MINUTES

| TOTAL TIME 1 HOUR 20 MINUTES |

• INGREDIENTS

- 5 or 6 medium potato's
- 2 tsp salt
- 1 egg
- 2-4 cups of flour
- 12 Plums (Italian Prunes)
- 1 cup of breadcrumbs
- 1 stick of butter

ABOUT THE RECIPIE

- This recipe is from my father's family who immigrated to the United States from Austria at the end of World War II.

RELEVANT FACTS

- My father, who I interviewed for this project said that he and his father used to have a dumpling eating contests. The pits of the plums would be placed on the edge of the plate and counted at the end to find the winner.
- This recipe was from a binder that my father made documenting all his mothers' recipes, since most were not written down. Many of the ingredient measurements were estimates given to me by my grandmother who usually measure with her heart.

DIRECTIONS

- Boil potatoes in a pot until soft, then mash or rice potatoes until smooth. Place on a floured cutting board.
- Add 1 tsp of salt and egg. Add flour until the mixture becomes the consistency of dough.
- Roll dough into a sheet about 1/4th inch thick.
- Place one plum at a time onto dough and cut a large enough square to surround the plum, then shape the dough into a ball around the plum.
- Bring salted water (use other 1 tsp of salt) to a boil. Place dumplings into the water and let boil for a 30 minutes, then remove.
- Place dumplings into a heated pan then cook until golden brown.
- Top with breadcrumbs and butter and enjoy!



EXTRA

HOW TO & INFO

Ingredients

- 1 lb / beef tenderloin, top of the round, or sirloin steak sliced ¾ inches thick
- 1 tbsp / tomato paste
- 1 clove / finely chopped garlic
- 1 tsp / salt
- 2 tbsp / flour
- 2 tbsp / sherry wine
- ½ cup / dry onions finely chopped
- ¼ cup / butter
- ½ lb / sliced mushrooms
- 1 cup / sour cream
- ¾ cup / beef bouillon
- 2 tsp / Worcestershire sauce
- ¼ cup / flour combined with 1 ½ tsp / salt and ¼ tsp / pepper



Beef Stroganoff

Recreation of the Francois Pope Beef Stroganoff recipe.

SERVES: 4 | PREP TIME: 20 | TOTAL TIME: 40 minutes

Made By:
Lauren Wheat
HIST 3495.031

20
25

Step #1

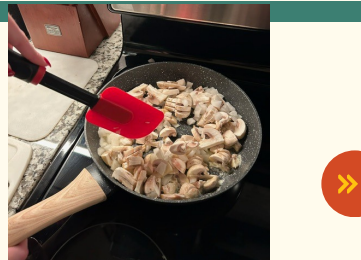
- Mix flour, salt, and pepper in a pan.
- Then, dredge uncooked meat in seasoned flour.



Step #2



- In a deep pan, sautee onions, garlic, and mushrooms in hot melted butter for several minutes.



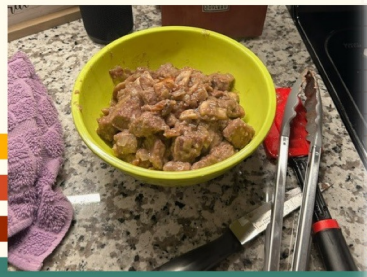
Step 3

- Add meat to the sauteed mixture and brown on both sides for a few minutes.



Step #4

- ◆ Remove meat and vegetables from the pan and keep warm.



Step #5

- Stir 2 tablespoons of flour into the drippings in the pan, and add beef bouillon slowly to ensure smooth paste.



Step #6

- Add wine, Worcestershire sauce, tomato paste, and 1 teaspoon salt and cook until thick, stirring constantly.



Step #7

- Add sour cream a little at a time and heat slowly until the sauce simmers.
- If the sauce is not dark enough, a little commercial gravy coloring can be added to give better color.



Step #8

- Last, add cooked beef and vegetables and heat for a few minutes.



Serving

- This dish can be served in a casserole dish or over some egg noodles for some additional flair.
- This dish pairs well with steamed vegetables as a side dish.
- Additionally, this dish can be served with a Zinfandel or Primitivo wine to balance the richness.





The Ingredients



Creaming the Lard and Sugar together



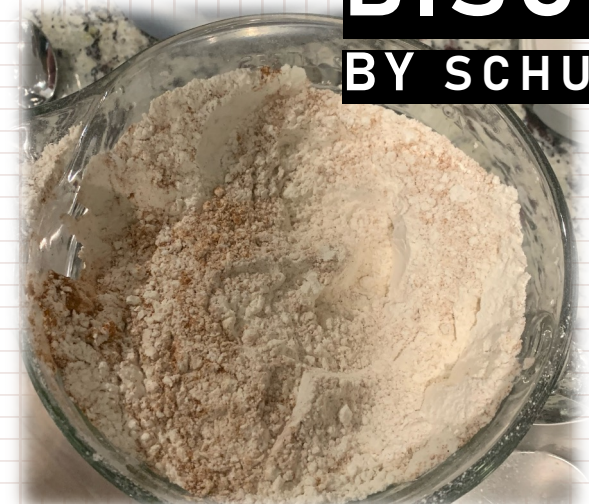
Whisk the eggs and add to creamed mix

BISCOCHITOS

BY SCHUYLER ROBINSON



After a bit more mixing, add the wine



Mix flour, baking soda, cinnamon and salt in a separate bowl



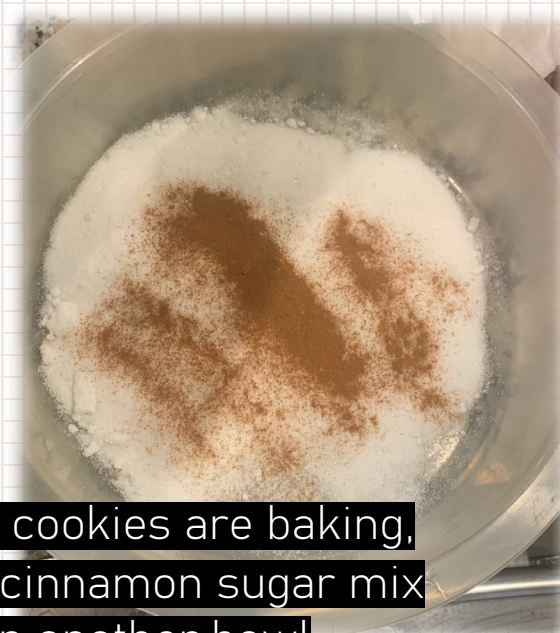
Add flour mixture into the creamed lard mixture and continue mixing until dough is formed



Spread flour on the tablecloth and begin to roll out the dough



Use cookie cutters and add to baking tray



While cookies are baking, make cinnamon sugar mix in another bowl



Once cookies are out of oven, batter them in the cinnamon sugar



Enjoy!

Caramel

Add butter and 2 cups of sugar to pan, heat while stirring until caramel color.

1



Water

Add water to the caramel. Be careful, this part is a bit volatile.

2



Dissolve

Stir the water and the now solid caramel until everything is dissolved.

3



Thicken

Stir the mixture until it has the consistency of pudding.

5



Mixture

Mix together the remaining sugar, eggs, milk, flour, salt, and vanilla. Add the mix to the caramel sauce.

4



Pour

Pour the mixture into pie crusts and let cool. Serve with whipped cream or add a meringue topping.

6



CARAMEL PIE BY HUNTER PERRY

CHILE COLORADO (CRISTINA SMITH'S FAMILY RECIPE)



**CHOP UP THE PORK
INTO CUBES**



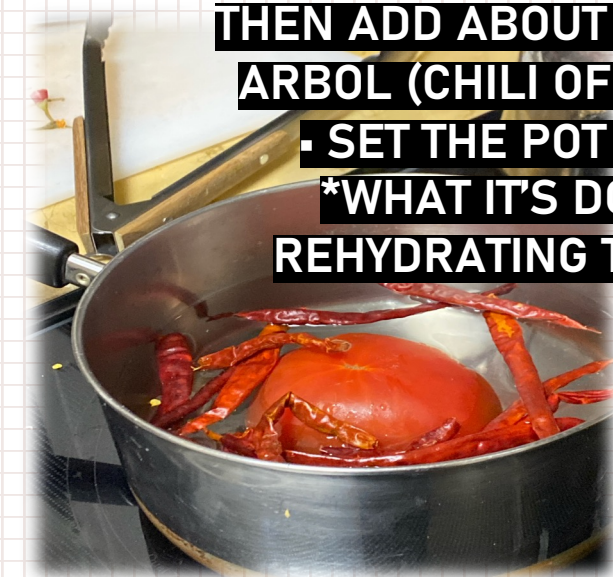
**ADD BONE INTO THE PILE
BONE ADDS MORE FLAVOR AS IT
SIMMERS INTO THE POT
BONE IN THE POT (ADD OLIVE OIL)
FLIP BONES AROUND ONCE OR
TWICE BEFORE**



**ADD IN THE PORK AND POUR
ABOUT 2 TABLESPOONS OF
SALT THEN MIX IT AROUND.
THEN SET A LID ON TOP TO
LET IT SIT**



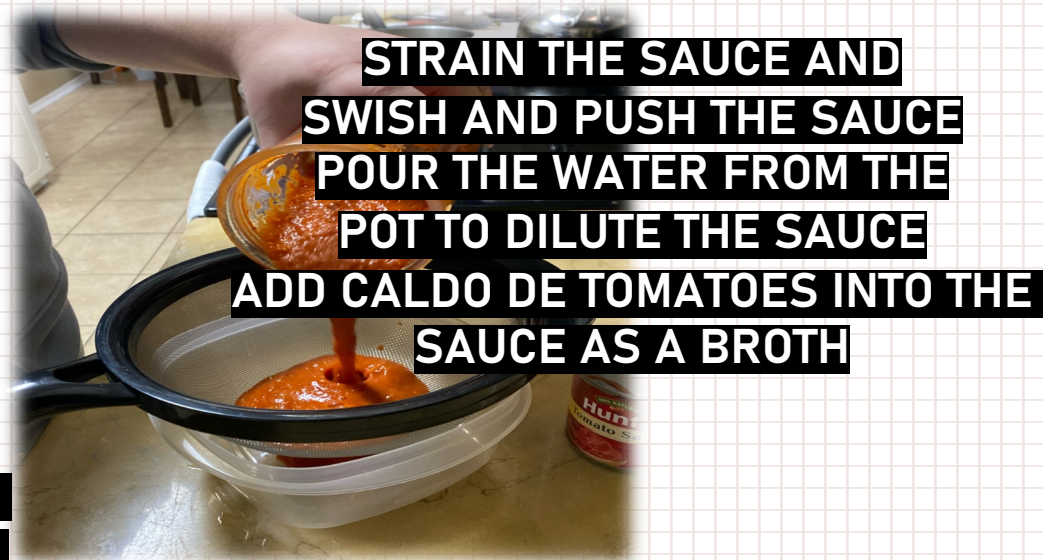
**MINCE A GARLIC THEN
ADD IN THE POT**



**CUT THE ENDS OF A TOMATO
AND SET IN THE POT.
THEN ADD ABOUT 15 CHILI DE
ARBOL (CHILI OF THE TREE)
- SET THE POT TO BOIL
*WHAT IT'S DOING IS
REHYDRATING THE CHILI**



•PREP SOME MORE GARLIC
(FOUR GLOVES) AND PUT IN A
BLENDER, INCLUDING SMALL
CAN OF TOMATO SAUCE, AND
THE TOMATOES AND CHILI
FROM THE PAN
POUR A TEASPOON OF SALT
POP INTO THE BLENDER,
TEXTURE SHOULD BE SMOOTH



STRAIN THE SAUCE AND
SWISH AND PUSH THE SAUCE
POUR THE WATER FROM THE
POT TO DILUTE THE SAUCE
ADD CALDO DE TOMATOES INTO THE
SAUCE AS A BROTH



THEN THE PORK



CAN ADD BEANS OR RICE
WITH A TORTILLA ON THE SIDE!

ENJOY!



Divinity recipe

- 2 2/3 cup sugar
- 2/3 cup broken nuts
I used pecans, and broke them up later
- 1/2 cup water
Which I filled in the cup later
- 2/3 cup light corn syrup
- 1 tsp vanilla
- We only want the egg whites!
2 eggs

I highly recommend using a candy thermometer for the cooking process. If not, I have documented what the mixture looks like as it approaches 260 degrees.

170 degrees 230 degrees 260 degrees

at this point, the sugar is ready!

While cooking the sugar...

I broke the nuts while the sugar, corn syrup, and water mixture cooked away on the stove. It can take some time for the sugar to come up to temperature so I took this time to separate the egg whites, and start beating them into stiff peaks, while keeping an eye on the sugar so it didn't burn.

My mistakes

I whipped my egg whites to stiff peaks and poured the thin stream of hot sugar into the bowl with the nuts. I didn't beat it enough, and the first batch of divinity came out strange. I returned the mixture to the beater, and it became more firm.

It should not look like this! Return to mix it more if it doesn't hold firmly to the whisk (It does taste and feel like a marshmallow, though).

After, I set it on a pan with a buttered spoon (it still stuck to the spoon). I didn't have wax paper so I buttered the pan and the divinity set fine.

I messed up...

Thanks!

This is what the end result looked like! The nuts got really beat from the mixer and lost some of their texture, but I'm just glad it still came out tasty.

Thank you for your time!

Funeral Potatoes

Ava Kinghorn



Mixing the Ingredients



Spooned into the Pan



Cornflakes on Top



In the Oven



Done Cooking



Plated

HAM SPREAD

BY CYDNEY HERNANDEZ

1



2



3



4



5



6





Jalapeño poppers



3-4 servings



INGREDIENTS

- 6-8 large jalapeños
- 8 oz. softened cream cheese
- 1 cup shredded monterey jack cheese
- 1-2 TBS garlic powder (to preference)
- chopped green onion (optional)



DIRECTIONS

1. Gather all ingredients and wash all produce.
2. Finely dice 2-3 green onions (~1/3 c.)
3. Slice jalapeños length wise and use a spoon to scoop out seeds and ribs from the inside of the peppers.
4. In a bowl, add the softened cream cheese, garlic powder, green onions, and 3/4 c. of the shredded cheese (the remaining 1/4 c. is for topping peppers).
5. Mix and fold the cheese mixture until incorporated.
6. Using a spoon, fill each jalapeño half with the cheese mixture and sprinkle the leftover cheese on top of the peppers.
7. Once all are filled and topped, bake in an air fryer on 400° for 10 minutes OR in the oven on 400° for 15-17 minute until cheese is toasted and bubbly looking.
8. Remove from oven and let cool for 4-5 min before eating.

NOTES

Jalapeños poppers are customizable! Feel free to change out the shredded cheese type, add Bac'n bits, etc. to make it your own.



Jalapeño poppers



3-4 servings



15-25 min



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3. Slice jalapeños length wise and using a spoon, scoop out and discard all seeds and ribs from the inside of the peppers.
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MATTAR PANEER WITH BROWN RICE

4 SERVINGS | 20 MIN PREP TIME | 40 MIN TOTAL TIME



• INGREDIENTS – MATTAR PANEER

1 c / Frozen Peas (or Peas and Corn)***

3 Garlic Cloves

½ Large Onion

3 Large Tomatoes

15 -20 g Paneer**

3 tbsp / Edible Oil



1/4 tsp / Cumin Seeds*

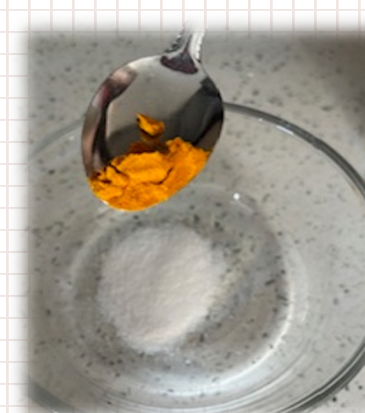
1 c / Raw Cashews

1 tsp / Salt (as preferred)

1/4 tsp / Turmeric Powder*

1/4 tsp / Red Chili Powder*

1/4 tsp / Garam Masala*



*Cumin Seeds, Turmeric Powder, Red Chili Powder (can be replaced by Paprika), Garam Masala (optional) are available at local Indian Grocery Stores or even at Whole Foods Stores

**Fresh Paneer (Indian Cheese) is also available at local Indian Grocery Stores in the refrigerated section. This is a 30g pack, we will use about half of pack for this recipe

***Peas is preferred vegetable for this recipe, I used corn mixed with peas due to insufficient peas (it is okay to be creative with veggies!)

- **INGREDIENTS – BROWN RICE**

1 c / Washed Brown Rice & 1.5 c / Water



- **OTHER REQUIRED KITCHEN ITEMS**

Blender



Thick Metal Pan*



Electric Cooker



*Recommend Thick Pan for heavy stove top cooking

DIRECTIONS.....continued

- Mix salt and dry spices in a container and set aside.



- Microwave frozen peas and corn for approximately 2 minutes and set aside.



- Peel tomatoes, cut onions and garlic into large pieces.



DIRECTIONS.....continued

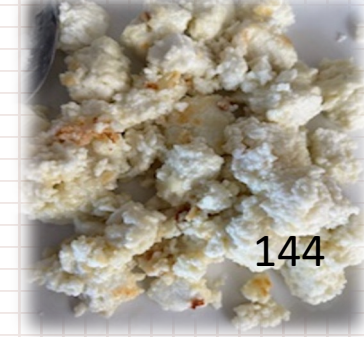
- Blend tomatoes using the blender, set aside the tomatoes sauce.



- Cut Fresh Paneer into small cubes, if Paneer is Frozen microwave for approximately 1 minute if needed.



- Add 1 tbsp oil to the pan, once the oil is hot add the paneer cubes and cook until light brown (approx. 3-4 minutes). Note that paneer will leave water, ensure the water is completely dried and it is alright if paneer becomes slightly scrambled in this process.



DIRECTIONS.....continued

- Wipe the pan and use the same pan for the next step. Add 2 tbsp oil, heat at medium flame. Add cumin seeds, cook for few seconds until it stops sputtering. Cumin seeds are optional, if you don't have it skip the cumin seeds.



- Once the oil heats add cashews and cook for few seconds until cashews until light brown, stir rapidly to ensure cashews do not burn



- Do not turn off the flame, then add cut onions and garlic. Keep stirring rapidly to avoid burning of the food. The goal is to caramelize the onions and garlic.



DIRECTIONS.....continued

- Lower the flame and add the dried spices mixture (flame is low to ensure spices do not burn). Stir spices rapidly with the ingredients in the pan. Cook for few seconds. Note do not cook spices here for too long, they tend to burn quickly.
- Next add the tomatoes sauce to the pan, the stove flame can be raised to medium. Cook the mixture for 6-7 minutes. Cover the pan as when the sauce gets added the mixture tends to sputter and splash.



- Turn off the stove and add mixture to the blender. If it is glass blender hot mixture can be added, if plastic blender make sure mixture cools before blending. Blend into smooth paste, ensure there are no cashew pieces, and it is mixed well.



DIRECTIONS.....continued

- Turn on the stove, use the same pan we originally started with. Add the smooth sauce to the pan. Cook for 2 minutes, stirring rapidly.



- It is finally time to add cooked paneer and peas (or peas and corn). Add the ingredients and cook for about an additional 2 minutes, stirring rapidly. This is our final step, mattar paneer is ready and the stove can now be turned off!



DIRECTIONS (BROWN RICE)

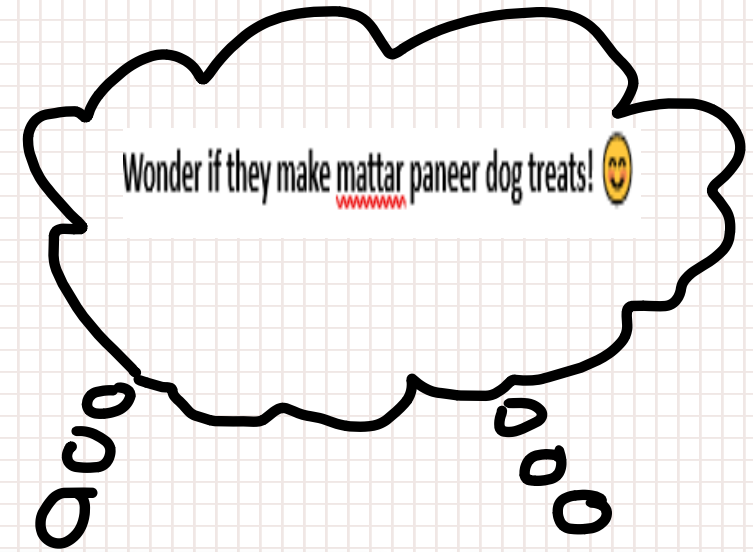
- Simply cook the brown rice in the electric cooker for 40 minutes. Note do this prior to making mattar paneer, so that brown rice is ready by the time mattar paneer is cooked.



FINAL DISH

SERVE MATTAR PANEER AND BROWN RICE WITH SOMETHING CRUNCHY!!!

- Here we have used Indian roasted Papad for crunch





Step 1

- Add 6 eggs and 1 1/3 cups of granulated sugar to a large bowl.



Step 2

- Beat eggs and sugar together using a hand mixer until smooth.



Step 3

- Melt 1 cup (2 sticks) of butter. Set the butter aside and allow it to cool completely before adding it into the egg and sugar mixture. If you do not allow the butter to cool, you could risk cooking the eggs with the residual heat.



Step 4

- Mix in your cooled melted butter



Step 5

- Add in 3 tablespoons of vanilla or anise extract and mix. We used vanilla extract, but anise is more traditional.



Step 6

- In a separate bowl, mix together 4 cups of flour and 4 teaspoons of baking power. Then gradually add the dry mixture into the wet mixture and mix until fully incorporated.



Step 7

- Grease your pizzelle press and allow it to heat up before adding a spoonful of dough into each cookie mold.





Step 8

- Depending on your pizzelle press, cook time may vary. Usually, the cookies take between 30 seconds to 1 minute to cook. When they are golden brown, remove them from the press and allow them to cool.

Making Pizzelles with my Mom

Carsen Griffith

150



**Searing the Pork
Chops**



**Chopping the Onions
and Making the Roux**



**The Beginnings
of a Gravy...**



**In go the
Pork Chops**



**Dinner Time for the
World's Hungriest Duo**

SMOTHERED PORK CHOPS BY Brianna Hughey

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LET'S EAT!