

A LITTLE TASTE OF EVERYWHERE:



**Delicious, Nutritious Recipes
Made Just for You**

Cooking in the Time of Covid

Welcome to our cookbook! We are students from "Cook. Eat. Write. Repeat.," a UTSA Writing Program course in partnership with the UTSA Honors College. Our class took on the challenge of finding a way to cook together and create a cookbook during the 2020 Covid-19 pandemic. We met using Zoom and decided that each week, one of us would share a recipe and record an instruction video to accompany our recipes. We shared our recipes through the Honors College social media and on our own Instagram page. We also had the privilege to work with The Paisano, the independent student publication serving the UTSA community. The Paisano editors helped us publish our recipes and videos on their website as well as on their YouTube Channel. In addition to our recipes, we included cultural and historical articles about our dishes. Throughout the course, we discovered that each of us had a diverse cultural background and interest in food, and we wanted to share our experiences with you through this cookbook. With the help of Heather Riddle from UTSA's Writing Program, we gathered all the recipes we created to give you the opportunity to explore the world inside your own kitchen. Enjoy!



The Writing Program & UTSA Honors
Cook. Eat. Write. Repeat.
WRC 4123

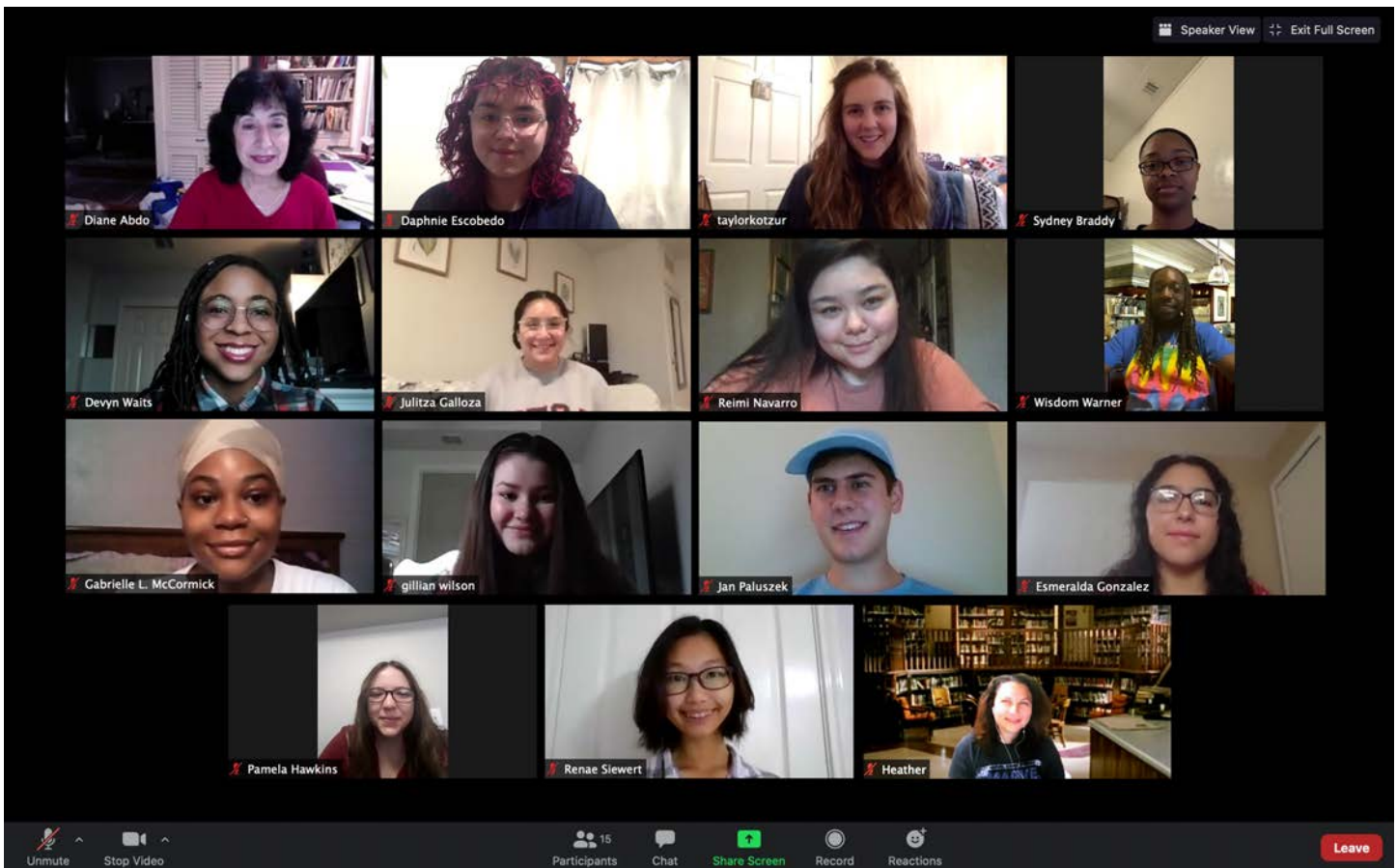
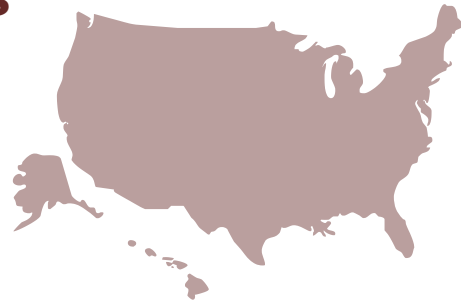


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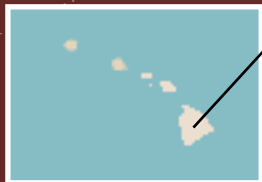
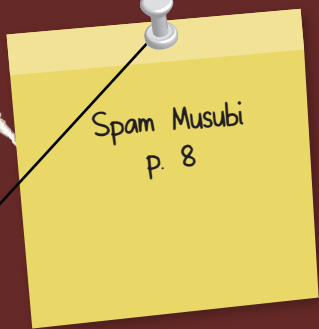
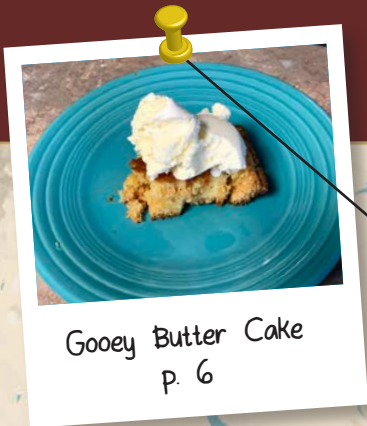
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Recipes from the United States of America



LaToya's Southern Fried Chicken

By Wisdom Warner



Serves 2



30 Minutes



400°F

Dish History: My dish comes from a small city called Danville, in the state of Virginia. My best friend, LaToya Tarpley-Hubbard would always make me this chicken. After she was murdered, I wanted to keep her memory alive by introducing her southern fried chicken to others, just with a healthier twist. LaToya's chicken will forever be a part of my main dishes.

Instructions

1. In two separate bowls, prepare flour and eggs slightly beaten. In a third bowl, combine the crushed frosted flakes (**cheerios or crackers**), garlic, and Lawry's (**salt**) and black pepper.
2. Sprinkle chicken with salt.
3. Dip chicken tenders into flour, then into eggs; roll in crumb Frosted Flake mixture to coat.
4. Preheat the oven to 400°F (200°C) and spray pan oil on baking pan.
5. Arrange chicken strips onto baking pan and spray oil over top of chicken. Bake for 20 minutes or until nicely golden.
6. Serve immediately with side dish of your choice and dipping sauce (optional).

Ingredients

- 1 lb. Skinless, Boneless Chicken Breast Tenders
- 3 Eggs
- 2 tsp. of Salt (Lawry's Seasoning Salt Can Be an Alternative)
- 1 tsp. of Garlic Powder
- 1 tsp. of Black Pepper
- 2 ½ Cup of Frosted Flakes Cereal for "Sweet Taste" or Ritz Crackers for a "Savory Taste" (CRUSHED into a powdery substance)
Breadcrumbs can be used also
- **GF Option:** Cheerios or Multi-grain Rice Crackers
- 1 Cup of Whole Grain Flour (All-purpose flour is fine)
 GF Option: Almond flour
- 1 Can of Pan Spray Oil (Avocado, Canola or Olive)

Tips and Tricks

- * Put aluminum foil onto baking pan for easy cleanup.
- * Use meat thermometer to check internal temperature of chicken (165°F).
- * If chicken starts to look like it is burning while cooking spray a little oil on them to add moisture.
- * There may be leftover breading.

Watch it get made!

https://www.youtube.com/watch?v=j_y1zNe8uWs



Gooney Butter Cake

By Sydney Braddy



Serves 10-12



70 minutes



350°F



History: Gooney Butter Cake, also called Ooey Gooney Butter Cake, originated in St. Louis, Missouri. There are two stories on how the cake came to be. The first story is that a German-American baker in the 1930s mixed up the proportions for butter and flour. The second story is that this same baker mixed up butter “smears,” gooney butter (Danish rolls) and deep butter (coffee cakes), and Gooney Butter Cake was the result. This happened during the Great Depression so they sold the cake as it is so as not to waste food. Both stories follow the idea that Gooney Butter Cake was made by accident and this accident became so popular in St. Louis that it can be found in every grocery store and is even served in restaurants. It even comes in other flavors such as pumpkin and chocolate, but the original is the simple buttery flavor.

Interesting Facts:

- 🚩 There are two versions of Gooney Butter Cake: the bakers’ version and the cream cheese with yellow cake mix version.
- 🚩 The cream cheese variation, while close to the original, is designed for at-home baking since it’s easier.
- 🚩 Almost all bakeries in St. Louis use slightly different recipes, but there is no cream cheese and cake mix used.
- 🚩 Bakers tried to take them outside of St. Louis to show them to other bakers; while they were liked, customers wouldn’t buy them because it looked like a “flat gooney mess.”
- 🚩 Gooney Butter Cake is often called Ooey Gooney Butter Cake because of celebrity chef Paula Deen.

👩 Instructions

1. Preheat the oven to 350°F.
2. Mix the cake mix, melted butter, 1 tsp. of vanilla extract, and 2 eggs.
3. Spray 9x13in baking pan and pat cake mix into baking pan.
4. Mix cream cheese, 2 eggs, and 1 tsp. of vanilla extract with an electric mixer. Slowly beat in the powdered sugar. Pour over the cake layer.
5. Bake for 40 to 45 minutes. Let cool. Optional: add vanilla ice cream on top.

🍴 Ingredients

- 1 box yellow cake mix
- ½ cup melted butter
- 4 eggs
- 2 tsp. vanilla extract
- 1 (8-ounce) package cream cheese
- 1 box (16-ounce) powdered sugar
- Vanilla ice cream (optional)
- Additional powdered sugar to sprinkle on top (optional)

Tips and Tricks

- * Get a yellow cake mix with the word “moist” on the box.
- * Spray the baking pan with some cooking spray so the cake doesn’t stick too much.
- * The cake is a bit firm, so cut it into brownie-like pieces.
- * Best to use room temperature products for easier mixing.
- * If you don’t have an electric mixer, use a hand whisk.
- * When whisking, if the cream cheese is still chunky, put in the microwave for about 10 seconds.
- * Best to eat when warm.



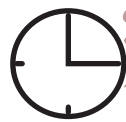
Watch it get made! <https://youtu.be/5AybTPemuvg>

Oven-Roasted Vegetables

By Taylor Kotzur



Serves 3-4



50 minutes



450°F

History: Roasting Vegetables originated around 1980 in Providence, Rhode Island, by Johanna Killeen and George Germon. This versatile dish came about due to having only a single oven to use in their Italian Restaurant, Al Forno, meaning "oven" in Italian. Asparagus was the first vegetable to be put in the oven to be cooked to success. This then led to the experimentation of numerous additional vegetables, all to be cooked to success and evolving a new form of cooking called roasting. Roasting has become a favored method of cooking over its predecessor, boiling, due to the more intense flavor profile and the need for less fat or oil. The increase in roasting has expanded beyond vegetables and includes meats, fish, and fruit. Roasted dishes, especially roasted vegetables, are seen as an addition to dinner and especially big for holiday meals.

Instructions

- Set oven temperature to 450°F.
- Line a baking sheet with foil.
- Cut all veggies into bite size pieces and place into a big bowl or ziplock baggie.
 - * if using onion, can be cut the width of your finger to have a bigger bite.
- Add 2-3 Tbsp olive oil, salt, pepper, and additional herbs (if using) and toss to coat.
- Transfer veggies onto the baking sheet making sure the veggies are arranged in a single layer for even roasting.
- Bake for 15 minutes, stir veggies around and bake an additional 15-20 minutes or until veggies are tender. Check periodically as cooking times may vary depending on how small the veggies are cut.
 - ** Substitute or add veggies you have on hand or may like better (brussel sprouts, bell pepper, carrots, mushrooms, eggplant, asparagus, etc. - get colorful)

Ingredients

- 1/2 head Cauliflower
- 1 Sweet Potato
- 1/2 red onion
- 1 Zucchini
- 1 Red Bell pepper
- 2-3 Tbsp olive oil
- salt and pepper, to taste
- **Optional:** fresh rosemary or thyme

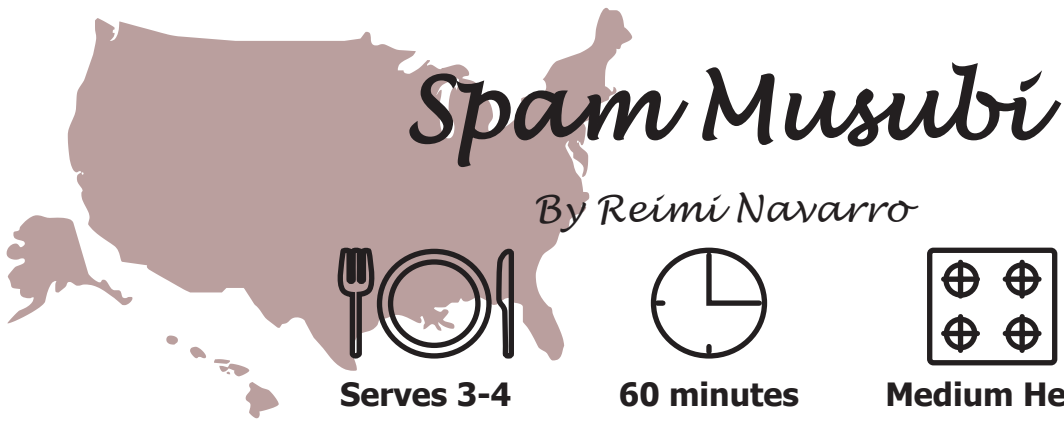


Tips and Tricks

- * Pre-cut veggies beforehand.
- * Make more and use leftovers for other dishes/ meals.
- * Frozen veggies may be used- spray with olive oil.



Watch it get made! <https://youtu.be/n4FpjN7EJhs>



Serves 3-4

60 minutes

Medium Heat

Ingredients

- 1 can of Spam
- 2 Cups of short-grain white rice
- Sushi Nori (roasted seaweed) sheets
- Salt

*Optional Ingredients:

- 3 Eggs
- ¼ cup Oyster sauce
- ¼ cup Soy sauce
- ½ cup Sugar

Instructions

Preparation

1. Measure 2 cups of short-grain white rice and place it in a bowl. Fill the bowl with water and wash the rice using a circular motion with your hands. Repeat this step 2-3 times.
2. Drain the water out of the bowl and place the rice in a pot. Add 2 cups of water to the pot and let it sit for 5-10 minutes.
3. As the rice is soaking, take your Spam and slice it into a width of your choosing. *If you prefer your Spam to have a sweet taste, then place the oyster sauce, soy sauce, and sugar in a bag. Place the sliced Spam in the bag and have it marinate from 10-15 minutes.

Cooking

4. Once the rice has soaked, bring the stove to a medium-heat and wait for the water to boil. Once it boils, turn the heat to low and let it cook for an additional 10-15 minutes. Towards the end of the 15 minutes, take the pot lid off and allow for the rice to develop a dry texture.

5. *As the rice is cooking, take a frying pan and make an omelet. Once it is done, place it to the side and cut them so that they are in the shape of the Spam.
6. Set your frying pan to a medium-high heat and wait for it to heat up. Then add Spam to the pan and fry it until it has a dark pink color or is crispy.
7. When the rice has finished cooking, allow it to cool off. Once cool, get your hands slightly wet and sprinkle a little bit of salt into your palm. Then grab the rice and start to mold it into a rectangular shape that would best fit the shape of the Spam.
8. Once you have molded the rice, place it off to the side on a plate. Take your Sushi Nori sheets and cut them in half. Place one half of the sheet down and place your molded rice partly in the middle of the Nori sheet. Place your Spam and *omelet piece on top of the molded rice and wrap the ends of the Nori sheet around everything.

Tips and Tricks

- * If the ends of the Nori are not sticking well, use a small amount of water to help the ends adhere to the rice.
- * If you are having a difficult time trying to mold the rice, you can place plastic wrap in the Spam container and use it as a mold.



Pecan Pie

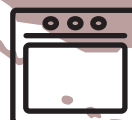
By Pamela Hawkins



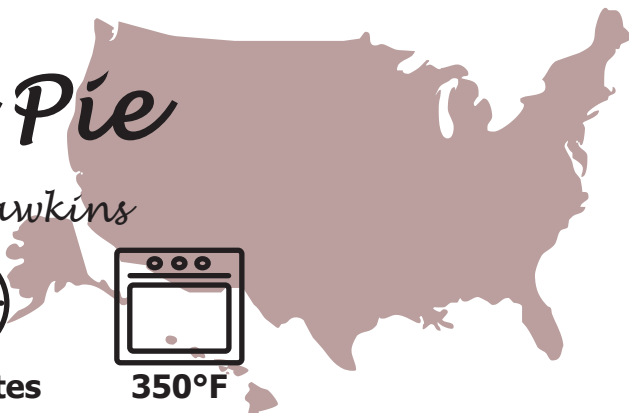
Serves 6-8



60 minutes



350°F



Ingredients

- 3 Eggs
- 1 cup Sugar
- 1 cup Corn syrup (dark or light)
- 2 Tbsp. Butter (melted)
- 1 tsp. Vanilla extract
- 1 ¼ cup Pecan halves
- 1 unbaked 9in pie crust/shell
- Optional: ¼ tsp. Nutmeg or Cinnamon for a hint of spice

Instructions

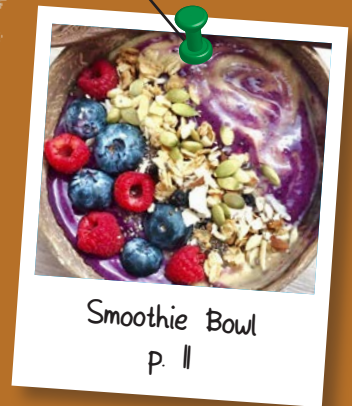
1. Preheat oven to 350°F.
2. Beat eggs slightly in a medium-sized bowl.
3. Add sugar, corn syrup, butter, vanilla, and spice to the eggs and stir until well mixed.
4. Mix in pecan halves.
5. Place pie crust into a pie pan and trim the excess (if you have not already).
6. Pour the mixture into the pie crust and place the pie on a baking sheet/cookie sheet/pizza pan.
7. Bake for 50 to 55 minutes, until the pecans look toasted and there is only a little movement in the center. Allow to cool.

Tips and Tricks

- * Another way to see if the pie is done is to stick a knife in halfway between the center and the crust. If the knife comes out clean or almost clean, the pie is done. I have over-baked this pie slightly by waiting for the knife to come out completely clean, so be careful with this method.
- * The baking sheet will catch any filling that bubbles over, keep your oven clean, and help ensure the pie bakes evenly.



Recipes from Latin America





Smoothie Bowl



By Taylor Kotzur



Serves 1



15 minutes



Blender

LATIN AMERICA

Ingredients

- 1-2 cups frozen fruits and veggies of choice (frozen banana is always a good base)
- Any additional add-in (protein powder, peanut butter, chia seeds, oats, etc.)

- Splash of milk (regular, almond, coconut, oat), more if needed
- Toppings: almonds, granola, fresh fruit, chia seeds, etc.

***See Flavor combinations for ideas!**



Instructions

1. Place fruit, any add-ins, and milk in a blender.
2. Blend, stop and stir, blend. Repeat until smooth (this takes a while).
3. Place in bowl and decorate with toppings
4. Enjoy!

Flavor combinations come in a wide variety of variations. Smoothie bowls are very versatile and can be altered to please anyone's taste.

Flavor Combinations ideas

- ***Strawberry banana:** Banana, strawberry, choice of milk
- ***Tropical:** Banana, pineapple, mango, papaya, choice of milk
- ***Peanut Butter Chocolate:** Peanut butter, chocolate protein powder or cocoa, banana
- ***Cinnamon Roll:** Banana, vanilla protein powder, cinnamon, choice of milk
- ***Pina Colada:** Pineapple, coconut milk, banana
- ***Green smoothie:** Banana, pineapple, kale or spinach, peach, choice of milk or juice
- ***Coffee:** Banana, coffee protein powder or brewed coffee, choice of milk, can add sweetener



Tips and Tricks

- * Use frozen fruit (and veggies, if using).
- * Try and use little liquid.
- * Use a high speed/power blender.
- * May add ice. A good idea is to make ice cubes out of milk to give a more flavorful smoothie bowl that is not watered down.

Chorizo and Egg Breakfast Tacos

By Daphnie Escobedo



Serves 2



25 minutes



Medium Heat



History: Texas is known for many things, and breakfast tacos are one of them. With many different choices, there is a breakfast taco for just about anyone. Bean and cheese tacos. Bacon and egg tacos. Carne guisada tacos.

All of the choices are great picks, but my personal favorite has always been the chorizo and egg. I feel that I may be in the minority with my love for chorizo and egg, but I have felt that deep love for that specific taco for as long as I can remember.

Growing up in Texas, I am well accustomed to getting breakfast tacos every morning before school, before big events, after church, on road trips, and more. Breakfast

tacos are part of the culture. When I would go over to my grandparents' house, my grandma would make any kind of breakfast food that I wanted, but she specifically made amazing chorizo and egg tacos. It became an unspoken arrangement that when I was going over at any point in the morning, she would make me chorizo and egg tacos. I would watch her do all the small tasks to prepare the taco because she made it look so easy, and it would come out amazing every time. I realize that is why I love the taco, because it is easy to make, and it is hard to mess up. I now know how to make the taco myself, although not as good as my grandma makes it, and I enjoy it because it is so quick for me to whip up together. And when I go to any unfamiliar restaurant, I know that I could depend on ordering chorizo and egg tacos to be good and satisfying every time.

So, every time I eat the taco, I feel that I am taking part in Texan culture as well as keeping up the unspoken agreement that my grandma and I have with each other. Other people may have their different favorite choice of a breakfast taco, but my chorizo and egg never does me wrong.

Ingredients

- 4 Eggs
- Cooking oil
- 2 Kielbasa links
- Flour Tortilla Mix (White Wings brand)

Instructions

1. Heat pan to medium to high temperature.
 2. Pour a dime size amount of cooking oil into pan.
 3. Cut through the kielbasa and scrape off into the pan everything but the casing (the wrap.) (Repeat for second kielbasa link.)
 4. While it's in the pan, break up the kielbasa with a utensil by smashing and separating into small pieces.
 5. Once the kielbasa starts to turn brown and harden, crack eggs into pan without breaking the yolk.
 6. Spread the egg white around onto the cooked kielbasa.
 7. Once egg whites are cooked to a white color, break the yolk and scramble the egg evenly around the kielbasa. Make sure to move all ingredients on the pan around in order to cook evenly.
 8. Once cooked, if there is excessive oil, separate the oil from the food.
 9. Add salt, ketchup, or hot sauce to liking.
- Optional Tortillas.** Can be done simultaneously while cooking the chorizo and egg.
1. Preheat comal (flat griddle) to 300-350°F or on high temperature.
 2. Pour two cups of flour into a deep bowl.
 3. Add half a cup of hot water to flour.
 4. Use utensil to mix flour and water together.
 5. Once warm, knead flour and water into dough together with hands. If too much flour, add more water. If too sticky, add more flour. The dough should be smooth and elastic.
 6. Let sit for 3-5 minutes in order for the dough to rise.
 7. Separate dough into balls the size of your palm.
 8. Lightly flour a flat surface (a cutting board will work.) Using a palote (rolling pin), flatten the ball doughs into thin circles.
 9. Place flatten dough onto comal (flat griddle) separately. Let cook for a minute or two allowing it to rise, then flip over to cook other side. Repeat until lightly brown.
 10. Combine tortilla and chorizo and egg for a delicious breakfast taco.

Tips and Tricks:

When making the chorizo and egg:

- * Make sure not to break the yolk when cracking the egg into the chorizo, so you can spread the egg white around first. Once the egg white is spread, then spread the yolk around evenly. This allows for an equal distribution of egg around the chorizo.

When making tortillas:

- * When kneading the flour and water together, if the dough is too sticky then add some flour. But if the dough is too floury, then add some more water. Do this until the dough is smooth and easy to knead.

 Substitute corn tortillas for the flour tortillas for a gluten-free option.

Watch it get made! <https://youtu.be/N6u0VQgAZok>



Enchilada Casserole

By Devyn Waits



Serves 6-8



70 minutes



400°F

History: While information over the origins of Enchilada Casserole can't be found, the two dishes--casserole and enchilada--that make up this recipe have quite a detailed and complex history.

Enchiladas originated from Mexico, centuries ago, when the Mayans would roll up fish meat with corn tortillas, creating a delicious dish for the locals to eat. The Papadzules, a traditional dish of Maya, is quite similar to the Enchilada. It comes from the Yucatan region. For this dish, pumpkin seed was used to dip the corn tortillas in; then chopped, boiled eggs were used for the tortillas to be rolled on top of them. After that, the tortillas were smothered with tomato sauce. Papadzules was mainly reserved for nobles and special occasions. Nowadays its descendant, the Enchilada, is made simply with a corn tortilla stuffed with meat and cheese with a choice to add guacamole, sour cream, and many other options as toppings. This dish has such a deeply ingrained history with Mexico that it was even featured in one of the first Mexican cookbooks in the early 1800s.

In contrast, the Casserole was created later in the century by French-Canadian immigrant, Elmiere Jolicoeur, who made a culinary breakthrough in Berlin, New Hampshire; however, the dish became quite famous in the new world during the 19th century when people began making casseroles based on the dishes immigrants would bring over to the US. The dish was also heavily embraced by housewives in America. The Casserole allowed citizens to be economically and financially conservative during the great depression and WWII (during & after), when food was scarce. Additionally, during the 1950s and 60s, Casserole saved the day when housewives would wrestle with making an appetizing dinner with yesterday's leftovers. Not only was the dish economical, it was convenient, becoming a go-to recipe for women across America.



Interesting Facts:

- ☐ On May 5th, there is a national holiday for Enchiladas that's known (expectantly) as National Enchilada Day.
- ☐ The word Enchilada is derived from the past-participle Enchilar which means- to add chile.
- ☐ Hernán Cortés and the Spanish forces took a particular liking to Enchiladas because they could be eaten while on the go.
- ☐ When the Western US region was annexed from Mexico in 1840, Enchiladas made their way to America through migrants who traveled back and forth between the US and Mexico. Immigrants would bring recipes of Latin cuisine, including Enchiladas, with them. Soon, the dish became a nationally loved food item.

Instructions

1. Preheat the oven to 400°F.
2. Lightly spray a 9 x 13 casserole dish and set to the side.
3. Add 2 Tbsp of olive oil to a large pot, and cook ground turkey with green chiles, yellow onion, bell pepper, and taco seasoning packet until ground turkey is brown and crumbly.
4. Season with additional salt and pepper if needed.
5. Stir in tortilla pieces with cream of mushroom soup, black olives, 3/4 can of the diced tomatoes, enchilada sauce, and 1 1/2 cups of the shredded cheese and mix to combine all of the ingredients.
6. Transfer to casserole dish and cover with foil.
7. Bake for 30 minutes.
8. Add chopped green onions, remaining tomatoes and cheese.
9. Return to the oven and bake uncovered until the cheese has melted.
10. Remove from the oven and allow it to cool for 10-15 minutes.
11. Bon appetit!

Ingredients

- 1 pound of ground turkey (ground beef may be used)
- 1 medium yellow onion, diced
- 1/2 green bell pepper, seeded and finely chopped
- 1 (4 ounce) can of green chilies, diced
- 12 (6 inch) corn tortillas cut into 1 inch pieces
- 1 (10 ounce) can of cream of mushroom soup, undiluted
- 1 (2.25 ounce) can of sliced black olives (optional)
- 1 (15 ounce) can of enchilada sauce
- 3 1/2 cups of shredded Mexican blend cheese
- 1 (14.5 ounce) can of diced tomatoes, drained
- 3 green onions, chopped
- Cooking Spray
- 2 Tbsp of olive oil
- 1 packet of taco seasoning
- Salt and pepper to taste

Tips & Tricks

- * For extra flavoring, add 2 more stalks of green onion.
- * If you want a more "saucy" casserole, add a half can or more of enchilada sauce.
- * You can use ground beef or shredded chicken instead of ground turkey.



**Watch it
get made!**

<https://youtu.be/pogAnI02O7U>



Grandma's Macaroni and Cheese

By Gillian Wilson



Serves 4-6



60 minutes




350°F



History: The history of Macaroni dates back to 13th century Italy with the country's earliest recipe being written in a text called Liber de Coquina in Latin. There are two theories as to how Macaroni arrived in the Americas. The first theory states that modern-day Macaroni evolved from a casserole-type dish called Macaroni pudding, which was popular among New England church suppers. The second theory states that Thomas Jefferson took a liking to Macaroni while visiting Italy, thus, his daughter, Mary Randolph, began making the dish for her father. Today, Macaroni has evolved into a quick and easy-to-make comfort dish in America.

Connection to Chef: Although this is a very common dish, this version has a special Mexican twist to it. The recipe originated from my great-grandma's neighbor. As a little girl, my grandmother would go over for barbeque and Macaroni, and she later asked for the recipe. My grandma has always made her macaroni and cheese at all big family events and holidays, and it has been a family favorite. She has made it for more than 50 years, and the dish continues to be enjoyed throughout multiple generations as my big family continues to grow.

Ingredients

- 1 pack of 16 oz macaroni noodles
 Can use gluten free noodles
- 1 package of shredded cheddar cheese
- 1 tsp. of cumin powder
- 1 tsp. of cumin seeds
- 1 tsp. of pepper
- 1 can of 15oz crush tomatoes
- 1 oz can of tomato sauce
- 3 cloves of garlic
- 1 Tbsp. of salt for the boiling water for noodles
- 1 stick of butter
- Aluminum foil and toothpicks
- Baking pan



Watch it get made! <https://youtu.be/7XWPvqyD9bE>

Instructions

1. Pour 8 cups of hot water into a pot; set to high heat until boiling.
2. Add 1 Tbsp. of salt to the water.
3. Add ½ stick of butter into the water.
4. Pour the noodles into boiling water and cook for approximately 12-15 minutes or until soft. Stir occasionally while boiling.
5. Preheat oven to 350°F.
6. While noodles are boiling, mince the 3 cloves of garlic.
7. Pour the can of tomatoes, tomato sauce, cloves of garlic, cumin powder, cumin seeds, and pepper into the blender (you can blend this by hand if you don't have a blender).
8. Blend until the sauce is mixed well.
9. After noodles are done cooking, drain the noodles.
10. Cut butter into slices and layer with the noodles, cheese, and sauce in the baking pan.
11. Insert toothpicks vertically into noodles to prevent foil from sticking.
12. Cover pan with aluminum foil and bake for 30 minutes.

Tips & Tricks:

- * For a healthier option, substitute half a stick of butter for one Tbsp. of olive oil in water to boil. Also do not put butter slices into the baking pan while layering noodles, sauce, and cheese.
- * Use the toothpicks to keep aluminum foil from sticking to noodles.

Torrejas

By Esmeralda Gonzalez



Serves 16



75 minutes



Pan Fry

History: Originally this was a dish convenient for its use of day-old stale bread. Now, this dessert is considered traditional in many Latin American countries with their own variations in the recipe. It is most commonly made during Easter and Christmas. This Cuban version is served cold but can be served warm. Although Cuba now has a traditional recipe with its unique differences, other similar versions with older pasts are known. It is thought the recipe from Latin American countries was inspired by the Spanish version of Torrejas. The earliest form of such a dish comes from Marco Gavio Apicio, a 1st century Roman. In his cookbook, he mentions a dish aliter dulcia (sweet dish) where a slice of bread is dipped in milk. Although it seems a stretch, the simplest form of similar dishes dates back to the first century and with 20 centuries, the dish has morphed and changed and been given unique traditions, significance, and homey touches for each country it resides in.

Continued on page 18.



Ingredients

Bread

- Stale bread loaf of any kind
- 3 egg yolks
- 1 12 fluid oz can of sweetened condensed milk
- 1 cup of sugar
- ¼ cup of dry wine (optional)
- 1 tsp. of vanilla extract
- 1 tsp. of cinnamon powder
- Oil (for frying)
- 4 eggs

Sauce

- 1 cup of sugar
- 1 cup of water
- The zest of an entire lemon
- ½ tsp. of vanilla extract
- A stick of cinnamon

Tips and Tricks

- * If the sauce is too thick or there isn't enough, add up to 1 cup of milk to help thin it out.
- * Slicing the bread thinly rather than a thick cut will help speed up the soaking and frying process.
- * Lay a plate with aluminum and plenty of paper towels to help absorb excess oil.
- * Use as much oil to get it at least halfway up the bread slice.
- * If you use a smaller pan, you can use less oil, but it will take longer to fry all the pieces. A larger pan will speed up the process but will use more oil.

Torrijas (continued from page 17)



Serves 16



75 minutes



Pan Fry

Instructions

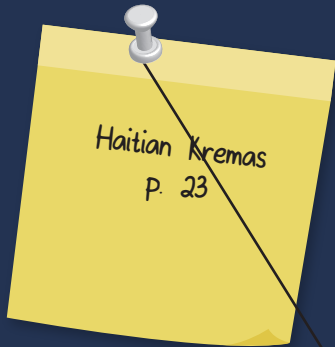
1. Mix the egg yolks, sweetened condensed milk, wine, vanilla extract, and cinnamon powder in a medium bowl.
2. If the loaf is whole, cut into 16 uniform pieces.
3. Soak the bread slices in the mixture until completely saturated (about 30 minutes).
4. In another bowl, whisk the whole eggs until uniform.
5. Set the oil to medium low heat. Dip the bread into the
6. eggs right before frying, flipping when one side finishes. They are done when each side is golden brown.
6. As the bread is cooling, mix the sugar, water, lemon zest, vanilla extract, and cinnamon for the sauce.
7. Heat the sauce in a small pot just until slightly thickened then set aside.
8. Strain the sauce. Allow the bread and the sauce to cool completely before combining.
9. Serve cold.



Watch it get made! <https://youtu.be/mIckRoyHhjc>



Recipes from the Caribbean



Puerto Rican Empanadillas de Pizza and Empanadillas de Carne (Meat)

By Julitza Galloza



Serves 2-4

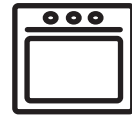


35 minutes



Deep Fry

or



350°F



Ingredients

Empanadillas de Pizza

- 10 Empanadilla discs (can use 5 for pizza and 5 for meat)
- ½ Tbsp. of pizza sauce of your choice (for one empanadilla disc)
- 1 Tbsp. of Mexican style shredded cheese (for one empanadilla disc)
- Canola oil (if deep frying)

Empanadillas de Carne (Meat)

- 10 Empanadilla discs (can use 5 for pizza and 5 for meat)
- 1 pound of ground beef (or meat of choice, will be spread throughout all empanadillas)
- ½ cup of Tomato sauce
- 1 Tbsp. of olive oil
- 2 tsp. of garlic paste
- 1 packet of Sazón GOYA (coriander and annatto)
- ½ tsp. of onion powder
- ½ tsp. of garlic powder
- 1 tsp. of Adobo All-Purpose seasoning (with pepper or salt)
- ¼ tsp. of salt
- ¼ tsp. of pepper
- Canola oil (if deep frying, cover half of pot/pan)

Origin/How they came to be: The origin of the empanada is not completely known but is believed to have been created in Portugal or Galicia at the time of the Moorish invasion during the Medieval period. The name comes from the word *empanar*, which means wrap or coat in bread. They first appeared in a Catalan cookbook from the 1500's and since migrated to Latin America and the Philippines by Spanish colonists. From there, different versions of empanadas have been created around the world through different cultures, while all having the same concept of a stuffing coated in a dough that can be baked or fried.

Interesting Facts:

- ☑ April 8th is National Empanada Day.
- ☑ Empanadas can be stuffed with meat, vegetables, fruit, fish, cheese, sweets, and much more.
- ☑ In Puerto Rico, empanadas are usually eaten for lunch or as a snack. The most common empanadas are ground pork, chicken, pizza, and shrimp.



Watch it get made! <https://www.youtube.com/watch?v=JOJcXqoO6pg>

Instructions

1. Combine olive oil, tomato sauce, garlic paste, and packet of Sazón into pan over low to medium heat. Once sauce is hot, add ground beef and season with onion powder, garlic, powder, adobo, salt, and pepper and turn heat to medium to high heat. Once meat is cooked through, turn off heat, and set aside.
2. Begin pre-heating the oven or heating up the canola oil in a pot/pan. Then fill the empanadillas with cooked meat by placing a spoonful of meat in the center of the empanadilla disc, fold over tucking the meat inside, or spread pizza sauce and cheese.
 - a. **For meat filling:** Use a fork making an indentation on the edge of the empanadilla disc, forming a ridged edge. Do this to both sides of empanadilla.
 - b. **For pizza filling:** Fold over the edges of the empanadilla discs forming a curved edge.
3. Place empanadillas in deep fryer, air fryer, or oven.
 - a. **Deep Fry:** Fill canola oil to half of pot/pan, raise heat to medium to high heat, place in empanadillas for a total of 1 minute, 30 seconds on each side or until lightly brown.
 - b. **Air Fry:** Set your air fryer to 400°F, place in empanadillas for a total of 10 minutes, flip half-way 5 minutes on each side or until lightly brown.
 - c. **Oven Baked:** Set your oven to 350°F, lightly grease baking sheet, and bake for a total of 20 minutes or until lightly brown.
4. Once empanadillas are done frying or baking, have them cool off for about 5 minutes and they are ready to eat!

Tips and Tricks

- * Different folds on empanadillas represent what is inside. Folded over edges represents pizza filled stuffing, and indented edges using a fork represents meat filling.
- * Empanadilla discs are frozen, so treat them as if you were making a meal with frozen meat. Put them in the refrigerator the night before to thaw, or place on the counter or in the sink to thaw out the same day upon cooking.
- * Using less is more. When stuffing empanadillas, make sure to not stuff them too much or you will not be able to seal them properly.
- * You can find empanadilla discs at your local HEB in the frozen section with the other frozen GOYA products.
- * If there are no empanadilla discs in your local area, you can use substitutes like puff pastry (for baking only) or consider making your own dough through many recipes online.
- * If deep frying or baking them in the oven, make sure to heat up your oil or preheat your oven before stuffing them so your oil is hot, or your oven is preheated.
- * If empanadilla discs are not sticking once being folded, use water on the edges to make them stick together.
- * You are able to stuff empanadillas with anything you would like; this is just how it is commonly done in Puerto Rico. Feel free to get creative!





Templeque

Puerto Rican Coconut Pudding

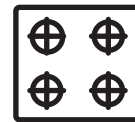
By Julitza Galloza



Serves 6



17 min. prep
3hrs - 1 day



Pan Fry

Instructions

1. Stir coconut milk, sugar, and salt together in a saucepan WITHOUT heat.
2. Spoon 3 Tbsp. of the mixture in the previous step into a separate medium bowl and add cornstarch to the medium bowl mixture until there is no more liquid in the bowl.
3. Add the second mixture from the medium bowl to the mixture in the saucepan, then turn on the heat and bring the contents in the saucepan to a boil. **STIR CONSTANTLY** (because it can burn) until smooth and thick, for about 7 minutes.
4. Pour contents in the saucepan into a mold(s), cover mold(s) with plastic wrap or aluminum foil, and refrigerate until cold and firm, for about 3 hours to 1 day.
5. Run a thin knife along the edges of the mold and invert onto a plate to remove pudding. Garnish with cinnamon.

Ingredients

- 2 (14 ounce) cans of coconut milk
- ¾ cups of sugar
- ¼ tsp. of salt
- ½ cup of cornstarch
- 1 pinch of ground cinnamon (for garnish, you may put as much as you would like)

Things to have on hand:

- Mold for templeque or a small bowl. I used 3 (6 fluid ounce) molds.
- Plastic wrap or aluminum foil





Haitian Kremas

By Gabrielle McCormick



Serves 1



15 min prep.
1 day



Blender

Instructions

1. Blend coconut flesh pieces and evaporated milk in a blender.
2. Strain the mixture using the strainer.
3. Add in sweetened condensed milk and cream of coconut.
4. Whisk in cinnamon, nutmeg, lime juice, almond extract, anise extract and vanilla extract.
5. Add rum.
6. Let the Kremas sit in a refrigerator overnight.
7. Strain the Kremas using the strainer.

Ingredients

- 1 coconut, peeled
- Alternative: frozen coconut
- 1 can of evaporated milk
- 1 Tbsp. of almond extract
- 1 ½ Tbsp. of vanilla extract
- 1 Tbsp. of anise extract
- 1 tsp. of lime juice
- 1 Tbsp. of ground cinnamon
- ½ of a nutmeg, grated
- Alternative: 1 tsp. of ground nutmeg
- 1/2 can of cream of coconut
- 3 cans of sweetened condensed milk
- 1 cup (or more) of Rhum Barbancourt or any dark rum (optional)

Tips and Tricks

- * Don't use water in the Kremas if you want to make the drink thinner.
- * Keep refrigerated.
- * Alter the amount of rum to your preference.
- * When you strain the Kremas for the last time, you can use the cheesecloth in addition to the strainer to make the Kremas smoother.
- * The longer you let the Kremas age, the better their taste.

Poblano Chipotle Chili

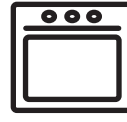
By Gabrielle McCormick



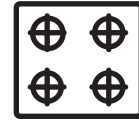
Serves 5+



60 minutes



400°F



Saute



History: Vegetarian chili rose to the spotlight in America during the 60s and 70s with the rise of vegetarianism and of individuals abstaining from red meat. Chili originated from northern Mexico and southern Texas and was also commonly made by working-class Tejana and Mexican women.

Vegetarian chili, also known as chili sin carne, can be prepared with a meat substitute such as soyrito, tofu, lentils or a starchy vegetable such as potatoes. This chili typically includes various types of beans. Chili sin carne is full of flavor, is a substantial meal and is simple to make. If you are interested in adding mouthwatering flavor and spice to your chili, poblano peppers, also known as ancho chilis when dried, and chipotle chilis are both great options!

Did you know that chipotle peppers don't grow anywhere? That's because they're actually overripe, smoked jalapeno peppers. The fresh, green peppers are harvested early while the nubbins are left behind to dry up. After the peppers obtain a dark red color and are mostly dehydrated, they're picked and set in a smoking chamber. There, they are smoked for days or weeks with soaked wood until they attain a shriveled appearance. Believe it or not, it takes about 10 pounds of jalapenos to make one pound of chipotle peppers. The chipotle peppers are called different names depending on how long they have been smoked. For example, Morita peppers are jalapenos that have been smoked for less time than Meco chipotles, leaving them softer and dark red in color. They are mostly used in adobo sauce. The other pepper is the Meco chipotles, which is smoked twice as long, resulting in a darker color.

Connection to the Chef: When I began cooking for myself in college, I became plant based. This chili was one of the first meatless recipes I made that graced my tongue. The heat and flavor of it was dangerous yet addicting. In most Haitian dishes, Scotch bonnet peppers are used in place of the chipotle chilis for their intense level of heat as well as their strong, fruity flavor.

Ingredients

Chili Ingredients:

- 1 onion, chopped
- 6 garlic cloves
- 1 green bell pepper
- 1 poblano pepper
- 2 16-ounce cans of tomatoes
- 3/4 of 1 13.4-ounce can of chipotle peppers in adobo sauce

- 2 cans of kidney beans, drained and rinsed
- 1 can of black beans, drained and rinsed
- 2 links of soyrito cooked
- 1 can of tomato paste
- Better Than Bouillon vegetable base
- Salt or creole seasoning
- Onion powder
- Garlic powder

- Paprika
- Black pepper
- Cloves
- Goya Total Seasoning

Topping Ingredients (optional):

- Sour cream
- 1/2 Tbsp. of lime juice
- 1/2 tsp. of salt
- Shredded cheese

Instructions

1. To roast a poblano pepper, preheat the oven to 400°F. Rub the pepper with oil and place on a baking sheet. Roast at 375°F and flip the pepper over halfway through its cook time until the skin is charred and blistered, cooking about 15 minutes in total.
2. After baking, put the blackened poblano pepper in a Ziploc bag and let it sit for 10-15 minutes.
3. When the pepper is cool enough to handle, peel off and discard the skin and seeds. Chop the pepper when done.
4. Saute the onions, garlic and bell pepper with seasonings.
5. Add in the canned tomatoes and cook down, by reducing the liquid by boiling off water, for 3-5 minutes.
6. Add in the tomato paste and vegetable base and turn down the heat to low.
7. Add in the chipotle chilis and roasted poblano peppers.
8. Add in the soyrito.
9. Add in the kidney and black beans.
10. Turn heat to low, adjust seasonings if needed and simmer until done.
11. Mix lime juice, salt and sour cream for the topping.
12. Serve with shredded cheese and the sour cream mixture.



Tips and Tricks

- * If you need less heat, use 1/2 of the can of chipotle chilis.
- * Freeze extra chipotle chilis and adobo sauce for future use.
- * Season with the spirit of your ancestors.

Recipes from Africa and the Middle East



Lebanese Graybee
p. 27



Chin Chin p. 28



Jollof Rice p. 29



Lebanese Graybee

Butter Cookies

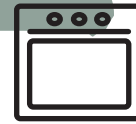
By Diane Abdo



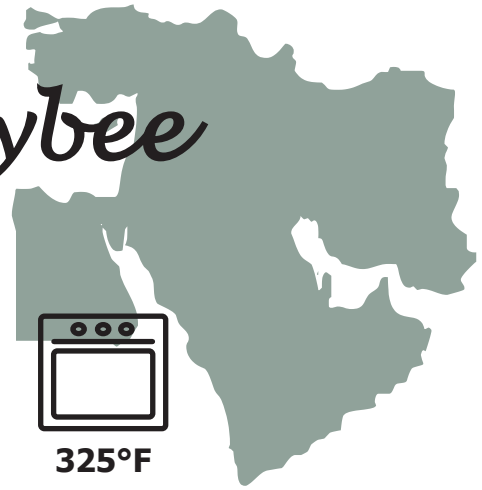
Serves 10-12



30 minutes



325°F



Connection to Chef: When I entered the home of my Lebanese grandmother, Minnie Rizk, on Christmas day, the aroma of cookies baked with fresh country butter lingered in her kitchen. I have not been successful in duplicating the melt-in-the-mouth butter cookies she made for the season, but this recipe comes very close. Many ethnic groups have similar cookies, but the rose flower water makes this cookie distinctly middle eastern.

Instructions

1. Mix the dough to create the consistency of pie crust.
2. Combine filling ingredients together in a separate container. Mix well to dampen the nuts and sugar.
3. Form dough into balls about the size of walnuts. Using your thumb, make an indentation in the center of the ball. Fill the indentation with the pecan mixture.
4. Close the filled dough ball by joining the edges of the dough.
5. Turn the filled ball into the wooden mold to create a pattern on the top. Remove cookie from the mold and place it on a baking sheet.
6. Bake for 15 minutes at 325°F. The cookies will be soft, but they will harden after they cool. Do not remove the cookies until they have cooled.

Ingredients

Dough

- 6 cups flour
- 3 cups sugar
- 2 cups rendered butter

Filling

- 4 cups pecans
- ¾ cups sugar
- Rose flower water to taste (about 4 T)





Chin Chin

A Taste of Nigeria

By Wisdom Warner



Serves 6



60 minutes



Pan Fry

Connection to Chef: Being half Nigerian, I feel it is important to represent my father's culture. This West African fried pastry is so crispy, crunchy, and addictive. It is a very popular snack in Nigerian culture. There was really no origin as to when Nigerians started to eat Chin Chin, but I know it has been in my culture for many generations, given at family gatherings. I was told growing up that it was originally prepared for very special occasions, specially birthdays, but it evolved over time. I was introduced to Chin Chin at a baby shower at 10 years old. Nutmeg is a key ingredient when making Nigerian Chin Chin. This spice has a distinctive pungent fragrance and a warm, slightly sweet taste; it is used to flavor many kinds of baked goods, confections, puddings, potatoes, meats, sausages, sauces, vegetables, and such beverages as egnog. Nutmeg is native to the Spice Islands, of Indonesia. This was very intriguing to me because the mass trading route that the Spaniards controlled could be the main reason nutmeg got to Africa.

Though my father may have passed on, his memory stays with me every single day. I have not had Chin Chin in over 20 years just because of the joyful and painful thoughts of my dad. This recipe not only brought me back to reality, but it also helped me heal from something I have been running from. I must introduce Chin Chin to my children, so the legacy of their grandfather and traditions I learned from him lives on.

Instructions

1. Using a mixer or by hand, mix the dry ingredients: flour, baking powder, salt, sugar, nutmeg, and lime zest.
2. Add the butter to the flour and mix well until the butter is well incorporated with the flour.
3. Add milk and egg into the mixture. Mix until you have formed a sticky dough ball.
4. Knead dough ball on floured surface, adding more flour as needed, until the dough is smooth, elastic, and even in color and no longer sticky.
5. Divide dough in half. On a floured board, roll each half about 1/6 inches thick, just like linguine or fettuccine. Cut into many shapes and sizes as desired.
6. Add oil (about 3 inches deep) to a skillet over medium heat and bring it to 375°F.
7. Fry in hot oil until golden. Remove from oil, drain, and serve. Store in an airtight container for up to a month.

Ingredients

- 3 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1/2 tsp. salt
- 1/4 tsp. baking powder
- 1- tsp. grated nutmeg
- 1 tsp. grated lime zest
- 1/4 cup or 4 Tbsp. margarine/butter
- 1 large egg
- 3/4 cup milk
- oil for frying

Tips & Tricks

- * For softer chin, add 1 or 2 Tbsp. more butter. Be careful not to use too much butter because it causes Chin Chin to crumble.
- * A pasta machine helps in rolling out the dough and shaping it.
- * Avocado oil tastes good with this recipe.

Ingredients

- 3-4 Tbsp. of vegetable oil
- 1 medium onion, diced (red or white based on preference)
- 2 tsp. of fresh thyme or one tsp. of dried thyme (optional)
- 1 Tbsp. of minced garlic or garlic powder
- 3 cups of long-grain uncooked rice
- 1 Tbsp. of paprika
- 2 tsp. of chicken bouillon
- Salt and pepper to taste
- 1 14oz can of tomato sauce or puree
- 5 ¼ cups of chicken broth or water
- 1 scotch bonnet pepper or ¾ tsp. of hot pepper (optional)
- 1 pound of vegetables (optional) (peas and carrots, green beans, or corn is recommended)
- Parsley for garnishing



Jollof Rice

By Jan Paluszek



Serves 6



40 minutes



Saute

Instructions

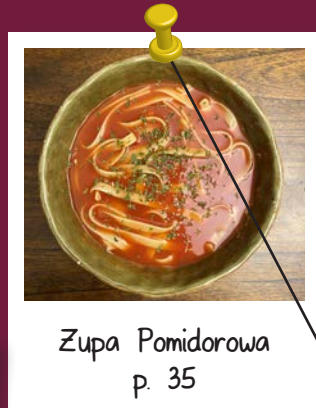
1. Saute the vegetables in oil in a medium saucepan and set aside.
2. Heat the vegetable oil in a medium saucepan over medium-high heat.
3. Add onions, thyme, and garlic, and cook for about 2 minutes or until the onion becomes soft and translucent.
4. Add the rice, paprika, bouillon, salt, and pepper.
5. Cook stirring often until fragrant (for about 30 seconds), then brown stirring occasionally for 2-3 minutes.
6. Add the tomato sauce, broth, and hot pepper into the saucepan.
7. Bring to a boil stirring once or twice. Reduce heat to low, cover saucepan, and simmer until the rice is tender and liquid is absorbed (for roughly 15-18 minutes).
8. Remove the pan from the heat, let it sit covered for 5 minutes, then fluff the rice with a fork or serving spoon.
9. Add the sautéed vegetables if desired.
10. Garnish with parsley and serve.

Tips and Tricks

- * It is recommended to omit the scotch bonnet or hot pepper if serving children.
- * Tomato sauce, rather than puree, is recommended for a more traditional consistency.
- * You may also cook chicken, beef, or any other meat before the rice mixture and add it into the mix along with the sautéed vegetables at the end.
- * Another suggested vegetable mix includes shredded cabbage, yellow pepper, and green onions.
- * If using bouillon cubes instead of bouillon powder, dissolve the cubes in liquid before adding.



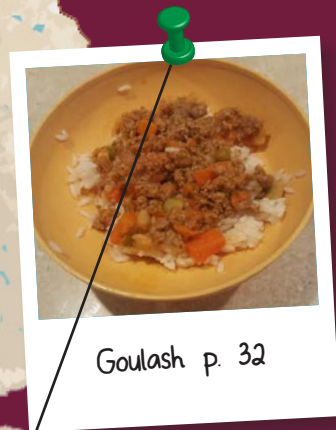
Recipes from Eastern and Western Europe



Zupa Pomidorowa
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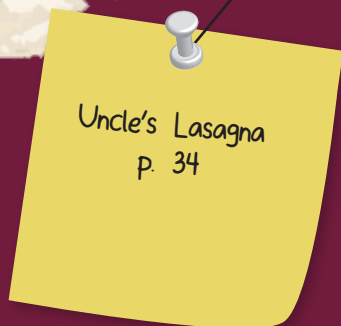
Irish Stew p. 31



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Shepherd's Pie
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Uncle's Lasagna
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Torrone p. 32



Shepherd's Pie

By Devyn Waits



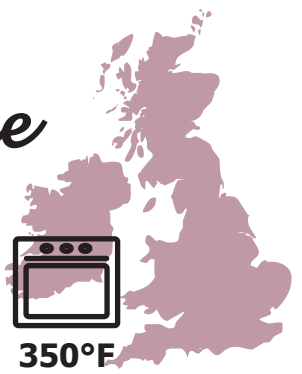
Serves 6



50 minutes



350°F



Ingredients

- 1 pound of ground beef (may use ground turkey)
- 1 medium onion diced
- ½ medium bell pepper diced
- 1 tsp. of Mrs. Dash Table blend seasoning
- ¼ tsp. onion powder
- ½ tsp. salt (or to taste)
- ½ tsp. of pepper (or to taste)
- 1 can cream of mushroom soup (10.5 ounces)
- 6 cups of prepared mashed potatoes (instant or homemade)
- 14 ounces of canned mixed vegetables (can use frozen but thaw first)
- 1 ½ cups of shredded cheddar cheese

Instructions

1. Preheat the oven to 350°F.
2. Add the first seven ingredients to the skillet.
3. Cook the first seven ingredients until the meat is brown and crumbly and the onions are translucent.
4. Add soup and vegetables to meat mixture.
5. Mix all the ingredients together until thoroughly combined.
6. Transfer all the ingredients in the skillet to a 9 x 13 baking pan.
7. Top the ingredients in the baking pan with the prepared mashed potatoes (sort of like frosting a cake).
8. Sprinkle cheese on top of the mashed potatoes.
9. Bake at 350°F for 30 minutes.



Irish Stew

By Sydney Braddy



Serves 4



140 minutes



325°F



Ingredients

- 2 ½ lb middle neck of lamb or cubed stew beef
- 3 large potatoes, peeled and sliced
- 2 medium carrots, peeled and sliced (optional)
- 1 large onion, peeled and sliced
- Beef broth, 1 carton (32oz)
- Handful of parsley, chopped
- Salt and pepper (to taste)

Instructions

1. Preheat the oven to 325°F.
2. Trim the extra fat and cut meat into bite-sized pieces.
3. Layer meat, onions, carrots, and potatoes in a deep pot and season each layer with salt and pepper. Finish with a layer of potatoes on top.
4. Add the entire carton of beef broth.
5. Cover with a lid and cook for at least 2 hours.
6. Serve and sprinkle parsley on top.



Tips and Tricks

- * Put all ingredients into the pot. There's no need to brown the meat beforehand.



Goulash

By Pamela Hawkins



Serves 6



17 minutes



Medium Heat



Connection to Chef: There are many ways to make the originally Hungarian dish goulash. My family's version is influenced by our Cajun roots, which is why we use rice instead of pasta as other recipes suggest. In fact, I often make goulash in place of my favorite Cajun dish, gumbo. Though the two dishes are different, they both remind me of family dinners at the table when the weather got cold.

Instructions

1. Heat a skillet on medium-high heat. Place meat in the skillet.
2. Stir in seasonings, and cook until brown and crumbly.
3. Drain off any excess fat.
4. Turn down the heat to medium.
5. Add tomato sauce and mixed vegetables and cook until everything is warm.
6. Serve over rice.

Ingredients

- 1 lb ground meat
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. parsley
- Salt and pepper to taste
- 8 oz can tomato sauce
- 15 oz can mixed vegetables



Torrone

By Gillian Wilson



Serves 20+



150 minutes



Low Heat



History: The history of torrone is said to have started around 1441 in Cremona, Italy. It was a dessert created for the marriage of the Duke and Duchess of Milan. Torrone is thought to be modeled and named after Cremona's Torrazzo tower. Back then torrone was considered a beloved dessert and was a popular Christmas gift. Torrone is still a common Christmas treat, but can be enjoyed all year round as well. Torrone was an influence for many commercial candies today.

Connection to Chef: Torrone is special to me because it is connected to my heritage and my family. Torrone is an Italian candy and is especially popular in southern Italy where my Nonna is from. Since it is not very popular in the US, my Nonna would get some of this candy sent from her siblings back in Italy so we could all share some together on our weekly visits to see her. I'll always cherish the memory of sharing torrone with my Nonna.

Ingredients

- 1 ⅓ cups of honey
- 3 Tbsp. of white sugar
- 1 pinch of salt
- 1 cup of white sugar
- 1 Tbsp. of lemon zest
- ¼ tsp. of vanilla extract
- 2 (8x10-inch) sheets of wafer paper
- 2 large egg whites at room temperature
- 3 cups of roasted almonds and dried fruit
- 1 cup of roasted pistachios
- Plastic wrap
- 8x11-inch baking pan
- Heavy-bottomed pot
- Bowl for mixing
- Mixing spatula

Tips and Tricks

- * Instead of using the wafer paper, you can just use plastic wrap and spray vegetable oil on it to keep from sticking.
- * You can add any ingredient into your torrone just make sure it is warm when you add it in.

Instructions

1. Get the baking pan and line it with plastic wrap allowing the ends to hang over the sides.
2. Put 1 sheet of wafer paper at the bottom of the baking pan.
3. Keep the roasted almonds, dried fruit, and pistachios in a warm place until the end so they can be mixed in easier.
4. Get a heavy-bottomed pot, pour the honey into it, and add sugar.
5. Mix and stir over low heat until the mixture turns silky-smooth, approximately 30 minutes, then remove pot from heat.
6. Place the egg whites into a bowl, add a pinch of salt, and whisk until the whites form a foam like texture, approximately for 3-4 mins.
7. Put the pot back on low heat, whisk close to a quarter of the whipped eggs into the mixture in the pot, and gradually continue whisking in the eggs in three more batches until all egg is used.
8. Continue to stir the mixture with a spatula over low heat for about 40 minutes until the color is a brighter white. Test the mixture by placing a piece of it in ice cold water; it should feel like soft clay.
9. Add the lemon zest and vanilla and whisk together, then add the warm dried fruit, almonds, and pistachios and stir.
10. Place the final mixture into the baking pan and even it out with a spatula.
11. Place the second wafer paper, shiny side up, on top of the torrone than cover with the plastic wrap and press down evenly.
12. Take the top layer of plastic off and allow the torrone to sit at room temperature for 1-2 hours.
13. Lift the torrone out of the pan with the edges of the bottom layer of plastic; then invert the torrone and remove the bottom plastic.
14. Cut into 1-inch squares and enjoy!



Uncle's Lasagna

By Daphnie Escobedo



Serves 10+



60 minutes



Saute & Boil



425°F



Ingredients

- Hamburger meat (86%+)
- 2 Lasagna noodle boxes
- Ragu Meat flavored sauce
- 1 tub of Ricotta cheese
- 1 block of American cheese
- 1 block of Mozzarella cheese

Instructions

1. Cook meat with spices to liking. (Italian spice, garlic salt, onion powder, season all, etc.)
2. Boil noodles in hot water with a small pinch of salt and a quarter cup of oil.
3. Once meat is cooked, pour Ragu meat flavored sauce and mix it thoroughly into the meat. Simmer on low heat.
4. Once noodles are cooked, remove from water and pat dry.
5. Place noodles in a baking pan, making an even layer.
6. Spread an even layer of ricotta cheese on top of noodles.
7. Spread an even layer of meat sauce on top of ricotta cheese and noodles.
8. Spread an even layer of American cheese on top of previous layers.
9. Spread an even layer of mozzarella cheese on top of previous layers.
10. Spread an even layer of parmesan cheese on top of previous layers.
11. Repeat steps 5-10 until all noodles are used up and there are multiple layers of each cheese.
12. End the layers with meat on the top and sprinkle any leftover cheese on top.
13. Add Italian spice, salt, pepper, and season all to top layer.
14. Place all lasagna in the oven at 425°F for 10-15 minutes allowing the cheese to melt.
15. Cut into desired square shapes and serve.



Zupa Pomidorowa

Polish Tomato Soup with Egg Noodles

By Jan Paluszek



Serves 4



20 minutes



Medium Heat

History: Where did this dish originate? Who was the first to make it? What was the original recipe? When was it made? As intriguing as these questions are, much has been left unrecorded throughout the history of the dish that we know and love: tomato soup. For example, tomato soup does not have an official “birthdate”; however, there are some known facts that help paint a picture of this hearty dish’s origin.

People are commonly believed to have started cooking and eating soup tens of thousands of years ago in a period shortly following the invention of clay pots and other waterproof containers. Tomatoes themselves, on the other hand, are native to South and Central America and were not brought to Europe until the 16th century. Although many Europeans originally believed that tomatoes were poisonous, this yummy fruit quickly made its way into several dishes and recipes across the continent after being deemed safe to eat.

Today, tomato soup is often served as a comfort food in several North American and European cultures. This recipe is very simple, so chefs can easily alter it or add to it to accommodate a wide variety of palates and preferences. Also, different places have their own takes on how to create tomato soup. For example, Polish tomato soup (also known as zupa pomidorowa or simply pomidorówka) is often served warm with rice or noodles; however, in nearby Spain, a tomato soup dish known as gazpacho is served cold and often incorporates other fresh vegetables besides tomatoes, almost opposite of the Polish method. Nonetheless, whatever way one might enjoy tomato soup, I hope this simple Polish recipe will serve you, your guests and all of your taste buds well. Smacznego, przyjaciele!

Instructions

1. Cook the Egg Noodles according to the instructions on the packet.
2. Heat up the Chicken Broth (to medium heat, confirmation pending), add the Tomato Paste, and mix together.
3. Pour 0.5 cups of the Broth/Paste Mixture into a small bowl. Add the Sour Cream to it and blend it with a fork until smooth. Add this creamy mixture back into

- the soup pot. (This step is not required; it primarily serves to make the soup thicker and can be skipped according to the cook’s preference.)
4. Heat up the soup pot for a few minutes or until contents are warm over medium heat and season with salt and pepper to taste.
5. Serve in bowls with the Egg Noodles and Chopped Parsley Leaves.

Ingredients

- 8.5 Cups of Chicken Broth
- 24oz Tomato Paste
- Sour Cream (optional)
- 1 Cup of Cooked Egg Pasta
- Chopped Parsley Leaves
- Salt and Pepper

Watch it get made!

https://youtu.be/5ExdycFo_PU



Recipes from Asia



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Onigiri (Rice Balls)

By Renae Siewert



Serves 1



10 minutes



Boil

Ingredients

- 1 Bowl of Cooked Rice
- 1 Can of Chicken Breast
- Salt
- Pepper
- Soy Sauce*

Tips and Tricks

- * You can add soy sauce or sesame oil for a richer taste.
- * Vegetables and other meats can be incorporated.
- * When rinsing the chicken, you can pour some water in the can itself and gently shake it instead of pouring the chicken to a bowl to rinse it.
- * Store in the refrigerator to harden the shape, but it tastes best as soon as it is made.

Instructions

1. Cook the rice and place it aside for how much you want to eat.
2. Drain the liquid from the canned chicken and rinse out the excess liquid by using some water.
3. Mix the canned chicken and the rice together, adding any other seasoning you might want.
4. Mold the rice into a triangular shape, or any other shapes you prefer.

Mango Lasi

By Esmeralda Gonzalez



Serves 2



25 minutes



Blender



Ingredients

- 1 1/2 cups of cubed mango
- 1 cup plain yogurt
- 1-2 Tbsp. of sugar (adjust to taste)
- 1 pinch Cardamom powder

Instructions

1. In a blender combine the mango, yogurt, sugar, and cardamom and blend to desired consistency.
2. Keep it chilled before serving

Tips and Tricks

- * Add milk to thin the drink if needed.
- * 1 cup of frozen mangoes can be used as a substitute.



Korean Egg Roll

(Gyeran-Mari)

By Renae Siewert



Serves 1*



10 minutes



Medium Heat



Origin: There is no known origin for the Korean Egg Roll, or Gyeran-Mari. Literally translated to “Egg Roll,” Gyeran-Mari’s concepts are quite basic, requiring only beaten eggs, vegetables and meat (optional). With the dish being a rolled omelette, finding the origins was difficult, so I tried to find the history for other omelettes as well, with similar dead ends. However, the most popular belief seems to be that the French created the concept of omelettes in the mid-16th century.

How it came to be: A similar dish called Tamagoyaki is a sweeter, Japanese version of a Korean Egg Roll that also does not have much history. However, with some research, it seems the dish has been in existence since the Edo period (1603-1868). Since the Japanese annexed South Korea in 1910 until 1945, it can be thought

that maybe the Japanese brought the concepts over to South Korea, but no evidence exists. Popular as anju, food eaten with alcohol, as well as children’s favorite banchan, a small side dish, Gyeran-Mari are versatile within the Korean community. Easy to make and quite nutritious depending on how much vegetables and meats one desires to mix into the eggs, these simple Egg Rolls are quite a mystery of how they came to be.

Interesting Facts:

- ☞ When Napoleon Bonaparte tasted his first omelette while staying at an inn with his army, he loved it to the point of asking for surplus amounts to feed it to his fellow soldiers.
- ☞ For Japanese Tamagoyaki, the dish didn’t make its official appearance until the late 19th century, because it needed sugar to make it fluffy and soft, which was available only to the wealthy.
- ☞ The Tamagoyaki, like the Korean Gyeran-Mari, became a popular bento (lunch box) side dish when prices in eggs dropped in the 1950s and the Japanese government wanted the children to intake more protein.

Ingredients

- 3 Eggs
- 1 tsp. of Salt
- 1 tsp. of Pepper
- 1 Tbsp. of Butter
- 3 tsp. of diced carrots (or other choice vegetables)*

Instructions

1. Dice the carrots; the size is a preference, but the smaller, the better the chewing sensation.
2. Crack the eggs into a bowl, big enough so that you can mix the eggs without spilling it.
3. Add salt and pepper, however much you want. I used one tsp. for each.
4. Add the diced carrots. If you have leftovers, you can use them in other dishes such as fried rice. To store it, wrap the bowl with a plastic wrap, put it in a container, or dump it into a sandwich bag.
5. Thoroughly mix all the ingredients together until they are evenly spread out.
6. Heat the frying pan on medium heat, then add the butter and apply it on the entire surface of the pan.
7. Once the butter melts completely, lower the heat to low and add a third of the egg mixture.
8. After the egg is cooked, roll the egg. Once you roll the egg, pour another third of the egg and continue rolling. Then repeat the process until you used the whole mixture.
9. After you roll it all up, leave it in the frying pan and continue to flip the whole roll until slightly golden.
10. Move it onto a plate and let cool a little before cutting into bite size pieces. Or if you want, eat the whole thing in one gulp!

Tips and Tricks

- * If you want to use other vegetables, make sure that the ratio of the amount of vegetables and eggs are as follows: 1 Egg: 1 tsp. of desired vegetable.
- * You can also add more, but the rolling process will be slightly harder.
- * Doubling or tripling the ingredients are fine, but then you have two choices on how to cook the food: make one giant egg roll or make several regular-sized egg rolls.



Watch it get made! <https://youtu.be/I2nr5t816M8>





Chicken Fried Rice

By Reimi Navarro



Serves 3-4



35 minutes



Medium Heat

Origin: There's no true consensus as to where Fried Rice originated, although many sources have cited that it started in Central Asia during the Han dynasty (202 BC- 220 AD). The dish was known as "muxufan" since it was made with the medicinal plant, muxu. It was made popular on the Silk Road by founder Zhang Qian for its health benefits.

How It Came to Be: Fried rice did not become popular until it reached the Jiang province during the Sui dynasty (589- 618 AD) where it was adopted by southern peasants as a cheap and quick meal. After a backbreaking day of work, farmers would have to use what they could find for dinner. This usually consisted of vegetable scraps, leftover rice, a bit of lard, and some garlic. Nowadays, chicken fried rice is served by choice rather than for survival. It is interesting how many of today's popular foods hold humble beginnings.

Interesting Facts:

- ✎ The vegetable scraps they used for Fried Rice were usually expired, but too good to be thrown to the hogs.
- ✎ Similar to the Southerners, Northern peasants used their food leftovers to create the widely popular dish, Chow Mein.
- ✎ One may think that Fried Rice would be in the top 5 of the 10 "Most Popular Chinese Dish" in America, but it is actually in the lower half of the ranking.
- ✎ The stir-fried technique used to cook fried rice was dated to have come before Fried Rice.
- ✎ The Emperor of Manchu liked the dish so much that he had his Imperial Kitchen develop a formal recipe.
- ✎ Fried rice was not introduced to America until the 1900s.



Watch it get made! <https://youtu.be/Lsr2sDyKsVU>



Ingredients

- 2 boneless, skinless chicken thighs
- 2 Cups of short-grain white rice
- 2 Green onion/scallion
- 3-4 Eggs
- 1 tsp. of salt
- 1 tsp. of oil
- 2 Tbsp. of soy sauce
- *Optional: 3 slices of bacon


Instructions


1. Measure 2 cups of short-grain white rice and place it in a bowl. Fill the bowl with water and wash the rice using a circular motion with your hands. Repeat this step 2-3 times.
2. Drain the water out of the bowl and place the rice in a pot. Add 2 cups of water to the pot and let it sit for 5-10 minutes.
3. As the rice is soaking, gather the rest of the ingredients. Cut the meat into bite-sized pieces. Then thinly slice the green onions and *bacon and set everything aside.
4. Once the rice has soaked, bring the stove to a medium-heat and wait for the water to boil. Once it boils, turn the heat to low and let the rice cook for an additional 10-15 minutes. Towards the end of the 15 minutes, take the pot lid off and allow for the rice to develop a dry texture.
5. As the rice is cooking, take a frying pan and make scrambled eggs. Once they are done, place them to the side.
6. Add oil to the frying pan and wait for it to heat up. Then add your bite-sized meat and *bacon to the pan and allow them to cook.
7. Lower the stove heat to low and combine the cooked chicken, cooked rice, scrambled eggs, *bacon, and sliced onions together and mix.
8. Season the mixture with soy sauce and salt and keep stirring until the rice has become a golden-brown color.


Alternatives:

* **Meat:** ham, sausage, shrimp, and beef

* **Gluten-free and vegetarian:**

 Instead of rice, try cauliflower rice

 Instead of soy sauce, try coconut aminos

 Forgo meat for a vegetarian dish

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Fall 2020