

Boston University Henry M. Goldman
School of Dental Medicine

GSDM Holiday Cookbook

2020

BOSTON
UNIVERSITY

Happy Holidays



Dear colleagues,

I am sure that I speak for all of us when I say that the past year has been unlike any other period in my career. Yet despite the challenges – and there have been many – I have also never been prouder to serve as the dean of our Henry M. Goldman School of Dental Medicine. I have observed the resilience and ingenuity displayed by each of you as you responded to the obstacles placed before you by the coronavirus pandemic, and witnessed your commitment to your patients, your education, and your school. The fact that we are emerging from this crisis stronger and better than we were before is a testament to your hard work and dedication.

While I am disappointed that we are not able to gather together to celebrate the holiday season, I do welcome the opportunity for us each to share our own personal holiday traditions, in the form of recipes that we make each year with family and friends. In sharing these traditions, we are bringing each other some much needed moments of joy at the end of a difficult year.

The first time Mrs. H. used this recipe for chocolate cheesecake was on Christmas Day in 1982. It was also the first time our family had chocolate cheesecake for dessert.

It was also our first family Christmas in our new home in Kailua, Hawaii. We had recently relocated from Bethesda, Maryland, where I had completed my residency in Endodontics at the National Naval Dental Center to the Naval Dental Center, Pearl Harbor, Hawaii, where I served as the Chair, Department of Endodontics for four years.

I remember that it was a typically sunny and warm day in Hawaii, and the cool chocolate cheesecake turned out to be the perfect dessert, and a tradition for each Christmas we spent in Hawaii. I hope that you enjoy this chocolate cheesecake as much as my family has, and I wish you all a very happy holiday season and a healthy and safe new year.

Mahalo,
Dean Jeffrey W. Hutter

Chocolate Cheesecake

Dean and Mrs. Jeffrey W. Hutter

INGREDIENTS

1 cup chocolate wafer crumbs (Kathy substituted Oreo cookie crumbs)

¼ cup butter or margarine, melted

12 oz semisweet chocolate morsels

3 8-oz packages cream cheese, softened

¾ cup sugar

3 eggs

½ cup Amaretto

8 oz sour cream

2 tbsp whipping cream

2 tsp vanilla extract

4 oz carton frozen whipped topping, thawed

Chocolate leaves (optional)

DIRECTIONS

1. Preheat oven to 350F.
2. Combine chocolate wafer crumbs (or Oreo cookie crumbs) and butter, mixing well; firmly press into bottom of a 9-inch springform pan.
3. Place chocolate morsels in top of double boiler; bring water to a boil. Reduce heat to low; cook until chocolate melts.
4. Beat cream cheese with an electric mixer until light and fluffy; gradually add sugar, mixing well. Add eggs, one at a time, beating well after each addition. Stir in melted chocolate, and beat until blended. Stir in next four ingredients (mixture may appear slightly lumpy). Pour into prepared pan. Bake at 350F for 45 minutes (center may be soft, but will firm when chilled). Let cool to room temperature on a wire rack; refrigerate overnight.
5. Remove sides of springform pan; top with whipped topping. Garnish with chocolate leaves if desired.

Southern Living (1982 Annual Recipes – December) – Oxmoor House

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Appetizers

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Dinosaur BBQ Drunken Shrimp Cocktail

Michael Arcieri, General Dentistry

My in-laws hail from Syracuse, NY, and they introduced me to the original Dinosaur BBQ more than 25 years ago. That is where I first experienced this recipe. It is a must-visit destination if you ever find yourself downtown (246 W. Willow Street). We make this appetizer for all of our family holiday gatherings (sometimes just for us), and there are never any leftovers. Enjoy!

INGREDIENTS

For the shrimp

2 lb large uncooked shrimp, shell on

2 bottles (or cans, if you must) American beer (necessary part of the authentic experience) Alcohol will burn off during cooking process.

2 cups water

½ cup cider vinegar

2 tbsp Old Bay seasoning

2 tbsp minced garlic (fresh is best or substitute 1 tsp of garlic powder)

2 tbsp creole seasoning (preferably Dinosaur BBQ brand, Zatarain's is a really good substitute as well)

For the sauce

2 bottles Dinosaur BBQ sensuous slathering sauce (sold locally, or substitute your favorite brand of BBQ sauce)

¼ cup prepared horseradish (more or less to suit your taste, it adds a nice "kick")

2 tbsp Worcestershire sauce

Juice of 1 medium lemon and 2 limes

DIRECTIONS

1. The following is based on my interpretation and personal tweaks of a published Dinosaur BBQ original recipe.
2. In a large pot, combine the water, beer (all of it), vinegar and add the Old Bay seasoning. Bring up to a rapid boil.
3. Add the shrimp and cook for two minutes once things return to a boil. Shrimp should be pink and just opaque. Careful not to overcook!
4. Drain shrimp in a colander (discarding the cooking liquid) and cover with ice to stop the cooking process.
5. In a large mixing bowl, toss the cooked shrimp with the garlic and creole seasoning (can be enjoyed either warm or chilled).

To make the cocktail sauce

1. In a medium mixing bowl combine one and a half bottles of the BBQ sauce (save and refrigerate the rest for grilling) with the horseradish, Worcestershire sauce and citrus juices being careful to not include any seeds. *Cook's tip: Easier if you make the sauce ahead of time.*
2. We usually serve the shrimp on a bed of lettuce leaves with a bowl of the cocktail sauce in the center. Feel free to garnish with sprigs of freshly chopped parsley.



Salami Rolls

Kristen Forehand, DMD 23

This dish is so incredibly simple, but a key to our Thanksgiving meal every year. It started off with another family member bringing this dish to our gatherings when I was really young. Once that family member stopped bringing the dish, the kids in my family decided to take on this role because we needed this treat back in our lives. We often do an assembly line of a salami separator, a roller, an oiler, and someone to line them up and throw them into the oven. The six of us now make these every year, and we can't keep up with making enough before everyone eats them! These are a pre-meal snack while all the other food is cooking and the families are showing up. This dish is special to me because it brings my family, especially the younger kids, together to help prep for our big celebration of Thanksgiving.

INGREDIENTS

1 lb of thinly sliced hard genoa salami
2-3 packs of wonton wrappers (e.g.: Nasoya)

3-5 tbsp of olive oil or water
We eyeball the amount of salami and wonton wrappers needed, ~1 wonton pack per ½ lb

of salami. Go with an extra pack of wonton wrappers to be safe (you can always return it).

DIRECTIONS

1. Pre-heat oven to 400F (you can use an oven or toaster oven).
2. Take one wonton wrapper and lay it flat with one corner facing you (to look like a diamond). Using your finger, dab the edges with either water or olive oil to help secure your roll up (salami tends to be very oily when cooked, so you don't need a lot of either liquid to help).
3. Place a singular piece of salami onto the wonton wrapper (may have to fold salami if it's a large piece) and take the corner of the wrapper and roll it up. Try not to have much salami sticking out of the wrapper once it's rolled.
4. Line a baking sheet with a single layer of your salami rolls, lightly oiling the top of the wonton, and throw it in the oven for ~8-14

minutes. Flip the wonton wrappers halfway through cooking to get an even crisp! When they're golden brown, they're done! Take out of the oven and enjoy while hot.

Tips: The cooking time/temperature can vary and these can burn quickly, so keep your eye on them! You can do variations of meats and cheeses in this dish, but this classic is a hit.

Crispy Cilantro Bites

Sayali Gawand, DMD AS 22

This dish takes me back to my home country. My mother used to make these bites (Known as “Kothimbir Vadi”) almost once a week as an appetizer or side dish. She used to fry the bites, and they used to turn so crispy yet spongy on the inside. My brother and I used to fight for the last bite of it. If you like cilantro, you will love this dish! Even if not a cilantro lover, try it out; Maybe you will fall in love with this humble herb! Have it with brunch or mid-evening snacks or just as a dinner if you are a cilantro lover like me.

INGREDIENTS

2 cups of fresh cilantro (tightly packed)
¾ cups chickpea flour
2 tbsp of rice flour (can substitute with any available flour)
1 tsp of salt
¼ tsp of turmeric
¼ tsp of sugar
1 tsp of grated ginger (fresh or dry)
water as needed
1 tsp of cooking oil (I used coconut oil)
¼ tsp of baking soda

Finishing with
2-3 tbsp oil
1 tsp mustard seeds
1 tsp sesame seeds
5-6 curry leaves
1 green chilli (optional)

DIRECTIONS

1. Wash, pat dry, and finely chop the cilantro.
2. Take a large bowl and tip 2 cups of chopped cilantro in it.
3. Mix chickpea flour, rice flour, salt, turmeric, oil, sugar, and ginger together, add to the cilantro bowl, and massage the leaves.
4. Add splash of water as needed. The leaves should look lightly coated with all the flour mix. Do not make a runny mix. Add baking soda towards the end when you are ready to put it in steamer.
5. Take a bowl/plate (for steaming the mix) and grease it with oil. Pour the mix in it and flatten it out.
6. Steam for 15 -20 minutes. If using Instant pot- boil the water in saute mode and place a ring below the plate so the the plate does not touch water. Steam mode for 15 minutes.
7. Let it cool for 10 minutes. You might see some water at top of the plate but let it cool and it will get absorbed. Now, cut them into small pieces.
8. Heat the oil in pan. Add mustard seeds and once they crackle, add sesame seeds and curry leaves and chilli. (Please do not skip this step as it takes the dish to a different level.)
9. Add the small pieces to this pan and saute for few minutes.
10. Serve warm and enjoy with Chai or Cilantro-Coconut Chutney or tomato ketchup.





Honey and Brie Pastries

Karen Chilewitt, DMD 22

My mom and I are both obsessed with brie cheese.

INGREDIENTS

1 packet of filo dough pastry sheets
Honey

Brie cheese
1 egg white

Water as needed

DIRECTIONS

1. Pre-heat your oven to 375F.
2. Separate each filo dough sheet carefully, damp it with some water, and place another sheet on top. Do this repeatedly until you have done it to about 8-10 sheets. Be careful not to add too much water or they will tear or become sticky. Just add enough for it to act as a glue without completely meshing them together.
3. Next, cut them into six squares and add a dab of honey and a slice of Brie on each square.
4. Apply a small amount of water on the edges of each square and fold them into each other covering the Brie and honey making smaller squares.
5. Brush some egg whites on each pastry and pop them in the oven until they are golden. I'd say this is about 10-15 minutes but watch them carefully as ovens vary.
6. Voila you have pastries!

Watermelon Feta Salad

Tina Finnegan, Student Affairs

This dish reminds us of summer! It is refreshing and vibrant. It can even brighten the mood on a stormy fall or winter day, bringing some nostalgia and sunlight in!

INGREDIENTS

- 1 watermelon (around 8 lb)
- 1 ½ cups of crumbled feta cheese
- 1 cup fresh mint leaves
- 3 or 4 limes

DIRECTIONS

1. Rinse the watermelon and wipe down to clean. Cut the watermelon into several parts to more easily remove the full rind.
2. Once the rind is removed, cut up all the watermelon into one-inch cubes.
3. Place the watermelon into a large bowl and mix the feta cheese into it, distributing it as equally as possible.
4. Wash 3-4 limes (depending on how much “zest” is desired for the salad), cut them up either in half or wedges, and squeeze the juice through into the salad. If you have a handheld citrus squeezer, use that to get as much juice as possible out for the salad.
5. Wash the fresh mint, dry it off, and mince it up. Include all of it in the salad.
6. Toss all the ingredients together once more to distribute everything evenly and ENJOY!

Sausage-Stuffed Mushrooms

Patrice Freeman-Lau, Office of the Dean

INGREDIENTS

16 extra-large white mushrooms,
caps and stems separated

5 tbsp good olive oil, divided

2½ tbsp Marsala wine or
medium-dry sherry (optional)

¾-lb sweet Italian sausage,
casings removed

¾ cup minced scallions, white
and green parts (6 scallions)

2 tsp minced garlic (2 cloves)

1 tsp kosher salt

½ tsp freshly ground
black pepper

⅔ cup panko (Japanese
dried bread flakes)

5 oz Italian mascarpone cheese

⅓ cup freshly grated
Parmesan cheese

2½ tbsp minced fresh parsley

DIRECTIONS

1. Preheat the oven to 325F.
2. Trim the mushroom stems and chop them finely. Set aside.
3. Place the mushroom caps in a shallow bowl and toss with 3 tbsp of the olive oil and the Marsala. Set aside.
4. Heat the remaining 2 tbsp of olive oil in a medium skillet over medium heat. Add the sausage, crumbling it with a wooden spoon. Cook the sausage for 8 to 10 minutes, stirring frequently, until it is completely browned.
5. Add the chopped mushroom stems and cook for 3 more minutes.
6. Stir in the scallions, garlic, salt, and pepper and cook for another 2 to 3 minutes, stirring occasionally. Add the panko crumbs, stirring to combine with the other ingredients.
7. Finally, swirl in the mascarpone and continue cooking until the mascarpone has melted and made the mixture creamy.
8. Off the heat, stir in the Parmesan and parsley and season to taste. Cool slightly.
9. Fill each mushroom generously with the sausage mixture. Arrange the mushrooms in a baking dish large enough to hold them all in a snug single layer. Bake for 50 minutes, until the stuffing is browned and crusty.

Potato Pancakes

Linda Reed, Admissions

These treats are simple and delicious, and so much better than regular French fries or hash browns. They're so good, my family makes them just once or twice a year.

INGREDIENTS

1 lb potatoes
1 large onion
Optional: small zucchini
2 eggs
½ cup flour
1 tsp salt
Oil for frying (safflower oil works well)
Serve with sour cream or apple sauce

DIRECTIONS

1. Wash the potatoes. Depending on your preference, you can peel the potatoes, or keep the skins on. You might as well keep the skins on, because it will be hard to tell whether you peeled them once the potato pancakes have been fried to a golden-brown deliciousness.
2. Coarsely grate the potatoes.
3. If you want to add a small zucchini, grate it and mix it with the potatoes.
4. Peel and finely chop the onion.
5. Combine grated potatoes, optional grated zucchini, and chopped onion in a bowl, and then press the mixture and pour off the excess liquid: You don't want a very wet mixture going into the hot oil to fry. Instead of pressing and draining, you can place the mixture in a clean dish towel and squeeze out the liquid. Return the potato/onion mixture to the large bowl.
6. Crack the eggs into a small bowl and lightly beat them.
7. Add the eggs, flour, and salt to the potato/onion mixture, and stir well.
8. Pour ¼ to ½ inch of oil into a large frying pan and place over medium heat. When the oil is hot, carefully slide a heaping spoonful of potato mixture into the pan, and gently press the mixture to flatten. Add more spoons of the mixture, but don't overcrowd the pan.
9. You want the mixture to sizzle while it cooks, but don't let it smoke or spatter. Use a mesh splatter shield over the pan to protect yourself from hot oil. Make sure the oil stays hot enough so the pancakes cook without absorbing oil.
10. When the bottoms of the pancakes are golden brown, carefully turn the pancakes over and cook until they are golden brown on both sides.
11. Place the cooked pancakes on a folded paper towels to drain excess oil, and transfer them to an oven-safe dish in a 325F oven to keep them hot and crispy until all the mixture is cooked.
12. Serve these delicious, crispy treats with a dollop of sour cream, or a spoonful of applesauce on top. Yum.



Matzo Ball Soup

Amanda Warren, Office of the Dean

The tradition of having matzo ball soup over the holiday season has been a tradition in my family forever. My Jewish grandparents are no longer with us, so continuing to make traditional holiday recipes like this is very special to us. I took over the task of making it for my family a few years ago, and this recipe is always a hit! We serve it as our appetizer prior to dinner, but this can certainly be enjoyed as a main dish as well by adding shredded chicken, noodles, etc.

There is a great matzo ball debate over “sinkers” & “floaters”, sinkers being more dense matzo balls, and floaters being more light and fluffy. I explain how to achieve either outcome below in the directions.

I hope you enjoy this soup as much as my family and I do!

INGREDIENTS

Matzo Balls

1 cup matzo meal (I prefer the Manischewitz brand)

¼ cup vegetable oil

¼ cup chicken stock (can substitute vegetable stock)

4 large eggs

¼ tsp nutmeg

¼ to ½ tsp baking powder (optional addition for lighter matzo balls)

Salt and pepper

Soup

6 cups chicken or vegetable stock

4 ribs celery, diced

3 medium carrots, diced

1 small onion, diced

Dill sprigs

DIRECTIONS

Matzo Balls

1. In a medium to large mixing bowl, add the matzo meal, vegetable oil, ¼ cup stock, eggs, and nutmeg. This is where you can add ¼ to ½ teaspoon baking powder for “floaters”, or omit the baking powder altogether if you want “sinkers”.
2. Season with a teaspoon of salt and freshly cracked pepper to taste.
3. Gently mix all the ingredients together with a fork, and don't overwork the mixture. Cover the mixture and refrigerate for at least 3 hours or overnight (don't skip this step!).

Soup

1. To make the soup, add the chicken/vegetable stock to a pot along with the diced celery, carrots, onion, and a few dill sprigs to your liking. Bring to a boil, and lower the heat to a simmer. Simmer for 30-40 minutes, until the vegetables are tender.
2. Meanwhile, bring a wide, deep skillet (or large pot) filled with salted water or stock to a boil. Wet your hands, and form the chilled matzo mixture into balls, each about the size of a ping pong ball (they will expand!). Drop them into the boiling liquid as you make them.
3. Cover the pan, and simmer them for 30-45 minutes. The longer you simmer them, the lighter they will get. I usually simmer mine for around 35 minutes for more al dente matzo balls.
4. By the time your matzo balls are done, your soup should also be ready. Taste the soup and add salt to taste. Transfer the matzo balls to bowls and cover with your soup. Add a little more dill for color (if you'd like), and serve immediately!

Sausage Bread

Diane Dougherty, Office of the Dean

We have been making this in our family for a very long time. We either use it as an appetizer or we make it and have it for breakfast over the holidays or a special occasion. It's good anytime.

INGREDIENTS

2 1-lb rolls of Jimmy Dean Sausage

1 lb package of pizza or bread dough

2 eggs, slightly beaten (if mixture looks dry you can add an additional egg)

2 cups shredded mozzarella cheese

DIRECTIONS

1. Pre-heat oven to 350F
2. Brown the two packages of Jimmy Dean sausage. When done, drain the grease and remove from the heat.
3. Add in the two cups of mozzarella cheese and the 2 eggs slightly beaten. Mix well.
4. Roll out bread dough (not too thin) and place on a greased pan.
5. Spread sausage mixture over dough and then fold dough over mixture.
6. Brush a mixture of egg yolk and a little water over the dough.
7. Bake at 350F for about 25-30 minutes or until golden brown.
8. Serve hot!

Popovers

Patti Delorey, Orthodontics

This recipe came from my husband's family. We have popovers for breakfast at every holiday. It's good anytime.

INGREDIENTS

1 cup milk
1 cup flour
3 eggs
2 tsp oil
½ tsp salt

DIRECTIONS

1. Pre-heat oven to 425F. Put popover pan in the oven to pre-heat.
2. Mix all ingredients together.
3. Spray your preheated popover pan or muffin tin with Pam.
4. Fill each cup of the popover pan or muffin tin about ½ to ¾ full depending on how large you want your popovers to be.
5. Bake for 20 minutes, reduce heat to 350F, and bake an additional 20 minutes.
6. Makes 5-6 popovers.



Polish Pickle Soup (Zupa Ogórkowa)

Erica Stocks, Student Affairs

This is special because it is so delicious!

INGREDIENTS

2 cups of chicken stock
2 stalks celery, diced
3 medium carrots, diced

3-4 potatoes, diced
1 jar of Polish pickles (those
in brine are the best)
½ cup to ¾ cup of oatmeal

Pepper
Sour cream & dill for topping (optional)

DIRECTIONS

1. Add chicken stock, celery, carrots, potatoes, and oatmeal and bring to a gentle boil, until potatoes are fork tender.
2. While the stock is heating up, use a box grater to grate the pickles. (The pickles in brine are the best because they add great flavor and salt to the soup, but they may be hard to find. If you can't find them, regular polish pickles will do, but you might have to adjust the seasoning to get the right flavor.)
3. After the potatoes are cooked, add the grated pickles. Mix well and let the soup come together for a little bit (like 3-4 minutes). No need to add salt if you used pickles in brine. Can add salt & pepper to taste.
4. Serve with a dollop of sour cream and chopped dill if you'd like.



II
Entrees

Apple Butter Salmon

Stuffed Dolma Leaves

Dr. C's Four Cheese Calzone Plus

Pernil Asado-Roasted Pork

Mumbai Pav Bhaji

Baked Jamaican Jerk Chicken

Chili

Italian Sloppy Joes

Lemon-Garlic Baked Tilapia

Empanadillas

Cauliflower Pizza of Your Dreams

Eggs and Toast

Turkey or Chicken Substitute (Vegan Seitan)

Apple Butter Salmon

Thomas Guiney, DMD 24

I like salmon fillets to be both sweet and umami, apple butter makes a perfect autumnal punch of flavor. In my family we do not eat pork, so fish and turkey reign supreme. I love turkey, but many of my friends dislike it. This dish is perfect for those picky eaters who still want a healthy protein-rich entree. Goes great with sweet potatoes, squashes, and any veggies.

INGREDIENTS

1 lb salmon
1 plastic baggie or bowl
(to hold salmon)
2 tbsp soy sauce
3 tbsp olive oil
1 tbsp apple butter
1-2 cloves garlic to taste
1-2 tsp of grated ginger
Salt and pepper to taste

DIRECTIONS

1. Mix the olive oil, soy sauce, garlic and ginger into a bowl (add honey if you like it sweeter).
2. Take a salmon from the fridge and place into bowl with marinade for at least 30 minutes (may need to be flipped depending on salmon/bowl size).
3. Pre-heat pan over medium heat.
4. Place marinated salmon into pan skin up.
5. Flip skin side down after 4-5 minutes.
6. Spread apple butter on top and allow salmon to cook through (roughly 4 minutes).
7. Let salmon cool on cutting board. Add extra salt, pepper, honey to taste.

Note: This recipe is extremely flexible, and you can make substitutions for many of the ingredients: teriyaki sauce for soy sauce; avocado oil for olive oil; honey for apple butter; garlic powder for garlic cloves; and pickled or powdered ginger for fresh.



Stuffed Dolma Leaves

Dana Mantash, DMD AS 22

This dish is from my ancestors. It's so special to me because I used to have the best time cooking it with my mom back home, and it was a great way to bond with her. It's a super delicious dish that no one can resist and really shows how good of a cook you really are.

INGREDIENTS

1 jar of grape leaves
4 lb steak meat
2 cubes chicken bullion
2 lemons

For the stuffing:

2 cups of washed short grain rice
2 lb of ground beef
1 large tbsp of ghee

1 large tbsp of vegetable oil
1 tsp each of salt, pepper, saffron

DIRECTIONS

1. First wash grape leaves and soak in water for 20 minutes. Also wash the rice and soak it in water for 20 mins.
2. Drain both the leaves and rice.

Prepare the stuffing

1. Mix the rice with all the stuffing ingredients mentioned above.
2. Start placing each leaf and adding stuffing on it and then rolling it. Roll the sides first into the center then continue rolling

like how you roll pita bread.

3. Put some oil in the bottom of a large pot, then the steak meat and then start aligning all the rolled stuffed grape leaves on top of the steak in an organized manner
4. Put a plate on top of the aligned grape leaf in the pot and now add water until it covers half of the plate and add the lemons and bullion cubes to the water.
5. Add a small bowl filled with water

(for weight) on top the plate placed on the grape leaves in the pot.

6. Turn on the heat till the water boils, then lower the heat but keeping the water boiling and leave it boiling for 2 hours.
7. After that, voila! All you have to do is remove the bowl and plate...pour the water in a bowl, and get a pyrex or a big round plate and turn the pot over, and it's ready to be eaten.



Dr. C's Four Cheese Calzone Plus

Dr. Joseph Calabrese, Student Affairs

This is a family recipe that is as old, or older, than I am!

INGREDIENTS

1 lb of pizza dough
6 oz of shredded Mozzarella
2 oz of chopped Provolone
2 oz of Ricotta cheese
2 oz grated Pecorino Romano

1 egg
4 pinches of ground black pepper
2 pinches of garlic powder
12 oz of your favorite Italian cold cuts
(ham, salami, peperoni, etc.) or substitute

Other favorites (meatballs, chicken, sausage, etc.) all chopped, diced or cubed. You can also substitute vegetables (onion, peppers, mushrooms, etc.) as long as the total amount of filling is about 12 oz.

DIRECTIONS

1. Preheat oven to 400F.
2. Take the pizza dough out of the refrigerator and allow dough to sit on the counter at room temperature for 15 minutes.
3. Spread the dough into a 12 x 18 inch rectangle on the counter.
4. In a large bowl, beat one egg, then add all four cheeses, the two

spices, and your favorite filling. Thoroughly mix the contents of the bowl. Place mixture in the center of the dough evenly. Fold the dough over the filling on each side to create a seal around the filling.

5. Pick up the calzone and flip onto a non-stick cookie sheet with the folded side down. (Best to use a little non-stick cooking

spray on the sheet or pan.)

6. Bake for 20-25 minutes or until golden brown.
7. Allow to cool for 10 minutes before cutting and serving.





Pernil Asado-Roasted Pork

Amy Nelson, Student Affairs

Pernil asado is indeed the centerpiece of the Christmas Eve or Nochebuena meal, typically accompanied by arroz con gandules, rice and pigeon peas, and pasteles, plantain purée with meat and wrapped in green banana leaves. It is part of the tradition to start cooking the pernil early in the morning by playing or listening to Puerto Rican (or aguinaldos) Christmas carols. Coquito, the Puerto Rican version of eggnog is also a big part of the celebration. Throughout Latin America, pernil asado is a classic for New Year's Eve. Its popularity makes it not only a staple of Christmas dinners but also for celebrations such as weddings or birthdays.

INGREDIENTS

For the adobo (marinade)

- 1 tbsp peppercorns, crushed
- 1 tbsp oregano
- 4 cloves garlic, pressed
- 2 limes, squeezed
- ½ cup olive oil
- Salt

For the meat

- 8 lb pork leg or shoulder (whole, with bone)
- 2 tbsp marinade
- 2 tbsp garlic powder
- 7 cloves garlic
- 2 tbsp salt

DIRECTIONS

Adobo (marinade)

1. Mix all the ingredients and reserve this preparation to season the meat.

Leg or shoulder of pork

1. Place the pork in a baking dish that can be refrigerated.
2. Mix the garlic powder with the salt and season the pork. Add the fresh garlic on top of the meat. Marinate for 3 hours in the refrigerator.
3. Using a small, sharp knife, remove the fat from the meat by letting it stand on one edge and keeping it in one piece. Start at the wide end and go to the narrow end. Leave enough fat on the meat to turn the fat on its side while seasoning the meat. The fat will be added back on the seasoned meat and cooked on the meat.
4. With a little marinade, season the side of the fat that covers the meat. The other side (the top) should only have salt.
5. Make very deep cuts on all over the meat and season with the marinade, ensuring that the seasoning penetrates well into all the cuts.
6. Put the fat on the meat so that it looks the same as before cutting and sprinkle with salt.
7. Cover the meat with a cling film and refrigerate for 12 hours.
8. Remove the meat 1.5 hours before cooking and let the meat come back to room temperature before cooking.
9. Place the meat in a deep oven-safe dish with the fat side up. There will be a lot of fat, so be sure to use a deep dish.
10. Pre-heat the oven for 45 minutes at 400 F / 200 C before baking (while the meat comes back to room temperature).
11. Bake covered at 400F / 200C for one hour, then reduce the temperature for 300F / 150C and cook for three more hours (still covered).
12. When the meat is cooked, poke it on the side with a fork to see if it falls off from the bone. If the top (cuerito) is not crisp enough, continue cooking at 400 F / 200 C for 15 minutes or until crisp.
13. Remove the meat from the oven and let it rest for 30 minutes before cutting it.
14. To cut it, completely remove the fat (cuerito) and reserve it.
15. Slice the meat then cut the fat (cuerito) into pieces and sprinkle on the meat.
16. Serve the meat with a piece of cuerito.

Recipe Notes:

It is strongly recommended to use a meat thermometer. The meat will be ready when it reaches 185 F at the core.

Pernil is usually served with arroz con gandules (rice with pigeon peas).

Mumbai Pav Bhaji

Khyati Madia, DMD AS 22

The perfect Indian street food! As teenagers, my friends and I would gather around a small street stall to eat freshly made pav bhaji. Buttery bread is topped with spiced veggie mash, onions, and cilantro and finished with a squeeze of lime juice. It is one of the most popular Indian street foods. Fun with friends meant going for a Pav Bhaji party, and hence I cherish those lovely moments spent with them through this recipe.

INGREDIENTS

2 to 4 tbsp, plus 4 tbsp, salted butter at room temperature

1 large yellow onion, finely diced

½ green bell pepper, seeded and diced

½ red bell pepper, seeded and diced (optional)

1 tbsp ginger, grated

1 tbsp garlic, minced

5 cups 1-inch cauliflower florets

2 large Yukon gold potatoes, peeled and cut into 1-inch cubes

3 plum tomatoes, cored and diced

½ cup frozen green peas

Kosher salt

1 cup water

3 tbsp tomato paste

1 to 2 tbsp pav bhaji masala (see note)

1 tbsp Kashmiri red chili powder or another mild red chili powder (see note)

¼ tsp ground turmeric

½ cup fresh cilantro finely chopped

12 potato buns

1 red onion finely diced

1 lime cut into wedges

For Pav

Butter

Potato buns

For Pav Bhaji Masala

2 small cardamom

4 tbsp coriander seeds

2 tbsp cumin

2 tsp peppercorn

¾ tbsp fennel seeds

5 red chilies

2-inch cinnamon stick

6 cloves

1 tbsp amchur (dry mango powder)

DIRECTIONS

1. Dry roast all of the spices for the Pav Bhaji Masala on medium heat.
2. Allow the spices to cool down, then mix the roasted spices with 2 tsp of amchur (dry raw mango) powder to a spice grinder and make a fine powder, store in an airtight container.

Bhaji Preparation

1. Select the high sauté setting on the Instant Pot and heat 2 tbsp of the butter. Add the yellow onion, ginger, garlic, and bell peppers and sauté until the onion turns translucent, about 5 minutes.
2. Add the cauliflower, potatoes, tomatoes, peas, and 2 tsp salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.

3. Secure the lid and set the Pressure Release to Sealing. Press the cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 6 minutes at high pressure.
4. Perform a quick release by moving the Pressure Release to Vent. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher.
5. Stir in the tomato paste, pav bhaji masala, red chili powder, and turmeric, followed by 2 tbsp butter (optional but highly recommended). Cover the pot with a glass lid (or another non-locking lid that fits), as the bhaji will start to splatter, and cook until

- heated through about 5 minutes.
6. Taste and adjust the seasoning with salt, pav bhaji masala, and chili powder if needed. Press the cancel button to turn off the Instant Pot. Sprinkle with the cilantro.

Pav Preparation

1. Just before serving, spread the remaining 4 tbsp butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
2. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

Baked Jamaican Jerk Chicken

Aliesha Grandison, Admissions

Jamaica is an island rich in many fruits, vegetables and spices. One of the most traditional and commonly known spices is the jerk spice. The uniqueness of the jerk spice is that it comprises a variety of the spices native to Jamaica. The jerk spice can be used to season a variety of foods such as vegetables, chicken, beef, shrimp, pork, fish etc., but my family mostly uses the jerk spice for chicken. For us, it is a year-round dish. Our process for cooking it depends on the season, and it's truly like clockwork. During the warmer months, we marinate the chicken and put it on the grill to give the meat a smoky taste (*chef's kiss*), and during the colder months, we marinate the chicken and allow it to bake it in the oven. Of course, it's not the only food we eat, but since it's one of my favorites, I always look forward to it. I love eating it during the holidays because my mom's jerk chicken is phenomenal and she makes it with my other favorite holiday dishes. Although my mom has passed on her recipe to me, I still take every opportunity when I go home for the holidays to have her cook it. Unfortunately, because the holidays will look differently this year, I will probably have to take on the task. I hope I can do the recipe justice!

INGREDIENTS

Wet Jerk Marinade

(Can be replaced entirely with "Walkerswood Jerk Seasoning")

3-4 Scotch bonnet or habanero peppers remove seeds for less spice

5 scallion (green onion) stalks, chopped

¼ cup fresh thyme, stems included

10 seeds all spice (pimento), dried

1 tbsp fresh grated ginger

4 cloves garlic

2 tbsp brown sugar

1 tsp browning sauce

1 tbsp apple cider vinegar

¼ cup cooking oil

1 tbsp lime juice

Coarse salt and pepper, to taste

Green Seasoning

5 scallion (green onion) stalks, chopped

3 stalks celery, chopped

½ cup cilantro, stems included

¼ cup fresh thyme

1 small cooking tomato

4 cloves garlic cloves

5 all spice (pimento) seeds, dried

1 medium green bell pepper

1 scotch bonnet pepper, seeds removed

Chicken

4-6 chicken quarters (leg + thigh)

1 tbsp Adobo seasoning

2 tbsp browning sauce

1 tbsp habanero sauce optional

DIRECTIONS

1. Prepare the seasonings
2. First, make the wet jerk marinade by combining all the ingredients for the marinade in a food processor and pulsing until combined. Set aside.
3. Next, make the green seasoning by combining all the ingredients for the marinade in a food processor and pulsing until mixture forms a thick paste. Set aside. (NOTE: You'll have more green seasoning that you need for this recipe. Store any extra seasoning in the fridge, it will keep for about a week.)
4. Prepare chicken by washing with lemon juice and removing excess skin. Season with adobo, habanero sauce (if you want extra spice), browning sauce (for color), wet jerk marinade, and about 3 tbsp of wet green marinade. Use hands to ensure marinade and seasonings are evenly distributed throughout the chicken. Refrigerate for at least one hour, ideally overnight.
5. Preheat oven to 475F. Remove chicken from fridge and bring to room temperature. Bake chicken for 30-35 minutes on each side in a cast iron pan until skin is caramelized and chicken is fully cooked.
6. Serve with additional wet marinade on top, if desired.

Chili

Andrew Burke, Office of the Dean

It was my good-luck meal for the Patriot vs. Atlanta Super Bowl when we were down 28-3, and the Pats came back and won!

INGREDIENTS

1 tbsp olive oil
1 cup chopped sweet onions
1 tbsp minced garlic
¼ cup chopped yellow bell peppers
1 lb ground turkey
28-oz can crushed organic tomatoes, undrained
16-oz can red kidney beans, drained and rinsed
1 tbsp chili powder
1 tbsp sugar
2 cups low-sodium chicken stock
½ tsp garlic powder
1 tsp hot sauce (recommended: Tabasco)
1 ½ tsp sea salt
1 tsp dried basil
½ tsp dried oregano

DIRECTIONS

1. In a large skillet, saute onions, garlic and bell peppers in olive oil over medium heat until onions are translucent. Add ground turkey and cook until browned.
2. Add remaining ingredients and stir well to combine. Reduce heat to low and simmer for 1 hour, stirring occasionally.

Italian Sloppy Joes

Erica Stocks, Student Affairs

Sloppy joes are a staple of my childhood - one of the “American” dishes my mom would make. This is my twist on this classic dinner dish!

INGREDIENTS

½ tbsp olive oil
1 lb ground meat (can be beef, or combo of beef, pork, & veal)
1 clove garlic, minced
½ medium onion, diced
½ tsp dried Italian seasoning
1/8 cup dry white wine
14-oz can diced tomatoes with juice
¼ cup whole milk
Kosher salt and freshly ground black pepper
4 slices aged provolone cheese
4 hinged hoagie/sub rolls
Oil-packed hot giardiniera, for serving

DIRECTIONS

1. Heat the olive oil in a Dutch oven over medium heat.
2. Add in the ground meat and brown until no longer pink, about 10 minutes.
3. With a slotted spoon, remove the meat and store in a bowl, leaving the juices and fat in the Dutch oven.
4. Sweat the garlic, onions and Italian seasoning in the Dutch oven, stirring frequently to ensure they do not burn.
5. Once the onions are translucent, add the meat back to the pan and then add the wine to deglaze.
6. Add in the tomatoes and milk and bring to a simmer, stirring frequently until the sauce thickens, about 15 minutes. Season with salt and pepper.
7. Place a piece of cheese in each hoagie roll. Place some meat on top and the some giardiniera on the top of it all.

Lemon-Garlic Baked Tilapia

Faiza Ali, departments of Translational Dental Medicine and Endodontics

Lemon-Garlic Baked Tilapia is a healthy dish, takes less time for preparation. Something that the whole family can enjoy!

INGREDIENTS

1 lb Tilapia fish
1 garlic clove
¼ cup butter
2 tbsp lemon juice
Salt to taste (1 tsp recommended)
1 tsp of black pepper.
½ tbsp paprika

DIRECTIONS

1. Preheat oven to 400F
2. Peel the garlic clove and finely chop it or crush it.
3. In a small bowl, take ¼ cup of melted butter.
4. To the bowl, add the chopped garlic, 2 tbsp of lemon juice, salt, black pepper, and paprika. Mix everything well.
5. In a baking tray, add tilapia and marinate with the above mixture.
6. Place it in the oven for 15-20 minutes.
7. All set for you in 20 minutes.





Empanadillas

Lisa Rivera, Student Affairs

When I first moved up to Boston after undergrad, I felt pretty homesick. In my hometown in St. Pete, FL, I knew where I could find Puerto Rican food and had my friends and family around me to enjoy it together. My dad would make empanadillas for me and my mom every now and then, so one night I called him and asked him for the recipe to bring a little bit of St. Pete to Boston. There are so many ways you can make empanadillas – many Latin cultures have their own versions! My dad taught me old school to use flour, olives, and a fork to seal them, and I plan to keep the tradition alive in my own home this year, too.

INGREDIENTS

1 lb ground beef

1 10-pack of frozen disc dough

Frozen sofrito (with the blue label)

Salt

Sazon seasoning to your liking
(see recipe below)

Adobo seasoning to your
liking (see recipe below)

1 potato (or take a short cut and buy a can

of potatoes – it will still turn out tasty!)

1 jar of green olives

Optional: 1 bag of shredded
Mexican-blend cheese and flour

DIRECTIONS

1. Leave the discs out to defrost. Keep an eye on their texture and make sure they do not get too soft since this will make it more difficult for you to pack and seal the empanadillas later!
2. Cook the beef in a pan on the stove and add salt and adobo seasoning to your liking. Hold off on adding any sofrito or sazón since the seasonings will change the color of your meat and it may be difficult to assure the meat is cooked all the way through.
3. Once the meat is cooked, add sofrito and sazón. Keep taste testing along the way to ensure the seasoning is just to your liking!
4. Add the potatoes and keep stirring all of the ingredients together. Once the potatoes are done cooking, the meat is all set!
5. Now that the meat is done, place about 2 tbsp full of the meat and one green olive into each of the dough discs on one side. Keeping the meat on one side will make it easier to fold the dough disc. If you'd like, you can add the shredded cheese on top off your meat scoops here!
6. Fold the disc dough over the meat and press down using a fork to seal the ends of the disc. You can sprinkle a little bit of flour on both sides of the outside of the empanadilla, which I hear is old school, but my preferred method is an ode to my dad!
7. Next, fill a frying pan with cooking oil about halfway to the top and heat on medium/high on the stove.
8. Place empanadillas in the pan and fry on each side until they are fully fried.
9. Once fried, place them on a separate plate and dab with paper towels to remove excess oil.



Cauliflower Pizza of Your Dreams

Karen Chileuitt, DMD 22

I got really into healthy alternatives in college, and I tried making Cauliflower Pizza many times before I came up with a really good recipe! So this reminds me of all the cooking I did in college.

INGREDIENTS

1 cup of fat free mozzarella or cheddar

1 cauliflower

¼ cup of organic pizza sauce

Italian seasoning to taste

1 egg

Any toppings your heart desires (I used olives, ham, parsley, onions, garlic, mushrooms, and more cheese)

DIRECTIONS

1. Pre-heat oven to 350F.
2. Cut the cauliflower into small pieces and put in a food processor until it reaches a consistency almost like rice. *Make sure you DO NOT liquify it. Honestly, I found this to be a little tedious, but this is the only hard part about the whole pizza.
3. In a microwave-safe bowl, put your smashed cauliflower and cover with plastic wrap, poke some holes in the plastic to let out air, and heat in the microwave for about two minutes.
4. Take it out, remove plastic, and drain the cauliflower. Sometimes you will get a lot of water sometimes you will barely get any.
5. Let it cool a bit so the egg doesn't cook, and then add egg, seasoning and cheese.
6. Spread this on a nonstick pan to form a pizza shape and put it in the oven for 20 minutes.
7. Spread your sauce and toppings and put in the oven for 3-4 minutes on broil.



Eggs and Toast

Perry Grossman, Office of the Registrar

Simple et pratique

INGREDIENTS

Some eggs

Some butter

Some salt and pepper

Some toast

Some green stuff (preferably vegetables)

DIRECTIONS

1. During these unprecedented times, you might be a bit groggy and hungry, and in need of some easy comfort food. One possibility is buttering some bread, putting it in

a cast-iron pan, and adding some whisked eggs. Flip it after a few minutes, then cook the other side. Get creative with it by adding some vegetables or whatever you have

that looks good in your fridge that day. You'll see in the photo that I added some cannellini beans, sweet potato, and chopped asparagus. I also added salt and pepper. Enjoy!

Turkey or Chicken Substitute (Vegan Seitan)

Jonathan Ramones, Office of the Dean

As someone who grew up eating traditional holiday meals of turkey and all of the surrounding dishes, I was afraid I would miss out after going vegetarian. This seitan has all of the comforting smells of the season and is so warm and filling.

INGREDIENTS

Seitan

2 cups vital wheat gluten
2 tbsp poultry seasoning
(rosemary, oregano, sage, ginger,
marjoram, thyme, pepper)
2 cups vegetable broth

Broth

2 cups vegetable broth
4 cups water
2 tbsp soy sauce
6 sheets of dried
seaweed (optional)

DIRECTIONS

1. Combine the ingredients for the broth in a large stock pot. Bring to a boil the water, broth, soy sauce, and seaweed sheets if using.
2. Mix together the gluten flour and spices.
3. Add the 2 cups of broth to dry mixture and stir into a sponge-like dough. This should not be excessively wet.
4. Knead dough a minute to make dough tougher and more elastic. You can also use a food processor with a kneading blade to make this easier.
5. Cut into 2 x 2-inch pieces and place into boiling broth. (Tip: using a greased dough cutter will make this easier).
6. Cook in broth for about one hour, lowering heat as needed. Drain (but save broth for gravy!) and use seitan as a substitute for chicken and poultry, including baking with stuffing or pan frying.



III

Side Dishes

Macaroni and Cheese

Strudel Pastry Stuffed with Ground Lamb
and Sumac (Sfiha Yaffawiyeh)

Warm Everyday Special Greens

Broccoli Cheese Casserole

Great Memere's Stuffing

Festive Holiday Poutine

Balsamic Glazed Brussels Sprouts, with Pancetta

Chickpea-powered Mediterranean Couscous

Macaroni and Cheese

Andrew Adamides, Communications

This recipe has become my go-to potluck dish. It is so cheesy and flavorful that it's usually the first thing to go at any gathering.

INGREDIENTS

1 lb large elbow macaroni
5 tbsp of butter
1 medium onion
3 tbsp of all purpose flour
3 cups of milk
1 lb of sharp cheddar
1 lb of cheddar jack
1 lb of Swiss cheese
(gouda or gruyere)
1 tbsp of yellow mustard
1 tbsp of onion powder
Lots of black pepper
A dash of hot sauce
½ tsp of nutmeg
Salt
Panko breadcrumbs
1 tsp garlic powder
1 tsp paprika

DIRECTIONS

1. Preheat oven to 350F.
2. Boil a large pot of salted water. Cook pasta al dente, per box instructions. Strain, do not rinse! Set aside one cup of pasta water.
3. In the same pot, melt 2 tbsp of butter and drop in onion, cook until translucent.
4. Meanwhile, warm milk in a saucepan.
5. Stir in garlic, 2 tbsp of butter, and flour.
6. Once the mixture is incorporated, slowly begin adding milk. Whisking the entire time. Sauce will begin to thicken but remain creamy.
7. Once all of the milk is incorporated, turn off the heat and add two thirds of the cheese, and all of the mustard, onion powder, pepper, hot sauce, nutmeg, season with salt to taste.
8. Transfer to a baking dish.
9. Sprinkle the top with panko breadcrumbs, remaining cheese, garlic powder, and paprika. Dot remaining butter across the top to ensure a crispy and bubbly topping.
10. Bake uncovered for 40 minutes, or 30 minutes, finishing under the broiler.

Strudel Pastry Stuffed with Ground Lamb and Sumac (Sfiha Yaffawiyeh)

Nour Alzubaidi, DMD AS 22

Whenever I feel off center, I love making and eating things that reminds me of good memories. These sfiha from Yaffa, my hometown, are my family specialty! When my mom comes to visit, she always makes batches of sfiha to put in the freezer so that they can be enjoyed at a later date! These are strudel-like pastry stuffed with minced lamb, sumac, and onions. They are so comforting and worth every second it takes to make them. Crisp and delicious.

INGREDIENTS

6 cups (1 lb 10 oz/750g) all-purpose flour
1 ½ -2 ½ (350-550 ml) room temperature water, depending on weather conditions and flour
Olive oil, for frying and kneading
5-6 onions, diced
1 lb 2 oz (500g) ground lamb
Sea salt and black pepper
⅓ -½ cup (1 ½- 1 ¾ oz / 40-50 g) sumac
1 tsp ground cinnamon

DIRECTIONS

1. Make the dough by putting the flour in an electric mixer with the dough hook fitted and combine with the water. Start with 1 ½ cups (350ml) water and add more as necessary until the dough is fully combined and holds its shape. You want a soft dough that holds itself together in a small ball.
2. Cut the dough into 15 balls, lay them out on a well-oiled baking tray, and cover with plastic wrap. Leave to rest for 1 hour.
3. Meanwhile, make the filling. Heat some oil in a pan and fry the onions until soft. Add the lamb and season to taste. Add the sumac and cinnamon and taste again to check the seasoning. Cook well until everything is brown and the flavor as you wish. It should taste a little peppery with a gorgeous tang. Leave the meat to cool down before you fill the pastries.
4. Preheat the oven to 475F (240 C).
5. Gently flatten and stretch the dough balls into long, thin strips, using olive oil (not flour) to prevent sticking. They should be stretched as thinly as possible so that you can practically see through them- it is normal for the dough to break a little, and you just fold it over onto itself if this happens.
6. Add a line of filling down one side. Roll the dough over to cover the meat and make a long sausage shape. Coil the sausage around to make a snail shape. Place them on a baking sheet and bake for 15-20 minutes until lightly golden.

Tip: if you want to make a big batch to be able to keep some in the freezer, cook them for 7-10 minutes, let them cool, then freeze until needed (they will cook from frozen in 7-10 minutes).

Although it may look simple, and it is, the actual flattening of the dough and rolling it out to almost paper thin, then folding it like a snail are the tricky parts. You don't want it to be too thick, otherwise the dough will be too heavy. It should crisp and flake in your mouth.



Warm Everyday Special Greens

Mary Tavares, Health Policy and Health Services Research

I love getting beautiful bunches of greens at the Farmers Markets, and there is such variety all year round. This method of cooking greens also works well for those lowly greens attached to radishes and beets which might otherwise have been discarded.

INGREDIENTS

1 bunch of greens (kale, broccoli rabe, swiss chard, collard greens, beet, radish or mustard greens)

2 or 3 tbsp olive oil (depends on size of your bunch of greens)

½ tsp red pepper flakes (more if large amount of greens or you like more heat)

½ tsp coriander seeds (can be left out if not available)

2 large cloves of garlic, thinly sliced

¼ cup pine nuts (optional)

¼ cup golden raisins or dried cranberries (optional)

DIRECTIONS

1. Wash the greens thoroughly.
2. For kale, broccoli rabe, collards or swiss chard, chop stems first and start cooking them ahead of leafy parts. Chard will cook the fastest.
3. Chop the greens and leave some water on the leaves and stems.
4. Put oil in a deep skillet or shallow dutch oven.
5. Add sliced garlic, coriander (if using), and red pepper and cook on low heat for a few minutes. Try not to brown garlic.
6. Add pine nuts and raisins, stir for a few minutes.
7. Add greens and toss well with salt and pepper to taste.
8. Put a lid on pan and keep on medium heat until wilted. If greens gets too dry, add a little water or vegetable broth.

Variations:

- Sprinkle with a mixture of Parmesan cheese and bread crumbs and place under a broiler for 1 or 2 minutes to toast.
- Sprinkle with balsamic vinegar or apple cider vinegar.
- Cook without a lid and let greens get a little crispy - especially good with the vinegar drizzle.
- Saute a small chopped onion with the garlic and skip the coriander.

Broccoli Cheese Casserole

Katie O'Shea, Development & Alumni Relations

This recipe is one that often reminds me of my mother. It is my favorite dish that she makes, and is often requested at family events.

INGREDIENTS

3 10-oz packages frozen
chopped broccoli
1 can cream of mushroom soup
½ cup mayo
1 tbsp lemon juice
½ cup grated sharp cheddar
1 cup crushed cheese crackers

DIRECTIONS

1. Pre-heat oven to 350F
2. Place broccoli in colander and run HOT water over it to fully defrost.
3. Place in buttered casserole dish.
4. Mix soup, mayo, lemon juice, and cheese, spoon over broccoli.
5. Top with crushed cheese crackers.
6. Bake for about 30 minutes

Great Memere's Stuffing

Andrew Adamides, Communications

My earliest holiday memory is helping Mom toast, and tear bread to make what she calls, "Memere's stuffing." This recipe has been on the table at every single Thanksgiving and Christmas that I can remember. It is the very definition of a tradition. While my Mom's grandmother isn't around to celebrate with us anymore, her recipe lives on through us, and now, you.

INGREDIENTS

1 loaf of bread
1 medium onion, diced
2 celery stalks, diced
2 medium eggs
1 tbsp of butter
2 tsp of Bell's seasoning
½ tsp salt
½ tsp pepper
Vegetable or chicken broth

DIRECTIONS

1. Pre-heat the oven to 350F.
2. Toast three quarters of the bread.
3. Tear the toasted and un-toasted bread into a large baking dish.
4. In a saucepan, sauté the veggies until translucent.
5. Combine bread and veggies into the dish and mix with eggs, seasonings, butter, and one cup of broth. Depending on the mixture, you may need to add more broth. You want it to be moist before you put it in the oven.
6. Bake for 30 minutes or until golden brown and crisp on the edges.



Festive Holiday Poutine

Richard Rabbet, Office of the Dean

Poutine originated in Quebec and is served either as a hearty entrée or snack. It's made by simply drizzling a thick brown gravy over cheese curds and French fries. Poutine as a dish has only been around since the 1950's with a popular etymology saying that the name derives from a Québécois slang word meaning "mess." This homemade variation uses red bliss potatoes and green onions as an additional topping to offer up a little colorful holiday flair.

INGREDIENTS

- 1 lb small red bliss potatoes
- 3 tbsp olive oil
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 cup beef stock (or substitute vegetable stock for a vegetarian version)
- ½ lb cheese curds (or chopped, low moisture mozzarella)

DIRECTIONS

1. Preheat oven to 450F/230C.
2. Scrub the potatoes and cut into halves with the skins left on. Larger red potatoes should be cut into a traditional French fry or wedge shape. Place cut potatoes into a large bowl filled with cold water and then refrigerate for one hour. This will remove some of the starch, making the potatoes crispier once baked.
3. Drain the water, pat the potatoes dry, and then spread onto a baking sheet in a single layer. Toss with olive oil and bake for 35 to 40 minutes, turning occasionally, until the potatoes are golden and crispy.
4. Heat the butter and flour in a medium saucepan on low heat until it starts to foam. With a wire whisk, slowly add in the vegetable stock, stirring rapidly. Simmer for 15 minutes or until the gravy has thickened, stirring occasionally.
5. Once the potatoes have cooked, remove them from the oven and place onto a serving plate. Top with cheese curds and then pour hot gravy over the top. Serve warm.
6. Garnish with chopped green onions. Enjoy!

Balsamic-glazed Brussels Sprouts, with Pancetta

Patrice Freeman-Lau, Office of the Dean

INGREDIENTS

1 ½ lb of brussels sprouts,
trimmed and cut in half
through the core
4 oz pancetta, ¼-inch-diced
¼ cup good olive oil
Kosher salt and freshly
ground black pepper
1 tbsp syrupy balsamic vinegar

DIRECTIONS

1. Preheat the oven to 400F.
2. Place the Brussels sprouts on a sheet pan, including some of the loose leaves, which get crispy when they are roasted.
3. Add the pancetta, olive oil, 1 ½ tsp salt, and ½ tsp pepper, toss with your hands, and spread out in a single layer.
4. Roast the Brussels sprouts for 20 to 30 minutes, until they are tender and nicely browned and the pancetta is cooked. Toss once during roasting.
5. Remove from the oven, drizzle immediately with the balsamic vinegar, and toss again. Taste for seasonings and serve hot.



Chickpea-powered Mediterranean Couscous

Karen Chileuitt, DMD 22

INGREDIENTS

4 oz grape tomatoes
1 whole zucchini
¼ oz thyme
1 clove garlic
2 scallions

1 lemon
12 oz chickpeas
1 tsp smoked paprika
¾ cup Israeli couscous
1 cup of vegetable stock

½ cup feta cheese
Olive oil
Salt & pepper to taste
1 tbsp butter

DIRECTIONS

1. Pre-heat oven to 425F.
2. Dice zucchini, slice tomatoes, remove leaves from thyme, peel and slice garlic, trim scallions, and halve lemon.
3. Toss zucchini, tomatoes, and some thyme leaves on a baking sheet, drizzle with olive oil and season with salt & pepper. Roast in oven, turning them halfway for 15-20 minutes.
4. Dry and rinse chickpeas, toss on another baking sheet with paprika, drizzle of olive oil, and a pinch of salt & pepper. Roast in oven, turning them halfway for 18-20 minutes until crunchy.
5. While the chickpeas roast, heat in a medium pot the butter, garlic, and scallions until butter has melted and garlic is fragrant (~1 minute).
6. Add couscous and remaining thyme to the pot, season with salt & pepper, and cook until couscous is lightly roasted.
7. Add vegetable stock to the couscous, bring to a boil, then cover and reduce heat to low, and cook until couscous is tender ~6-8 minutes. Drain excess liquid.
8. Combine veggies, feta, and couscous, squeeze lemon juice on it.
9. Top with crunchy chickpeas and scallions to serve and VOILA!



IV
Breads & Cakes

Pumpkin Bread

Banana Bread

Foolproof Dark Chocolate Fudge
Semi-Homemade S'mores Cupcakes

Whole Wheat Walnut Cake

Vanilla Cake



Pumpkin Bread

Lisa Case, Office of the Dean

This recipe reminds me of special holiday gatherings with my family.

INGREDIENTS

3 cups flour
2 cups sugar
2 tsp baking powder
2 tsp baking soda
2 tsp cinnamon
1 tsp salt
15-oz can pumpkin
¾ cup oil
4 eggs
6-oz bag of chocolate chips (more if desired)
1 cup walnuts (more if desired)

DIRECTIONS

1. Preheat oven to 350F.
2. Sift together dry ingredients.
3. Add eggs, pumpkin, and oil and mix well with a beater.
4. Add chocolate chips and walnuts.
5. Pour into greased/floured loaf pan and bake on 350F for one hour.

Banana Bread

Alina Agamov, DMD 21

I make this banana bread for my family anytime that I am home, so it's something we can all enjoy together!

INGREDIENTS

Makes 2 loaves

2 ½ cups flour
1 cup sugar
½ cup sour cream
½ cup oil
2 eggs
½ tsp salt
1 tsp baking soda
5 bananas
1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350F.
2. Mash bananas, then add all wet ingredients to it.
3. Separately mix all of the dry ingredients.
4. Add the dry ingredients to the wet ingredients.
5. Mix well, and for an extra treat add in some chocolate chips.
6. Cook for 45-60 minutes.

Foolproof Dark Chocolate Fudge

Donna Linhares MacDougall, Office of the Dean

My mom always made this fudge for the holidays and family gatherings.

INGREDIENTS

3-6 oz packages of semi-sweet chocolate chips

14-oz can of Eagle Brand Sweetened Condensed Milk

Dash of salt

1½ tsp vanilla extract

½ to 1 cup of chopped nuts (optional)

DIRECTIONS

1. In heavy saucepan, over low heat, melt chocolate chips with sweetened condensed milk and salt, stirring often.
2. Remove from heat, and stir in vanilla and chopped nuts.
3. Spread evenly into wax paper-lined 8- or 9-inch square pan.
4. Chill for at least two hours in the refrigerator.
5. Turn fudge onto cutting board by taking a knife and loosening the fudge, along the edges of the pan, peel off wax paper, and cut into squares.
6. Store loosely covered at room temperature.



Semi-Homemade S'mores Cupcakes

Karen Chileuitt, DMD 22

Baking for my friends!

INGREDIENTS

1 chocolate box cake mix, with all ingredients on the box

½ cup of marshmallow fluff

8 graham crackers

¼ cup of melted butter

Cupcake liners

Frosting if desired

DIRECTIONS

1. Pre-heat oven to what's directed on the box.
2. Set up your cupcake liners.
3. Smash graham crackers and mix them with butter. This should give you a pasty consistency.
4. Spoon about 1 tablespoon of the graham cracker mixture into each liner, and smash them down making a bottom layer of crust.
5. Make the cake batter as directed on the box and pour batter about ⅓ of the way into each liner.
6. Scoop one tablespoon of fluff into the middle of each cupcake.
7. Fill the rest of the cupcake with batter (only about ¾, they grow quite a bit).
8. Pop them in the oven for however long your box tells you to.
9. Now let them cool and frost them however your heart desires. I did not frost these and they were still amazing, but it's totally up to you.



Whole Wheat Walnut Cake

Ravneet Kaur, DMD AS 22

It was the first as a teenager I made with my mom and I still remember we use to not have oven and my mom found an alternative to bake that healthy cake with me. This is the first dish I made with 4 year old to hold the legacy of cooking. It's a kind of destress for me to bake and cook.

INGREDIENTS

1 cup whole wheat flour	Pinch of cinnamon	1 tbsp unsweetened cocoa
1 cup jaggery	3-4 eggs	Milk
½ cup olive oil	1 tsp baking powder	Walnuts
1 tsp vanilla extract	Pinch of baking soda	

DIRECTIONS

1. Pre-heat oven to 350F.
2. Crack three eggs in a bowl, then add jaggery and mix well in one direction. Then add oil and mix well.
3. On a plate, sieve the dry ingredients and slowly add and mix well in wet ingredients in one direction.
4. Add cinnamon and vanilla and mix in one direction.
5. Grease a baking pan and line it with parchment paper.
6. Pour ½ of the batter into the pan and sprinkle walnuts on top.
7. Add the unsweetened cocoa to the remaining batter in the bowl, then pour the final mixture into the pan.
8. Sprinkle walnuts on top and bake for 20-25 minutes.

Vanilla Cake

Heta Shah, DMD AS 22

I wanted to surprise my husband on our anniversary and it turned out really well!

INGREDIENTS

1 ¼ cup plain flour, maida, all purpose flour, cake flour
200 ml condensed milk
1 tsp baking powder
½ tsp baking soda
1/8 tsp salt
3 to 4 tbsp sugar (skip, for less sweet cake)
½ cup water
¼ cup melted butter
1 tbsp vanilla extract
1 tbsp vinegar

DIRECTIONS

1. Grease and line a 7- or 8-inch cake pan. Set aside.
2. Preheat a oven at 170 C for at least 15 mins.
3. Place a sieve over a mixing bowl.
4. Add flour, baking powder, baking soda, and salt.
5. Mix them all with a spoon and sieve at least thrice.
6. Add sugar and mix it well.
7. Pour in the condensed milk, water, melted butter, vanilla extract and vinegar. Mix them gently just until well combined. The cake batter has to be smooth and lump free. Do not over mix.
8. Transfer the batter to the greased cake pan. Place it in the oven and bake for 23 to 25 mins.
9. When the cake is done, a skewer or a tester inserted comes out clean.
10. Cool the cake in the pan for 15 mins. Then invert the cake pan over a wire rack. Cool this completely before frosting or slicing.
11. I decorated it with whipped cream, sprinkles and melted milk chocolate.





V

Cookies & Pies

Pumpkin Chocolate Chip Cookies

Pumpkin Cheesecake Snickerdoodles

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Grandma's Apple Torte

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Flan

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Pumpkin Chocolate Chip Cookies

Zoya Tharani, DMD 21

Chocolate chip cookies are one of my favorite desserts and adding pumpkin to them make them perfect for the holidays!

INGREDIENTS

1 cup pumpkin puree (canned)	2 cups all-purpose flour	½ tsp fine sea salt
1 cup granulated sugar	2 tsp baking powder	1 tsp baking soda (optional)
½ cup vegetable oil	1 tsp ground cinnamon	1 tsp milk (optional)
1 large egg	½ tsp pumpkin pie spice (add an extra ½ tsp if you like spice)	1-2 cups chocolate chips
1 tbsp pure vanilla extract		

DIRECTIONS

1. Pre-heat oven to 350F.
2. Line a baking sheet with parchment paper, set aside.
3. Combine pumpkin, sugar, vegetable oil, vanilla, and egg in a large bowl. Mix until smooth.
4. In a separate bowl, whisk together flour, baking powder, ground cinnamon, pumpkin pie spice, and salt. If you like fluffier cookies, dissolve the baking soda in the milk and stir into the wet ingredients.
5. Add flour mixture to pumpkin mixture and mix just until combined.
6. Add the chocolate chips and stir just until combined (do not over mix).
7. Drop cookies on baking sheet by the spoonful, about 2 inches apart. Add a few extra chocolate chips to the tops if desired.
8. Bake for 10-13 minutes, or until a toothpick comes out clean and the bottoms are lightly brown. Bake an additional 1-2 minutes if the center is not quite done.
9. Remove from the oven and allow to cool on pan for 5 minutes and then transfer to a cooling rack.
10. Enjoy!

Pumpkin Cheesecake Snickerdoodles

Andrea Fernandez, DMD 21

The ingredients in this recipe go perfectly together and remind me so much of the holiday season! Every time I make them, I think of the times when I've baked them (and have made a huge mess in the kitchen) with my siblings on the days that our family hosts Thanksgiving and Christmas dinners. Enjoy!

INGREDIENTS

For the cookies

3¾ cups all-purpose flour
1½ tsp baking powder
½ tsp salt
½ tsp ground cinnamon
¼ tsp ground nutmeg
1 cup unsalted butter at room temperature
1 cup granulated sugar
½ cup light brown sugar
¾ cup pumpkin puree
1 large egg
2 tsp vanilla extract

For filling

8 oz softened cream cheese
¼ cup sugar
2 tsp vanilla extract

For cinnamon-sugar coating

½ cup granulated sugar
1 tsp ground cinnamon
½ tsp ground ginger
Dash of allspice

DIRECTIONS

1. Pre-heat oven to 350F and line your baking sheets with parchment paper.
2. In a medium bowl, whisk the flour, baking powder, salt, cinnamon, and nutmeg together (from "Cookie Ingredients"). Set aside.
3. In a mixer with a paddle attachment, beat together the butter and sugars from cookie ingredients on medium-high speed about 2-3 minutes until fluffy.
4. Blend in the pumpkin puree. Beat in the egg, and then add the vanilla extract, (all from "Cookie Ingredients"). Slowly add the dry ingredients from Step 1, on low speed, until they're just combined. Cover and chill the dough for an hour.
5. To make the cream cheese filling, blend the cream cheese, sugar and vanilla extract together (from "Filling Ingredients"). Chill for an hour.
6. In a small bowl, combine the sugar and spices for the coating (from "Cinnamon-Sugar Coating Ingredients") and set aside.
7. To make the cookies, take a tablespoon of the cookie batter. Flatten it like a pancake and place a teaspoon of the cream cheese in the center. Form another tablespoon of the cookie batter into a flat pancake shape and place on top of the cream cheese. Pinch the edges together, sealing in the cream cheese, and roll into a ball. Roll in the cinnamon-sugar coating and place on the prepared baking sheet. Separate each dough ball about 2 inches apart.
8. Repeat until the dough is gone and flatten the cookie dough balls with a heavy-bottomed glass or measuring cup.
9. Bake the cookies for 10-15 minutes or until the tops start to crack. Let cool on the baking sheet for 5 minutes and transfer to a wire rack.



Banana Cream Pie

Erika Abruzzese, Office of the Dean

If you are a banana lover, like myself - you will absolutely love this dessert!

INGREDIENTS

12 low-fat honey graham crackers (3 full sheets), made into crumbs
1 tbsp butter
1 tsp water
4 bananas, thinly sliced on the diagonal
2 tbsp fresh lime juice
1 envelope unflavored gelatin
½ cup cold water
⅓ cup sugar
1 ½ cups plain fat-free yogurt
1 tsp vanilla extract
Grated lime zest

DIRECTIONS

1. Preheat the oven to 350F; spray a 9-inch pie plate with nonstick spray.
2. In a medium bowl, combine the graham cracker crumbs, butter, and water with a fork. Press into the bottom and up the sides of the pie plate. Bake until firm, 3-5 mins; cool.
3. In another medium bowl, toss the bananas with the lime juice; reserve 1 cup. Arrange the remaining bananas over the crust.
4. In a small saucepan, sprinkle the gelatin over the cold water; let stand 2 minutes. Add the sugar; cook over medium-high heat, stirring constantly, until the mixture boils and the gelatin and sugar dissolve, 2-3 minutes. Remove from the heat; whisk in the yogurt and vanilla.
5. Pour into the pie plate. Arrange the reserved bananas over the pie; sprinkle with the lime zest. Refrigerate, covered with plastic wrap, until chilled, 2-3 hours.

Grandma's Apple Torte

Kara Boucher, Office of the Dean

My Grandma would make this every fall when all the apples were at their ripest.

INGREDIENTS

1 cup sugar
4 tbsp of butter
1 egg
1 tsp of baking soda
½ cup chopped walnuts
½ cup coconut
1 cup flour
1 tsp of cinnamon
¼ tsp of nutmeg
1 tsp of vanilla extract
2 cups of finely chopped
tart apples

DIRECTIONS

1. Pre-heat oven to 350F.
2. Cream sugar and butter together, add egg and beat well.
3. Sift together dry ingredients and add to wet mixture.
4. Then add apples, nuts, and vanilla.
5. Bake in large, buttered casserole dish for 35 to 40 minutes.
6. Serve with whipped cream or vanilla ice cream.



Almond Crescents

Charis Anderson McCarthy, Communications

My dad has made these cookies (along with a couple of other kinds) every Christmas for as long as I can remember. He usually doubles or even triples the recipe, so that we have cookies to spare -- which means anyone who drops by our house around the holidays leaves with a plate of cookies for the road.

INGREDIENTS

¾ cup butter	2 cups sifted flour	1 tsp almond essence
¾ cup powdered sugar	¾ cup ground almonds	Powdered sugar for dredging

DIRECTIONS

1. Pre-heat oven to 325F.
2. Prepare two cookie sheets.
3. Beat together the butter and sugar until light and creamy. Fold in the flour, ground almonds, and almond essence, or place all the ingredients in
4. a food processor and turn the motor on and off at two-second intervals until a smooth dough is formed. Knead the dough into a ball and chill for one hour until firm. Pinch off a teaspoon of dough
5. at a time and form into a small cylinder. Bend the cylinder around a finger to form a crescent. Place on the cookie sheets and bake for 10 minutes. Dredge in powdered sugar while still warm.



Greek Christmas Honey Cookies (Melomakarona)

Vasiliki Maseli, Department of General Dentistry

One of my favorite Christmas cookies. This dessert reminds me of family moments back in Greece, that's the reason why I cook them every year. They are delicious and the house is filled with aromas of orange, honey, cinnamon, and cloves. I highly recommend it!

INGREDIENTS

For the syrup

- 500 g water
- 800 g granulated sugar
- 150 g honey
- 3 sticks cinnamon
- 3 cloves
- 1 orange (cut in half)

For the 1st cookie mixture

- 400 g orange juice
- 400 g seed oil
- 180 g olive oil
- 50 g icing sugar
- ½ tsp cloves
- 2-3 tsp cinnamon
- ¼ tsp nutmeg

- 1 tsp baking soda
- orange zest of 2 oranges

For the 2nd cookie mixture

- 1 kilo all-purpose flour
- 200 g semolina, fine

To serve

- honey and walnuts

DIRECTIONS

For the syrup

1. Boil all of the ingredients for the syrup, apart from honey, until sugar melts. Remove from heat. Add the honey and mix till combined.
2. Let syrup cool for 3-4 hours. It must be cold by the time the cookies come out from the oven.

For the cookies

1. Preheat the oven to 350F.
2. To make the cookies, you need to prepare two separate mixtures.

3. Add all of the ingredients for the 1st mixture in a large bowl. Mix, using a hand whisk.
4. In a separate bowl, add all of the ingredients for the 2nd mixture.
5. Combine the first and second mixtures.
6. Mix by hand, very gently and for a very short time (10 seconds at the most). If you mix longer the mixture will split or curdle.
7. Mold cookie dough into oval shapes,

- 3-4 cm in length, 30g each. Try to keep them as similar as possible.
8. Bake for about 20-25 minutes, until they are crunchy and dark golden brown.
9. As soon as you remove them from the oven, soak the hot cookies in the syrup for 10 seconds.
10. Allow them to drain on a wire rack.
11. Drizzle with honey and chopped walnuts.

For help converting metric to US standard visit convertrecipe.com, this website is not affiliated with GSDM.

If you have any allergy concerns, please carefully review all ingredients prior to preparing & consuming this dish.

Polish Apple Pie (Szarklotka)

Erica Stocks, Student Affairs

This dish reminds me of visits with my grandparents. Pretty much every Sunday, we would go to see them and have lunch and my grandmother (Babcia, in Polish) would make this cake.

INGREDIENTS

Pie crust

- 2 cups all-purpose flour
- ¼ cup granulated sugar
- ½ cup cold, unsalted butter
- 2 large eggs
- 4 tbsp heavy cream
- 1 tsp pure vanilla extract
- 1 tsp baking powder
- ¼ tsp salt

Apple filling

- 3 large apples, grated
- 1 apple, peeled, cored, and diced into 1 inch cubes
- 1 tsp cinnamon
- ¼ tsp ground cloves
- ¼ cup brown or golden sugar
- ¼ tsp cardamon (optional)
- ¼ tsp nutmeg (optional)

DIRECTIONS

1. Mix flour, baking powder and salt.
2. Add the cold butter and blend it together with a pastry cutter or in a food processor. Then add sugar, eggs, cream and vanilla extract and work the dough until all ingredients are well blended together.
3. Form a large ball and then cut the ball of dough in half. Cover each with plastic wrap and refrigerate for at least 30 minutes.
4. While the dough chills, peel the apples and remove cores. Grate three of the apples on the large side of a box grater. Dice the remaining apple.
5. In medium-size, heavy bottomed saucepan, combine the apples, cinnamon, sugar and ground cloves (and cardamon & nutmeg, if using). Mix and cook over medium heat for about 20 minutes, or until apples are soft and there is not much sauce from the apples left. Leave to cool.
6. Line an 8x8 baking pan with parchment paper and preheat oven to 350F (180 degrees Celsius).
7. Remove one portion of the dough from the fridge and place it on a lightly floured surface. Roll the pastry into rectangle more or less the size of your baking pan. Fold the dough in half and gently transfer to the baking pan and pressing with your fingers if you need to fill the bottom of the pan. Using a fork, prick the dough all over the surface. Bake the crust for about 15 min until golden brown and let it cool slightly.
8. Transfer apples on the cooled crust and spread evenly with a spoon or spatula. Remove the second portion and roll it into a thin rectangle.
9. Cut the pastry into about ¾ inch (2 cm) strips using a pastry wheel or pizza cutter. Place the strips of pastry on the apples creating a crisscross pattern.
10. Bake for 20-30 minutes at 350F (180 degrees Celsius) until top is golden brown. Cut and serve warm with vanilla ice-cream for an extra sweet treat!
11. Smacznego!

Chocolate Crinkle Cookies

Patrice Freeman-Lau, Office of the Dean

INGREDIENTS

½ cup vegetable oil
4 oz unsweetened baking chocolate, melted, cooled
2 cups granulated sugar
2 tsp vanilla
4 eggs
2 cups all-purpose flour
2 tsp baking powder
½ tsp salt
¾ cup powdered sugar

DIRECTIONS

1. In large bowl, mix oil, chocolate, granulated sugar and vanilla. Stir in eggs, one at a time. Stir in flour, baking powder and salt. Cover; refrigerate at least 3 hours.
2. Heat oven to 350F. Grease cookie sheet with shortening or cooking spray.
3. Drop dough by teaspoonfuls into powdered sugar; roll around to coat and shape into balls. Place about 2 inches apart on cookie sheets.
4. Bake 9 to 11 minutes or until edges are set. Immediately remove from cookie sheets to cooling racks.

TIPS

When baking batches of cookies, use completely cooled cookie sheets. Cookies will spread too much if put on a hot or warm cookie sheet.

Baking chocolate is sold in blocks, chunks, and chips—each ready to be chopped, stirred into a recipe, or melted.

Because this dough is dark, use your fingertip to check for doneness—err on the side of removing them from the oven a tad early rather than risk overbaking them.

Use baking parchment to line your baking sheets (instead of shortening or cooking spray) to make removing the warm cookies easier.



Bittersweet Chocolate Tart

Shannon Broderick, Communications

This tart is fairly easy to make and a great dessert—it's also a big hit with my family! The recipe originally comes from Irma Rombauer's *Joy of Cooking*.

INGREDIENTS

Filling

1 cup heavy cream
8 oz semisweet or bittersweet
chocolate, finely chopped

1 egg

Crust

1 ¼ cups all-purpose flour

½ cup sugar

Finely grated zest of

1 small lemon

¼ teaspoon salt

1 stick (4 oz, ½ cup) unsalted
butter, cut into 8 pieces, softened

1 large egg yolk

DIRECTIONS

1. Pre-heat the oven to 400F.
2. Prepare the crust: Whisk together the first four crust ingredients (flour, sugar, lemon zest, salt) in a bowl or process in food processor for 10 seconds.
3. Add butter to crust ingredients, and mash with the back of a fork or process until the mixture resembles coarse crumbs.
4. Add one large egg yolk—stir or process until the dough comes together in a ball.
5. Grease a pie pan—pat the dough evenly over the bottom and up the sides of the pan. Refrigerate the dough for 30 minutes, then bake for 12 to 15 minutes, or until golden brown.
6. Once the tart crust has finished cooking, reduce the oven heat to 375F.
7. Bring 1 cup of heavy cream to simmer in a small saucepan.
8. Remove from the heat and add 8 oz semisweet or bittersweet chocolate, finely chopped—whisk gently until the chocolate is completely melted and the mixture is smooth.
9. Once the mixture is smooth, whisk in one large egg, lightly beaten.
10. Pour the chocolate mixture into the tart shell. Bake for 15 to 20 minutes, until the center seems set but still quivers when the pan is nudged.
11. Let cool, then serve (best with whipped cream or ice cream!)

Caramel Butterscotch Cupcakes

Afshen Lakhani, Group Practice Leader

INGREDIENTS

For cupcakes

2 ½ cups all-purpose flour
2 ½ tsp baking powder
½ tsp salt
1 cup butter or margarine, softened
1 cup sugar
3 eggs
1 tsp vanilla
¾ cup milk
¾ cup butterscotch chips, coarsely chopped

For caramel frosting

½ cup butter or margarine
1 cup packed brown sugar
¼ cup milk
3 ½ cups powdered sugar

For garnish

½ tsp kosher (coarse) salt

DIRECTIONS

1. Pre-heat oven to 350F.
2. Place paper baking cup in each of 24 regular-size muffin cups, grease bottom and sides of muffin cups with shortening and lightly flour, or spray with baking spray with flour.
3. In medium bowl, mix flour, baking powder and salt; set aside.
4. In large bowl, beat butter with electric mixer on medium speed 30 seconds. Gradually add granulated sugar, about ¼ cup at a time, beating well after each addition and scraping bowl occasionally. Beat two minutes longer.
5. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
6. On low speed, alternately add flour mixture, about ⅓ of mixture at a time, and milk, about ½ at a time, beating just until blended. Stir in butterscotch chips.
7. Divide batter evenly among muffin cups, filling each with about 3 tbsp batter or until ⅔ to ¾ full.
8. Bake 20-25 minutes or until golden brown and toothpick inserted in center comes out clean. Cool in pans five minutes. Remove cupcakes from pans; place on cooling racks. Cool completely, about 30 minutes.
9. Meanwhile, in 2-quart saucepan, melt ½ cup butter over medium heat. Stir in brown sugar with whisk. Heat to boiling, stirring constantly. Stir in ¼ cup milk. Return to boiling. Remove from heat; cool until lukewarm, about 30 minutes. Gradually stir in powdered sugar.
10. Frost cooled cupcakes. Sprinkle each with kosher salt



Flan

Alis Checovich-Saavedra, Global and Population Health

This dessert is a must on my family table on Christmas day. I am from Colombia and the smell reminds me my childhood and my mom cooking, my son also loves it and he looks forward to it every Christmas day.

INGREDIENTS

For caramel

- ¾ cup (150 g) white granulated sugar
- ¼ cup (60 ml) water

For flan

- 6 eggs
- 12-oz can evaporated milk (you can also use whole milk)

- 1 cup (240 ml) heavy cream (whipping cream or half and half work really well)
 - 14-oz can sweetened condensed milk
 - 1 tbsp vanilla extract
-

DIRECTIONS

1. Pre-heat your oven at 350F.
2. In a medium saucepan, cook sugar and water on medium high heat until they turn a caramel color. This can take about 10 minutes; Keep an eye on it so that it doesn't burn.
3. Quickly pour the caramel into a 2.5 liter baking dish and tilt it from side to side so that it's evenly coated. Set aside. A glass or ceramic baking dish work best.
4. Add the eggs, evaporated milk, heavy cream, sweetened condensed milk and vanilla extract to a blender and blend until smooth.
5. Pour the custard mixture into the baking dish and bake for 45-60 minutes or until a knife or skewer inserted in the center comes out clean. Let the custard cool completely on a wire rack, cover and refrigerate for at least 4 hours.
6. Uncover the custard and run a knife around the edge of the baking dish. Place a large serving plate on top, invert it, give the baking dish a little shake and gently lift it to remove. Serve immediately.

Hap-pea Holidays Detox Smoothie

Christine Choi, Admissions

INGREDIENTS

170 g spinach
26 g pea protein powder
12 oz almond milk
1 tbsp turmeric powder

DIRECTIONS

Blend all ingredients in a blender and drink immediately before settling occurs.





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