Acknowledgments

Thank you to everyone involved in the process of creating this cookbook. Special thanks to the 2012 Fall Semester English 200 Writing on the Job class and Dr. Jervette Ward. Thank you to all of the students, faculty, staff, and alumni for submitting recipes for the cookbook. Special thanks to Kiara Hernandez from K Sisters Event Planning for providing the decorations and to David Mercado from Xerox for printing and binding the cookbooks.

The proceeds from the Launch Party and the cookbook sales will be donated to the Red Cross Super Storm Sandy Relief Fund.

Everyone, thank you for your time, support, and contribution.
Introduction

The Pine Manor College Hungry Hungry Gator Cookbook was created by the 2012 Fall Semester Writing on The Job Class. This cookbook embodies the college’s multiculturalism and the diversity of the student body.

Pine Manor College’s Mission and Identity

Mission
Pine Manor College educates and empowers a diverse student body to become accomplished, reflective, and confident leaders – one student at a time.

Identity
Pine Manor College is a women-centered college in the Boston area that awards the Bachelor of Arts degree to women. Associate and graduate degrees, continuing education, and summer school programs are offered to both women and men.

Pine Manor College is a global community that promotes multiculturalism, social responsibility, and collaborative leadership in an inclusive learning environment both in and out of the classroom.

Pine Manor College prepares students to be successful by embedding career and professional goals in a rigorous experiential liberal arts education. Students receive individualized academic, social, and financial support to achieve their goals.

Tiffany Medina, Class of 2013
Eva Santiago, Class of 2013
Merveline Chery, Class of 2013
Carmen Pena, Class of 2014

Hannah Andronic, Class of 2014
Emily McNulty, Class of 2015
Shalaya Daniels, Class of 2015
Feature Recipe

Chicken Tikka Masala

Heba Khurram, Class of 2014

Ingredients for Marinade:

- 1 tablespoon garlic
- 1 tablespoon ginger
- 1/2 cup whipped yogurt
- 1 1/2 teaspoon ground cumin
- 1 1/2 teaspoon ground coriander
- 1 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon black Pepper
- 1 teaspoon cayenne pepper (don’t add if you don’t want it too spicy)
- 2 tablespoons lemon juice
- 1 tablespoon oil
**Ingredients for Chicken:**
- 5 chicken breasts
- 1 large yellow onion
- 2 tablespoons butter
- 1 tablespoon minced garlic
- 1 tablespoon ginger (in paste form)
- 3 tablespoons garam masala
- 1 teaspoon salt
- 2 teaspoons sugar
- 6 or 7 diced tomatoes
- 2 small green chilies
- 1 1/2 cup heavy whipping cream
- 1/2 cup whipped yogurt

**Directions:**
Wash the chicken breasts. In a big bowl, mix the ingredients for the marinade and add the chicken breasts. Mix well with your hands and coat the chicken with the marinade. Cover and let it sit in the fridge for at least 2 hours. Heat the oven to 375°F. Glaze a baking tray or sheet with the oil and place the chicken breasts on it. Put it in the oven for about 20 to 30 minutes (depending on the thickness of the meat) until the chicken is done. Once the chicken is done, cut it into two inch pieces. In a large skillet, melt the butter and add the onions. Fry for 3 minutes and then add the salt, garlic and ginger. Mix and fry for a minute. Add the 3 tablespoons of Garam Masala. Stir and fry for a minute. Now add the tomatoes and green chilies. Stir well, and fry for 5 minutes. Add the sugar and mix well. Stir frequently till the tomatoes seem soft and their juices run (about 5 to 10 minutes). Add the pieces of chicken and mix everything well. Cook for about two minutes. Now add the cream and the yogurt. Cook until cream thickens. Add cilantro or cumin for garnish and serve warm with rice and/or naan.
# Table of Contents

Brazil ................................................................. 7-9  
Cape Verde ......................................................... 10-13  
Dominican Republic ............................................. 14-25  
Ethiopia ............................................................. 26-29  
Greece ............................................................... 30-37  
Haiti ................................................................. 38-44  
Italy ................................................................. 45-55  
Jamaica .............................................................. 56-63  
Japan ................................................................. 64-68  
Jewish ............................................................... 69-71  
Mexico ............................................................... 72-74  
Pakistan ............................................................. 75-78  
Portugal ............................................................. 79-83  
United States of America ......................................... 84-94
BRAZIL

Pao de Queijo.................................................................8
Pork and Black Bean Stew...............................................9
Pao de Queiijo

Sabrina Belony, Class of 2014

Ingredients:

- 1 cup of water
- 1 cup of milk
- 1/2 cup of oil
- 1 teaspoon of salt
- 1 pack of tapioca starch (450g)
- 2 to 3 eggs
- 1 cup of grated parmesan cheese

Directions:

Bring to boil in a big pan the water, the milk, the oil, and the salt. Remove the pan from the heat and add the tapioca starch. Mix well with a wooden spoon and let it cool down. Put the mixture in a bowl, add the eggs, and knead well. Add the grated cheese and keep kneading until the dough is smooth. Roll 1 tablespoon of mixture into small balls. Place the balls on a baking tray greased with oil or lined with baking paper. Bake the cheese rolls in hot oven (350°F) for about 20 minutes or until golden brown. Put the cheese rolls in a basket and serve them warm.
Pork and Black Bean Stew

Lacree Robinson, Class of 2014

Ingredients:
- 2 tablespoons vegetable oil
- 1 teaspoon minced garlic
- 1 large onion, chopped
- 1 (12 ounce) pork tenderloin, cut into 1/2 inch cubes
- 1 (19 ounce) can black beans, drained and rinsed
- 1/4 cup water
- 1 1/2 cups chicken stock
- 3 chorizo sausages, cut into 1/2 inch thick pieces
- Salt and pepper to taste

Directions:
Heat 1 tablespoon vegetable oil in a skillet over medium heat, stir in garlic and onion, and cook a few minutes until the onion softens and turns translucent. Remove the onion, and place into a saucepan. Pour the remaining 1 tablespoon vegetable oil into the skillet, and place over medium-high heat. Add cubed pork, and cook until well browned. Meanwhile, pour 3/4 of the black beans along with 1/4 cup water into the bowl of a blender, and pulse until finely chopped, but not quite smooth. Pour whole beans and bean puree into saucepan along with pork cubes, chicken stock, and chorizo. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer 30 minutes; season to taste with salt and pepper before serving.
CAPE VERDE

Bacalhau.................................................................11
Caldo de Peixe.............................................................12
Pudim de Queijo............................................................13
Bacalhau

Tiffany Medina, Class of 2013

Ingredients:

- 2 pounds salt cod fish (1kg, soaked, cooked, de-boned, flaked)
- 4 tablespoons olive oil
- 2 large onions, diced
- 4 garlic cloves, minced
- 1 teaspoon nutmeg
- White pepper (to taste)
- 6 large potatoes
- 6 hard-boiled eggs

Directions:

Preheat your oven at 400°F. Boil your eggs in the potato water. Cover the peeled potatoes in water and boil until cooked. Then drain the water and cut them into thin slices and then more into approximately 1 inch x 1 inch bits. Put the olive oil into a fry pan and gently sauté the onion and garlic until golden. Roughly chop 5 hard-boiled eggs and roughly, but carefully slice the last egg into rounds for decoration. Mix the flaked, cooked, salt cod with the potato, onion, and garlic mixture, then add the nutmeg and pepper. If the mixture is too dry add a very small amount of water. Spoon the mix into a baking dish and lay out the decorative egg rounds on the top. Cover with foil and bake for 20 minutes until it is completely warmed though.
Caldo de Peixe

Sheyla Sanches, Class of 2014

Ingredients:

- 6 white potatoes, chopped
- 3 sweet potatoes, chopped
- 1 bunch fresh parsley, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 3 medium onions, chopped
- 2 medium tomatoes, chopped
- 4 scallions, chopped
- 3 pounds saltwater fish (such as tautog, cod, bluefish or sea bass)

Directions:

In a medium kettle, boil both white and sweet potatoes, about 15 minutes. In a large kettle, gently sauté chopped onions, red and green peppers and tomatoes in oil. Next, add fish cut into small pieces to the kettle and sauté. Add partly cooked white and sweet potatoes, along with enough cooking water to simmer the soup. Simmer until potatoes and fish are done. Add chopped parsley and chopped scallions to the kettle and serve.
Pudim de Queijo

Tiffany Medina, Class of 2013

Ingredients:
- 80 grams of buttery cheese
- 550 grams of sugar
- 2 deciliters of water
- 30 grams of margarine
- 15 grams of flour without baking powder
- 15 grams of cornstarch
- 6 eggs
- Liquid toffee

Directions:
Cook the sugar and water in a pan until gets thick. Do not forget to stir continuously or it will get burnt. Take off of the heat and add the margarine mixing for a while until melt. Add the cornstarch, flour, eggs and grated cheese. Mix all the ingredients very well and put the batter in a pudding tin anointed with liquid toffee. Take it to the oven (350°F) and cook in water bath for 50 minutes. Do not forget to always check while it is cooking.
DOMINICAN REPUBLIC

Bizcocho Dominicano........................................15-17
Bollitos de Yuca..................................................18
Camarones con Coco y Jengibre.......................19-20
Macaroni Salad..................................................21
Mofonguitos de Aguacate y Camarones.........22-23
Morir Soñando..................................................24
Spanish Omelet Tortilla......................................25
Bizcocohoho Dominicoano

Eva Santiago, Class of 2013

Ingredients for Cake:
- 1/4 pound of butter
- 1/4 pound of margarine
- 1 pinch of grated lime peel
- 1 cup of orange juice
- 1/2 pound of all-purpose flour
- 1/2 pound of sugar
- 2 teaspoons of vanilla extract
- 2 teaspoons of baking powder
- 3 eggs

Ingredients for the Meringue:
- 5 egg whites at room temperature
- 1 cup of sugar (for the caramel)
- 1 cup of powdered sugar, sifted (for the meringue)
- 1/2 cup of water
- A pinch of salt
- 1/4 teaspoon of cream of tartar
Ingredients for the Filling:
- 2 cups of pineapple, cut into cubes
- 1 cup of water
- 1/2 cup of sugar
- 1 teaspoon of vanilla extract

Directions for the Filling:
Mix all the ingredients together and simmer covered over very low heat until the pineapple is tender and you obtain the consistency of marmalade. Stir often to avoid scorching and add water as necessary. Once the filling is ready (it takes an hour or more due to tough fibers in pineapple) cool to room temperature and reserve.

Directions for the Cake Batter:
Grease and flour two 8 inch baking pans. Preheat oven to 350° F. Mix the flour and baking powder and sift together. Set aside (all the ingredients must be at room temperature). Beat together the margarine, butter, and sugar until it is light and fluffy and has a very light yellow color (about 4 minutes). One by one add the eggs and continue beating about a minute after adding each new egg. Slowly add the lime peel and vanilla. Add one thirds of the juice, when it is well mixed add one third of the flour. Repeat adding the flour and juice in thirds and keep whisking until all is well mixed before adding the next third. As soon as you have stopped mixing the last batch of flour turn off the mixer, you should have obtained a fluffy batter with a smooth and even consistency. Pour half the pineapple filling on each baking pan. Make sure you do not disturb the cover of butter and flour. Pour in half the batter in each one. Bake until a knife inserted in the center comes out clean (about 30 minutes).

Directions for the Meringue:
Whisk the egg whites in a glass or stainless steel bowl until it forms peaks. Slowly add the sugar until it form stiff peaks. Add the salt and cream tartar while still whisking. Prepare the caramel by boiling sugar and water over very low heat.
If you have a candy thermometer (highly recommended), boil until the caramel has reached 235° F. If you do not have a candy thermometer boil until caramel is thick but still transparent (it must not burn). Very slowly pour the caramel into the mixture while beating at high speed until all is well mixed.

**Directions to Assemble:**
Cool down cakes to room temperature and cut the crust. Join both cakes filling-side in. if you did not bake the pineapple filling with the cake, or are using another type of filling then spread on one of the cakes and top with the other. To decorate the cake spread the meringue on top and around the cake, add decoration according to your taste and skills.
Bollitos de Yuca

Carmen Pena, Class of 2014

Ingredients:
- 1 pound of cassava (yuca)
- 2 tablespoons butter
- 1/4 cup of milk
- 1 egg
- 1/2 pound of cubed cheddar
- 1 teaspoon of parsley, finely chopped
- Sufficient oil for deep frying (minimum of 3 cups)
- 1/4 cup of flour
- Salt

Directions:
Peel and boil the cassava until it is tender, adding a tablespoon of salt to the water. Take the cassava out of the water and puree. Add the butter, parsley, and milk and mix well. Season the mixture with salt to taste and let it cool down to room temperature. Put two tablespoons of the mixture in the palm of your hand. Flatten it, put a cheese cube in the center and roll it around into a ball. Repeat with the remaining ingredients. Whisk the egg and dip the balls into it, then into the flour. Coat it with flour and shake off the excess. Chill uncovered for 2-4 days. Fry in very hot oil over medium heat until they are golden brown. Place on a paper towel to drain excess oil and serve immediately.
Camarones con Coco y Jengibre

Eva Santiago, Class of 2013

Ingredients:

- 3 dozen jumbo shrimps, peeled
- 2 cups coconut milk
- 1/2 cups coconut shavings
- 1 pepper cut into cubes
- 2 tablespoons ginger paste
- 3 cloves garlic, peeled
- 1 teaspoon bija (annatto) powder
- 1 tablespoon lime juice
- 1/2 teaspoon coarse salt
- 1 tablespoons coriander, minced
- 1/4 teaspoon ground pepper
- 1 tablespoons corn starch
- 1 tablespoon oil

Directions:
Put the ginger paste, salt, pepper, coriander, and garlic in a mortar and pestle, crush until you obtain a coarse paste. Heat the oil in a heavy saucepan over medium fire. Lower the heat and add the coconut shavings, stir constantly until
they become light golden. Make sure they do not burn. Add the ginger paste and cook and stir for about 3 minutes. Add baja powder and mix well. Next, add the coconut milk, stir, and cook over low heat for about 5 minutes (stir once or twice to prevent it from sticking to the bottom and burning). Dissolve the cornstarch and lime juice in half a cup of water. Add to the boiling sauce and stir it is mixed completely. Add the shrimp and cover with a lid and cook for about 3 minutes. Remove the saucepan from the fire and let it rest for 15 minutes. Taste the sauce and add more salt if necessary. Return to medium heat until it breaks the boil. Remove from the heat and serve with arroz blanco, tostones or pan de coco.
Macaroni Salad

Carmen Pena, Class of 2014

Ingredients:

- 1 pound elbow macaroni
- 4 diced ripe tomatoes
- 1 green bell pepper, cut into thin strips
- 1 medium white onion, minced
- 4 boiled eggs cut into wheels
- 1/2 pound diced cheddar cheese
- 1 small can of petite pois peas, drained
- 1 minced celery stalk
- 6 stuffed green olives cut into wheels
- 1 small can of tuna in water, drained
- 1/2 cup mayonnaise mixed with 2 teaspoon minced basil
- Salt and ground pepper to taste

Directions:
Cook the pasta in sufficient water lightly salted. When ready, strain it and set aside. In a small bowl, mix the mayonnaise, tuna, onion and celery. In a salad bowl, mix the remaining ingredients except the eggs. Add the mixture you did before with the mayonnaise and mix everything well; season with salt and pepper. Finally, add the eggs wheels very carefully and serve.
Mofonguitos de Aguacate y Camarones

Eva Santiago, Class of 2013

Ingredients:
- 4 unripe bananas (or plantains)
- 20 jumbo shrimp, peeled
- 1 large avocado
- 2 cloves of garlic
- 2 tablespoons of olive oil
- Juice of 1 lime
- 1 cup oil for frying
- Salt and Pepper

Directions:
Pre-heat oven to 200°F. Peel the bananas (or plantains) and cut into 6 slices each banana or 7 slices each plantain. Heat oil for frying over medium heat. Fry each slice until they are golden brown all over. Squeeze the slices using a lemon squeezer forming small cups. Once all the cups are formed, fry them again over medium heat until all the light parts have turned golden brown. Turn off the oven and leave the cups in the oven while you proceed to the next step. Heat the oil
over very low heat and add the garlic and cook for 3-4 minutes. Do not let the garlic burn. Next, add the shrimp and cook until they are pink throughout. Remove from the heat and reserve. Separate the avocado from the peel and crush using a fork until it does not have any lumps. Mix in the lime juice and season with salt and pepper to taste. Assemble the cups by adding a tablespoon of avocado mix into the cups. Top each with a shrimp and garnish with cilantro leaves. Season with salt and pepper and serve immediately.
Morir Soñando

Carmen Pena, Class of 2014

Ingredients:
- 4 cups orange juice
- 1 cup sugar
- 6 cups whole milk
- 3 cups of ice cubes (may be crushed ice)
- Orange

Directions:
Mix the milk and sugar to taste. Stir until all of the sugar has dissolved. Put the milk in the freezer until it is very cold. Add the ice cubes to the milk and stir. Slowly pour the orange juice into the milk while stirring constantly. Garnish each cup with an orange slice and serve immediately.
Spanish Omelet Tortilla
Shalaya Daniels, Class of 2015

Ingredients:
- 5 potatoes, peeled and sliced
- 1 tablespoon of Parmesan cheese
- 3 ounces of shredded mozzarella cheese
- 5 egg whites already beaten
- Pepper and garlic salt
- 3 whole eggs, beaten
- 5 mushrooms, sliced
- 2 cups of peppers green/red sliced
- 1 small zucchini, sliced
- 1/2 onion, minced
- 1 tablespoon of olive oil or vegetable cooking spray.

Directions:
Preheat the oven to 375°F. Boil potatoes in water until tender. Spray vegetable oil or add oil to a non-stick pan, under medium heat. Sauté the onion until its brown; add vegetables and sauté until brown. In a bowl mix and beat the eggs, egg whites, pepper, garlic salt, and mozzarella cheese. Then stir these things into the cooked vegetable Spray or oil the pan, or skillet. Bring over the potatoes, egg whites and eggs mixture to the pan. Spread the Parmesan cheese and bake the omelet for about 20-30 minutes.
ETHIOPIA

Fasolia.................................................................27

Doro Wot...............................................................28-29
Fasolia
Senait Mulu, Class of 2014

Ingredients:
- 1 pound of string beans
- 1 medium sized bag of carrots
- 1 1/2 onions
- Oil
- 1 can of boiled tomatoes

Directions:
Chop carrots into long slices (about finger length). Fry carrots and string beans in a pan with oil until tender. In a separate pan add chopped onions and a little oil and fry until lightly brown. Dice tomatoes and add it to the pan with onions and simmer until warm. Put the cooked carrots and string beans into a bowl and pour tomato and onion mixture over it. Serve with engera (Ethiopian bread, can be found in local supermarkets or Indian stores).
Doro Wot
Senait Mulu, Class of 2014

Ingredients:
- 7 chopped onions
- Oil
- 1 can of tomato sauce
- Berbere (powdered red pepper)
- 2 whole chickens (skinless)
- 5 lemons
- 10 tablespoons salt
- 12 eggs
- 1 cup water

Directions:
Cut up chicken by dividing the legs, thighs, wings, breasts, and excess meat. Put chicken pieces into a bowl full of water and add 2 tablespoons of salt and 1 lemon that is chopped into four pieces. Wash the chicken by hand in the mixture 4 times, starting over with new water, lemon, and salt each time. When you feel chicken is washed enough put it into the fridge in the bowl with salt and lemon. Add chopped onions into a pot with 1 cup of water and cook until onions are well done. Then add enough oil to cover onions and cook for at least 3 minutes.
Next, add enough tomato sauce to cover onions. Put berbere into the pot with the onions and tomatoes. You want to make sure you put more berbere into the pot then you do tomatoes (if you use 1/2 cup of tomato sauce you want to add 1 cup berbere). Berbere is spicy so adjust according to your preference. Let mixture cook for 5-7 minutes; stir frequently. Add 1 cup of water and simmer until it boils. Remove chicken from fridge and rinse it off. Next, add chicken into the pot and cook until chicken is cooked entirely through. In a separate pot, boil eggs. Peel the hard-boiled eggs and put them into the pot with chicken once it is finished cooking. Add 3 tablespoons of salt (adjusting to taste). Serve with engera (Ethiopian bread, can be found in local supermarkets or Indian stores).
GREECE

Baked Fish.................................................................31
Baked Sugar and Spice Shrimp.......................................32
Baklava...............................................................33
Greek Matter Scatter..................................................34
Greek Salad..........................................................35
Moussaka.............................................................36-37
Baked Fish

Heather Renzoni, Class of 1977

Ingredients:
- 1 pound (or more) haddock
- 1 onion, sliced
- 1/2 cup parsley, chopped coarsely
- 2 gloves garlic, sliced
- 1 small can whole tomatoes
- 1/2 cup olive oil
- Pepper

Directions:
Preheat oven to 325°F. Mix onions, parsley, garlic, and tomatoes together. Place in flat baking pan. Place portions of fish on top and sprinkle with pepper. Then pour olive oil over it. Bake slowly for 1 1/2 hours and serve.
Baked Sugar and Spice Shrimp

Heather Renzoni, Class of 1977

Ingredients:
- 1 cup sugar
- 1/2 teaspoon pepper
- 1 large garlic clove, minced
- 1 1/2 teaspoon ginger
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon allspice
- 1/4 teaspoon turmeric
- 2 tablespoons flour
- Vegetable oil
- 24 jumbo shrimp, peeled, deveined, and tail left on
- Juice of 1 lime

Directions:
Preheat oven to 500°F. In a mixing bowl, combine the sugar, spices, and flour. Grease a large baking sheet. Dredge the shrimp (a few at a time) in the sugar-spice mixture and place on baking sheet. Bake until shrimp turns pink and the sugar had caramelized. Turn the shrimp once after 5 minutes and bake 5 more minutes. Place on platter, squeeze lime juice over, and serve immediately.
Baklava
Hannah Andronic, Class of 2014

Ingredients:
- 1 pound filo dough
- 1 pound pecans or walnuts, finely chopped
- 1 teaspoon cinnamon
- 1/2 cup sugar
- 1 pound melted unsalted butter

Ingredients for Syrup:
- 4 cups sugar
- 2 cups water
- Juice of 1 lemon

Directions:
Boil the syrup ingredients above to 228°F and cool. Brush 13 x 9 x 2 inch pan with butter. Place 6 filo sheets in pan brushing each sheet with melted butter. Sprinkle with thin layer of nut mixture and cover with 2 filo sheets, brushing each with butter. Alternate this way until all nut mixture is used reserving 6 layers for the top. Always butter between each sheet. Cut pastry into diamond shapes or triangles. Bake in slow (250°F) oven for 2 hours until lightly brown. Remove from oven. Pour cold syrup over hot pastry. Take rack from oven, place over pan, cover with dishtowel and then a blanket. Let set 2 or 3 days before using.
Greek Matter Scatter

Hannah Andronic, Class of 2014

Ingredients:
- 1/2 oz. ouzo
- 1/2 oz. white crème de cacao
- 1/3 oz. coconut rum

Directions:
Shake with ice and pour into a rock glass or old-fashioned glass. Enjoy!
Greek Salad

Hannah Andronic, Class of 2014

Ingredients:
- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons lemon juice
- 1 clove garlic—minced
- ½ teaspoon dried oregano
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper, and extra for garnish
- 3 tomatoes—cut into wedges
- ¼ red onion—sliced into rings
- ¼ cucumber—sliced into thick half-moons
- ¼ green pepper (capsicum)—julienned
- 4 oz. (120g) feta cheese—cut into small cubes
- 16 kalamata olives
- 6 whole jalapenos for a spicy authentic Greek kick

Directions:
Place the olive oil, lemon juice, garlic, salt, pepper and oregano in a small jar with a screw-top lid and shake to combine. Place the salad ingredients in a large bowl. Pour the dressing over the salad and toss gently to combine just before serving. Garnish the Greek salad with a little freshly ground black pepper and the jalapeño peppers.
Moussaka

Hannah Andronic, Class of 2014

Ingredients:

- 6 tablespoon vegetable oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 pound ground lamb (may substitute with any meat as long as its ground)
- 1/2 cup red wine
- 1 tablespoon tomato paste
- 1 (15-ounce) can crushed tomatoes in thick puree
- 1 bay leaf
- 1 (3-inch) cinnamon stick
- 1/8 teaspoon ground allspice Salt
- Freshly-ground pepper
- 1 eggplant (about 1 pound), peeled and cut crosswise into 1/4-inch slices
- 4 ounces Neufchatel or cheese
- 1/4 cup soy milk or 2-percent milk
- 1/4 cup grated Parmesan cheese
Directions:
Preheat the broiler. In a large nonstick skillet, heat 1 tablespoon of the oil over medium heat. Add the onion and garlic, cook until starting to soften, about 3 minutes. Add the lamb and cook until the meat loses its pink color, about 2 minutes. Stir in the wine, tomato paste, tomatoes, bay leaf, cinnamon, allspice, 1/2-teaspoon salt, and 1/4 teaspoon pepper. Heat to boiling. Reduce the heat. Simmer, covered, for 10 minutes. Brush both sides of the eggplant slices with the remaining 5 tablespoons oil and sprinkle lightly with salt and pepper. Place the eggplant slices on a large baking sheet and broil, 6 inches from the heat, until browned, about 5 minutes. Turn and broil until browned on the other side, about 5 minutes longer. In a small saucepan, combine the cream cheese, milk, 1/8-teaspoon salt, and a pinch of pepper. Warm over low heat until just melted. Oil a 2-quart baking dish. Layer half the eggplant in the dish, half the meat sauce. Sprinkle with half the Parmesan. Repeat with the remaining eggplant, meat sauce, and Parmesan. Spoon the cream-cheese sauce on top, broil until just starting to brown, 1 to 2 minutes.
HAITI

Baked Macaroni and Cheese........................................39
Fried Bananas........................................................................40
Fried Pork........................................................................41
Joumou Soup.......................................................................42-43
Mushroom Rice.....................................................................44
Baked Macaroni and Cheese

Merveline Chery, Class of 2014

Ingredients:
- 16 oz. cheese sauce
- 12 oz. of carnation milk
- 2 teaspoons of garlic powder
- 8 oz. cook ziti (any pasta of choice)
- Onion, diced (optional)
- Green pepper, diced (optional)
- Salt (optional)
- 3 tablespoons of tomato paste
- Parmesan cheese

Directions:
In large mixing bowl combine all of the ingredients and mix well. Pour the mixture into a casserole dish and sprinkle Parmesan cheese on top. Then bake at 325°F for 15 to 25 minutes or until bubbling and surface is golden brown.
Fried Bananas

Merveline Chery, Class of 2014

Ingredients:

- 3 Very ripe bananas
- 1 tablespoon flour
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon vanilla extract
- 1 tablespoon sugar
- 1/8 teaspoon baking soda
- Sugar for topping (optional)
- Oil

Directions:

Slice each banana in half. Mix bananas, flour, sugar, vanilla, and cinnamon in medium size bowl. Place spoonful of batter in very hot oil and fry until golden brown. Sprinkle with sugar.
Fried Pork

Merveline Chery, Class of 2014

Ingredients:
- 3 pounds shoulder of pork, cut into 1 to 2 inch cubes
- 1/2 cup of chopped shallots
- 1 cup of bitter orange juice
- 1/2 cup of vegetable oil
- Salt, pepper, and hot pepper to taste
- 1 teaspoon thyme
- 1 chopped large onion

Directions:
Put all ingredients except the oil in a large pot and marinate overnight in the refrigerator. Place the marinated pork on the stove, add water to cover all ingredients and boil on medium heat for 45 minutes. Once cooked, drain the mixture, add oil and fry the pork in the pot until brown and crusty on the outside but tender on the inside. As another option, bake in the oven in large baking pan until tender.
Joumou Soup

Merveline Chery, Class of 2014

Ingredients:

- 1 pound cubed beef stew meat
- 1 pound chicken
- 1 package frozen squash
- 1 boniata
- 1 package spinach
- 1 malanga
- 2 onions-sliced
- 3 large carrots
- 6 medium potatoes
- 1/4 pound spaghetti, noodles or pasta
- 3 tablespoon seasoned salt
- 2 limes cut in half
- 2 teaspoon thyme
- 2 teaspoon parsley
- 1/2 cup scallions
- Salt, pepper, and hot pepper to taste
Directions:
Clean the meat with hot water and lemon and set aside in a bowl. Add seasoning salt and set aside for 2 hours. Boil meat in a stockpot with 3 quarts of water until tender (about 1 1/2 - 2 hours). Add more additional water if necessary and then add the remaining ingredients (except noodles). Cook for 20 minutes and add then noodles and let them cook and serve.
Mushroom Rice

Merveline Chery, Class of 2014

Ingredients:

- 2 cups of long grain rice
- 1 cup dried black mushrooms
- 4 cups of water
- 2 chopped cloves of garlic
- 1 small onion finely chopped
- 1 tablespoon of oil
- Salt and pepper to taste

Directions:

Soak mushrooms in water overnight in a bowl. Heat oil and fry onions and garlic cloves in a medium pot. Discard mushrooms and mix the water with onions and garlic. Add rice when water comes to a boil and simmer when it has dried.
ITALY

Baked Stuff Ziti.................................................................46
Bruschetta.................................................................47
Chicken Alfredo..............................................................48
Chocolate Spice Cookies ..................................................49-50
Eggplant Lasagna.............................................................51
Italian Cold Cut Calzone..................................................52
Shrimp Scampi.................................................................53
Spinach and Artichoke Dip..................................................54
Baked Stuffed Ziti

Emily McNulty, Class of 2015

Ingredients:
- 1 pound ziti
- 3-4 cups tomato sauce
- 1 15 oz. container ricotta cheese
- 2 cups shredded mozzarella cheese
- 1/2 cup grated romano cheese
- 1 teaspoon minced garlic
- 1 egg
- 1 teaspoon parsley
- Salt and Pepper to taste

Directions:
Preheat oven to 350°F. Cook pasta by following directions on box. Combine ricotta cheese and all of the other ingredients listed. Then add cooked pasta, cheese mixture, and two cups of sauce and mix. In a 9 x 12 baking pan, coat the bottom with sauce. Pour mixture into pan and cover with additional sauce. Sprinkle the top with a small amount of Mozzarella Cheese. Bake for 30 minutes in oven. Let cool for 10 minutes and enjoy!
Bruschetta

Emily McNulty, Class of 2015

Ingredients:
- 1 baguette (French bread)
- 8 large tomatoes
- 1 small onion
- Fresh basil
- Salt
- Feta Cheese
- Olive Oil

Directions:
Slice baguette on an angle so that each slice is about 1/2 thick. Align slice on a baking sheet and drizzle with olive oil. Mince onions and cut tomatoes into fourths and then dice it. Combine vegetables into a bowl with sliced basil leaves, a pinch of salt and pepper, and a handful of feta cheese. Add 2 tablespoons of the mixture onto each baguette slice and put in the oven under low broil. Let them cook until the cheese appears to be melted and the bread is toasted.
Chicken Alfredo

Merveline Chery, Class of 2013

Ingredients:
- 2 pounds boneless chicken breasts
- 4 Tablespoons oil
- 1/4 cup butter
- 1/2 cup Parmesan cheese, grated
- 3/4 cup heavy cream
- Salt and pepper, to taste
- 1 pound fettuccine

Directions:
Heat oil in a 10 inch skillet. Cut chicken breast into small strips, add salt and pepper. Cook on medium heat until cooked through. In a saucepan, melt the butter, then add the cream and Parmesan cheese. Cook over low heat, stirring constantly. Do not boil. Mix chicken and Alfredo sauce together. Cook fettuccine in 3 quarts boiling water. Drain, pour sauce and chicken over noodles.
Chocolate Spice Cookies

Emily McNulty, Class of 2012

Ingredients for Cookies:

- 1 cup sugar
- 1 cup milk
- 1 egg
- 1/2 cup Crisco
- 1/4 teaspoon salt
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon each: clove, nutmeg, cinnamon, and vanilla extract
- 6 teaspoons unsweetened cocoa
- 4 cups flour
- 1/4 cup chocolate chips (adjust to preference)
- 1/4 cup chopped walnuts (adjust to preference)

Ingredients for Frosting:

- 1 cup confectionary sugar
- 1/2 teaspoon vanilla extract
- 1 tablespoon unsweetened cocoa
- 1/4 teaspoon each: clove, nutmeg, cinnamon, and vanilla extract
- 1 tablespoon milk (more or less depending on your desired texture)
Directions for Cookies:
Preheat oven to 350°F. Combine all of the ingredients (except nuts and chocolate chips) in a large bowl and mix with an electric mixer at medium speed until batter is smooth. Stir in chocolate chips and nuts and make sure they are evenly distributed throughout the batter. Drop by tablespoon onto an ungreased cookie sheet making sure they are 2 inches apart. Bake in oven for 8-10 minutes and let cool.

Directions for Frosting:
Combine all of the frosting ingredients into a bowl and mix to desired consistency (a little thick is recommended). Dip the top of each cookie into frosting and apply toppings immediately (frosting dries quickly).

Suggested Toppings:
- Sprinkles
- Chopped walnuts
- Coconut flakes
- Mini chocolate chips
- Chocolate Jimmies
Eggplant Lasagna

Shalaya Daniels, Class of 2015

Ingredients:

- 1 teaspoon of olive oil
- 1 sliced onion
- 1 clove garlic
- 1 sliced tomato
- 1 crushed canned tomatoes
- 1 half teaspoon of dried basil
- 1 eggplant, thinly sliced
- 1 half teaspoon of dried oregano
- 1/4 teaspoon of salt
- 8 ounces of shredded mozzarella cheese

Directions:

Preheat oven to 425°F. Heat olive oil in a nonstick skillet pan and sauté onions in pan until tender for 2-3 minutes. Transfer this to a baking dish. Sauté garlic for about a minute and then add crushed tomato, oregano, salt, and basil and cook over medium heat for 10 minutes. Spread this mixture over the onion layer. Add eggplant and then a layer of tomato. Sprinkle 1/3 of mozzarella cheese on top. Reap the last two steps until all of your ingredients are gone, but make sure to end the top layer with cheese. Place aluminum foils on top and into the oven for about 25 minutes, or until vegetables are tender. Uncover and bake for about 10-15 minutes without the aluminum foil, or until cheese lightly browned.
Italian Cold Cut Calzone

Emily McNulty, Class of 2015

Ingredients:

- 18.5 oz. frozen pizza dough (thawed)
- 1/2 pound mortadella
- 1/4 pound ham
- 1/4 pound salami
- 1/4 – 1/2 pound provolone cheese
- 1/4 cup of shredded mozzarella cheese
- 1 egg for an “egg wash”

Directions:

Preheat the oven to 350°F. Using room temperature pizza dough and a surface with flour on it, stretch out the dough so it is approximately 17x11. Place the mortadella slices all over the dough – right up to the very edges. Then place the hot ham slices on top of the mortadella, then the tomatoes, then provolone cheese, then salami. Sprinkle it with mozzarella cheese. Fold the sides into the middle and press together so you don’t have an open seam. Turn the calzone over and place on a floured 17x11 cookie sheet. Brush with an egg wash (beat an egg and add a little water to the egg and you have a wash.) Make a few cuts in the dough to let out the steam while it is cooking. Bake for 20-25 minutes or until brown on the top. Let cool for at least 5 minutes before serving.
Shrimp Scampi

Emily McNulty, Class of 2015

Ingredients:

- 1 pound linguini
- 1 small diced onion
- 2 tablespoons minced garlic
- Fresh parsley
- Grated romano cheese
- 1 pound shrimp
- Olive Oil
- Salt and Pepper

Directions:
Place a stick of butter in a fry pan and melt over medium heat. Add 2 tablespoons of olive oil, diced onions, and minced garlic in the butter mixture until wilted. This should take 4-5 minutes. Add cleaned, deveined shrimp and cook for 5 minutes or until shrimp are tender. While this is cooking, cook your linguini according to directions on box. Add the drained cooked pasta to the shrimp mixture with chopped fresh parsley and 1/4 cup grated romano cheese; toss well. Add salt and pepper for taste. Cook for 2-3 minutes and serve.
Spinach and Artichoke Dip

Natali Tene, Class of 2015

Ingredients:

- 1, 8 ounce package of cream cheese, softened
- 1 can artichoke hearts, drained, quartered, chopped
- 1 package frozen chopped spinach, thawed, drained
- 1/4 cup mayonnaise
- 1/2 cup fresh mozzarella cheese, grated
- 1 cup shredded Italian cheese blend
- 1 clove garlic, minced
- 1/2 teaspoon dried basil
- Salt and pepper to taste

Directions:

Preheat oven to 350°F. Butter a baking dish and set aside. In a large bowl combine cream cheese, mayonnaise, garlic, basil, salt and pepper until well combined. Next, add about half of the mozzarella and Italian cheese blend, reserving some cheese to sprinkle on top of the mixture later. Once combined, add the thawed and drained spinach and chopped artichoke hearts and gently fold them into the mixture. Transfer the mixture to the prepared baking dish and spread it out evenly. Sprinkle the remaining cheese on top. Then place in the oven for 20-30 minutes or until the top is golden brown and bubbly. Let cool slightly and serve warm with pita chips, tortilla chips, or your favorite bread.
JAMACIA

Curry Chicken...............................................................56
Curry Shrimp...............................................................57
Jamaican Jerk Chicken....................................................58
Oxtails...........................................................................59-60
Stew Chicken.................................................................61-61
Curry Chicken

Sanika Forsythe, Class of 2014

Ingredients:
- 1/2 chicken (cleaned with skin removed)
- 4 stems fresh thyme
- 1 onion
- 1 tablespoon curry
- 2 cloves garlic
- 1 teaspoon all purpose seasoning
- 1 teaspoon pepper
- 1 teaspoon chicken seasoning
- 3 white potatoes (peeled, cut in cubes)
- 1 lemon
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 2 cups water

Directions:
Wash chicken with lemon and cut into bite size pieces. Next, season chicken with all of the dry ingredients. Chop all of the herbs and add to chicken (use hands to rub in seasonings and let sit in refrigerator for 30 minutes). Place chicken, water, and oil in a pot, stir, and cook on high until it comes to a boil. Then stir and lower heat until chicken is almost cooked. Add potatoes and butter. Then cook until water is reduced and potatoes are tender. Serve over steamed rice.
Curry Shrimp

Merveline Chery, Class of 2014

Ingredients:
- 2 pounds fresh shrimps
- 1.25 fluid oz. oil
- 2 onions, chopped
- 1/4 shin of a scotch bonnet pepper, finely chopped up
- 2 cloves garlic, chopped
- 2 tablespoons curry powder
- 1 tomato, chopped
- 1/2 sweet pepper, chopped
- 1/4 teaspoon salt and pepper
- 1 1/2 cups water

Directions:
Peel and devein shrimp if necessary. Heat oil and add the curry powder and continue to fry for 2 minutes. Then add the tomatoes, sweet peppers, salt, pepper and other seasonings. Add water and bring to a boil, then reduce. Add shrimp and heat and simmer for 10 minutes or until shrimp is cooked.
Best served with white rice.
Jamaican Jerk Chicken

Merveline Chery, Class of 2014

Ingredients:
- 1 medium sized chicken
- 1 heaping tablespoon Walkers Wood jerk seasoning or equivalent brand
- 1 tablespoon of olive oil (any vegetable oil can be substituted)
- 3 tablespoons soy sauce
- 1/2 teaspoon ginger powder 1/2 teaspoon vinegar
- 1/2 teaspoon ground allspice
- 1/2 teaspoon garlic powder

Directions:
Wash the chicken and cut into small pieces. Drain all water from the chicken and place into a shallow bowl. Mix the remaining ingredients together and pour over the chicken. Work the seasoning mixture into the chicken. Make sure the chicken pieces are covered with the marinade. Marinate for at least 1 hour, preferably over night. Grill the chicken on the grill for about 30 minutes, or until cooked, turning frequently. Baste with the remaining marinade and serve.
Oxtails

Merveline Chery, Class of 2014

Ingredients:

- 3 pounds oxtails with separated joints
- Salt and pepper
- Olive oil
- 1 medium yellow onion, chopped
- 1 celery rib, chopped
- 1 large carrot, chopped
- 2 cups stock (chicken or beef)
- 2 cups of red wine
- 3 whole cloves garlic, peel still on
- 1 bay leaf
- Pinch of thyme
- Parsley
- 2 carrots, cut into 1-inch segments, large pieces also cut lengthwise
- 2 parsnips, cut into 1-inch segments, large pieces also cut lengthwise
- 2 turnips, cut into 1-inch pieces
- Olive oil
Directions:
Preheat oven to 350°F. Pat dry oxtails with paper towels. Sprinkle oxtails all over with salt and pepper. Heat 1 tablespoon of olive oil on medium to medium high heat in a 6-quart Dutch oven. Working in batches, and not crowding the pan, sear the oxtails in hot pan on all sides until golden brown. Use tongs to remove oxtails to a plate, setting aside. Add the chopped onion, carrot, and celery to the pan. Cook for a few minutes until onions are translucent. Add the oxtails back to the pan. Add the whole garlic cloves, the stock and wine. Add bay leaf, thyme, and half a teaspoon of salt. Bring to simmer. Reduce heat to low. Cover and cook for 3 hours, until meat is fork tender. One hour before the meat is done, heat oven on 350°F. Toss carrots, parsnips, and turnips in olive oil in a roasting pan. Sprinkle well with salt and pepper. Roast vegetables for 1 hour, or until lightly browned and cooked through. When meat is tender, remove oxtails from the cooking liquid. Either skim the fat off the top with a spoon, use a fat separator to remove the fat, or chill the cooking liquid for several hours so that the fat solidifies, making it easier to remove. If you are making ahead, at this point you can just put the stew in the refrigerator (let come to room temp first), with the oxtails still in it, and let it chill over night. The next day, scrape off the fat, reheat and then remove the meat from the dish. Pour the cooking liquid through a mesh strainer into a bowl, using a rubber spatula to press against the vegetable solids caught in the strainer. Discard the solids. Return the liquid to the pan and simmer until reduced by half. Then add back in the oxtails, and add the roasted vegetables to the pan. Heat on low heat for half an hour for the flavors to meld. Add some chopped parsley before serving.
Stew Chicken

Shalaya Daniels, Class of 2015

Ingredients:

- 10 pounds of chicken
- 3 cubes of Maggie seasonings
- 3 teaspoons of Gravy Master
- 2 cloves of fresh garlic
- 1 onion
- 4 whole carrots
- 2 teaspoons of sugar
- 2 teaspoons of oil
- 3 teaspoons of salt

Directions:

Remove the skin from the chicken. Soak the chicken in salt and cold Walter. Make sure there is enough water to cover the chicken. Let the chicken soak for about 15 minutes. After 15 minutes rinse the chicken and dump the water out. Slice the carrots. You can cut them in whatever shape you’d like. Chop up your onion. Put the chicken in a bowl. Add the Maggie cubes, Gravy master, garlic, onion, and carrots. After you add these ingredients to the chicken mix everything
together, so that it all gets absorbed. Place your stewing pot on the stove under medium heat. Add the oil and sugar to the pot. Make sure the oil gets all around the pot. When the oil and sugar starts browning, add the chicken and the ingredients mixed with the chicken to the pot. After your chicken is placed in the pot, add 4 cups of water and let the chicken simmer for approximately 30 minutes or until chicken is tender.
JAPAN

Okonomiyaki.........................................................64-65
Onigiri.................................................................66
Oyakodon.............................................................67
Okonomiyaki

Mizuki Yoshida, Class of 2013

Ingredients for Okonomiyaki:

- 4 cups cabbage
- 2 cups flour
- 2 1/3 cups water
- 4 eggs
- 2 teaspoons dashi powder (Fish instant bouillon or chicken stock powder)
- Okonomi Sauce or Tonkatsu Sauce (You can buy it at Asian super market)
- 2 teaspoons oil

Other Ingredients (Optional):

- About 6-8 short-cut bacon rashers (on thinly cut pork)
- 1 tablespoon beni-shouga (pickled ginger) chopped finely
- 1 large scallion sliced thinly
- Japanese mayonnaise
- 10g Katsuobushi
- Ao-nori
Directions:
Cut cabbage finely into strips. After slicing, bruise it by squeezing in your hands (this also helps soften it). Mix flour, water, and eggs in a large mixing bowl. Mix in dashi, pickled ginger, and some scallion. Add cabbage and combine well. Heat a little oil in a pan. Next, spoon the cabbage into pan to make a circle about 9in across and 3/4 inch thick. Make sure there’s enough batter to hold it together. Neaten the edges by using a spatula to push in the edges and any cabbage or batter that's sticking out. Place thinly sliced pork on top (or bacon). Cook over med-low heat about 5 minutes. Flip and then cook another 3-5 min. When cooked through, turn onto a plate, meat side UP. Spread sauce generously on top. Decorate with Mayonnaise, Katsuobushi, and Ao-nori.
Onigiri

Emily McNulty, Class of 2015

Ingredients:
- 4 cups uncooked short-grain white rice
- 4 1/2 cups water
- 1 cup water
- 1/4 teaspoon salt
- 1/4 cup bonito shavings (dry fish flakes)
- 2 sheets nori (dry seaweed), cut into 1/2-inch strips
- 2 tablespoons sesame seeds

Directions:
Wash the rice in a mesh strainer until the water runs clear. Combine washed rice and 4 1/2 cups water in a saucepan. Bring to a boil over high heat, stirring occasionally. Reduce heat to low; cover. Simmer rice until the water is absorbed, 15 to 20 minutes. Let rice rest, for 15 minutes to allow the rice to continue to steam and become tender. Allow cooked rice to cool. Combine 1 cup water with the salt in a small bowl. Use this water to dampen hands before handling the rice. Divide the cooked rice into 8 equal portions. Use one portion of rice for each onigiri. Divide one portion of rice in two. Create a dimple in the rice and fill with a heaping teaspoon of bonito flakes. Cover with the remaining portion of rice and press lightly to enclose filling inside rice ball. Gently press the rice to shape into a triangle. Wrap shaped onigiri with a strip of nori. Sprinkle with sesame seeds.
Oyakodon

Emily McNulty, Class of 2015

Ingredients:
- 4 cups steamed rice
- 3/4 pound of chicken thighs or chicken breasts, cut into bite-size pieces
- 1 onion, thinly sliced
- 1 2/3 cups dashi soup stock
- 7 tablespoons soy sauce
- 4 tablespoons mirin
- 3 tablespoons sugar
- 4 eggs

Directions:
Put dashi soup stock in a large skillet and put on medium heat. Add soy sauce, mirin, and sugar in the soup. Put chicken in and simmer on low heat for a few minutes. Add onion slices and simmer for a few more minutes. Lightly beat eggs in a bowl. Bring the soup to a boil, and pour the eggs over chicken and onion. Turn the heat down to low and cover with a lid. After about one minute, turn off the heat and place steamed rice into individual deep bowls. Then pour simmered chicken and egg on top of the rice and enjoy!
JEWISH

Chicken Soup ................................................................. 69

Potato Latkes ................................................................. 70
Chicken Soup

Frieda Haimoff, Class of 1993

Ingredients:
- 2 chicken breasts and wings
- Kosher salt
- 8-10 cups of water
- 1 package of Soup Green Mix
- Fine Noodles

Directions:
Measure cups of water into a large pot (depends on serving), generally 8-10. Next, bring water to a rapid boil. Meanwhile sprinkle chicken with salt and let stand. Clean and scrape all vegetables from soup mix and let them stand in water. Then rinse chicken, drop into boiling water. Skim off top with slotted spoon. After about 10 minutes to 20 minutes, add soup mix greens (carrots, onion, parsley, dill, turnip, root parsley, etc.). Cook until chicken is tender. Cook fine noodles separately according to package directions and combine.
Potato Latkes

Emily McNulty, Class of 2015

Ingredients:
- 1 large baking potato (about 10 oz.)
- 1 1/2 tablespoons chopped scallions
- 1/4 cup flour
- 1 egg
- 1/2 teaspoon baking powder
- Salt and pepper
- Oil

Directions:
Grate the potatoes into very thin slices by using a cheese grater; discard any large pieces. Transfer the potatoes to a clean dishtowel and squeeze out any excess liquid, then transfer to a large bowl. Stir in scallions, flour, egg, 3/4 teaspoon salt, 1/4 teaspoon pepper, and the baking powder. In a medium skillet, heat 1/4 inch oil over medium-high heat until hot but not smoking. Put in 3-4 batches (1 tablespoon of batter each) into the pan about 2 inches apart. Using a spatula, flatten the batter into disks. Cook, turning once, until browned and crisp. Drain on paper towels and serve.
MEXICO

Cinco de Mayo Guacamole.................................................72
Chili..................................................................................73
Cinco de Mayo Guacamole

Judy Jarvis Ellis, Class of 1964

Ingredients:
- 2 California avocados
- 3 tablespoons fresh lemon juice
- 3 tablespoons chopped tomato
- 2 tablespoons chopped yellow bell pepper
- 1/2 teaspoon salt
- 2 tablespoons minced cilantro
- Jalapeno pepper, minced
- Cheddar or jack cheese for garnish
- Tortilla chips and/or vegetable crudités

Directions:
Cut the avocados in half and remove the seeds. Next, scoop out the pulp and place in a bowl. Drizzle the pulp with lemon juice and mash, leaving some chunks. Mix well with remaining ingredients. Add jalapeno to taste and garnish with cheese.
Chili

Emily McNulty, Class of 2015

Ingredients:

- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 1/2 tablespoons chili powder
- 1 clove garlic, minced
- 4 teaspoons finely chopped jalapeno Chile peppers
- 1 (29 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (16 ounce) can chili beans, undrained
- Salt and pepper to taste

Directions:

In a large saucepan over medium high heat combine the ground beef, onion and bell peppers; sauté everything for about 5 minutes (or until beef is browned). Drain excess fat. Add the chili powder, garlic, chile peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans, heat through, and serve.
PAKISTAN

Lamb Korma.................................................................75-76

Rasmalai.................................................................77
Lamb Korma

Emily McNulty, Class of 2015

Ingredients:
- 1 pound boneless lamb, cut into 3cm cubes
- 1 medium onion, chopped
- 2 teaspoons fresh ginger, grated
- 3 garlic cloves, roughly chopped
- 1 tablespoon coriander seed
- 2 teaspoons ground cumin
- 1 teaspoon cardamom pod
- 1/2 teaspoon salt
- 1 teaspoon chili flakes, depending on taste (less (or more)
- 2 tablespoons ghee
- 1 medium onion, extra, sliced
- 2 tablespoons tomato paste
- 1/2 cup yoghurt

Directions:
Put the onion, ginger, garlic, coriander seeds, cumin, cardamom, salt and chili flakes into a food processor and process until a smooth paste forms (or use a mortar and pestle). Add the spice mix to the lamb and stir well to coat. Set aside for 1 hour. Heat ghee in a large pan or wok. Add the extra onions and cook,
stirring over moderate heat until the onions soften. Add the lamb and cook for 8 to 10 minutes, stirring constantly, until the lamb cubes are browned all over. Add the tomato paste and 2 tablespoons of the yoghurt and stir until combined. Simmer uncovered until the liquid is absorbed. Add the remaining yoghurt, 2 tablespoons at a time, stirring between each addition until the liquid is absorbed. Cover the pan and simmer over a low heat for 30 minutes, stirring occasionally. Serve with rice, raitas, and relishes.
Rasmalai

Heba Khurram, Class of 2014

Ingredients for the pieces:
- 1 1/2 cups milk powder
- 1 egg

Ingredients for the liquid base:
- 4 cups whole cream milk
- 1/2 tin sweetened condensed milk
- 3 crushed cardamom

Directions:
Mix the egg and the milk powder together to form a thick, sticky dough-like mass. Divide into lemon sized balls and flatten gently on palms. If too sticky, dampen palms. Lay these flattened pieces without overlapping, on a tray. Heat a wide bottomed pan and bring the milk to boil. Once it starts boiling, bring the heat to simmer and gently, very gently, add the milk powder-egg discs to this. Be careful to give the discs enough space from each other in the liquid, they will expand a bit when they start cooking. After about 10 minutes, add the crushed cardamom and let it cook for another 10 minutes. When the pieces have expanded considerably and seem soft and cooked through (open them a little to check) and remove from fire. Add the condensed milk when still hot and mix gently. Adjust amount according to sweetness required. Chill before serving.
PORTUGAL

Kale and Potato Soup..................................................79-80
Portuguese Chourico and Peppers.............................81
Raivas............................................................................82
Kale and Potato Soup

Emily McNulty, Class of 2015

Ingredients:
- 1 cup Chorizo sausage
- 3 large russet potatoes, peeled
- 5 cups of kale (stalks removed), chopped
- 1 quart chicken broth
- 3 cups water
- 1 pinch kosher salt
- 1 pinch pepper
- 3 tablespoons olive oil
- 1 cup white onion, chopped
- 3 garlic gloves, minced

Directions:
Cut the chorizo sausage into chunks. Then dice 2-peeled potato into large chunks and 1 potato into small pieces. In a skillet, cook chorizo sausage over medium heat until well browned. Remove from the skillet, drain on paper towels and set aside. Place a large heavy bottom pot over a medium heat. Add the olive oil, garlic and onions and season with kosher salt and pepper, stir, and sauté for about 5 minutes. Pour in the chicken broth, kale and 2-diced potato chunks. Cover the pot and cook for about 15 to 20 minutes until potatoes are soft.
Mash potatoes up and then add 3 cups water, season with kosher salt and black pepper. Then add the previously cooked chorizo and small-diced potatoes. Stir to mix and cook for another 15 minutes. Taste the soup and adjust the seasonings if needed. Ladle the soup into soup bowls, drizzle with olive oil and serve hot.
Portuguese Chourico and Peppers
Shanese Simmons, Class of 2015

Ingredients:
- 2 pounds chorizo sausage, casings removed and crumbled
- 2 green bell peppers, seeded and chopped
- 2 sweet onion, peeled and chopped
- 1 (6 ounce) can tomato paste
- 1 cup red wine
- 1 cup water
- 2 tablespoons crushed garlic

Directions:
In a slow cooker, combine the sausage, green pepper, onion, tomato paste, wine, water, and crushed garlic. Stir so that everything is mixed well. Cover and set on Low. Cook for 8 hours. Uncover the pot and cook an additional 2 hours to allow some of the liquid to evaporate. Serve over rice or with Portuguese rolls.
Raivas

Emily McNulty, Class of 2015

Ingredients:
- 2 cups flour
- 1 teaspoon cinnamon (more to taste if desired)
- 1/4 cup sugar
- 5 tablespoons sweet, unsalted butter
- 3 large eggs

Directions:
Preheat oven to 350°F. Cream the flour and sugar until light and fluffy. Whisk the flour and cinnamon together. Beat the eggs into the butter sugar mixture. Add the flour to the butter mixture gradually, mixing well after each addition. Turn dough onto a floured surface, and knead once or twice until smooth. Do not over handle this dough, or it will be tough. Form dough into a log and divide into 6 equal pieces. Divide each of these into four pieces, one piece for each cookie. Line baking sheets with parchment, then roll each piece of cookie dough into a long thin snake on the floured surface. Join it into a circle, and set it on the covered cookie sheet. Then push the sides of the circle into the middle, making squiggly shapes. Bake six to a sheet, for 12 to 15 minutes. Remove to a cooling rack.
United States of America

Bread pudding with Bourbon Sauce.......................... 84-85
Chilled Strawberry Riesling Soup............................. 86
Coconut Muffins....................................................... 87
Eggnog................................................................. 88
Hawaiian Poke........................................................ 89
Pineapple Shrimp Appetizer....................................... 90
Shrimp Gumbo......................................................... 91-92
Southern Banana Pudding......................................... 93
Bread Pudding with Bourbon Sauce

Dr. Jervette Ward, Assistant Professor of English

Ingredients for bread pudding:
- 10 slices of bread
- 5 eggs
- 12 ounces evaporated milk or 14 ounces condensed milk
- 1/2 cup milk
- 1 stick of butter
- 2 cups sugar
- 1 teaspoon vanilla extract
- Sprinkle of ground cinnamon

Ingredients for Bourbon Sauce:
- 1 egg yolk
- 1 stick of butter
- 1 cup dark brown sugar
- 1 tablespoon vanilla extract
- 1 cup Bourbon
Directions for Bread Pudding:
Preheat oven to 375°F. Tear bread into small pieces and place in greased baking dish (3 quart glass casserole dish or 13x9 inch baking pan). Combine remaining ingredients except cinnamon. Pour mixture evenly over bread. Sprinkle with cinnamon. Bake until firm (approximately 25 minutes).

Directions for Bourbon Sauce:
Mix eggs, butter, and sugar until light and fluffy. Add vanilla and 1/2 cup of Bourbon. In top of double boiler, cook mixture until 165°F while beating constantly (DO NOT curdle eggs). Remove from heat and strain. In a bowl, slowly add remaining bourbon. Serve Bread Pudding and Bourbon Sauce warm.
Chilled Strawberry Riesling Soup

Lauren M. Smith, Class of 1990

Ingredients:
- 3 pints fresh strawberries, hulled
- 1 cup apple strawberry juice
- 2 1/2 cups sweet Riesling wine
- 1 tablespoon sugar
- Sour cream

Directions:
In a food processor, puree 2 pints of fresh strawberries, apple strawberry juice, sweet Riesling wine, and sugar until smooth. Then chill the mixture for 20-30 minutes, or until very cold. Next, slice and add 1-pint fresh strawberries just before serving. To serve as an appetizer, garnish with a dollop of sour cream.
Coconut Muffins

Heather Renzoni, Class of 1977

Ingredients:
- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 cup flaked coconut
- 2 large eggs, beaten lightly
- 1/2 stick butter, melted and cooled
- 8 ounces plain yogurt
- 1 teaspoon coconut extract

Directions:
Preheat oven to 375°F. In a mixing bowl, sift together flour, sugar, and baking powder; stir in coconut. In another bowl, stir the eggs, butter, yogurt, and coconut extract until well blended. Next, stir egg mixture into flour mixture until they are combined. Mixture will be lumpy. Divide batter into 12 buttered muffin tins. Bake for 25-30 minutes.
Eggnog

Dr. Michelle Cromwell, Associate Professor of Social and Political Systems

Introduction:
- 4 eggs
- 1 tin condensed milk
- 1 tin evaporated milk
- 2 cup 100% proof rum
- 1 tablespoon cinnamon
- 1 tablespoon nutmeg
- 50 dashes Agostura Bitters
- 1/2 cup boiling Irish Cream
- 1/2 cup Kalua (or any coffee liquor)

Directions:
Beat egg in blender until fluffy. Add evaporated milk and beat. Then add condensed milk and beat. Add spices and Agostura Bitters and beat for 1 minute. Add Irish Cream and Kalua, mix, and serve.
Hawaiian Poke

Betsy Van Orsdel Moulds, Class of 1964

Ingredients:
- 8 oz. sushi grade yellowfin (ahi) tuna, sliced into bite-sized pieces
- 1/4 onion, julienned, (I used red, but sweet onions like Maui Onions work great)
- 1 green onion, diced
- 1/8 teaspoon fresh ginger, grated
- 1 garlic cloves, minced
- 2 tablespoons soy sauce, use low sodium if desired
- 1/2 teaspoons sesame oil
- 1 teaspoon sesame seeds, I used black but regular toasted ones work
- Salt to taste

Directions
Combine onion, green onion, ginger, garlic, soy sauce, sesame seeds and oil in a bowl. Add bite-sized pieces of tuna and mix well. Chill the mixture for 15 minutes before serving so flavors can mix. Check for salt before serving, the soy sauce can be pretty salty without needing any additional salt. The raw yellowfin tuna has a really nice firm texture, so be sure to cut it into nice sized bites.
Pineapple Shrimp Appetizer

Dole Keefrider Galvin, Class of 1993

Ingredients:
- 1/2 pound cooked, peeled shrimp, tails removed
- 1 large cucumber, peeled, seeded and diced
- 2 1/2 cups diced pineapple (1/2 from a fresh pineapple)
- 1/4 cup chopped cilantro
- 3 Tablespoons lime juice

Directions:
Chop shrimp and place in a large bowl. Add cucumber, pineapple, cilantro and lime juice and stir to combine. Put in refrigerator for about 30 minutes to let all flavors blend. Spoon about 2 Tablespoons of shrimp mixture into each leaf or cocktail glass and serve. Makes about 32 stuffed leaves.
Shrimp Gumbo

Lauren M. Smith, Class of 1990

Ingredients:

• 1 pound fresh shrimp
• 2 cups sliced fresh okra or 1 (10oz.) pkg. frozen, sliced
• 1/3 cup olive oil
• 2/3 cup green onions, chopped
• 2 cloves garlic, peeled and mashed (or a dash or garlic powder)
• 1 1/2 teaspoons of salt
• 1/2 teaspoon of pepper
• 1 cup hot water
• 1 cup canned tomatoes (large can 28oz) whole
• 2 bay leaves
• 3 drops of Tabasco sauce (or more for hotter taste)
• 1 teaspoon file powder (or more for hotter taste)
• 1 1/2 cups cooked rice
• 1/4 teaspoon of thyme
• 2 red bell peppers, cored and diced
Directions:
Sauté okra and red pepper in oil about 10 minutes stirring constantly. Add onions, salt, pepper, thyme and garlic/garlic powder. Stir and cook for 2-3 minutes. Remove garlic pieces (if used). Add shrimp. Cook about 5 minutes. Add hot water, tomatoes and bay leaves. Cover and simmer for 20 minutes. Remove bay leaves. Add tabasco sauce and file powder. Stir and remove from heat at once. Place hot rice in the bottom of 6 deep soup plates. Top the rice with the Shrimp Gumbo.

Tips:
- To thicken sauce add tomato puree (canned)
- Sausage may be substituted for the olive oil, for increased flavor and higher fat content!
- Any kind of seafood may be used instead or in combination with the shrimp: crabmeat, lobster, oysters, etc.
Southern Banana Pudding

Shalaya Daniels, Class of 2015

Ingredients:
- 1 5-ounce package of instant vanilla pudding
- 2 cups of cold milk / or 1 (14 ounce) can of sweetened condensed milk
- 1 tablespoon of vanilla extract
- 1 (12 ounce) container of whipped topping, thawed
- 1 rack of sliced bananas
- 1 box of vanilla wafer cookies

Directions:
In a large bowl, mix Pudding with milk, or condensed milk (if you like). Blend well until smooth. Stir in vanilla fold in vanilla topping. In a glass bowl or pan layer your wafers, bananas, and pudding mixture on top. Alternate layers of pudding, bananas, and vanilla wafers. Top with remaining whipped topping and a few banana slices. Refrigerate until chilled, before serving.
# Index

Bacalhau ........................................................................................................................... 11
Baked Fish ......................................................................................................................... 31
Baked Macaroni and Cheese ............................................................................................... 39
Baked Stuff Ziti ................................................................................................................... 46
Baked Sugar and Spice Shrimp ............................................................................................ 32
Baklava ............................................................................................................................... 33
Bizcocoho Dominican ....................................................................................................... 15-17
Bolitos de Yuca ................................................................................................................. 18
Bread Pudding with Bourbon Sauce ................................................................................... 84-85
Bruschetta .......................................................................................................................... 47
Caldo de Peixe .................................................................................................................... 12
Camarones con Coco y Jengibre ....................................................................................... 19-20
Chicken Alfredo ............................................................................................................... 48
Chicken Soup ..................................................................................................................... 69
Chili ..................................................................................................................................... 73
Chilled Strawberry Riesling Soup ...................................................................................... 86
Chocolate Spice Cookies .................................................................................................. 49-50
Cinco de Mayo Guacamole ............................................................................................... 72
Coconut Muffins ................................................................................................................ 87
Curry Chicken .................................................................................................................... 56
Curry Shrimp ....................................................................................................................... 57
Doro Wot ............................................................................................................................. 28-29
Eggnog ................................................................................................................................. 88
Eggplant Lasagna .............................................................................................................. 51
Fasolia .................................................................................................................................. 27
Fried Bananas ..................................................................................................................... 40
Fried Pork ............................................................................................................................ 41
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Matter Scatter</td>
<td>34</td>
</tr>
<tr>
<td>Greek Salad</td>
<td>35</td>
</tr>
<tr>
<td>Hawaiian Poke</td>
<td>89</td>
</tr>
<tr>
<td>Joumou Soup</td>
<td>42-43</td>
</tr>
<tr>
<td>Italian Cold Cut Calzone</td>
<td>52</td>
</tr>
<tr>
<td>Jamaican Jerk Chicken</td>
<td>58</td>
</tr>
<tr>
<td>Kale and Potato Soup</td>
<td>79-80</td>
</tr>
<tr>
<td>Lamb Korma</td>
<td>75-76</td>
</tr>
<tr>
<td>Macaroni Salad</td>
<td>21</td>
</tr>
<tr>
<td>Monfonguitos de Aguacate y Camarones</td>
<td>22-23</td>
</tr>
<tr>
<td>Morir Sanando</td>
<td>24</td>
</tr>
<tr>
<td>Moussaka</td>
<td>36-37</td>
</tr>
<tr>
<td>Mushroom Rice</td>
<td>44</td>
</tr>
<tr>
<td>Okonomiyaki</td>
<td>64-65</td>
</tr>
<tr>
<td>Onigiri</td>
<td>66</td>
</tr>
<tr>
<td>Oyakodon</td>
<td>67</td>
</tr>
<tr>
<td>Oxtails</td>
<td>59-60</td>
</tr>
<tr>
<td>Pao de Quejio</td>
<td>8</td>
</tr>
<tr>
<td>Pineapple Shrimp Appetizer</td>
<td>90</td>
</tr>
<tr>
<td>Portuguese Chourico and Peppers</td>
<td>81</td>
</tr>
<tr>
<td>Pork and Black Bean Stew</td>
<td>9</td>
</tr>
<tr>
<td>Potato Latkes</td>
<td>70</td>
</tr>
<tr>
<td>Pudim de Queijo</td>
<td>13</td>
</tr>
<tr>
<td>Raivas</td>
<td>82</td>
</tr>
<tr>
<td>Rasmalai</td>
<td>77</td>
</tr>
<tr>
<td>Shrimp Gumbo</td>
<td>91-92</td>
</tr>
<tr>
<td>Shrimp Scampi</td>
<td>53</td>
</tr>
<tr>
<td>Southern Banana Pudding</td>
<td>93</td>
</tr>
<tr>
<td>Spanish Omelet Tortilla</td>
<td>25</td>
</tr>
<tr>
<td>Spinach and Artichoke Dip</td>
<td>54</td>
</tr>
<tr>
<td>Stew Chicken</td>
<td>61-62</td>
</tr>
</tbody>
</table>
Hungry Hungry Gator Cookbook Launch Party

- $2 Entrance Fee
- Cookbook will be sold for $5 at Launch Party
- All proceeds go to the Red Cross

December 7
12-2pm
Student Campus Center

- LIVE COOKING DEMONSTRATIONS
- AUTHENTIC MUSIC AND CUISINE