



Celebration of Learning Cookbook

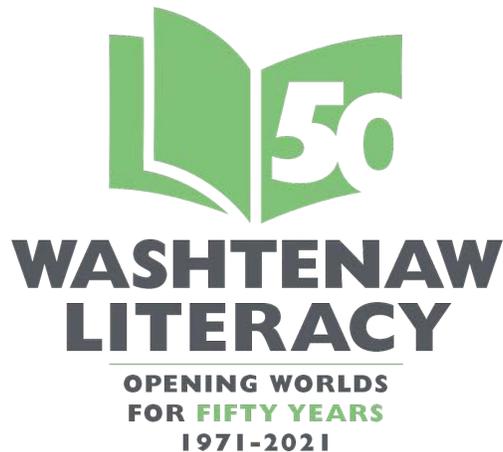


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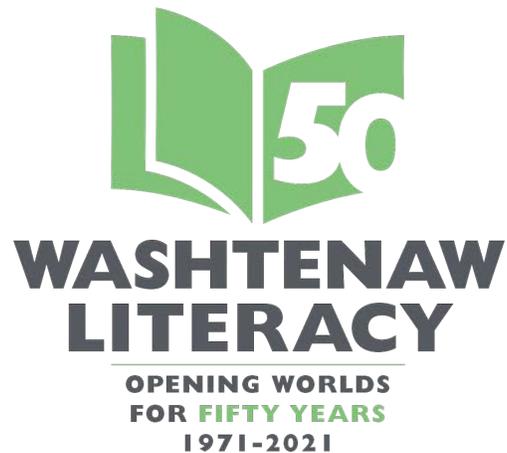
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Welcome!

Every year we gather to celebrate learner accomplishments. We can't gather in person this year, so we're here virtually. Instead of a potluck dinner, learners and tutors have contributed to this collection of stories and recipes. We hope you enjoy them!

June 19, 2021





Appetizers

Knoblauch Champignons

Jennifer Musser

This is delicious with bread! We like to spread it on top of fresh bread. Also, beware that the sauce is very temperamental! If you don't cook it enough, it's too runny. If you cook it too much, the onion in it starts to blacken.

2 lb small button mushrooms

2 tbsp butter

2 tbsp olive oil

Sauce:

2 tbsp butter

1 cup finely chopped onion

3-4 cloves garlic, minced

2 cups heavy cream

6 tbsp fresh chopped parsley

1 tsp lemon pepper

½ tsp salt, or to taste

few drops Worcestershire sauce



Mushrooms- Halve or quarter the mushrooms if large. Melt the butter and heat the oil with it. Add the mushrooms and sauté until browned and shrunk.

Sauce- While the mushrooms are cooking, heat the butter and cook the onion until brown. Add the garlic and sauté for 1 minute or more. Stir in the cream and bring to a boil. Cook until slightly reduced and thick. Stir in the parsley, lemon pepper, salt, and Worcestershire sauce. Serve the sauce over the mushrooms, reheating as necessary."

Despite being American born and raised, I've never been a big fan of our traditional foods for Thanksgiving and Christmas. Or maybe it's just that I don't have the same taste as my family? Anyway, since I got married, I've always been thinking about how my husband and I can develop new holiday traditions and foods together. One of those foods is knoblauch champignons, or German fried mushrooms with garlic sauce.

My husband and I met in Japan even though neither of us were from there. Thus, every Christmas we spent apart since both of us chose to spend the holiday with our respective families instead. On the first Christmas we were able to share, we took a trip together to Brazil with a layover in Frankfurt, Germany. The layover was long enough for us to venture out of the airport, and fortunately it was the last day of the season for the Frankfurter Weihnachtsmarkt (Christmas Market). Of the many foods we tried, knoblauch champignons was our favorite. After that, I researched recipes for it online -- I was only interested in the German ones, which I used Google Translate to read! -- until I found one that looked like what we remembered. I tried it out, made some tweaks, and we have a winner! Now, every Christmas we add this recipe to our meal.

Sicilian Eggplant with Crostini

*from: Farm to Table Cookbook by Ivy Manning
Suzanne Murray*

3-4 tablespoon toasted pine nuts
1 ½ teaspoons chopped fresh oregano
1-pound eggplant cut into ½ to ¾ " cubes
1-2 teaspoons honey
1 teaspoons unsweetened cocoa powder
½ teaspoons ground cinnamon
3 tablespoons balsamic vinegar
1 cup chopped onion
3 tablespoon dried cherries or raisins or a mixture
3 large garlic cloves, thinly sliced
1 cup tomato sauce
Salt and pepper

In a good sized sauté pan, sauté the onion in olive oil for a couple of minutes. Add rosemary and dried fruit. Cook and stir a couple of minutes.

Add garlic, eggplant, honey, cinnamon and cocoa to the pan. Cook, stirring frequently until the eggplant is soft and brown around the edges, about 15 minutes.

Add tomato sauce and vinegar and stir well. Cover and simmer until the eggplant is very tender, 20 to 30 minutes. Season with salt and pepper.

Add pine nuts when it is finished.

Serve warm, room temperature or cold either on homemade crostini, on crackers or as a side dish.

*I don't add the pine nuts to the recipe until it is all done and cooled.

I am a vendor at the Chelsea Farmers Market. A few years ago this recipe was being demonstrated at the Market. I never tried it then but took the piece of paper home. One of my 'pandemic projects' this past Christmas became better organizing my collection of recipes. When I saw this recipe I decided to try it. I've made it four times since then. I always make a double batch and I love giving away a nice-sized Tupperware to a friend who has yet to know about it. It keeps well for a long time if kept tightly sealed in the refrigerator.

Vinaigrette salad/винегрет

Tanya

1 medium-sized boiled beet
1 medium-sized boiled carrot
2-3 medium-sized boiled potatoes
1 small red onion
1 can of green peas
1 pickled cucumber
2-3 spoons of vegetable oil
Salt

Boiled vegetables peel and cut into small cubes. Onion and pickle cut into small cubes too. Put vegetables into a bowl, add green peas, salt and vegetable oil. Mix the ingredients and leave your vinaigrette for half an hour. In half an hour it is ready!

I am from Kazakhstan, and when I visited my daughter in America I doubted whether I would be able to cook my favorite meals there. To my pleasure I found nearly everything I needed. America is a multinational country, so there are different stores in it. Some products we could buy in Chinese stores, some in Arabic and some in Russian stores. As my daughter has many friends in America, I learned from them how to cook chicken salad and guacamole, which I had never tried before.



Main Dishes

Afghan Qabuli Pulao

*From Afghan Kitchen Recipes
Zobaida Ahmadzai*

This dish is very popular in Afghanistan and is known as the national dish.

Meat Ingredients:

1kg lamb leg or shoulder, on the bone, chopped into 6 cm pieces
1 onion, chopped
3 garlic
1 cup water

Carrot & Raisins

Mix Ingredients:

4 carrots, peeled
1 cup raisins
6 tbsp vegetable oil
1 tbsp sugar

Rice Ingredients:

1 kg sella basmati rice, soaked in cold water for 4 hours or overnight
10 cup water
3 tbsp salt
½ cup oil
4 tbsp sugar
1 tsp cumin
1 cup meat broth

Step 1

Soak rice in water in a bowl and keep aside.

Step 2

Heat oil in a pressure cooker and fry onions with garlic until golden brown. Add meat pieces to the fried onion and cook until light brown on both sides. Add water (boiled) and bring to a boil. Lower the heat and simmer covered until meat is tender. Add more water if required.

Step 3

In a separate pan, sauté carrots, in a small quantity of oil, add sugar and ¼ cup water and fry until softened. Remove from pan and keep aside. Add a little oil to the pan and sauté raisins until they swell up. Add carrots and mix it with raisin. Remove from pan and set aside.

Step 4

Place 4 tbsp sugar in a hot, dry saucepan over medium heat. Cook, shaking pan, for 5–6 minutes or until sugar has caramelised. Carefully add ½ cup oil, 1 tbsp salt, meat broth and cumin. Bring to the boil, then remove from heat and set aside.

Step 5

Drain the soaked rice. Cook in a large saucepan of boiling water with 2 tbsp salt for 10 minutes, or until almost cooked. Drain and return to pan. Pour over the caramelised sugar mixture and stir until rice is evenly coated. Mix rice well and using the end of a large spoon, make holes all over rice to allow it to steam evenly.

Step 6

Top with spiced carrot and reserved lamb. Cover and seal pan with a tea towel, then a lid. Place over low heat and cook for 5 minutes, or until you hear a ticking sound. Reduce the heat to low and cook for another 30 minutes. Remove from the heat.

Step 7

Remove lamb and spiced carrots, and mix rice well. To serve, cover base of a platter with a little rice, spoon over the lamb and then cover with remaining rice. Top with spiced carrot.

Chicken can be substituted for lamb

Bibimbap/비빔밥

Sylvia Song

Bibimbap (비빔밥) is probably one of the most well-known and beloved Korean dishes to many people. Even if people don't know anything about Korea, it's not too difficult to find people who had Bibimbap sometime in their lives.

Bibimbap simply translates to "mixed rice with meat and assorted vegetables". You can make endless variations to this dish depending on your preference and dietary requirements (e.g. microgreens bibimbap)

Bibimbap sauce (for one person)

2 Tbsp gochujang (bought from wayone, shown in the figure)

1 Tbsp soy sauce (bought from wayone, shown in the figure)

2 Tbsp water or sprite (zero sugar)

1 Tbsp sugar or half Tbsp honey or don't add

1 Tbsp roasted sesame seeds or don't add

1 tsp vinegar – I used lime juice (bought from Kroger)

1 tsp minced garlic (add more if you like)



Prepare rice or broccoli or cauliflower



Cook all the vegetables (sauté or boil)



Cook meat and egg. (sauté or boil)



Mix them together. You can also make a soup, enjoy it!



Braised Pork

Yuqian Zhang

Ingredients: pork belly, sugar, light soy sauce, salt, green onions, ginger, star anise, pepper, cinnamon, cooking wine

Step 1: Cut the pork belly into small pieces with cold water. When the water boils, rinse the meat pieces and set aside.



Step 2: Put a spoonful of oil in the pot and put the meat in the pot. Simmer for a few minutes to get a part of the oil.



Step 3: The meat pieces turn golden on both sides and serve them out for later use.



Step 4: Scoop out the oil from the pot. Add a spoonful of sugar, and fry until it turns yellow and small bubbles appear.



Step 5: Add pork belly and stir fry until it turns brown.



Step 6: Cut the green onion and ginger and put it in the pot. Add star anise, pepper, cinnamon, a spoonful of light soy sauce, and a spoonful of cooking wine.



Step 7: Put in four bowls of water, a very small amount of salt, bring to a boil on high heat, then turn to medium heat and simmer slowly for half an hour.



Step 8: The final low heat until the sauce thickens.



Step 9: Finished product.



Dumplings

Danni Zhang

Ingredients for 24 dumplings

4 cups all-purpose flour
2 teaspoons salt, divided
1 ¼ cups warm water
2 cups cucumber
2 cups green onion, sliced
6 cloves garlic, minced
4 tablespoons ginger, minced
2 tablespoons soy sauce
2 tablespoons sesame oil
½ lb ground pork
½ teaspoon red pepper
¾ cup mushroom, diced
¾ cup carrot, diced
½ lb shrimp, peeled and deveined

In a large bowl, combine the flour, 1 teaspoon of salt, and the warm water and mix until well-combined. Roll out dough on a floured surface and knead until smooth.

Divide the dough into 4 equal parts. Roll out 1 piece of dough into a thin log and divide into 6 or 8 pieces, depending on the size of dumplings you want. Repeat with the remaining dough portions.

Lightly flour the dough pieces and roll out 1 piece into a thin circle roughly 4-inches (10 cm) in diameter. Keep the dumpling wrappers separated with a small piece of parchment paper and repeat with the remaining dough.

Combine the cucumber, green onions, garlic, ginger, soy sauce, and sesame oil in a medium bowl and mix until well-incorporated.

For the pork filling, combine the ground pork with the remaining teaspoon of salt, the pepper and 1 cup (125g) of the cabbage mixture and stir until well-incorporated.

For the veggie filling, combine the mushrooms and carrot and microwave for 3 minutes, until soft. Add 1 cup (125g) of the cucumber mixture and stir until well-incorporated.

For the shrimp filling, combine the shrimp with 1 cup (125g) of the cucumber mixture and stir until well-incorporated.

To assemble the dumplings, add roughly 1 heaping tablespoon of filling to the center of a dumpling wrapper. With your finger, lightly coat half of the outside of the wrapper with water. Fold the moistened half of the wrapper over the filling and, using your fingers, pleat the edges to seal. Repeat with the remaining fillings and wrappers.

Heat the oil over medium high in a large skillet and add a few dumplings, cooking them in batches. Once the bottoms of the dumplings start to brown, add a splash of water and cover with a lid.

Steam for about 5 minutes, or until the dumplings are cooked and the water has evaporated. Transfer the cooked dumplings to a plate to remove any excess moisture or grease.

In a small bowl, combine the soy sauce, rice vinegar, sesame oil, and pepper flakes and stir to combine. Serve the dumplings immediately with the dipping sauce.

I would like to share a recipe of dumplings. People in my country often eat this food in Lunar new year. I learn to cook this from my parents. I've made this together with my parents in Lunar new year eve. Now I am in the USA, sometimes my husband and I cook it on the weekend. Making dumplings take a long time. After we had the baby, we haven't make it yet because we're busy with taking care of our baby.

Easy Kimbap

From My Korean Kitchen

Soyeon Choi

4 dried seaweed sheets (gim / sushi nori)

120g / 4.2 ounces spinach (regular or baby spinach)(optional)

2 eggs, beaten

½ carrot (120g / 4.2 ounces), julienned

2 to 4 imitation crab sticks (depending on the length), cut in half length ways

4 sticks of BBQ Kimbap ham, cut into long strips if you didn't buy the pre-cut version (available at a Korean grocery store)

4 yellow radish pickle (danmuji), cut into long strips if you didn't buy the pre-cut version (available at a Korean / Japanese grocery store)

(optional) 12 strips seasoned edible burdock root (available at a Korean grocery store. You can buy the one that's packaged together with yellow radish pickle like this picture. It's also sold individually.)

2 1/2 cups cooked short grain rice

2 Tbsp sesame oil, divided

3/8 tsp fine sea salt (or more to taste), divided



Rinse the spinach and parboil it in rapidly boiling water (30 seconds to 1 minute). Drain the water away and run some cold water over the spinach. Gently squeeze the spinach to remove any excess water. Put the spinach into a bowl. Add 1/8 tsp salt and 1/2 Tbsp sesame oil then mix them well.

Pre-heat a pan/skillet. Add a small dash of cooking oil and spread it around the pan. Add the beaten egg and cook both sides well over medium heat. Place the egg omelette on a cutting board and cut it into long strips.

In a heated pan, lightly cook the carrots, crab sticks and kimbap ham (about 1 min per ingredients), separately, and over medium heat. (Some people use these raw, but I prefer cooking them first for my kimbap.)

Place the cooked rice into a mixing bowl then add 1/2 Tbsp sesame oil and 1/4 tsp fine sea salt (or more to taste). Mix them well with a rice spatula and let them not too hot.

Gather all the kimbap ingredients at the 'kimbap rolling station'. This makes it easy to assemble.



Place one dried seaweed sheet on the bamboo mat (shiny side down). Put the rice on the seaweed sheet then spread it evenly and thinly to cover about 2/3 of the seaweed. (Leave about 5cm / 2 inches gap at the top of the seaweed).



Now fill the seaweed with the filling ingredients. Make sure you evenly use the ingredients so that you're not short of them later.

Place one yellow radish pickle at about 1/3 point of the seaweed then add three burdock strips, one ham strip, one crab stick around it. Then pile up a few eggs strips, carrot sticks, and some spinach. Then roll the seaweed.



If the seaweed doesn't stick, paste some water on the gap you left in step 6. You can also use a few grains of cooked rice in this gap. Set the rolled kimbap aside. Repeat the step 6 and 7 with the remaining ingredients.

Line up all kimbap on a cutting board and paste some sesame oil (1 Tbsp) around the seaweed surface. Slice kimbap into bite size pieces. Serve.



Grilled Turkey Cheese Sandwich

Dominique

2 full slices of wheat bread
butter
2 slices of Colby sliced cheese
1 slice of Boar's Head smoked turkey

1. Spread the butter on one slice of the bread.
2. Lay the bread slice that's spread with the butter in the frying pan, butter side down.
3. Put the turkey on there.
4. Put the cheese on top of the turkey.
5. Butter up the other slice of bread.
6. Put that bread slice on top of the cheese, butter side up.
7. Cook it for four or five minutes to let it get brown. Don't let it get too dark!
8. Flip it to the other side, and do the same.
9. Finished!

You can pick the cheese that you like to eat! Whether it's Kraft cheese, Colby cheese, whatever!

My mom taught me how to cook this. I was very little, I don't really remember. I remember I burnt my finger on the pan while I was cooking it! Today, I am the person in my family who likes this the most. My grandma and my mom will eat it sometimes, but not every single time.

Ham and Pea Pasta

George Fulk

This Creamy Ham & Pea Pasta is made from just a few very simple ingredients and goes together quickly. It tastes good too.

pasta

frozen peas (fresh from your garden would be better)

cream cheese

ham (cooked and chopped up)

stock cube and garlic granules

STEP 1: Add the pasta and stock cube to a large pan, cover with boiling water and cook according to the pasta package instructions. The stock cube helps to add some flavor to the pasta while it cooks.

STEP 2: For the last 3 minutes of cooking, add some frozen peas to the pot. Then drain but retain a small cup of the pasta water for the sauce.

WHY USE PASTA WATER?

When making your own sauce for pasta, the water leftover from cooking the pasta will be a fantastic ingredient to add. The starch in the water will help to make a lovely silky sauce that will bind better to the pasta. Don't throw it all away, it really is incredible!

STEP 3: Add in the cream cheese and add a splash of the retained pasta water. Mix until the cheese has melted and you get the right consistency of sauce. Add more pasta water if necessary.

Add in the ham and garlic granules and mix again.



Japchae

Stephanie Jeong

Japchae is the number one sought after dish in Korean holiday festivals and even in a daily menu. Japchae means mixed vegetable. When this food was invented in 17th Century, there was no noodles in the dish. However, nowadays we use Korean sweet potato starch noodles which makes the dish more attractive.



- 8.5 ounces Korean sweet potato starch noodles (It is called dangmyeon, a glass noodle)
- 3.5 ounces rib eye fillet or skinless pork shoulder, cut into strips
(or tofu, as an alternative for vegetarian)
- 1 carrot, rinsed & julienned
- 3.5 ounces spinach
- ¼ red bell pepper, rinsed & julienned
- ½ yellow or sweet onion – peeled, rinsed & thinly sliced
- 3 ounces fresh shiitake mushroom – cleaned, stems removed & thinly sliced
- (Optional) 6 dried wood ear mushrooms

SPINACH SEASONING

- ¼ tsp Korean soy sauce for soup or fine sea salt
- ½ tsp minced garlic
- 1 tsp toasted sesame oil

BEEF MARINADE

- 1 Tbsp soy sauce
- 1 tsp red wine

- ½ tsp minced garlic
- ¼ tsp ground black pepper
- 1 tsp toasted sesame oil

NOODLES & MUSHROOMS MARINADE

- 4 Tbsp soy sauce
- 1 Tbsp starch syrup or honey
- 1 Tbsp brown sugar
- 1 Tbsp toasted sesame oil
- ⅛ tsp ground black pepper

FINISHING TOUCH

- 1 Tbsp toasted sesame seeds
- 1 Tbsp toasted sesame oil
- (Optional) 1 extra large egg – rinsed, egg white and yolk separated

HOW TO MAKE JAPCHAE

1. Place the pork/beef strips into a medium bowl. Add the “beef marinade” and gently mix the sauce into the meat. Cover the bowl with food wrap and set it aside while you’re working on other ingredients.

(Ideally, more than 1 hour)

2. Put the sliced mushroom into a medium bowl and add 1 Tbsp of “noodles & mushroom marinade” mixture. Mix them well. Set it aside until you cook it (in about 20 mins).



3. Blanch the spinach in boiling water (5 to 10 seconds). Drain the water and quickly cool it down by running it under cold tap water.

Squeeze the spinach to remove any excess water and put it into a mixing bowl.



4. Add the “spinach seasoning” and mix them gently and evenly. Put it into a large mixing bowl where we will be adding the rest of the prepared ingredients in later.

5. Boil some water in a large pot. Once the water starts to boil add the noodles and boil them for 6 to 7 mins. Drain the water. Rinse in cold water to cool down and let the water drain for 1 to 2 mins. If you add and mix toasted sesame oil over the boiled noodles, it prevents the noodles from becoming mushy.



6. Cut the noodles with a pair of kitchen scissors a couple of times (no necessary, though). Move the noodles into a mixing bowl and pour in the rest of the “noodles & mushroom marinade” mixture. Mix them well. Set it aside until you cook it (in about 10 mins).

7. Mix all the prepared ingredients, and add some toasted sesame seeds and sesame oil. It’s good to roast slightly to make them warm. (I like to warm them up!) Decorate with sliced fried egg white and yolk.

8. Put them on a large plates and ENJOY!!!



Jollof Rice

Aicha Mamadou

(Ingredients for 6 servings)

- 2 large yellow onions, roughly chopped
- ⅓ cup vegetable oil, plus 2 tablespoons, divided
- 2 14-oz cans diced tomato
- 1 6-oz can tomato paste
- 1 habanero pepper
- 2 teaspoons curry powder
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- ½ teaspoon mixed dried herbs
- 3 chicken bouillon cubes, crushed
- 2 ½ cups long grain rice, rinsed
- 1 cup frozen mixed vegetable
- 1 ½ cups water



Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl.

Add the diced tomatoes, tomato paste, and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium bowl.

Heat the remaining ⅓ cup (80 ml) of oil in a large, heavy-bottomed pot over medium heat.

Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes.

Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.

Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed.

Enjoy!

There is no Eid without jollof rice. That's one of the main dish that we have to have it on the table. My mom taught me how to cooked it. I still carry on the tradition. My kids loves the foods. All the schools events that asked to bring the traditional food I take jollof rice.

Karen Smyer's Black Bean Pizza

Cathy Fitzgerald

Try this! You will like it even if beans aren't your favorite. Kids love this, too.

Make this pizza your own by varying the ingredients to fit your tastes. Try different veggies, cheeses or even beans.

1 pizza crust, such as Boboli
1 teaspoon olive oil
1 medium onion, diced
1 clove garlic, minced
1 15-ounce can black beans, drained and rinsed, about 2 ½ cups
¾ cup salsa
Ground cumin to taste
1 cup, about 6 ounces, mozzarella cheese, shredded
Toppings: Your choice! Try peppers, tomatoes, jalapenos, mushrooms, etc.

Preheat oven to 400 degrees F.

Place pizza crust onto a cookie sheet.

Warm the olive oil in a fry pan, add onion and garlic. Saute for about 5 minutes.

Add the black beans, salsa and cumin to the pan.

Bring to a boil and then lower the heat to a simmer.

Simmer for 5 to 10 minutes or until well blended. Mash the beans a little to make them easy to spread.

Layer the ingredients onto the pizza crust in the following order: bean mixture, cheese, toppings.

Bake according to the directions included with the pizza crust.

While the pizza cooks, whip up a green salad to complete this meal.

Every New Year's I make a resolution to find more ways to include a new healthy food. One year I chose beans and then I found this recipe. Keeping my resolution that year was easy!

Korean Soybean Soup

Soeun Chun Choi & friend

7 or 8 whole dried anchovies

2 or 3" piece of kelp

½ package of tofu (soft or firm or a mix of both) -- diced, boiled for 5 minutes and drained

½ - 1 cup of your choice of beef (optional, but recommended for best flavor)

1 medium size potato

½ medium size zucchini

½ medium size onion

hot pepper to taste

1 or 2 shiitake or 10 oyster mushrooms

1 teaspoon sesame oil for frying

homemade soybean paste

<https://www.maangchi.com/recipe/doenjang>

But if you don't have a year to do this then you can buy it at a Korean grocery store.

1. Make broth:

Wash anchovies and kelp to remove any dust.

Put two cups of water in a pot with the anchovies and kelp and bring to a boil.

Boil water up to 5 minutes until it becomes light yellow. Remove kelp & anchovies.

2. Wash, pare and dice vegetables

3. Put sesame oil and meat into a medium size pot and fry the meat until tender

4. Add vegetables and fry for 2 or 3 minutes

5. Add broth to the pot, bring to boil

6. Add tofu and soybean paste and boil for 1 or 2 minutes only

Serves 4

Soybean sauce is a traditional food made by a traditional method. They use yellow beans and boil it in a very big pot outside. They smash the yellow beans and press into a square shape and ferment them in a warm place. When they are done fermenting they dry them outdoors. See link included with recipe for details.

Lamb and Okra

Nawzat Kayal

2 1/2 pounds okra, trimmed
2-3 pounds tomatoes, peeled and chopped
1-2 pounds lamb chunks on bone (size of an egg)
3/4 cup pomegranate juice
Small can of tomato paste
Medium onion cut small (diced)
5-6 cloves of garlic, minced
Salt and black pepper to taste
1-2 T Ground coriander

In a large pot, cover lamb with water and bring to a boil. Skim off fat as it boils. When the lamb is cooked, remove it from the water. Retain the water.

Saute garlic, onion and ground coriander in oil.

To the water, add tomato paste and stir well. Add tomatoes, pomegranate juice, onions, garlic, salt, black pepper, and ground coriander. Add cooked lamb. Add okra last.

Simmer for about an hour, tasting okra as you go to make sure it doesn't over-cook.

Serve with rice.

Nawzat dictated this recipe. He said it is a favorite of his and that he has many more recipes because he loves to cook.

Nawzat is very generous and likes to share food with his friends.

Mushroom Stroganoff

Mitch Port

1 pound wide egg noodles
3 tablespoons butter, divided
1 small white onion, thinly sliced
4 cloves garlic, minced
1 pound sliced baby bella mushrooms (any other mushroom would work as well.)
1/2 cup dry white wine (I use Pinot Grigio. You can also substitute this for more vegetable stock)
1.5 cups vegetable stock
1 tablespoon vegetarian Worcestershire sauce (or regular Worcestershire sauce will work too, if not vegetarian)
3 1/2 tablespoons flour
1/4 teaspoon dried thyme
1/2 cup sour cream
Salt and freshly-cracked black pepper
Optional: A dash of paprika

Cook egg noodles *al dente* in boiling, generously-salted water according to package instructions.

Melt 1 tablespoon butter in a large sauté pan over medium-high heat. Add onions and sauté for 5 minutes, stirring occasionally.

Add the remaining 2 tablespoons butter, garlic, and mushrooms, and stir to combine. Continue sautéing for an additional 5-7 minutes, until the mushrooms are cooked and tender.

Add the white wine, and deglaze the pan by using a wooden spoon to scrape the brown bits off the bottom of the pan. Let the sauce simmer for 3 minutes.

Meanwhile, in a separate bowl, whisk together the vegetable stock, vegetarian Worcestershire sauce, and flour until smooth.

Pour the vegetable stock mixture into the pan, along with the thyme, and stir to combine. Let the mixture simmer for an additional 5 minutes, stirring occasionally until slightly thickened.

Then, stir in the sour cream evenly into the sauce. Taste, and season with a generous pinch of two of salt, pepper, and paprika as needed.

Serve immediately over the egg noodles.

Growing up my mom would make ground beef stroganoff for the whole family and I remember picking the mushrooms out because I could not get past the taste. Now older, and vegetarian, I have started enjoying mushrooms and make this as an alternative to the recipe that my mom used to make.

Portobello Mushroom Burgers with Caramelized Onions

Kimberly Ellerthorpe

4 portobello mushrooms
olive oil
garlic powder
kosher salt
pepper
sandwich buns
caramelized onions (see below)

Toppings:

sliced cheese (we like smoked Gouda)
tomato slices
avocado slices
garlic aioli, chipotle aioli, or ketchup

Preheat oven to 450F.

Clean the portobello mushrooms and remove the stems. Spread olive oil on mushrooms. Place them upside down on a baking sheet.

Roast the mushrooms in the oven for 10 minutes. Flip them over, sprinkle on garlic powder, salt, and pepper. Put them back in the oven for 5 more minutes.

Place cheese slices on the mushrooms as soon as they are finished cooking.

Caramelized Onions

2-3 sweet onions, peeled and thinly sliced
4 tablespoons butter
pinch of salt
spoonful of granulated sugar

Heat butter in a large pan over medium heat until melted. Add onions and stir until they are coated in butter.

Cook the onions until they are a dark golden-brown color. This might happen quickly, or it might take more time. Stir them every few minutes.

When the onions start getting dark, add the salt and sugar. Keep cooking until they're nice and dark. Remove from heat and serve.

My family loves to travel, but since the pandemic has been keeping us home, we try to find little touches that make us feel like we've gone somewhere. This is one of those things. We feel like this is the sort of food we'd get if we were treating ourselves on vacation. We'll make these vegetarian portobello mushroom burgers, sweet potato fries, and elote (Mexican street corn), put on a YouTube video of the waves in Monterey Bay, and pretend we've traveled to California for dinner. (If you've been to California and know that this isn't the sort of thing people typically eat--don't tell me!)

Taiwanese Braised Minced Pork Rice

From Mrs P.'s Kitchen

Kozu

400 grams pork belly
5 cloves garlic, minced
2 tablespoons fried shallot
2 tablespoons rock sugar
1 teaspoon five-spice powder
2 hard-boiled eggs
500 ml water
2 tablespoons rice wine
100 ml light soy sauce
1 tablespoon dark soy sauce



Cut the pork belly into small pieces. Add oil in hot pot, cook the pork for few minutes, then add in minced garlic.

Add water, soy sauce, wine, fried onion, rock sugar, and five-spices powder, bring it to boil then simmer for 30 minutes.

Then add in hard-boiled eggs, cook for further 30 minutes. The sauce will get thicker and glossy, then it is done.

Tteok guk [duk-göök] [Sliced Rice Cake Soup]

Min Chang

The Good Luck Soup on Lunar New Year's Day

1 lb Tteokguk tteok
5 cups of water
½ lb Beef (flank steak or brisket) – chopped into small pieces
1 T Minced garlic
2 Sliced green onions
½ Onion
1 T Soy sauce or salt
1 tsp Black pepper
For garnish
 Toasted seaweed crumbles or strips
 2 Eggs
 1 tsp Garlic (optional)
 1 tsp Sesame oil

1. Prepare the beef broth: add the ½ lb beef (flank steak or brisket), 1 green onion, 1/2 onion, and black pepper into the cold water (5 cups of water). Boil for at least 30 minutes, and up to one hour.
2. Rinse and soak rice cake in cold water
3. Prepare the egg for garnish: Whip 2 eggs in a bowl and season with some salt and pepper. Drizzle oil in a frying pan and heat on medium high heat. Pour eggs into the pan. Spread and make a thin crepe like a pancake. When the egg is all cooked, take it out of the pan and let it cool on your cutting board. When it is cool enough to handle, you can cut the strips.
4. Prepare the beef for garnish: Slice the meat into thin strips and season it with soy sauce, garlic, pepper and sesame oil. Mix it well. Cook the beef in a frying pan on medium high heat until fully cooked.
5. Drain the sliced rice cakes and add to the boiling beef broth: When the rice cakes float to the top, they are now cooked and ready to eat. Before turning off the heat, sprinkle in some black pepper, add sliced green onions, minced garlic and soy sauce.
6. Taste the soup and adjust seasoning if needed: Add more salt if needed. Serve the tteok guk into a bowl and garnish with some of the beef, egg and seaweed prepared above.

Tteokguk, a soup with sliced rice cakes in a clear beef broth, is the traditional dish of Seolnal [soul-nal] (Lunar New Year's Day). Korean people commonly use the expression "I ate a bowl of Tteokguk," to mean he or she has grown one year older. This soup is cooked in a beef broth.
Special meaning: Hoping for Great Fortune

The custom of eating white rice cakes on Lunar New Year's Day originated from the ancient practice of worshiping the sun. The white color of the rice symbolizes the bright first day of a year, while the round sliced form of the rice cake represents the orb of the sun. The long shape of Garaetteok (cylindrical rice cake) also holds a special meaning: the long coils of the steamed tteok embodies the hope that one's wealth will grow in the same fashion, while the round profile of the sliced rice cake symbolizes a round coin.

Yogurt Roasted Salmon

Alison Austin

One pound skinless salmon fillet, cut into 1.5 inch cubes.

For the marinade:

4 tablespoons Greek yogurt

1 tablespoon garlic granules

1 heaped tablespoon harissa

1 teaspoon ground turmeric

1 teaspoon paprika

Finely grated zest of 1 unwaxed lime and a good squeeze of juice

1 teaspoon olive oil

Generous amount of sea salt flakes and freshly ground black pepper

Preheat your oven to its highest setting (with fan if it has one). Line a baking tray with baking paper.

Mix all the marinade ingredients together in a mixing bowl. Add the salmon and turn until well coated in the marinade.

Spread the salmon out on the prepared baking tray and roast for 10 minutes until cooked through. Remove from the oven and serve immediately with tortilla wraps, tomatoes, finely sliced onion, coriander leaves and Greek yogurt.

This is a recipe I make as a turkey alternative for Thanksgiving. Even people who don't like fish will like this recipe. In the summers, I skewer the salmon chunks with onion and cherry tomatoes and cook them on our grill.



Side Dishes

Bread

Miriam Martinez

13lb high gluten flour

1 lb yeast

1 cup sugar

1/2 cup salt

1 cup salad oil

2-2.5 qt water

Mix the water and the yeast in the bowl.

Mix the flour, sugar and salt.

Add the water with yeast and oil.

Mix all together by 12-15 minutes.

Make balls of 1 lb ea.

Add your own seasoning.

Bake in the oven for 8-9 min in 350 degrees high fan.

My husband learn to me cook this bread.

Eggplant

Wendy Pan

Use thin and long purple eggplant. Chopped them and fried them till soft. (Tips: you can sprinkle some cornstarch to cover the chopped eggplants before frying. This can help you make eggplants soft with less oil.)

Heat one teaspoon oil and fried chopped green onion (one), garlic (three cloves) and ginger (two slices). Then add the fried eggplants into the pan.

Two teaspoons of cooking wine, one teaspoon of soy sauce, two teaspoons of oyster, half teaspoon of sugar and one teaspoon of starch and one teaspoon of chili sauce (if you like) put into one bowl and stir them. Then put them into the pan. (You can prepare this in advance.)

Add two cups of water into the pan and boil them. Then add 5-10 shrimps. Boiling them for ten minutes. All Done!

Here is the picture of the dish. Looks delicious. Right? 😊



Here is a recipe of the eggplant I want to share with you. I like eating eggplant. But I never cooked it well until I found this recipe online. The first bite of this course brought me back to the memory of my hometown and my favorite food there. The eggplant in America has thicker skin and it is much more difficult to cook than Chinese one. But now I found a way to cook it well and luckily my children also like it.

Fattoush Salad

Suria Atiefa

- 1 head lettuce
- 1 tomato
- 3 small cucumbers
- 4 stems parsley
- 3 green onions
- 5 radishes, chopped
- 2 fried pita bread (cut the bread into pieces, then fry them)
- 5 teaspoons of lemon juice
- 5 teaspoons of olive oil
- 2 teaspoons of sumac
- ¼ teaspoon of salt

Wash and dry lettuce. Chop lettuce, tomato, cucumbers, parsley, onion, and radishes. Mix dressing and toss with vegetables. Toss with pita pieces.

Suria said she first learned to make this salad from YouTube but now she makes it with her sister, who lives close by and is also from Yemen.

Kencur Fried Rice

Irene Sidharta

This Indonesian's traditional recipe using kencur/ sand ginger / cikur (in Sundanese). Kencur is a kind of roots, and has a special aroma and some health benefits, although too much consumption will give same sensation to your tongue as over eating the pineapple. The difference between kencur, ginger, galangal, and turmeric is obvious from their color: ginger yellowish, turmeric strong yellow, kencur white, galangal reddish. Here I'll share the savory fried rice using dried kencur. You can find it in Asian grocery stores.

How to prepare the kencur:

Take 30 grams dried kencur and soak it with water overnight. Drain and give 1 cup new water and 1/2 tsp salt.

Blend it until soft and place it into a plastic container. Now your kencur blend is ready to use.



Ingredients (for two portions):

2-3 tbsp cooking oil (vegetable oil)

1/2 shallots minced

2 cloves of garlic; minced

1 tsp kencur blend

1/2 tsp turmeric powder

1/2 tsp terasi (fermented shrimp)

1 or more chilli pepper if you like more spicy; chopped

1 scallion / green onion chopped

2 portions overnight rice (long grain rice is preferable; you can use jasmine rice or calrose rice as well, because they aren't sticky)

salt as you like



Heat the wok/pan, pour cooking oil and saute the shallot and garlic until well cooked. Add chilli and terasi.

After its smell gets stronger, add turmeric powder and kencur. Wait until the fragrance of turmeric and kencur come out. Then add rice. Mix well, and add the scallion. Add salt as you like.

Condiments (as you please):

Fish crackers

Fried shallots (will boosting the fragrance)

1 eggs / portion; scrambled or sunny side up, or omelette and chopped; you may choose
Cucumber pickle
Parsley / fresh Thai basil
Additional chilli sauce if needed

Olivier Salad

Yulia Nechaeva

In Russia, prepared on the New Year's Eve, eaten on January 1st.

one can of green peas or one cup frozen peas

2-3 hard boiled eggs, chopped

3 medium potatoes, cooked and cubed

3/4 lb boiled chicken, cubed

1 cup mayonnaise

1 green onion, chopped

Or yellow onion, chopped, blanched in boiling water

salt

1/2 cucumber chopped

3 boiled carrots, chopped small

Mix all ingredients together. Chill and eat the next day.

Stir Fry Shredded Carrots/炒胡萝卜丝

Yang Wang

We usually like carrots hard, but let them cook just a little longer and you'll find that when they're soft, they taste amazing.

1 -10oz bag shredded carrots
2 cloves garlic minced or sliced
2 tablespoons olive oil/vegetable oil
1 tablespoon soy sauce
1 tablespoon Oyster sauce
salt to taste

In a heavy 10 to 12 inch skillet, added olive oil/vegetable oil over moderately high heat. Add minced or sliced garlic.

After smelling the garlic scent, add shredded carrots, soy sauce, oyster sauce, a pinch of salt (very little, or not adding, because of the sauce and oyster sauce salty enough).

Fry carrots, occasionally stirring until golden brown.

Taste and adjust seasonings.

Serve hot.

I learned [to cook this] from my mum. She is good at cooking and can make everything delicious, even one simple food. Since I live alone, this is one of the easiest dishes I first tried. It can remind me the most happiness time when I were with my families. I miss them so much.

In the new country (the US), I felt strange and familiar. I never see many different sources and foods before, and there are from so many different countries. But I still can find many Asian foods in local groceries, which made me feel much better. And now I can cook sandwich and hamburger by myself, and love beef ground very much. I like foods here.

Takikomigohan

Eriko Yokomoto

2 ½ cups white rice (620ml, 20oz)
½ pack shimeji mushrooms
2 pieces aburaage (fried bean curd)
½ carrot
½ pack dried hijiki seaweed
2 chicken thighs

Seasoning

A:

½ t salt
1 T soy sauce
1 T sake (cooking sake)

B:

3 cups water (700ml, 24oz)
4 T soy sauce
4 T sake (cooking sake)
2 t granulated bonito stock

1. Rinse the white rice with cold water until water becomes almost clear. Drain the white rice using strainer.
2. Soak dried hijiki seaweed in water until tender for 30mins~1hour, and then rinse 2 or 3 times. Drain the hijiki seaweed using a strainer.
3. Put hot water on the aburaage to get rid of extra oil.
4. Cut the chicken thigh into bite-sized pieces. Add seasoning A and rub the chicken thigh lightly.
5. Cut the carrot into thin strips. Cut off the stem of shimeji mushroom.
6. Cut the aburaage into thin slices and squeeze water out.
7. Put the drained rice and seasoning B in a rice cooker and mix well.
8. Add the ingredients on top of the rice. Try to distribute the ingredients and flatten without mixing with rice.
9. Close the lid and push the start button.
10. When it's finished cooking (30-40 min.), open the lid and mix the rice and serve with a rice scooper.

You can find these ingredients at the One World Market in Novi.

I always liked my mom's takikomigohan so much that I ate a lot when I was a child. Before I went to school I asked her, "What are you going to cook for dinner?" and she said, "I'll cook takikomigohan." When I heard that I was very pleased and happy all day! When I cook takikomigohan I remember my mom's takikomigohan and this memory. When I was in my 20's, it was my first time cooking takikomigohan for my boyfriend. Of course, he is my husband now. He really likes it, and I cook it for his birthday when I want to surprise him. When he is exhausted from working, I want to cheer him up by making takikomigohan.

Yaki Onigiri (Grilled Rice Balls)

Shiho Murai

What is Yaki Onigiri? It is grilled rice ball, which kids like! "Yaki" means grilled in Japanese, and "Onigiri" means rice ball. It is really easy to cook, but goooood. :)

Ingredients:

Rice
Soy sauce
Sesame oil

Procedures:

Prepare rice!!

Grab some hot rice and mould it into a triangle or round shape with your hands.

Tip: Make it small, so the onigiri will not fall apart when you grill it.

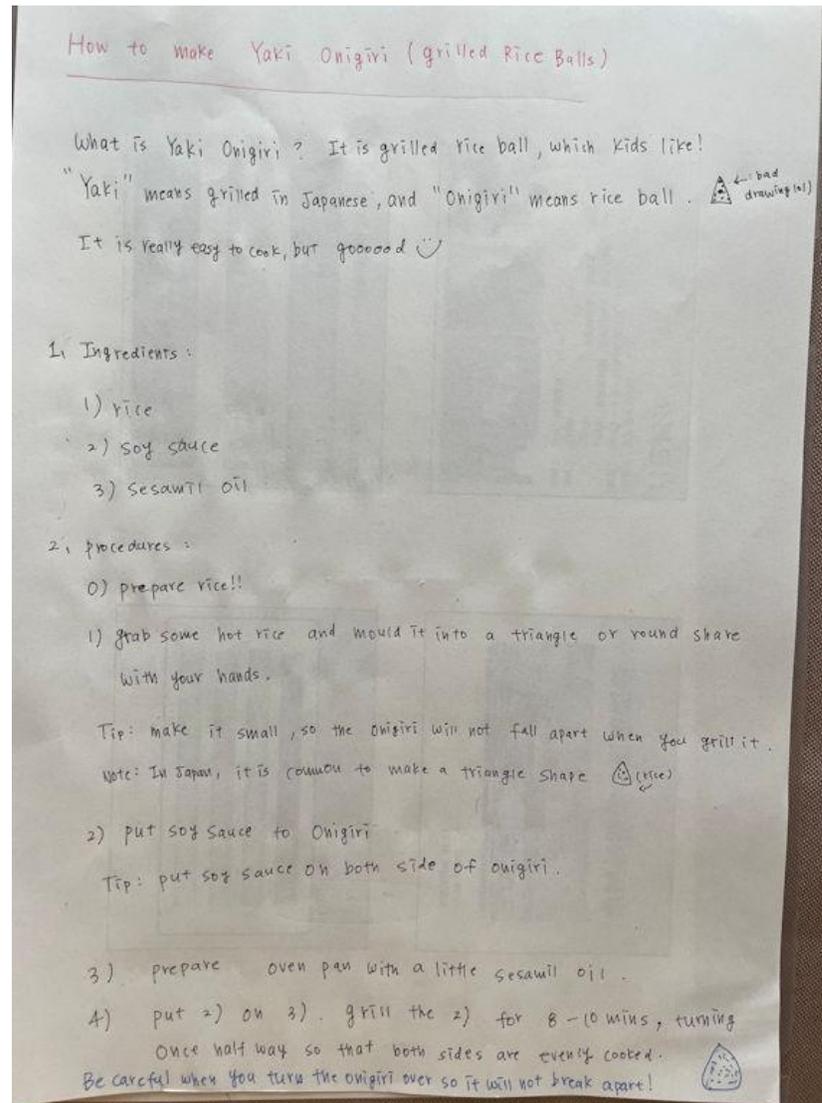
Note: In Japan, it is common to make a triangle shape.

Put soy sauce to onigiri.

Tip: Put soy sauce on both side of onigiri.

Prepare oven pan with a little sesame oil.

Put onigiri on pan. Grill the onigiri for 8-10 mins, turning once half way so that both sides are evenly cooked. Be careful when you turn the onigiri over so it will not break apart!





Desserts

Banana Cake

Karla Linares

Sometimes I make this cake with oatmeal flour. (It is healthier with oatmeal flour). Sometimes I use coconut oil instead of butter.

Half cup of sugar

2 cups of flour

4 eggs

3 bananas

1 cup and a half of butter

1 tablespoon of vanilla extract

1 tablespoon of cinnamon

1 teaspoon of baking powder

1. In one container, we smash the bananas.
2. In another container, we put eggs and butter and mix them together.
3. In the same container, we slowly add sugar, flour, vanilla extract, cinnamon, and baking powder to the egg and butter mix.
4. Add smashed bananas into the mix.
5. We pour the mix into a rectangular glass baking pan.
6. We put the baking pan in the oven at 350F for 30 minutes.

That's it! It's easy!

I learned to cook this dessert with my mother-in-law. I got married in 2017. In 2018, my mother-in-law came to Michigan (to visit us) for the first time. I couldn't make dessert and she told me that she could teach me. I started to make this dessert on that day and my husband loved this dessert. I don't make banana cake very often, maybe once every three months. My daughter Leah hasn't tried this cake yet because I tried not to give her any food that has a lot of sugar.

Cranberry, Pistachio, Chocolate Pie

Alison Austin

Single-crust pie (9 inches)

3 large eggs

3/4 cup sugar

1/2 cup butter, melted

3 tablespoons all-purpose flour

1 cup chopped pistachio

1 cup fresh or frozen cranberries

1 cup semisweet chocolate chips

2 tablespoons dark rum

Prepare crust as directed on package.

Heat/Reduce oven setting to 350°.

In a large bowl, beat eggs, sugar and melted butter until well blended. Gradually add flour until blended. Stir in remaining ingredients; pour into crust.

Bake 30-35 minutes or until top is bubbly and crust is golden brown. Cool on a wire rack. Refrigerate leftovers.

This is a fun Thanksgiving recipe. It's a great alternative to pecan or pumpkin pie. It always surprises people. A quick and easy recipe if you buy prepared pie crusts.

Khobzet Hwaa (Air bread)

Raja

2 packet tea biscuit
1 egg
3.5oz of sugar
1.6oz of corn starch
3.5oz of pistachios
6.75oz fresh cream
Vanilla flavor
10 oz milk
big mug Coffee

Preparation of the cream

We put egg in a bowl, add sugar, teaspoon vanilla flavor, then beat the ingredients.

We add corn starch while continuing to mix the ingredients.

Pour the milk gradually and continue mixing the ingredients until we get a mixture.

Empty the mixture in a prepared saucepan and put it over a low heat while continuing to mix the ingredients until we get the cream.

Remove the pan from the heat and empty the cream into another bowl.

Immediately cover the cream with cling wrap, then set aside to cool. Put the bowl of cream in the refrigerator for at least 4 hours.

In another bowl, beat the fresh cream well until frothy.

Take out the bowl of cold cream and pour it over the fresh whipped cream gradually in 3 stages while continuing to mix the ingredients carefully until they are homogeneous.

Add 1.75oz of pistachio nuts, then mix the ingredients.

Empty the cream into a icing bag.

Preparing the air bread

Soak the biscuit pieces in the coffee and drain them into a square mold.

Cover the surface of the biscuit with cream, then soak other pieces of biscuit with coffee and put over the cream.

We repeat the same process until we finish the amount of cream we have and then put the air bread into the refrigerator for at least an additional 4 hours.

Take out the pan from the refrigerator and separate it from the air bread.

We decorate the surface of the air bread with the rest of the pistachios and raspberry before serving. (Decorations and flavors may vary.)

Servings:6 to 9 servings

My mom taught me this recipe and more then that and I developed by watching cooking programs

Mango Mousse

Sylvia Song

All ingredients you need:

- Crushed graham crackers 80g
- Melted butter 40g
- Mango puree
 - 200g (mousse)
 - 30g (topping)
- Mango cube
 - 100g (inside the mousse)
 - 50g (topping)
- Gelatin
 - 10.5g (mousse)
 - 3.5g (topping)
- Heavy whipping cream 250g (mousse)
- Sugar 35g (mousse)
- Lime juice (a little in the mango puree) or don't add
- 6 inches cake pan



P.S. : Mango cube and lime juice is not necessary. Topping is not necessary.

This is the gelatin I found. I bought it from Kroger. One envelope has 7g gelatin. So I used 2 envelopes for a 6 inches mango mousse. 1 and 1/2 envelopes for mousse and 1/2 envelope for topping.



Ingredients for Base:

- 80g crushed graham crackers
- 40g melted butter
- Or just use bread shown in the right of the figure.

Steps to Follow:

Mix both of the ingredients in a food processor. Place them on nine six-inch plastic rings on baking sheets to shape it. Press the mold down firmly and remove each ring from it.

Put it in the fridge and set aside.





Ingredients for Mousse:

- 200g mango puree
- 250g heavy whipping cream
- 10.5g gelatin
- 35g sugar
- 50ml water or milk

Steps to Follow:

Cut the mango into cubes. Put mango cubes and sugar into the blender to make mango purée.



Dissolve the gelatin in boiling water or milk over low heat, stirring everything well until it's mixed. (Gelatin will melt between 122F and 140F. Don't boil it to 212F.) You can put the mango purée inside the pot to boil them together.



In a separate bowl, whisk the fresh cream on high speed until the mixture is stiff.



Now add the mango puree to the mixed cream, stirring until everything is well-mixed.



Mix all the ingredients together.



Take out the cookie base from the fridge. Pour the mousse on the top of the base.



Put it back in the fridge and set aside for at least one hour until it freezes.

You can also put half of the mousse first. Then put some mango cubes on it. And then put the rest of the mousse on the base.

Ingredients for the Toppings:

30g mango puree

3.5g gelatin

30 mL boiling water

Some mango cubes for decoration

Steps to Follow:

Dissolve the gelatin in boiling water over low heat, stirring everything until it's mixed. Let it cool.



Add the mango puree and mix it all together until it's mixed well.



Take the mousse out of the fridge. Make sure it is firm. Pour the topping on the top of the mousse.



Put it back to the fridge and set aside. Use hot towel to wrap it to get it out of the cake pan.

Top the mousse with a few mango cubes (7-15 from 2-3 mangoes peeled and cubed). You can either serve immediately or place it in the fridge until it's ready to serve. Enjoy!



Nutritious Sweet Rice Cake

Wonseon Baek

I want to share a very simple rice cake recipe.

1 lb of sweet rice flour (mochiko flour 1 box)
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1/2 cup sugar
2 1/2 cup milk
1/2 cup raisins (your choices of dried fruits)
1 cup crushed nuts (you can even put chocolate chips if you like -anything you like!)
1/3 cup oil or butter
2 eggs

Preheat the oven to 375F.

Mix all ingredients together. Put this mix into greased cake or muffin molds or baking sheets. (Any shapes as you like.)

Bake for about 40mins! If it's too thin check it often, not to burn it..

Enjoy your special rice cake!! ^^

For Korean people, rice is very crucial in diet and used in every aspect of our lives.

We even say, "Have you had rice?" for greetings.

For example on New Year's Day we eat rice cake soup with all our relatives and it means we finally get older one year. This is my favorite soul food with a lot of happy memories.

When we have special occasions like 100th day celebration of a baby after birth, first - 60th-70th-80th... any kind of birthday celebrations, wedding ceremonies- all kinds of ceremonies-we make special delicious rice cakes.

In Korea there are so many rice cake stores "DDuk Jip- 떡집 (rice cake house)" on streets. Here we don't have any, so many creative Korean moms in America are making their own "DDuk -떡 (rice cake)" at home.

Orange Cake

Barbara Nugent

2 C sugar
1/2 C butter
1 C sour milk
1 tsp baking powder
1 C ground raisins
1 Orange

Use a zester or grind the orange peel. Squeeze the juice from the orange and use half in the cake and half in the icing. Set aside the juice for the icing and one cup of sugar. Mix the rest of the ingredients together and bake at 350 until lightly browned. While the cake is warm, mix the other cup of sugar with half of the orange juice spread over the cake.

Grandma used to use Crisco, not butter, but I think butter should work well too. For the sour milk, you can add a little vinegar to regular milk and it will curdle a bit.

My wonderful Polish grandmother was a basic, but amazing cook and baker. Her roast beef would melt in your mouth and she could bake a picnic ham like I've never had again. Her Orange Cake was my very favorite dessert, though she also made great pies and cookies.

I found it a little frustrating when almost anytime I tried to get one of her recipes and asked specifically how much of an ingredient, she would say, "You know, just enough to taste." And I used to watch her pour or shake dry ingredients into her cupped hand, look at it, and either toss it in the bowl or shake a little off. She never measured much. And Grandpa used to joke after a delicious meal, "She couldn't even boil water when I married her!"

Sigrid's Icebox Cookies

*Source: Sigrid Magnusson
Jean Anderson*

1 pound butter, room temperature
1/2 cup sugar
4 cups flour
2 teaspoons vanilla sugar

Additional colored sugar to color the outside of the cookies

Preheat oven to 350. Combine ingredients in mixing bowl. Divide dough into four parts. Color additional sugar with food coloring for outside of cookies. Roll dough in sugar into a 2" diameter tube. Refrigerate for 1 hour. Slice dough into 1/2 inch discs. Bake for 10-12 minutes with careful attention.

Strawberry Daifuku

Maki Ichikawa

(Ingredients)

*cup = American measure cup

- 310g (2 cups + 2 tbsp) Mochiko
- 125g (2/3 cup) Sugar
- 1/2 tsp Salt
- 470g (almost 2 cups) Water
- 450g ~ 500g Red beans paste (Anko)
- 450g (1 package) Small size strawberries
- appropriate amount Potato starch

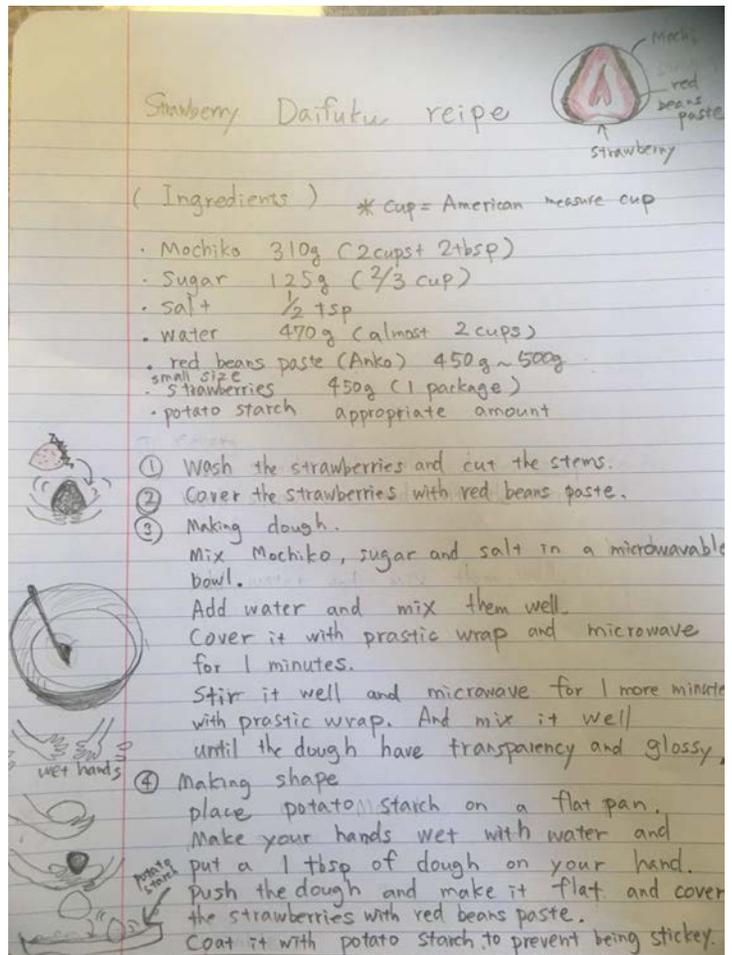
1. Wash the strawberries and cut the stems.
2. Cover the strawberries with red beans paste.

3. Making dough.

Mix Mochiko, sugar and salt in a microwavable bowl.
Add water and mix them well.
Cover it with plastic wrap and microwave for 1 minutes.
Stir it well and microwave for 1 more minute, covered with plastic wrap. And mix it well until the dough is has transparency and is glossy.

4. Making shape.

Place potato starch on a flat pan.
Make your hands wet with water and put a 1 tbsp of dough on your hand.
Push the dough and make it flat and cover the strawberries with red beans paste.
Coat it with potato starch to prevent being sticky.



The reason which I found the recipe is it is gluten free and my friend asked me to cook Japanese sweets for her.

Three-color Mosaic Jelly

Cinthya Gomez-Castillo

It's a special Latin American dessert served in the summer because it is served cold. It is a common birthday dessert to serve with birthday cake.

one packet each of strawberry and cherry gelatin
two packets of lemon gelatin
8 cups of water
one can of low-fat condensed milk
one can of Nestle Media Crema (table creme)
one can low-fat evaporated milk
one teaspoon vanilla
four packets of unflavored gelatin

Mix each packet of gelatin separately with two cups of hot water for each packet (one flavor per bowl). Refrigerate for two hours until jelled.

Remove from refrigerator and cut each bowl into small squares.

Lightly oil an angel food baking dish.

Place cubes in baking dish mixing the colors.



Mix in a blender the condensed milk, media cream, evaporated milk and vanilla until mixed well. Then add four unflavored gelatin packets one at a time and blend.



Pour liquid over cubes in the baking dish.



Refrigerate for four hours. Once it's jelled, place plate upside down on top of baking dish, carefully turn over and slide dessert onto the plate.





Breakfast

The Best Buttermilk Pancakes

From Food and Wine

Afua Osei-Bonsu

1 1/2 cups unbleached all-purpose flour
2 teaspoons baking soda
3/4 teaspoon salt
2 cups buttermilk
6 tablespoons unsalted butter, melted
2 large eggs, at room temperature, separated
Fresh raspberries, for garnish
Beltane Ranch Raspberry Syrup

In a medium bowl, stir together the flour, baking soda and salt. In a large bowl, combine the buttermilk, butter and egg yolks.

In another medium bowl, beat the egg whites until stiff peaks form. Add the dry ingredients to the buttermilk mixture and stir just until combined. Using a rubber spatula, gently fold the beaten egg whites into the batter just until combined.

Heat a lightly buttered griddle or cast-iron skillet. For each pancake, gently spread 1/4 cup of the batter on the hot surface to form a 4-inch circle. Cook over moderately low heat until the top is set, about 2 minutes. Flip the pancakes and continue cooking until golden, about 1 minute longer. Transfer to a large plate and keep warm while you cook the remaining pancakes. Divide the pancakes among plates, garnish with fresh raspberries and serve with Beltane Ranch Raspberry Syrup.

Biscuits and Sausage Gravy

From Taste of Home

Afua Osei-Bonsu

1/4 pound bulk pork sausage
2 tablespoons butter
2 to 3 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/4 to 1 1/3 cups whole milk
Warm biscuits

In a small skillet, cook sausage over medium heat until no longer pink; drain. Add butter and heat until melted. Add the flour, salt, and pepper; cook and stir until blended. Gradually add the milk, stirring constantly. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve with biscuits.

I am a Ghanaian American of biracial descent that grew up in Michigan and lived internationally in countries like Mexico and was educated in London. My love of culinary manifested in a desire to go to culinary school. Later, I had a vision of “premium wife” and even still later, dreams of things to prepare for my children and family. I have been collecting recipes and cookbooks for years with a preference for America’s international leanings or what I call, “American International.” I have some original recipes that were passed via my family dinners or that I developed with a Chef etc. Some dishes are things you can prepare from my Dad’s local Ann Arbor African grocery, “Kasoa Market.” I don’t know at this stage if restaurants are in my future, but surely holidays, tailgating or “homegating,” and dinner parties are. I regularly send my friends and family recipes. It is with great pleasure that I share some of my favorite recipes with you! It is really important to me the bond and the memories that culinary creates. My favorite things to collect are Christmas fudges and kind of sugar plum-y or festive recipes. I collected from an athlete a “a high endurance sports recipe.” I have a health binder and lots of fresh salad dressing recipes. It’s nice to pursue health in a binder and as a way of life. I recommend getting plastic sleeves and oversized binders by the dozen and build on one’s arsenal of family recipes. Peace and blessings to you and your family. With love, Afua Serwah Osei-Bonsu.

Maple Almond Granola

Dallas Moore

I got this recipe from my cousin when I was visiting her in Seattle years ago.

Dry ingredients

- 3 1/2 c. rolled oats
- 1/2 c. hemp hearts
- 1/4 c. sesame seeds
- 1/2 c. shredded unsweetened coconut (I like the wide shreds)
- 1/2 c. green pumpkin seeds
- 1/2 c. sunflower seeds
- 1 c. whole raw almonds

Wet ingredients

- 1/4 c. vegetable oil (canola)
- 2/3 c. maple syrup
- 1 t. vanilla

Pre-heat oven to 275 degrees F

Mix dry ingredients together in a large bowl

Heat in a small saucepan, while stirring, over low heat

- 1/4 c. vegetable oil (canola)
- 2/3 c. maple syrup

Remove from heat and add

- 1 t. vanilla

Pour syrup mixture over the dry ingredients and stir until well mixed. Spread on a lipped baking sheet. Bake until golden brown, about one hour. Stir every 15 minutes so the granola will toast evenly.

Optional: Transfer the granola to a large bowl and stir in 1 c. of dried fruit of your choice.

Store in a tightly sealed container at room temperature for two weeks or freeze for up to two months.

Oatmeal Blueberry Muffins

Adapted from a recipe from a 'Mom's Best Cereal' can of oats

Anna Wysocki

Makes about 24 muffins

Dry Ingredients

- 2 cups quick oats
- 1 cup wheat flour
- 1 cup all purpose flour
- $\frac{2}{3}$ cup granulated sugar
- 2 tsp. Baking powder
- 1 tsp. Baking soda
- 1 tsp. Cinnamon
- $\frac{1}{2}$ tsp. Salt

Wet Ingredients

- 2 eggs
- $\frac{2}{3}$ cup sunflower oil (or vegetable oil)
- 1 cup milk (dairy or nondairy, vanilla flavored works well)
- $\frac{1}{2}$ cup vanilla yogurt
- 2 cups fresh or frozen blueberries (keep the blueberries cold until ready to add)

1. Heat oven to 400 degrees (F).
2. Prepare your muffin pans by greasing them or by lining them with cupcake holders (if I have a can of spray oil, I just use that).
3. Combine dry ingredients in a large bowl.
4. Mix the wet ingredients (oil, egg, milk and yogurt) into the dry ingredients.
5. Fold the cold blueberries into the batter. Optional: toss them in about 2 tbsp. of white flour first, to help prevent their blue juice from spreading into the batter.
6. Scoop the batter into the muffin tins. They should be about $\frac{2}{3}$ full, but it's okay to fill them more.
7. Bake until golden brown on top. About 20 minutes.
8. When you are ready to remove the muffins from the pan, it might help to spin a spoon around the edges first.
9. Enjoy!

If you'd like, you can bake the muffins ahead of time and freeze them!

Make sure they are cooled to room temperature before putting them in the freezer. Keep them in a single layer when you first put them in, so they can become stiff and frozen without sticking to each other. For example, set them on a plate or cookie sheet. Once they are frozen, you can store them altogether in an airtight freezer bag.

Sour Cream Coffee Cake

*From The Silver Palate Cookbook by Sheila Lukins & Julee Rosso
Afua Osei-Bonsu*

1 cup (2 sticks) unsalted butter, room temperature, plus more for pan
2 cups all-purpose flour, plus more for pan
1 Tbsp. baking powder
¼ tsp. kosher salt
1½ cups shelled pecans, coarsely chopped
1 Tbsp. ground cinnamon
2½ cups sugar, divided
2 large eggs, beaten to blend
2 cups sour cream
1 Tbsp. vanilla extract

Special Equipment

A 10" Bundt pan

Place a rack in middle of oven; preheat to 350°. Butter and flour Bundt pan. Sift baking powder, salt, and 2 cups flour into a medium bowl.

Mix pecans, cinnamon, and ½ cup sugar in another medium bowl.

Using an electric mixer on medium-high speed, beat remaining 2 cups sugar and 1 cup butter in a large bowl until incorporated and smooth. Add eggs, beating well to combine and scraping down bowl, then beat in sour cream and vanilla.

Reduce mixer speed to low and beat flour mixture into butter mixture, increasing speed to medium-low if needed, until just blended. Do not overbeat.

Scrape half of batter into prepared pan. Sprinkle evenly with half of pecan mixture. Spread remaining batter over; smooth top, then sprinkle with remaining pecan mixture.

Bake cake until a tester inserted into the center comes out clean, 50–55 minutes. Let cool 20–30 minutes. Invert onto a platter and serve warm.



Stories

My family's Thanksgiving food is amazing and delicious. One dish that I like is my aunt's corn with bell peppers. The second dish I love is my mom's and grandma's cornbread. The third and fourth dishes are greens and turkey, which my family has learned to make and cook together. My family's Thanksgiving dishes are to die for, and I would love to pass on to my children one day.

Angel Davis

When I moved to the United States, I hoped to continue cooking Chinese food. I looked for ingredients in the supermarket. I found different ingredients than what I am used to. I thought to myself I have different ingredients but I will change the recipe so that the food is delicious.

Anonymous

In Afghanistan I remember watching my mother cook. I love cooking and would watch relatives and others prepare meals. When I was 13 years old I learned how to cook cow meat by watching my mother.

My mother prepared the meat by washing it off and then cutting it into pieces. In a pan she put onion cut up and oil on the wood stove and cooked it until it was a red color. Mother added cut tomatoes and green peppers and some salt. Sometimes she would add potatoes for the children. Mother added a cup or two of water. When the water cooked off she added some more and cooked until the meat was soft. I watched carefully because the next time it would be my turn to cook this dish by myself. This meal is served with a big plate of rice.

I really like to cook and my family likes my food. My husband likes my cooking better than restaurant cooking. Sometimes I watch YouTube for recipes with spicy rice, spicy meats and cakes. I like to use Pakistani spices like Baadyan (Star Anise).

Nasima Zafari

The Story of Dumplings

Dumplings are a kind of traditional Chinese food. They usually consist of ground meat and chopped vegetables wrapped into a piece of dough which is called a dumpling wrapper. You can put anything you want into the dumpling wrappers, like pork and celery, lamb and carrots, or beef and onions. Dumplings can be boiled, steamed, and fried. Different kinds of cooking methods can lead to a variety of flavors. Also, they have many different shapes.

Dumplings are an important dish in China, not just because of their taste, but also because of their symbolism. People in Northern China will cook dumplings on winter solstice. They believe that eating

dumplings can make you feel warmer on cold winter days. Old people will tell you, if you don't eat dumplings on that day, your ears will have a cold injury in the winter, because the shapes of dumplings are similar to ears. It seems to make no sense, but no one will reject this custom.

People will also cook dumplings in the evening before Chinese New Year, the most important festival in China. On that day, people who work all over the world will come back home, the family reunites. Everyone in the family will help, because cooking dumplings is kind of complex work. Someone chops the meat and vegetables and mixes them up. Someone prepares the dough and cut and roll it into pieces. Someone wraps the fillings into dumpling wrappers. In my family, we put a coin inside one dumpling. The person who eats this dumpling will have good luck in the coming year.

In my mind, dumplings mean family and love. In the North of China, we have a custom that before you leave home, families will cook dumplings for you. This is because that they want you to have a good meal before you leave home. When my grandmother was alive, she would cook dumplings every time before I left home, even when she was badly ill and could not remember many things. Now it is my parents' turn. I can feel their feelings. They want me to take good care of myself, and they do not want me to leave, and they are waiting for me to come back home. The emotions are all in the dumplings. I really miss the homemade dumplings and my family.

Yunshu Yang

What food have you tried here that you love?

Steak, Chipotle, Burrito!!

Soeun and friend

I liked pulled pork. I liked a dish which had sweet potato, and on the top of the sweet potato, there are marshmallow, and on top of the marshmallow there are nuts.

Maki

I like the vegetables and sauce. I think that is very healthy for me.

Yuqian

What is your favorite comfort food?

I like to drink the tea. I feel comfortable when I drink tea.

Yuqian

Carbohydrates, like rice cakes or cake.

Won Seon

What is a food pairing you love?

Salted shrimp or pickled shrimp and boiled pork belly

Fresh kimchi and boiled pork belly

Korean barbecue and lettuce

Korean barbecue and grilled kimchi

Boiled egg & Sprite -- the eggs are boiled in Sprite instead of water-- this is popular with the older generation, especially when food was scarce and food was dry especially if being taken on a trip. The Sprite was good for elevating moods. Having coke or sprite was very special at that time.

Spicy red rice cake and tempura, both street food and homemade.

Fried chicken and beer.

Black noodle with sweet and sour pork

Soeun and friend



Thank you!