



Center For Family Services - Staff Recipe Exchange

Colombian Natilla

Staff Name: Dahiana P. Grisales

Ingredients:

4 cups whole milk

8 ounces panela (or 1 cup packed light or dark brown sugar, plus 1 tablespoon molasses)

2 to 3 cloves

3 to 4 cinnamon sticks

1/2 teaspoon baking soda

1/2 teaspoon salt

3/4 cup cornstarch

2 tablespoons butter

Optional: 1 cup coconut (frozen or fresh, shredded) 1 teaspoon vanilla

Optional: 3/4 cup chopped nuts and/or 1/2 cup raisins

Optional: (my favorite!) - small 1" squares of white Colombian cheese

Steps:

Place the cornstarch in a small bowl. Slowly whisk in 1 cup of the milk (or more if needed) until cornstarch is well incorporated and you have a smooth mixture. Pour the remaining milk into a heavy saucepan. The cornstarch has a detectable flavor at first, which goes away once the natilla is thoroughly cooked. Grate the panela and add it to the milk mixture (or add the brown sugar and molasses). Add the baking soda, cinnamon sticks, and salt. Whisk to mix well.

Heat the milk-sugar mixture over medium-low heat, stirring, and bring just to a boil. Take out the cinnamon sticks and cloves. Whisk in the milk-cornstarch mixture and continue to cook, stirring constantly, until it starts to thicken. Stir in the coconut, if using. Cook the mixture until it has thickened enough that you can see the bottom of the pan for several seconds when you stir (do not let it come all the way to a boil), about 10 to 12 minutes. Stir constantly so that the cornstarch doesn't clump, and the mixture doesn't burn. Add raisins and/or nuts, or colombian cheese if desired, and remove from heat. Stir in the butter and vanilla. Pour the mixture into a greased 8-inch square glass pan or in any greased mold. Refrigerate until firm. Sprinkle natilla generously with powdered sugar. Cut into 3-inch rectangular pieces to serve.

What this Recipe Means to You:

This recipe reminds me of my childhood in Colombia, visiting each neighborhood house as a kid singing carols and then earning these kinds of treats at every home.

Vegan Banana Pecan Pancakes

Staff Name: Bruce Still

Ingredients:

- 1 1/4 cup of all purpose or wheat flour
- 3 tbsp of raw sugar, stevia or coconut sugar
- 2 tsp of baking powder
- 1/2 tsp of sea salt
- 1 tbsp of olive oil or oil of your preference
- 1 1/4 cup of water or any plant based milk (Personally, I use almond/cashew milk)
- 1 chopped banana 1 cup of chopped pecans

Steps:

First, combine your flour, sea salt, baking powder, and sugar. Then add your milk and oil and mix it up until smooth. Afterwards, mix in your bananas and pecans until even. Preheat your pan with olive oil to medium fire so your pancakes don't burn. Once ready, use a 1/2 cup to place your pancake batter and cook until nice and golden.

Recipe makes 9 pancakes.

Enjoy with your choice of liquid stevia, organic maple syrup or any syrup of your choice!

What this Recipe Means to You: It means a lot, because I know exactly what I'm putting in my body. I can make something healthy and enjoy it at the same time.

Jewish Chicken Soup

Staff Name: Robin Stockton

Ingredients:

2 lb. whole fryer chicken
3 stalks celery with ends cut off, diced
5 peeled carrots cut into bite sized pieces
1/4 bunch fresh parsley (tied together with string)
1 medium onion diced
3 1/2 quarts water
salt and pepper to taste
8 oz bag of wide egg noodles

Steps:

Clean the chicken and place it in an 8-qt or larger soup pot. Add all the other ingredients except the noodles and cover completely with water. Bring to a gentle boil then turn heat down and simmer for 3 hours, until soup turns yellow and the chicken starts to fall apart. When everything is cooked, remove chicken and parsley. Shred chicken meat and return to the pot. Discard parsley. When ready to serve, cook egg noodles according to the package, and add to soup.

What this Recipe Means to You: Every Jewish family recognizes the awesome power of chicken soup to heal whatever ails you; from a cough to lovesickness, to a bad day at work. Better than the best room air freshener spray money can buy, this recipe belonged to my grandmother. She always cooked in it's own special soup pot. Whenever I make it, I think about how lucky I was to have amazing grandparents. Enjoy!

Canelazo

Staff Name: Ingrid Vaca-Bullaro

Ingredients:

6 cups of water

8 cinnamon sticks

1 cup of sugar or grated panela

Aguardiente to taste

Aguardiente guidelines – Adjust based on your preference (or the weather). For a light canelazo add 1 oz of aguardiente to each glass of canelazo. For a medium-strong canelazo add 1.5 oz of aguardiente to each glass of canelazo. For a strong canelazo add 2 oz of aguardiente to each glass of canelazo.

Steps:

Combine all the ingredients, except for the aguardiente, in a medium sized pot.

Bring to a boil, reduce the heat and simmer for 30-40 minutes.

To make the fast or cheater version you can simply boil it for 10-15 minutes.

Mix in the aguardiente and serve immediately.

For a non-alcoholic version, simply omit the aguardiente and drink it as a hot spiced tea.

What this Recipe Means to You: This recipe was shared by my parents. They did not live in the highlands - they come from Quito, but they enjoyed this and still do! Canelazo is a traditional spiced hot drink from the highlands in Ecuador. The original canelazo recipe is made by boiling water with cinnamon and sugar or panela, and then it is mixed with a local sugar cane alcohol called punta or aguardiente. The climate in the Sierra or highlands of Ecuador is usually mild during the day, as long as the sun is out you will be fine wearing a t-shirt. However, it can get cold at night, especially when it rains, and most houses in the highlands don't have gas or electric heaters – they have thick blankets called colchas. This drink keeps everyone nice and warm inside! It's great to drink during the holidays and we often do!

Bangers and Mash with Stout Onion Gravy

Staff Name: Tracy Lavin

Ingredients:

Bangers

1 pound sausage (uncooked bratwurst recommended)

1 tablespoon olive oil

3 ounces stout beer (I use Guinness)

Mashed Potatoes

3-4 russet potatoes (peeled and sliced)

2 tablespoons butter

1/2 cup buttermilk

Stout Onion Gravy

2 tablespoons butter

1 medium sized onion (sliced thin)

2 tablespoons flour

1 cup stout beer (I used Guinness)

1 cup beef broth

Steps:

Sausages:

Heat oil in a skillet over medium high heat. Add sausages and stout. Cover with lid and crack just to allow enough steam to escape. Cook covered for about 10 minutes, turning half way through. After they've cooked for 10 minutes, remove the lid and allow the liquid to reduce a bit and coat the sausages. When the liquid is almost gone, lower heat to medium low and continue cooking with the lid on, rotating occasionally, until evenly browned and cooked through, about another 10 minutes.

Gravy:

In a separate pot, heat butter over medium high heat. Add sliced onions and cook until slightly brown and fragrant, 5-10 minutes. Sprinkle with flour and allow to cook for 2-3 minutes. Add stout and scrape the bottom of the pan to deglaze. Add beef broth and allow to simmer until no longer foamy, 10-15 minutes.

Potatoes:

In a large pot cover potatoes with water and bring to a boil. Cook until soft. Drain and add butter and buttermilk. Mash to your preferred consistency. To serve, top potatoes with sausage(s) and top with as much gravy as your heart desires.

What this Recipe Means to You: My husband's paternal grandparents immigrated here from Ireland. We have traveled there often over the years to visit family and this brings back such great memories of our visits. I learned 2 years ago I was unbeknownst to me about 24% Irish which made my father in law very happy.

Buffalo Chicken Dip

Staff Name: Krystal Wymbbs

Ingredients:

2 c. Shredded rotisserie chicken

1(8 oz) pkg Philadelphia cream cheese, softened

½ c. Ranch dressing

½ c Shredded cheddar cheese

½ c. Franks Red Hot Buffalo Wing Sauce

Chips/crackers for dipping

Steps:

Heat oven to 350 degrees. Combine cream cheese, buffalo sauce, salad dressing, chicken and shredded cheese in a 1-quart baking dish. Bake for 20 minutes or until the mixture is heated through. Garnish as desired. Serve with chips, veggies and/or crackers.

What this Recipe Means to You: Good food with good company.

Lemon Roasted Chicken

Staff Name: Amy Urban Romaine

Ingredients:

- 2 Lemons
- 2 split chicken breasts or breasts and drumsticks (skin on)
- 3 potatoes, peeled and cut into wedges (or more if you like more roasted potatoes)
- 1 Tablespoon olive oil
- 1 Teaspoon dried oregano (if you don't have oregano, you can use thyme)
- 2 garlic cloves, sliced into quarters (or halves if they are small cloves)
- Salt and freshly ground pepper (to taste)

Steps:

Preheat the oven to 450 degrees F. Squeeze the juice from one lemon. Wash and cut the other lemon into slices. Put the chicken, potatoes and sliced garlic in the baking pan large enough to hold them in a single layer. Sprinkle with lemon juice, olive oil, oregano and salt and pepper. Turn the pieces to coat evenly. Turn the chicken skin side up. Tuck the lemon slices under the skin of the chicken. If the chicken and potatoes are looking a little dry, you can always add a little more olive oil. Bake the chicken for 45 minutes. Baste with the pan juices. Continue to bake, basting occasionally, for 15 to 30 minutes longer, or until the chicken is browned and the potatoes are tender. This can vary greatly depending on what type of pan you use and how your oven works. You're looking for a nicely browned and crispy skin and potatoes that give way when you stick a fork in them. When it's done cooking, you can plate the chicken, potatoes and garlic and sprinkle the drippings on top. It pairs well with a salad or roasted/steamed broccoli.

Enjoy!

What this Recipe Means to You: My Italian mother-in-law gave us the Sopranos cookbook as a gift one year, saying that although she doesn't approve of the way Italians are portrayed in the show, the recipes are spot on for the area that her family comes from. She's tried to give me cooking lessons over the years, but measurements are an in the moment thing, so it's hard for a beginner to learn! We've adapted this recipe a little bit. This is our go-to dish when we bring meals to friends and family, especially after a baby or a surgery. It also scales nicely and is a crowd pleaser for meat eaters.

Autumn Harvest Salad with Pomegranates

Staff Name: Mary Beth Woodward

Ingredients:

1- 2 bunches kale center ribs removed and torn into small pieces (6-8 cups)
1 delicata squash de-seeded and cut into half moons
1 cup cooked farro
4 ounces soft goat cheese
chevre arils from one pomegranate about 1 cup
2 tablespoons olive oil
1/2 teaspoon chili powder
salt pepper

For Dressing:

2 tablespoons olive oil
2 tablespoons apple cider vinegar
1 tablespoon pure maple syrup
1 garlic clove pressed or finely minced
1/4 teaspoon chili powder
1/4 teaspoon smoked paprika
pinch of salt and pepper

Steps:

Preheat oven to 400°F. Toss delicata squash in 2 tablespoons olive oil, salt, pepper and chili powder, arrange in a single layer on a lined baking sheet, Roast for about 15 minutes, or until golden and tender. Set aside. Whisk together all ingredients for dressing. In a large bowl, add kale, delicata squash, farro, goat cheese and pomegranate arils. Pour dressing over and toss to fully coat everything in the dressing.

Swedish Meatballs

Staff Name: Mia Howard

Ingredients:

Beef and pork chopped meat (You can also use turkey or chicken ground, or possibly tempeh)

Egg

Garlic

Onions

Parsley

Mustard

Butter

Flour

beef broth

light cream

Worcestershire sauce

bread crumbs

ground nutmeg

Cloves

(paprika or dill optional)

Steps:

Saute garlic and onions in butter or olive oil. Mix meat, bread crumbs, and sautéed onions and garlic, nutmeg and cloves, one egg, as well as parsley together to make small meatballs. Saute uncovered in a large skillet and turn to brown on all sides on medium heat until cooked through. In another saucepan, saute butter, flour, mustard, W. sauce, beef broth, and cream under a low heat, and mix with a whisk. Serve meatballs hot with hot sauce poured onto or on the side. Garnish with your favorite spice, such as dill or paprika.

What this Recipe Means to You: My grandmother, my father's mother, Bernice, was of Swedish ancestry. I never knew her, but my dad told me about her. I love Swedish traditions and honor my ancestry. My family loves this dish, and I enjoy making them and dreaming of Sweden. Skal!

Lynn's Lemon Blueberry Cake

Staff Name: Lynn Risley

Ingredients:

Cake:

2 Lemons

2 Eggs

1/3 Cup Vegetable Oil

3/4 Sour Cream

1 tsp. Poppy Seeds (if desired)

1 package yellow cake mix

1/2 Cup Blueberries

Glaze:

1 Lemon

1/2 Blueberries

2 tsp. Brown Sugar

1/3 Apricot Jam - Blend Together in a Mixer or Smoothie Maker!

Steps:

Mix cake ingredients in a bowl and pour into 2 loaf pans or a larger cake pan. Bake for 25 minutes at 350 degrees. Blend the glaze together with a mixer or smoothie maker. Pour glaze on top of the cake when it's done or save it to dip it while eating!

What this Recipe Means to You: Just a special cake that is super yummy!

Gluten Free Sausage Stuffing

Staff Name: Patricia Kenney

Ingredients:

2 loaves gluten free bread of your choice
chopped into cubes

1/2 lb of Jimmy Dean Sage Sausage, no casings

2 Tbsp EVOO

1/2 cup chopped onion

1 stalk of celery, chopped

4 Tbsp fresh Italian parsley finely chopped

1/2 tsp each onion and garlic powder, oregano, sage, and Lowrys 13 spice no salt seasoning
pepper 1/4 tsp or to taste

1 Tbsp butter

1/3 cup chopped walnuts

1/3 raw apple, chopped

2 cups chicken broth

1 egg

Steps:

Cook up the sausage in a frying pan, making sure the sausage is in bite size pieces. Remove cooked sausage from the pan, put in a large mixing bowl. Add the EVOO to the sausage oil in the pan. Add the onions, celery and just 2 Tbsp of the fresh parsley in the combined oils in the pan, along with all the spices (onion and garlic powders, oregano, sage, Lowrys and pepper) and sauté until the vegetables are soft and aromatic. Put the veggies and herbs in the mixing bowl with the sausage. Melt your Tbsp of butter in the same pan and add the walnuts to coat and toast in the pan. The raw apple and remaining uncooked parsley can be added to the bowl as well. Pour the chicken broth in the same pan and bring it to a boil, using a spatula to loosen all the flavor bits stuck to the bottom of the pan. Pour the broth with the flavor bits in the bowl with the vegetables and spices. Add the cubed bread and with your hand in a disposable latex glove, squish everything together. Add an egg. Add more bread if too soft; add more broth if too stiff. Bake at 350 in a greased baking dish for 20 minutes.

What this Recipe Means to You: I have always loved to cook and especially to eat! When I discovered 2 + years ago that I had developed gluten sensitivity, I was devastated. Everything I

loved was made of wheat flour. So since then I have been experimenting with other types of flours and creating my own recipes. This is one of them. I hope you love it!

Grandmom Decker's Turkey Noodle Soup

Staff Name: Ginny DeLong Decker

Ingredients:

Turkey carcass
1 small onion chopped
3 stalks celery
3 oz. tomato paste
2 C turkey gravy
Marjoram leaves (1TBL dried, 3 TBL fresh)
2 C carrot strips
12 oz. bag medium or thin egg noodles
Salt
Pepper

Steps:

Put the carcass in a large pot and cover with water (I use a big 12 gallon that covers the whole thing – if you don't have one that large, you can cut the carcass in two). Add the chopped onion and celery stalks. Bring to a boil and then simmer on low for 2 hours. Remove carcass from the pot and allow to cool. Remove all of the meat from the carcass, discarding fat and skin. Cut the meat into bite size pieces. Add any leftover meat from the dinner. Decide how much soup to make and save the remaining stock for future use. Add to the stock: meat, tomato paste, gravy, marjoram leaves, carrot strips, salt and pepper to taste. Bring to a boil and then simmer for 1.5 hours. Add the noodles and cook for half the time on the bag – they will continue to absorb liquid after cooking. Amount of noodles will depend on how much broth – usually almost the whole bag. NOTE: This recipe results in a rich, red/brown broth and is made using gravy and tomato paste. I make a rich giblet gravy with light cream and use that in the soup, supplementing if needed with additional regular gravy. If you have not used the giblets for gravy, add them to the soup pot. The amount of broth that this recipe yields is quite a lot, and I've often frozen half the broth to use when cooking the next turkey.

What this Recipe Means to You: This recipe takes me right back to my grandmother's row house kitchen at 2nd & Wolf streets in South Philadelphia. I remember having Thanksgiving dinner hoping there would be enough turkey leftover for her magnificent soup, which was my

favorite part of the holiday. In fact, I am the fortunate granddaughter that cooks my turkeys in her roasting pan which must be 100 years old by now!

Easter Salami Pie

Staff Name: Edna Davie

Ingredients:

DOUGH:

2 1/4 c. Flour
2 rounded tsp baking powder
1 tsp sugar
1 tsp salt
2 T. crisco or lard
2 T. softened butter
2 T olive oil
2 eggs room temp
approx 4 T warm water

FILLING:

3 lbs ricotta
9 eggs
1/4+ c. grated cheese (parmesan or locatelli)
1 tsp salt & pepper (to taste)
oregano and parsley to taste
1 LB. Farmer cheese
1 LB. Hormel thinly sliced salami

Steps:

For dough, cut all ingredients into flour except eggs and water. When flour looks like corn meal, make a small hole in the center of flour and put eggs and warm water into hole; gradually beat eggs and water, slowly adding flour mixture until fully incorporated. Knead until smooth; divide into 2 parts, one slight bigger as the bottom. Roll out the bottom crust till very thin to fit a 18" wide, 1 1/2" high pan and place in pan. Mix ricotta, eggs, grated cheese, S&P and herbs together. Slice the farmer cheese and line the bottom of the crust with it, then lay the salami over the farmer cheese. Pour the mixed filling over the salami. Roll out the top crust and lay over top, making sure to seal the edges to avoid leakage. Make large slits in the center of the top crust for steam to escape. Bake at 375 for 15 minutes and 350 until golden brown (about an hour).

What this Recipe Means to You: My family has salami pie once a year at Easter time and we wait all year for it. It is handed down from my Italian grandmother, and my German mother (GM's daughter in law) was the only one in the family, despite my GM having 2 daughters, to make sure she knew how to make it.

Vegan Chocolate Pie

Staff Name: Amy Urban Romaine

Ingredients:

1 graham cracker pie crust (check ingredients to make sure it's vegan if you want to keep it vegan)

1 bag (12 oz.) grain sweetened chocolate chips (or whatever type you like - they may not be vegan though)

1 box firm silken tofu

Optional:

Flavoring:

approximately 1 teaspoon of vanilla extract, coffee flavoring, peppermint or other extracts

Optional: fruit topping such as berries

Steps:

Puree tofu in a food processor. Melt chocolate chips (microwave or double boiler on the stove).

Blend chocolate into the tofu. Add flavoring if desired. Pour into pie crust. Top with berries if desired. Refrigerate until firm. Enjoy!

What this Recipe Means to You: I lived in San Francisco, CA when I graduated college. I felt like I grew into adulthood there and met some very wonderful people who had very different lifestyles than I did. The stereotypical "healthy Northern California diet" was new to this East Coaster. At first, a dessert made with tofu made me cringe! Now, this dessert is a family favorite and always brings sweet memories of my time in California come rushing back.

Ricotta Cookies

Staff Name: Denise Hanna

Ingredients:

1 Cup of Butter (softened)
2 Cups of Sugar
2 Eggs (beaten)
1 15 oz container of Ricotta Cheese
2 teaspoons Vanilla
5 Cups Flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon of salt

FOR ICING:

2 Cups Confectioners Sugar (sifted)
4 teaspoons Karo light syrup
1/4 teaspoon (lemon/almond or vanilla extract, I prefer Vanilla)

Steps:

Preheat oven to 350 degrees. Use non stick cookie sheets. In a large bowl sift together flour, baking powder/soda set aside In another large bowl cream together butter, sugar. Beat in eggs. Stir in the ricotta and vanilla. Slowly add flour mixture to the Ricotta mixture until all mixed. Do not use a mixer, only stir in by spoon. Roll dough by hand into slightly smaller golf balls until smooth. Place 2 inches apart on cookie sheets Bake 8 - 10 minutes bottoms are slightly golden Allow cookies to remain on sheet for 5 minutes then remove to wire rack to cool.

FOR ICING: Whisk all ingredients together adding 1 teaspoon of water or milk at a time until it reaches desired consistency. With the back of spoon spread icing on each cooled cookie (Add food coloring if desired or sprinkle with festive sprinkles) or use buttercream frosting (Duncan Hines). Let dry on a wire rack or another cookie sheet. Store in a plastic cookie tub with wax paper between each layer of cookies. Place a piece of bread in the container with cookies to help keep them soft. Store in a cool area of the house so that icing does not melt.

What this Recipe Means to You: Italian Family Christmas Tradition.

Roast Pork aka Pernil

Staff Name: Magdalena Lebron

Ingredients:

1 whole shoulder pork
3 tbsp white vinegar
1 cube or 3 tbsp. of sofrito
5 garlic heads
3 tsp of oregano
1 envelope of sazón goya
salt & pepper to your taste

Steps:

Wash the pork really well, then sprinkle with vinegar, make a paste with the sofrito, garlic and all the rest of the ingredients, and season the pork with it. Place it all in an oven bag and let it sit in the refrigerator for about 4 hours before cooking. When ready to cook, place it in the oven at 350 for 3 hours, then remove from the oven bag and place it back in the oven at 300 until the skin is nice and crispy. Enjoy from my kitchen to your kitchen.

What this Recipe Means to You: It is a Puerto Rican tradition for holidays and parties.

Flan

Staff Name: Natalie Contreras

Ingredients:

2 cups of milk

1 cinnamon stick

small piece of lemon peel

1/4 teaspoon of salt

6 egg yolks

3 egg whites

3/4 cup of suga

1 teaspoon of vanilla

Caramel - place a little bit of water in a mold with 2 tablespoons of sugar on the stove until it turns brown.

Steps:

Boil milk, cinnamon stick, lemon peel and salt then let cool. Beat the eggs with the whites, sugar and vanilla. Add the milk. Place it in a mold that has caramel. Put in the oven in a large pan with water at 350F about 1 hour or until the center comes out clean when you check it with a toothpick or cook for 8-10 minutes in a pressure cooker.

What this Recipe Means to You: This is my mother's healthier version of flan that she taught me to make. We make Flan for every special occasion and then some. We typically double the recipe when making to have extras as it goes fast!

Peanut Butter Cookie Lasagna

Staff Name: Lori Henry

Ingredients:

1 box Nutter Butter cookies

1 tub of Cool Whip

Chocolate Peanut Butter Cups

1/2 cup peanut butter (melted in Microwave- you can add extra if you like peanut butter)

1 box instant or regular vanilla pudding (prepared according to package)

Steps:

Line the bottom of an 8x8 pan with Nutter Butter Cookies. Top with a drizzle of the melted peanut butter (you can add extra if you like). Then spread/add 1/2 the pudding across the layer. Spread/Add the whip cream. Top with chopped peanut butter cups, repeat the layering. Finally decorate with a few crushed peanut butter cookies, peanut butter cups and drizzle more peanut butter that you melted. This must be chilled overnight for cookies to soften(24 hours)! Enjoy!

What this Recipe Means to You: It means I love peanut butter!

Easy Eggplant Rollatine

Staff Name: Jen Hammill

Ingredients:

1 Eggplant
Flour
Olive Oil
8 oz Ricotta Cheese
Egg
Parmesan or Romano or Locatelli Cheese
Salt
Pepper
Marinara Sauce
Mozzarella Cheese

Steps:

Slice eggplant into oblong slices. Soak sliced eggplant in salt water for 20 minutes and then dry on paper towels. Dip eggplant in egg wash and then lightly flour each piece, adding salt and pepper to taste. Fry eggplant in olive oil until each piece of eggplant gets soft and then cool each piece on paper towels. Mix ricotta cheese, salt and pepper to taste; parm/romano/locatelli cheese and 1 egg. Roll each piece of eggplant with cheese mixture inside. Arrange on baking dish and cover with homemade (or your favorite brand of) marinara sauce. Cover with mozzarella cheese (any amount you'd like). Bake at 350 degrees for 30-40 minutes. Serve with garlic bread and salad and/or your favorite pasta or soup or meat dish.

Optional - Add prosciutto along with the ricotta stuffing mixture

Optional - If you have an extra eggplant, you can make an easy fried eggplant appetizer as well. Slice in circular slices. Soak sliced eggplant in saltwater for 20 minutes and dry on paper towels. Dip eggplant in egg wash and then lightly flour each piece, adding salt and pepper to taste. Dip in egg wash a second time. Bread each piece in panko breadcrumbs. Fry in olive oil. Enjoy with marinara dipping sauce.

What this Recipe Means to You: These family recipes were passed on to me from my grandmom.

German Pancakes (Dutch Baby Pancakes)

Staff Name: Jennifer Durham

Ingredients:

For batter:

6 eggs

1 cup flour

1 cup milk

1/2 teaspoon salt

2 teaspoons vanilla

2 tablespoons melted butter

For syrup:

1 1/2 cup sugar

1/2 teaspoon baking soda

2 tablespoons corn syrup

1/2 cup butter

3/4 cup buttermilk

2 teaspoons vanilla

Steps:

For batter:

Place eggs, milk, flour, salt and vanilla in a blender, cover and process until smooth. Pour butter into a 13 x 9 inch pan, add batter, and bake uncovered at 400 degrees for 20 minutes. Serve with the following syrup.

For syrup:

Put the first 5 ingredients in a saucepan, boil for 7 minutes. Remove from heat and add the vanilla. Serve over warm pancakes.

What this Recipe Means to You: My Great-Grandma Katie who was born in Germany, moved to Russia and eventually came to the US made these pancakes for me every weekend. I remember the smell of her house when I would walk in to have Sunday brunch with her. She also made

incredible fried chicken! She taught me many of our German traditions and kept our heritage alive for as long as she was. I too, was born in Germany and moved to the States when I was two so I don't have any memories of Germany. Through pictures that my Mother took while we were there and stories that my Grandma Katie would tell, I was able to connect with my heritage from a very early age.

Fried Stuffed Meatballs

Staff Name: Beatrice Robles

Ingredients:

1 lb ground beef
salt
pepper
bread crumbs
Italian seasoning
garlic powder
1 egg
mozzarella cheese
¼ c Parmesan
pasta sauce
olive oil

Steps:

Mix ground beef with seasonings, egg, half a cup of breadcrumbs, grated parmesan cheese. Roll up into balls and push a whole in the middle. Stuff with Mozzarella cheese, then roll into balls and cover the whole. Roll the meatballs into breadcrumbs until the whole meatball is covered. Heat olive oil in a pan. Fry the meatballs on low heat, turning occasionally until cooked fully about 25 mins. Pour pasta sauce on it and thin spaghetti if you desire and enjoy.

What this Recipe Means to You: This recipe brings the family together to enjoy.

Assyrian String Bean Khurosh

Staff Name: Lorien Burrows

Ingredients:

2 medium onions
1 bell pepper or 2 to 3 mild yellow peppers
1 cup thinly sliced celery
2 Tsp olive oil
2 pounds lamb cubed (You can also use beef)
14-oz can diced tomatoes
8-oz can tomato sauce
1 Tsp paprika
Oregano to taste
2 bags frozen green beans, or 1 1/2 lb fresh green beans
Salt and pepper to taste
Lemon juice or Iranian preserved lemon bits (optional--if you like things tart)

Steps:

Saute one onion (chopped), the pepper, the celery in the olive oil until very soft. At the same time, using a large heavy Dutch oven, cover the meat with water and boil (with about a teaspoon of salt) until all the water evaporates and the meat is browned. If you use very fatty meat, you may want to pour off the fat at this point. Add the sautéed vegetables, the canned tomato and tomato sauce, the paprika, the oregano, and the second onion, sliced in thin wedges. Cook slowly for about an hour, or until meat is tender and onions are soft. If you are using preserved lemon, you would add it before this simmering. Blanch the green beans, I use the frozen ones you can cook in the bag, and do them 2/3 of the time recommended on the directions. Add the green beans to the stew. You can add sliced mushrooms too at this point if you like. Simmer for about 30 minutes, until flavors blend. Add salt and pepper to taste. Serve over Assyrian Riza (Rice).

What This Recipe Means to You: My Great-Grandmother came to the USA as a refugee from Persia after surviving the 1915 genocide which effected Armenians, Greeks, and Assyrians. This recipe allows me to keep a part of the culture alive.

Assyrian Riza (Rice)

Staff Name: Lorien Burrows

Ingredients:

Basmati rice, consult rice package for desired amount

Water, consult rice package for amount

Unsalted Butter

1 stick for every pound of rice used

Salt, to taste

Steps:

Start water to boil in a medium sized pan. Put rice in a second pan and rinse 2-3 times to remove starch (until the water is clear). Add salt to rice and pour into boiling water.

Reduce heat and cover, let simmer for 20 minutes. After 20 minutes check to see if rice is just becoming soft, otherwise cook for a few minutes longer. Rice should be slightly al dente. Drain and rinse rice. Preheat the oven to 350 degrees. In a large roasting pan, add 1 stick of butter for each pound of rice. Place uncovered in the oven and let the butter melt. When the butter "bubbles," add the rice and cover. Cook for 15 minutes. Take the roaster out of the oven and shake to coat the rice with butter. Return to the oven for another 15 minutes. Remove from the oven and shake again, then serve!

Hamentashen

Staff Name: Denise Rosen

Ingredients:

4 cup flour
2/3 cup oil
1 cup sugar
1/4 tsp salt
2 tsp baking soda
2 eggs plus 1 extra yolk
juice of 1 and 1/2 lemon and zest
juice of 1 orange
2 tsp brandy
1 beaten egg
fruit fillings (lekvar-prune butter, cherries, poppyseed)

Steps:

In a medium bowl, stir together the flour, baking powder and salt; set aside. In a large bowl, whisk the oil, eggs, egg yolk, sugar, zest, both juices and brandy until smooth. Gradually stir in the flour mixture until a sticky dough is formed. Wrap in plastic wrap, flatten into a disk and chill overnight. When ready to bake, preheat the oven to 375 degrees F. Working with about one quarter of the dough at a time and leaving the remaining in the refrigerator, roll on lightly floured surface a little less than 1/4-inch thick. Cut circles using cookie cutters 2 1/2 to 3 inches. Place a spoonful of filling in the center (about 1 teaspoon per cookie) and then pinch one side up. Turn and pinch second and then third to make a triangular shape. Leave a little bit of the filling showing at the top. Place cookies on parchment paper on a cookie sheet, brush with a little beaten egg for sheen and bake until nicely browned, 10 to 15 minutes.

Poppy Seed Filling:

Yield: Makes enough to fill 2 1/2 dozen Hamentashen

Combine everything except the lemon zest and juice and the beaten egg into a saucepan and cook over moderate heat until thick, 10 to 15 minutes. Stir often. Add zest and juice. Take a bit of the filling and mix it into the beaten egg. Repeat, then mix the egg mixture into the pot of filling. Cool overnight.

Cherry Filling: Use canned pie cherries without the juice, 3 cherries per cookie

What This Recipe Means to You: My bio Dad was from an Orthodox Jewish family, my Mom a generic Christian. She converted to marry my Dad so I got to celebrate Christmas and Channukah as a kid. My Dad passed when I was 7 just before Christmas and so making these

cookies at holiday time seems to be a way to remember and honor him. They are also incredibly yummy. Here is the history: A hamantash is an Ashkenazi Jewish triangular filled-pocket cookie, usually associated with the Jewish holiday of Purim. The name refers to Haman, the villain in the Purim story. In Hebrew, hamantashen are known as אוזני המן, oznei Haman, 'Haman's ears'

Ponche (Hot Drink)

Staff Name: Lisette Hernandez

Ingredients:

5 liters of Water

2 cinnamon sticks

2 the cones Brown Sugar Loaf (PANELA)

4 Sugarcane

¼ Crataegus Mexicana (tejocote)

2 Apples sliced green

2 red apples

6 guava (guayaba)

1 cup of Hibiscus flower

5 prunes

2 peeled tamarind

1 cup of brown sugar (depends how sweet you want it)

Last touch you can add a little wine or tequila in your cup of ponche (optional). Try it and enjoy .

Steps:

Put to boil 5 liters of water, add 2 cinnamon sticks, the 2 brown sugar loaves, the cup of hibiscus flower, 2 tamarinds peeled. When the water is boiling add the fruit- 6 guava sliced in half , 1/4 of the crataegus (slice them in half) , add the fresh sugar canes peeled- take off the green skin (you find them in any mexican store known as (Caña) cut them in small long pieces, add the green and red apples in slices and the cup of sugar. Let it boil for 15-20 min when the fruit is soft and to let the flavors concentrate.

What This Recipe Means to You: This is a traditional warm delicious hot drink to keep you cozy while celebrating Christmas or New Year's Eve. It is a traditional drink for Christmas Posadas.

Flan de Vainilla

Staff Name: Glorie A. Rodriguez

Ingredients:

6 eggs

1 can evaporated milk

1 can condensed milk

1 tsp vanilla

a pinch of salt

1 cup sugar (to caramelize the mold)

Steps:

Preheat the oven to 350 F. Caramelize a mold, pour 1 cup sugar and melt it over medium heat until a light golden brown color. Immediately caramelize the bottom and sides of mold, refrigerate for about 15 min. Mix eggs, evaporated milk, condensed milk, vanilla and salt on a mixer on low. Pour over caramel pan. Place the pan in a bigger pan with about 1 1/2" of water. Bake in a water bath for 1 hour. Remove from the oven, let cool, and refrigerate for about 3 hours. Release sides with a knife, shake to lose and pour on a serving plate.

What This Recipe Means to You: This recipe means a lot for me, although it is simple but it was the first dessert I made for my parents and family. My mom never taught me to make desserts, that's why for me it's special, because I was able to make them something that I learned on my own by looking at a friend. I could see in them a joy not only of how good it was, but of seeing that I could achieve it and I learned to do it. It means a lot to me, since my mother hasn't been with us for 15 years and every time I bake it she reminds me of her.

Tembleque

Staff Name: Carmen E. Colon Chevere

Ingredients:

6 cans of Coconut Milk
3 cans of Coconut Cream
3 cans of evaporated milk
1 teaspoon of cinnamon
1 teaspoon of vanilla
1 cup of cornstarch
1 mold

Steps:

Mix all the milks, add the vanilla, and the cinnamon, grab the cup of cornstarch. Place it in a bigger bowl and put some of the milk and start mixing it until you get a watery consistency. Turn the stove on low heat, put a cooking pot and put all the milk you mix. Grab a spoon and little by little start putting the cornstarch you mix with some of the milks and keep moving in circles in slow motion until you get a harder consistency. After you get that consistency, turn off the stove. Grab the mold and drop the tembleque mix inside the mold, let it rest for 20 minutes and then put in the fridge until it gets cold. After it's chilled, cut and place some in a small container and enjoy.

What This Recipe Means to You: This reminds me of getting together, talking and enjoying time with my loved ones.

Nonni's Chicken Cacciatore

Staff Name: Cindy Herdman Ivins

Ingredients:

2 pounds chicken breast - bone in yields a richer flavor but boneless is fine;
2 medium onions, sliced thin
2-3 cloves of garlic, minced
2 green peppers, sliced thin
2 red peppers, sliced thin
3 carrots, sliced thin
3 stalks of celery, sliced thin
2 cups chicken broth
2-4 tablespoons butter
1 14 ounce can of San Marzano tomatoes
salt and pepper to taste

Steps:

Heat a saute pan on medium/high. Add 2 tablespoons of butter. Cut chicken into portion sized pieces, then dredge in flour seasoned with salt and pepper. Brown chicken in melted butter. Remove chicken when browned and place in a greased 9x13 casserole/glass baking pan. Add onions to saute pan (may have to add more butter) and cook over medium heat until translucent, approximately 7-10 minutes. When done, add garlic and cook for another 2-3 minutes. Arrange peppers, celery and carrots over the browned chicken. Add the onions and garlic on top of the vegetables. Sprinkle with salt and pepper. Deglaze the saute pan with the chicken broth. Add the can of tomatoes to the chicken broth, squeezing the tomatoes before you add them. Simmer for 5 minutes. Pour over chicken and vegetables. Cover baking dish with foil. Bake at 350F for 45-60 minutes. Salt and pepper to taste.
Tip: Can be made in a crock pot instead of the oven. I suggest cooking it on low 4 hours.

What This Recipe Means to You: Nonni was my Italian grandmother. I loved spending time with her in the kitchen, just the 2 of us. I was her "Uto" or kitchen helper. The scents of this cooking brings me back to her kitchen.

Puerto Rican Cheese Flan

Staff Name: Yvette Soto

Ingredients:

1 cup White Sugar

1 12 oz Evaporated Milk 1 can

1 14 oz Condensed Milk 1 can

1 8 oz Cream Cheese 1 Package

3 Large Eggs

1 tbsp Concentrated Vanilla Flavor

Steps:

Preheat the oven to 350°F degrees. In a small saucepan over medium-low heat, melt sugar until completely dissolved. Watch carefully so it does not burn. Remove from heat when it is a dark golden, amber color, 4 to 5 minutes. Immediately pour the melted sugar into the bottom of the 9" -inch glass baking pan; swirl so that caramel reaches the sides, working quickly before it hardens. Set aside. Place sweetened condensed milk, evaporated milk, eggs, cream cheese, milk, and vanilla in a blender; blend until smooth. Place enough water in the tin pan to reach the caramel of the glass pan. Place the glass pan inside the tin pan with the water. Pour the condensed milk mixture on top. Bake flan in the preheated oven until a damp table knife or toothpick inserted into the center comes out clean, 45 minutes to 1 hour. Remove from the oven and let stand for 5 minutes. Chill flan in the refrigerator until firm, 3 to 4 hours (I chill overnight). When ready to serve, run a knife around the edges to loosen. Set a plate over the flan and flip upside-down to invert. Slice and serve.

What This Recipe Means to You: This recipe reminds me of Christmas holidays in Puerto Rico. My grandmother would make it every year for my family.

Blueberry Muffins

Staff Name: Marissa Cantu

Ingredients:

5 tablespoons unsalted butter, cold is fine
1/2 cup sugar
Finely grated zest from 1/2 a lemon
3/4 cup plain unsweetened yogurt
1 large egg
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon fine sea or table salt
1 1/2 cups all-purpose flour
1 1/4 to 1 1/2 cups blueberries fresh or frozen (no need to defrost)
3 tablespoons Turbinado (sugar in the raw) sugar

Steps:

Heat oven to 375°F. Line a muffin tin with 9 paper liners or spray each cup with a nonstick spray. Melt butter in the bottom of a large bowl and whisk in sugar, zest, yogurt and egg until smooth. Whisk in baking powder, baking soda and salt until fully combined, then lightly fold in flour and berries. Batter will be very thick, like a cookie dough. Divide between prepared muffin cups and sprinkle each with 1 teaspoon turbinado sugar, which will seem over-the-top but will be the perfect crunchy lid at the end. Bake for 25 to 30 minutes, until tops are golden and a tester inserted into the center of muffins comes out clean (you know, except for blueberry goo).

Let cool in pan for 10 minutes then the rest of the way on a rack.

What This Recipe Means to You: Blueberry muffins were always a treat growing up but my mom usually only had time to make them from the box. When I got older and insisted on using fresh ingredients, we found this recipe. It always feels like home to have muffins (of any kind!) at the ready when you wake up, and the smell of these baking is divine!

Pineapple Stuffing

Staff Name: Jennifer DeSimone-Jewell

Ingredients:

1/2 cup butter or margarine

3/4 cup sugar

4 eggs

1 (13.5oz) can of crushed pineapple, drained

5 slices of bread, cubed

Optional

pineapple rings

Cherries

Steps:

Cream butter and sugar. Add eggs and beat until combined. Drain pineapple and add to mixture. Fold in bread. Place in greased 1 1/2 quart dish. Add pineapple rings and cherries if desired. Bake uncovered at 350 degrees for 25 minutes.

Makes 8 servings. This works great as a side dish or dessert!

What This Recipe Means to You: My mom has made this recipe every Christmas Eve dinner for several years now and got the recipe from a close friend.

Arroz Con Dulce Puertorriqueno

Staff Name: Magda Diaz

Ingredients:

2lbs of rice

2 cans of coconut milk

2 can evaporated milk

sugar and raisins as you like

Ginger

Cloves

Cinnamon

Steps:

Boil the ginger with the water, cloves, and cinnamon in a pot with water. Strain and combine with the boiling milk, add the coconut milk and rice.

Add the sugar, taste the flavor, stir constantly, as the rice thickens, lower the heat, add the raisins. Serve in small plates or glasses.

Buñuelos y natilla

Staff Name: Vanessa Damelines

Ingredients:

Buñuelos:

cheese

cornstarch

milk

Eggs

Natilla:

milk

panela (sugar cane)

large cinnamon sticks

Coconut

Vanilla

Cornstarch.

Steps: Buñuelos and natilla are 2 separate things but are usually eaten together.

Buñuelos- Mix the shredded cheese, eggs, milk, and cornstarch. Roll the mixture into a small ball and fry.

Natilla- Mix panela (sugar cane) with milk, separately mix cornstarch and milk, put panela mix on the stove and add cinnamon sticks. Add cornstarch/milk mix and keep stirring and do not stop for about 40 min. Add butter while stirring and start taking out cinnamon sticks. Continue mixing until mixture is thick.

What this Recipe Means to You: It means warmth, comfort, and family unity.

