



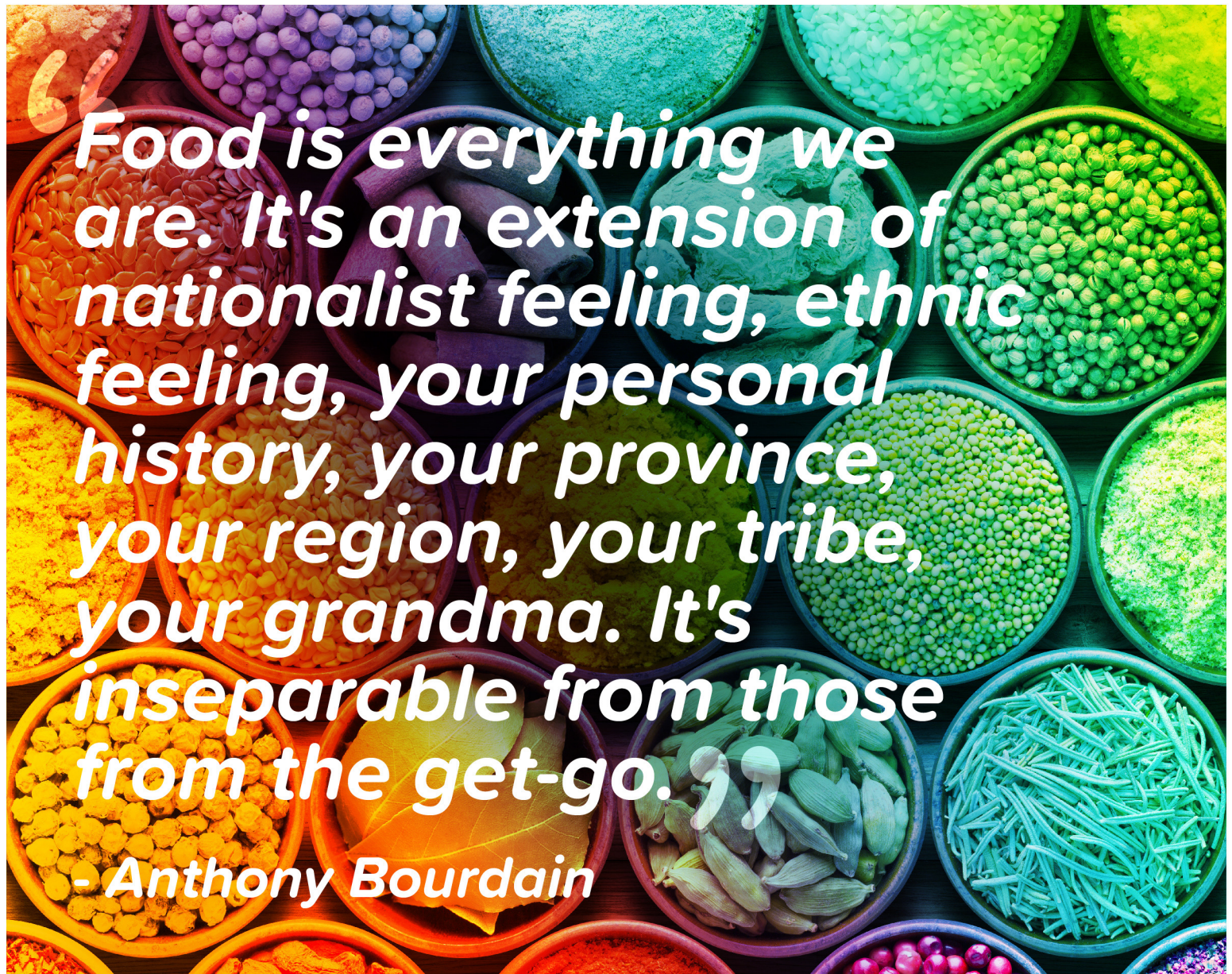
hyve solutions
diversity
equity
inclusion

cookbook

November 2023

***You have
to taste a
culture to
understand it.***

- Deborah Cater



Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go.

- Anthony Bourdain

Hyve frequently looks for new and creative ways to forge deeper connections and build more meaningful employee engagement, globally. And what's a better way to do so through the universal language of food!

The following is meant to support a corporate culture of connecting and sharing, including being seen as a nod to our focus on diversity, equity and inclusion (DEI).

Hyve's diverse workforce consists of people with multiple social, ethnic, cultural, and religious backgrounds. Our hope is that something as simple as this cookbook can help send a powerful message in advancing cross-culturalism. Additionally, this cookbook is one way that Hyve continues to drive a culture of inclusion, enhance the presence of diverse talent, ensure across the company that different cultures, ethnicities and backgrounds are acknowledged and celebrated, and benchmark a practice to sustain strong DEI culture by a practical step.

As a crowd-sourced activity, this cookbook will grow! To submit a recipe of your own send via email to HyveMarketing@Hyvesolutions.com.

In the meantime, enjoy these recipes with your family and friends!
Questions? Email HyveMarketing@HyveSolutions.com.



hyve solutions

essentials
for essential
workers

Items in your Essentials Produce Box:

- ♦ ***3 - Organic Local Butternut Squash***
- ♦ ***5 - Sweet Potatoes***
- ♦ ***2 - Yellow Onions***
- ♦ ***1 Bag - Carrots***
- ♦ ***6 Pieces - D'anjou Pears***
- ♦ ***5 Pieces - Oranges***

TWICE-BAKED BUTTERNUT SQUASH

SOURCE:

bit.ly/FoodNetwork_TwiceBakedButternutSquash



INGREDIENTS

- 1 large butternut squash (3 ½ to 4 pounds), halved and seeded
- 1 ½ pounds sweet potatoes, cut in half lengthwise
- 1 tablespoon olive oil
- Kosher salt and freshly ground black pepper
- ⅓ cup heavy cream
- 6 tablespoons unsalted butter, cut into small pieces
- 3 ounces goat cheese, crumbled
- 1 scallion,
- ¼ cup pepitas sliced

ESSENTIAL BOX ITEMS TO USE

- Butternut Squash
- Sweet Potatoes

This simple sheet-pan squash is a show-stopping side your family will love. It's easy and delicious -- perfect for a big holiday dinner or a weeknight meal.

PREPARATIONS

1. Preheat the oven to 425 degrees F. Put the squash and potatoes on a baking sheet. Brush the squash with half of the oil and toss the sweet potatoes with the other half, then sprinkle with salt and pepper. Turn the squash and sweet potatoes flesh-side down on the baking sheet and poke the skin of the squash all over with a fork. Roast until the squash flesh is very soft and golden brown and the potatoes are cooked through when poked with a knife, 1 hour 10 minutes to 1 hour 30 minutes.
2. Turn the oven to broil. Scoop out the flesh of the sweet potatoes and put it in a bowl (discard the skins). Scoop the flesh out of the squash, leaving a 1/2-inch border of flesh around the edges, and add it to the bowl along with the heavy cream, butter, 2 teaspoons salt and a few grinds of black pepper. Mash with a potato masher until it is smooth, creamy and resembles mashed potatoes. Put the squash skins back on the baking sheet and divide the filling evenly between the cavities. Top with the goat cheese, then broil until the cheese is bubbly and just beginning to turn brown, 1 to 2 minutes. Sprinkle the scallions and pepitas over tops before serving.

CARROT SALAD WITH HONEY VINIGARETTE

SOURCE:

thelemonbowl.com/carrot-salad-with-honey-vinaigrette/



INGREDIENTS

- 4 medium carrots (peeled and thinly sliced)
- 1 cup red onion (minced)
- 1 cup fresh herbs (minced (such as dill, parsley or cilantro))

HONEY VINIGARETTE

- 4 medium carrots (peeled and thinly sliced)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1 clove garlic (minced)
- salt and pepper (to taste)

ESSENTIAL BOX ITEMS TO USE

- Carrots

Carrots are thinly sliced then tossed with fresh herbs, honey, olive oil and lemon juice. The perfect side salad to serve with chicken, beef or seafood!

PREPARATIONS

1. In a medium bowl, toss together carrots, red onion and fresh herbs.
2. In a separate bowl, whisk together the vinaigrette (olive oil through salt and pepper) then drizzle over the carrot salad. Toss well then check for seasoning before serving.
3. This salad can be prepared up to 4 days in advance. Store in an air-tight container in the refrigerator

VEGAN FRENCH ONION SOUP

SOURCE:

elizabethrider.com/easy-vegan-french-onion-soup-recipe/



INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 3 large white or yellow onions, sliced into thin half-moons
- 3 large fresh thyme sprigs (about 1 tbsp), leaves stripped, OR ½ teaspoon dried
- 4 cups (1 quart) vegetable stock/broth (no salt added), OR (if not vegan) beef broth or chicken broth)*
- 2 cups of filtered water
- 1 bay leaf
- 2 tablespoons good-quality aged balsamic vinegar
- 3 teaspoons sea salt, divided (plus more to taste if needed)
- ½ teaspoon freshly ground black pepper

ESSENTIAL BOX ITEMS TO USE

- Yellow Onions

This soup (minus the cheese and bread) freezes well in an airtight glass container.

Tip: You can also substitute ¼ cup of good quality, bold red wine for the balsamic vinegar. I suggest a burgundy or cabernet sauvignon if you want to use wine instead of balsamic vinegar.

PREPARATIONS

1. Heat 1 tablespoon olive oil over medium heat in a large soup pot or Dutch oven.
2. Add the onions, thyme, 1 teaspoon salt, and drizzle 1 tablespoon olive oil over the onions; lower the heat to medium-low. The onions may be filling the pot completely but will cook down to about ⅓ of their mass.
3. Cook uncovered, stirring occasionally until the onions caramelize and turn light golden brown, about 50-60 minutes.
4. Add the balsamic and cook until it's absorbed and the onions are a deeper brown, about 15 more minutes.
5. Add the stock, water, bay leaf, remaining salt, and pepper, then bring to a boil.
6. Turn the heat to low and simmer at least 30 minutes.
7. Remove the bay leaf before serving.
8. I usually eat it just like this, but you can also serve it with toasted sprouted grain bread and melted gruyere cheese for a more classic presentation (adding the cheese of course makes it not vegan). Instead of baking the cheese onto the soup, put slices of sprouted grain bread on a baking sheet, rub the tops with a fresh garlic clove, drizzle with a little olive oil, and top with the gruyere cheese. Bake for 10 minutes at 350° until the cheese is melted. Top each cup of soup with a slice of the cheesy bread and serve.

MASHED SWEET POTATOES

SOURCE:

delish.com/cooking/recipe-ideas/recipes/a55384/best-mashed-sweet-potato-recipe/

INGREDIENTS

- 6 sweet potatoes, peeled and chopped
- Kosher salt
- 3/4 c. half-and-half or milk
- 4 tbsp. (1/2 stick) unsalted butter
- 2 tbsp. maple syrup
- Freshly ground black pepper
- Thyme leaves, for serving

ESSENTIAL BOX ITEMS TO USE

- Sweet Potatoes

Served sweet or savory.

This recipe is open to many variations. Add maple syrup to bring out the natural sweetness or stir in roasted garlic, herbs, or parmesan for a savory sensation your guest are sure to love.



PREPARATIONS

1. Place potatoes in a large pot. Cover with at least 2" water; generously season with salt. Bring to a boil and cook until potatoes are very tender, 15 to 25 minutes, depending on the size of your potatoes.
2. Mash potatoes with a potato masher. Add half-and-half, butter, and maple syrup and stir to combine; season with salt and pepper. Top with thyme leaves

ROASTED SWEET POTATOES AND CARROTS

SOURCE:

walderwellness.com/roasted-sweet-potatoes-and-carrots/



INGREDIENTS

- 1 large sweet potato (or 2 smaller ones)
- 1 pound carrots, peeled
- 4 cloves garlic, minced
- 1/4 cup olive oil
- 2 Tbsp maple syrup
- 2 tsp thyme
- 1 tsp rosemary
- 1 tsp cinnamon
- Salt, to taste

ESSENTIAL BOX ITEMS TO USE

- Sweet Potatoes
- Carrots

These oven-roasted sweet potatoes and carrots are paired with sweet and savory flavors, like maple syrup, cinnamon, rosemary, and thyme. Recipe requires only 15 minutes of active time – the rest is in the oven!

PREPARATIONS

1. Preheat oven to 400F.
2. Cut sweet potatoes and carrots into roughly 3/4-inch to 1-inch pieces. Place in a large baking dish.
3. Add minced garlic, olive oil, maple syrup, thyme, rosemary, cinnamon, and salt to the baking dish. Toss everything together so that the veggies are well-coated in the oil, syrup, and spices.
4. Place the baking dish in the oven for 35-40 minutes, tossing them halfway through. The veggies should be lightly browned and caramelized and easily pierced with a fork.
5. Remove from oven + serve hot!

EASY PEAR CRISP

SOURCE:

bellyfull.net/pear-crisp/

INGREDIENTS

- 3 ripe pears , sliced thin into bite-sized pieces
- 3 tablespoons brown sugar
- 1 tablespoon lemon juice
- 1 tablespoon corn starch
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/4 teaspoon kosher salt

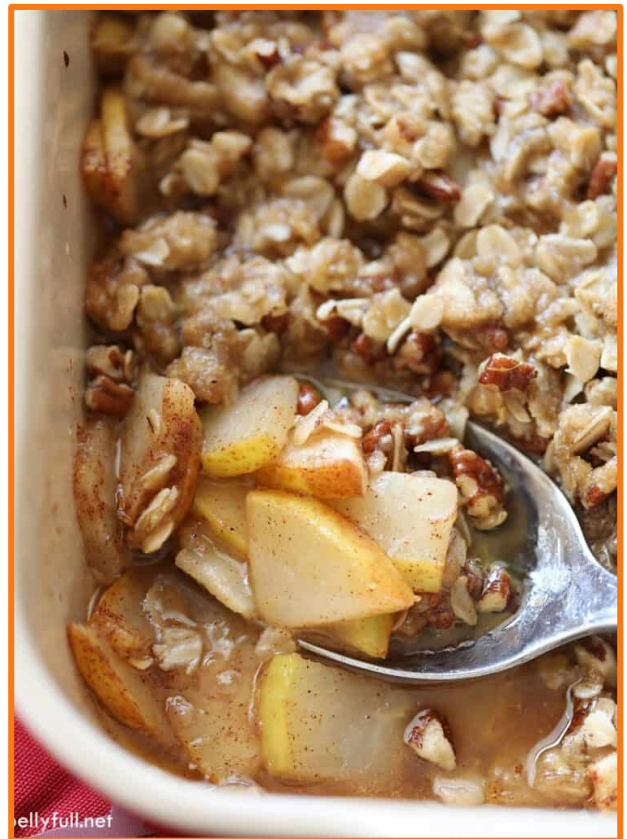
FOR THE TOPPING

- ½ cup old fashioned oats
- ¼ cup all-purpose flour
- ½ cup brown sugar
- ¼ cup chopped pecans
- ⅓ cup unsalted butter, melted

ESSENTIAL BOX ITEMS TO USE

- D'anjou pears

Juicy pears in a cinnamon-sugar sauce are tucked under a sweet and crunchy pecan-oat topping for this easy Pear Crisp dessert. Fresh or canned pears can be used for a convenient year-round treat!



PREPARATIONS

1. Preheat oven to 375 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl toss all of the filling ingredients together until combined. Transfer to the baking dish.
3. In a medium bowl, stir all the topping ingredients together until combined.
4. Evenly sprinkle the topping over the pears.
5. Place in the oven and bake for 20-25 minutes until the pears are tender and crust is golden.
6. Serve warm or room temperature with some vanilla ice cream!



**CELEBRATING FILIPINO
HERITAGE MONTH
OCTOBER 2023**



***Makulay ang buhay sa gulay.
“Life is colorful with vegetables.”***

***The Philippines is an agricultural
country, with most citizens living
in rural areas and supporting
themselves through farming.
This saying is a testament to how
crucial farming is to Filipinos, as
well as how important vegetables
are as a daily staple for every
Filipino family.***

TAISAN

Filipino Chiffon Cake

SUBMITTED BY:
Filipino Heritage Employee
Engagement Group

CAKE INGREDIENTS

- 7 egg yolks from large eggs
- 2 cups all-purpose flour
- 1 and ½ cups sugar
- 3 tsp baking powder
- 1 tsp salt
- ¾ cup water
- ½ cup oil
- 2 tsp vanilla extract
- 7 egg whites
- ½ tsp cream of tartar

TOPPING INGREDIENTS

- ½ cup melted unsalted butter
- Sugar
- ½ to 1 cup shredded cheddar cheese

Taisan is a Filipino version of a chiffon cake baked in a loaf pan and topped with melted butter, sugar and shredded cheese. This simple cake will have you wanting one slice after another.



PREPARATIONS

1. Preheat oven to 350 F. Line two 9x5 loaf pans with parchment paper. In a medium bowl, combine flour, salt and baking powder. Set aside.
2. In another bowl, beat the egg yolks until it is slightly thicker. Add the sugar and mix until incorporated. Add water, oil and vanilla extract. Mix well.
3. Add the flour mixture gradually and use a hand whisk to blend the ingredients well, until smooth.
4. Meanwhile, in the bowl of a stand mixer, whisk the egg whites on medium speed until frothy. Add the cream of tartar and continue to whisk until egg whites form firm peaks that hold its shape when the whisk is lifted.
5. Gently fold the egg whites to the yolk batter in three additions until batter is uniform and well mixed. Pour batter into two 9x5 inch loaf pans. Bake for 30-35 minutes, or until a toothpick inserted in the middle of the cake comes out clean. Brush the cakes with melted butter.
6. Once they have cooled slightly, take them out of the pan. Sprinkle sugar and shredded cheese on top.

FILIPINO COCONUT MACAROONS

SUBMITTED BY:
Filipino Heritage Employee
Engagement Group

INGREDIENTS

- ⅓ cup butter, softened
- ¾ cup sugar
- 2 eggs
- 1 can (14 ounces) sweetened condensed milk
- ½ teaspoon vanilla extract
- ½ cup flour
- 2 cups desiccated coconut

Filipino-style Coconut Macaroons are soft, chewy and delicious. These mini cupcakes are perfect as a snack or dessert and are sure to be crowd-favorite.



PREPARATIONS

1. Preheat oven to 350 F.
2. Line mini muffin pans with paper cups. Set aside.
3. In a bowl, cream butter using a hand mixer on low speed.
4. Add sugar and beat together until well blended and fluffy.
5. Add eggs one at a time, beating well after each addition.
6. Add condensed milk and vanilla extract and continue to beat until blended.
7. In a medium bowl, combine flour and desiccated coconut. Add to the egg mixture and beat until combined.
8. Scoop into the prepared muffin pans and bake for about 15 to 20 minutes or until golden and a toothpick inserted in the center comes out clean.
9. Remove from baking pan and let cool on a wire rack for about 5 minutes.

SISIG

SUBMITTED BY:
Filipino Heritage Employee
Engagement Group

INGREDIENTS

- 2 lbs of pig face (snouts, ears, and jowls)
- 1 cup vinegar
- ¼ cup soy sauce
- 1 head garlic, peeled and crushed
- 1 teaspoon whole peppercorns
- 2 bay leaves
- 1 tablespoon salt
- Water
- 1 large onion, peeled and diced
- 6 Thai chili peppers, stemmed and minced
- ½ cup calamansi juice
- 1 tablespoon liquid seasoning
- ½ cup live spread
- Pepper to taste

NOTES

- To serve on sizzling metal plates, preheat the plates in the oven or on the stovetop for a few minutes before serving to retain heat. Place a small pat of butter on the hot plates and carefully transfer the Sisig.
- For an authentic Sisig experience, you can also top with sunny-side-up eggs before serving by cracking a raw egg over the mixture while it's still sizzling hot.



PREPARATIONS

1. In a large pot, combine pig face, vinegar, soy sauce, garlic, peppercorns, bay leaves, about 1 tablespoon salt, and enough water to completely cover pork.
2. Bring to a boil, skimming scum that floats on top. Lower heat, cover, and simmer for about 50 minutes to 1 hour or until meat is tender. Remove from heat and drain well, discarding liquid.
3. Over a hot grill, grill pork for about 7 to 10 minutes on each side or until crisp and slightly charred. Or arrange in a single layer on a baking sheet and broil in a 450 F oven for about 4 to 5 minutes or until nicely charred.
4. Remove from heat, allow to cool to touch, and chop meat.
5. In a large bowl, combine chopped meat, onions, chili peppers, calamansi juice, and liquid seasoning.
6. And liver spread and gently stir to combine. Season with salt and pepper to taste.
7. To serve, transfer to sizzling hot plates.

LUMPIA

Spring Rolls with Veggies

SUBMITTED BY:
Michael Parajes
Fremont, CA

INGREDIENTS

- 1 package of Lumpia Wrappers
- 2 lbs ground pork
- 5 cloves garlic
- 1 inch ginger
- 3 tablespoons soy sauce

Many people wonder what does lumpia mean? Lumpia is a Filipino word, and it comes from the Chinese spring roll, with veggies, meats, and/or seafood as filling.

There are different types of lumpia, here are some of the most popular:

- *Lumpiang Sariwa refers to "fresh" lumpia with veggies and meat as filling, using a thin homemade crepe, instead of a spring roll wrapper.*
- *Lumpiang Hybab (naked lumpia) is made without a wrapper.*
- *Lumpiang Prito is Filipino fried spring roll with meat and a variety of veggies as the filling*



PREPARATIONS

- 1. Make the filling:** Cook the pork until crumbly and set aside. Drain most (but not all) of the grease. Cook the onion and garlic in the remaining grease. Return the pork to the pan and stir in the veggies, cilantro, and seasonings. Remove from heat and let cool.
- 2. Assemble the lumpia:** Place three tablespoons of the filling on the wrapper and follow the instructions to roll and seal the lumpia. Repeat until all the rolls are assembled.
- 3. Fry the lumpia:** Heat oil in a skillet. Fry the lumpia three to four rolls at a time. Turn until all sides are brown. Drain on a paper towel.

PORK ADOBO

Braised Pork

SUBMITTED BY:
Michael Parajes
Fremont, CA



INGREDIENTS

- 1 cup distilled white vinegar
- ½ cup soy sauce
- 2 tablespoon minced garlic
- 5 bay leaves
- 1 teaspoon fresh peppercorn
- 2 pounds lean pork, cut into 1-inch cubes
- 2 cups water
- Salt to taste

Almost every region of the Philippines have their own pork adobo version. Sometimes, there can be more than one version in a location.

This is one of the when it comes to family picnics. This is a dish wherein pork and chicken slices are combined and cooked in adobo style. I remember when my tito's and tita's prepare a large portion every summer outing. We would go to Pansol in Laguna to rea a swimming pool for the clan and they would bring two large caldrons. One has the adobo in it, while the other is for the rice.

PREPARATIONS

1. Combine the pork belly, soy sauce, and garlic then marinade for at least 1 hour.
2. Heat the put and put in the marinated pork belly then cook for a few minutes
3. Pour remaining marinade including garlic
4. Add water, whole peppercorn, and dried bay leaves then bring to a boil – Simmer for 20 minute to 1 hour
5. Put in the vinegar and simmer for 12-15 minutes
6. Add salt to taste
7. Serve hot

BIHON PANCIT

Filipino Rice Noodles

SUBMITTED BY:
Michael Parajes
Fremont, CA

INGREDIENTS

- 1 tablespoon Peanut Oil
- 1 lb. Boneless, Skinless Chicken Breast, sliced
- 2 cloves garlic
- 1 Small Onion
- 1 oz. packs Bihon Noodles
- 1 ½ cups Mixed Vegetables
- Add salt and pepper to taste
- 1 lemon wedge
- 2 cups Vegetable Stock
- 2 tablespoons Soy Sauce
- 1 tablespoon Oyster Sauce
- 1 teaspoon Sugar

Pancit is a Filipino dish that usually consists of noodles cooked with soy sauce along with some variation of meat and chopped vegetables. Typically, the term pancit exclusively refers to noodles in Filipino. However, the literal translation, which originated from the Chinese work pien sit, meaning ready-made or cooked food.

During the Spanish colonial times, many Chinese migrants in the Philippines worked as street vendors. They were known as panciteros.



PREPARATIONS

1. Whisk all the ingredients for the sauce in a bowl and set aside.
2. Place a medium size pan on a burner over medium heat. Add a little oil and pan fry the chicken until the pieces are cooked through. Transfer to a plate and set aside.
3. Use the same pan to add the garlic and onion and cook for 3-4 minutes until fragrant and the onions have become translucent.
4. Return the chicken pieces to the pan and season with a little salt and pepper.
5. Add the vegetables and stir fry until the vegetables are soft but still yielding a little crunch.
6. Whisk the sauce, add it to the pan and bring to a boil.
7. Add the dry pancit noodles to the pan and let the heat from the sauce cook them. Gently infuse with tons of flavor this way as opposed to just being coated with sauce. They should be cooked in 3-4 minutes.
8. Turn the heat off and transfer to serving bowl. Season with salt and pepper. Serve with Lemon and soy sauce

OXTAIL KARE

Peanut Butter Stew

SUBMITTED BY:
Morjana Flores
Fremont, CA



INGREDIENTS

- 2 lbs. oxtail pressure cooked for 30 minutes
- ½ cup ground peanuts
- ¼ cup peanut butter
- ½ cup annatto seeds diluted in ½ cup warm water
- 2 1/2 cups beef broth
- 1 medium onion minced
- 3 cloves garlic crushed and minced
- 1 tablespoon glutinous rice powder
- 3 tablespoons cooking oil
- 2 sliced Chinese eggplant steamed
- 1 bunch bok choy steamed
- 1 bunch string beans cut into short pieces steamed
- ½ cup shrimp paste bagoong, cooked

PREPARATIONS

1. Heat oil in a pot.
2. Sauté garlic and onion.
3. Add the cooked ox tail. Cook for 2 minutes.
4. Pour the beef broth into the pot. Let boil.
5. Add the peanuts, peanut butter, and water where the annatto seeds were soaked. Stir. Cover and continue to cook in medium heat for 30 minutes or until the liquid reduces to half.
6. Sprinkle the glutinous rice powder. Stir well until the powder dilutes in the sauce. Cook until the peanut sauce gets thick according to your preference.
7. Arrange in a serving bowl. Top with steamed vegetables and serve with shrimp paste. Enjoy!

HONORING HISPANIC
HERITAGE MONTH



*“This is my invariable
advice to people:
Learn how to cook –
try new recipes,
learn from your
mistakes, be
fearless and above
all have fun.”*

- Julia Child

MOLE POBLANO

SUBMITTED BY:

Lorena C. | Fremont, CA

INGREDIENTS

- 1 chicken (3 to 4 pounds), cut into 6 pieces.
- 12 dried ancho chiles
- 12 dried guajillo chiles
- 6 dried pasilla chiles
- 4 tablespoons sesame seeds
- 1 teaspoon aniseed
- 1 teaspoon black peppercorns
- ½ teaspoon whole cloves
- 1 teaspoon dried thyme
- ½ teaspoon dried marjoram
- 3 dried bay leaves, crumbled.
- 1 (1 ½ inch) stick cinnamon, broken into pieces
- 2 cups canola oil
- 7 ¼ cups chicken stock
- ½ cup skin-on almonds
- ½ cup raw shelled peanuts
- 1/3 cup hulled pumpkin seeds (pepitas)
- 1/3 cup raisins
- 2 slices white bread
- 2 stale corn tortillas
- 1 medium onion, thinly sliced (about 1 cup)
- 10 medium cloves garlic, minced (about 10 teaspoons)
- 2 large tomatillos, husked, rinsed, and quartered.
- 1 large tomato, quartered.
- 1 cup finely chopped Mexican chocolate
- 4 tablespoons sugar, plus more to taste
- Kosher salt, to taste.



PREPARATIONS

1. Melt a little lard in a large saucepan over medium heat. Add the halved onions and the 8 garlic cloves and cook until lightly browned. Remove from the pan and discard the onion. Reserve the garlic. In the infused lard, fry the roasted onions, roasted garlic, roasted tomatoes, and tomatillos. Reserve.
2. In another large skillet, add the sesame seeds, almonds, peanuts, raisins, prunes, plantains, coriander seeds, star anise and cinnamon, and toast until aromatic. Set aside.
3. In a blender add the reserved garlic, the onion mixture, the nut mixture, croissants, tortilla pieces and the 1 1/2 quarts of chicken stock. Puree until a smooth mole forms. Transfer mole mixture to a large stock pot
4. Seed and devein the mulattos, anchos, pasillas and chipotles. Coat a large fry pan with lard. Add the chiles and sauté until soft. Add the chiles to a blender and puree, then strain into the pot with the mole. Put the pot over low heat and add the chocolate and the sugar, stirring constantly. Stir in the remaining chicken stock, a little at a time, until the desired thickness of the mole is reached.

CALDO E RES

SUBMITTED BY:
Michelle G. | Fremont, CA

INGREDIENTS

- 2 pounds beef shank, with bone or stew meat
- 1 tablespoon vegetable oil
- 2 tsp. salt
- 2 tsp. ground black pepper
- 1 onion, chopped.
- 3 cups beef broth
- 1 (14.5 oz.) can diced tomatoes
- 4 cups water
- 2 medium carrots coarsely chopped
- ¼ cup chopped fresh cilantro
- 2 ears corn, husked and cut into thirds.
- 1 potato, quartered (Optional)
- 1 medium head cabbage, cored and cut into wedges.

PREPARATIONS

1. Cut the meat from the beef bones into about ½ inch pieces, leaving some on the bones.
2. Heat a heavy soup pot over medium-high heat until very hot. Add oil, tilting the pan to coat the bottom. Add meat and bones and season with salt and pepper. Cook and stir until thoroughly browned.
3. Add onion and cook until lightly browned; stir in broth and tomatoes. The liquid should cover the bones by ½ inch. If not, add some water to compensate. Reduce heat to low; simmer with the lid on loosely until meat is tender, about 1 hour.
4. Pour in 4 cups water and return to a simmer. Add carrots and ¼ cup cilantro and cook for 10 minutes corn, and potato; simmer until vegetables are tender. Add cabbage wedges into soup; cook until tender, about 10 minutes.
5. Ladle soup into large bowls



Mexican Beef and Vegetable Soup

GARNISHES:

- Corn tortillas
- 1 cup chopped fresh cilantro.
- ¼ cup sliced pickled jalapenos
- ¼ cup finely chopped onion
- 2 limes, cut into wedges.
- 4 radishes, quartered.

PAPA A LA HUANCAINA PERU

SUBMITTED BY:
Michelle G. | Fremont, CA

INGREDIENTS

- ½ cup aji amarillo paste
- 2 tablespoons vegetable oil
- 1 cup evaporated milk
- 4 soda crackers
- 8 oz. queso fresco (fresh white cheese)
- Salt
- Iceberg lettuce leaves
- 6 yellow potatoes boiled, peeled
- Black olives
- 3 hard-boiled eggs, peeled and cut in slices.
- Parsley sprigs



Boiled yellow potatoes covered with an even yellower spicy and creamy cheese sauce and accompanied by hard-boiled eggs and black olives.

PREPARATIONS

1. Put the aji amarillo paste in the blender, add oil and milk and process with the crackers, queso fresco, and salt, until smooth.
2. In four plates put four lettuce leaves, some thick potato slices, and cover with a few tablespoons of the sauce.
3. Garnish with black olives, hard boiled eggs, and parsley.

CEVICHE

SUBMITTED BY:
Michelle G. | Fremont, CA

INGREDIENTS

- 1 kg white fish fillet Mahi-Mahi
- ½ kg lemon
- ½ kg lime
- 1 small purple onion
- 3 medium habanero red peppers
- ½ cup fresh coriander
- 1 teaspoon ginger grated
- Salt to taste



The Essential Peruvian Fish Dish

FOR ACCOMPANIMENT:

- 2 medium sweet potatoes
- 1 cup yellow corn
- Plantain chips

PREPARATIONS

1. Wash and dry the fish. Cut the fish into cubes of approximately 2 cm. Remove any remaining skin, scales, or spines. It is important that you only have cubes of lean meat similar in size. Put the fish to the side.
2. Wash the lemons and limes. Squeeze them into a large bowl. Strain the fresh lime juice and lemon juice to remove any seeds
3. This lime juice will serve to cook the fish by the marination process. Put the fish cubes into the juice marinade. Make sure that all the flesh is covered by the juice. Cover the container and store in the fridge for about 20 to 30 minutes. Use some ice cubes to cool the fish faster. From time-to-time check that the fish is “cooking” and turn gently so that each piece gets plenty of contact with the lime juice.
4. While the fish cooks, prepare the garnish. Wash the sweet potatoes with a brush and place in a steamer for about 30 minutes, until they are tender. When the potatoes are soft, remove from the steamer, remove the skin and cut into large pieces.
5. Peel the plantain and cut in half, crosswise. With the help of a potato peeler cut the plantain into very thin slices. Place the slices or chips in a pan with enough oil to deep fry them. Make sure they don’t touch. With a wooden pallet, stir from time to time. Carefully remove the plantain from the oil and place them on a plate covered with absorbent paper.
6. Remove the ceviche from the refrigerator – the meat should already look cooked (the flesh should be opaque and about to fall apart). Add onion, chili and coriander, ginger, a pinch of salt and stir. Cover the ceviche again and leave it in the fridge for about 10 more minutes.

AGUAS FRESCAS

Cool Waters

SUBMITTED BY:
Michelle G. | Fremont, CA

INGREDIENTS

- Honeydew Melon
- Cantaloupe
- Watermelon
- Strawberries
- Pineapple
- 2 cups water
- 2 tbsps of pure cane sugar
- Juice from 1 lime

PREPARATIONS

1. To a blender, add the cantaloupe flesh, its seeds, water, sugar, and lime juice. Pulse until completely smooth and pureed.
2. Pour the mixture into the strainer, allowing it to drain. Feel free to help it along by stirring it with a whisk.
3. Give it a taste and add any more sugar, if needed.
4. Transfer it to pitcher and place in the fridge to chill. Keep in the refrigerator in a covered pitcher for up to 4 days. Give it a mix just before serving.



TORTILLA ESPAÑOLA

SUBMITTED BY:
Hispanic Heritage
Employee Group

INGREDIENTS

- ½ cup extra virgin olive oil 125 ml
- 3 medium sized potatoes
- 1 large onion
- 6 large cage-free organic eggs
- Sea salt

PREPARATIONS

1. Heat a nonstick fry pan with a medium heat and add in a generous 1/2 cup extra virgin olive oil
2. Roughly dice 1 large onion and add to the pan with the olive oil, mix so all the onions are coated in the olive oil and let the onions poach in the olive oil
3. Meanwhile, peel & wash 3 medium sized potatoes, then cut each one into 4 evenly sized quarters, cut each quarter down the middle and then cut into 1/4 inch (.625 cm) thick pieces
4. After cooking the onions for 5 to 6 minutes and they are translucent, add in the chopped potatoes, mix together so all the potatoes are coated in the olive oil, mix every 2 to 3 minutes so everything is evenly cooked
5. While the potatoes are cooking, crack 6 large eggs into a large bowl, whisk together until well combined
6. After cooking the potatoes for 22 to 24 minutes and they have a golden fried color, they should be perfectly cooked, just pierce them with a toothpick to ensure they are all fully cooked, remove the pan from the heat and transfer the potatoes & onions into the bowl with the eggs, making sure to leave some of the olive oil in the pan, season generously with sea salt and mix together until well combined, set aside for 5 minutes
7. Heat the same pan with a low-medium heat and add in the egg & potato mixture, make sure it's all in a flat single layer, after 2 minutes run a spatula through the outer edges, to ensure the eggs are not sticking to the pan
8. After 4 to 5 minutes it's time to flip the tortilla to cook the other side, place the other pan over the bottom pan and hook together, firmly hold the handles and in one swift move flip the pans, remove the top pan, using the back of a spatula compact the tortilla from the outer edges into the center to achieve the rounded edge
9. After another 4 to 5 minutes, the tortilla should be perfectly cooked, remove the pan from the heat and transfer into a serving dish, enjoy!



PANDEBONO

Colombian Cheese Bread

SUBMITTED BY:
Jose P. | Olive Branch, MS

INGREDIENTS

- $\frac{2}{3}$ cup cassava starch or yuca flour
- $\frac{1}{4}$ cup precooked cornmeal or masarepa
- 1 cup Mexican queso fresco or Colombian quesito
- 1 + $\frac{1}{4}$ cup feta cheese
- 1 large egg

PREPARATIONS

1. Pre-heat the oven to 400°F.
2. In a food processor, place the yuca flour, cheese and masarepa. Process until well combined. Add the egg slowly while food processor is running.
3. Divide the mixture into 12 equal size portions, shaping them into balls.
4. Place on a baking sheet lined with parchment paper and bake for about 15 to 20 minutes or until golden on top. Serve warm.

COOK'S NOTE

- You can bake the Pandebonos immediately after making them or store them in the fridge until ready to bake. I like to keep them in the fridge to settle for at least 15 minutes before baking
- You want the pandebono to have a more round shape use a muffin pan to keep them in shape.



COLOMBIAN EMPANADAS

SUBMITTED BY:
Jose P. | Fremont, CA

INGREDIENTS

- Vegetable Oil for frying
- Lime and aji for serving

DOUGH:

- 1 ½ cup precooked yellow cornmeal masarepa
- 2 cup water
- 1 tablespoons vegetable oil
- ½ tablespoon sazón Goya with azafran
- ½ teaspoon Salt

FILLING:

- 2 cups peeled and diced white potatoes
- 1 chicken or vegetable bouillon tablet
- 1 tablespoon olive oil
- ¼ cup chopped white onions
- 1 cup chopped tomato
- ½ teaspoon salt
- ¼ cup chopped green onions
- 1 chopped garlic clove
- 2 tablespoon chopped fresh cilantro
- 2 tablespoon chopped red bell pepper
- ¼ teaspoon black pepper
- ½ pound ground pork and beef

COOK'S NOTE

- You can make smaller empanadas for a party or make them bigger if you prefer, just double the recipe.
- You can make the empanadas filling one day ahead, store in the fridge until ready to use.
- Colombian empanadas are traditionally served with [aji colombiano](#).



PREPARATIONS

1. To prepare the dough: Place the masarepa in a large bowl. Add the sazón Goya and salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes.
2. Meanwhile, to make the filling, cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside.
3. Heat 1 tablespoon olive oil in a large, heavy skillet. Add the onion and cook over medium-low heat stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes.
4. Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes or until the mixture is fairly dry.
5. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine.
6. Break small portions of the dough, about 1 ½ tablespoons each one, and form each portion into a ball by rolling between the palms of your hands.
7. Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in the center of each.
8. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork.
9. Fill a large pot with vegetable oil and heat over medium heat to 360° F.
10. Carefully place 3 or 4 empanadas at the time in the heated oil and fry for about 2 minutes until golden on all sides.
11. Using a slotted spoon transfer the empanadas to a plate lined with paper towels. Serve with aji and lime on the side.

PAN DE PLOVO

SUBMITTED BY:
Michelle G. | Fremont, CA

INGREDIENTS

- Four cinnamon-anise tea bags
- 4 whole sticks of canela (cinnamon)
- 1 whole star anise
- 1 Cup of water
- 2 Cups Sugar
- 3 Pounds of all - purpose flour
- 1 ½ pounds shortening
- 1 ½ Cups sugar
- 2 teaspoons of salt



Pan De Plovo are enjoyed on Christmas Eve with Family and Friends

PREPARATIONS

1. Combine canela, anise and water in small saucepan. Bring to a boil; reduce heat and simmer for 3 minutes
2. Remove from heat and cool completely
3. Pre-heat your oven to 350 degrees
4. Place the canela sticks (cinnamon) on a baking sheet and warm in oven for 3 minutes. This helps to make the canela easier to grind
5. In a molcajete or food processor, finely grind warmed canela sticks and sugar.
6. Place in a bowl and set aside until ready to dust cookies
7. Combine all the dough ingredients in a large bowl and knead for 15 minutes
8. Add 1 cup of tea by 1/4 cup at a time and continue kneading until the dough comes together
9. Combine well, then remove dough from the bowl
10. Divide dough in fourths and roll out to 1/4 inch thick on a floured board
11. Use your favorite small cookie cutter and bake on an ungreased cookie sheet for 12-15 minutes
12. Remove from oven, allow cooling for a few minutes and dusting with cinnamon sugar

EASY CHILAQUILES VERDES

SUBMITTED BY:
Alyze Chaves | Fremont, CA



INGREDIENTS FOR THE SALSA VERDE

- 1 lb tomatillos, *husked and rinsed* (about 10 med-large tomatillos)
- 3 jalapeños, *stems and seeds removed*
- 1/2 white onion
- water
- 1/2 cup cilantro
- 2 cloves garlic
- juice of 1/2 lime (about 1 tablespoon)
- 1 teaspoon kosher salt

INGREDIENTS FOR THE CHILAQUILES

- 12 corn tortillas
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon kosher salt
- 1/4 cup cotija cheese
- 1 tablespoon chopped cilantro
- 2 tablespoons diced white onions
- 1/4 cup sour cream or *Mexican crema*

PREPARATIONS

1. Make the salsa verde by adding the tomatillos, jalapeños, and onion to a medium saucepan or pot. Fill the saucepan with enough water to cover the tops of the tomatillos.
2. Bring water to a boil over high heat, reduce heat to low, cover, and simmer for 10 minutes.
3. Transfer the tomatillos, jalapeños, and onion to a blender using a slotted spoon.
4. Add cilantro, garlic, lime juice and salt. Blend until smooth and set aside.
5. Stack the corn tortillas on top of each other and cut them into eighths to create small triangle wedges.
6. Heat olive oil in a large skillet over medium heat.
7. Add cut tortilla wedges and saute for 10 minutes, stirring every minute or so, until the tortillas are crispy and lightly fried.
8. Add in the salsa verde and toss together to coat all the chips.
9. Serve immediately and garnish with cotija cheese, cilantro, and Mexican crema

NACHTAMALES

SUBMITTED BY:
David Estrada | Fremont, CA

Nachtamales are corncakes, like Mexican tamales, stuffed with rice vegetables and meats. The dough is then wrapped in banana leaves and steamed.



INGREDIENTS

- 2 cups Cornmeal
- ¼ cup lard
- 1 onion, chopped
- 2 teaspoons of Sour Orange Juice or Lime
- 2 cups chicken broth
- 2 garlic cloves, minced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 teaspoon fresh parsley
- Fresh mint to taste
- Paprika to taste
- 1 lb pork , cooked and cubed
- 2 tomatoes, cubed
- 2 cups potatoes, mashed
- ½ cup Rice, cooked.
- Ground pepper to taste
- Salt to taste
- 10 banana leaves

PREPARATIONS

Just cover the cornmeal with water, adding the orange juice and then cooking it at a low head so that the hulls begin to separate. Then rinse with cold water, placing it in a pot and again covering it with water. Allow it to sit for 3 days, being sure to change the water every day. Once it has stood for 3 days, drain the corn and mash it. Now add half of the lard, plus some salt. Knead the mixture whilst slowly adding the broth until the dough is soft

In a pan, place the rest of the lard, along with the peppers, onions, garlic, tomatoes, paprika, salt, peppers, mint, and parsley. Then add the pork and other ingredients. Wash the banana leaves and cut into 16-inch squares. Place a spoonful for dough into the center of each leaf square, then top with pork mixture. Carefully wrap and tie with string. Place the nacatamales in boiling water for about 30 minutes. Enjoy!

GUACAMOLE

SUBMITTED BY:
Alyze Chaves | Fremont, CA

INGREDIENTS

- 3 large Avocados
- Cilantro
- 2 Tomatoes
- 1 Onion
- 2-3 Jalapeno
- Salt
- Lime
- Pepper

PREPARATIONS

1. Cut 3 avocados and scoop them into a bowl
2. Mash them together
3. Cut half an onion, and chop it into small pieces
4. Cut tomatoes into dime pieces
5. Chop cilantro
6. Chop jalapenos into small pieces
7. Mix all chopped ingredients together
8. Add salt, pepper, and lime.

Enjoy with tortilla chips!



LOMO SALTADO (Peruvian)

SUBMITTED BY:
Victor Tizon | Fremont, CA



INGREDIENTS

- 1 pound (450g) beef tenderloin, skirt steak, or other tender and flavorful quick-cooking steak
- 1/4 cup (60ml) peanut, canola, or vegetable oil, divided, plus more if needed
- Kosher salt
- 1 medium (8-ounce/225g) red onion, cut into 1/2-inch slices
- 4 scallions (about 2 ounces/60g total), roots and any wilted parts trimmed, remainder cut into 2-inch lengths
- 1 fresh or frozen ají amarillo chile pepper (about 2 ounces/60g), defrosted if frozen, then stemmed, seeded, and sliced lengthwise into matchsticks (*see note*)
- 2 medium plum tomatoes (about 5 1/2 ounces/160g total), cored and cut into 3/4-inch-thick wedges
- 2 medium cloves garlic, minced
- 1-inch piece peeled fresh ginger (about 1/4 ounce; 7g), minced
- 1 tablespoon plus 1 teaspoon (20ml) soy sauce
- 1 tablespoon (15ml) apple cider vinegar
- 2 teaspoons minced fresh cilantro leaves and tender stems
- Freshly ground black pepper
- French fries, for serving
- *Cooked long-grain rice, for serving*

PREPARATIONS

1. Cut the beef across the grain into roughly 1/2-inch-thick strips.
2. In a wok or large cast iron or stainless steel skillet, heat 2 tablespoons (30ml) oil over high heat until heavily smoking. Meanwhile, season beef all over with salt.
3. Working in batches, add just enough beef to the pan to sear it heavily without steaming in its own juices. Spread the beef around so the pieces are evenly spaced apart and allow to cook until very well seared and charred on one side, 30 seconds to 1 minute. Stir and toss beef so that it cooks all over, about 30 seconds longer; if you are working over a gas flame and aren't afraid of some fire, toss the beef near the flame so that the oil briefly combusts in big bursts. (If this makes you nervous, don't allow it to catch fire. Instead, manage the heat to prevent flare-ups.) Using a spatula, transfer beef to a platter to rest. Repeat with remaining beef, always getting the pan smoking-hot before the next batch and adding more oil if needed.
4. When all the beef is cooked, return the empty pan to high heat. Add 1-tablespoon (15ml) oil and heat until smoking. Working in batches, add just enough red onion so that it sears and browns rapidly without steaming, about 30 seconds. Toss a few times until the onion is crisp-tender. Using a spatula, transfer onion to a platter. Repeat with remaining onion, always heating the pan until smoking first and adding more oil if necessary.
5. Return the empty pan to high heat, add 1-tablespoon (15ml) oil, and heat until smoking. Working in batches if necessary, add scallions and cook, without stirring, until seared on bottom side, about 30 seconds. Push scallions to the side and add peppers. Cook until seared, about 30 seconds longer.
6. Push scallions and peppers to the side and add tomatoes to the pan, allowing them to sear on one side, about 30 seconds. (If your burner isn't very strong, you can remove the scallions and peppers from the pan before adding the tomatoes to guarantee good searing. Otherwise, leave them in.) Try not to let the tomatoes grow too soft and pulpy; it's better that they retain their shape rather than brown to the point of becoming mushy.
7. Add garlic and ginger and cook, tossing and stirring constantly, until lightly sautéed and fragrant, about 15 seconds. Add soy sauce and vinegar and toss to combine.
8. Return beef and all accumulated juices to the pan along with the red onions. (If you've removed the scallions and peppers, add them back now, too.) Add cilantro. Toss over high heat to combine well, seasoning with salt and pepper as you go. Remove from heat.
9. Spoon stir-fry onto plates with a mound of cooked rice and French fries and serve right away.

FISH MARINADE

(Panamanian)

SUBMITTED BY:
Carmen Rodriguez
Fremont, CA

INGREDIENTS

- Fish four filets (basa or tilapia)
- 1 ½ cup of flour
- 2 medium red onions
- 1 bay leaf
- ½ cup grated carrots
- 1 red bell pepper
- 1/3 cup vinegar
- ½ tablespoon of paprika
- ½ teaspoon peppercorns
- 1/8 cup olive oil
- 1 Chile guero
- A sprig of thyme
- A sprig of rosemary

PREPARATIONS

1. The fish (salt, pepper, and paprika are added to your liking) is passed through flour and then fried, once fried, placed on a plate.
2. Vegetables are cooked in oil: Onions, carrots, red bell pepper, vinegar, paprika, peppercorns, bay leaf, thyme, rosemary. (Cook it over low heat). Do not overcook, it should be a little crunchy.
3. Add vinegar
4. After the vinegar, add the chopped chile guero 30 seconds before removing the flame.
5. Place the fish in a container and then add the vegetables, wait for it to rest for 30 minutes, it will be ready to serve on a plate.



نوروز

CELEBRATING NOWRUZ
MARCH 20TH - MARCH 21ST



For over 3,000 years, diverse communities all over the world have recognized the first day of spring as the International Day of Nowruz. Nowruz, meaning “New Day,” is a time when families gather to promote peace and solidarity within the family and throughout society. The celebration, which continues for 13 days, includes visits with relatives, special meals and focuses on peace, reconciliation and friendliness.

SABZI POLO MAHI

Herb Rice with Fish

SUBMITTED BY:
Donya Mamoodi
Fremont, CA



INGREDIENTS

- 2 cups Long Grain Rice (Basmati Rice)
- 4-6 pieces Salmon Fish Fillet (or a fish of your choice)
- 2 cups Dill (Chopped, fresh or dried)
- 1/4 cups Scallions (or chopped Chives)
- 1 1/2 cups Parsley (Chopped)
- 1 1/2 cups Coriander (Chopped, cilantro)
- 1/2 cups Flour
- 1 teaspoon Turmeric
- 1/2 teaspoon Black Pepper
- Add Salt
- 1 tablespoon Fish Spice
- 1/2 teaspoons Ground Saffron Dissolved (into 4 tablespoons hot water)
- 3 tablespoons Lemon Juice
- 2 tablespoons butter
- Add Vegetable Oil

Sabzi polo (herb rice) and Mahi (fish) are traditionally served for the Persian new year Nowruz. Persian new year is celebrated every year to signify the beginning of spring and most of the dishes served during the Nowruz holidays have herbs as a symbol of rebirth and health.

PREPARATIONS

1. Soak the rice in lukewarm water for at least 1 hour and up to 6 hours; the longer the rice soaks, the fluffier it will be. After soaking, drain, rinse and add to a stockpot. Fill the stockpot with water and 1/2 teaspoon salt, bring to a boil over high heat, then reduce heat to medium once it starts boiling. Simmer until the rice softens and starts to freely float to the top of the water, about 8 minutes. Drain the rice and set aside.
2. In the stockpot (which should still be warm), add the 2 tablespoons coconut oil and line the bottom of the pot with potato slices. These will prevent the rice from drying and will also be delicious and crispy when the rice is done cooking. Alternatively, omit the potato, which will give the bottom rice a nice golden crunchy layer (called tahdig).
3. Scoop 1/3 of the rice into the pot, being careful not to shake the pot so that the rice doesn't compact. Cover the rice with 1/3 of the chopped herbs. Spoon in another 1/3 of the rice, then another 1/3 of the herbs. Finally, add the remaining rice. Mix the melted butter (or ghee) with the crushed saffron, then pour over the rice in a circular pattern.
4. Wrap the stockpot lid in a kitchen towel, then cover. Cook on medium-high heat for 5 minutes, then reduce heat to low and simmer for 40 minutes. Uncover and carefully stir together with a spatula, then stir in the final 1/3 of the fresh herbs.
5. In a skillet, warm the ghee or coconut oil over medium-high heat for 1 minute. Combine the tapioca starch, salt, pepper and turmeric in a shallow pan. Dredge the fish fillets in the tapioca starch mixture one at a time, shaking off any excess starch. Add the fillets to the skillet (cook in batches if needed; don't overcrowd the skillet). Cook for 3 minutes, carefully flip the fish, then continue to cook until the fish is done, about 3 more minutes, depending on the thickness of the fillets.
6. The fish is done when it just starts to flake (it will finish cooking when removed from the heat). If cooking the fish in batches, add more ghee/oil with each batch. Serve over the herbed rice

RESHTEH POLO

Persian Noodle Soup

SUBMITTED BY:
Nowruz Engagement Group

INGREDIENTS

RICE AND NOODLES:

- 1/4 teaspoon ground saffron (see Cook's Note)
- 3 cubes ice
- 2 cups basmati rice
- 2 tablespoons unsalted butter
- 3/4 cup broken vermicelli (about 1.5 ounces)
- Kosher salt
- 1 russet potato (about 8 ounces)
- 1/4 cup vegetable oil
- 1/4 teaspoon turmeric
- 1 1/2 teaspoons ground cinnamon

TOPPINGS:

- 1 tablespoon unsalted butter
- 1 cup raisins
- 2 tablespoons vegetable oil
- 1 large onion, sliced

COOK'S NOTE

Reshteh polo is a classic Iranian rice dish that's common for Nowruz (Persian New Year). It's traditionally made with reshteh polo, which translates to "noodles for rice." Since this type of noodle is challenging to find outside of Iran, I've developed this recipe using vermicelli which, when toasted, closely resembles the Persian noodles. This dish is usually served with saffron chicken for the New Year.



PREPARATIONS

1. For the rice and noodles: Sprinkle the saffron on the ice cubes and set aside to melt. This will be your bloomed saffron.
2. Rinse the rice in a bowl a few times until the water runs clear. Drain and set aside.
3. Melt the butter in a large saucepan over medium-low heat. Add the vermicelli and saute until the noodles turn deep brown but do not burn, 6 to 8 minutes. Set aside.
4. Fill a 6-quart pot halfway with water and bring to a boil over medium-high heat. Add 2 tablespoons salt and the rice. Simmer over medium heat until the rice is al dente (if you press a grain between your thumb and index finger, it should break but still be firm in the center), about 7 minutes. Add the vermicelli to the pot and cook for 1 minute. Drain the rice and vermicelli in a colander and rinse briefly with cold water. Reserve the pot.
5. Peel the potato and cut it into 1/4- inch-thick slices. Add the vegetable oil to the reserved pot and sprinkle with the turmeric. Arrange the potato slices over the bottom of the pot. Spoon a third of the rice and vermicelli mix over the potatoes and sprinkle with 1/2 teaspoon of the cinnamon and a pinch of salt. Repeat with half of the remaining rice and vermicelli mix and another 1/2 teaspoon cinnamon and pinch of salt. End with the remaining rice and cinnamon and another pinch of salt.
6. Set the pot back medium heat. Poke 5 holes in the rice using the end of a wooden spoon. Wrap the lid in a kitchen towel and cover the pot. Cook until the rice

ZEYTOON PARVARDEH

Marinated Olives with Walnuts

SUBMITTED BY:
Nowruz Engagement Group

This classic Persian marinated olive dish, served alongside main courses and as an appetizer or snack, is loaded with crunchy walnuts and pomegranate seeds, minced garlic and fresh herbs. But the real game changer is pomegranate molasses. This tangy, tart condiment--which is also great in salad dressings, marinades, drinks, and many other preparations--rounds out and elevates all the other ingredients. Zeytoon Parvardeh is traditionally made with local herbs, such as choochagh, which grows wild in the fields of Gilan province in northern Iran. Mint and cilantro make a good substitute.

COOK'S NOTE

Any green olives work, even jarred ones, but please don't use canned olives. You can use a mortar and pestle to crush the walnuts instead of a food processor if you like.



INGREDIENTS

- 1 cup walnuts
- 1 cup fresh mint leaves, finely chopped
- 2/3 cup fresh cilantro leaves, finely chopped 4 cloves garlic, minced
- 1/2 cup olive oil
- 1/2 cup pomegranate molasses
- Table salt
- 2 cups green olives, pitted (see Cook's Note)
- Pomegranate seeds, for garnish, optional

PREPARATIONS

1. Pulse the walnuts in a food processor until finely ground (see Cook's Note). Transfer to a medium bowl, add the mint, cilantro and garlic and stir to combine. Stir in the olive oil, pomegranate molasses and 1/4 teaspoon salt and mix to make a paste. Add the olives and give the mixture a good stir.
2. Transfer to a container with a lid and refrigerate for at least 4 hours and up to 48 hours. (The longer the olives marinate, the better the flavor.) Taste and add more salt, if desired. Transfer to a serving bowl, top with pomegranate seeds if using and serve.

KUKU SABZI

Persian Herb Frittata

SUBMITTED BY:
Donya Mamoodi
Fremont, CA



INGREDIENTS

- 4 cups sliced garlic chives or green parts of scallions (See Cook's Note)
- 3/4 cups chopped fresh cilantro
- 1/2 cups chopped fresh dill
- 6 large eggs
- 1TBSP flour
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- 3/4 cup walnut halves
- 2 TBSP Zereshk (barberries) optional (See Cook's Note)
- 3 TBSP vegetable oil
- 1 TBSP unsalted butter

COOK'S NOTE

- *Garlic Chives (tareh in Persian cuisine, Nira with slightly narrower leaves, in Asian cuisine), have narrow leaves and are very closely related to the leek family. If unable to find this herb in regular supermarkets, you may substitute the green parts of the scallions instead and cut them into 1/4-inch slices. The other option is to use leeks and cut them into 1/8-inch slices. Use only light-green and tender green parts of the leeks.*
- *Zereshk is the berries of an edible species of barberry shrub. The berries are tiny red, sour fruits that are sold in dry form in most Middle Eastern markets. Pick through them carefully and rinse them under cold water before use.*

PREPARATIONS

1. Pick through the garlic chives or scallions (green parts only) and use a sharp knife to slice them into 1/4 inch pieces. Add the chives to a large bowl and fill with cold water. Change the water several times to make sure it is free of any dirt. Let the chives drain in a colander completely. Spread them on top of a large kitchen towel and air dry for 4-5 hours on the countertop. This will dry most of the moisture from washing. Do not skip this step. The drier the chives are before you cook them, the firmer texture the kuku will have. This step could be done a day in advance and once you can't see any moisture on the chives, store them in a covered bowl or plastic bag in the refrigerator and use them the next day.
2. Pick through and wash the cilantro and dill and let them drain in a colander. Roughly chop them and add them to a large bowl. Add the prepared chives to the bowl.
3. Toast the walnuts whole in a small skillet over low heat for 10 minutes, until it has a nutty aroma. Cool completely before coarsely chopping them. Set aside.
4. In a medium bowl add the eggs, flour, baking powder, salt, and spices. Whisk for several minutes until uniformly blended.
5. Add the egg mixture to the herbs. Use a wooden spoon to mix until all the herbs are well coated. Add walnuts and optional zereshk and stir to combine.
6. In a nonstick 10-inch skillet heat the vegetable oil and butter over medium heat. The oil should be very hot but not smoking. Add the herb and egg mixture. Use a spatula to smooth the top and press down gently.
7. Press down slightly the optional 6 walnut halves on the top at an equal distance from each other. Cover the skillet and reduce heat to medium-low. Cook for about 20 minutes. The top will look cooked and will be firm to the touch and the edges will be sizzling. Remove from the heat.
8. Remove the cover and place a 12-inch platter upside down over the skillet. Using two potholders carefully turn both the platter and the skillet together and invert the kuku onto the platter. The browned side will be up now.
9. Reduce heat to low and slide kuku back into the same skillet with the cooked side up.
10. Cover and continue cooking over low heat for another 20 minutes. Remove from the heat and cool on a rack for 10 minutes.
11. Invert the kuku onto the serving platter and use a sharp knife to cut it into 6 equal wedges.

KEYK SHARBAT ZAFERAN

Persian Baklava Cake

SUBMITTED BY:
Nowruz Engagement Group



INGREDIENTS

SAFFRON SYRUP:

- 1/2 teaspoon ground saffron (see Cook's Note)
- 2 cubes ice
- 1 cup sugar
- 1/4 teaspoon ground cardamom
- 1/4 cup rosewater

CAKE:

- 1/2 teaspoon ground saffron (see Cook's Note)
- Nonstick cooking spray, for the pan
- 1 cup milk
- 2 tablespoons lemon juice
- 3/4 cup vegetable oil
- 3/4 cup sugar
- 4 large eggs
- 2 cups all-purpose flour (see Cook's Note)
- 2 teaspoons baking powder
- 1/4 teaspoon ground cardamom

TOPPINGS:

- 3 tablespoons desiccated coconut
- 2 tablespoons ground pistachio
- 2 tablespoons dried rose petals

PREPARATIONS

1. For the saffron syrup: Sprinkle the saffron on the ice cubes and set aside to melt. This will be your bloomed saffron.
2. Put the sugar and 1 cup water in a saucepan over medium heat and bring to a simmer. Add the cardamom and simmer until the sugar is dissolved and the mixture thickens slightly, about 10 minutes. Add the rosewater and bloomed saffron and simmer for another minute. Turn off the heat and let the syrup cool completely.
3. For the cake: Preheat the oven to 350 degrees F. Coat a 9-by-13-inch baking pan with cooking spray and line with parchment.
4. Put the milk in a bowl and mix in the lemon juice; let the mixture sit for 10 minutes.
5. Meanwhile, beat the vegetable oil and sugar with an electric mixer until light in color. Add the eggs and mix well until light and fluffy, about 5 minutes. Add the milk and lemon juice mixture and mix for 1 minute. Add the flour, baking powder and cardamom. Mix on medium-low speed until the flour is combined, 2 to 3 minutes.
6. Pour the batter into the prepared pan and smooth it with a spatula. Bake until a toothpick inserted in the middle of the cake comes out clean, 25 to 30 minutes. Let the cake cool completely, about 2 hours.
7. For the toppings: Once the cake is completely cool, slice it first into long strips, and then on the diagonal into diamond-shaped pieces (leave it in the pan). Pour the saffron syrup over the cake and let it soak in, about 20 minutes.

COOK'S NOTE

Saffron syrup cake is a special cake with so much flavor. A light sponge is soaked in a syrup infused with saffron, rosewater and cardamom, resulting in a delightfully fragrant confection. The slices are beautiful served as is, but topping them with coconut, pistachio and rose petals makes for a stunning presentation. Make sure both the cake and syrup are cooled completely before combining them.



BAKING
SPIRITS
BRIGHT!



Spreading love & joy
this holiday season!

*“Food is symbolic of love
when words are inadequate.”*

- Alan D. Wolfelt

CRANBERRY PECAN LACE OATMEAL COOKIES

SUBMITTED BY:
Victoria F.
Fremont, CA

INGREDIENTS

- 2/3 cups of flour
- 2/3 cup light brown sugar
- 1/2 tsp Salt
- 1 large Egg; lightly beaten
- 1/2 tsp Baking soda
- 1 tsp vanilla extract
- 1/2 cup Rolled Oats
- 2 cups pecan pieces
- 1 1/2 sticks unsalted butter; (softened)
- 2/3 cup dried cranberries
- 2/3 cup granulated sugar zest of 1 large orange or 3-4 drops culinary orange oil

My Mom and I found this recipe in Food & Wine Magazine nearly thirty years ago and it has become a holiday staple ever since. The recipe that we used to make together we now each make for family and friends. Everyone who tries this cookies swoons over it! It has become our signature recipe. The cranberries and orange give it a nice holiday feel and the, pecans some richness, the butter and laciness an elegance. If you really want to gild the lily, some folks will drizzle white or dark chocolate on them as well!



PREPARATIONS

- Preheat oven to 350F
- In small bowl whisk flour, salt, baking soda.
- Stir in oats.
- In medium bowl (electric mixer) cream butter with sugars till light and fluffy then add egg, beat till totally incorporated.
- Scrape down bowl with spatula and beat for another 30 seconds.
- Beat in vanilla and orange zest.
- Using rubber spatula fold in flour mixture until totally incorporated. Then mix in pecans and dried cranberries.
- Line 2 cookie sheets with parchment paper and use a small scoop out to scoop into 1" scoops or 1.5 tsp.
- Place about 3" apart, they will spread very thin.
- Bake for 10 – 12 minutes or until golden brown and lacy.
- Let them cool completely on cookie sheet.

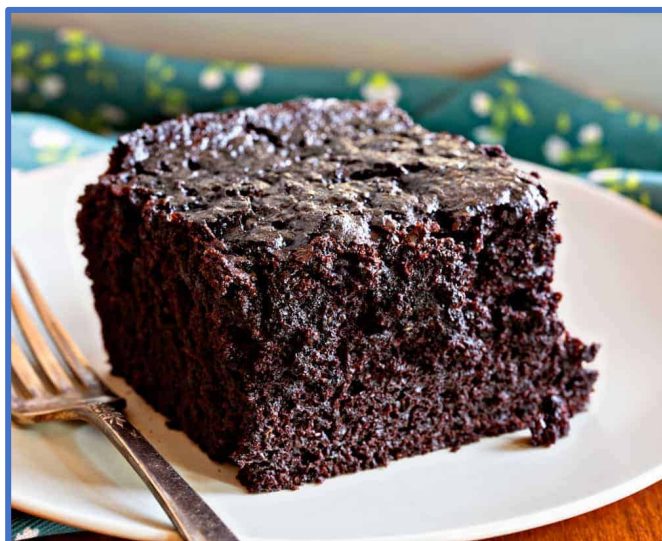
GRANDMA CARTWRIGHT'S GF CHOCOLATE ZUCCHINI BREAD

SUBMITTED BY:
Diana C.
Fremont, CA

INGREDIENTS

- 2 oz (squares) of unsweetened chocolate
- 3 eggs
- 2 c granulated sugar,
- 1 c vegetable oil, 1 tsp vanilla extract,
- 2 c grated zucchini,
- 2 c Gluten Free flour,
- 1/2 tsp xanthan gum,
- 1 tsp baking soda,
- 1 tsp salt, 1 tsp ground cinnamon,
- 3/4 c semi-sweet chocolate chips,
- 3/4 chopped walnuts

My Mother-in-Law makes this for all family gatherings and even sent some of the college bound grandkids! It's simply amazing, especially when she makes it.



PREPARATIONS

- Preheat oven to 350 degrees.
- Lightly grease two 9x5 inch loaf pans. To make the bread easier to remove from the pan, cut a piece of parchment paper to fit the bottom of the pan.
- In a small microwave-safe bowl, microwave unsweetened chocolate squares until melted - about 20-30 seconds.
- Stir every 10 seconds to ensure it does not burn. remove from microwave and stir until smooth.
- In a large bowl, combine eggs, sugar, oil, vanilla and the melted chocolate. Beat well with an electric mixer at high speed until smooth.
- Fold in the grated zucchini. Sift together the flour, baking soda, salt and cinnamon.
- Stir into chocolate mixture.
- Blend only until the flour is incorporated. Do not over mix.
- Fold in chocolate chips and walnuts.
- Pour batter into prepared loaf pan.
- Bake in preheated oven for 60-70 minutes, or until toothpick inserted into center of the loaf comes out clean.
- Remove from oven and cool about 15 minutes on racks.
- Loosen sides of bread with knife and shake the pan to dislodge bread, tip out. ENJOY!

SWEET POTATO CASSEROLE

SUBMITTED BY:
Savannah L.
Greenville, SC

Every Thanksgiving, Sweet Potato Casserole is something my family has always loved and enjoyed through the years.



INGREDIENTS

- 4 lbs. sweet potatoes - baked and peels removed.
- 1/2 cup cream
- 1/3 cup butter, melted
- 1/3 cup maple syrup or honey
- 2 tsp vanilla
- 1 egg
- 2 tsp ground cinnamon
- 1 tsp salt Pecan Topping
- 2 cups roughly chopped pecans
- 1/2 cup of flour
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 5 tbs melted butter
- 2 tbs maple syrup

PREPARATIONS

- Bake sweet potatoes in a 375 degree oven for 45 minutes to an hour, until they are nice and soft. Allow them to cool for a few minutes, peel the potatoes, and add to a blender.
- Add melted butter or coconut oil, maple syrup, cream, egg, vanilla, cinnamon, and salt to the sweet potatoes. Blend until smooth and creamy.
- Grease a 9x9 baking dish with a little bit of butter, and then pour the sweet potato puree into the dish smoothing it out until it's evenly spread out.
- To the blender add all the ingredients for the pecan topping and pulse until its roughly chopped. Sprinkle the pecan mixture over top of the sweet potatoes.
- Bake for 30 minutes at 350 degrees.

CREAMY CROCK POT MAC AND CHEESE

SUBMITTED BY:
Hillary L.
Greenville, SC

INGREDIENTS

- 1 pound elbow pasta
- 2 1/2 cups milk (whole is best)
- 1 can (12 oz) evaporated milk
- 3 cups (12 oz) shredded sharp cheddar
- 1 cup (4 oz) shredded American cheese (or Monterrey)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon dry ground mustard
- 1/4 teaspoon garlic powder
- Dash of cayenne pepper (to taste)
- 1/4 cup butter, cubed

For Every Holiday, my family makes this delicious side dish that most of us eat as a main course! The perfect way to make this comfort food all year!



PREPARATIONS

- Spray 6-quart slow cooker with non-stick spray.
- Rinse the uncooked pasta well in cold water and drain.
- Add uncooked pasta to crockpot along with milks, cheeses, salt, pepper, mustard, garlic and cayenne pepper. Stir to combine, making sure macaroni is submerged in liquid as much as possible.
- Dot with cubed butter.
- Cover and cook on low heat for 1 hour. Remove lid and stir. Depending on your slow cooker, your dish could be done at this point or require UP TO 1-2 more hours.
- If not done, continue cooking and checking periodically (ever half hour or so).
- When done, pasta will be tender and liquid will be thick and creamy. Sauce will thicken even more after lid is removed and mac and cheese sits.

SPICY CRAB DIP

SUBMITTED BY:
Virginia G.
Fremont, CA

(Compliments of my beautiful mother-in-law from Germany,) This dip is such a great option for gatherings and get togethers with my diverse family members because it is so versatile. If you do not like crab, swap it for chicken! If spicy isn't your thing, omit the cayenne pepper and Tabasco.

INGREDIENTS

- 1 tablespoon unsalted butter
- 4 scallions (green and white parts), thinly sliced
- 2 large cloves garlic, minced
kosher salt
- 8 ounces cream cheese at room temperature
1/2 cup mayonnaise
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Tabasco
- 1/2 teaspoon cayenne pepper
- 10 ounces cooked fresh crab meat, picked free of any shells
- 1 large lemon, cut into wedges
- 1 sleeve butter crackers (35 to 40 crackers)



PREPARATIONS

- Preheat the oven to 350 F.
- In a small sauté pan set over medium heat, melt the butter and then add the scallions and garlic along with a pinch of salt.
- Add a splash of water and cook, stirring occasionally, until the scallions and garlic become tender without becoming overly brown, 3-5 minutes.
- When the water is cooked out and the scallions are translucent, remove the pan from the heat and set it aside to cool.
- In a large bowl, whisk together the cream cheese, mayonnaise, Worcestershire, Tabasco, cayenne and a pinch of salt until smooth.
- Put the crabmeat in a medium bowl and season it with a pinch of salt and a little lemon juice; then gently stir the crabmeat into the dip.
- Spoon the dip into a 1-quart (4-cup) baking dish.
- Place the baking dish in the oven and bake until the dip is warmed through, 20-25 minutes.
- Squeeze the remaining lemon wedges over the top and serve warm, with the crackers alongside.

RUM CAKE

SUBMITTED BY:
Betty A.
Greenville, SC

INGREDIENTS

- 1 Box Duncan Hines Yellow Cake Mix
- 1/2 Cup Bacardi Golden Rum
- 1/2 cup oil
- 4 eggs
- 1 small box instant Jello vanilla pudding
- 1 cup pecans chopped

For Rum Sauce:

- 1/4 cup rum
- 1/4 cup water
- 1 stick butter
- 1 cup sugar

My oldest grandsons (15) mother made this every Christmas until she passed away unexpected when he was 5. She had submitted this recipe to Betty Crocker Baking Contest and placed, but unfortunately never got to compete in person. I was going to be her sous chef. Was supposed to be in Orlando. We have not made that recipe since, but have it framed for my grandson memories. It is very good.



PREPARATIONS

- Mix cake mix & pudding lightly.
- Add other ingredients and beat 2 minutes.
- Grease and flour Bundt cake pan.
- Spread pecans in bottom and pour mixture over top.
- Bake 325 degrees for 50 minutes.
- Rum sauce directions Bring to a boil ingredients 3 minutes.
- Pour over hot cake in pan, then let cake cook 30 minutes then turn cake pan over and put on cake sheet.

SWEET POTATO SOUFFLE WITH PRALINE CRUST

SUBMITTED BY:
Victoria F.
Fremont, CA

INGREDIENTS

- 1lb. cooked sweet potato pulp ,
put in blender
- 3 eggs
- 1/3 to 2/3 cup sugar
(I use only 1/3 of a cup)
- 3 tbs flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 stick melted butter dash
of cinnamon
- 1/2 Cup cornflake crumbs
- 6 tsp brown sugar
- 4 tbs softened butter
- 1/2 Cup chopped walnuts
or pecans

This recipe was passed to me by one of my best friends and college roommate Jodi Spencer. Once we find a recipe that is a show stopper in our family we hold on to it! We have been making this recipe ever since which by my calculations is about 25 years now. My Mom and I both make it regularly for holidays and I have shared this recipe more times than I can remember!



PREPARATIONS

- Add the first eight ingredients to a blender and process until the mixture is smooth.
- Blend well in a and pour into greased glass 8"x8" baking dish.
- Be careful that whatever dish you use, only fill it 1/2 to 2/3 of the way since it will rise.
- Then, with your fingers mix together the last four ingredients for the topping and put it on top of the sweet potato mixture.
- Bake for 1 hour at 350 degrees. I test it like a cake in the middle to make sure it is cooked through before removing it from the oven.
- The ingredients will deflate a little when cooled as this is on the dense side for a souffle, but not to worry it will be gone in no time, people love it!

CABAGE WITH SPLIT PEAS

SUBMITTED BY:
Edina M.
Telford, UK

INGREDIENTS

- 2 cans of split peas or 1 ½ cups of dry split peas that you will cook
- 1 average cabbage or 5 cups of sauerkraut (kapusta kiszona)
- 1 onion
- 2 potatoes
- 3 tomatoes
- 4 tablespoons of margarine or butter
- 1 bouillon cube
- 250gr fried bacon (optional)

In Poland, Christmas Eve dinner is one of the most important celebrations of the year. Although this meal is reserved for the closest family, it's customary to set an extra plate and seat for an unexpected guest, or even a vagrant. Most of the dishes served are cooked specifically for this special day – and only once a year! Christmas Eve dinner, also known as Wigilia, starts when the first star appears in the sky. Nothing is to be eaten until all members of the family have broken the Christmas wafers (opłatek) together and exchanged wishes for good health and prosperity. During the meal, all of the guests should taste a bit of everything.



PREPARATIONS

- If you use dry split peas, place them in a pot or bowl and fill with water. All the split peas should be covered, and the water should be at least an inch or two above them. Let them soak overnight.
- In the morning, change the water (drain the split peas and fill with new water). Cook with a bit of salt until they are soft.
- Peel the potatoes and boil them. When they are cooked, mash them.
- If you use sauerkraut, cook it with 1 cup of water. When it's soft, drain it. The more water you leave, the sourer kapusta z grochem will be.
- If you use fresh cabbage, chop it finely and place it in a big pot with 1 cup of water and a margarine/butter.
- Finely chop the onion and caramelize it with a bit of butter.
- Wash the tomatoes, chop them, and cook with a bit of water until they are soft.
- Mix all the ingredients together. Add a bouillon cube and cook until it dissolves. If necessary, add salt and pepper. If you would like some crispy on that dish, top with fried chopped bacon.



CELEBRATING POLISH
INDEPENDENCE
11TH NOVEMBER



Poland's Independence Day commemorates the anniversary of when Poland regained its sovereignty from the German, Austro-Hungarian and Russian Empires in 1918. Celebrations across the country will include hearty meals with family and friends. Enjoy these recipes submitted by Hyve team members in Telford, UK.

Jedzmy! (let's eat!)

PĄCZKI

Polish Doughnuts

SUBMITTED BY:
Sara Sikora
Telford, UK



INGREDIENTS

- 3 cups of flour
- 1 cup of milk
- 4 egg yolks
- 3 tablespoons of butter, melted
- 1 packet of dry yeasts
- $\frac{1}{3}$ cup of sugar
- 2 tablespoons of rum
- Plenty of oil for frying (at least 4 cups)

Filling & Topping:

- 1 cup of powdered sugar
- Candied orange peel (optional)
- Jam, cream, anything you want to fill your pączki with

A Tłusty Czwartek (Fat Thursday) staple every February 11th, these Polish delights can be enjoyed on any day. And Independence Day is no exception.

PREPARATIONS

- In a bowl put a tablespoon of flour, 3 tablespoons of warm milk, sugar, and yeast. Mix it all well, cover with a rag and set aside for 20 minutes. It should become all fluffy and foamy.
- Mix the rest of the flour with egg yolks and melted butter. Then add the rest of your milk (not warm this time) and rum. The rum will make your pączki absorb less oil when frying later.
- Knead the dough with hands for about 5 minutes. Cover with a rag and set to grow in a warm place for about 45 mins to an hour - you can use an oven shelf for that.
- Once the dough is grown, set some flour on the dough board. Roll out the fluffy dough gently to a thickness of about 1" and cut out round pączki (you can use a bigger cup or glass to do it).
- Form your cut out pączki round, but slightly flatter on top and bottom.
- Fry them in oil heated to 345 F for about 2/3 minutes on each side, then place on paper towels to remove the excess oil.
- Once cooled down, stuff them with a filling of your choice. You can sprinkle powdered sugar on top or prepare frosting with melted sugar and candied orange peels.

PIERGOIS

SUBMITTED BY:
Sara Sikora
Telford, UK

INGREDIENTS

Sauerkraut Filling:

- 2 tablespoons butter
- ⅓ cup chopped onion
- 1 ½ cups sauerkraut, drained and minced
- Salt and pepper to taste

Potato Filling:

- 3 tablespoons butter
- ½ cup chopped onion
- 2 cups cold mashed potatoes
- 1 teaspoon salt
- 1 teaspoon white pepper

Dough:

- 3 eggs
- 1 (8 ounce) container sour cream
- 3 cups all-purpose flour
- ¼ teaspoon salt
- 1 tablespoon baking powder

Popular fillings include mushroom and sauerkraut or cottage cheese and potato. These delicious Polish dumplings are quick to cook and even quicker to eat.



PREPARATIONS

- To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Add the drained sauerkraut and cook for an additional 5 minutes. Season to taste with salt and pepper, then remove to a plate to cool.
- For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Stir into the mashed potatoes, and season with salt and white pepper.
- To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt, and baking powder; stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8-inch thickness. Cut into 3-inch rounds using a biscuit cutter.
- Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and the sauerkraut filling.
- Bring a large pot of lightly salted water to a boil. Add pierogis and cook for 3 to 5 minutes or until pierogi float to the top. Remove with a slotted spoon.

NALEŚNIKI ZIEMNIACZANE

Potato Pancakes

SUBMITTED BY:

Sara Sikora

Telford, UK



INGREDIENTS

- 6 medium potatoes, peeled and finely grated (about 2¼ pounds total)
- 1 medium onion, finely grated
- 2 large eggs
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- ¼ cup all-purpose flour, more as needed
- Vegetable oil, for frying
- Granulated sugar, for garnish
- Sour cream, for garnish
- Applesauce, for garnish

HOW DO YOU KEEP POTATO PANCAKES WARM AND CRISP?

To keep the potato pancakes crispy and warm until serving, once they're cool enough to handle after they've drained, transfer them to a baking sheet. Place in a 200 F oven to keep warm for several minutes while you continue to prep more pancakes, or whatever else you're going to serve them with. Savoury, hearty pancakes best topped with either mushroom sauce or sour cream and a sprinkle of sugar for a touch of sweetness.

PREPARATIONS

- Gather all your ingredients
- Add the potatoes, onion, eggs, 2 teaspoons salt, and pepper to a large bowl.
- Add enough flour to bind the mixture together while leaving it somewhat thin.
- In a large skillet set over medium-high heat, add vegetable oil to a depth of about ¼ -inch. Heat until hot, but not smoking.
- Drop a ¼ cup of potato mixture into the skillet and spread out to form a 3-inch circle that's about ¼ -inch thick.
- Fry until brown on the bottom (don't turn until the pancake is brown or it will stick), about 3 to 5 minutes. If needed, reduce the heat to medium to prevent burning.
- Turn the pancake and fry the other side for 3 to 5 minutes or until golden brown and crisp.
- Drain on paper towels. Serve with granulated sugar, sour cream and applesauce if desired.

RED BARSZCZ WITH PORCINI RAVIOLIS

SUBMITTED BY:
Edina Mikosz | Telford, UK



INGREDIENTS

- 40g dried porcini mushrooms
- 1 onion
- 2 garlic buds
- 3 bay leaves
- 4 allspice (pimento) berries
- 10 peppercorns
- 2kg beetroot
- ½ celeriac
- 1 cooking apple (e.g. russet)
- 3 tablespoons 10% distilled vinegar
- sea salt (app. ½ tablespoon) and freshly ground black pepper (about 1 teaspoon)
- 3 tablespoons sugar

Optional:

- 3 cloves
- piece of cinnamon bark
- piece of star anise
- 250 - 500ml liquid beetroot sour

Christmas Eve dinner often starts with barszcz, a beetroot soup sometimes known as red borscht – it's probably the most popularly served soup on this day. It is served with small dumplings filled with cabbage and mushrooms.

PREPARATIONS

- In saucepan combine ½ litre water and dried porcini mushrooms. Over flame of cooker singe 1 unpeeled onion and 1 bud garlic. Cut onion and garlic in half and add to mushrooms. Bring to the boil over medium heat then reduce it to minimum, cover and simmer for about 25 minutes (the liquid should cook slowly, not boil). Add bay leaves, allspice and peppercorns to simmering liquid.
- Scrub, peel and grate beetroot and celeriac on coarse side of grater or chop in food-processor. Grate unpeeled apple.
- Transfer grated beetroot, celeriac and apple to large cooking pot (there'll be quite a lot of veggies!), add 2.5 litres of water and the mushroom stock. Cover and bring to the boil on minimum heat (it should take about 20 minutes to boil). Add the cloves, cinnamon and anise if using them.
- After liquid comes to the boil, it should be left on minimum heat for another 10 minutes or so. Finally, add the vinegar, stir and remove from heat.
- To the barszcz it's worth adding 250ml liquid beetroot sour.
- Set the barszcz aside for about an hour.
- ground pepper, sugar and a fresh bud of garlic, finely chopped. Again, set aside for at least an hour or, better yet, until it cools to room temperature. (It can also be kept in a cool place.)
- Strain barszcz and refrigerate. Reheat it the next day or when ready to serve, taste it and season with salt and pepper if required.

GATABKI CABBAGE ROLLS

SUBMITTED BY:
Edina Mikosz | Telford, UK



INGREDIENTS

Roll Ingredients:

- 1 head of cabbage
- 200g buckwheat
- 40g dried forest mushrooms
- 1 large white onion
- 1 tablespoon butter or oil
- 1 teaspoon dried marjoram
- salt to taste
- parsley or fresh herbs to top

Sauce Ingredients:

- 2 cans peeled tomatoes
- 3 small cloves of garlic
- 1 bay leaf
- 3 grains of allspice
- 2 teaspoons dried thyme
- 1 teaspoon brown sugar
- 1 tablespoon soy sauce
- salt and pepper to taste

Gatabki, or cabbage rolls, are a type of comfort food eaten all year round. In daily cooking, it is usually stuffed with meat, but it changes its face during Christmas. In those households where they are served on that special evening, the stuffing is vegetarian and contains grains (buckwheat, pearl barley or rice) and dried forest mushrooms.

PREPARATIONS

- Bring a large pot of well-salted water to a boil. Remove and discard the core from the cabbage by cutting around it with a paring knife. Carefully place the whole head of cabbage in the boiling water. Cover the pot and cook the head of cabbage for 3 minutes, or until softened enough to pull off large whole individual leaves. You may need to continue to blanch the cabbage repeatedly to easily pull off more whole individual leaves. .
- You'll need 11 to 12 leaves in total. When leaves are cool enough to handle, use a paring knife to trim away enough of the thick center stem from each leaf, being careful not to cut through the leaf. After retrieving 18 leaves, chop the remaining cabbage and place it in the bottom of a large casserole dish with a lid or a large Dutch oven.
- Add the butter/oil to a large skillet over medium heat. When the butter melts, add the onion. Cook until tender. Add the mushroom and fry until become soft. As you wait, cook the buckwheat.
- Mix the cooled onion and mushroom with the cooked buckwheat, salt, pepper, other seasoning until well combined.
- Flatten a cabbage leaf on a cutting board or work surface and place about 1/2 cup of the mixed filling in the center. Flip the right side of the leaf to the middle, then flip the left side to cover the stuffing. Flip the bottom of the leaf up to obtain an envelope-shape. The unstuffed part of the leaf will be triangular in shape. Roll the leaf away from you to encase the meat completely. Repeat the process with all the leaves.
- Place the cabbage rolls, seam down, on top of the chopped cabbage in the casserole dish or Dutch oven. Season each layer with salt and pepper. Pour the peeled tomatoes and that much water that it would slightly cover the last layer. Add all ingredients mentioned before for the sauce, cover, and start slowly cook it. Need around 2-3 hours to be ready but check at the end if the cabbage leaves are soft enough. If not, carry on cooking for some more time.
- Serve with a drizzle of sour cream, or alternatively, mix the pan juices with the sour cream and ladle it over the cabbage rolls.

MAKOWIEC

Poppy Seed Cake

SUBMITTED BY:

Edina Mikosz | Telford, UK



INGREDIENTS

Dough Ingredients:

- 2 cups plain flour
- 120ml warm milk
- 30g fresh yeast
- 4 tablespoon sugar
- 100g butter
- 4 eggs yolks
- 1 pinch of salt

Filling Ingredients:

- 330g ground poppy seeds
- 80g brown sugar
- 60g raisins
- 30g walnuts
- ⅓ cup candied orange zest
- ½ tablespoon cinnamon
- 3 tablespoons honey
- 4 eggs whites

Topping Ingredients:

- 1 cup caster sugar
- 1-2 tablespoon hot water
- ⅓ cup candied orange zest

PREPARATIONS

- To activate the yeast, combine them with a spoon full of sugar and flour and add 120ml warm milk. Mix well and set aside for a few minutes. In the meantime, sift the flour and have three tablespoons of sugar along with a pinch of salt, then mix in the yeast starter. Melt 100 grams of butter and set it aside to cool. Separate four eggs and add the yolks one by one to the flour-yeast mix. Slowly pour the melted, warm butter, add one tablespoon of vanilla extract and work with your hands to mix the dough as much as possible. (You can use your mixer machine if it is easier for you.) If the dough is too sticky, you can add an extra spoon of flour. Once you are happy with your dough texture, cover the bowl with a dish towel and leave in some warm place to rise for approx. an hour and a half.
- While you wait, start to prepare the filling. Put the poppy seeds in a pot and add boiling water to it, just enough to cover. Set your cooker to low heat and cook for about 5 minutes. Then mix with brown sugar, and with chopped walnuts. Add half of teaspoon of cinnamon, the candied orange zest,
- Put to the fresh yeast into a warm milk, add some sugar and wait until it will grow. Mix with all rest, 3 tablespoon of honey and the raisins. Mix the filling well and refrigerate, until it become a bit stickier. When the dough has double its volume, divide into two equal parts. Take the first piece and roll it out into a rectangle.
- Beat four egg whites left from making the dough until stiff and gently mix into the chilled poppy seed filling. Spread half of the poppy seed fillings leaving three centimetres borders on each side of the dough. Pick up the shorter side of the rectangle and start rolling. Once you get a complete roll, tug-in the ends to prevent the filling from leaking out. Transfer the roll to a big piece of baking paper and wrap it in leaving two centimetres of free space the cake. Do the same with your second dough.
- Pre-heat the oven to 180 degrees Celsius. Bake for around 40 minutes. When you took the cakes out of the, let them sit for few minutes and then unwrap them from the baking paper and leave to cool on a tray.
- Mix the topping ingredients in a small bowl that you would get your icing. Stir quickly and spread on top of the roll cakes. Put some candied orange zest to a top.

FLAVORS OF INDIA
FEATURING RECIPES
FOR DIWALI AND
BANDI CHHOR DIVAS



*“Indian
food
is a luxury
on tour.”*

- Mahesh Bhupathi

BESAN LADOO

SUBMITTED BY:
Manpreet K. Rai
Fremont, CA

INGREDIENTS

- 2 cup Besan/gram flour
- ½ cup Ghee or Butter
- 1 cup Powdered sugar
- 6-8 Cashews or Almonds
- 4 Cardamom Pods

PREPARATIONS

1. LET'S MAKE THE LADOO DOUGH...
Grab a large pan on medium heat and melt the ½ cup butter or ghee. Once melted mix 2 cup Besan Flour for about 20 minutes, or until browning starts. Then, set it off to the side.
2. BINDING OUR LADOO DOUGH WITH SYRUP...
Grab another pan on low heat and mix ½ cup of water, 1 cup sugar, 4 cardamon pods. Once warm mix the laddoo dough together. Then, set it off to the side.
3. PINCH, ROLL, AND ENJOY!
Once our laddoo dough is cool to the touch, we pinch and roll out dough into balls. In addition, we can add Cashews or Almonds to the mix. Then, you can enjoy them warm or cold!



A traditional Indian sweets is made with flour, butter, and sugar.

SMOKED TANDOORI CHICKEN

SUBMITTED BY:
Tasminder Cheema
Fremont, CA



Classic North Indian Cuisine

INGREDIENTS

- 2 Chicken thighs
- 4 tablespoons Mustard oil
- 2 tablespoons Ghee
- 3 Charcoal, small pieces

Form Marination

- 1/2 cup Hung Curd (Greek Yogurt)
- 1 tablespoon Ginger paste
- 1 tablespoon Garlic paste
- 1 tablespoon Lemon juice
- 1 teaspoon Garam masala powder
- 1 tablespoon Coriander Powder (Dhania)
- 1 tablespoon Kashmiri Red Chili Powder
- 1 teaspoon Chaat Masala Powder
- 1/4 teaspoon Black Salt (Kala Namak)
- Salt, as required
- 2 tablespoons Mustard oil

PREPARATIONS

- To begin making the Smoked Tandoori Chicken Recipe, clean, wash and make 1" slits on Chicken thighs on both sides and keep aside.
- Mix all the ingredients mentioned in 'marination' in a large bowl to make a smooth paste.
- Add chicken thighs in it and rub the marinade well all over the pieces. Cling wrap the bowl and refrigerate it for minimum 3-4 hours. (Overnight marination gives much more amazing results)

OVEN METHOD

- Preheat the oven to 210 C for about 10 minutes.
- Once the oven is heated, place the marinated chicken in the oven in the middle rack. Bake the Tandoori Chicken for half the time on one side, drizzle more ghee or oil in between and then turn it over and slather some of the masala from the pan and even it out.
- Bake until the masala and top of the tandoori chicken looks cooked and absolutely well done.

Shahi-Paneer

SUBMITTED BY:
Gurmeet Chahal
Fremont, CA

INGREDIENTS

- 4 tablespoons unsalted butter, ½ stick
- 2 green chillis, sliced
- 1 large onion, finely chopped
- 1 tablespoon garlic, crushed
- 1 tablespoon ginger, crushed
- 1 ½ cups tomato puree
- 1 teaspoon ground coriander
- 1 tablespoon paneer masala
- 1 red bell pepper, sliced lengthwise
- 1 teaspoon salt, to taste
- 2 cups heavy cream
- 14 oz paneer cheese, 1 block, cubed



Classic North Indian Cuisine

PREPARATIONS

- Melt the butter in a 5qt-pot over medium heat.
- Add chili, and cook for 2-3 minutes, stirring occasionally. Add the onion and saute until translucent, about 5 minutes. Add the crushed garlic and ginger and cook for 2-3 minutes, until fragrant. Stirring occasionally. Reduce the heat to low, cover, and cook until the onion is completely softened, about 10 minutes. Stir occasionally to make sure bottom doesn't burn.
- Add the tomato puree. Stir well and cover again. Cook until tomato looks like it's almost separating, and is reduced in volume by half, about 10 minutes.
- Add the coriander and paneer masala. Stir well. Add the red bell pepper and cook until the pepper is half-cooked, about 5 minutes. Add the salt, cover again, and cook for another 5 minutes.
- Add the heavy cream. Stir well, then add the cubed paneer and cover. Cook for 25 minutes all the ingredients are tender.
- Garnish with cilantro and serve with naan or rice.
- Enjoy!

GOBI PAKODA

SUBMITTED BY:
Sachneet Chohan
Fremont, CA

INGREDIENTS

- Cauliflower florets - 3 cups blanched and drained
- Salt to taste
- Turmeric Powder – 1 tsp.
- Ginger Garlic Paste – 1 tbsp.
- Chili Powder – 1 tsp. or to taste
- Lemon Juice to taste
- Gram Flour – ½ cup
- Rice Flour – ¼ cup
- Corn Flour – 2 tbsp.
- Baking Powder – ½ tsp.
- Oil for deep frying



PREPARATIONS

- Separate each floret of cauliflower and rinse well
- Add them to the boiling water. Switch off the heat and let the cauliflower florets be immersed in the water for 10 to 12 minutes.
- Take boiled cauliflower in a bowl
- Add ginger garlic paste
- Add turmeric powder, chili powder, salt
- Add lemon juice
- Add gram flour and rice flour
- Add corn flour and baking powder
- Mix gently
- Add a little water and mix again
- Add some oil to a frying pan and let it heat.
- Drop the cauliflower floret in hot oil
- Fry them until golden on medium flame
- Drain out of the oil and set aside
- Serve hot and crispy pakoda with ketchup.

BUTTER CHICKEN

SUBMITTED BY:
Dev Roy | Fremont, CA

INGREDIENTS

- 1 tablespoon oil
- 1 Cup Yogurt
- 1 tablespoon butter
- 1 medium onion diced
- 1 teaspoon fresh ginger finely minced or grated (or use paste)
- 2-3 cloves garlic finely minced or crushed
- 1½ pounds about 2-3 boneless, skinless chicken breasts, cut into ¾-inch chunks
- 4 tablespoons tomato paste or 8 oz can of tomato sauce
- 1 tablespoon garam masala
- 1 teaspoon chili powder or paprika, adjust to taste
- 1 teaspoon Fenugreek I use powder, but seeds or mustard seeds can be used too, optional*
- 1 teaspoon cumin
- 1 tsp salt
- ¼ tsp black pepper
- 1 cup heavy cream sub for half & half or yogurt for low fat
- Hot cooked rice and naan for serving



PREPARATIONS

- Heat a large skillet or medium saucepan over medium-high heat. Add the oil, butter, and onions and cook onions down until lightly golden, about 3-4 minutes. Add ginger and garlic and let cook for 30 seconds, stirring so it doesn't burn.
- Add the chicken, tomato paste, and spices. Cook for 5-6 minutes or until everything is cooked through.
- Add the heavy cream and simmer for 8-10 minutes stirring occasionally. Serve over Basmati rice or with naan.



HONORING
MID-AUTUMN
FESTIVAL



*“What makes
cookbooks
interesting is
to find out about
the people and
the culture that
invented the food.”*

- Vincent Schiavelli

SEAFOOD SALAD WITH POMELO

SUBMITTED BY:
Miffy C. | Taiwan

Recipe for serves 1-2

INGREDIENTS

- Shrimps: 10
- Squid: 1
- Pomelo: 1/3
- Chili: 1
- Garlic: 2 clove
- Sauce--Salt: 0.5-1 tsp,
- Lemon juice: 2 tbsp

PREPARATIONS

1. Blanch the seafood for a minute, then let it cool and set aside
2. Pomelo peeled into small pieces
3. Chili, garlic minced
4. Add all seafood, minced garlic, chili
5. Add the sauce.

One of the customs of the Moon Festival is to eat pomelo. The weather in Taiwan is still hot and it is also the pomelo season at this period. Therefore, combined with appetizing salads and pomelo, no matter how much pomelo, don't be afraid that won't be able to finish it.



STEAMED CRAB

SUBMITTED BY:
Aries Chang
Taipei, TWN

INGREDIENTS

- Crab
- Ginger
- rice wine



PREPARATIONS

1. Pour water into the pot and heat it until the water boils;
2. Put the crab, ginger and rice wine into the steamer and then into the pot;
3. Cover and steam for 15 minutes before serving

Enjoy during the Mid-Autumn Festival, when crabs are plump, this dish is always on the table during the Mid-Autumn Festival reunion every year.