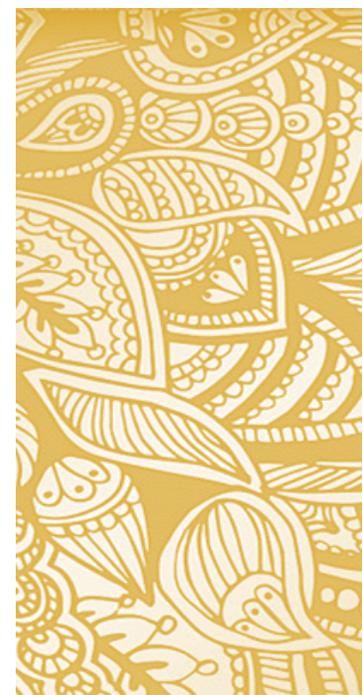
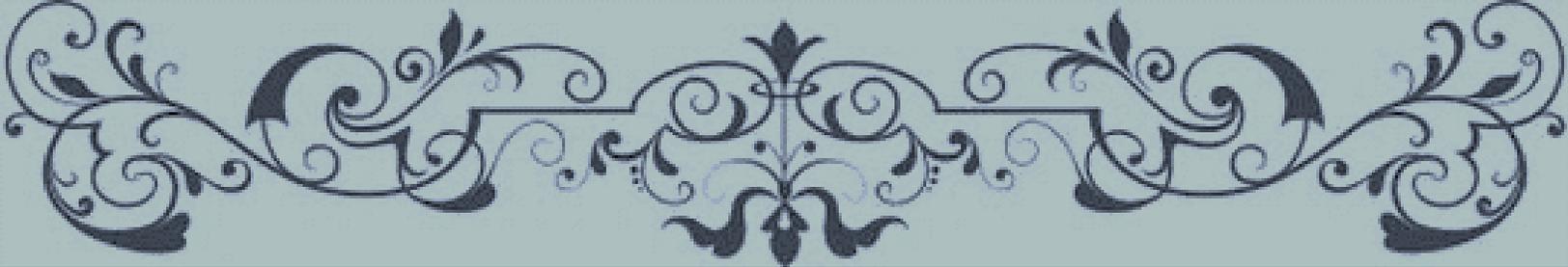




DEI DAY Cultural Cookbook





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Main Dish, Meats, Grains, Pastas, Soups

Arroz con Gandules | Marta's Puerto Rican Rice with Pigeon Peas

Submitted by: Yvonne Ortiz, RowanSOM, handed down by her mother, Marta Torruella

Food Category by Nationality / Ethnicity / Culture

Spanish Food/Puerto Rican



It was not until I was an adult in graduate school that I realized that many people don't consider rice a main course. LOL. Growing up, Puerto Ricans eat it as a main dish. As a child, I was not a big fan of meat. This is a vegetarian spin on arroz con gandules because traditional versions have pork. Two of my longtime friends do not eat pork for religious reasons as one is Muslim and the other Jewish so my mother removed pork from the recipe.

Ingredients for Sofrito:

- 1 ½ -2 green peppers
- 1 large onion
- 2 cloves fresh garlic
- Several leaves of cilantro and/or coriander (recao)
- 5 or 6 ajices dulces (small sweet peppers) (make sure you don't confuse them with Jamaican small peppers as it will be spicy and they look similar)



Sofrito can be prepared in a blender and stored in the refrigerator.

Note: Please do not buy sofrito from a jar in the supermarket. Ewe!

Other Ingredients

- 2 cups white medium or long grain rice
- 2 cans pigeon peas
- Olives
- Capers (if desired)
- Oregano
- Salt and pepper
- 1 can tomato paste
- 1 can tomato sauce
- 1 packet of Sazón
- ½ c. oil (vegetable, canola, or olive)
- ½ cup water

Note: Brown rice works too but it will have a nuttier flavor and takes longer to cook. You can also find a recipe for Sazón to avoid MSG.

Instructions

Tip: If you want the orange coloring without the Sazón, buy annatto seeds and cook over low heat a few minutes with olive oil. If you skip the Sazón, add garlic and onion powder.

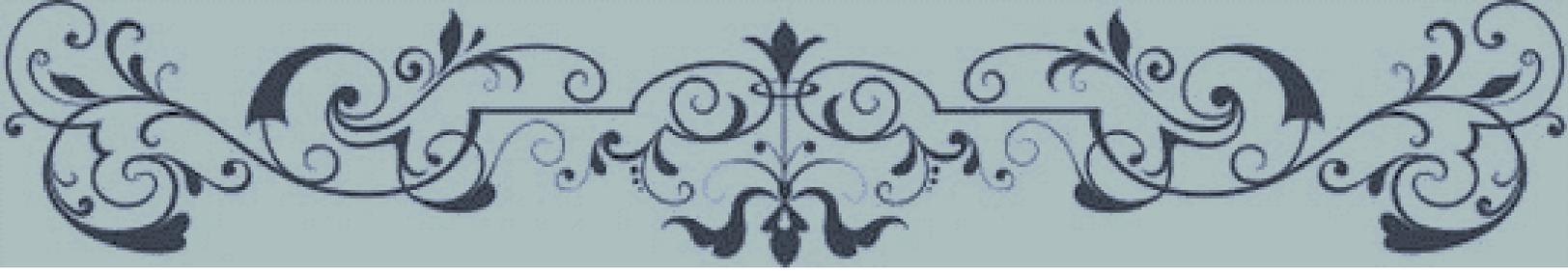
Prepare sofrito first. Chop green pepper, onions, cilantro, ajices dulces. Mash garlic along with salt, black pepper and oregano. Heat few tablespoons of oil. Put all the chopped ingredients in, along with the olives and capers. Let cook on low to medium heat for 5 minutes. (Embrace the smell of the sofrito cooking.)

Add the tomato paste, tomato sauce, Sazón, and water. Cook an additional 5 minutes on medium to low flame. Sofrito is done.

In the same pot, add into the sofrito the cans of pigeon peas including the water. Keep the flame on at all times. Wash and drain rice. Add rice to the peas/sofrito mixture. Sofrito, water, and peas should be just covering all the rice. If not, add water.

If this mix does not have a rich, orangy color, add tomato paste. Stir well and cover. Leave flame at medium and check every 5 minutes. When rice has absorbed water, lower flame. Stir up the rice every 3-6 minutes so that it cooks evenly. Should be fully cooked in about ½ hour. For brown rice, about an hour.

6 SERVINGS



Arroz con Gandules | Puerto Rican Rice with Pigeon Peas

Submitted by: Laura L. Rodriguez

Food Category by Nationality / Ethnicity / Culture

Spanish Food/Puerto Rican



Ingredients

- 3 cups medium or long grain white rice, rinsed
- 3 tablespoons vegetable oil
- 2 heaping tablespoons sofrito
- 4 ounces tomato sauce
- 1 can (15 ounces) gandules (pigeon peas), partially drained
- 2 heaping tablespoons alcaparrado
- 1 packet Sazón with Achiote (I use Goya brand)



- 1/2 packet ham flavoring (I use Goya brand Jamón)
- 1 teaspoon adobo
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground oregano
- Salt and pepper to taste (start off with 2 teaspoons of salt)
- 4-6 cups hot water

Instructions

Rinse rice well in water and set aside. In a medium caldero or large pot (about 6 quarts or so), heat oil and sauté sofrito until softened. Add tomato sauce and simmer for 2 minutes. Stir in gandules, alcaparrado, all of the spices and 4 cups of water. Taste and read just seasonings, adding additional salt 1 teaspoon at a time. Broth should be heavily seasoned and on the salty side.

Bring to a rapid boil, then add rice and stir. You may need to add more water to ensure rice is covered by 1 inch of water. Reduce heat to a soft boil and let most of the liquid absorb and evaporate, stirring occasionally, very gently, so rice does not turn gummy.

Carefully mound rice towards center of pot, top with foil and cover with lid. Reduce heat to simmer and cook for 20 minutes. Stir by folding rice from the bottom up, but do not disturb bottom of pan. Cook for another 20-30 minutes, testing after 20 to see if rice is tender and cooked through.

9-12 SERVINGS prep time: 20 MINUTES cook time: 40 MINUTES total time: 1 HOUR



Bacalaitos | Codfish Fritters

Submitted by: Laura L. Rodriguez

Food Category by Nationality / Ethnicity / Culture

Spanish Food/Puerto Rican



Ingredients

- 1 pound of salted pollock no skin or bones • 5 cups of water
- 1 teaspoon of white vinegar
- 2 cups of all purpose flour • ¼ cup of chopped onions
- 3 tablespoons of chopped parsley
- 3 tablespoons of chopped cilantro
- 1 tablespoon of dried oregano
- ¼ teaspoon of Bijol or Sazón
- 1 red bell pepper finely chopped
- 1 tablespoon of homemade sofrito optional
- 1 ½ teaspoons of baking soda



Instructions

Rinse fish thoroughly before placing into a bowl of water. Refrigerate for 3 hours, then drain water and add fresh water. Repeat 1 more time. Drain water after the second 3 hour round. Place fish into a pot with 3 cups of water and vinegar. Bring water to a boil, lower heat to a simmer and cook for 10 minutes. Remove pot from heat and let water cool.

Meanwhile, in a large bowl add in remaining ingredients, except for the water. Next, using a colander, drain fish into a new bowl, and reserve 1 cup of the salted fish water. Using your hands, shred fish as finely as desired. Add the 1 cup of salted water to the flour mixture, and mix together. Next, slowly add an additional cup of fresh water to the mixture. For a thinner and crispier bacalaito, add in up to another cup of fresh water.

Mix together to form a pancake like batter. Next, fold in your fish and let batter sit for ten minutes. After 10 minutes, to a frying pan add in 1 ½ inches of vegetable oil for frying. Once oil is hot, ladle in ¼ cup of batter, in a long stride to create a long bacalaito. Fry until edges are lightly brown, and flip over. Cooking for 2-3 minutes per side, or longer for a crispier bacalaito.



Cantonese chicken and Vegetable Stir-Fry

Submitted by: Allison Gunn

Food Category by Nationality / Ethnicity / Culture

Cantonese

Ingredients

- 1 cup chicken stock
- 3 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon Chinese rice wine
- 1 teaspoon toasted sesame oil
- 1 tablespoon cornstarch
- 3 tablespoons canola oil
- 12 oz. boneless skinless chicken breast cut into pieces
- 1 red pepper cut into strips
- 1 1/2 cups halved green beans
- 3/4 cup halved baby corn
- 2 tablespoons finely grated ginger
- 2 scallions thinly sliced 2 minced garlic cloves

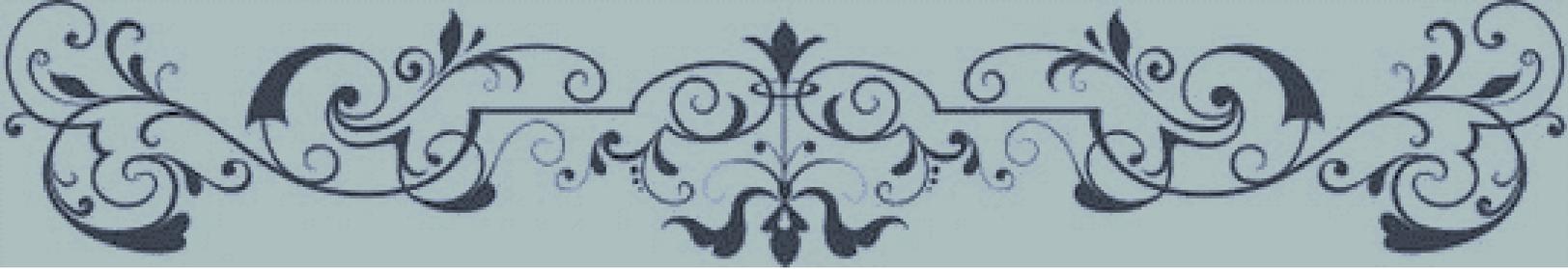


Instructions

Mix the chicken stock, soy sauce, oyster sauce, Chinese rice wine, and sesame oil in a bowl. In a separate bowl, mix the cornstarch and 2 tablespoons of water to form a paste. Heat a wok over high heat and add 1 tablespoon of the oil. Stir-fry the chicken for 4 minutes. Remove the chicken from the wok and set aside.

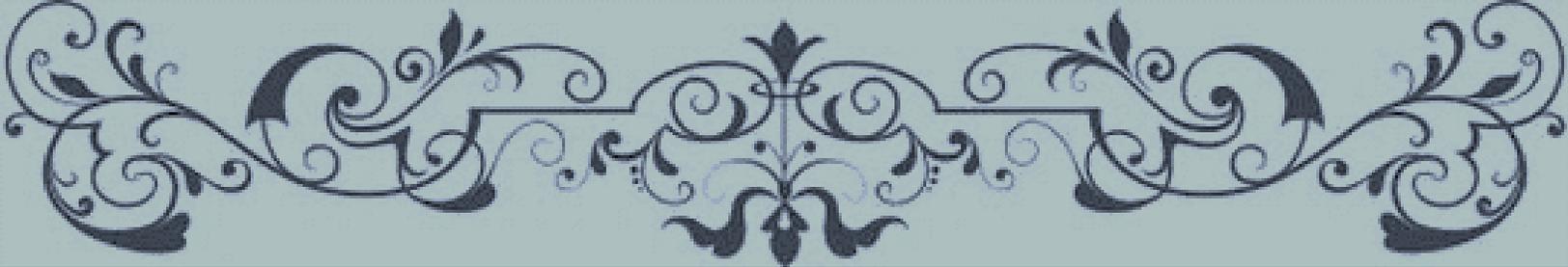
Heat the remaining oil in the wok and stir-fry the red pepper and green beans for 4 minutes. Add the corn, ginger, scallions, and garlic and stir-fry for 1 minute. Add the chicken back to the wok.

Stir continuously while adding the sauce mixture and cornstarch paste. Cook for 30 seconds to heat through. Serve with white rice or eat alone for a lower carb option.



This recipe is dedicated to Wong Gin and Wong Lillie, my great-grandparents who owned a Chinese restaurant in Baltimore, MD.





Chinese Cole Slaw

Submitted by: John Woodruff

Food Category by Nationality / Ethnicity / Culture

Chinese/ Asian Cuisine

Ingredients:

- 2 bags of Cole slaw or broccoli slaw
- 1 stick of butter
- 3 packs of Ramen noodles (Soy Flavor)
- 1 pack sliced almonds
- 2 oz. sesame seeds
- 5 scallions, sliced



Instructions

Mix the dressing ingredients well by shaking in a glass jar. Break the Ramen noodles into bite-sized pieces. It's best to do this before opening the package. Sauté the noodles, almonds, and sesame seeds in melted butter until browned. Stir in 1, 2 or all 3 of the seasoning packets from Ramen noodles according to your preference. Let cool. Mix Cole slaw, scallions, noodles and dressing in a large bowl, toss and serve immediately.

Chupa Chupa - Tallarines Verdes - Green Spaghetti

Submitted by: Shirley Celi-Landeo

Food Category by Nationality / Ethnicity / Culture

Peruvian/ Hispanic/ Latinx



Ingredients

- 2 cups packed spinach leaves
- 1 cup packed basil leaves
- 5 oz. cubed queso blanco or queso fresco plus more for garnish (My grandpa prefers Tropical Queso Blanco)
- 2 garlic cloves peeled
- 1/4 cup olive oil
- 1/4 cup evaporated milk
- Pinch kosher salt Freshly ground pepper
- 1 pound pasta of choice (He usually used ribbon pasta)



Instructions

For the Green Sauce: To a blender, add the spinach leaves, basil, queso blanco, garlic cloves, olive oil, evaporated milk and a pinch of salt and a few turns of freshly cracked pepper. Blend for 30 seconds to a minute, scraping down the sides as needed. Give the green sauce a taste and adjust the salt accordingly (Queso Blanco tends to be salty as is so maybe adding a pinch should do the trick if it's not salty to your liking). For the Spaghetti and adding the sauce: Meanwhile, bring a pot of salted water and let it boil. Drop the pasta in the water and cook according to package's directions. Add the pasta back to the pot and pour in the green sauce. Toss the pasta until it's thoroughly coated. Divide between bowls and garnish with some queso fresco crumbles. If you feel the dish isn't enough, my grandpa would also fry steak chicken or even an egg.



I dedicate this dish to my grandpa – or how I call him my papito. He would always make this dish for my brother and I every time we had an exciting experience happen to us. He made it when I graduated middle school and got into the high school of my choice, when I got into Rowan and my high school graduation. When I would get my summer internships and honestly each time I came home for a weekend. He always makes his dishes memorable. As we got older, he taught us how to make it and now it just became our thing.

Love you, papito <3

Collard Greens

Submitted by: Tyherra Johnson

Food Category by Nationality / Ethnicity / Culture

African American Soul Food

Ingredients

- 6 bunches of collard greens
- 2 smoked turkey wings or 1 lb of turkey butts
- Chicken stock
- 2 tbsp extra virgin olive oil
- 1 small onion chopped
- 1/2 chopped green bell pepper
- 1/2 chopped red bell pepper
- 1/2 chopped yellow bell pepper
- 2 tbsp minced garlic
- Salt, pepper, onion powder, garlic powder, crushed red pepper (desired amount)
- 1 tbsp white vinegar (optional) *For Vegetarians, substitute meat with liquid smoke and chicken stock with vegetable stock.



Instructions

To prepare collards, first cut leaves away from the stem. Roll a large bunch and cut horizontally. Once all greens are cut, soak them in cold water to clean away dirt and debris. In a large pot, place olive oil on medium heat for 1 minute. Add minced garlic. Once it becomes aromatic, add peppers and onions. Once they become translucent, add meat to the pot for 30 seconds to 1 minute with desired amount of seasoning before pouring stock half way up the meat. Then, lower heat to a simmer. Cover pot.

Place cleaned greens in another pot. Cook over medium heat until they reduce to at least one-third. Drain the water off the greens. Place greens in the pot with the meat. Add vinegar (optional). Cook until greens become dark green (similar to Forest Green). Stir occasionally.

Optional: Take the meat and shred it. Put it back in the pot to continue cooking. Remember to taste your greens every now and again! You may decide to add more seasoning.

Nana's Cream of Chicken Soup

Submitted by: Charles A. Barnes II

Food Category by Nationality / Ethnicity / Culture

Multiple Cultures and Varieties

Ingredients

- 6 tablespoons of butter
- 1/4 celery (chopped fine)
- 1/4 onion chopped fine
- 1 teaspoon of minced garlic
- 1/3 cup of flour
- 1/2 cup of milk
- 1/2 cup of light cream
- 3 cups of chicken broth
- 1 cup of cooked chicken (chopped)
- 1/4 teaspoon of white pepper
- 1/4 teaspoon of black pepper
- 1/2 teaspoon of salt
- 1/8 teaspoon (or to taste) of ground cayenne pepper



Instructions

Melt butter in saucepan, add onions, celery and garlic, sauté until soft. Add flour, mixing it well. Cook for 3-4 minutes. Add milk, cream and broth (mixing it well), cook and stir until mixture comes to a boil. Reduce heat and stir in chicken and remaining seasonings. Stir and cook for 2-3 minutes, let cool (or not) and enjoy!

Empanada (Puerto Rican Style)

Submitted by: Margie Viggiano

Food Category by Nationality / Ethnicity / Culture

Puerto Rican

Ingredients

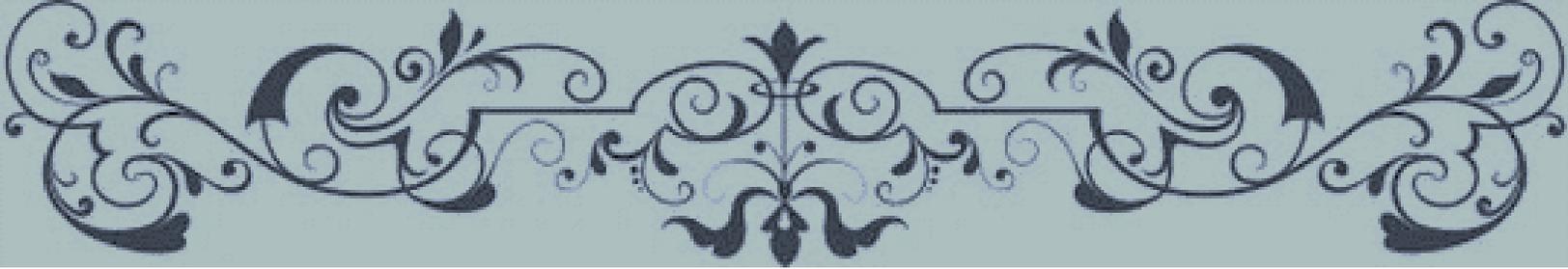
- 1/2 lbs Ground beef (for Vegans use Gardein Crumble)
- 1 Tbsp Olive oil
- 2 Tbsp Sofrito (see pg. 4 recipe for Sofrito)
- 1 Packet Sazon w coriander and annatto
- 1/4 Cup Goya tomato sauce
- 1 Tsp Minced garlic
- 1/2 Diced onion
- 6 Stuffed pimento olives diced
- 1/8 Tsp Black pepper
- 1/2 Tsp Dried oregano
- 1/2 Cup Mexican blend , American or Cheddar cheese
- 1 Package Goya large size discos ; Frozen turnover dough
- 1 1/2 Cup Corn oil / Peanut oil/Vegetable oil; For frying
- 1 egg for sealing optional



Instructions

In a skillet, heat oil on medium heat. Stir in ground meat and cook just till sizzling and half browned. Stir in the remaining ingredients, (except cheese, egg, discos and frying oil). Lower heat and simmer for 10-15 minutes until mixture thickens. Thaw Goya discos in the refrigerator so that it is fully thawed, cool to the touch but not at room temperature. This will prevent sticking on your rolling pin and counter. Place your thawed Goya large discos on the counter and roll with a rolling pin to flatten out a bit. This will result in a thin and crispy dough. Spoon about 1 tbsp of the mixture into the middle with a sprinkle of cheese. If using sliced cheese, then a half slice will do. Fold over and moisten edges with the egg and seal with a fork. If not using egg just seal with a fork. If dough appears to be too dry then moisten the fork with water.

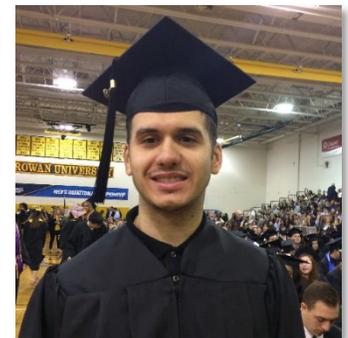
Heat 2 1/2 inches of oil in a cast aluminum pot (Caldero) or deep sauce pan on medium heat. Cook empanadas in batches, turning till lightly browned on both sides. Drain on paper towels and enjoy!



Irma, Margie, Bella, Rowan '19
(My Mom, Myself and Daughter)



Simplicia
(My Great Grandmother)



Nick, Rowan '22
(My Son, beneficiary to a wealth of good cooking!)



Irma and Julia (Abuelita)
(My Mother and Grandmother)

This recipe was passed down from my Great Grandma, Simplicia, born in Puerto Rico later becoming a well-respected doctor. She studied medicine in Ponce and Spain and is credited for traveling horseback through the mountains of Aibonito delivering many of the babies born in that region. Without fail everywhere Simplicia traveled she was known to carry her *maletín* (doctor's bag). She often flew from Puerto Rico to Brooklyn, NY where much of her family had settled. On one such flight to NY, a passenger suddenly went into labor. The flight attendant frantically called out, "Is there a doctor onboard?" In comes Simplicia with her *maletín* in hand delivering a healthy baby girl. As the young mother exited the plane with tears of joy she asked for my Great Grandma's name that her newborn could bear her first name, Simplicia.

Halal Chicken Burgers

Submitted by: Taleyah Robinson

Food Category by Nationality / Ethnicity / Culture

Mediterranean

Ingredients

- Two thinly sliced chicken breast
- 1 and 1/2 tablespoons of mayo (helps bind burger)
- 2-3 full stems and leaves of cilantro
- Quarter cut of green pepper
- 2 1/2 tablespoons of adobo
- 2 tablespoons of pepper
- 2 1/2 table spoons of kosher salt , or flaky sea salt (for texture)
- 2 table spoons of onion powder
- 2 table spoons of badia sazón completo
- 2 tablespoons of cold butter or oil (butter creates oil pockets in the meat leaving a juicy burger)
- Mozzarella or American cheese

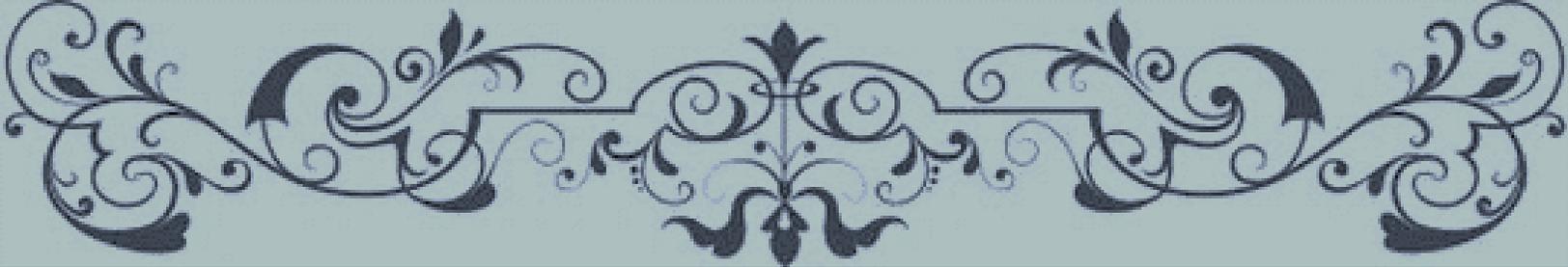


Instructions

Add to a blender cubed sliced chicken breast, mayo, cilantro, green peppers and seasonings. Put aside as much adobo and salt to later add some texture on top of the burger. Blend chicken to a paste leaving a little bit of texture. Mold into patties not overworking the meat so the butter doesn't melt and the meat doesn't become stiff. You can cook in an oven or grill or pan. When the meat is almost done cooking, top with some of the seasoning set aside, add your cheese of choice. Place on a toasted burger bun, add a bed of lettuce on top of a mayo hot sauce 1:1 ratio on top and bottom and you are all done!



College makes you very creative when you don't have many ingredients and not a lot of money.



Potato and Cheese Pierogi

Submitted by: Dana Traynor

Food Category by Nationality / Ethnicity / Culture

Polish

Ingredients

Dough:

- 2 cups of sour cream
- 4 1/2 cups flour
- 2 tablespoons melted butter
- 2 whole eggs plus
- 1 egg yolk
- 2 teaspoons of salt
- 2 tablespoons of vegetable oil



Filling:

- Mashed potatoes (about 12 potatoes)
- 16 oz. of white sharp cheddar cheese, shredded

Other: 4-6 sticks of butter

- 1 bag of yellow onions (sliced)

Instructions

Dough: whisk egg in a large bowl and mix remaining dough ingredients and knead into a soft pliable dough. If you have a mixer use the dough hook to mix. Cut in half and let rest for 10 minutes. If the dough feels sticky add small amounts of flour until dough is pliable.

Filling: Mix mashed potatoes with sharp cheddar cheese. Roll into 3/4 tablespoon balls.

Boil a large roasting pot of water. In an electric frying pan melt butter and add sliced onions. Roll dough to 1/8 of an inch. Add a potato ball to the top of the dough fold over and cut with pierogi cutter/sealer. Once pierogis are made boil approximately 12 at a time in water for 4 minutes. Remove from water with slotted spoon and add to frying pan with butter and onions for about 1 to 2 minutes on each side. Transfer to serving dish. Continue to add more butter and onions as the process goes on.

Yields 100 pierogi.



Puerto Rican Mofongo

Submitted by: Margie Olivencia

Food Category by Nationality / Ethnicity / Culture

Puerto Rico

Ingredients

- 4 green plantains
- 1 lb of chicharrón (crunchy pork skin)
- 3 garlic cloves, mashed
- 4 teaspoons of olive oil
- 2 cups frying oil



Optional toppings: cilantro lime juice chicken broth camarones guisados (garlic in red sauce) or any meat of your choice

Instructions

Peel the plantains, cut them into 1 1/2-inch slices, soak them in salty water for 15 minutes, drain them and dry them before putting them on the hot skillet with oil.

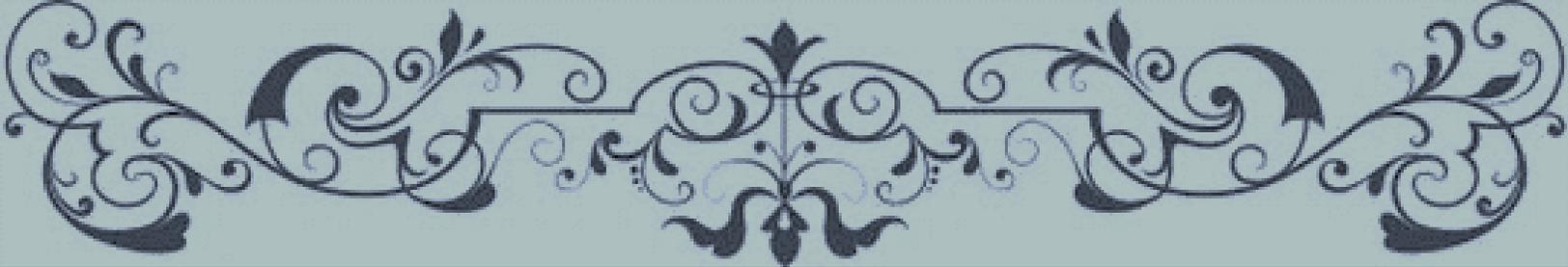
Fry them for about 12 minutes at medium-low heat or until they turn light brown. Make sure to turn them. Do not brown them too much, so they are easy to mash. Stick a fork in them to check if they are done.

Remove them and mash them on a mortar. Add some mashed garlic and pieces of chicharrón.

Once you have mashed all the plantains, mold them into the shape of half sphere using your hands or a container. Serve hot with chicken broth or camarones guisados (shrimp in red sauce) or your favorite meat.



Mofongo is arguably Puerto Rico’s most important dish. Not only is it a favorite among locals, but it also represents the complex, often overlooked history of the island. Mofongo exemplifies the heart and soul of the country — different backgrounds coming together to create something uniquely Puerto Rican. No trip to the Island of Enchantment is complete without it.



Quiche

Submitted by: Penny McPherson-Myers

Food Category by Nationality / Ethnicity / Culture

German from the medieval kingdom of Lothringen

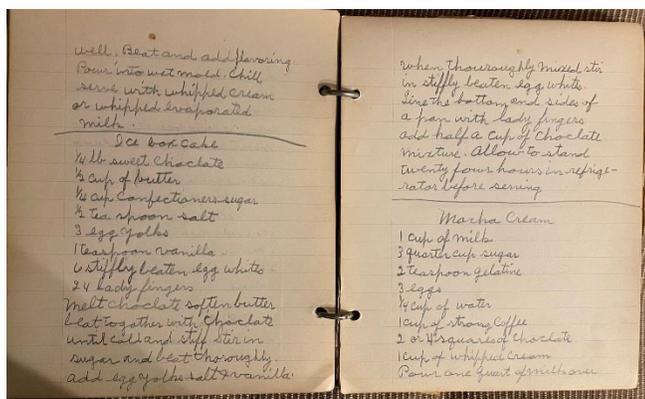
Ingredients

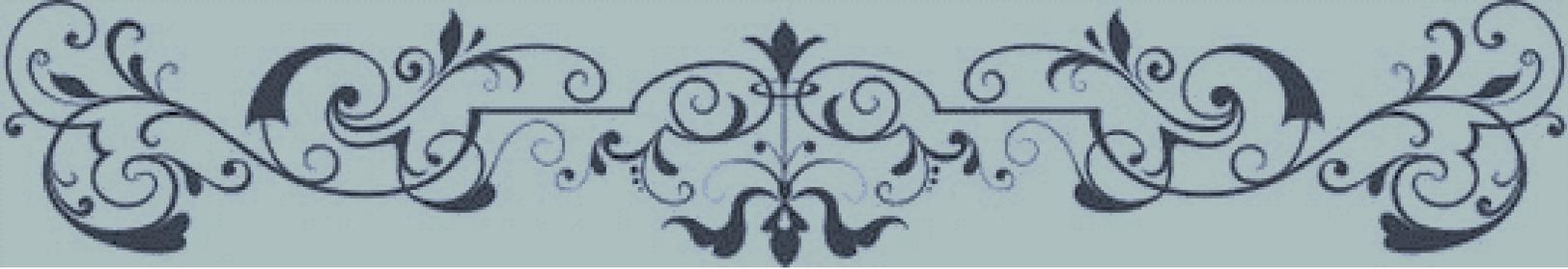
- 1 - 9 in. pie shell
- 1 package (10oz) broccoli
- ¾ cup milk
- ½ cup chopped onions
- ½ tsp salt
- ¼ tsp nutmeg Dash of pepper
- 4 eggs slightly beaten
- 1 cup shredded Swiss cheese



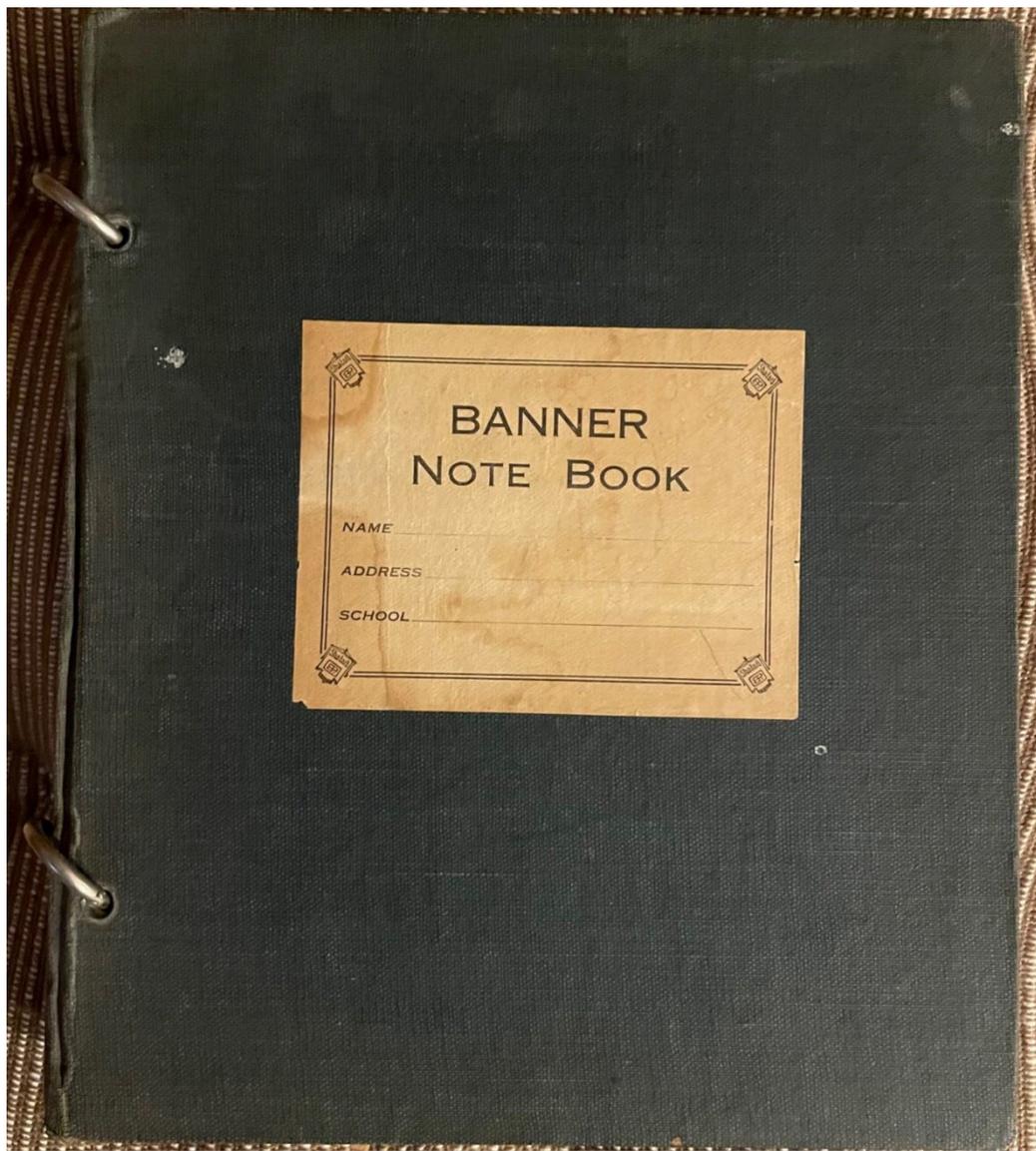
Instructions

Bake pie shell at 400 degrees for 8-10 minutes. Prepare broccoli as directed, drain. Combine milk, onions, salt, pepper, nutmeg in saucepan. Boil, simmer 1 min. Stir hot mixture into eggs. Sprinkle 2/3 of cheese into pie shell. Arrange broccoli over cheese. Pour in egg mixture. Sprinkle remaining cheese over top. Bake at 375 degrees for 20 to 25 minutes or until knife inserted 1 inch from center comes out clean.





This Quiche recipe is shared in honor of my mother, Helen McPherson. I found very old recipes in her cookbooks. She kept a lot of recipes from my grandmother who use to teach home economics.



Soup Joumou

Submitted by: Monise Princilus

Food Category by Nationality / Ethnicity / Culture

Haitian

Ingredients

PIKLIZ (MAKES ABOUT 1 QUART)

- 2 cups thinly sliced green cabbage
- 1 medium yellow onion, thinly sliced
- 1 cup coarsely grated carrot
- 1 small green pepper, thinly sliced
- 2 scallions, thinly sliced
- 2 habanero chiles, seeded and thinly sliced
- 3 cloves garlic, minced
- 1 tablespoon salt
- 10 whole black peppercorns
- 2 whole cloves
- 1¼ cups cider vinegar
- 1 lime, juiced

SOUPE JOUMOU

- 2 pounds West Indian cooking pumpkins, peeled and cut into large chunks, or 1 (29-ounce) can pumpkin puree
- 2 pounds beef neck bones
- 1 lime, quartered
- 2 scallions, chopped
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 1 large shallot, finely chopped
- 2 chives, minced
- 1 green pepper, thinly sliced
- 2 tablespoons pikliz (recipe above)
- kosher salt
- freshly ground black pepper
- 2 tablespoons olive oil
- 4 ribs celery, cut into 1-inch pieces



- 
- 4 large carrots, cut into 1-inch pieces
 - 1 leek, cut into 1-inch pieces
 - 1/4 head medium-sized cabbage, cut into 2- to 3-inch pieces
 - 5 whole cloves
 - 2 large potatoes, peeled and cut into 1-inch chunks
 - 1/2 cup broken spaghetti
 - 1 Scotch bonnet pepper, pricked with a fork

Instructions

TECHNIQUE TIP: Add cold water as needed if the soup gets too thick.

Preparation FOR THE PIKLIZ:

In a large, non-reactive bowl, mix all ingredients until well-combined. Pack the vegetables into a quart-sized jar and cover with the liquid, pressing down to make sure that all is submerged. Cover with a lid and refrigerate for at least 3 days before using. Store in the refrigerator for up to 30 days.

FOR SOUP JOUMOU:

Place the pumpkin in a saucepan with 6 cups of cold water. Bring to a boil and cook over medium heat until very fork-tender, about 1 hour. (If you're using pumpkin puree, you can skip these two steps. Strain and mash with a potato masher or in a food processor until smooth; refrigerate until ready to use.

Meanwhile, clean the beef neck bones with cold water and pat dry. Rub the neck bones with the lime pieces and place in a large bowl or large zip-top bag. Add the scallions, onion, garlic, shallot, chives, green pepper, pikliz, 1 tablespoon salt and 1 teaspoon freshly ground black pepper and mix to combine; marinate in the refrigerator for 4 hours.

In a large Dutch oven, warm the olive oil over medium-high heat. Remove the neck bones from the marinade and shake off any excess marinade. Sear the beef neck bones until browned, in batches, for 3 to 4 minutes per side. Return all the meat to the Dutch oven and add the marinade ingredients and 1 cup of cold water. Bring to a boil, reduce to a simmer, cover and cook for 40 minutes. Add the pumpkin puree and 5 to 6 cups of cold water, and mix to combine. The mixture should be as thick as heavy cream. Return to a boil, reduce to a simmer and cook, stirring occasionally, for 40 minutes. Add the celery, carrots, leek, cabbage and cloves and cook, stirring occasionally, for 25 minutes. Add the potatoes, spaghetti and Scotch bonnet and cook until the potatoes are fork-tender, about 35 minutes. Season with salt and pepper, to taste.

Stuffed Plantains (Canoas de Platanos)

Submitted by: Laura L. Rodriguez

Food Category by Nationality / Ethnicity / Culture

Spanish/Puerto Rican

Ingredients

- 4 yellow plantains
- 2 tbsp avocado oil separated
- ½ medium onion finely diced
- 2 garlic cloves finely minced or grated
- ½ green bell pepper diced
- ½ red bell pepper diced
- 1 tsp kosher salt more for taste
- ½ tsp ground black pepper
- 1 lb ground beef
- 1 tbsp adobo seasoning
- ¼ cup tomato sauce
- ¼ cup Bare Bones Beef Bone Broth
- ¼ - ½ tsp cayenne pepper



Instructions

Preheat oven to 400F. Line a baking sheet with parchment paper or aluminum foil. Cut the ends off the plantains. Then carefully score the skin making sure not to cut through the flesh and peel. Coat plantains with 1 tbsp avocado oil, add to the baking sheet, and roast for 30 minutes flipping halfway through. Meanwhile, preheat skillet over medium heat with 1 tbsp of avocado oil. 5. Add in the diced onion, garlic cloves, green bell pepper, and red bell pepper. Season with kosher salt and ground black pepper. Sauté for 5-7 minutes or until onions are translucent and bell peppers start to soften. Turn the heat to medium-high. Add ground beef to skillet, break it up, and brown. Stir in adobo seasoning, tomato sauce, Bare Bones Beef Bone Broth, ½ tsp kosher salt, ¼ tsp ground black pepper, and cayenne pepper. Bring to a boil then bring the heat down to low. Simmer for 8-10 minutes or until most of the liquid has evaporated. Remove plantains from the oven. Cut a slit lengthwise making sure not to cut all the way through the plantain. Optional: sprinkle a pinch of salt into each plantain. Stuff the plantains with ground beef mixture and serve. Prep Time 10 minutes. Cook Time 40 minutes.

Servings 4 people.

Desserts

Banana Pudding

Submitted by: Unknown

Food Category by Nationality / Ethnicity / Culture

A favorite in the U.S, first recipe appears to be from *Good Housekeeping* in 1888.

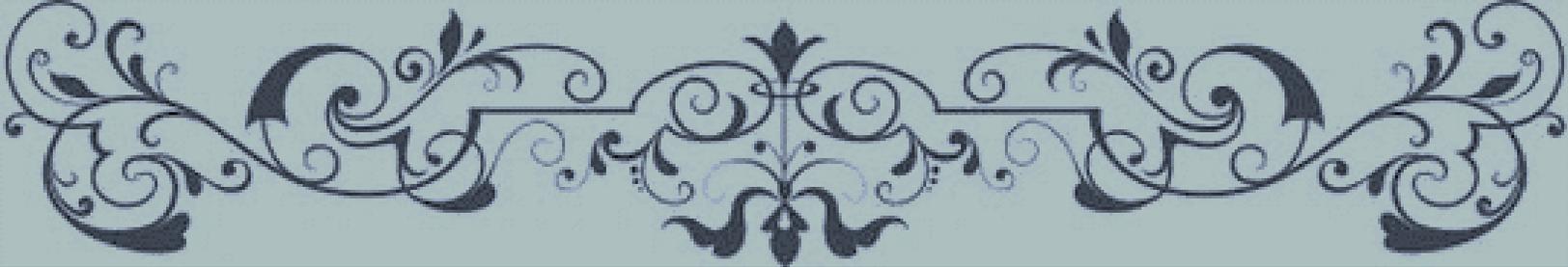
Ingredients

- 1 package instant vanilla pudding mix
- 2 cups cold milk
- 1 can sweetened condensed milk
- 1 tablespoon vanilla extract
- 1 container frozen whipped topping, thawed
- 1 package vanilla wafers 14 bananas



Instructions

In a large mixing bowl, beat pudding mix and milk 2 minutes. Blend in condensed milk until smooth. Stir in vanilla and fold in whipped topping. Layer wafers, bananas and pudding mixture in a glass serving bowl.



Carrot Cake from Scratch

Submitted by: Winona Wigfall

Food Category by Nationality / Ethnicity / Culture

English

Ingredients



Cake:

- 3 cups self-rising flour
- 1 teaspoon baking soda
- 1 teaspoon of baking powder
- 2 teaspoons of ground cinnamon
- 2 cups of sugar
- 4 large eggs
- 1 cup vegetable oil

Frosting:

- 2 cups grated carrots
- 2 sticks (1 cup) of unsalted butter
- 2 (8oz) packages of cream cheese
- 2 teaspoons vanilla extract
- 4 cups of confectioners sugar
- 1 cup finely chopped walnuts

Note: do not use packaged pre-shredded carrots, they are too dry

Instructions

Cake: Preheat oven to 350 degrees Grease cake pan with shortening and flour for easy release. In bowl mix (in this order and making sure all ingredients are thoroughly mixed before adding the next) eggs, oil, carrots, flour, baking soda, baking powder, sugar, and cinnamon. Bake for 35 minutes at 350 degrees or until a toothpick inserted in the center of cake comes out clean. Refrain from opening the oven door or touching the center of the cake to test for doneness until very near the end of baking time or it could cause cake to sink slightly in the center. When done, remove from pan and cool cake completely before frosting.

Frosting: Prior to mixing cake, place butter and cream cheese in a bowl to soften. Mix butter and cream cheese, then gradually add the powdered sugar until blended. Add vanilla and nuts. If frosting is too soft after blending, refrigerate a short while to firm up a bit then remove and frost cake.

Genetti Cookies

Submitted by: Amy Accardo

Food Category by Nationality / Ethnicity / Culture

Italian

Ingredients

- 2 sticks margarine (softened)
- 2 cups sugar
- 4 cups flour
- 3 eggs
- 1lb ricotta cheese
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp vanilla extract
- 1 tsp anise extract
- 1 tsp orange extract Mix to a batter

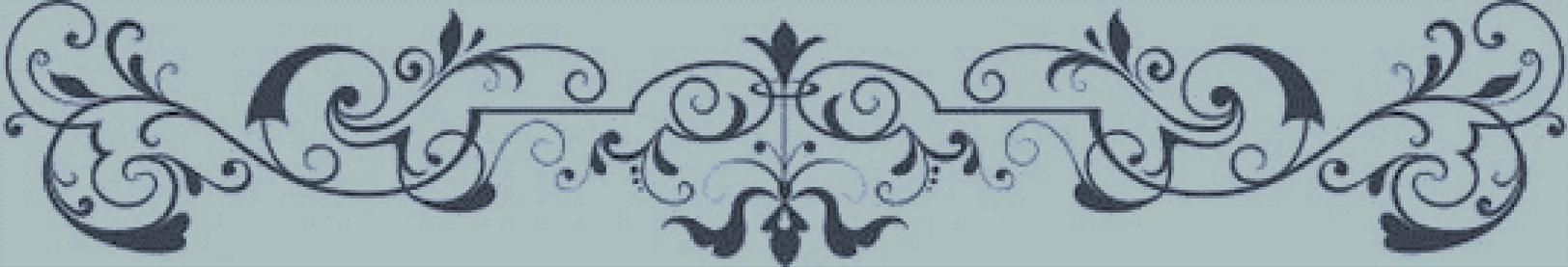


Instructions

Cream together the margarine, sugar, and flour. Mix the other ingredients separate, then combine. Arrange on a greased cooking sheet in small balls. Bake at 325 for 12-14 mins

(DO NOT BROWN – you want the bottoms of your cookies to be just starting to darken).

Top with icing mix (2 cups powdered sugar; 1 tbsp margarine; 4 tbsp milk; 1/2 tsp vanilla) and sprinkle with rainbow nonpareils for the authentic look.



French Almond Cake

Submitted by: Laura L. Rodriguez

Food Category by Nationality / Ethnicity / Culture

Dessert/France

Ingredients

Cake

- $\frac{3}{4}$ cup plain yogurt or Greek yogurt
- $1\frac{1}{2}$ cups granulated sugar
- 4 large eggs
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{3}{4}$ cup almond flour not almond meal
- 3 teaspoons baking powder
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon almond extract
- 2 teaspoons vanilla extract
- $\frac{3}{4}$ cup sunflower oil grape seed or canola oil



Glaze:

- 1 teaspoon finely grated orange zest
- 3 tablespoons fresh orange juice
- $\frac{3}{4}$ cup powdered sugar plus more for sprinkling
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon almond extract

Almonds: $\frac{1}{2}$ cups sliced almonds

Instructions

Preheat the oven to 350 °F (175 °C). Spray a 9-inch round cake pan (with at least 2 inch tall sides) with baking spray. Line bottom of pan with parchment paper and spray parchment paper lightly. Set aside.



Place almonds in a small baking pan. Spread to a single layer. Bake for 15 minutes or until just beginning to turn pale golden brown, stirring every 5 minutes. Remove from oven and set aside to cool (these will be used at the end to top the cake).

Combine the orange zest, orange juice, powdered sugar and extracts in a small bowl for the glaze. Stir with a whisk until smooth. Cover and set aside.

In a large bowl, combine the yogurt, sugar, and eggs, stirring until well blended. Add the all-purpose flour, almond flour, baking powder, salt and extracts. Stir to combine. Add the oil and stir well. Don't worry, at first it will seem to separate, but keep stirring till smooth. This might take 2-3 minutes.

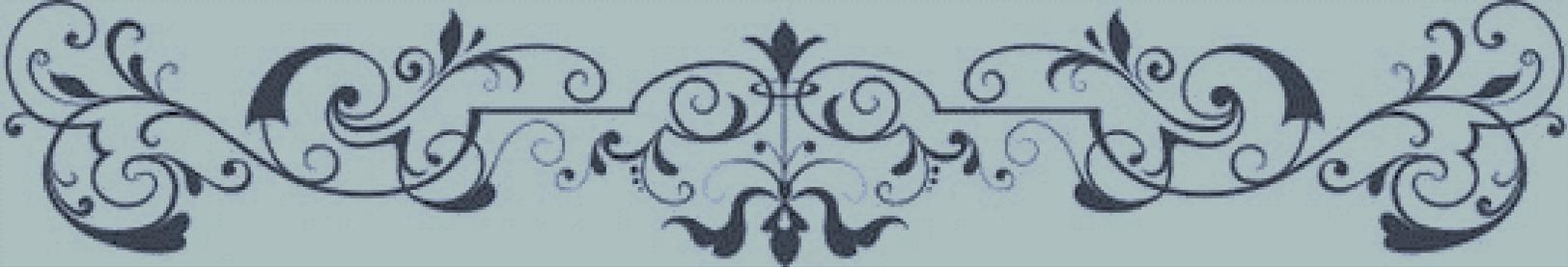
Pour the batter into prepared pan. Bake for 35-45 minutes, until the cake feels springy to the touch in the center and a toothpick or cake tester inserted into the center comes out clean. Cover loosely with foil if getting too brown near the end and cake is still not done*. Be careful not to over bake.

Cool cake on a wire rack for 10 minutes; then turn it out of the pan onto the rack. While the cake is still warm, using a pastry brush, gently pat the glaze all over the cake. Just keep going over the cake till the glaze is gone. Some of it will drip off, but most of it will soak in.

Sprinkle the toasted almonds over the top of cake while glaze is wet and pat gently. Allow cake to cool completely.

Sprinkle with powdered sugar and serve.

Prep Time: 25 mins Cook Time: 35 mins Total Time: 1 hr



Nanaimo Bars

Submitted by: Robert Hilliker

Food Category by Nationality / Ethnicity / Culture

Canadian / Pacific Northwest

Ingredients

- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 1/4 cup cocoa
- 1 tsp vanilla
- 1 egg, 2 cups crumbled graham crackers
- 1 cup shredded coconut
- 1/2 cup chopped walnuts for base
- 1/4 cup unsalted butter
- 3 tbsp milk
- 2 tbsp vanilla custard powder
- 2 cups sifted icing sugar for custard layer
- 4 squares of semi-sweet chocolate and
- 1 tbsp unsalted butter for top layer



Instructions

For base layer: Beat softened butter, sugar, cocoa, vanilla, and egg in a warm bowl until the butter melts and the mixture resembles custard. Combine crumbled graham crackers, coconut, and nuts. Add cooked mixture, blend well. Pack into 9 x 9 pan. For custard layer: Dissolve custard powder in milk. Cream butter, add milk custard, then blend in icing sugar. Spread over base and let stand for 15 min. For the top layer: melt chocolate with butter and spread over custard layer. Chill thoroughly, cut into bars.



Dedicated to my Grandma Bella, who taught me how to cook and how to bake,
and who gave me all the recipes I needed to get through grad school...



Nanny's Irish Soda Bread

Submitted by: Kaitlin, Mallouk

Food Category by Nationality / Ethnicity / Culture

Irish

Ingredients

- 3 c. flour
- 1 Tbsp. baking soda
- 1 tsp. baking powder
- 1 tsp salt
- 1.5 c. raisins
- 1.5 - 2 c. buttermilk
- 2 Tbsp butter



Instructions

Preheat oven to 350F Mix together dry ingredients. Add raisins ensuring they do not clump. Add buttermilk and mix well (dough should be quite sticky). Melt butter in a heavy skillet on the stove top (cast iron preferred) Turn out the batter into the pan. Sprinkle top with 1-2 tsp. of flour. Cut cross in the top of the batter.

Bake at 350F for 35-50 minutes (until a toothpick stuck in the center comes out clean)
Enjoy with butter or jam



In memory of a remarkable matriarch, Eileen Engle, 1920-2012.

Poppy seed Cake

Submitted by: Laura L. Rodriguez

Food Category by Nationality / Ethnicity / Culture

German/Poland

Ingredients

- 1 cup poppy seeds
- 1 cup milk or soy milk
- 1 cup (8 ounces) unsalted butter or pareve margarine, plus more for greasing pan
- 2 cups all-purpose flour, plus additional for dusting pan
- 2 cups sugar
- 3 large eggs, separated
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 2 ½ teaspoons baking powder
- Confectioners sugar, for dusting



Instructions

In a small saucepan, combine the poppy seeds and milk. Bring to a boil, remove from heat, and allow to rest until cool, about 20 minutes. Preheat oven to 350 degrees and prepare a large loaf or tube pan by greasing it with margarine and lightly flouring the inside of the pan.

In bowl of an electric mixer with a paddle attachment, cream together butter or margarine and sugar. Add egg yolks, vanilla, and poppy seed-milk mixture, and beat until smooth. Gradually add 2 cups flour, salt and baking powder. Mix well; remove bowl from mixer and set aside.

Place a clean bowl in mixer, with a whisk attachment, and whisk egg whites until stiff but not dry. Gently fold into batter. Scrape into pan, and bake until a knife inserted into the cake comes out clean, about 1 hour. Transfer cake to a rack. Unmold after 15 minutes. When cool, dust cake with confectioners' sugar.

Taffy Apple Pizza

Submitted by: Gabby McAllaster

Food Category by Nationality / Ethnicity / Culture

English/Danish

Ingredients

- 1 package (18 ounces) refrigerated sugar cookie dough, softened
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup packed brown sugar
- 1/4 cup creamy peanut butter
- 1/2 teaspoon of vanilla extract
- 2 medium granny smith apples, peeled, cored, and sliced; measure with your heart ground cinnamon
- 1/4 cup caramel ice cream topping
- 1/2 cup peanuts, chopped.

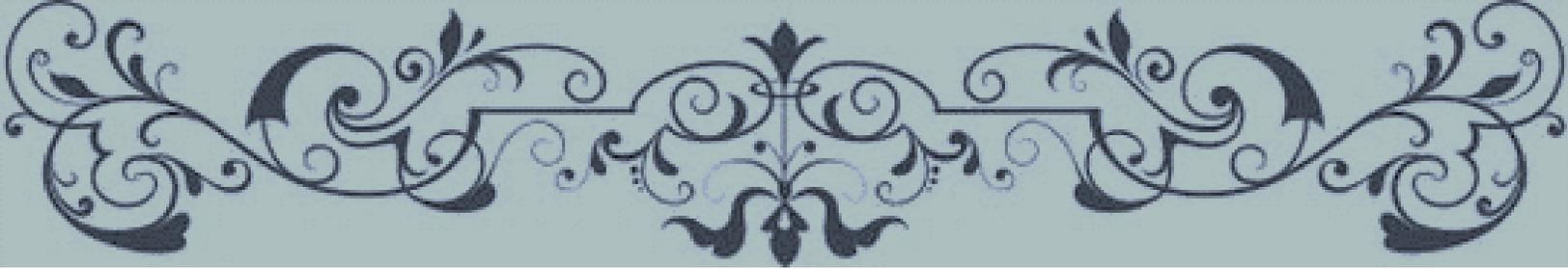


Instructions

Preheat oven to 350° F. Shape dough into a ball. Place dough in center of 15" round baking stone; flatten slightly with the palm of your hand. Lightly flour dough, roll out dough to a 14-inch circle, about 1/4 inch thick. Bake 16-18 minutes until light golden brown. Cool 10 minutes. Carefully loosen cookie from stone and cool completely. Combine cream cheese, brown sugar, peanut butter, and vanilla into a bowl and mix well. Spread the mixture evenly over top of cookie. Peel, core, and slice apples and arrange apples over cream cheese mixture; sprinkle with cinnamon. To heat caramel topping, microwave on high for 30-45 seconds or until warm; drizzle over apples. Chop peanuts using food chopper, sprinkle over apples. Cut pizza with pizza cutter and serve! Tip: dip apples in lemon juice to prevent from turning brown.



To my mama, Kat. You have always been my number one supporter—from the day I was born—to every day that has followed. You have nourished me in every way and have gone to the end of the earth to see that I am happy and healthy. Thank you for being you.



Our sincerest gratitude to everyone who contributed towards this cookbook.



“Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.”

– *Winona LaDuke*

It's never too late to add your family recipe. Just complete this [FORM](#).

We plan to update the cookbook throughout the year. Please be on the lookout for new and exciting added recipes.

If you wish to add a dedication page, we are happy to accommodate you. The dedication page may consist of photos, a story or poem paying tribute to your family or family member responsible for passing down the recipe.

For questions regarding your submission, please contact Deon Davis at davisdeon@rowan.edu or Margie Viggiano at viggianom@rowan.edu.