

# Beagle Bites

## Rockwell Community Cookbook



## ***Dedication***

These recipes were lovingly contributed by our diverse Rockwell school community during the 2025-2026 school year. Families shared favorite dishes that celebrate their cultures, traditions, and heritage. We are ever grateful for their participation in this project!

We would also like to dedicate this cookbook to the memory of Mrs. Jaimi Sowby, an extraordinary Rockwell teacher whose passion for life, learning, and community continues to inspire us. May these recipes serve as a reminder that love and legacy endure.

**~ Norman Rockwell PTA  
Heritage Cookbook Committee**

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Cover design by Rockwell Alum Sofie Yu (Class of 2024)

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## **Introduction Message from Principal Couch**

Food has a way of teaching us — about patience, gratitude, and connection — especially when it’s rooted in place and shared with intention. In our family, some of our best moments happen around meals that simmer slowly, where stories unfold as naturally as the steam rising from the pot.

My boys, Jonas and Isaac, are direct descendants of two remarkable Indigenous peoples of our region — the Blackfeet Nation and the Lummi Nation. As a family, we try to honor their ancestors in ways that are meaningful, grounded, and respectful. One small but important way we do that is through food. Over time, bison stew has become one of our family favorites — not just because it’s nourishing and comforting, but because it invites conversation about history, responsibility, and belonging.

Indigenous foods are deeply connected to place, teachings, and community. Even within the Pacific Northwest, what are often called ‘First Foods’ commonly include salmon, camas, clams, nettles, berries, roots, shellfish, and wild game — and each Nation has its own traditions and protocols. There is no single Indigenous cuisine.

What we share here is not a specific traditional recipe, but a family favorite inspired by the people who have cared for our land in this region since time immemorial.

# Couch Family Bison Stew (Family Favorite)

Serves 6–8

## Ingredients

- 2 lbs bison stew meat
- 2 Tablespoons oil
- 1 large onion, diced
- 3–4 cloves garlic, minced
- 3 carrots, chopped
- 3 celery stalks, sliced (optional)
- 4 medium potatoes, cubed
- 2 Tablespoons tomato paste
- 4 cups broth
- 1–2 bay leaves
- 1 teaspoon thyme
- ½ teaspoon black pepper
- Salt to taste
- Worcestershire sauce (optional)
- Optional thickener (flour or cornstarch)
- Parsley or green onion for finishing

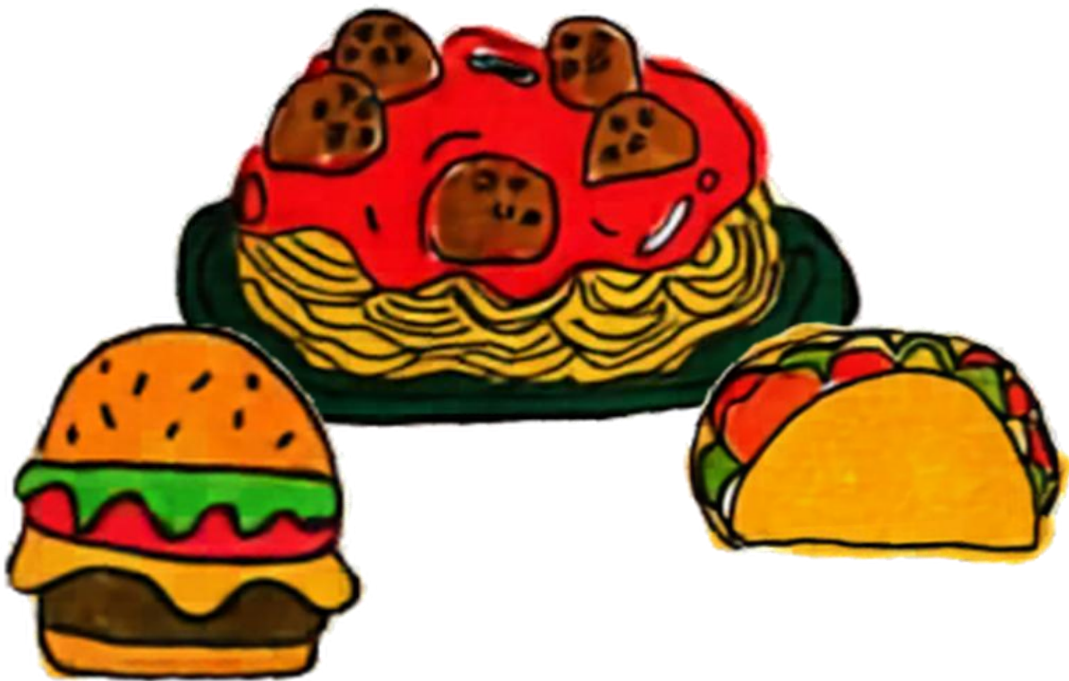
## Instructions

1. In an Instapot, use Sauté to brown bison in oil. Remove and set aside.
2. Sauté onion and celery, then garlic and tomato paste.
3. Add broth, seasoning, bay leaves, and bison. Cook on High Pressure for 35 minutes.
4. Allow a 10-minute natural release, then quick release.
5. Add potatoes and carrots. Pressure cook for 8 more minutes, then quick release.
6. Thicken if desired and adjust seasoning.

Suggested Side Dish: Three Sisters Succotash

Inspired by the Three Sisters — corn, beans, and squash — which are widely recognized across many Indigenous Nations as plants that grow together in balance. This dish is inspired by that relationship and is not a single Nation’s traditional recipe.

# Main Dishes



# Asian Style Peanut Noodles

**Contributed by** Hattaway Family

**Dish Type** Main Dish, Easy weeknight dinner

## What makes this dish special to my family?

An easy dinner for our family.

## Ingredients

- 16 oz package whole wheat thin spaghetti noodles
- 14 oz package coleslaw mix
- 1-2 chicken breast(s)

Sauce:

- ½ cup tahini
- ¼ cup peanut butter
- 3 tbsp sugar
- ¼ cup soy sauce
- ¼ cup black vinegar
- ½ cup hot water

## Instructions

1. Cook chicken breast in boiling water until internal temperature reaches 165°F. Remove from pot, set aside to cool slightly.
2. In a large serving bowl, whisk all sauce ingredients together.
3. Cook thin spaghetti noodles according to package directions. Meanwhile, shred cooked chicken breast into pieces using clean hands.
4. Strain cooked noodles.
5. Add noodles, chicken, and coleslaw to sauce. Mix well and serve.
6. Note: Dish can be served warm or cold.

# Best Vegetable Lasagna

**Contributed by** Knapp Family

**Dish Type** Main Dish, Easy weeknight dinner

## What makes this dish special to my family?

This is the best lasagna recipe ever. Packed with veggies, it is a super healthy weeknight dinner. Because the veggies are chopped fine in a food processor, they're hidden, and kids only notice the delicious cheese and sauce!

We can easily polish off an entire pan of this in one sitting. Using quick boil lasagna noodles and premade marinara sauce, it makes for a quick weeknight dinner option!

This is also great to use as a freezer recipe to save for a lazy day! Simply freeze the entire lasagna before cooking and then cook it from frozen when you're ready! *Adapted from Cookie & Kate's recipe*

## Ingredients

- 2 Tablespoon extra virgin olive oil
- 3 large carrots, chopped (1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 medium yellow onion, chopped
- ½ teaspoon salt
- 5-6 oz baby spinach
- 1 jar (16 oz) your favorite Marinara sauce
- 2 cups (16 oz) cottage cheese
- 9 NO-BOIL lasagna noodles
- 2 cups (16 oz) fresh grated mozzarella cheese

## Instructions

1. Preheat oven to 425°F.
2. Heat olive oil in a large skillet over medium heat. Add carrots, bell pepper, zucchini, onion, and salt. Cook 8–12 minutes, stirring occasionally, until lightly golden.
3. Add spinach in batches, stirring until wilted. Remove from heat.
4. Blend 1 cup cottage cheese in a food processor until smooth. Transfer to a large bowl.

5. Pulse cooked veggies in the processor until finely chopped (not puréed). Add to bowl with cottage cheese, remaining cottage cheese, salt, and pepper. Stir to combine.
6. Assemble lasagna in a 9"x9" dish: spread ½ cup marinara, then layer 3 noodles, half the cottage cheese mixture, ¾ cup marinara, and ½ cup shredded cheese.
7. Add 3 noodles, remaining cottage cheese mixture, and ½ cup shredded cheese (no marinara).
8. Add final 3 noodles, remaining marinara, and remaining 1 cup shredded cheese.
9. Cover with foil and bake for 18 minutes. Uncover, rotate pan, and bake 10–12 more minutes until bubbly and browned.
10. Let cool 15–20 minutes before serving.

# Breakfast Casserole

**Contributed by** Walker Family

**Dish Type** Breakfast or Brunch, Main Dish

## What makes this dish special to my family?

Growing up in the Midwest, our neighbors next door shared this recipe with our family. They made it for our annual neighborhood block parties in the mid-1980s, where we would enjoy it as part of a potluck after a morning bike ride.



Soon, our family loved it so much that we would incorporate it every year into our Christmas & Easter morning breakfast or brunch menu. Now, I have introduced it to my kids who also look forward to having it for special occasions.



*Note:* We usually prepare this dish the night before baking and put it covered in the refrigerator overnight. We've never tried a vegetarian version of this, but you could experiment with omitting bacon and adding chopped fresh spinach and/or bell peppers.

## Ingredients

- 7-8 slices of white (or whole wheat) bread
- 1 - 16 oz package bacon
- 6-7 eggs
- 2 cups 2% milk
- ½ teaspoon dry mustard
- 2 cups shredded cheddar cheese, a little left for top, as desired
- Optional: 1 small can finely chopped mushrooms, drained
- ¾ stick butter, melted and cooled

## Instructions

1. Ahead of time, the bread slices should be left out for about a day to dry in pan or cookie sheet. If short on time, the bread could also be slowly dried in a low temperature oven until most moisture is out of the bread.
2. Once dried, cut bread into small 1-inch pieces (cubes) and place in a greased 9"x12" glass/ceramic casserole dish.
3. Dice and brown bacon until moderately crisp. Drain off excess grease. Set aside. (This step could be done a day or two in advance and bacon crumbles kept in the fridge until Step 6).
4. Preheat oven to 325°F.
5. In a medium bowl, beat together eggs, then add milk and dried mustard. Set aside.
6. Add cooked bacon and shredded cheese (and mushrooms, if desired) to the dried bread in the casserole dish and lightly mix to incorporate throughout.
7. Pour egg mixture over ingredients in dish, making sure all bread is saturated.
8. Add melted butter to top, then sprinkle remaining cheese over the top as desired.
9. Cover with plastic wrap and refrigerate overnight. Or if preparing the day of, skip to Step 11.
10. Bring glass dish to room temperature by taking out from frig about 30 minutes before baking.
11. Bake uncovered for 1 hour at 325°F or until golden brown.
12. Cool in dish for about 10-15 mins before cutting into squares and serving.

# Chiles En Nogada

**Contributed by** Angel-Mex-Mukhar Family

**Dish Type** Main Dish

## What makes this dish special to my family?

Our papa, Luis, loved this recipe as the colors of the dish (red, white, and green) represented the colors of the Mexican flag. We always ate this dish around the date of Mexican independence, September 16th.

## Ingredients

- 8 poblano peppers

### Filling:

- 1 Tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 ¾ lbs ground turkey
- 1 apple, chopped
- 1 bunch fresh parsley, chopped
- 2 Tablespoons raisins
- 2 Tablespoons blanched almonds, chopped
- Salt and pepper to taste

### Sauce:

- 2 ½ cups chopped walnuts
- 1 can Media crema

### Garnish:

- 1 ½ cups pomegranate seeds
- 1 ½ cup sliced almonds
- ½ cup chopped fresh parsley

## Instructions

1. Roast poblano chiles over an open flame on a gas stove or grill until the skin is black and charred on all sides, turning often, 10 to 15 minutes.



2. Place the charred chiles in a plastic bag or in a large bowl covered with plastic wrap. Allow to sit for 5 to 10 minutes, then open and peel off the skin. Cut a slit in each chile lengthwise and remove the seeds.
3. Heat olive oil in a large pot over medium heat. Add onion and garlic and cook until soft and translucent, 3 to 4 minutes. Add ground turkey and cook until browned, breaking up with a spoon while cooking, about 7 minutes. Mix in apple, parsley, pine nuts, raisins, almonds, salt, and pepper. Simmer until filling is cooked through, and flavors are well combined, about 10 minutes.
4. Separately, in a bowl, combine walnuts and media crema; blend until walnut sauce is smooth and creamy.
5. Fill each poblano chile with the turkey filling and place on a plate. Spoon walnut sauce over chile and sprinkle with pomegranate seeds and parsley.



# “Clean out the Fridge” Curry Pot Pie

**Contributed by** Knapp Family

**Dish Type** Main Dish, Easy weeknight dinner

## What makes this dish special to my family?

This is a favorite comfort food in my family. A great way to use up the veggies in the fridge and serve up something warm and tasty when you don't have a lot of time! It's great with chicken (I use a rotisserie chicken for ease) or ALL vegetarian! Also works great with a frozen veggie blend! *Adapted from a recipe from Alton Brown on Food Network.*

## Ingredients

- 4 cups of chopped vegetables (any kind you can roast, but I love potatoes, carrots, and broccoli)
- 1 cup frozen peas
- 1-2 Tablespoons of canola oil
- 3 Tablespoons butter
- 1 cup chopped onion
- 1 cup chopped celery
- 1 ½ cups chicken or vegetable broth
- ½ cup milk
- 3 Tablespoons flour
- 1 Tablespoon curry powder (I always add more!)
- 2 Tablespoons dried parsley
- 1 teaspoon salt
- ½ teaspoon fresh ground pepper
- 1 package puff pastry or frozen pie crust

Optional:

- 2 cups cooked chicken, shredded, canned or cubed (I love using a rotisserie chicken)

## Instructions

1. Preheat oven to 400°F.
2. Toss chopped vegetables with canola oil and spread evenly on a sheet pan. Place in the oven and cook until golden brown.
3. In a pot, heat 1 Tablespoon of butter and sweat the onion and celery.
4. Meanwhile, in another saucepan, heat the broth and milk.

5. Add 2 remaining Tablespoons of butter to the celery mix and cook out the water.
6. Add the flour and curry and cook for 1-2 minutes, stirring
7. whisking in the hot milk mixture and cook until thickened.
8. Add the parsley, salt and pepper.
9. Toss in the browned vegetables, frozen peas, and cooked chicken, if using.
10. Pour into a shallow baking pan, or a large dutch oven, and top with 6-8 circles of puff pastry or pie crust (be sure to thaw crust according to package directions prior to use)
11. Place in the oven and cook until puff pastry has browned and the mixture is hot and bubbly, about 25 minutes.

# Empanadas

**Contributed by** Angel-Mex-Mukhar Family

**Dish Type** Main Dish

## What makes this dish special to my family?

This is a family recipe. Our papa, Luis, and Emi loved making empanadas together. Emi always makes a mini empanada.

## Ingredients:

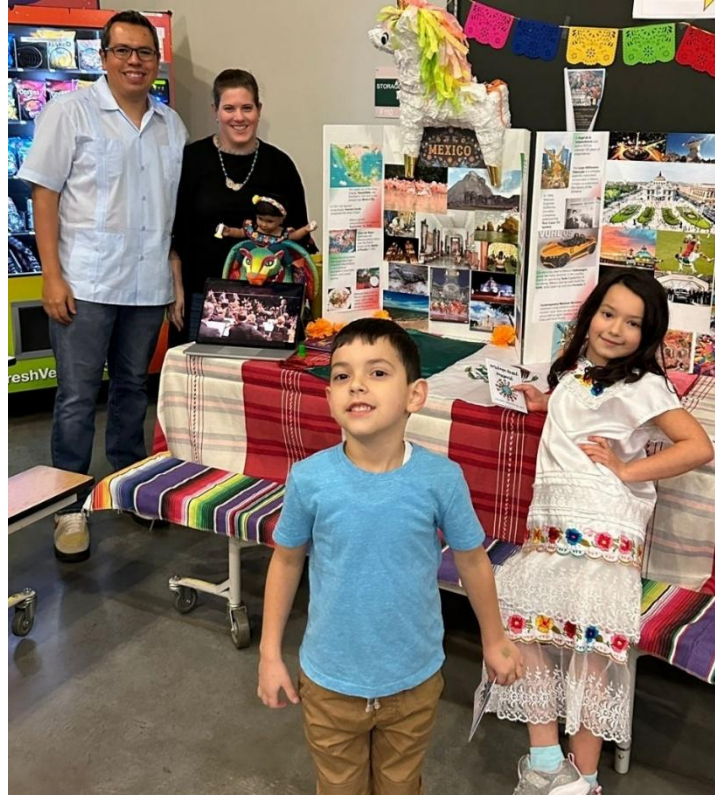
- 2 cups corn flour (Maseca preferably)
- 1 spoonful of wheat flour
- 1 ½ cups warm water
- Pinch of salt
- Filling of choice: cheese, refried beans, ground meat, etc.

## Instructions:

1. Mix the flours together.
2. Little by little, add water and mix with your hand until the masa (dough) integrates and is moist. You may add more water if/as needed.
3. Split the masa in 16 equal balls.
4. Press the masa balls in a tortilla press, to flatten them in the shape of a tortilla. Make sure it's not too thin.
5. Fill one half of the tortilla with preferred filling (cheese, beans, meat, chicken, etc.) Do not overfill as you will need to close it.
6. Close the empanada by forming a half-moon. Make sure the edges are well aligned and sealed.
7. While making the empanadas, heat a generous amount of oil in a deep pan. Once the oil is very hot, add the empanadas carefully. Fry them until well cooked.
8. Let the empanadas rest to release any excess oil.



9. Serve empanadas and garnish with salsa, media crema, cheese, or whatever garnishing of your choice.



# Idli

**Contributed by** Kavuri Family

**Dish Type** Main Dish

## What makes this dish special to my family?

Idli is one of the oldest and most iconic South Indian dishes, and its history goes back more than 1,000 years. This was my parent's recipe. A healthy, protein-rich dish that is steamed and served with clarified butter, which is a healthy fat.

## Ingredients

- 1 cup urad dal
- 2 cups idli rava

## Instructions

1. Soak the urad dal and idli rava separately for 4 hours.
2. Wash and grind the soaked urad dal into a smooth batter.
3. Squeeze the excess water from the idli rava and mix it well with the ground urad dal.
4. Set the mixture aside to ferment for 8 hours or overnight.
5. The next morning, add a little salt and a small amount of water to adjust the batter consistency.
6. Pour the batter into the idli molds and steam for about 10 minutes.
7. Serve hot with peanut chutney and a drizzle of clarified butter (ghee) on top.

# Instant Pot Panang Curry

Contributed by Mr. Dyson

Dish Type Main Dish

## What makes this dish special to my family?

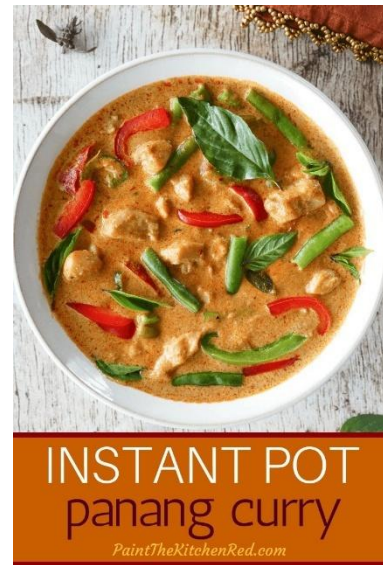
This is an easy Instant Pot recipe that we love to make for friends and family that visit our home. It also provides leftovers for days!

## Ingredients

- 2 to 3 tablespoons Thai Panang curry paste (preferably Maesri or Mae Ploy brand)
- 1 teaspoon coriander powder
- ½ teaspoon cumin powder
- 13.5 oz coconut milk (400 ml) preferably Aroy D or Chaokoh brand
- 1 ½ lbs boneless chicken breasts or thighs (¾ kg) cut into bite-size pieces
- 2 tablespoons fish sauce more to taste
- 1 tablespoon brown sugar (or palm sugar), to taste
- 2 teaspoons lime juice 2 tablespoons peanut butter or to taste
- 1 cup red and/or green bell pepper sliced
- 1 cup green beans cut into 2-inch pieces
- ½ cup onion sliced
- 4 lime leaves slightly bruised
- \*\* 12 to 15 Thai Basil leaves

## Instructions

1. On an Instant Pot, select *Saute* setting and stir together Panang curry paste, coriander, cumin and ½ can of coconut milk in the inner pot until mixture is bubbly, about a minute or two.
2. Press *Cancel*.
3. Stir in chicken and remaining coconut milk.
4. Close the lid and pressure cook on *High Pressure* for 4 minutes.
5. Do a *Quick Release* of pressure and open the Instant Pot. [Read More: The Different Pressure Release Methods]
6. Stir in fish sauce, brown sugar, lime juice, peanut butter, bell pepper, beans, onion, and lime leaves.



7. Select *Saute* and cook until vegetables are crisp-tender, 3 to 5 minutes. (Note: be sure not to overcook. Vegetables will continue to cook in the residual heat.)
8. Taste and adjust with more fish sauce, brown sugar, lime juice or peanut butter.
9. Stir in the Thai basil leaves.
10. Serve with Instant Pot Jasmine Rice.

# Molten Tofu

**Contributed by** Lum-Juno Family

**Dish Type** Main Dish

## What makes this dish special to my family?

Inspired by the Molten Tofu dish from our favorite vegetarian restaurant in Vancouver BC, which has since closed. On paper, it looks like the kind of meal kids glare at with deep suspicion. Tofu? Broccoli? Spinach? But then the black bean sauce shows up like a culinary superhero and suddenly everything tastes amazing. Even the tofu gets a personality upgrade. It's healthy, yes, but somehow also delicious enough that our kids forget to complain. This is our home version developed after reverse-engineering the original dish.



## Ingredients

- 350 g (1 package) extra firm tofu, diced
- 2 to 3 small heads broccoli, chopped
- 270 ml (about half a large can) black beans
- 1 head (less/more to taste) roasted garlic
- 3 Tablespoons brown sugar
- 2 Tablespoons veggie broth base paste (recommended: Better -Than Bouillon)
- 2 Tablespoons sesame seeds
- 1 ½ Tablespoons Tabasco sauce (medium heat)
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon ground black pepper
- Cooked rice (for serving)
- Fresh spinach (for serving)
- Optional: 1 pair comfortable socks (recently washed, for wearing)

## Instructions

1. To roast garlic: cut the top off a whole garlic bulb, drizzle with olive oil and a little salt, then wrap it in foil. Roast at 400 °F for about 40 minutes until the cloves are soft and golden, then squeeze them out to use.

2. Dice the tofu into  $\frac{3}{4}$  inch cubes. Cut the broccoli into one-inch pieces and steam it for a couple of minutes until cooked but still firm.
3. Using a blender or hand wand, combine the black beans, most of the garlic cloves (set aside three or four for later), the vegetable broth base, Tabasco sauce, and brown sugar. Blend until smooth.
4. Crush the remaining garlic cloves and fry them lightly in olive oil over medium heat for about 30 seconds. Add the tofu and cook for one to two minutes until lightly golden.
5. Add the broccoli and the black bean sauce to the tofu. Gently fold the mixture to avoid breaking the tofu pieces. Turn off the heat. Sprinkle with sesame seeds and black pepper as desired.
6. Serve over rice and baby spinach.

# Ozoni (Japanese New Year's Mochi Soup)

Contributed by Saitoh Family

Dish Type Main Dish, Holiday

## What makes this dish special to my family?

This is a Japanese New Year family tradition: an easy home-style ozoni. We eat this together as a family every year on January 1<sup>st</sup> to celebrate the Japanese New Year. It's a simple soup that helps us welcome the start of the year.



## Ingredients

- 6 cups dashi stock (or low-sodium chicken broth)
- 3-4 Tablespoons soy sauce
- 3-4 Tablespoons mirin
- Salt, if needed
- A few slices of carrot (optional)
- 6 oz (170g) chicken, cut into small pieces
- 4-6 shiitake mushrooms
- 1 leaf (40–50 g) napa cabbage, chopped
- 6-8 snow peas
- Kamaboko (Japanese fish cake)
- 4-6 shrimp, sliced
- 4-6 pieces of mochi rice cakes (round or square)
- Small handful of mitsuba (Japanese parsley)

## Optional:

- Fu (wheat gluten puffs), a handful
- Burdock root (gobo), thinly sliced
- Lotus root (renkon), thinly sliced

## Instructions

1. Warm the dashi stock in a pot over medium heat until steaming.
2. Add any optional root vegetables first (carrot, burdock, lotus) and simmer until they start to soften, about 5–8 minutes.
3. Add the chicken pieces and cook until no longer pink.
4. Add shiitake mushrooms and napa cabbage. Simmer 2–3 minutes.

5. Add soy sauce and mirin, then taste and adjust with a little salt if needed.
6. Add shrimp and cook 1–2 minutes, until just cooked through, then add snow peas for the last 30 seconds. Turn off the heat.
7. Toast mochi rice cakes until puffed and lightly browned. Place mochi in each bowl, ladle soup and toppings over it, top with mitsuba and Kamaboko, and serve immediately.

# Pad Thai

**Contributed by**      Patel Family

**Dish Type**              Main Dish, Kid Favorite, Easy weeknight dinner

## **What makes this dish special to my family?**

It's an easy, go to family dinner when we want to make something in half an hour. Note: to make it nut free, substitute the peanut butter with another nut free seed butter and use sesame seeds for garnish.

## **Ingredients**

- 1 box firm tofu
- Rice Noodles
- Veggies of choice, chopped (carrot, cucumber, bell pepper, broccoli, zucchini, yellow squash)
- Soy sauce
- Chili sauce
- Lemon juice
- Peanut butter
- Brown sugar
- Sesame seeds/peanuts coarsely ground (peanuts can be omitted to make it nut free)
- Salt
- ¼ teaspoon cayenne pepper
- 1-2 Tablespoons cornstarch
- Oil spray
- Sesame Oil

## **Instructions**

1. Drain the tofu and press it for 10 minutes (under towel/paper towels).
2. Cut the tofu into cubes, then add salt and some of the cayenne pepper. Then coat the tofu with cornstarch and spray oil on it.
3. Air fry the tofu for 15 mins (toss it at 7-8 mins for even frying). While the tofu fries, chop all the veggies.
4. Boil rice noodles as directed on the package. Then drain and set aside.
5. Meanwhile, put sesame oil in a pan and turn on the heat. Once hot, sauté all the veggies on high heat. Add tofu and cooked noodles.

6. For the sauce, add peanut butter (or seed butter substitute), soy sauce, chili sauce, lemon juice, and brown sugar to a bowl and mix well.
7. Add sauce from Step 6 and stir well until the sauce coats the tofu and the noodles. Serve hot and garnish with sesame seeds and/or peanuts.

# Shaved Beef Donburi

**Contributed by** Hattaway Family

**Dish Type** Main Dish, Easy weeknight dinner

## What makes this dish special to my family?

Kids love this dish, especially when topped with a soft boiled or poached egg. Stirring the egg into the rice and meat creates a creamy texture! An easy dinner!



## Ingredients (serves 4-6)

- 14 oz shaved beef
- 1 onion, thinly sliced
- 1 small piece of ginger, finely minced
- 1/3 cup soy sauce
- 1 cup water
- 1 1/2 Tablespoon sugar

## Serve with:

- Rice
- Veggies (photo shows broccoli and carrots blanched in hot water for 3 minutes)
- Soft boiled or poached egg

## Instructions

1. Place all ingredients except shaved beef into a medium pot. Bring to boil and cook for 5 minutes on medium heat until onions are soft.
2. Stir in shaved beef a little at a time to make sure all the pieces are separated. Remove from heat once all the meat is cooked through.
3. Serve over rice and top with veggies and egg.

## To make soft boiled egg:

4. Bring pot of water to boil.
5. Gently add eggs to boiling water using a slotted spoon.
6. Cook for 6 minutes 15 seconds.
7. Remove from heat and immediately run the eggs under cold water. Peel and serve.

# Soups



# Ashe Reshte (آش..ه رسد آش)

**Contributed by** Ehsani Family

**Dish Type** Soup

## What makes this dish special to my family?

This is a traditional Persian noodle soup often cooked in the Persian New Year/Nowruz, during the cold, winter days. It's my daughter's favorite winter noodle soup. Iranians eat Ashe Reshte noodle soup at the new beginnings (e.g., Persian New Year, opening a new business, moving to a new house, starting the new school year) and cold days of the winter to invite good fortune, positivity, and warmth to the family.

Often cooked together in large pots, this dish turns cooking into a fun family-and-friends gathering and is lovingly shared with the neighbors to spread kindness, connection, and love.

“Little Chef Spotlight”: Our daughter, Niki, is one of the helpers in the kitchen, using her little hands and big heart, stirring and sprinkling with a big smile, adding love and care to every step of cooking making this dish even extra special for our family.



## Ingredients *(Makes enough soup for 4 people)*

- 1 onion, chopped
- 3-5 garlic cloves, chopped
- 1 cup cooked beans (mixture of lentils, chickpeas, and pinto beans)

Herb mix (the greens used in the soup):

- ½ cup dill, chopped
- 1 cup Reshte noodles (or broken spaghetti)
- 1 teaspoon turmeric
- 1 teaspoon salt and pepper
- 4 cups of water
- 1 Tablespoon olive oil
- Optional topping: yogurt or kashk

## Instructions

1. Grown-up heats the pot.
2. Add oil, onion, and then garlic. Cook until soft.

3. Sprinkle time! Kids can help add the turmeric, salt, and pepper and then stir gently.
4. Pour and mix.
5. Add the beans and water. Stir well.
6. Add the greens. Kids can help put in the greens and stir.
7. Break the noodles. Break the noodles into small pieces and add them to the pot.
8. Stir and wait.
9. Cook for 20 minutes or until the noodles are soft.
10. Taste time. Grown-up checks the taste. Enjoy!

# Leftover Thanksgiving Turkey Soup

**Contributed by** Trommer Family

**Dish Type** Soup

## What makes this dish special to my family?

This is a day-after-Thanksgiving favorite! Our family has been making turkey soup out of leftover Thanksgiving turkey for as long as anybody can remember. It's often our favorite part of the turkey feast and we look forward to it every year! Note: Since the rice soaks up the broth, it's almost more of a thick rice congee than a proper soup.

## Ingredients

- 6 slices bacon, chopped
- 1 onion, chopped
- 3 large carrots, peeled and chopped
- 1 yellow or orange bell pepper, chopped
- 1 red bell pepper, chopped
- 2-3 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- ½ cup dry white wine (optional)
- 4 cups low-sodium chicken bone broth
- 1 cup long grain white rice
- 2 cups leftover shredded smoked turkey

## Instructions

1. In a large pot over medium heat, cook bacon until crispy, 8 minutes. Transfer to a paper towel-lined plate. Drain all but 1 tablespoon of bacon fat.
2. Add onion, carrots, bell pepper, and garlic and season with salt and pepper. Cook until soft, 5 to 7 minutes.
3. Add white wine (if using), broth, and rice and bring to a boil. Simmer until rice is tender, about 20 minutes.
4. Stir in leftover turkey until warmed through and serve immediately with crispy bacon.
5. Add extra chicken broth when reheating leftovers.



# Lentil Soup

**Contributed by** Bhatti Family

**Dish Type** Soup

## What makes this dish special to my family?

From Saudi Arabia. This is a dish that our family loves.

## Ingredients

- 2 cups of red lentils
- Yellow onion
- Celery
- Carrots
- Salt and pepper
- Cold filtered water
- Vegetable broth
- Dried parsley

## Instructions

1. Wash all the veggies and rinse your red lentils well.
2. Start cutting the onion, carrots and celery.
3. Sauté all the veggies except for the lentils with a little bit of vegetable oil until they're translucent (DON'T ADD IN BROTH YET).
4. Add salt and pepper to the pot and some dried parsley. Then add in your lentils, broth and a little bit of old filtered water.
5. Once it comes to a boil, turn it down to medium and let it simmer, making sure you mix it every 10 minutes.
6. When it's done, you can eat with crackers or pita.

# Shortcut Harira

**Contributed by**      Badissy Family

**Dish Type**              Soup

## What makes this dish special to my family?

Harira is a traditional Moroccan soup, often eaten throughout Ramadan when breaking fast as well as at the end of an all-night wedding as breakfast.

This is a simplified version that comes thanks to Najiba Badissy, Aymin and Zaid's grandmother. Our family often multiplies the batches to freeze or share. This is a very flexible recipe with options for substitution and addition.

## Ingredients *(Makes about 10 cups)*

- 1 cup chopped onions
- ¼ cup chopped parsley
- ¼ cup chopped celery (can add more if you like extra crunch!)
- ½ cup chopped cilantro divided
- 2 Tablespoons of orzo
- ½ teaspoon pepper
- ½ teaspoon salt
- ½ teaspoon ginger powder
- 1 small stick of cinnamon
- A few threads of saffron
- 2 Tablespoons olive oil
- 1 can (15 oz) chickpeas, undrained -- can substitute or add cooked lentils and a ½ cup of water
- 1 carton (32 oz) beef broth -- or substitute with vegetable (or chicken) broth
- 1 can (14.5 oz) diced tomatoes
- 1 Tablespoon tomato paste

For thickening slurry:

- 4 Tablespoons flour (or 2 Tablespoons cornstarch)
- 1 ½ cup of cold water

## Instructions

1. Let the saffron steep in a ¼ cup of hot water. Set aside.
2. In a 4-quart pot, sauté the onions in the oil on medium heat until soft, for about 10 minutes.

3. Add the broth, salt, pepper, ginger, cinnamon stick, the set aside saffron in its water, and the can of chickpeas with its liquid.
4. Blend the diced tomatoes and the tomato paste in a blender until liquid. Add to the broth.
5. Add the parsley, celery, and half of the cilantro to the broth.
6. Bring to a boil.
7. Reduce the heat to medium and let cook for 15 minutes, covered.
8. Add the orzo and cook for an additional 10 minutes, stirring occasionally to ensure that the orzo and chickpeas don't stick to the bottom of the pot.
9. Make your thickening slurry by diluting 4 Tablespoons of flour (or 2 Tablespoons cornstarch) in 1 ½ cup of cold water.
10. Remove about 1 cup of broth, taking care not to include any orzo or chickpeas. Add half of your slurry and mix well. Return this mix back to the pot and stir again.
11. Continue simmering for about 10 minutes. Repeat step 10. Your goal is for the thickness of the soup to feel like a light creamy soup rather than watery.
12. Add the remaining cilantro. Remove the cinnamon stick. Adjust salt and pepper.
13. Serve with lemon wedges. Enjoy!

# Tofu Noodles Soup

**Contributed by**      Patel Family

**Dish Type**              Soup, Kid Favorite, Easy weeknight dinner

## **What makes this dish special to my family?**

It's a go to whenever anyone is sick or who doesn't want to eat a lot. It's quick and easy to make and healthy too, when we need to eat more protein and veggies. Adapted from Ramen soup

## **Ingredients**

- Shredded green and purple cabbage
- Shredded carrots
- Finely chopped celery
- Finely chopped bell pepper (any color)
- Water or vegetable stock
- 1 Tablespoon oil
- 1 Tablespoon salt - to taste
- Ground black peppercorn
- ¼ teaspoon chili paste (I use Sambhal)
- ½ teaspoon soy sauce
- Lemon/vinegar (to taste)
- Soft or firm tofu (water drained)
- ¼ pack rice noodles

## **Instructions**

1. In a pot, add oil and turn on heat.
2. Once hot, add the veggies of your choice.
3. Sauté for 3-4 mins and then add lots of water (you can use vegetable stock, but I use water)
4. Let it boil and then add salt, pepper, chili sauce, soy sauce and vinegar/lemon juice.
5. Once it's boiled, add noodles and tofu and let it simmer for some time.
6. Serve hot.

# Traditional Romanian Meatball Soup (Ciorbă de Perișoare)

**Contributed by** Tuluca Family

**Dish Type** Soup

## What makes this dish special to my family?

What is "ciorbă"? Romanian cuisine has many soup recipes, "ciorbă " being the sour version. To say it better, a "ciorbă " is a soup, but not every Romanian soup is ciorbă.

These soups are made with vegetables and meat. What makes them different is the addition of vinegar, lemon juice, sauerkraut juice or the most popular: borș (wheat bran and lovage). Sour cream is also used in abundance to complement the dish.

One of the most traditional herbs to flavor Romanian sour soups is the lovage. I grow mine in my yard (see picture) and preserve it over winter, dried or frozen. It is not very popular in US.



## Ingredients

For the Meatballs:

- 1 lb ground meat - you can use ground pork, ground beef, or a mixture --ground chicken also works well for a lighter version
- ¼ cup uncooked rice - helps bind the meatballs and gives them a tender texture
- 1 large onion, chopped - adds moisture and flavor to the meatball mixture
- 2 Tablespoons fresh parsley - brightens the meatballs and balances the richness
- ¼ teaspoon salt
- ¼ teaspoon black pepper- simple seasoning to bring everything together

For the Soup:

- Olive oil or vegetable oil - for sautéing the vegetables
- 2 large carrots- add natural sweetness and color
- 2 stalks celery stalks (or celery root) - contribute depth of flavor
- ½ bell pepper (Optional) - adds a pop of color and sweetness
- 1 large onion or 1 bunch green onions - essential for building a flavorful base
- 2 potatoes - makes the soup more filling and kid-friendly

- 2-4 Tablespoons tomato paste or tomato sauce - adds richness and a touch of acidity
- 8 cups chicken or vegetable broth (can use low sodium if needed), or 2 liters of water - the base of the soup, usually it's a long, juicy soup, not very thick
- 2 Tablespoons fresh lovage (or chopped parsley) - classic Romanian herbs that give the soup its distinct flavor
- 1-2 Tablespoons (or more if you like) borş, lemon juice, sauerkraut juice or pickled cabbage juice - it is the soup's sour element

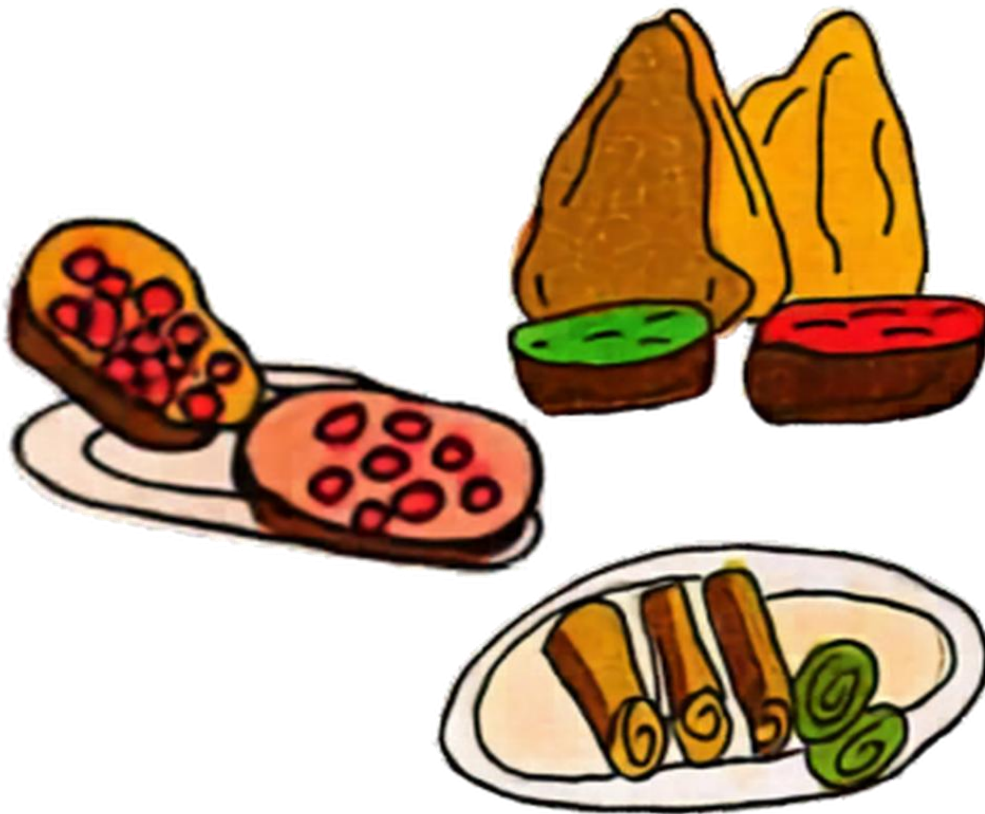
Garnish:

- 1 teaspoon sour cream - serve on each serving as it adds richness to your plate
- Chili peppers (optional) - for those who like some heat, serve on the side

**Instructions**

1. **Prep Vegetables:** Chop all your root vegetables: carrots, celery, onion, & bell pepper. Peel and dice the potatoes but set them aside.
2. **Sauté Vegetables:** In a large pot, heat oil over medium-high heat. Sauté the vegetables (except potatoes) for 3-4 minutes until fragrant.
3. **Add Broth and Tomato Paste:** Pour into pot the chicken broth (or vegetable broth or water). Add the tomato paste or sauce. Bring to a boil, then lower to medium-low heat. Let simmer for 10-15 minutes. Add the potatoes next.
4. **Make Meatball Mixture:** In a large bowl, combine your meatball ingredients: ground meat, raw rice, diced onion, chopped parsley, salt, and pepper. Mix everything together until it sticks together like a paste.
5. **Form the Meatballs:** With wet hands, shape the mixture into small meatballs and gently drop them into the soup.
6. **Simmer:** Cook for another 10-15 minutes. The meatballs will rise to the top once they're done. Taste and adjust salt if needed.
7. **Add the Sour Element:** Use borş, lemon juice, sauerkraut juice, or pickled cabbage juice to sour the soup. Start with 1-2 tablespoons and adjust to your own preference.
8. **Garnish and Serve:** Sprinkle in chopped parsley or fresh lovage. Serve hot with a dollop of sour cream and a slice of crusty bread on the table. Add chili peppers for extra zing.

# Side Dishes, Appetizers, & Kid Favorites!



# The Asparadog

**Contributed by**      Kochetov Family

**Dish Type**              Kid Favorite

## What makes this dish special to my family?

This recipe originated when dad and son were experimenting with hotdogs and asparagus. We think it's unique and a rare combination of savory and healthy-ish ingredients. It's a child favorite!

## Ingredients *(makes one asapardog)*

- 1 hotdog bun
- 1 hotdog or sausage
- 1 asparagus spear
- Dressing (optional)

## Instructions

1. Cook your hotdog (roast or boil it).
2. Cook your asparagus (bake, roast or steam it).
3. Toast your hotdog bun (optional).
4. Once hotdog is cooked, make a slit in the middle lengthwise.
5. Put your asparagus in it.
6. Put the hotdog with asparagus inside the hotdog bun.
7. Serve with or without your favorite dressing.

# Cheese Straws

**Contributed by** Walker Family

**Dish Type** Appetizer, Kid Favorite, Snack

What makes this dish special to my family?

This is a popular British recipe that can be made from a basic cheese pastry dough, and our Grandma from the UK makes amazing pastries! These can be served with drinks or as a savoury appetizer for a buffet or dinner party. It's also a child favorite in our family!



**Ingredients** (*Makes about 60 straws*)

- 8 oz all-purpose flour
- Good pinch of salt
- Shake of cayenne pepper
- Pinch of dry mustard
- 4 oz butter, margarine or cooking fat
- 2 oz grated parmesan cheese (or more if you like them to be cheesier in taste!)
- 2 egg yolks (save egg whites for wash)
- ¼ cup water to mix (adjust amount as needed)
- 2 egg whites (for brushing on pastries before baking)

## Instructions

1. Sieve the dry ingredients together.
2. Rub the butter, margarine or cooking fat into the flour (similar to making a pie crust dough).
3. Add the cheese, then the egg yolks and sufficient water to make a rolling consistency.
4. Roll out the pastry until ⅓ of an inch in thickness.
5. Cut into narrow fingers, put on well-greased baking trays (or on trays lined with parchment paper).
6. Brush straws with egg white and bake for 8-10 minutes towards the top of a hot oven about 425–450°F.
7. Cool on the baking trays, then lift off carefully, store in an airtight tin.

# Cheese Potato Mochi

**Contributed by** Mac Family

**Dish Type** Side Dish, Appetizer, Kid Favorite

## What makes this dish special to my family?

This is our daughter's favorite. If your kids like cheese and potatoes, this is a great dish!

## Ingredients *(Makes about 8 pieces)*

- 1 large russet potato (use two if small)
- Shredded cheese of your choice (we usually use Mexican blend, but any kind will be good)
- 1 Tablespoon potato starch
- Salt & pepper to taste
- 1 Tablespoon salted butter

## Instructions

1. Cut the potato(es) into small bite-sized pieces.
2. Place them in a microwave-safe bowl, adding a little water. Cover loosely with plastic wrap and heat in a microwave for 7 minutes (Note: make sure plastic wrap is “microwave-safe” and allow at least 1 inch of space between wrap and food and turn back one corner to vent).
3. While it is still hot, mash them, then add the potato starch and salt & pepper, and mix well.
4. Take one-eighth of the mixture from step 3, put the shredded cheese, wrap it inside, and shape it into a flat ball. Repeat to make a total of 8 pieces.
5. Heat the butter in a frying pan, and once it melts, place the pieces from step 4 in the pan. Cook over medium heat until both sides are nicely browned. Serve immediately.



# Flax Seed Chutney

**Contributed by** Yagnick Family

**Dish Type** Chutney (Sauce)

## What makes this dish special to my family?

Flax seed is a wonderful vegetarian source of omega-3. It has 25% protein and sesame seeds are very high in calcium.

## Ingredients

- 1 cup flax seed
- ½ cup black sesame seed
- Red chilli powder
- Asafoetida (hing)
- Cumin
- Garlic
- Salt (for taste)

## Instructions

1. Mildly roast both flax seed and sesame seed in an iron pan on low heat.
2. Let them cool.
3. Dry grind with red chilli powder, asafoetida, cumin, garlic and salt for taste.
4. Store in glass bottles in refrigerator.

# Crockpot Stuffing

**Contributed by** Wagner Family

**Dish Type** Side Dish

## What makes this dish special to my family?

A method I developed to get the flavor of cooked-in-bird stuffing without the safety or timing issues involved. I grew up with stuffing cooked inside the bird before safety issues of undercooked stuffing was known, and before it was commonly known that to cook stuffing all the way through resulted in many a dried-out turkey breast. This method works with nearly any stuffing/dressing recipe. The result is a moist, yet fluffy "stuffing" with crispy sides and bottom from cooking against the crockery insert, similar to the crispy bits which expand outside of the cavity when cooked in bird. So, both those who like moist stuffing and those who enjoy crispy stuffing are satisfied. I typically make a doctored-up version of Pepperidge Farm cubed stuffing.

## Ingredients

- Any stuffing/dressing recipe
- Butter, margarine or shortening
- Crockpot or slow cooker (with crockery insert for easier cleanup)

## Instructions

1. Grease the crockery insert of a crockpot or slow cooker. I use butter, but margarine, shortening, or oil works as well.
2. Assemble stuffing/dressing recipe
3. Place stuffing/dressing into crockery insert
4. Cover with lid and place into the base of the cooker
5. Turn cooker to **high** for 45 minutes
6. After 45 minutes, turn cooker to **low**. Cook for 4 to 8 hours depending on how hot the cooker gets. Some cookers made in the early 2000s cook at higher temperatures than heritage cookers made before then and some newer ones. Check once an hour after four hours to verify stuffing is cooked to liking.
7. Turn to **warm** until service. Enjoy!



# Funeral Potatoes

**Contributed by** Knapp Family

**Dish Type** Side Dish, Holiday Dish

## What makes this dish special to my family?

You read that right—one of my favorite holiday dishes is called funeral potatoes. My dad is from Utah, where comfort food reigns supreme, and this dish might just be the ultimate example—hence the name. It’s a staple at funerals, but it always finds its way onto the holiday table too. There’s just something unbeatable about that creamy mix of shredded potatoes and melted cheese. I could easily eat an entire pan myself... and honestly, I may or may not have done exactly that once.



## Ingredients

- 1 (30 oz) bag frozen shredded hash browns (thawed)
- 2 cups sour cream
- 1 can (10.5 oz) cream of chicken or cream of mushroom soup
- 2 cups shredded cheddar cheese (mild or medium)
- ½ cup melted butter
- ½ cup finely chopped onion (optional, but traditional)
- Salt & pepper to taste

## Topping:

- 2 cups crushed cornflakes (or Ritz crackers)
- ¼ cup melted butter

## Instructions

1. **Preheat oven** to 350°F.
2. In a large bowl, combine hash browns, sour cream, soup, cheese, melted butter, onion, salt, and pepper. Stir until everything is well coated.
3. Spread evenly into a greased 9×13 baking dish.
4. Mix crushed cornflakes with melted butter and sprinkle over the top.
5. Bake uncovered for 40–45 minutes, until hot and bubbly with a golden, crispy top.
6. Let it sit for 5-10 minutes before serving—it thickens up and scoops better
7. It is GREAT as leftovers if you manage to have any...

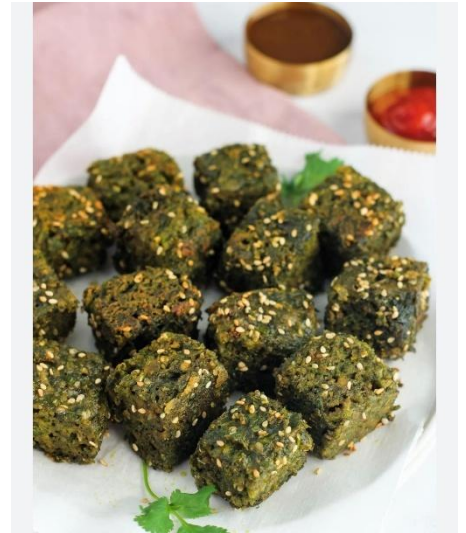
# “Kothimbir Vadi” Cilantro Cutlet

**Contributed by** Sable Family

**Dish Type** Side Dish, Appetizer, Kid Favorite

## What makes this dish special to my family?

This is a Maharashtrian local dish. Kothimbir Vadi are savory cakes or fritters made primarily from fresh coriander leaves (kothimbir in Marathi) and gram flour (besan), along with various spices and sesame seeds. In Maharashtrian families, it's a popular tea-time snack, an appetizer, or a side dish, often served hot with a side of green chutney or tomato ketchup.



## Ingredients

- 3 cups finely chopped coriander (cilantro)
- 1 cup gram flour (besan) as needed to make thick dough
- ¼ cup rice flour
- 3-4 green chilis (optional)
- 1 inch ginger
- 2-3 garlic cloves, minced
- 1 Tablespoon yogurt or tamarind pulp (optional)
- ½ teaspoon turmeric powder
- 1 teaspoon red chili powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1 Tablespoon sesame seeds
- Salt to taste
- Oil for frying

## Instructions

1. Make paste of ginger, minced garlic, green chilies and cumin seeds.
2. In a large bowl, mix the chopped cilantro, turmeric powder, red chili powder, coriander powder, salt, sesame seeds, yogurt or tamarind pulp (both are optional). Then add ginger, garlic, and green chili paste (from Step 1) and mix everything together.
3. Then add rice flour and in the end add gram flour and make a thick, sticky dough which can hold its shape. If the mixture is not coming together, you can gradually

add a little water (or you can skip it - if not needed). If mixture is not thickened enough or too watery, you can add more gram flour.

4. Grease a steel plate or pan and press the dough evenly into it, about  $\frac{3}{4}$  inch thick. Steam for 15-20 minutes until a knife inserted comes out clean.
5. Turn off the heat and allow the mixture to cool completely. This prevents it from crumbling when cut. Once cool, cut the vadi into squares or diamond shapes.
6. Heat oil in a pan for shallow or deep frying. Fry the pieces until they are crispy and golden brown on both sides.
7. Serve: Drain excess oil and serve the hot Kothimbir Vadi with tomato ketchup or green chutney.

# Nutrient-Rich Chocolate Millet & Nut Smoothie

Contributed by Mikkilineni Family

Dish Type Drink

## What makes this dish special to my family?

A hearty, satisfying breakfast or snack packed with calcium, fiber, protein, and healthy fats.

## Ingredients

- 1 Tablespoon Finger Millet Powder (Ragi)
- 1 cup water
- ¼ cup rolled or instant oats
- 1 medium apple, cored and chopped
- 3 pitted dates
- 5 almonds
- 5 walnuts
- 5 pecans
- 1 Tablespoon unsweetened cocoa powder
- 1 cup milk (dairy or plant-based)

## Instructions

Prepare the millet porridge:

1. In a small saucepan, whisk the finger millet powder with 1 cup of water to remove any lumps.
2. Bring the mixture to a gentle boil over medium heat, stirring constantly until it thickens into a smooth porridge. Remove from heat and let it cool slightly.

Blend the dry ingredients:

3. Add the oats, chopped apple, dates, almonds, walnuts, pecans, and cocoa powder to a blender jar. Pulse or grind briefly to break down the nuts and oats into a coarse meal.

Combine, finish & Serve:

5. Add the cooled millet porridge and the milk to the blender. Blend until completely smooth. If the smoothie is too thick, add a splash more milk until you reach your desired consistency. Pour into a glass and, if desired, garnish with a few extra chopped nuts or a dusting of cocoa powder.



# Pickled Eggs and Beets

**Contributed by** Mrs. Hein

**Dish Type** Side Dish

## What makes this dish special to my family?

This recipe came from my mom, who grew up in Lancaster County, Pennsylvania. This is a "Pennsylvania Dutch" recipe. This was a term used to describe many German immigrants to Pennsylvania. We always had these eggs on hand in our fridge when I was growing up. They are unique because they are bright purple, and in my opinion, they taste great! My mom even used to bring them along on camping trips!

## Ingredients

- Canned, sliced beets
- Hardboiled eggs
- Sugar
- Vinegar
- A big, heat-proof jar and plenty of time for the pickling to happen!

## Instructions

1. Hard-boil some eggs, peel them, and set them aside. (Or, to save time, buy them already boiled and peeled at the store).
2. Open a can of sliced beets. Carefully transfer the beet juice to a measuring cup. Notice how much beet juice you have.
3. Now, apply the "cup to a cup" ratio. Example: If you have  $\frac{1}{2}$  cup of juice, add  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup of vinegar to a pan. Bring the mixture to a boil until the sugar is dissolved.
4. Pour the sliced beets and the heated beet juice/sugar/vinegar mixture over the boiled eggs in a heat-proof jar with a lid. (Old mayonnaise or pickle jars work well).
5. Put in the fridge until the eggs turn a deep purple, likely about two days.
6. Eat cold, with salt and pepper. Enjoy this treat!

# Spicy Green Beans

Contributed by Mx. Jade

Dish Type Side Dish

## What makes this dish special to my family?

This was shared with me by my parent and is now a go to for family gatherings. Adapted from: [www.dinnerthendessert.com](http://www.dinnerthendessert.com)

## Ingredients

- 1 package firm tofu
- 1 pound green beans
- About 2 tablespoons vegetable oil
- 2 teaspoons chili garlic paste
- 2 green onions, thinly sliced (can substitute with ¼ white onion)
- 1 tablespoon of garlic, minced (about 3 cloves)
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- ¼ cup water
- ½ teaspoon crushed red pepper flakes

## Instructions

1. Cut tofu into small cubes. Press under a heavy weight to remove some of the moisture. *Note: I recommend placing down a cutting board, a cloth napkin with a layer of paper towel, the tofu, folding over the paper towel and cloth napkin, and then another cutting board on top, with a weight on the top of that upper cutting board. This keeps the weight distributed, contains the moisture pressed out of the tofu, and keeps the tofu from picking up fuzz from the napkin.*
2. Add oil to the bottom of a large pan. DO NOT TURN ON STOVE YET.
3. Rinse and cut off ends of green beans and add to pan.
4. Mince garlic and slice green onions. Set aside together.
5. Measure sugar and crushed red pepper flakes into a small bowl and set aside.
6. Measure water, rice vinegar, and soy sauce into a measuring cup and set aside.
7. Add small amount of oil to the bottom of a smaller pan.
8. Remove tofu from press and add to small pan.

9. Under both large pan (with beans) and small pan (with tofu), turn on burners to medium-high heat (about 7 or 7 ½).
10. Stir both beans and tofu and allow to cook until beans are shriveling up and tofu starts to turn golden brown. The tofu should finish slightly before the beans. When the tofu is golden brown, turn the heat off under the small pan and leave for later.
11. When beans are ready, add garlic and green onions prepared in step 4 to the beans. Stir for about 30 seconds.
12. Add chili garlic paste to the pan with the beans, garlic, and green onions.
13. Immediately add tofu from small pan to the beans. Stir until chili garlic paste is evenly distributed.
14. Add sugar and crushed red pepper flakes from step 5 and water, rice vinegar, and soy sauce from step 6. Stir.
15. Cook until most of the liquids are completely cooked off (about 1-2 more minutes).

# Tibs

**Contributed by** Adem Family

**Dish Type** Side Dish

## What makes this dish special to my family?

We chose this Ethiopian dish because it's a very important food that connects different parts of Ethiopia. It is also eaten on a big platter with injera (sponge bread) which is meant for many people so they could all connect to one another.

## Ingredients

- Bite-sized, cut pieces of beef, lamb, or goat
- Ethiopian spiced butter (kibeh)
- Red onion, chopped
- Garlic
- Salt
- Pepper
- Rosemary

## Instructions

1. Place a pan on stove top and turn on the burner.
2. Add the butter to the pan.
3. Add cut up meat and garlic to pan.
4. Stir fry until it's brown and looks cooked.
5. Add salt, pepper, chopped red onion and rosemary to pan. Stir together.
6. That's it - you're done! Served traditionally with injera bread.



# Desserts & Sweet Breads



# Mrs. Sowby's Banana Bars

Contributed by Sowby Family

Dish Type Dessert

## Ingredients

- ¼ cup unsalted butter
- ¾ cup sugar
- 1 egg
- ½ cup sour cream
- ½ teaspoon vanilla
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- 1/8 teaspoon salt
- ½ cup bananas, mashed

## Frosting:

- ¼ cup butter
- 1 ½ oz cream cheese, room temperature
- 1 ½ cup powdered sugar
- ½ Tablespoon milk
- ½ teaspoon vanilla

## Instructions

For the Bars:

1. Cream together butter and sugar. Mix in eggs, sour cream and vanilla.
2. Combine flour, baking soda, and salt in a bowl. Add dry ingredients to previous mixture. Then add bananas.
3. Bake in a 11"x13" pan at 350 °F (175 °C) for 20-25 minutes. (9"x13" if using reduced recipe.)

For the Frosting:

1. Combine butter, cream cheese, powdered sugar, milk and vanilla. Make sure cream cheese is room temperature. Beat until creamy. Spread over top of cooled banana bars.
2. Cut them into squares and enjoy!



# Banana Bread

**Contributed by** Dyba Family

**Dish Type** Bread

## What makes this dish special to my family?

We make this recipe all the time! It's yummy for breakfast or a snack. You can get creative and try it with other ingredients, like carrots or pears, and add chocolate chips, raisins, chia seeds, or nuts. It is a great use for overripe bananas. *Taken originally from a Cooks Illustrated cookbook and reposted at [www.leitesculinaria.com](http://www.leitesculinaria.com).*

## Ingredients

- 3 ripe bananas, mashed
- $\frac{3}{4}$  cup brown sugar, loosely measured
- $\frac{1}{2}$  teaspoon vanilla
- 2 eggs
- $\frac{1}{2}$  cup plain Greek yogurt
- $\frac{3}{4}$  stick unsalted butter, melted and cooled
- 2 cups all-purpose flour
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 cup walnuts or pecans (optional)

## Instructions

4. Adjust an oven rack to the lower-middle position and heat the oven to 350 °F (175 °C). Grease the bottom and sides of a 9x5-inch loaf pan; dust with flour, tapping out the excess.
2. Spread the walnuts on a baking sheet and toast until fragrant, 5 to 10 minutes. Set aside to cool.
3. Whisk the flour, sugar, baking soda, salt, and walnuts together in a large bowl; set aside.
4. Mix the mashed bananas, yogurt, eggs, butter, and vanilla with a wooden spoon in a medium bowl. Lightly fold the banana mixture into the dry ingredients with a rubber spatula until just combined and the batter looks thick and chunky. Scrape the batter into the prepared loaf pan.
5. Bake until the loaf is golden brown, and a toothpick inserted in the center comes out clean, about 55 minutes. Cool in the pan for 5 minutes, then transfer to a wire rack. Serve warm or at room temperature.



# The Best Chocolate Chip Cookie Recipe Ever

**Contributed by**      Olson Family

**Dish Type**              Dessert

## What makes this dish special to my family?

These are our favorite chocolate chip cookies that we serve each year at our lemonade stand in the summer. Adapted from [www.joyfoodsunshine.com](http://www.joyfoodsunshine.com)

## Ingredients

- 1 cup salted butter softened
- 1 cup granulated sugar
- 1 cup light brown sugar packed
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon sea salt
- 2 cups chocolate chips (12 oz)

## Instructions

1. Preheat oven to 375°F (190°C). Line three baking sheets with parchment paper and set aside.
2. In a medium bowl mix flour, baking soda, baking powder and salt. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until light (about 1 minute).
5. Mix in the dry ingredients until combined.
6. Add chocolate chips and mix well.
7. Roll 2-3 Tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets.
8. Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.
9. Let them sit on the baking pan for 5 minutes before removing to cooling rack.

# Chocolate Zucchini Cake

**Contributed by** Herzog Family

**Dish Type** Dessert

## What makes this dish special to my family?

Chocolate zucchini cake is special in our family because it's a recipe that has been bringing us together for celebrations, holidays, and those everyday moments that become memories. It's a dessert everyone looks forward to, rich, comforting, and always baked with love and usually with zucchini from a family or friend's garden!

## Ingredients

- ½ cup butter
- ½ cup vegetable oil
- 2 cups sugar
- 2 eggs room temperature
- 1 teaspoon vanilla
- ½ cup sour cream
- 2 ½ cups flour
- 1 teaspoon baking soda
- ½ teaspoon kosher salt
- ⅓ cup cocoa powder
- 2 cups shredded zucchini
- 2 cups chocolate chips (you can use semi-sweet but I prefer milk chocolate)



## Instructions

1. Preheat the oven to 325 °F (160°C-165°C). Grease and flour a 9×13-inch pan.
2. Grate 2 large zucchinis into a medium sized bowl. Pat dry with a paper towel to absorb extra moisture.
3. Cream butter, sugar, and oil together until light and fluffy, about 5 minutes. Beat in vanilla and eggs until combined. Stir in sour cream.
4. Sift dry Ingredients. Add to mixer by alternating between dry Ingredients and zucchini, mixing by hand until just combined after each. Stir in about 1 cup of chocolate chips.
5. Add batter to your greased and floured pan and sprinkle the rest of the chocolate chips on top. Bake for 40-50 minutes, or until you can insert a toothpick, and it comes out clean.

# Cherry Cake

**Contributed by** Ovanesyan Family

**Dish Type** Dessert

## What makes this dish special to my family?

This cake can be made with fresh (pitted) or frozen tart (as they are often called) pie cherries. You can substitute or mix it with blueberries or any other berry that bakes well. This is one of my kid's favorite desserts, enjoy!

## Ingredients

- 1 lb cherries (or berries of choice) at room temperature
- 1 ½ cups all-purpose flour
- 1 stick of butter
- A bit less than 1 Tablespoon of baking powder
- ½ cup of cow produced milk or whatever other type of manufactured liquid you prefer e.g., oat milk
- 2 medium-large eggs at room temperature (But if you are a believer that egg whites are best beaten into peaks when cold – do that instead)
- Pinch of salt
- ½ cup of granulated sugar
- ¼ cup of granulated sugar
- Vanilla to taste

## Instructions

1. Melt butter and let it cool.
2. Separate eggs into yolks and whites.
3. Beat whites to frothy state before adding ¼ cup of sugar and continue beating until they're soft-hard peaks. (If you've watched a few too many YouTube videos with charming Frenchmen explaining classic sponge cakes or merengues preparation, you can add a pinch of salt to egg whites too).
4. Beat and mix well the yolks, ½ cup sugar, butter, pinch of salt, vanilla, and milk into a well combined substance. (I prefer warm butter and I also warm the milk a bit to get sugar to dissolve faster).
5. Using a whisk, combine baking powder with flour and sift it into the butter-egg-milk substance from Step 4.

6. Fold egg whites into mixture from Step 5. You can use a hand mixer, spoon, or spatula. This is not a classic sponge cake so mix it in whichever way you prefer.
7. Use anything you like to bake it in and line it with baking parchment paper. Rectangular baking pans make it easy to pack this cake for snacks, round pans are more cake-like.
8. Spread a bit over half of the batter evenly over its bottom. Use a spatula or fingers to push it into corners/sides.
9. Optional: Dust and gently mix the berries with a bit of flour or cornstarch to avoid them sticking too much to each other. Don't get too creative with quantity of it, or else you will get a strange filling.
10. Spread berries evenly over the layer of batter. Try to get some distance from edges but don't bunch them in multiple layers in the middle. Some prefer mixing the berries with the batter, but it's up to you.
11. Spread remaining batter over the berries or if you mixed them in, do not.
12. Bake at 380°F for about 45-50 minutes (depending on your oven). When preparing recipe for the first time, start checking after 30 minutes. When the top is solid brown, check readiness with a toothpick.
13. When ready, take it out, flip onto something flat (e.g., cutting board) face down, peel off the parchment paper (it should not be sticking to the bottom of the cake), then flip it onto the cooling rack. Tip: put some paper towels under the rack as this cake has a tendency to drip cherry juice from the bottom.
14. You can dust it off with powdered sugar, cocoa powder etc. Enjoy!

*Notes & Tips:*

*You can skip the whole egg separation business and dump all wet ingredients into a stand mixer; mix it; add flour with baking powder and be done with it. Experiment to find what method you like. If you don't separate eggs, don't bother with separating sugar into two portions.*

*If sides of your backing pan are not completely covered by parchment paper, use knife or something similar to separate the cake before dislodging it from the pan. Especially if you use a round springform pan.*

*This cake is easy and fun to make with your kids. Just watch out for eggshell fragments in the batter and pull hand-mixer blades out of batter before turning it off.*

# Churros

**Contributed by** Reynoso Family

**Dish Type** Dessert

## What makes this dish special to my family?

Churros are a traditional fried-dough pastry widely enjoyed in central Mexico, especially in cities like Mexico City and Puebla. In my family, churros are typically eaten for breakfast or as a light evening treat, often accompanied by hot chocolate or coffee. They are the perfect excuse to gather everyone around the table. Crispy on the outside and soft on the inside, they are usually coated in sugar, adding a sweet touch to our family moments.



## Ingredients

- 2 cups flour
- 2 ¼ cups water
- 1 cinnamon stick
- 2 cardamom pods
- 2 Tablespoons of sugar
- 1 teaspoon of salt
- 1 teaspoon of vanilla extract
- 7 Tablespoons (100 g) butter
- 2 eggs
- 1 liter vegetable oil for frying
- 1 cup sugar for coating
- Piping bag
- Star piping tip



## Instructions

1. Sift the flour using a sieve and set aside.
2. Open the cardamom pods and remove the seeds.
3. Lightly beat the eggs in a bowl and set aside.
4. Heat the water in a saucepan until it begins to boil. Add the cinnamon stick and cardamom seeds.
5. Simmer for 15 minutes to infuse the flavors.
6. Remove the cinnamon stick and cardamom seeds from the liquid.

7. After infusion, ensure you have two cups of liquid. If necessary, add water to complete two cups.
8. To the liquid, add the sugar, salt, and vanilla extract; stir until dissolved.
9. Then add the butter and allow it to melt completely.
10. Remove the saucepan from the heat and add in the flour all at once.
11. Stir vigorously with a spoon until the dough comes together and pulls away from the sides of the pan.
12. Let the dough cool slightly to prevent the eggs from cooking when added.
13. Gradually add the beaten eggs, mixing thoroughly after each addition until fully incorporated.
14. Continue mixing until a smooth, homogeneous dough forms.
15. Fit a star piping tip into a piping bag and fill it with the churro dough.
16. Place the sugar on a flat plate and set aside.
17. Heat one liter of oil in a deep pan to 350°F (180°C). Do not allow the oil to smoke.
18. Pipe strips approximately 4 inches (10 cm) long directly into the hot oil and fry until golden brown.
19. Remove the churros with tongs and immediately coat them in sugar, turning to cover completely.
20. Repeat the process with the remaining dough.
21. Serve warm with hot chocolate or coffee.

# “Coconut Ladoo” Indian Coconut Truffles

**Contributed by** Choudhary Family

**Dish Type** Dessert

## What makes this dish special to my family?

Coconut Ladoo has always meant celebration in our home whether it was Diwali, a birthday, a festival, or simply guests coming over. This is inspired by my grandma’s version: simple ingredients, no shortcuts, just patience, and the right balance of sweetness. This quick and easy treat is loved by all, especially anyone who enjoys the rich flavor of coconut.

This recipe is inspired by the way it’s been made in our family. I remember standing in the kitchen, waiting for the mixture to cool just enough so we could shape the first batch. They were never perfectly round, but they were always perfect in taste. Every bite feels like a little piece of home.

## Ingredients

- 1 ½ cup dry coconut powder (extra to coat the coconut balls later)
- ½ cup whole milk
- ¼ cup sugar
- ½ cup dry milk powder
- 1 Tablespoon butter (Ghee)
- (Optional) cardamom powder for flavor

## Instructions

1. Pour the milk into a heavy-bottomed pan and place over medium heat.
2. Add the sugar and stir continuously until it fully dissolves.
3. Add the dry coconut powder, milk powder, cardamom powder (if using) and butter (ghee).
4. Mix well until everything is combined evenly.
5. Continue stirring on low to medium heat until the mixture thickens and begins to come together like a soft dough.
6. Once the mixture forms a smooth dough, turn off the heat.



7. Transfer the mixture to a plate and allow it to cool slightly.
8. When the dough is warm but comfortable to handle, shape it into small, even balls.
9. Roll each ball in extra dry coconut powder to coat lightly and give a soft, dry finish.
10. Let them set for a few minutes. Enjoy your homemade Coconut Truffles (Indian Ladoo)!

# Crunchy “Flapjacks”

**Contributed by** Walker Family

**Dish Type** Dessert, Kid Favorite

## What makes this dish special to my family?

Our Grandpa from the UK loves to make these "flapjacks" or chewy oat bars (as known in the US) for his children and grandchildren. There are infinite variations to make for your desired taste.



## Ingredients

- 1 stick (4 oz) unsalted butter
- 3 oz white sugar
- 5 oz golden syrup or light corn syrup (in glass/pyrex measuring cup)
- 11 oz rolled oats

## Flavouring Options:

- **Ginger:** use either a teaspoon of ground ginger or approx 1 oz chopped fresh ginger
- **Cinnamon & Nutmeg:** 1 teaspoon of ground cinnamon + ½ teaspoon ground nutmeg
- **Apricot & Nut:** 2 oz of dried apricot chopped + 2 oz chopped nuts
- **Chocolate:** 2 teaspoon cocoa powder + 1 teaspoon of instant coffee
- **Coconut:** reduce the oats to 9 oz and add 2 oz of desiccated coconut
- **Cranberry:** 2 oz dried cranberries (or sour cherries) chopped
- **Vanilla:** 1 teaspoon vanilla essence

## Instructions

1. Melt the butter in a good-sized cooking pan over a low heat.
2. Add the sugar and pre-heated golden syrup (microwave about 75 seconds in pyrex/glass measuring cup).
3. When thoroughly mixed and not quite boiling, remove from heat & add the oats. Mix to coat the oats until there are no dry patches and all the liquid is absorbed. (Note: the sugar/butter mixture is very hot and sticks if you get a splash onto the skin, so carefully fold in oats).

- a. If using any of the dry/fruit flavouring options above, add to the oats before mixing into butter mixture. If using the vanilla flavouring, add to the hot butter & sugar in Step 2 before adding the oats.
4. Grease a baking pan (~ 10" x 6.5" x 1.5") well with butter. Pour oat mixture into the greased pan.
5. Place into a pre-heated oven at 300–320°F and look at it and turn after 12-15 minutes. Remove when it starts to brown around the edges, usually after 17-20 minutes total cooking time (every oven is different). It should be brown all over by then. (Note: with the ginger, cinnamon and chocolate versions, the colour is sometimes deceptive).
6. Once out of the oven, allow it to stand for 3-5 mins before slicing into bars with a buttered knife. You can remove from pan before it is absolutely cooled but allow it to fully cool before trying to separate the bars. If you try slicing it too soon, you'll find the knife gets too sticky. If you leave it too long, it's just harder to do.
7. Happy cooking and good eating!

# Dutch Apple Pie

**Contributed by** Hartcher-O'Brien Family

**Dish Type** Dessert

## What makes this dish special to my family?

This is a favorite traditional pie in the Netherlands. This easy recipe gets praise wherever we take it, possibly because we add cinnamon to the crust, and some extra in the filling.

Please experiment with your favorite proportions! The pie is best served on the next day after baking, but delicious right out of the oven too!

## Ingredients

- 1 ⅛ cup (250 g / 9 oz) flour
- ⅓ cup (75 g / 2 ½ oz) sugar
- 2-4 teaspoons cinnamon (to taste)
- Pinch of Salt
- 10 ½ Tablespoons (1 stick + 2 ½ Tbsp) cold butter
- 1 teaspoon lemon juice (optional)
- ⅔ cup (150 g / 5 ½ oz) raisins
- 5 medium apples (750 g / 1.7 lbs.)
- Sugar to taste for filling
- 2 Tablespoons apricot jam (optional)



## Instructions

1. Mix the flour, sugar, 1-2 teaspoons of cinnamon, and a pinch of salt together.
2. Cut the butter into flour mixture with 2 knives. Add 2 spoonfuls of cold water and mix by hand. Let the dough rest in the refrigerator for 1 hour.
3. Rinse raisins in hot water.
4. Peel the apples, remove the cores, and cut into small pieces. Mix in a bowl with lemon juice (optional), raisins, and 2 teaspoons of cinnamon. Add some sugar to taste.
5. Preheat the oven at 350° F (175° C). Roll out three quarters of the dough into a circle. Cover the bottom and sides of a buttered springform pan 1 ½ inches (or 3-4 cm) high. Add the apple mixture.
6. Roll out the rest of the dough and cut this into stripes. Make a grid on top.
7. Bake pie for 60-75 minutes. When cooled, spread warm apricot jam on top.

# Mama's Strawberry Jello Salad

**Contributed by** Knapp Family

**Dish Type** Dessert, Holiday Dish

## What makes this dish special to my family?

We're not sure where it came from, but in my house, it's always been called Mama's Jello Salad! My mom has made it as long as I can remember, and we have it as a side dish at every holiday meal. It is popular with everyone--adults and kids alike, and it's excellent for breakfast the day after!

## Ingredients

- 2 small packages strawberry Jello
- 1 ½ cups water
- 1 – 20 oz can crushed pineapple, drained
- 2 – 10 oz packages frozen strawberries, thawed & drained
- 3 ripe medium bananas, mashed by hand with a fork
- 1 cup sour cream

## Instructions

1. Mix the 2 packages of strawberry Jello with 1 ½ cups of boiling water. Let it cool while stirring.
2. Add crushed pineapple (drained), frozen strawberries (thawed and drained), and mashed bananas to the mixture. Mix well.
3. Pour half of the Jello/fruit mixture into a 9x13-inch pan and let it set in the refrigerator until firm and cool (about an hour). Leave the remaining mixture out on the counter so it doesn't set in the bowl.
4. Once firm, spread sour cream evenly over the top of the firm Jello mixture (it helps if the sour cream is a little soft, so stir it up and let it sit out for about 15 minutes before spreading).
5. Add the remaining Jello mixture (left at room temperature) over the top of the sour cream and let it sit in the refrigerator until firm.

\*\*This is best served when it is very firm, so I like to make this in the morning or the night before we will be eating it. Be sure to cover it so little hands don't sneak a spoonful before your meal!

# Nana's Chocolate Chip Pie

**Contributed by** Anderson Family

**Dish Type** Dessert

## What makes this dish special to my family?

My Nana found this recipe in a magazine when my dad was a little boy. It quickly became the whole family's favorite dessert. My dad always thought this was a very difficult recipe that he couldn't possibly make the way Nana makes it. When my mom finally asked Nana for the recipe, she laughed and told her this is the easiest dessert you'll ever make! We love it served warm with ice cream and whipped cream on top!

## Ingredients

- 2 eggs
- ½ cup flour
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 cup melted butter at room temperature - you must let it cool down, don't add hot butter!
- 1 cup semi-sweet chocolate chips
- 1 pie crust - we always use a store-bought crust, but you can make your own crust if you'd prefer



## Instructions

1. Preheat oven to 325°F (160°C-165°C).
2. Prepare your pie crust (you only need a bottom crust).
3. In a large bowl or mixer, beat eggs until foamy (about 4 minutes).
4. Add flour, sugar and brown sugar - mix until well blended.
5. Mix in room temperature melted butter.
6. Stir in chocolate chips.
7. Pour the mixture into your pie crust.
8. Bake for 1 hour.

# Red Bean Soup with Mini Tangyuan (Rice Ball)

Contributed by Tung Family

Dish Type Dessert

## What makes this dish special to my family?

A traditional Taiwanese dessert enjoyed during winter and family gatherings. This dish is special to us because my child loves helping to roll the mini tangyuan (rice balls) -- sometimes they turn into stars or funny shapes! Making this dish together always fills our kitchen with laughter and that family time makes the dessert extra sweet.

## Ingredients

### Red Bean Soup

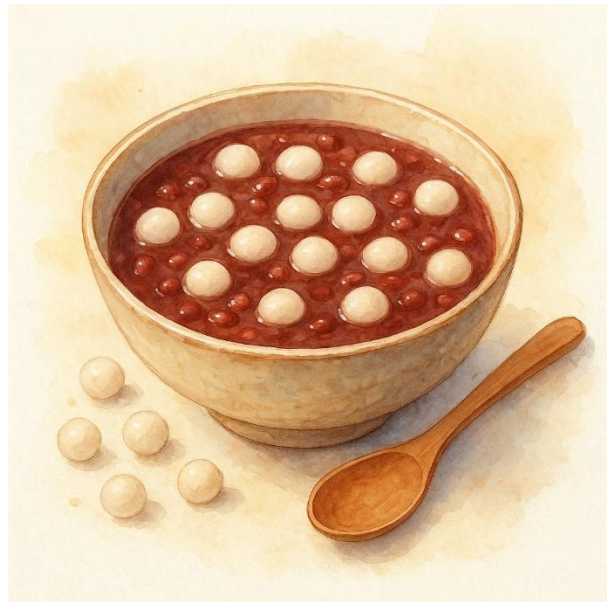
- 1 cup dried red beans
- 6 cups water
- ½ cup sugar (can adjust to your taste)
- 1 piece dried tangerine peel (optional)

### Mini Rice Balls

- 1 cup of glutinous rice flour
- ½ cup water (adjust as needed)

## Instructions

1. Cook the red beans.
2. Rinse the red beans.
3. In a pot, add red beans and 6 cups of water.
4. Bring to a boil, then reduce to low heat and simmer for 1–1 ½ hours, or until beans are soft.
5. Add sugar and tangerine peel (optional).
6. Continue simmering for 10 minutes until the soup is slightly thickened.
7. Make the Mini Rice Balls.
8. In a bowl, combine glutinous rice flour with water to form a soft dough.
9. Pinch small pieces of dough and roll them into tiny balls (about the size of pearls).
10. Set aside on a plate lightly dusted with flour to prevent sticking.
11. Bring a small pot of water to boil.
12. Add the mini rice balls and cook until they float to the surface (about 2–3 minutes).
13. Remove and transfer them directly into the red bean soup.



## Semolina Sweet Ball ('laddu')

Contributed by Surekha Family

Dish Type Dessert

What makes this dish special to my family?

This is my grandma's go to recipe when we crave something sweet.

### Ingredients

- 1 cup semolina (you can use ½ cup siroti rava and ½ cup regular rava to get a good taste. If siroti rava is not available, you can use regular rava alone)
- 1 ¼ cup grated fresh coconut
- 1 cup fine sugar (I use fine sugar, because it helps to bind laddoo well)
- ½ cup melted ghee
- 2 Tablespoons cashews, chopped into fine bits

*Note: Preparation time is 20-30 minutes. Recipe yields 12-14 sweet balls.*

### Instructions

1. In a thick bottomed pan, dry roast siroti rava and rava until you get a good aroma. Transfer to a plate or bowl.
2. Heat ghee in the same pan. Add cashew pieces and fry until golden brown.
3. Add grated coconut and fry until it becomes hot.
4. Add roasted rava and sugar, mix well and remove from heat. No need to fry further. Bring all the mixture together, press a little with spatula and set aside. Let it become warm (don't allow it to become cold).
5. Now make laddoo of the size you desired. If you are unable to bind add one or two teaspoons of warm milk, little by little, otherwise it becomes lumpy.
6. Shelf life: stays good for 5-6 days.



# Swedish Cinnamon Buns

**Contributed by** Selarp Family

**Dish Type** Bread

## What makes this dish special to my family?

This is one of Sweden's most beloved baked goods. These buns are very Swedish and quite different from the cinnamon buns commonly found in the United States.

## Ingredients *(makes 24 buns):*

### Dough

- 5 ½ cups all-purpose flour
- 2 cups whole milk
- 2 ¼ teaspoon active dry yeast (1 standard packet)
- ½ cup sugar
- 1 Tablespoon ground cardamom
- 1 teaspoon salt
- ⅔ cup (150 g / 5.3 oz) butter, room temperature

### Filling

- 1 cup butter, room temperature
- 1 cup granulated sugar
- 4 Tablespoons ground cinnamon

### Egg Wash & Topping

- 1 egg
- ¼ cup pearl sugar (optional)

## Instructions

1. In a large bowl, combine the flour and yeast and let stand for 10 minutes. Heat the milk to lukewarm (about 98–100 °F).
2. Add the sugar, cardamom, salt, and milk to the flour mixture. Add the butter in small pieces.
3. Knead the dough until smooth and elastic—about 5 minutes in a stand mixer or 10 minutes by hand.
4. Cover the dough with a clean kitchen towel and let rise in a warm place for about 1 hour, or until doubled in size.



5. Meanwhile, prepare the filling by mixing the butter, sugar, and cinnamon until smooth.
6. Turn the dough out onto a lightly floured surface. Divide it into two equal portions. Roll each portion into a rectangle approximately 10 × 20 inches. Spread the filling evenly over the dough.
7. Roll the dough tightly from the long side and cut it into 16 slices. Place cut-side up on parchment-lined baking sheets or in muffin liners.
8. Cover and let rise for 30 minutes. Preheat the oven to 435 °F (225°C).
9. Lightly beat the egg and brush the buns. Sprinkle generously with pearl sugar. Bake in the center of the oven for 7–10 minutes, until golden.
10. Transfer to a wire rack and let cool under a kitchen towel.

# Swedish Yogurt Bread with Fruit & Nuts

Contributed by Selarp Family

Dish Type Bread

## What makes this dish special to my family?

This is a simple, easy-to-make bread.

## Ingredients (makes 2 loaves)

- 3 cups all-purpose flour
- 1 ¼ cups whole wheat (graham) flour
- ¾ cup coarse rye flour
- 2 teaspoon salt
- 2 teaspoon baking soda
- ¾ cup dark syrup or molasses
- 4 cups plain yogurt
- 1 cup pecans (or hazelnuts if preferred), roughly chopped
- 1 ½ cups dried apricots, sliced
- Butter, for greasing pans
- ¾ cup sunflower seeds (or pumpkin seeds), plus more for topping



## Instructions

1. Preheat the oven to 390°F (200°C).
2. In a large bowl, mix all three flours, salt, and baking soda. Add the syrup, yogurt, raisins, pecans (or hazelnuts), and apricots. Stir until fully combined. The batter will be thick and sticky.
3. Generously butter two loaf pans. Coat the pans with sunflower or pumpkin seeds.
4. Divide the batter evenly between the pans, leaving about 1 inch of space at the top. Smooth the surface and sprinkle with additional seeds.
5. Bake for 60 minutes, then reduce the temperature to 345°F (175°C) and bake for an additional 30 minutes.
6. Remove from the oven, turn the loaves out onto a wire rack, and let cool completely before slicing.

# Holiday Recipes



# Blintz Souffle

**Contributed by** Wagner Family

**Dish Type** Holiday Dish (Shavuot, Hanukkah), Brunch Dish

## What makes this dish special to my family?

This is an easy dish shared at brunch gatherings among many Jewish households. It's especially appropriate for Shavuot and Hanukkah. *Adapted from [www.allrecipes.com](http://www.allrecipes.com)*

## Ingredients

- 4 ½ Tablespoons butter
- 3 - 13 oz packages frozen cheese filled blintzes (Trader Joe's or Golden)
- 6 eggs, beaten
- 2 ¼ cups sour cream
- 1 ½ cups white sugar
- ¾ teaspoon salt
- 1 ½ teaspoon vanilla extract
- ½ cup orange juice
- Cinnamon sprinkle



## Instructions

1. Preheat oven to 350 °F (175 °C).
2. Melt the butter and coat 9x13-inch (4 ¼ qt) stoneware rectangular baking pan (reduce recipe by a third for a standard 9x13-inch baking dish).
3. Place the blintzes in stoneware in a single layer. Rotate the blintzes to coat with butter.
4. Mix the eggs, sour cream, sugar, salt, vanilla extract, and the orange juice in a bowl until thoroughly combined. Pour over the blintzes.
5. Sprinkle cinnamon over the top.
6. Bake in oven until top is lightly browned and toothpick inserted into the center comes out clean, about an hour to an hour and 15 minutes. However, start checking it at 45 minutes.

# Buckeyes

**Contributed by** Knapp Family

**Dish Type** Holiday Treat

## What makes this dish special to my family?

What's not to love about chocolate and peanut butter? When I was a child, a family friend spent the weeks leading up to the holidays baking an incredible assortment of Christmas treats. She would fill tins for friends and neighbors with all kinds of homemade goodies—but the first to disappear was always the Buckeyes. Simple as they are, they truly pack a punch.

## Ingredients

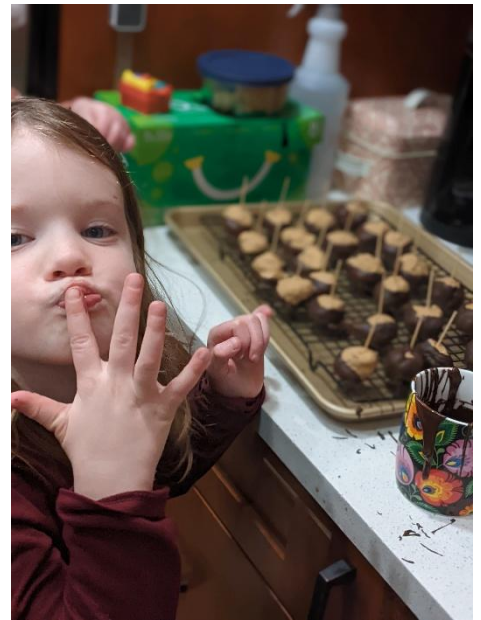
- 1 cup creamy peanut butter
- 4 Tablespoons butter, softened
- 2 cups powdered sugar
- ½ teaspoon vanilla extract
- Pinch of salt
- 1½ cups semisweet chocolate chips
- 1 Tablespoon coconut oil or shortening (optional, for smoother chocolate)

## Instructions

1. In a bowl, mix peanut butter and butter until smooth. Stir in vanilla, salt, and powdered sugar until a soft dough forms.
2. Roll into 1-inch balls and place on a lined baking sheet.
3. Refrigerate for about 20–30 minutes until firm.
4. Melt chocolate chips (and coconut oil if using) in the microwave or double boiler, stirring until smooth.
5. Stick a toothpick into each ball and dip it into the chocolate, leaving a small circle of peanut butter visible on top (that “buckeye” look).
6. Place back on the sheet and chill until the chocolate hardens.

## Tips

- Use regular creamy peanut butter (not natural) so they hold together better.
- Don't over-dip—leave a little peanut butter circle on the top
- Keep them chilled for the best texture (and honestly, they taste even better cold).



# Christmas Wreaths

**Contributed by** Schroedter Family

**Dish Type** Dessert, Holiday Treat

## What makes this dish special to my family?

One of our favorite Christmas treats--we make them at Gramsie's house every Christmas. If you change the food coloring to red, they can be formed into hearts for Valentine's Day. Gramsie has also adapted the recipe for use at Easter, using green food coloring and forming into a small "nest" with tiny jellybeans in the center instead of using hot tamale candies. Adapted from Rose's Christmas Cookies.

## Ingredients

- ½ cup unsalted butter
- 30 large marshmallows
- 1 ½ teaspoon green liquid food coloring
- 1 teaspoon vanilla extract
- 4 cups cornflakes
- 1 small box of hot tamale candies
- Wax paper or freezer paper
- Cooking spray

## Instructions

1. Lay out a few pieces of wax paper or freezer paper on a counter and spray with cooking spray (or lightly grease).
2. Cut the hot tamale candies into thirds (clean scissors work great); keep the two ends for use; eat or dispose of the middle third.
3. Put butter in a medium saucepan and melt over low heat. Add the marshmallows, stirring constantly until melted and smooth. Remove the pan from the heat and stir in the food coloring and vanilla extract until well blended. Stir in the cornflakes to coat them well.
4. Working quickly so the mixture does not harden, use 2 spoons or lightly greased finger to drop small (1 heaping Tablespoon) mounds of the cornflake mixture onto the prepared wax paper or freezer paper. *Note: Check temperature before allowing kids to use their fingers (it might need to cool a bit so it isn't too hot for them).* Form the mounds into wreathes with holes in the center. While the wreathes are still warm and sticky, decorate with red hot pieces.
5. When cool, store in an airtight container. Makes approximately 1 ½ dozen 2-inch wreathes. Keeps about 1 month (but they never last long in our house).

# Coconut Milk Burfi

**Contributed by** Ayyappan Family

**Dish Type** Dessert, Holiday Dish (Diwali)

## What makes this dish special to my family?

This is my Aunt Suganthi's go to Diwali sweet recipe. This is a staple in our home during Diwali celebrations. It is easy to make and tastes delicious. We love sharing it with friends and family for Diwali - that is if we don't finish it first!



## Ingredients

- 1 cup coconut milk
- 1 cup whole milk
- 1 cup sugar

## Instructions

1. Lightly grease a tray or baking dish with a little butter and set aside.
2. Add all the ingredients into a heavy-bottomed pan.
3. Set the stove to low heat. Stir constantly with a spatula. (Tip: scrape the bottom and the sides of the pan as you stir to ensure even cooking and to prevent burning).
4. Keep cooking until the mixture thickens significantly; this could take 30 minutes or longer.
5. Once you see the mixture start to lightly froth or bubble at the edges, it is ready. Turn off the heat.
6. While still hot, carefully pour the mixture into your greased tray. Use your spatula to spread it into an even layer before it begins to set.
7. Allow it to cool completely at room temperature until firm. Once cooled, use a sharp knife to cut it into your desired shapes (squares are the classic choice, but diamonds look great too).

# Funeral Potatoes

**Contributed by** Knapp Family

**Dish Type** Side Dish, Holiday

## What makes this dish special to my family?

You read that right—one of my favorite holiday dishes is called funeral potatoes. My dad is from Utah, where comfort food reigns supreme, and this dish might just be the ultimate example—hence the name. It’s a staple at funerals, but it always finds its way onto the holiday table too. There’s just something unbeatable about that creamy mix of shredded potatoes and melted cheese. I could easily eat an entire pan myself... and honestly, I may or may not have done exactly that once.



## Ingredients

- 1 (30 oz) bag frozen shredded hash browns (thawed)
- 2 cups sour cream
- 1 can (10.5 oz) cream of chicken or cream of mushroom soup
- 2 cups shredded cheddar cheese (mild or medium)
- ½ cup melted butter
- ½ cup finely chopped onion (optional, but traditional)
- Salt & pepper to taste

## Topping:

- 2 cups crushed cornflakes or Ritz crackers
- ¼ cup melted butter

## Instructions

8. **Preheat oven** to 350°F.
9. In a large bowl, combine hash browns, sour cream, soup, cheese, melted butter, onion, salt, and pepper. Stir until everything is well coated.
10. Spread evenly into a greased 9×13 baking dish.
11. Mix crushed cornflakes with melted butter and sprinkle over the top.
12. Bake uncovered for 40–45 minutes, until hot and bubbly with a golden, crispy top.
13. Let it sit for 5-10 minutes before serving—it thickens up and scoops better
14. It is GREAT as leftovers if you manage to have any...

# Leftover Thanksgiving Turkey Soup

**Contributed by** Trommer Family

**Dish Type** Soup

## What makes this dish special to my family?

This is a day-after-Thanksgiving favorite! Our family has been making turkey soup out of leftover Thanksgiving turkey for as long as anybody can remember. It's often our favorite part of the turkey feast and we look forward to it every year! Note: Since the rice soaks up the broth, it's almost more of a thick rice congee than a proper soup.

## Ingredients

- 6 slices bacon, chopped
- 1 onion, chopped
- 3 large carrots, peeled and chopped
- 1 yellow or orange bell pepper, chopped
- 1 red bell pepper, chopped
- 2-3 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- ½ cup dry white wine (optional)
- 4 cups low-sodium chicken bone broth
- 1 cup long grain white rice
- 2 cups leftover shredded smoked turkey



## Instructions

2. In a large pot over medium heat, cook bacon until crispy, 8 minutes. Transfer to a paper towel-lined plate. Drain all but 1 tablespoon of bacon fat.
3. Add onion, carrots, bell pepper, and garlic and season with salt and pepper. Cook until soft, 5 to 7 minutes.
4. Add white wine (if using), broth, and rice and bring to a boil. Simmer until rice is tender, 20 minutes.
5. Stir in leftover turkey until warmed through and serve immediately with crispy bacon.
6. Add extra chicken broth when reheating leftovers.

# Ozoni (Japanese New Year's Mochi Soup)

Contributed by Saitoh Family

Dish Type Main Dish, Holiday

## What makes this dish special to my family?

This is a Japanese New Year family tradition: an easy home-style ozoni. We eat this together as a family every year on January 1<sup>st</sup> to celebrate the Japanese New Year. It's a simple soup that helps us welcome the start of the year.



## Ingredients

- 6 cups dashi stock (or low-sodium chicken broth)
- 3-4 Tablespoons soy sauce
- 3-4 Tablespoons mirin
- Salt, if needed
- A few slices of carrot (optional)
- 6 oz (170g) chicken, cut into small pieces
- 4-6 shiitake mushrooms
- 1 leaf (40–50 g) napa cabbage, chopped
- 6-8 snow peas
- Kamaboko (Japanese fish cake)
- 4-6 shrimp, sliced
- 4-6 pieces mochi rice cakes (round or square)
- Small handful of mitsuba (Japanese parsley)

## Optional:

- Fu (wheat gluten puffs), a handful
- Burdock root (gobo), thinly sliced
- Lotus root (renkon), thinly sliced

## Instructions

2. Warm the dashi stock in a pot over medium heat until steaming.
3. Add any optional root vegetables first (carrot, burdock, lotus) and simmer until they start to soften, about 5–8 minutes.
4. Add the chicken pieces and cook until no longer pink.
5. Add shiitake mushrooms and napa cabbage. Simmer 2–3 minutes.

6. Add soy sauce and mirin, then taste and adjust with a little salt if needed.
7. Add shrimp and cook 1–2 minutes, until just cooked through, then add snow peas for the last 30 seconds. Turn off the heat.
8. Toast mochi rice cakes until puffed and lightly browned. Place mochi in each bowl, ladle soup and toppings over it, top with mitsuba and Kamaboko, and serve immediately.

# "Pierniczki" Polish Gingerbread Cookies

**Contributed by** Dyba Family

**Dish Type** Dessert, Holiday Dish (Christmas)

## What makes this dish special to my family?

These traditional gingerbread cookies are common throughout Poland and Germany. We always make these cookies in preparation for Christmas. The dough can be made weeks or even months in advance (stored in the fridge) and the cookies store well, too.

Decorating them, while listening to Christmas carols, is one of our favorite parts of the holiday season. Adapted from "Kuchnia Polska" (traditional Polish cookbook)

## Ingredients

Cookies:

- 4 cups (½ kg) flour
- 1 cup (20 dkg) sugar
- 3.5 oz (15 dkg) honey
- 3 Tablespoons (4 dkg) butter, melted
- 2 eggs
- 1 ½ teaspoons baking soda
- Sour cream (if needed)
- 2 Tablespoons **mixed spices**



Mix the following and use 2 Tablespoons of:

- 1 Tablespoon cinnamon
- ½ Tablespoon ginger
- ½ Tablespoon cloves
- 1 teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon cardamom
- Pinch of pepper

Caramel

- 1 tablespoon sugar
- 2 tablespoons hot water

Frosting:

- Powdered sugar
- Fresh lemon juice

## Instructions

1. Prepare caramel: brown 1 Tablespoon sugar in a small pan on burner, set aside, carefully pour in 2 Tablespoons hot water stirring constantly, bring to a boil.
2. Prepare spices (see above ingredient list) and melt butter.
3. Mix flour with spices, sugar and baking soda. Pour in honey, mixing with a spoon. Add eggs, melted butter and caramel.
4. Knead dough until smooth. (May add some sour cream if dough seems too dry.) Set aside for at least ½ hour (but it can stay in the fridge for months or a year 😊)
5. Sprinkle flat surface with flour. Roll out dough until about ½ cm thick and cut out cookies.
6. Bake in 350°F for about 10 min or until cookies are light brown. Remove from cookie sheet right away or they'll stick.
7. Once completely cooled, decorate using simple frosting made of powdered sugar and lemon juice, or melted dark chocolate.

# Pizzelle

**Contributed by** Yu Family

**Dish Type** Holiday Dish (Christmas)

## What makes this dish special to my family?

This is a traditional Italian Christmas dessert. Every Christmas, my family and I carry on the tradition of making pizzelle together. Growing up, my family would gather around the table at my Nonna's home, each taking a turn at the pizzelle maker, laughing and sneaking warm cookies as they came off the press.

As my house fills with the sweet, unmistakable scent of anise oil, it always reminds me of my Nonna. Now, I carry on this tradition with my own children.



## Ingredients

- cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup granulated sugar
- $\frac{3}{4}$  cup butter melted and cooled
- 4 eggs
- 1 Tablespoon anise (or vanilla extract)

## Instructions

1. Preheat pizzelle iron and lightly coat with nonstick cooking spray.
2. In a large bowl, combine flour, baking powder, sugar, butter, eggs and anise (or vanilla) extract.
3. Bake until golden brown.
4. Cool completely and dust with powdered sugar if desired.



# Yum Yum Balls

**Contributed by** Herzog Family

**Dish Type** Dessert, Christmas Cookie

## What makes this dish special to my family?

Christmas cookie making has always been a tradition in our family. This recipe is loved by kids and adults alike and is easy for kids to help make as they are a "no bake" cookie option.

## Ingredients

- 2 cups of sweet biscuits or Nilla wafers (smashed into crumbs)
- 2 Tablespoons cocoa powder
- 14 oz can sweetened condensed milk
- 1 cup coconut flakes, dry, unsweetened (plus more for rolling)

## Instructions

1. Combine the cookie crumbs, cocoa powder, sweetened condensed milk, and 1 cup of coconut flakes in a large bowl. Mix until combined and sticky.
2. Roll into 1-inch balls.
3. Coat the balls in the extra coconut.
4. Chill in the fridge, or place in the freezer until ready to eat. Enjoy!



# Notes/Favorites