

LOYAL HEIGHTS ELEMENTARY

Multicultural Cookbook

2020-2021



BBQ Tofu Nachos

Miles, 5th Grade



Memphis, TN is known for it's BBQ pork, but the unique flavor of Memphis BBQ comes from it's dry rub and sauce. You can get the same sweet, tangy, smokey flavor even while skipping the meat. Trust us: this is delicious! – Rehling family

SERVINGS: 4

1 pound extra-firm tofu,
drained and pressed
2 TBS high heat cooking oil
2 TBS dry rub seasoning
1 cup BBQ sauce
2 cans black beans,
drained and rinsed
2 clove garlic, minced
Seasoning salt to taste
6 oz. tortilla chips
1 cup shredded Mexican
cheese blend
2 cups shredded iceberg lettuce
1 large tomato, chopped
1/2 cup guacamole
1/2 cup salsa
1/2 cup sour cream
Pickled jalapenos to taste

Dry Rub Seasoning

3 T smoked paprika
3 T kosher salt
1 T fresh ground black pepper
2 T brown sugar
2 T white sugar
2 tsp garlic powder
2 tsp onion powder
1 tsp oregano
1 tsp chili powder
1 tsp cayenne powder (optional)
1 tsp mustard powder

Memphis Style BBQ sauce

2 cups ketchup
1 cup water
1/2 cup apple cider vinegar
5 T light brown sugar
5 T white sugar
1/2 T fresh ground black pepper
1/2 T onion powder
1/2 T ground mustard
1 T lemon juice
1 T Worcestershire sauce

Dry Rub: Combine all ingredients in a bowl and stir to mix thoroughly. Can store unused amount in air tight container for 2 weeks.

BBQ Sauce: *Make first. In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes. Can store unused amount in airtight container in refrigerator for 1 week.

After draining, cut the tofu into bite-size cubes. Coat with cooking oil and toss with dry rub. Can cook in oven or air fryer. Directions are the same. If in oven, preheat to 390. Place in oven/air fryer basket, and cook on 390 for 5 minutes. Flip the cubes/shake the basket and cook again for 5 minutes. And then flip/shake it one more time and cook for 5 more minutes. Tofu should be browned on all sides. Once cooked, place the tofu in a flat bottomed, small-medium frying pan and add 1 cup sauce. Cook and stir frequently for 5 minutes over low-medium heat until coated and heated through.

While the tofu is cooking, combine the black beans, garlic, and salt to taste. Heat for about 5-7 minutes or until heated through.

To assemble, divide chips onto four plates. Top with 1/2 cup black beans, 1/4 cup shredded cheese, 1/4 of the recipe of tofu, 1/2 cup lettuce, 1/4 cup chopped tomatoes, 2 Tbsp. guac, 2 Tbsp. salsa, and 2 Tbsp. sour cream. Add jalapenos to taste.

Brazilian Beef Stroganoff

Elan, 1st Grade

SERVINGS: 4

2 pounds tenderloin, cut into cubes or thin strips
4 T sweet paprika
2 T flour
Salt and pepper to taste
2 T olive oil, divided
1 T butter
2 medium onions, grated
1 cup chopped fresh mushrooms
1 T Dijon mustard
2 T ketchup
2 T Worcestershire sauce
1/4 cup cognac or brandy for flambéing (optional)
1 cup peeled tomatoes from a can, juiced in the blender
3/4 cup heavy cream

In a large bowl, combine the meat, salt, pepper, paprika and flour. Make sure the meat is well coated. Reserve.

Heat one tablespoon of olive oil in a large skillet, over medium heat, and then add the butter. Once butter is melted, add the grated onion and cook until it develops some color. Remove from heat and reserve.

In that same skillet, heat the remaining olive oil. When shimmering, add the beef and brown on all sides. Remove and reserve. Add the mushrooms and cook until they release liquid and are starting to brown, about 8 minutes. Return browned beef and onion back to the skillet. Add the Dijon mustard, ketchup and Worcestershire sauce.

If flambeing, pour the cognac in a ladle and add it to the pan. Tilt the skillet so the fumes touch the flame. Cook until the flames are extinguished and all the alcohol is gone.

Stir in the blended peeled tomatoes and cook until thickened slightly, about 5 minutes. Add the heavy cream. Cook for another 3-5 minutes or until sauce has thickened to your preferences.

Brown Soda Bread (Irish)

Finn, 3rd Grade

This is the classic Irish bread of which countless versions exist in the US. This traditional recipe, from an old school Irish cookbook, has been the one that never lets us down, on St. Patrick's Day, or any day! You can make it fancier with currants or other dried fruit, or make it white soda bread by substituting white flour for the wholemeal. – Lynch-Peterson Family

SERVINGS: 1 loaf

225 g (8 oz) white flour

225 g (8 oz) wholemeal flour

1 tsp baking soda

3 tsp baking powder

2 tsp salt

1 egg, beaten

scant 600 ml (1 pint) buttermilk or sour milk

beaten egg or milk for glaze (optional)

Sift together the flour, soda, baking powder and salt. Mix the buttermilk and beaten egg and stir in.

Mix, then knead on a floured surface for a few minutes until smooth. Shape by hand into a round flat cake and put on a greased sheet, or put into a greased loaf tin.

Make a deep cross on the round or a cut down the middle of the loaf shape, and bake in a preheated oven at 190C, 375F (or Mark 5 if you have a European oven!) for 35-40 minutes.

Brush the top with milk or beaten egg if a glaze is wanted. The mixture can be shaped into small scones and baked for 15 minutes instead.

Butter Mochi Cake (Bibingka)

Gavin, 5th Grade & Matthew, 1st Grade

A variation of the Filipino dessert - popular in Hawaii.

– Michele Dostal

SERVINGS: 24

3 cups mochiko (sweet rice flour)

2 cups sugar

2 tsp baking powder

2 - 12 oz cans coconut milk

5 large eggs

4 oz melted unsalted butter

1 tsp vanilla extract

Preheat oven to 350 degrees.

Combine mochiko, sugar, and baking powder in a medium-sized bowl and set aside.

In a large bowl, combine the coconut milk, eggs, butter and vanilla, and whisk until incorporated. Gently stir in the dry ingredients until thoroughly combined.

For into a 9 x 13 inch, uncreased cake pan. Bake for 1.5 hours. Let cool completely. Cut into brownie sized squares and serve.

Chinese Chicken and Broccoli

Keira, 4th Grade

Our 16 year old son cooked this dish for an assignment in his Mandarin class, and he had to prepare and narrate his cooking experience. We enjoyed it so much that we have cooked it several times since. Sometimes we substitute tofu for the chicken, but we enjoy both versions. – Jackie Gayan

SERVINGS: 4

1 large head of Broccoli cut into florets
3 T vegetable oil
6 boneless chicken thighs skinless
3 cloves garlic peeled and finely chopped
3 green/spring onions trimmed and sliced
1 inch piece of ginger peeled and chopped
2 T Hoisin Sauce or oyster sauce for less sweetness
3 T light soy sauce (extra to taste)
6 T honey approximately
6 T hot water

Steam or sauté the broccoli to the softness just a bit firmer than you prefer & set aside.

Heat a wok over a high heat and add a bit of oil. Add the chicken and brown on all sides to seal the meat. Remove the chicken and set aside.

Fry the garlic, spring onion and ginger for 30 seconds in the hot wok, adding a little more oil if necessary, tossing now and then.

Put the chicken back in the wok. Add the soy sauce, hoisin sauce, and the hot water and bring to a boil. Drizzle with some of the honey, cover, and simmer, turning & drizzling with honey now and again for 7-10 minutes, or until the chicken is cooked through and the sauce reduced.

Add the broccoli and toss with the sauce until cooked through.



Dad's Tofu Appetizer

Calvin, 3rd Grade

This is something my Dad brings to most gatherings: a quick, simple way to dress up tofu for a vegetarian appetizer. This is something he made up himself but it uses common ingredients of Japanese/Asian cooking. – Kali Sakai

SERVINGS:

1 block of firm tofu
1-3 TBSP mashed ginger puree (jarred/tube or fresh)
1/2-1 cup of Soy Sauce (Yomasa or Kikoman)
Toasted sesame seeds
Chopped Green onions
Toothpicks

Cut up a block of tofu in bite size pieces, then spread mashed up ginger over it (to taste, depending on how gingery you like things), coat with soy sauce, sprinkle toasted sesame seeds and cut green onion for garnish & flavor. Serve with toothpicks on the side.

Toad in the Hole

Evie, 4th Grade

A family favorite. The recipe may originate in the United Kingdom. – Evie T.

SERVINGS: 4

4 sausages
1.5 cup flour
3 eggs
1.5 cup milk
1/2 tsp. salt
1 tsp black pepper
1 TBS butter

Preheat oven to 350 degrees. Place the 4 sausages evenly in the bottom of a 9x12 baking dish with the butter and cook for 10 minutes.

In a large mixing bowl, mix the flour, eggs, milk, salt and pepper until smooth. After 10 minutes, pour the batter over the 4 sausages and return to the oven for 40 minutes. This dish goes well with gravy and vegetables.

Hummus

Madeleine, 4th Grade

Hummus is a dip made from chickpeas and tahini (sesame butter) and eaten with pita bread. It can be served at every meal, eaten room temp or warm, with a variety of other ingredients like eggplant or boiled eggs. My mother would make a special meal out of it on Sunday night before starting the week, with fresh veggies, boiled eggs and other meze.



We use a lot of cumin and za'atar like the Lebanese, but there's many variations throughout the Middle-East. – David Hamm

SERVINGS: 4

Two cans of chickpeas

2 T tahini

2-4 cloves garlic

1/4 cup lemon juice

Cumin

Salt

Olive oil

Za'atar

In a bowl, add 1 can of chickpeas drained, and 1 can of chickpeas with the liquid retained (this makes it smoother). Add tahini, garlic (start with 2 cloves – it can get very strong after a day in the fridge), lemon juice, 2 tsp cumin, a pinch or two of salt and blend very well, then blend some more. Adjust to taste the amount of lemon, cumin and salt. If it is too thick, add small amounts of water. Once it is a well-blended puree, just thick enough to sculpt, spread the hummus on a large flat plate. Make a short wall along the edge. Then sprinkle za'atar or paprika all over, then pour a very thin layer of olive oil on top. Serve with warm pita bread alongside everything!

Masala dhal

Sidanth, 5th Grade

A popular Indian dish made with a type of yellow bean that's a member of the lentil family. – PV, Jan, & Sidanth

SERVINGS: 8

2 cups Moong dhal	0.5 inch fresh ginger,
1 T canola or vegetable oil	finely grated/cut
1 cinnamon stick	4-5 roma tomatoes
4-6 cloves	½ – 1 cup cilantro (finely
4-6 cardamom pods,	chopped)
slightly broken	Juice of ½ large lemon
2 tsp Cumin seeds	6 cups Water
1-3 green chillies,	Salt to taste
finely chopped	1 tsp coriander powder
1 med yellow or white onion	½ tsp turmeric powder
3 cloves garlic	2 tsp garam masala

Fry dhal (dry) on low heat for 10-15 min and transfer to a bowl/plate. Heat oil in a deep saucepan till hot – add cloves, cinnamon, cardamom and cumin seeds and fry for 2-3 minutes till fragrant.

Add onions, ginger, garlic and green chillies and fry till onions are translucent. Add salt, turmeric, coriander and garam masala and fry for 1 min. Add tomatoes and cook for another 5 minutes.

Add the dhal (from above) and 4 cups of water – bring to boil and then lower to heat between med-low and cook uncovered till the dhal starts to soften – you may need to add water if the dhal is not cooked but the water has evaporated.

Turn off the heat and add the coriander and juice of lemon.

Mimi's Bagels

Ava, 4th Grade

This is our Grandmother's recipe. – Ava C.

SERVINGS:

1.5 cup warm water

2.5 tsp instant yeast

2 tsp salt

1 T brown sugar

Nonstick cooking spray or 1 T vegetable oil for coating the bowl and baking sheets

2 TBS barley malt syrup (or can substitute brown sugar)

1 egg white (optional)

Using a whisk, mix the warm water and yeast together in the bowl of your stand mixer fitted with a dough hook. Cover and allow to sit for 5 minutes.

Add the brown sugar, salt, and flour, beating on low for about 2 minutes. Place the dough on a floured surface and knead for 5 minutes.

Line two large baking sheets with parchment paper or silicone baking mats. Roll with floured hands until long enough to shape into a circle then twist and pinch the edges of the circle.

Place the bagels on a baking sheet (or two) lined with parchment paper or silicone baking mats. Lightly coat with vegetable oil or spray. Let the bagels rise until they double in size.

As they are rising, fill a large pot with 2 quarts water and 2 T barley malt syrup (or 3 T brown sugar). Bring to a boil when the bagels are done rising.

Place one bagel at a time into the boiling water for a minute on each side, removing the bagel from the water with a slotted spoon and returning it to the baking sheet. Brush egg white on each bagel for shine (this step is optional).

Bake in a 350 degree oven for about 25 minutes, then flip them and bake for another 10 minutes.

Mint Chocolate Chip Cookies

Frankie, 4th Grade

My family's favorite cookie! – Frankie K.

SERVINGS: 12

1.5 cup flour
1 tsp baking soda
1/2 tsp salt
1/2 cup butter
1/2 cup brown sugar
1/4 cup sugar
1 large egg
1 cup Andes Mints
1/2 cup chocolate chips

Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper.

In a small bowl, combine flour, baking soda and salt–set aside.

In a large bowl using a mixer, beat butter and both sugars for 1-2 minutes, scraping the bowl as needed. Add egg and beat until combined.

Slowly add flour mixture, beating until combined. Add the mint candies and the chocolate chips.

Scoop balls of dough onto cookie sheet.

Bake cookies for 7-10 minutes until brown. Cool on wire racks.

Papa's Scottish Shortbread

Eli, 5th Grade & Simone, 3rd Grade

I grew up next-door to my Grandpa (Papa) who's Mother, Mary Thomas immigrated from Scotland when she was 15 yrs old. My Papa was a very good baker and he loved to make his Mother's Shortbread for his children and grandchildren. We all have his Mother's recipe in our cookbooks and each Christmas a relative makes it for the rest of family.

– Tristan Symons



SERVINGS: about 48 cookie squares

5 Cubes of Butter (2 1/2 cups)

2 Heaping cups of sugar

3 Eggs

3 tsp of vanilla

A pinch of salt

1 heaping tsp of baking powder

6-8 cups of Flour

Cream butter and sugar gradually, then cream (mix-in) one egg at a time. Add salt and vanilla and cream. Add 3 cups of flour gradually and cream, while also adding the baking powder. Then gradually add the remaining flour. The texture should be so your fingers can come out clean. Press dough into a lined baking sheet evenly. About 1 inch deep. Using the end of a fork, design the top of the dough by lightly pressing back and forth in rows. Slice dough before baking 2 inch squares or bake then cut into pieces. Bake at 300 degrees for approximately 1 hour.

Mom's Minestrone Soup

Calvin, 3rd Grade



Minestrone exists in a few variations around Italy. While my Mother's family is from the southern tip of the boot, we lean into the Tuscan version of this recipe because of the beans. My mom passed this recipe on to me and we both make this soup several times a year. I have put my own flourishes on it (lots of bacon & the broth type) but the core recipe is the same. A great hearty soup,

full of veggies for cold winter days. – Kali Sakai

SERVINGS: 8-Jun

2-4 slices of bacon, diced
1/2 large leek (white part), thinly sliced
1 large carrot, diced
1 large red bell pepper, diced
1 large fennel bulb, diced
16oz can whole tomatoes in juice
1/2 cup tomato sauce, canned
1/2 tsp basil, dried
1/2 tsp oregano, dried
1/2 tsp thyme, dried
8 ounces fresh green beans, cut into bite-size pieces
8oz can kidney beans, drained
15oz can Cannellini or white beans, drained
1 small zucchini, diced large
1 medium tomato, diced
(optional) fresh basil, to taste
(optional) salt, to taste
(optional) black pepper, fresh ground, to taste
1 bunch spinach, washed
9 cups vegetable stock for a more stew-like quality
1 cup shell macaroni or other small pasta, dry
1-2 cups Parmesan cheese, grated

Tips before you start:

- If planning to freeze soup, don't add pasta while cooking. Cook pasta separately and add to individual servings
- Suggested vegetable stock: Better Than Bouillon Seasoned Vegetable Base. It's a very flavorful base but it's also quite salty. When constituting it, I adjust the mix and use 2 heaping tablespoons of Bouillon mix and 9 cups of water.

In a large soup pot, cook diced bacon over medium heat until almost crisp. Add leeks, carrots, red bell pepper and fennel. Cook over medium heat for 2 minutes, then cover and steam on medium-low heat for 6 minutes.

Drain canned tomatoes and chop coarsely then add to pot, along with vegetable stock, tomato sauce and dried spices. Bring to a boil then lower heat to simmer. Add green beans and pasta (if not freezing). Simmer until shells and/or beans are almost tender.

Add kidney and Cannellini beans, zucchini and the fresh tomato. Cook for 5 minutes, then if using, add fresh basil. Season to taste with pepper and salt. Add spinach and cook just until wilted. Serve with Parmesan cheese. Serve with a hearty artisan bread or rolls.

If freezing, let soup cool. Ladle into freezer containers. Store fresh grated Parmesan in small plastic baggies with soup in freezer as well.

Paprikás Csirke

Evie, 4th Grade



This is Evie's favorite Hungarian meal made by her Grandma Marilla. The quality and type of paprika is key.
– Zanna Satterwhite

SERVINGS: 4-6

3-4 pounds chicken thighs and drumsticks, or whole chicken legs, bone-in
Kosher salt and freshly ground black

pepper to taste

1 T olive oil

3 T unsalted butter

1 large yellow or Spanish onion, peeled and diced

3 cloves garlic, peeled and minced

3 T Hungarian paprika, sweet or hot, or a combination

3 T all-purpose flour

1 cup canned crushed tomatoes or 1 large ripe tomato, chopped

1 cup chicken broth, homemade or, if not, low-sodium

1 pound egg noodles

$\frac{3}{4}$ cup sour cream

Heat oven to 400. Season the chicken aggressively with salt and pepper. Heat the oil and 1 T of the butter in a large, heavy, oven-safe sauté pan set over high flame, until the butter is foaming. Sear the chicken in batches, skin-side down, until it is golden and crisp, approximately 5 to 7 minutes. Then turn the chicken over, and repeat on the other side, approximately 5 to 7 minutes. Remove chicken to a plate to rest.

Pour off all but a T or 2 of the accumulated fat in the pot. Return the pot to the stove, over medium heat, and add the onion. Cook, stirring frequently with a spoon to scrape off any browned bits of chicken skin, until the onion has softened and gone translucent, approximately 5 minutes. Add the garlic,

and stir again, cooking it until it has softened, approximately 3 to 4 minutes. Add the paprika and the flour, and stir well to combine, then cook until the mixture is fragrant and the taste of the flour has been cooked out, approximately 4 to 5 minutes.

Add tomatoes and broth, whisk until smooth and then nestle the chicken back in the pan, skin-side up. Slide the pan or pot into the oven, and cook until the chicken has cooked through and the sauce has thickened slightly, approximately 25 to 30 minutes.

Meanwhile, set a large pot of heavily salted water to boil over high heat. Cook noodles in the water until they are almost completely tender, approximately 7 to 8 minutes. Drain the noodles, and toss them in a bowl with the remaining butter, then toss again to coat.

Place the chicken on top of the noodles, then add the sour cream to the sauce, stir to combine and ladle it over the whole.

Pasta Hankies

Ellie, 5th Grade & Anna, 3rd Grade

This meal has been the answer when anyone asks our family's favorite food, leading to many awkward conversations. It's special to our family because when someone is sad, this meal cheers them up. We hope you enjoy it! – Ellie & Anna Stubbs

SERVINGS: 6

2 cups all purpose flour	Pinch of salt
2 cups whole wheat flour	3-4 cloves garlic
2 tsp salt	1 cup olive oil
4 whole eggs	3/4 cup walnuts (optional)
6 egg yolks	1 cup Parmesan,
4 cups (~4 oz) basil or parsley	plus more for garnish

Put basil (or parsley), garlic, pinch of salt, and about 1/2 cup olive oil in a food processor and process for a few seconds. Add the rest of the oil gradually, then add the nuts if using and the cheese. Scrape into a bowl.

Put the flour and salt in food processor and whiz a couple of times. Add the eggs and yolks and process a few seconds. Add water 1 T at a time until the dough forms a nice ball. If it starts sticking to the side of the food processor, add flour until it's no longer sticky. Put the dough into a bowl and let it rest about 30 minutes.

Fill your biggest pot with salted water and bring it to a boil. Divide the dough in half, then in half again. Flour a work surface and roll a quarter of the dough out with a rolling pin until it's about 1/4 to 1/8 inch thick. Using a butter knife, cut the dough into "handkerchiefs" about 3 inches by 3 inches and put the cut pieces of dough onto a floured plate while you roll out the other 3 quarters of the dough.

When the water is boiling, drop all of the rolled-out squares into the water and boil about 2-3 minutes, or until the pasta floats on top of the water. Reserve a bit of the cooking water, then drain the pasta. Put the pasta back into the cooking pot and add pesto (remember to keep some pasta plain for pickier eaters). Use cooking water to thin the sauce if necessary. Serve immediately with Parmesan on the side.

Ragna Ness's Swedish Meat Balls

Kiara, 2nd Grade

Kiara's great grandma was half Norwegian and half Swedish. She was born in Petersburg, Alaska in 1911. She moved to Ballard in 1937 with her husband and daughter. She was an amazing cook! – Jennifer Lund

SERVINGS: 50 meatballs

Meatballs

2 ½ pounds lean ground beef
¾ pounds fresh ground pork
1 cup minced onion (put in blender)
1 ½ cup dried bread crumbs
2 T minced parsley
3 tsp salt
¼ tsp pepper
2 tsp Worcestershire sauce
3 eggs
1 cup milk

Gravy

1 to 2 envelopes of onion soup
Bouillon cubes to taste (around 3 or 4)
½ cup flour
2 tsp paprika
4 cups boiling water
Salt and pepper to taste

In a bowl, mix meat well with hands. Add ingredients slowly and mix well after each addition. Make into small balls, walnut sized. Fry until brown.

Wisk ingredients together. Simmer until desired thickness is achieved.

Serve with Rice, Noodles or mashed potatoes.



Potica

(Poe-tee-tsa Slovenian nut roll)



*Rory, 4th Grade
& Willa, 2nd Grade*

Potica is a beautiful and delicious sweet pastry that is very popular in Slovenia! In our family, we often have potica as part of an Easter brunch alongside Slovenian klobase, a sausage similar to the better known

Polish kielbasa. It takes a lot of space to roll out the pastry for potica, I still remember my mom stretching the potica over our entire dining room table. – Maura McCulloch

SERVINGS: 12-15

Angel food cake loaf pan,
greased and floured
Powdered sugar (for dusting)

FOR PASTRY, STEP 1:

4 T lukewarm milk
1 package yeast
1 tsp sugar
5 cups flour, sifted

FOR PASTRY, STEP 2:

1.5 cups lukewarm milk
1/4 cup melted unsalted butter
1/4 cup sugar
1/2 tsp vanilla
3 egg yolks
1.5 tsp salt

FOR THE FILLING:

1/2 pound honey
1 can sweetened
& condensed milk
1/4 pound unsalted butter
4 cups ground walnuts
3 egg yolks
3/4 cup granulated sugar
Dash of powdered cloves
1 tsp cinnamon
1 tsp lemon juice
2 tsp rum (optional)
2 tsp vanilla
Grated rind of 1/2 lemon
3 egg whites, beaten stiff but
not dry
1 cup raisins

1. Stir the first three ingredients (lukewarm milk, yeast, sugar) gently together and put in a warm place to rise.
2. Place 5 cups flour in a bowl and make a depression in the center. When yeast mixture has risen, pour into the depression. Take about a T of flour from the side of the bowl, stir it gently into the mixture, and let it rise again.
3. During this rising period, blend the ingredients for pastry, STEP 2 (milk, melted butter, sugar, vanilla, egg yolks, salt) together in a bowl. Add to the risen yeast and flour mixture.
4. Take a long handled wooden paddle spoon (I'm sure any long spoon or spatula will do!) and form the mixture into a smooth ball. The recipe actually says to "beat it", so you may need to use some force! When it begins to make bubbles and separate from the side of the bowl, it is ready to be covered with clean cloth and allowed to rise for 1.5 hours in a warm place.
5. While it is rising, gather the filling ingredients. Combine the honey and milk in a double boiler and heat thoroughly. Take it off the heat and add butter. Place into a large bowl and add walnuts, egg yolks, sugar, powdered cloves, cinnamon, lemon juice, rum (if using), vanilla, and lemon peel. Blend well and fold in egg whites. If mixture is too thick, thin with cream or milk.
6. Here is the dramatic part! Place a large cloth on a table. Sprinkle lightly with flour. Roll dough 1/4 inch thick. Pull gently, working from center to outer edges until thin (but not so thin that it rips). Spread with the filling. Grasp the cloth alongside and give an up and over flip with cloth and let it roll up the dough into a roll. Roll up completely and place in the greased and floured angel food loaf pan. Cover with cloth and place in a warm place to rise for about an hour. While you are waiting, preheat the oven to 375.
7. Brush the potica on top with egg yolks and bake in 375 degree oven. After 15 minutes, reduce heat to 300 degrees, baking until pastry is brown and separated from the side of the pan (around 45 minutes). Allow the potica to cool, then sprinkle with powdered sugar. Serve in 1/4 inch slices.

Rogan Josh

Sidanth, 5th Grade



This is a very popular Lamb dish in India originating from the state of Kashmir. There are different etymologies for what these words mean – “Rogan” can mean clarified butter or red while “Josh” means stew or passionate. You can eat these with Rice or Indian bread (roti, naan etc).

– PV, Jan & Sidanth

SERVINGS: 8

Fresh ginger, 1” piece, peeled and finely chopped	10 peppercorns
8 cloves garlic	1 inch cinnamon stick (can use cinnamon powder)
300mL water	200g onions finely chopped
3-4 T spoons vegetable or canola oil	1 tsp coriander powder
2 lbs meat from lamb /goat (preferably shoulder), chopped into stew-size cubes	2 tsp cumin powder
10 cardamom pods	4 tsp red paprika
2 bay leaves	¼ tsp cayenne papper
6 cloves	1.5 tsp salt
	6 tbl spoons plain yoghurt
	½ tsp garam masala

Put ginger, garlic and some water in a blender and make into a paste. Heat oil in a heavy pan on medium heat – brown the meat cubes and set aside. Put cardamom, cloves, cinnamon and peppercorns in the same oil and stir. Add onions and fry for 5 minutes, add the ginger/garlic paste and add the spices (cumin, coriander, paprika, cayenne, salt) and stir. Add fried meat cubes and juices. Add 1 tablespoon yogurt and stir for about 30 seconds – add remaining yogurt and stir for 3-4 minutes. Add water 200mL first, cover and simmer on low heat for 2 hours. Take off lid and if meat is cooked, cook-off water to form a paste. Sprinkle with garam masala and serve.

Shepherd's Pie

Sabine, 4th Grade

Shepherd's Pie may have originally been known as Cottage Pie. It was created as a way to use any leftover roast meats and vegetables, combined with a gravy and topped with potatoes. The dish grew in popularity and apparently so did the name because even when other meats were substituted, particularly beef as is primarily used today, the dish continued to be called Shepherd's Pie. – Sabine J.

SERVINGS: 6

1 lb ground beef	1/2 tsp black pepper
1 cup finely chopped carrots	1/2 tsp salt
1 cup chopped onion	1.5 cups green peas (frozen ok)
1 (or more) minced garlic	1.5-2 lb Russet potatoes, peeled
2 T tomato paste	and cut into 1 inch cubes
1 cup beef stock	2 T freeze dried onion
2 tsp cornstarch	1/2 tsp paprika
2 tsp Worcestershire sauce	

Preheat oven to 500 degrees F. Bring a medium pot of water to a boil. Add potato cubes.

Place ground beef in a large skillet over high heat and brown for 5 minutes, stirring to crumble. Add carrot, onion, and garlic to pan and cook for a couple of minutes. Stir in tomato paste. Combine stock and cornstarch and stir with a whisk. Add to skillet. Add Worcestershire, pepper and salt. Stir in peas. Cook all until slightly thickened.

Place beef mixture in a 2 quart baking dish-either glass or ceramic or a 9 inch pie plate.

Once potatoes are cooked. Use your preferred method to make mashed potatoes. Top beef mixture with mashed potatoes. Sprinkle free-dried onions and paprika over potatoes. Bake at 500 degrees for 5 minutes.

