



RECIPE  
BOOK

MULTICULTURAL  
CELEBRATION 2023



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# ITALIAN CROSTATA

ARAMIS AND ZEPHYR VARNEY

PREP 30 MIN | COOK 30 MIN

## INGREDIENTS

*For the Pasta Frolla*

250 g (8,8 oz = about 2 cups) of “00” flour + more for the working surface

100 g (3,5 oz = 1/2 cup) of granulated sugar (sub maple syrup or other sweetener if preferred)

120 g ( about 1 stick) of unsalted cold butter

1 whole medium egg at room temperature

1 medium egg yolk at room temperature

1/6 teaspoon of fine salt

1/2 teaspoon of baking powder

grated zest of half a lemon

*For the filling*

300 g of apricot jam (about 1 cup) or the jam you prefer

## METHOD

Step 1) – The first thing to do is to make the pasta frolla that you can fill with jam and decorate. So, place the flour on a pastry board then make a hole in the center. Add the sugar, baking powder, salt, lemon zest and eggs at room temperature.

Step 2) – Finally, add the cold butter cut into small pieces. Combine it quickly with your hands.

Step 3) – Mix the ingredients quickly, for the shortest possible time, so as not to overheat the dough, until the mixture is compact and elastic. Finally, form a loaf and wrap it in plastic wrap.

Let it cool for AT LEAST 1 HOUR in the fridge. You can make pasta frolla even the day before.

Step 4) – REMEMBER: you have to work the pasta frolla when cold. So, take it from the fridge and cut about 1/3 of the pastry, wrap it in plastic wrap and put it back in the fridge. This piece of pasta frolla is used to make the edge of the tart and the decorative strips.

Then roll out the remaining 2/3 of sweet shortcrust pastry with a rolling pin until it reaches a thickness of about 1/2 cm (1/4 inch). Use a COLD work surface, such as marble.

Step 5) – Place the pasta frolla in a tart mold or baking sheet.



Now take the pastry that is cooling in the refrigerator, take off a piece and, with the help of your hands, make a long roll of pastry as thick as a finger. Now, arrange the roll of pastry around the edge of the tart.

Step 6) – With the help of the tines of a fork or with the end of its handle, press on the roll of pastry along the edge, as if to make a decoration. Then, pour the jam and, with the help of a spoon, spread it over the whole surface of the tart.

Step 7) – With the remaining pasta frolla – the one in the fridge – make other rolls of pastry, flatten them with your hands and arrange them to form the classic decoration of crostata, a criss-cross pattern to form rhombuses or squares.

Bake in a preheated oven at 180° C (350 F) for about 30 minutes. When the edge of the tart is golden brown, remove the crostata from the oven and let it cool before serving.

*There's often a crostata or two ready to enjoy for breakfast, snack or as a dessert at Nonna's house. She has made it so many times and knows the recipe by heart. The jam filling may be different each time, but when we see that familiar lattice design, we know we'll soon be having something yummy! This rustic treat dates back to the year 1000, and even has its own holiday on September 9.*

- Monica Varney

*Recipe adapted from:*  
<https://www.recipesfromitaly.com>

*Photo from:*  
<https://anitalianinmykitchen.com>



*This is a special Persian recipe my grandmother used to make in Iran on Fridays when the entire family used to gather for a feast. Then my mother in London who would help us feel at home and loved with her food. It's the ultimate homely and nurturing rice dish with green beans, beef (or it can be made vegetarian without having beef, we often make it for guests), saffron and cinnamon. Shaya asked to include this recipe for Multicultural Day. - Maryam Larian*

Photo from:

<https://www.unicornsinthekitchen.com>



# LUBIA POLOW

SHAYA AND DAARA LARIAN

PREP 30 MIN | COOK 1HR 50 MIN

## INGREDIENTS

2 cups of basmati rice washed

1 pound beef cut into 1 inch cubes

1 1/2 packs frozen cut green beans (Whole Foods) or 1lb fresh green beans cut 2inch wide

3 tbsp of tomato purée

1 tbsp ground cinnamon

1 tsp ground turmeric

1 cinnamon stick

1 tsp ground saffron brewed in 2 tbsp of hot water

2 tsp kosher salt + generous pinch

1/4 cup oil + 2 tbsp (canola is fine)

1 medium white onion, diced

## METHOD

1. Fry onion in oil until translucent
2. Add meat, turmeric, cinnamon stick and salt. Fry until meat is browned.
3. Add 3 tbsp of tomatoe purée
4. Add green beans
5. Mix everything together, add a cup of water, bring to the boil and lower to simmer for 30 mins
6. Add ground cinnamon, generous pinch of sea salt, and brewed saffron water. Mix and let simmer for another 30 mins. Taste for seasoning add more salt if you like.
7. Cook your basmati rice until aldente.
8. Add 2 tbsp of oil to the bottom of a deep frying pan with a mid-high heat. Add a layer of rice, then a layer of the meat mixture, then a layer of rice. Continue until rice and meat mixture have finished.
9. Cook under a low heat for 50 mins.
10. Serve with yogurt, fresh herbs and pickle of your choice. Shaya enjoys it with plain yogurt.

*Nush-eh-Jaan (which means nourish your soul in Farsi)*

# TABBOULEH

CASSIS AND OCEAMI MONASAKANIAN

PREP 30 MIN | COOK 15 MIN

## INGREDIENTS

1 1/2 cups cooked quinoa  
1 bunch parsley, finely chopped  
2 medium tomatoes, finely chopped  
3 persian cucumbers, finely chopped  
2 green onions, finely chopped  
1 medium lemon, juice  
2 tbsp Olive oil or Avocado oil  
salt to taste

## METHOD

The key to making great Tabbouleh is making sure your ingredients are finely chopped, to about 1/4" cubes.

Cook your quinoa and allow it to come to room temperature. In the meantime, chop your vegetables. We like to keep the rind on our persian cucumbers. Cut the ends, and slice the cucumber into 4 lengthwise. Rotate, and julienne so you have long slivers. Proceed to chop into cubes. For the tomatoes, you can use vine ripe or heirloom - the juicier the tomato, the more flavor your Tabbouleh will have.

Once your quinoa has cooled, combine all the ingredients and mix. Salt to taste and enjoy!



Homage to our Armenian heritage, Tabbouleh is a staple at our house, especially during hot summer days. It is refreshing, light, and healthy. You can make a meal of it on its own, or add it as a side dish to kebabs (Trader Joes now carries frozen beef kebabs that are yummy) and hummus. For this version, we substituted the traditional bulgur for quinoa to make it gluten free. - Nathaly Der Boghosian





*Traditionally Lebanese, Mujadara is a favorite dish in the cold winter months.*

*We love lentils at our house, and this is our version of lazy lentils. It makes for a quick meal, or a great side dish. We love having it with poached salmon. Cassis loves eating it for breakfast the next day.*

*- Nathaly Der Boghosian*





# MUJADARA

CASSIS AND OCEAMI MONASAKANIAN

PREP 10 MIN | COOK 25 MIN

## INGREDIENTS

4 cups pre-soaked green lentils  
4 cups water  
1 medium onion, sliced  
2 tbsp dried mint  
1 tsp cumin  
1 tbsp dried fenugreek  
1 tbsp bouillon  
3 tbsp Avocado oil  
salt to taste  
optional, dollop of plain yogurt

## METHOD

Saute the onions in oil until caramelized. Remove some onion for garnish.

Add the lentils to the remaining onions, as well as the 4 cups of water and spices. Allow to come to a boil, then reduce heat and simmer. Continue to cook until water is consumed.

Serve in a bowl, add yogurt and caramelized onion, and sprinkle with either paprika or sumac.

Can be served warm or at room temperature.

# ALFAJORES

CASSIS AND OCEAMI MONASAKANIAN

## INGREDIENTS

105 g Gluten Free All-Purpose Flour  
 1 ¼ tsp Xanthan Gum (Omit if your flour blend already contains it)  
 120 g Cornstarch  
 ½ tsp Baking Soda  
 1 tsp Baking Powder  
 ¼ tsp Sea Salt  
 112 g Unsalted Butter (Softened)  
 66 g Caster Sugar (Or granulated sugar)  
 2 Large Egg Yolks  
 1 Tbsp Water  
 ½ tsp Vanilla Extract  
 ¾ – 1 Cup Creamiest Caramel Filling  
 Powdered Sugar (For dusting)

## METHOD

Combine flour, cornstarch, baking soda, baking powder and salt in a medium bowl.

In a separate bowl, cream butter and sugar together until light and fluffy, scraping the sides of the bowl as you go.

Add egg yolks to butter and sugar and mix until combined.

Slowly add your flour mixture to the butter mixture and mix until just combined.

Form dough into a disk and wrap in plastic wrap. Place the dough in the refrigerator for 1 hour until completely chilled.

Preheat oven to 180°C (160°C with a fan) and prepare your baking sheet with baking or parchment paper.

Roll half the dough at a time (to avoid heating up and overworking) on a lightly floured surface or a silicone mat. Roll the dough about 5mm (about ¼ inch) thick and cut out 4,5 cm rounds (or bigger if you prefer) and place the rounds on your prepared baking pan. Repeat with the other half of the dough.

Bake the cookies for 11-12 minutes until just golden brown at the bottom. The cookies will be pale, this is normal.

Let the cookies cool in the pan.

Once cooled, place approximately 1 teaspoon of filling on one half (or more if your cookies are bigger) and then sandwich together.

Dust your completed cookies with powdered sugar and enjoy!

Note: If the dough is too soft after rolling, place back into the refrigerator until firm again.



*Cassis & Oceami's mom is Armenian from Uruguay. Alfajores are a typical Uruguayan dessert made of two cookies filled with dulce de leche. You can find dulce de leche at any Argentinian store. If you are in Culver City, you can find it sold in jars at Grand Casino. - Nathaly Der Boghosian*

Recipe and Photo from: <https://glutenfreesideoflife.com>



*Arroz con Leche (rice with milk) is a rice pudding that I grew up eating and love making around Christmas time when the weather is cooler. It's warm, sweet, creamy and comforting.*

*This is a spin on my grandmother's recipe. She would make her own condensed milk with whole fresh milk and unrefined whole cane sugar and add whole milk, rice, cinnamon and vanilla.*

*Arroz con leche originated in the Muslim world, where my grandfather was from. It's often made with orange blossom water and rose water and topped with cinnamon and pistachios.*

*This is a non dairy version that I came up with because of family allergies that also hints at both versions mentioned. - Nebi Nazar*

*Photo from: <https://www.quieropostre.com>*





# ARROZ CON LECHE

ELIO AND SOL NAZAR-PILGARD

PREP 5 MIN | COOK 35 MIN

## INGREDIENTS

1 cup long grain white rice  
2 cinnamon sticks  
2 strips of orange zest  
3 cloves  
4 cups of water  
3 cups oat milk (or milk of your choice)  
1 can sweetened coconut condensed milk (or condensed milk of your choice)  
Pinch of salt  
1 Tablespoon vanilla

## METHOD

Soak the rice, cinnamon sticks, orange zest and cloves in the water in a saucepan for 1 hour.

After soaking, bring the rice mixture to a boil at high heat, uncovered. When it starts to boil lower the heat to medium and cook until water is almost evaporated (about 10min).

Add the condensed milk, oat milk, salt and vanilla extract to the rice and cook over medium-low heat, stirring gently, until it thickens slightly, about 20-25min.

Remove citrus zest and cinnamon sticks (optional)

# SPINACH WITH YOGURT

MAVI ACIKSOZ-KORKMAN

PREP 5 MIN | COOK 30 MIN

## INGREDIENTS

5 tsp olive oil  
1/2 onion  
1 lb fresh spinach (may substitute with  
1 pack of frozen spinach)  
1/3 cup bulgur (may substitute with  
white rice)  
salt to taste  
plain yogurt

## METHOD

Dice and saute in 5 spoonfuls of olive oil half of a small onion  
Add one pound of fresh or one pack of frozen spinach  
Add one third of a cup of bulgur or white rice  
Add salt  
Cover with water, bring to a boil, turn down the heat, and let it  
simmer for about half an hour  
You can eat it warm, room temperature, or cold  
Mix with a generous amount of plain yogurt in your bowl  
enjoy!





*A recipe Mavi Aciksoz-Korkman likes, and I used to love as a kid, and still do:) It's common in Turkey, the country where Mavi's dad and mom were born and raised and where Mavi visits over summers. Mavi used to eat this out of a pouch as a toddler and now sometimes likes to add a few drops of food coloring in his bowl to make it into a fun color. It's a forgiving recipe, measurements are approximations.*

*Yogurt is a Turkish word, it's a very common addition to many dishes in Turkey and is part of almost every dinner table as a side dish. Indeed if I could eat one thing for the rest of my life, it would be yogurt.*

*- Zeynep Korkman*

# PÃO DE QUEIJO (BRAZILIAN CHEESE BREAD)

JET AND LUA NEROULIAS-SCHARF

PREP 40 MIN | COOK 30 MIN

## INGREDIENTS

- 1 cup whole milk
- 1/2 cup vegetable oil
- 1 teaspoon salt
- 2 cups (10 ounces) tapioca flour or sour cassava flour
- 2 eggs
- 1 - 1 1/2 cups Parmesan cheese

## METHOD

Preheat the oven to 450°F. Line a baking pan with parchment and set aside.

1. Boil the Milk and Oil: Combine the milk, oil, and salt in the saucepan, and whisking occasionally, bring it to a gentle boil over medium heat. Remove from heat as soon as you see big bubbles coming through the milk.

2. Add the Tapioca Flour: Add all of the tapioca flour to the saucepan and stir until you see no more dry tapioca flour. The dough will be grainy and gelatinous at this point.

3. Cool the Dough: Transfer the dough to the bowl of a standing mixer fitted with a paddle attachment. (Alternatively, you can do the next few steps by hand. Be prepared for a work-out.) Beat the dough for a few minutes at medium speed until it smooths out and has cooled enough that you can hold your finger against the dough for several seconds.

4. Beat in the Eggs: Whisk the eggs together in a small bowl. With the mixer on medium, beat the eggs into the dough in two additions. Wait until the first addition has been fully incorporated into the dough before adding the second. Scrape down the sides of the bowl as needed.





5. Beat in the Cheese: With the mixer on medium, beat in the cheese until fully incorporated. The resulting dough will be very sticky, stretchy, and soft with a consistency between cake batter and cookie dough.
6. Portion the Puffs: Using an ice cream scoop, a tablespoon measure, or a dinner spoon, scoop rounded portions of the dough into mounds on the parchment-lined baking sheet. Space the mounds an inch or two apart. Dip your scoop in water to prevent sticking.
7. Bake the Puffs: Transfer the sheet with the puffs to the oven and immediately turn down the heat to 350°F. Bake for 25-30 minutes, until the puffs have puffed, the outsides are dry, and they are just starting to color. Cool briefly and eat. Leftover puffs can be kept in an airtight container for up to a week and re-crisped in a warm oven or toaster oven.



*The Kristensen Danish traditional recipe...my dad labored over this every Christmas :)*

*- Ken Kristensen*



# RULLEPOLSE

WALKER KRISTENSEN

PREP 20 MIN | COOK 3 HRS

## INGREDIENTS

1 1/2 lbs top round steaks, lean and boneless

1 teaspoon salt

1 teaspoon ground allspice

1/2 teaspoon white pepper

1/4 cup onion, minced

1 lb pork tenderloin

8 cups water

1 (13 3/4 ounce) can beef broth

1 tablespoon pickling spices

## METHOD

Place steak between 2 sheets of plastic wrap, and flatten to 1/4 inch thickness, using a meat mallet or rolling pin.

Sprinkle steak evenly with salt, allspice, pepper and onion.

Place pork on narrow end of steak, and roll steak around it.

Secure at 2 inch intervals with heavy string.

Place seam side down, in a large Dutch oven. Add water, broth, and pickling spice; cover and bake at 350 degrees for 3 hours or until tender.

Remove from cooking liquids; let cool, and wrap in heavy duty plastic wrap.

Discard cooking liquid.

Place wrapped meat in an 8 1/2x4 1/2x3 inch loaf dish. Place a weight on top of meat (a foil wrapped brick works well).

Chill 8 hours. Remove string; cut into 1/4 inch thick slices.

Arrange on lettuce lined plate, if desired.

# EMPANADAS ARGENTINAS

BALTAZAR GATTI DOMINIKOW

PREP 20 MIN

## INGREDIENTS

1/2 onion  
1/4 red pepper  
Garlic  
1 egg  
12 oz ground beef less  
Olive oil  
Olives  
Paprika  
Cumin  
1 pack of Empanada dough

## METHOD

Place an egg on a pot and make it hard boiled while you sauté garlic, onion and pepper together. When that is done, add the ground beef less. Season with salt, paprika, and cumin.

Chop some olives and the hard boiled egg. Add it to the filling.

When the filling is cold, it's time to assemble.

Place about 2 tablespoons of it in the center of each empanada dough.

Moisten the edge of the pastry with a little water and fold the dough over the filling, pressing the edge firmly, then twisting or crimping to seal.

Preheat oven at 375 and bake them until the dough is golden.

Cheers and Buen provecho!





*Las empanadas are very traditional in Argentina. Each region has their own version, and as our family is vegetarian, we made our own. Usually you prepare a lot of different fillings and storage. So keeping some in the freezer always takes you out of the hurry.*

*Some traditional fillings are beef, ham and cheese, chicken, humita (corn), spinach and caprese (tomato, basil and mozzarella).*

*As a weekend meal, for birthday parties, lunch or dinner or even before a pizza, it's always a great ocasión for empanadas.*

*Here is our Beef-less empanadas! Enjoy it, and make this recipe yours. Remember that you can put inside the Empanada dough whatever you want, and eat it wherever you choose. - Soledad Dominikow*



*A Japanese comfort food our family grew up with, served over hot rice. It's easy to substitute and add things like furikake seasoning, green onion, or a fried egg. All of the ingredients can be found at local Japanese markets and many regular grocery stores. - Kirsten Ushijima*





# SOBORO DONBURI

ANNA BELMONT

COOK 25 MIN

## INGREDIENTS

1 lb ground protein (IE: beef or plant based)

1/2 white onion minced

2 TB soy sauce

2 1/2 TB mirin

2 TB rice vinegar

1/2 tsp sesame oil

## METHOD

Sauté onion in a small amount of oil

Add ground protein, brown

Add all other liquids, simmer for 5-10 minutes. Serve hot over rice and enjoy!

# BIBINGKA (FILIPINO RICE CAKE)

MAËL LE CORNET

PREP 30 MIN | COOK 25 MIN

## INGREDIENTS

1 banana leaf, cut into strips and shaped into the pan used

4 tbsp butter, melted

1/2 cup white rice flour

1/4 cup Mochiko sweet rice flour

1 1/2 tsp baking powder

1/8 tsp salt

1/4 cup sugar

3/4 cup full-fat coconut milk

1 large egg

1/2 cup macapuno

## METHOD

Clean banana leaves. Rinse strips of the banana leaf under cold running water and pat dry with paper towels or clean cloth that you use for cooking or baking. Make sure it is clean before heating it.

Prepare banana leaf. If you have gas burner stove, hold banana leaf with tongs about 2 inches above medium high flame, turning every 3-5 seconds, until leaf is soft and pliable –about 15 seconds. Transfer to a plate and repeat with remaining piece(s) of banana leaf until you have enough to cover your pan. If you do not have a gas stove, heat banana leaf on a flat sheet in the oven. Preheat oven to 375° degrees. Heat one strip or piece at a time, spreading about 1 tsp of melted butter on each side before heating the banana leaf in the oven. Once oven is heated, heat each side of the banana leaf about 2-3 minutes until leaf is soft and pliable. When all leaves (or strips of leaves) are ready, arrange banana leaves in an overlapping configuration to cover both the bottom and sides of the pan, pressing down to ensure it is flush with the pan. Brush evenly with 1 tablespoon of melted butter and set aside.

In a medium bowl, whisk together white rice flour, sweet rice flour, baking powder, and salt until well combined. This dry mixture should look even and well-distributed, so whisk as long as needed. This ensures less lumps in the batter.





In a large bowl, whisk together 3 tablespoons of melted butter, sugar, coconut milk, and egg until sugar is dissolved and mixture is thoroughly combined. Add flour mixture to coconut milk mixture and whisk together until completely smooth and no dry flour remains. Using a flexible spatula, fold batter once or twice from the bottom up, then scrape into the prepared pan.

Place pan in the oven and bake until batter is beginning to set at the edges, about 10 minutes. Use this time to drain the macapuno of excess syrup using a strainer. Remove the pan from the oven and evenly distribute macapuno in a single layer over top. Return the pan to the oven and continue to bake until cake is puffed and edges are lightly browned. Insert a toothpick in the center to check it is done. Toothpick should come out with a few moist crumbs attached, but not liquid batter.

Remove pan from the oven. (I do not do the following, but the original recipe calls for it: Brush the top of the cake with 1 tbs melted butter and lightly sprinkle sugar evenly over top. Set the oven to broil and broil until cake is golden brown and macapuno is slightly caramelized, about 2 minutes.) Transfer pan to a wire rack and cool for 10 minutes. Run a butter knife along edges to loosen, then invert onto a wire rack and remove banana leaves.

*This recipe is light snack we like to have in the spring or summer. We often have it together in the afternoon or late morning. Maël loves to bake it with me so a lot of our special memories are just the preparation of the bibingka and then enjoying it together.*

- Karen Le Cornet

# SAUERKRAUT

AYLA STERN

PREP 30 MIN | FERMENTATION 1-4 WEEKS

## INGREDIENTS

Cabbage

Carrots

Beets

Garlic

Optional seeds or spices such as  
Caraway seeds, sesame seeds, black  
pepper, etc.

## METHOD

Weigh your vegetables on a kitchen scale and write down the weight so you can calculate how much salt to use later.

Chop cabbage, carrots, beets and garlic and mix in a large bowl. In a traditional Eastern European style kraut veggies are chopped small and thin, but any size will work. Choose a size you like!

Add 2 - 3% salt by weight. For example, if your veggies weigh 100 grams total you will use 2 or 3 grams salt. If the weather is hot, add more salt, if it is cold, add less salt.

Squish the salt onto the veggies. Smash, punch, squeeze and hit the salted veggies. You can use your hands or a tool like a potato masher. This can be a fun moosh plan. The salt will pull out water from the vegetables, and bruising them with your hands or with tools will help this go faster.

Put the salted veggies in a crock or jar. Push them down as much as you can so they are submerged under the liquid, and then put a weight on top of them to keep them from floating up. You can use a plate or a (sanitized) rock as a weight. If you have nothing else, a plastic bag filled with salt water will work. Make sure the vegetables are fully covered with brine - the salt water that came out of the vegetables after salting and punching. If there is not enough brine to fully cover the veggies, make some additional 2% brine by mixing 2 - 3% salt per volume of water. This comes out to about 1.5 - 2 tbsp salt per quart or liter. Any vegetables





that are not submerged and are touching the air have the potential to grow mold.

Place the crock or jar on a plate and cover so that flies can't get in. During the first few days more water will be pulled out from the cabbage and your container may overflow (the plate underneath will prevent a big mess). If your jar has a top on it make sure to open the top everyday to "burp" it for the first week.

Let your sauerkraut ferment for one week or up to a month or so depending on taste and weather. Taste your sauerkraut often to see if you like it and to notice how it changes over time. The longer it sits the less salty and more sour it will taste. You may notice other flavors emerge as well. You will also notice changes in the texture. The amount of time you should let it ferment is primarily a matter of taste. When you feel it's ready you can put it into smaller jars and store it in the fridge to dramatically slow down the fermentation.

Enjoy!

*I love eating Sauerkraut. I like that it's a little salty, savory, and sour. I think it adds a lot of flavor to most things. I especially like eating it with eggs in the morning. I also like that it is alive and full of healthy bacteria. When I make sauerkraut I like to watch the flavor, smell, and texture change over time. My favorite kind of sauerkraut is this purple kraut. Sauerkraut is part of my eastern-european Jewish heritage but I never really ate it growing up, and on the rare occasion that I did it was store-bought. I started to really enjoy it and make it myself several years ago when I began to experiment with fermenting foods. - Ayla Stern*



*I grew up deep sea fishing with my grandfather in Fort Bragg CA. We ate a lot of salmon and halibut. Sequoia has loved salmon since she was about 10 months old, it was one of her first solid foods! Our recipe is very simple, and usually with a good piece of fish, it should be! - Michell Newman*

Photo from: <https://www.blueapron.com>



# BAKED SALMON

SEQUOIA GRAY

PREP 5 MIN | COOK 15 MIN

## INGREDIENTS

1 piece of salmon per person or 1/2  
lb of fish

## METHOD

Heat oven to 400

Sprinkle non skin side with garlic salt and we use a seafood seasoning from rainbow acres

Pour olive oil in pan and bring to medium heat, get it nice and hot

Place salmon seasoning side down first, stand back/wear an apron!

Let it get nice and browned, about 2 min

Flip over with tongs onto skin side

After a couple of minutes I flip it back over and peel the skin off, it should come off very easily and discard or some people love to eat the crispy skin.

Then I flip it back on the side you just took the skin off and cook about a minute more

Then transfer fish to baking sheet and cook in oven for 10 min. I add some thin lemon slices and capers to mine (Sequoia doesn't like those)

You should have perfectly crisp outside and tender inside. We put ours on a bowl of brown rice and add avocado or fresh herbs and veggies.

# JAPCHAE (SWEET POTATO NOODLE)

ELLE AND RAY TOWERY

PREP 30 MIN | COOK 30 MIN

## INGREDIENTS

Sweet Potato Noodle (Easily found at any Korean grocery stores. Look for the ingredients list with Sweet Potato Starch and Water only to avoid additives.)

Minced Garlic

Tamari Sauce (gluten free)

Sesame Oil

Cooking Oil

Maple Syrup (Honey can substitute although Maple Syrup mixes better in the noodle)

Sesame Seeds

## SUGGESTED VEGETABLES:

Carrot

Onion

Mushroom

Spinach

## METHOD

Vegetables:

Use any amount you wish. I tend to use a decent amount of vegetables as it is a good opportunity to feed the kids some veggies.

Vegetables can be cut in lengthwise to go with the noodles.

Small vegetables like mushrooms can be sliced thin.

Stir fry vegetables separately or together.

Season with spices you like. (i.e: salt and pepper. I use garlic powder and onion powder as well.)

Put them aside.



#### Sweet Potato Noodle:

Soak 300g of noodle (4 servings) in the cold water over night or in the hot water for half an hour or until it is tamed. Drain the water.

Stir fry minced garlic in an amount you wish in a large pan or pot. I like garlic and use 2 to 3 spoonfuls. (My spoon is a soup spoon.)

Add the tamed noodle and stir briefly.

Add 2 cups of water and 2 spoonful of Tamari sauce. I usually mix the water and Tamari before adding into the pan. You can add less water or more water with more Tamari or less Tamari. Japchae can have some watery sauce at the serving or not.

Cook till the noodle is tender to bite and looking lively. Overcooked noodle looks fat and weak. Add a spoonful of Sesame oil or more as you wish.

Add 2 to 3 spoonful of maple syrup or more. Sweet potato noodle is bitter without sweeteners. Add the optional vegetable in the mix with the noodle or use them as toppings.

Sprinkle Sesame Seeds if you are not allergic.

Serve hot.

*Japchae is a popular party dish from Korea. It can serve large amount of people easily. The sweet potato noodle, aka glass noodle, is made of sweet potato starch and water. This is a modified recipe to suit the vegan, gluten-free, sugar-free and nut-free PMP community seeking for a clean-ingredients dish. - Jade Towery*



# TAMALES DE FRIJOL NEGRO

ANAM AND GANUC SORIANO APARICIO

PREP 60 MIN | COOK 90 MIN

## INGREDIENTS

Corn Husks

Black Beans (previously cooked)

Sweet White Corn (frozen)

4 cups Masienda White Corn Masa  
Harina

2 1/2 tsp salt

1 1/2 tsp baking powder

3/4 cups oil

3 1/4 cups broth (chicken, beef or  
vegetable - no added salt)

## METHOD

Soak the corn husks in warm water to soften them up.

Follow cooking instructions for the sweet white corn, drain all liquid and combine with black beans. Try to keep mixture as dry as possible as this will simplify the assembly process. Set aside.

Mix the corn masa - in a large bowl, add the masa harina, salt and baking powder; combine with a large spoon. Add the oil to the mixture and work into the masa by hand.

Add the broth (slightly warm but not hot) and work into the masa by hand until masa is fully saturated. The masa should now feel soft and slightly sticky.

Grab and place a corn husk on your hand and lightly pat dry. With a large spoon, take some masa and spread it over the corn husk on the bottom 2/3 of the husk, leaving the top 1/3 of the husk empty. This will take practice and does not need to be perfect; try to spread the masa as thinly as possible.

With the husk still on your hand, add a spoonful of the black bean and sweet white corn mixture and place in the center of the husk.

Fold the left side over the center then the right side over the center. Fold the top 1/3 of the husk down then press the open end together to seal the end. Set aside flat and continue with the next husk until the masa or bean/corn mixture is depleted.



Tamales are cooked with steam, so a tall and large steamer pot works best; for this recipe I used an instantpot which works well but fits less tamales!

Insert the trivet rack that came with the instant pot and add water making sure water does not go above the trivet rack. Add a few corn husks you previously soaked on top of the trivet to create a more even surface and cover the large gaps in the trivet.

Load the assembled tamales into the instant pot vertically with the open end pointing up until you fill the pot - try to fit as many as you can so every tamal is vertical.

Cover the pot with the lid and seal the steam valve; pressure cook for 90 minutes. Once the cooking time ends, let the pressure release naturally which can range from 15-25 mins.

Remove the lid and using tongs, carefully place tamales in a large baking sheet to let them cool down. Note that tamales tend to be very soft immediately after cooking. Once slightly cooled, enjoy with your favorite salsa.

The best part is the next day; preheat the oven to 350 degrees and heat up the tamales for 10-15 min placing them on a baking sheet. Enjoy with a cup of coffee.

¡Provecho!

*Tamales have always been a staple for me growing up. The earliest memories of my childhood are of my entire family coming together to create a tamale feast. Masa was mixed in a huge steel container, usually outdoors, while everyone pulled up a chair to create a circular ensemble filled with laughter, story telling of previous tamale making gatherings and the latest gossip. These are memories of my family coming together and making a labor intensive meal seem like a walk in the park.*

*Anam and Ganuc have had the pleasure of enjoying the delicious tamales my mom makes. It is now our turn to create these memories together and I hope you can do the same with your families.*

- Efrén Soriano Bonilla

# VANNILLEKIPFERL (CRESCENT COOKIES)

EARLY BLACK

PREP 10 MIN | COOK 10 MIN

## INGREDIENTS

1½ cups almond flour (blanched)  
½ cup ground almonds  
½ cup cold butter (vegan butter or margarine) as a vegan alternative  
0.6 cup sugar-free powdered sweetener  
pinch of salt  
1-2 vanilla pods  
1 teaspoon almond essence

## VANILLA SUGAR TOPPING

6 tablespoon powdered sugar-free sweetener  
2 tablespoon vanilla paste

## OPTIONAL INGREDIEANTS

½ teaspoon baking powder

## METHOD

Line a baking tray with parchment paper. Cut the vanilla pod lengthwise and scrape out the dark vanilla paste. Do not throw away the pod, you can use it to make vanilla essence or vanilla tea.

Sieve the almond flour into a bowl then combine it with the sweetener, salt, vanilla, almond essence, baking powder (optional), and butter. Stir in ground almonds and mix, making sure to scrape off any dough sticking on the bowl. Next, divide the dough into 5 pieces each about 4-5cm. Wrap each in saran wrap or cling film and allow to cool in the fridge.

Cut out small pieces, each about ½ a cm thick and roll them out into small crescents. Lay the crescents on the parchment paper-lined baking tray, making sure to leave some space between the cookies. Bake at 175 degrees C (approx. 325 degrees F or gas mark 3) for 10-12 minutes.

The tips of the baked keto vanilla almond crescent cookies should turn only slightly brown. The cookies will be slightly soft when you get them out of the oven, but do not let this worry you. They will harden-up once cooled.





#### PREPARE THE VANILLA SUGAR COATING

To make vanilla sugar, combine vanilla paste and powdered sugar in a small bowl or cup. Transfer to a sieve or powdered sugar container then sprinkle it on top of the vanilla almond crescent cookies while they are still warm but not too hot.

Allow the keto almond cookies with vanilla to cool completely then serve!

#### NOTES

Temperature: the dough needs to be completely cold. To achieve this, make sure to use all-cold ingredients. Also, try not to over-process when mixing the ingredients together to prevent the butter from getting too warm. Make sure your hands are not too warm if mixing the dough by hand as opposed to a kitchen machine.

Do not over-bake: Almond flour tends to burb quicker than regular baking flour so you may want to cover the cookies with foil or baking paper, to prevent them from turning brown too quickly. Additionally, the cookies should be slightly soft when you get them out from the oven.

Serving: once baked, make sure to only remove the vanilla almond crescent cookies from the baking tray when completely cooled (allow to cool for 30 minutes to an hour before serving).

*It's a cookie that my Austrian Oma used to make for family celebrations. It was always served alongside a bunch of other cakes and cookies, but these were definitely a favorite of mine.*

- Angel Kahane

*Recipe adapted from:  
<https://weeatatlast.com>*

Every Sunday, my family would go over to my grandparent's house and we would join them for dinner. The family story is that my grandfather loved his mom's cooking so much that it is all he would eat, so when my grandparents got married my grandmother had to learn all of her recipes.

This comes from a cookbook that my great aunt Lakie wrote titled "My Mother Was a Gourmet Cook."

My grandmother would use spinach, but you can substitute any dark leafy green. I like kale or collards, personally.

- Jeremy Rosen-Prinz



# SPINACH LATKES

JEREMY ROSEN-PRINZ

## INGREDIENTS

1 lb Dark Leafy Green, chopped, with hard stems removed or chopped very finely.

1 Egg

1 Tbs Flour or 2 Tbs Bread Crumbs

Salt, to taste.

Neutral Oil.

Sour Cream for garnish

## METHOD

In a frying pan, sauté the greens in oil with salt until they are limp. Take them out of the pan and set aside in a bowl. Clean out the frying pan. Let the greens cool for a minute while you whisk the egg in a separate bowl. Add the whisked egg to the slightly cooled greens and mix. Add flour & bread crumbs. You only want to add enough for the mixture to barely stick together into a ball, so test it as you go. When the mix has reached the right consistency, heat a generous amount of oil in the clean frying pan (I usually do about 1/2" of oil or so).

Scoop out about a quarter of a cup of mixture and plop into hot oil. Flatten the mixture into a patty shape if it doesn't spread out on its own. You want the patty to be about 3/4" tall. Fry until one side is golden brown, flip and repeat.

Serve with sour cream.



