ASPCC *loves you* COOKBOOK

a community cookbook
curated by pcc students

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Entrees

Homemade Vegan "Buttermilk" Waffles *by Katie Dover*

Ingredients *Sourced from Jess in the Kitchen*

1 1/2 cups any vegan milk *(I used oat milk)*
2 teaspoons apple cider vinegar or lemon juice *(I used lemon juice)*
2 cups all-purpose flour (240g)
1 tablespoon baking powder
1/2 teaspoon sea salt
1 tablespoon brown sugar or maple syrup
1/4 cup melted coconut oil or melted vegan butter *(I used vegan butter)*
1/2 teaspoon vanilla extract

Instructions

1. Mix the vegan milk, vanilla extract, and the lemon juice or apple cider vinegar together in a small bowl/measuring cup. Set aside for about 5 minutes - this will make the vegan "buttermilk".
2. In a large bowl sift the flour, baking powder, and salt. The sifting really helps to make the waffles fluffy.
3. Add the sugar, melted butter/oil, and buttermilk mixture into the dry ingredients and using a spatula, gently mix the batter until JUST combined. It's okay (and normal) to have some lumps. The batter should be thick and scoopable.
4. Turn on and preheat your waffle maker according to which done level that you want. I set mine to about medium because I like mine crisp and golden but also very fluffy.
5. Using a ½ cup (125mL) measuring cup, scoop out some batter and pour/spread into the middle of the greased waffle maker. You don't need to push it to the edges. Close

and let cook until the steam has COMPLETELY stopped from the waffle maker. Don't open it before the steam is finished!

6. Remove each waffle and place on a baking sheet in your oven or toaster oven on "warm" or 200F/95C to keep warm and crispy until finished with the entire batter. Continue with the rest of the batter.
7. Serve with your favorite toppings. I used blueberries, strawberries, and chocolate chips. Enjoy!

Why I Chose This Recipe

I love waffles, and I especially love buttermilk waffles! One of my favorite vegan cooking hacks is adding lemon juice to oat milk because once it's baked into the batter, it tastes *just* like dairy buttermilk! You can also use this trick for buttermilk pancakes as well. I've made this recipe a few times during quarantine - once for my birthday (holla!), and once for a just-because-I- felt-like-it Sunday. My partner and I love to cook together, and waffles are his favorite so we like to have fun with them. One time we made a base waffle batter, and then added a bunch of different fillings to each one! Some of the flavors we made were matcha, chocolate, chocolate chip, blueberry, and a savory one with vegan cheese and sausage. They were all incredibly delicious, and I encourage you to experiment with your own waffles to find what fillings and toppings you like best!

- Katie Dover

Cabbage and Beef Stir Fry *by Kristine Martin*

Ingredients *Sourced from All Recipes*

2 tablespoons vegetable oil
4 garlic cloves, chopped
½ lb ground beef
1 small head of cabbage, shredded
1 red bell pepper, cut into strips
2 tablespoons soy sauce
1 teaspoon cornstarch
½ cup cold water
1 teaspoon black pepper
1 pinch salt, to taste

Instructions

1. Heat a wok or large skillet over medium heat, add oil. saute garlic for about 5 seconds, then add ground beef.
2. Stir fry until beef is evenly brown for 5-7 minutes, drain excess fat.
3. Stir in the cabbage and pepper and cook until vegetables are tender and beef is fully cooked.
4. Stir in soy sauce.
5. Mix together cornstarch and water, and stir in.
6. Season with pepper, and add salt to taste, cook, stirring until sauce has thickened.

Why I Chose This Recipe

I chose this recipe because I love to cook with ground beef and I love cabbage. During the beginning of the pandemic, and we were stuck in the house my family and I decided to try new food recipes and this one was a winner! The ingredients are simple and the instructions are very easy to follow, even though we had never tried ground beef with cabbage it was delicious. The key to preparing the meal is to make sure that you shred and cut the vegetables thin because its a stir fry. There are nine simple ingredients and you can also substitute the bell pepper for a green one. Cooking is one of my passions it keeps me busy and during the beginning of pandemic time it helped bring my family even closer together.

- *Kristine Martin*

Did you know?

The term *chao* appears for the first time in the sense of "stir frying" in the Qimin Yaoshu, a sixth-century agricultural manual, including in a recipe for scrambled eggs. In sources from the Tang dynasty (618–907), chao refers not to a cooking technique, but to a method for roasting tea leaves. It reappears as a cooking method in a dozen recipes from the Song dynasty (960–1279). The Song period is when the Chinese started to use vegetable oil for frying instead of animal fats. Until then, vegetable oil had been used chiefly in lamps.

Source: en.wikipedia.org/wiki/Stir_frying

Chickpea and Roasted Brussels Sprout Tahini Bowl *by Arielle Skinner*

Ingredients *(Yields 3 servings)*

1 can of chickpeas or 15 oz of cooked chickpeas
12 oz brussels sprouts
12 oz potatoes (I use Little Potato Company)
18 oz kale
5 cloves garlic
¼ cup tahini
1 small container of cherry tomatoes
2 lemons
olive oil
garlic powder
cumin
paprika
salt and pepper

Instructions

1. **For the tahini sauce:** Mince 2 cloves of garlic. Cut your lemons in half, and let the garlic rest in the juice of 1.5 lemons. Then, add the tahini and whisk. Slowly add cold water until the mixture becomes smooth and creamy. Add salt and cumin to taste. Put the sauce in the refrigerator while you prepare the rest of the meal.
2. **Roasted chickpeas:** Preheat the oven to 400° F. Drain and rinse the chickpeas. Toss with about a tablespoon of olive oil. Add paprika, garlic powder, cumin, salt, and pepper to taste. Spread the chickpeas on a baking sheet lined with parchment paper (or sprayed with cooking spray) and roast for 20-30 minutes.

3. **Brussels sprouts and potatoes:** Halve the brussels sprouts and potatoes. Toss in with about a tablespoon of olive oil and sprinkle with salt and pepper. I like to air fry mine for about 15=20 minutes, shaking about halfway. If this is not an option for you, spread them on a baking sheet and pop them in the oven with the chickpeas for about 30 minutes, or until crispy and tender.
4. **Kale and tomatoes:** Chop your kale and massage with a splash of olive oil and the juice of half a lemon. Let the kale rest while you mince your remaining garlic and halve your tomatoes. Heat a large nonstick skillet over medium heat with about a tablespoon of oil. Once hot, add the garlic and saute until slightly brown. Then add the tomatoes and kale. Sautee until the kale is wilted a bit and the tomatoes are beginning to blister, stirring as needed.
5. **Enjoy:** Plate the veggies and chickpeas. Drizzle with the tahini sauce. Toppings are optional, but I like to top mine with kalamata olives and thinly sliced red onion. Sometimes I add vegan feta cheese. Add whatever toppings you like!

Why I Chose This Recipe

This meal is not only healthy, but it is also budget-friendly, vegan, gluten-free, filling, and delicious. It's a great option for when you want to cook for your friends or family. It also works well for meal prepping. I came up with this recipe when I couldn't decide what to eat and made a mish-mash of ingredients I had on hand. I've been enjoying it ever since! It's an affordable and easy way to create a meal that feels indulgent but is still healthy.

**For a whole foods plant-based option, omit the oil.*

– *Arielle Skinner*

Homemade Guadalajara Adobada Tacos *by Elizabeth Leos Gonzalez*

Ingredients

2 guajillo chiles
2 ancho chilies
2 garlic cloves
1 packed tablespoon achiote paste
¼ white vinegar
4 tablespoons of canola oil
1 cup of finely chopped white onion
1 cup of finely chopped cilantro
6 limes, cut into quarters
1 fresh pineapple cut into thin slices
Salt and pepper
Corn tortillas
Pork loin roast meat

Instructions

1. Preheat stove top with a large pan
2. Place 4 tbsp of canola oil in the pan
3. Season meat with a pinch of salt and pepper
4. Place meat in saute once oil is hot
5. Combine all Chilies, vinegar, a pinch of salt and pepper, garlic in the blender, and blend.
6. Once all ingredients are blended place sauce in the heated pan with meat and place on medium to high heat.
7. Cook meat for 25 minutes and flip meat for another 25 minutes
8. Place thin slices of pineapple on top of the meat so it gets that adobada taste
9. Once the meat is fully cooked take out and place it on a large pan and let cool down for 10 minutes

10. After cooled down, begin to chop large pieces of meat into tiny pieces.
11. Warm-up corn tortillas on a flat iron pan
12. Once tortillas are done warming up, place chopped meat on the tortilla and sprinkle chopped cilantro and onion on top with any spicy chile sauce you desire as well as lime.

Why I Chose This Recipe

I love tacos! Especially adobada tacos! I love every flavor of tacos there is in the world but one of my favorites is adobada because it makes me remember my home which is Guadalajara. The way I love to fix my tacos up is by adding cilantro, onion, lime, and every spicy sauce there is, for example, guacamole spicy sauce, green spicy sauce, and the best habanero sauce. To top it off with a Coca-cola to drink. This recipe is not so secret anymore, but I am happy to share it because I was taught by my beautiful Tapatia mother who is born and raised in Guadalajara. Living on my own now is hard and I miss my mothers cooking so the fact that I know this recipe and can cook it by myself gives it that home touch feeling.

Preparing this dish also reminds me of where my roots come from and how this recipe carries on through my ancestors. This recipe may seem a little overwhelming because it can get messy but the end results will come along and you can even add your own personal touches to it. I had lots of fun making this recipe and eating it as well! I hope you can experiment with this delicious dish and add your personal touches to it to make it taste even more delicious!

– *Elizabeth Leos Gonzalez*

Japanese "Sukiyaki" Beef Stir Fry *by Sayaka Ota*

Ingredients

Half a pound beef - thin sliced
3-4 green onions or 1 yellow onion (I used green onions)
1/6 head of napa cabbage
2 4ggs
1 pack of mushrooms
1 pack of tofu
2 tablespoons soy sauce
2 tablespoons mirin
1 tablespoon sugar
1 teaspoon sea salt
1 teaspoon vegetable oil (olive oil, grapeseed oil)

Instructions

1. Chop vegetables into bite size pieces. Cut beef thinly or buy thin sliced beef at the store. Beat 2 eggs in a bowl.
2. Sear the beef in a hot frying pan with vegetable oil.
3. Turn over beef, When the color changes to brown, add vegetables and tofu, and stir fry.
4. Add sugar, soy sauce, mirin, and sea salt and stir in.
5. When all the ingredients are cooked, pour 2 beaten eggs over and cover with the lid in mid heat.
6. It's ready when eggs are cooked. Serve with white rice or brown rice. Enjoy!

Why I Chose This Recipe

When you think about Japanese food, what kind of food comes to your mind? Sushi? Ramen? Teriyaki? Or some fish? We have many traditional meat dishes in Japan and I love this Sukiyaki. Usually we cook this in a shallow soup pot (by adding some water) and dip cooked meat and veggies in raw beaten eggs. But I know some people don't like to eat raw eggs, so I arranged it to stir fry topped with cooked eggs. I hope you can try and love this dish as much as I do!

– *Sayaka Ota*

Did you know?

There are various traditions about sukiyaki. Some concern the name. A theory about the origin of the name is from the word suki (鋤), which means spade, and yaki (焼き) which is the verb to grill. During the Edo period (1603–1868), farmers used suki to cook things like fish and tofu. However, sukiyaki became a traditional Japanese dish during the Meiji era (1868–1912). Another theory is that the name comes from the word sukimi (剥き身), which means "thinly sliced meat".

Source: en.wikipedia.org/wiki/Sukiyaki

Myanmar Grilled Fish *by Sufia Hafiz*

Ingredients

2 tablespoons coriander seeds
3–4 garlic cloves
2 teaspoons salt
1 tablespoon ginger, chopped
8 chillies (medium hot to taste)
3–4 saw leaves (thorny coriander)
2 kg whole barramundi or snapper
banana leaves or aluminum foil, for wrapping
1 lemon or lime, juiced, plus extra to serve (optional)
1 cube dry stock
150 g chopped mixed herbs (spearmint, false mint, basil leaves and coriander)
1 tsp olive oil

Instructions

1. Using mortar and pestle, crush coriander seeds, garlic and salt. Then add ginger, fresh chilies and saw leaves and pound to a paste.
2. With a sharp knife score the fish on each side, about 1 cm apart and 5 mm deep.
3. Place the fish on banana leaves if available or aluminum foil. Squeeze the lemon juice over both sides of fish then rub the paste well into both sides and some inside the belly of the fish.
4. Sprinkle the dry stock across the fish. Chop the remaining herbs and spread over the fish. Drizzle with a little oil then wrap firmly in the banana leaves or foil to make a parcel.
5. Cook one side for 15 minutes over the grill, or barbecue, then turn to other side and cook for another 15 minutes or it can be cooked in oven for 20 minutes. Squeeze fresh lime or lemon again prior to serving, if you like.

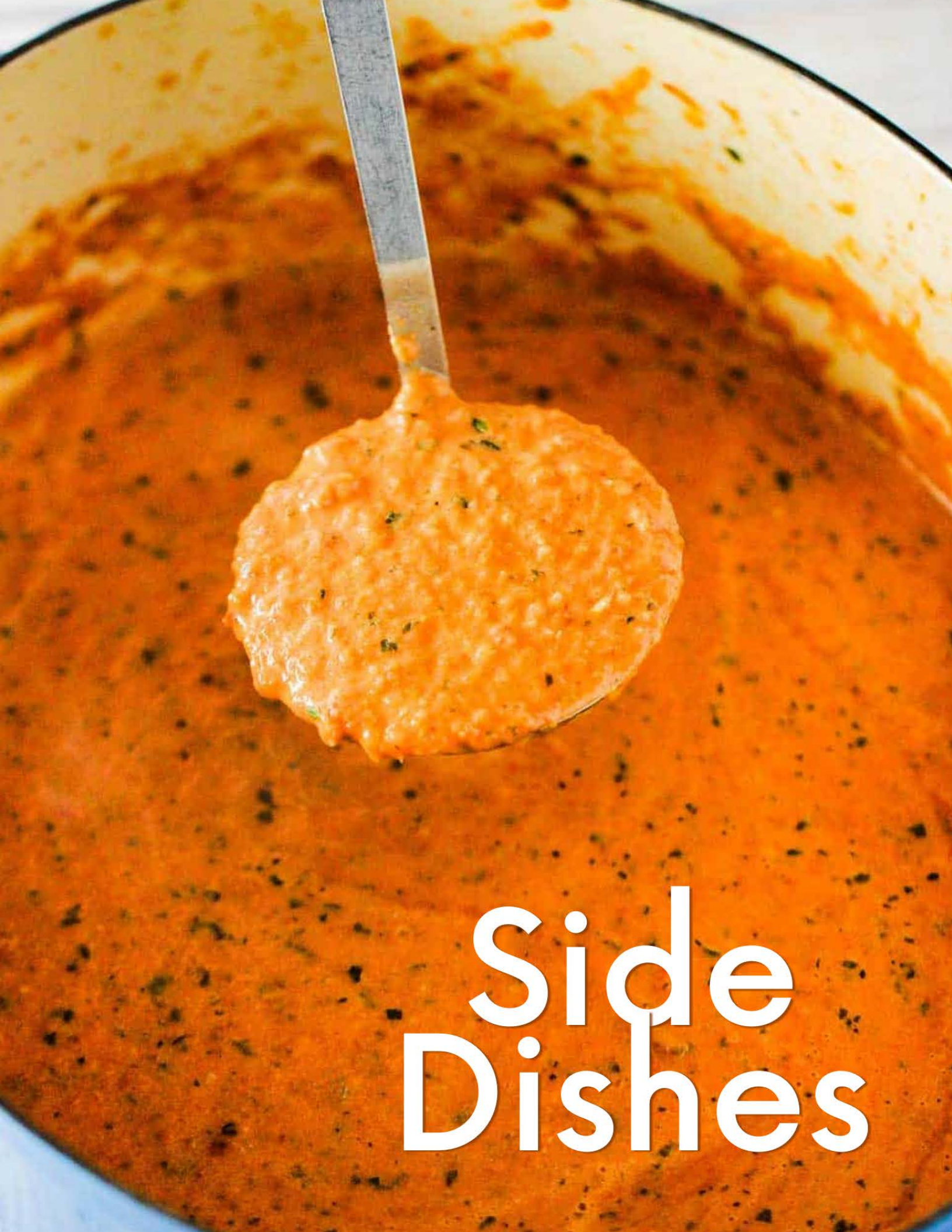
Facts about Nga Kin

Nga kin is a whole grilled fish stuffed with a mixture of herbs, chiles, and salt -- a typical dish found in street markets throughout the country. Brushed with oil and seasoned with salt. The fish is grilled until crisp and charred. Then, served whole on a plate. Nga kin is garnished with fresh herbs and accompanied by tamarind sauce.

Why I Chose This Recipe

I am from a Burmese family, so I love to eat Burmese foods. One of my favorite foods is Myanmar grilled fish. I love grilled fish with lots of herbs and with a crispy skin. Sometimes, I grilled fish on the weekend for my family. They loved it so much, especially my little sister because she loves the tamarind sauce that I make with it. The tamarind sauce is sour and incredibly delicious. I always have to include tamarind sauce whenever I make the grilled fish, it makes it more delicious.

- *Sufia Hafiz*



Side Dishes

Golden Tofu *by Ling Chen*

Ingredients

Tofu:

380g tofu

45g flour

35g corn flour

5 g baking powder

Sauce:

1 ½ tablespoons sugar

½ + ⅓ tablespoons soy sauce

½ tablespoon vinegar

½ tablespoon tomato paste

1 ½ tablespoons peanut butter

a pinch of salt

Instructions

1. The sauce is simmered on low heat and left to cool.
2. Cut the tofu into cubes and use a kitchen paper towel to absorb the moisture.
3. Mix the flour, corn flour and baking powder evenly.
4. Dip the tofu evenly with corn flour, flour and flour.
5. Heat the oil to 300 degrees, put it in a frying pan and fry it until golden brown, scoop it up and place it on a kitchen paper towel to drain the oil.

Why I Chose This Recipe

Because my mother is a vegetarian, protein intake is very important for vegetarians, so I chose the most natural beans as my mother's protein supplement.

In addition to providing protein, tofu is also a good ingredient to balance hormones, suitable for people like my mother.

Golden tofu is both good-looking and delicious, and it also takes into account the protein needed by vegetarians.

– *Ling Chen*

Did you know?

Tofu contains ALL of the essential amino acids! This makes it unique among plant proteins. There are 20 common amino acids and 8 to 10 of these are essential amino acids, meaning our bodies cannot make them, so we have to get them from our diet. Soybeans, and consequently tofu, contain all of the essential amino acids making it the only complete plant protein.

Source: ueat.utoronto.ca/10-awesome-things-about-tofu

Korean Traditional “Geotjeori” Kimchi mixed with Mizuba *by TJ Kim*

Ingredients

Veggies:

1 bunch of Mizuba
3 stems of spring onion
½ sliced yellow onion

Seasoning:

½ tablespoon of hot chilli powder
½ tablespoon of chopped garlic
1 tablespoon of fish sauce
½ tablespoon of soy sauce
2 teaspoons of sugar

Instructions

1. Put all seasonings into a mixing bowl
2. Mix sauce well
3. Cut well washed Mizuba to 2 inch long, slice onion thin, and cut Green Onion to an inch long
4. Put all veggies into mixing bowl
5. Mix all ingredients softly until looking good
6. Serve on the plate, and enjoy with any kinds of steamed rice.
7. *Side notes: Pouring more soy sauce helps to control flavour if you don't like using fish sauce.

Why I Chose This Recipe

My people, Koreans, believe Kimchi should not be absent from every single Korean meal. I would like to let PCC members know that Koreans have thousands of Kimchi including apa cabbage, Radish, or Green onion. Seasonally vegetables make different flavours with specific taste and aroma. Kimchi, Korean traditional side dish, has continuously been transformed by new edible vegetables since Kimchi was found. Recently, I found MIzuba in the grocery, and

realized it had an attractive bitter taste. "Geotjeori" is the most effective way to make Kimchi when I bring Mizuba into Kimchi; Geotjeori is a fresh one without fermentation in the world of Kimchi. I remembered a memory of Geotjeori with warm rice on my mother's dinner table after she made Kimchi to prepare for a long winter period. Making Geotjeori is easy, fast, and fantastic!

- TJ Kim

Lumpia *by Ashley Pirrung*

Ingredients

1 tablespoon vegetable oil
1 medium yellow onion, minced
2 cloves garlic, minced
1 medium carrot, minced
1 teaspoon fresh ginger, grated
1 lb ground pork
12 oz water chestnuts, 1 can, minced
1 teaspoon salt
1 teaspoon pepper
2 teaspoons soy sauce
1/4 cup green onion, minced
2 tablespoons fresh cilantro, minced, plus more for garnish
1 1/2 cups canola oil, for frying
25 lumpia wrappers, or spring roll wrappers
1 egg, beaten
sweet chili sauce, for serving

Instructions

1. Heat the oil in a medium pan over medium-high heat.
2. Add the onion, garlic, ginger, and carrot. Cook for 4 minutes, or until the onion is slightly translucent.
3. Add the ground pork and cook for about 6 minutes, or until cooked through.
4. Add the water chestnuts, salt, pepper, and soy sauce. Stir for 2 minutes, then mix in the green onion and cilantro. Remove the pan from the heat and let cool.
5. Heat about an inch (2 cm) of canola oil in a deep, medium frying pan until it reaches 300°F (150°C).
6. Lay out one lumpia wrapper in a diamond shape and spoon 2 tablespoons of filling at the bottom of the wrapper, leaving about an inch and a half (3 cm) of space from the bottom point.

7. Fold the bottom point over the filling, then fold in the edges to create an envelope shape. Roll the wrapper toward the top point. Brush the top point with egg wash and finish the roll to seal the end.
8. Carefully place four to five lumpia at a time in the hot oil. Frying on each side for 1-2 minutes, or until golden brown. Note: If the lumpia are cooking too fast or burning, reduce the heat.
9. Remove the lumpia from the oil and drain on a wire rack or paper towels.
10. Sprinkle with a garnish of cilantro and serve with sweet chili dipping sauce. Optional: Cut lumpia in half.

Why I Chose This Recipe

I am half Filipino and lumpia has always been a food my family ate when we got together! I can eat a lot of them in one sitting because they are so good! They are my favorite food.

– Ashley Pirrung

Mexican Rice *by Lucy Miranda-Sanchez*

Ingredients

Feeds 4 people

1 cup jasmine Rice
2 roma tomatoes,
2 chicken flavored bouillon cubes
1 clove of garlic
1 ½ cup of water (possibly 2 cups)
oil (vegetable, doesn't matter)

Instructions

1. 1 cup of Jasmine Rice
2. Wash it (Use strainer)
3. Wait for it to dry
4. Put oil in a pan/pot
5. Put rice on oil
6. Move with a wooden spoon until rice turns brown (keep moving it so the rice doesn't burn)
7. Start blending 2 Roma tomatoes, 2 chicken flavored bouillon cubes, 1 clove of garlic, and 1 ½ cups of water
8. Once blended put in rice
9. Boil it (pot/pan)
10. Once it reaches boiling point put a lid on top and wait for all water to evaporate (keep watch)

Why I Chose This Recipe

Mexican rice is a staple food to any traditional Mexican dish. You can add it to your tacos, burritos or just serve it on the side. My mother even puts it in soup. It's not spicy but still very flavorful.

– *Lucy Miranda-Sanchez*

Roasted Tomato Basil Soup *by Jackie Cadavas*

Ingredients

9 Roma tomatoes sliced lengthwise
3 tablespoons extra virgin olive oil
2 tablespoons unsalted butter
1 yellow onion diced
4 garlic cloves minced
1 tablespoon fresh thyme minced
1 teaspoon Kosher salt
½ teaspoon ground black pepper
1 28 oz. can San Marzano tomatoes crushed
1 cup basil fresh, roughly chopped
2 cups chicken stock
2/3 cup heavy cream

Instructions

1. Preheat oven to 375°F.
2. Spread tomato halves on a baking sheet. Drizzle with olive oil, and then sprinkle with salt and black pepper.
3. Roast tomatoes for 1 hour. Remove from oven and set aside.
4. Heat 2 tbsp oil, or butter, in a large pot (or Dutch oven) over medium-high heat.
5. Add onion, and saute for about 5 minutes.
6. Stir in the garlic, thyme, salt, and pepper. Sauté for another minute.
7. Add crushed tomatoes, basil, and sugar to the pot. Lower the heat and simmer for about 10 minutes.

8. Add the stock and the roasted tomatoes into the pot. Simmer for 30 minutes, stirring every now and then.
9. Use an immersion blender to purée the soup, or very carefully transfer to a blender or food processor to purée. This would most likely need to be done in a couple batches. Return the soup to the pot.
10. Stir in the cream.

Why I Chose This Recipe

I chose this recipe because it was easy to substitute some of the ingredients for vegan options. This tasted good with grilled cheese sandwiches and there was enough left over to add over some pasta.

– *Jackie Cadavas*

Tomato Facts

Tomatoes are the official state vegetable of New Jersey. Tomato juice is the official state beverage of Ohio.

Tomato seedlings have been grown in space.

The first tomatoes in Europe may originally have been yellow and they were called 'pomo d'oro, meaning "golden apple."

Source: sedona-farmers-market.com

Vegetarian Manty *by Vladislav Kirilov*

Ingredients

Dough

10 oz water

2 eggs

2 tablespoons sunflower oil

½ teaspoon salt

Vegetable Manty Stuffing:

600g pumpkin (1 small, peeled and seeded)

1 onion

1 carrot

Black pepper and salt, to taste

Instructions

1. Slice pumpkin
2. Rub it on a grater
3. Dice the onions
4. Mix pumpkin & onion
5. Add salt & pepper.
6. Put flour in a bowl and make a small hole. Add eggs, warm water, salt and vegetable oil. Knead the dough.
7. Create the shape of the ball. Let rise for 30 minutes. Then we divide it into several small parts and make circles
8. Drop stuffing onto dough circle. Add a little oil to the top.
9. Gather the dough at top and pinch to seal.
10. Put manty in a steamer or tandoor. Pour water into pot and boil for 30-40 minutes.

Why I Chose This Recipe

Hey there! My name is Vladislav Kirilov. I am from Kazakhstan, a Central Asian country. I am very fond of my national food. Manty is a traditional meat dish of the Central Asian people. For hundreds of years, Kazakhs have been shepherds who raised curly sheep, camels, and horses, relying on these animals for transportation, clothing, and food. The methods of cooking and the main ingredients were strongly influenced by the nation's nomadic lifestyle. Meat in various forms has always been the main ingredient of Kazakh cuisine and traditional Kazakh cooking is based on boiling or steaming the food in a traditional cooking pot called a tandyr. In nomadic cooking, equipment is minimal as it must be transported from place to place to follow grazing herds.

Historically, "Manty" has always been on dinner tables in Kazakhstan. It is not just a dish, it is a part of a meal that conveys culture and traditions. Europeans call the Central Asian dinner ritual Kazakh dastarkhan which means tablecloth, or “setting the table” (the other name is a very low table). Today, you can see Manty served at special events such as weddings, birthdays, and holiday parties.

– *Vladislav Kirilov*

Desserts

Apple Fritter Rings *by Larissa Reinoehl*

Ingredients

1 cup flour
¼ teaspoon baking powder
¼ teaspoon nutmeg
½ teaspoon cinnamon
2 tablespoons sugar
¼ teaspoon salt
1 large egg
1 ¼ cup buttermilk
4 large apples of choice (I use fuji)
Vegetable oil for frying

Instructions

1. Mix together flour, baking powder, nutmeg, cinnamon, sugar and salt.
2. In a separate bowl mix together the egg and buttermilk.
3. Combine both bowl and whisk until it is a smooth batter consistency.
4. Peel, core, and slice your apples into about ¼ inch thick rings (if you do not have an apple corer, slice the apples first and then cut the core out using a cookie cutter or knife).
5. Fill a pot about 3 inches with oil and heat on medium.
6. Coat the apple rings in batter fully and place into oil. Let sit in oil until the bottom is brown, then flip with tongs to brown the other side.
7. When done, remove apple rings from oil and place on a tray lined with paper towels.
8. Repeat until all apple rings are done. Serve however you like. (I like them with caramel sauce for dipping, or topped with powdered sugar or cinnamon sugar)

Why I Chose This Recipe

My whole family has seemed to love these rings since the first time I made them for a class in high school. You can also make them dairy free (I do!) by making vegan buttermilk and they taste just as delicious. The apple flavor really shines through and is very refreshing. They are perfect during Autumn with all the other apple items, but great year-round as well! This recipe is great to make for groups because everyone gets to pick their favorite way to eat them, whether they like them plain, with toppings, or with dippings, it's up to them! (I personally love them with cinnamon sugar!)

– *Larissa Reinoehl*

Easy Banana Cream Cheesecake *by Christi Justice*

Ingredients

Crust:

2 cups graham cracker crumbs
¼ cup sugar
½ cup melted butter

Filling:

1 8oz package cream cheese, softened
½ cup sugar
1 carton (8 ounces) frozen whipped topping, thawed, divided
2-3 medium bananas, sliced
1-¾ cups cold milk
1 package (3.4 ounces) instant banana cream pudding mix

Instructions

1. In a small bowl, combine cracker crumbs and sugar. Melt the butter then stir it into the graham cracker/sugar mix. Save about a 1/2 cup to use for topping. Press remaining crumb mixture onto the bottom of a greased 9-in. square baking pan or a 9-in. Springform pan if you have one. Bake at 350° for 5-7 minutes; set it aside to cool.
2. In a large bowl, beat cream cheese and sugar until smooth. Fold 1 & 1/2 cups whipped topping into the cream cheese/sugar mix.

Arrange the banana slices on top of the cooled crust. Spread the cream cheese mixture over the banana slices.

3. In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until it's soft-set. Fold in remaining ½ cup of the whipped topping. Spread it over the cream cheese layer. Sprinkle with the crumb mix you saved from earlier. Refrigerate for 1-2 hours or until set.
4. Enjoy!

Why I Chose This Recipe

Because we love cheesecake and this is so easy!

– *Christi Justice*

Banana Facts

Bananas grow on plants that are officially considered an herb.

The bananas we eat today, the Cavendish, are different from pre-1960s' bananas, the Gros Michael, as those have been wiped out by "the panama disease."

The genetic similarity between a human and a banana is 60%.

Source: www.thatsitfruit.com

Chocolate Cupcakes *by Aminah Mohamad Yusuf*

Ingredients

1 ½ cups all-purpose flour measured correctly
½ tsp salt
1 cup granulated sugar
1 cup warm coffee
⅓ cup natural unsweetened cocoa
1 tablespoon white distilled vinegar
1 tsp baking soda
⅓ cup vegetable oil
2 teaspoon vanilla extract
1 large egg room temperature

Instructions

1. **Quick prep** Preheat the oven and line a 12-count cupcake pan.
2. **Mix dry ingredients** In a large mixing bowl, whisk together dry ingredients (flour, sugar, cocoa, baking soda, salt), breaking up any big clumps of cocoa.
3. **Mix wet ingredients** In a second bowl, whisk together wet ingredients (warm coffee, vinegar, oil, egg, vanilla)
4. **Combine batter** Pour wet ingredients over dry ingredients and whisk just until combined. The batter will be a little loose with small lumps.
5. **Fill and bake** Fill each cupcake liner 2/3 full and bake at 350˚F for 18-22 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan for 5 minutes then transfer the cupcakes to a rack to cool completely.

Why I Chose This Recipe

First, this recipe is so easy! I simply mix the dry ingredients, then mix the wet ingredients, and whisk them together. Second, these chocolate cupcakes are moist and fluffy at the same time with a tender crumb. The coffee is the secret ingredient here and makes these intensely chocolatey and gives the cupcakes a deeper color. You can't really taste the coffee in these and you probably wouldn't know it's there if you didn't read the recipe, but it really makes the chocolate flavor divine.

– *Aminah Mohamad Yusuf*

Custard Crumble *by Ana Brizola Figur*

Ingredients

Cream

1 can condensed milk
1 cup heavy cream
400 ml of milk
1 egg yolk
1 tablespoon cornstarch

Crumbs

3 cups of flour
2 cups of sugar
1 teaspoon baking powder
1 egg
200 grams of butter

Instructions

Cream Mixture

1. In a saucepan mix well the milk, yolk, condensed milk and cornstarch.
2. Heat over medium heat until the creamy begins to boil and thickens, approximately 15 minutes.
3. Cook, stirring constantly, over very low heat for 3 minutes. Turn off the heat and add the heavy cream.
4. Mix until the mixture is well mixed.
5. Set aside and let cool at room temperature.

Crumb Mixture

6. Mix all the ingredients of the flour with your fingertips until it becomes crumbs. Set aside while making the cream.

Assemble

7. In a pan add half the crumbs, all the cream, and the rest of the crumbs on top. Bake for 20 min - 380F

Why I Chose This Recipe

Who doesn't have at least one recipe they've loved since childhood? This taste reminds me of the taste of childhood, a time that was full of good memories. To remember those good times. This recipe besides being very easy is very tasty. I like to make this recipe to welcome my friends to my home. A coffee or tea accompanies this sweet very well. It can be enjoyed chilled or at room temperature. Childhood is one of the best moments of our life. Remembering childhood is the sweetest way to be happy again.

- *Ana Brizola Figur*

Egg Pudding *by Sufia Hafiz*

Ingredients

3 eggs
10 tablespoons sugar
2 cups milk
½ teaspoon vanilla essence
2 teaspoons sugar (for caramel)

Instructions

1. Caramelize a steel bowl with 2 teaspoons of sugar.
2. Add all the ingredients to another bowl and mix well until the sugar dissolves.
3. Pour this mixture into the caramelized bowl and keep in the cooker with ½ cup water.
4. Pressure cook this mixture for 10 minutes and remove from the cooker after the pressure subsides.
5. Refrigerate and serve.

Why I Chose This Recipe

I love to eat pudding because it's so delicious. This recipe is so simple and easy to make. When it is time for dessert, I always love to make pudding. I will be the first person to finish my pudding plate. It tastes so good and yummy. This recipe is the easiest you will ever make in your whole life. So, try it out and enjoy!

– *Sufia Hafiz*

Pandan Swiss Roll *by Aminah Mohamad Yusuf*

Ingredients

6 pandan leaves
8 tablespoons coconut milk

Egg yolks (a):

3 egg yolks
2 tablespoons sugar
4 tablespoons corn oil
4 tablespoons pandan juice
6 tablespoons cake flour

Egg whites (b):

3 egg whites
¼ teaspoon cream of tartar
4 tablespoons sugar

Filling (c):

150ml double cream
1 teaspoon vanilla
4 tablespoons pandan juice

Pandan juice (d):

4 tablespoons pandan juice
You will squeeze out the same amount of the juice.
(8 tbsp) so you can make them in two batches of swiss roll

Instructions

1. Cut the Pandan leaves into small pieces and blend to mince them. Once the leaves are minced, add coconut milk to strain the juice through a fine mesh strainer to remove any solids.
2. In a bowl, mix (a) egg yolks, sugar, corn oil and pandan juice. Sift in the cake flour and whisk until smooth.
3. In a separate bowl, whisk (b) ingredients until foamy then add cream of tartar and sugar a little bit at a time until to a thick and stiff peak stage, about 3 minutes.
4. Fold the cake batter into the whites, and mix until incorporated.
5. Pour the mixture into the prepared tin with baking parchment and use a spatula to smooth it evenly into the corners.

6. Use a large baking pan for a hot water bath and Preheat the oven to 325ºF and Bake for 35 minutes.
7. Once cooked, leave to cool for at least 15 minutes, and remove from the oven.
8. In the meantime whip the (c) double cream until it is just thick enough to hold its shape and add vanilla extract for a little extra flavor. Refrigerate it before using if needed.
9. Once the cake is cool, remove the lining. Place the cake on a piece of parchment paper. Spread it over a cake for filling.
10. Peel off parchment paper. Roll the cake up in the paper, starting with a short side and refrigerate it for 30 minutes before serving. Enjoy!

Why I Chose This Recipe

My mother loves Swiss Roll because of the smooth and soft texture of the Swiss Roll cake. I often bake them just for her and use different flavors. Sometimes I would even opt for a simple vanilla Swiss Roll with cream cheese frosting. I love how Swiss Roll cakes are so versatile that you can experience any flavors. I would suggest anyone who wants to try this recipe to go for it and even try something new and get out of their comfort zone.

– *Aminah Mohamad Yusuf*

Did you know?

Pandan is a tropical plant known for its ultimate fragrance. The unique scent and sweet note of Pandan is often used in Southeast Asian desserts and cuisines, just like the Westerns use vanilla beans. Pandanus leaf has a long and slender shape with dark green hue.

Source: balitaza.com/pandanus-leaves-fun-facts.html

Silkiest Chocolate Tart *by Regina Warilaz*

Ingredients

Tart Dough

½ unsalted butter, 1 stick, softened
½ cup powdered sugar
1 large egg, room temperature
1 ½ cups all-purpose flour
2 tablespoons cocoa powder
¼ teaspoon salt

Filling

⅓ cup water
½ cup unsalted butter, 1 stick
1 teaspoon instant coffee
1 cup dark chocolate, chopped (or a combination of dark and milk chocolate, if you prefer a less dark flavor)
½ cup sugar
1 tablespoon vanilla
Pinch of salt
3 large eggs
1 pint fresh raspberries, for serving
powdered sugar, for serving

Instructions

Make the Tart Dough

1. Add the butter to a medium bowl and sift in the powdered sugar through a fine-mesh sieve. Using an electric hand mixer, beat until smooth.
2. Beat the egg and add half at a time to the butter mixture, beating well to incorporate between additions.
3. Sift in the flour and cocoa powder, and add the salt. Using a rubber spatula, mix the dough until the cocoa powder is evenly distributed. Wrap the dough in plastic wrap.
4. Chill in the refrigerator for at least 1 hour, or overnight (if you chill the dough overnight, let it sit at room temperature for 15-30 minutes before rolling out).
5. Preheat the oven to 375°F (190°C).

6. Grease a 9-inch (23-cm) tart pan and roll out the chilled dough to an 11-inch (28-cm) circle. Roll the dough around the rolling pin, then unroll the dough over the pan.
7. Press the dough against the bottom and sides of the pan, then use the rolling pin to roll over the top of the pan, cutting off any excess dough. Press the dough gently against the pan once more. Using a fork, prick some holes in the bottom of the crust so it doesn't puff up.
8. Bake for 15 minutes, then remove the tart shell from the oven and reduce the temperature to 300°F (150°C).

Make the filling:

9. In a medium saucepan, heat the pan over high heat. Combine the water and butter, and bring to a boil. Add the instant coffee and stir until dissolved.
10. Add the chocolate, sugar, salt, and vanilla to a medium bowl and pour the hot butter mixture over. Let sit for a minute before whisking until the chocolate is melted and the mixture is glossy.
11. Add the eggs and whisk well to combine. Pour the filling into the par-baked shell. Bake for 12-15 minutes, or until chocolate is mostly set but the center jiggles slightly.
12. Cool the tart for at least 30 minutes, or until cool to touch. Garnish with raspberries and sift powdered sugar over the top, if desired. Enjoy!

Why I Chose This Recipe

I chose this recipe because it's something everyone can feel confident about making! Most of the ingredients are things people would already have at home and it doesn't take very long to make (depending on whether or not you chill the dough for 1 hour or overnight). If people are nervous about rolling the dough out, just remember to flour your surface well and to turn/flip the dough frequently so it doesn't stick to your surface! I would highly recommend people try this recipe at least once, because the result is so creamy and decadent, and you will be impressed you didn't buy it from a bakery!

– *Regina Warilaz*

Vegan Sprinkles *by Otto Norton*

Ingredients

Otto's adaption of Cooking on Caffeine's Royal Icing

1 cup aquafaba (chickpea brine)
2 cups powdered sugar
⅛ teaspoon cream of tartar
½ teaspoon vanilla extract (or other flavor of choice)
Food coloring of choice (I used plant-based)

**The texture and set time will depend on the temperature and humidity of your kitchen, so experiment with different amounts of liquid. If it's runny, sift in more powdered sugar.*

Instructions

1. In a stand mixer with a whisk attachment, add the aquafaba and mix on high for 2 minutes until light and bubbly. Add vanilla.
2. Sift in the dry ingredients in small increments.
3. Once everything is in, mix on high speed for 5-8 minutes until stiff peaks form.
4. Separate into separate bowls to mix with your colors of choice.
5. Fill ziplock or piping bags with each color, or more for a multicolored effect. If using a ziplock bag, cut a small hole in the tip.
6. Pipe onto parchment paper in thin lines.
7. Let dry uncovered--they should be ready by the end of the day. They will lift off the paper easily and can be broken into smaller pieces, and should keep in an airtight container for quite a while.

Why I Chose This Recipe

I chose this recipe because it's my go-to when I want to wow myself (and others) with minimal effort. And, I think these are better than any sprinkle from the store! They have that everlasting crunch and can be made to suit any flavor, with the added bonus of being as natural as you make them. These are great for beginner and expert bakers alike. The secret? These sprinkles are just dried royal icing, so you can decorate all your cookies with just one mix!

– *Otto Norton*

Did you know?

Aquafaba is the name for the water in which any pulse (edible seeds that come from the legume family of plants. Common types of pulses include beans and lentils) like chickpeas or white beans have been cooked or stored. It's the liquid that some people pour out when they first open a can of chickpeas, for example.

Fittingly, the substance was named by combining the Latin words for water and bean — aqua and faba.

Source: healthline.com/nutrition/aquafaba

2020 - 2021 ASPCC Loves You Cookbook

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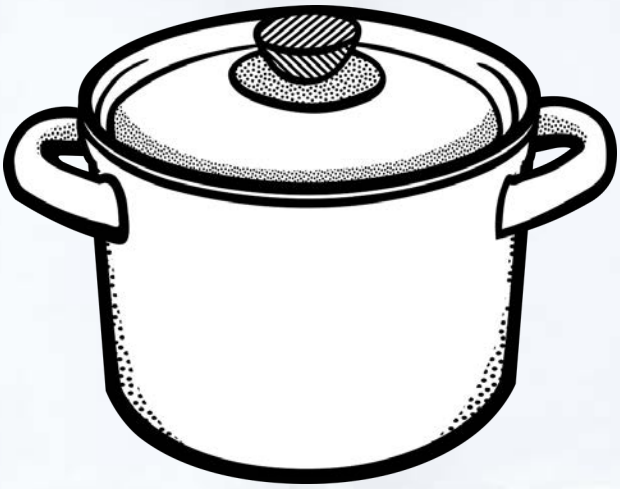
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