



Eden Hall

Community Cookbook

Recipes and Memories from the
2020-2021 Eden Hall Community



chatham
UNIVERSITY

*Thank you to all who shared recipes for this inaugural Eden Hall
Community Cookbook.*

*May these recipes provide a little bit of comfort in a challenging
year and warm your ovens, stoves, and homes.*

Eden Hall Pizza Sauce

Recipe from Cristina Law, Food Studies MA

The pizza oven holds many memories for me as its first fire master, but one thing is how the ingredients we use for the sauce and toppings have come from Eden Hall. This recipe has been tweaked and changed based off the ingredients we have but what always matters is the tomatoes! We have used so many different heirloom tomatoes from Eden Hall Farm and the ADG with different results, but still a great taste. Chris Murakami also has a twist by fire roasting them in the oven to help with peeling and flavor. The sauce brings everything together, just make sure you put the lid on the blender and hold with a paper towel because there have been memories of hot, pizza sauce flying in Café Anne.



INGREDIENTS

- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 3 ½ cup tomatoes fresh from Eden Hall Farm or 28oz can peeled whole San Marzano tomatoes
- 1 6oz. can tomato paste
- 1/2 Tbsp sugar
- 3/4 tsp salt
- 2 sprigs fresh basil
- 1/2 tsp dried oregano
- Freshly cracked black pepper
- 1 pinch crushed red pepper (optional)

PROCEDURE

- Peel Tomatoes
- Put a medium pot filled halfway with water on high heat to boil.
- Remove the stem of the tomato and cut a shallow X on the bottom of the tomato. This will make peeling much easier.

- Fill a large bowl with ice water and set it aside. Place a pot of plain water on the stove and bring it to a boil. Carefully lower the tomato into the boiling water. You can add several at a time. Remove them after 30 seconds, or when the skin begins to peel back, and place them into the bowl of ice water.
- Let the tomatoes sit in the ice bath for 5 minutes or until you see the peels shrivel and start to peel off.
- Peel tomatoes and crush. If you bought canned, peeled tomatoes, crush as well.

SAUCE

- Add the olive oil and garlic to a sauce pot and cook over medium heat for 1-2 minutes, or just until the garlic is soft and fragrant.
- Add the crushed tomatoes, tomato paste, sugar, salt, oregano, some freshly cracked pepper (10-15 cranks of a pepper mill), and a pinch of red pepper flakes. Stir to combine. Place basil sprigs on top and lightly push into sauce.
- Cover the pot, allow the pot to come to a simmer, then reduce the heat to low, take lid off and let simmer on low for 30 minutes
- Take basil out and pull leaves off and add back into sauce. Discard stems
- Put sauce into blender. Pulse until smooth. If sauce is still too watery put back into pot to boil off excess water or add more tomato paste. Fin!

Adapted from: https://www.budgetbytes.com/wprm_print/33082

Pasta Moilee

Recipe from Archish Kashikar, Food Studies MA

This recipe is a fusion of an Italian ingredient, the pasta, with a quintessential south Indian curry from the state of Kerala known as "moilee" (pronounced moy-lee or moll-ly). The original curry is extremely rich in flavor but tends to be of a thin consistency.

In my final year at culinary school, I adapted the curry into a sauce by making a thicker version, using coconut cream and relying on the starch from the pasta. I used this dish to pass many of the trade or culinary trials-- a practical skill testing requirement for chefs during interviews by restaurants and hotels. The uniqueness of the dish combined with its creativity, helped set me apart from the competition and netted me a lot of job offers. As a result, the "Pasta Moilee" became a signature dish that I keep pulling out on rare occasions-- mainly to impress people! Here is an extremely simplistic version of the dish that is very easy to make and tastes exactly like the one I would serve.



INGREDIENTS

- 4 oz. Dry or 8 oz. Fresh Spaghetti/Tagliatelle/Linguine
- 2 Green chillies (Finger Hot)
- ¼ cup Oil
- 2 tsp Mustard Seeds
- 2 sprigs of Fresh Curry Leaves (Use only the leaves)
- 2 cups Spanish White Onions (Sliced)
- 1 tbsp. Garlic (Finely Chopped)
- 1 tbsp. Ginger (Finely Chopped)
- 2 tsp. Fine Sea Salt
- 1 tsp. Black Pepper (Freshly Ground)
- 1 ¼ tsp. Turmeric Powder
- 2 cups Coconut Cream
- ½ cup Chicken Stock
- 1 lb Large shrimp (Can be substituted with any light flavored fish)
- Lemon wedges (Optional) - To Serve

PROCEDURE

- Cook the pasta until it is "al dente". Keep aside.
- Remove and discard the stalks from the chillies, then slice each one into long strips.

- Place a large saucepan over a medium heat. Add 3 tbsp of the oil, let it warm for a few seconds, then add the mustard seeds and half the curry leaves. Let them crackle for a few seconds.
- Add the sliced chillies and the onions and sauté lightly until soft but not coloured.
- Add the garlic and ginger pastes, salt, black pepper and turmeric and sauté, stirring regularly.
- Add the shrimp and stock and simmer gently for a further 5-6 minutes. Then add in the coconut cream and simmer further for 5-10 minutes on low heat. Take care to not overcook the shrimp.
- While the sauce is simmering, place a small frying pan over a medium-high heat and add the remaining oil. Toss in the rest of the curry leaves and fry until crisp. Take care because they splutter and splash a lot of oil. Once the spluttering dies, remove and place on kitchen paper to drain any excess oil. Handle delicately as they will break very easily.
- Mix in pasta and the sauce and let it thicken slightly. Make sure to keep the pan warm.
- Plate it in a pasta bowl, garnish with the fried curry leaves and serve with lemon wedges on the side.



Kindergarten Bread

Recipe by Nadine Lehrer, Associate Professor

When schools closed for COVID-19 in March, my family tried to replicate at home some of what my kids would have been doing at school. One way we tried this was by making the snacks they would have been making at school.

Thursdays were Kindergarten bread days. We didn't quite manage it every Thursday, and the rolls always tasted a little different at home, but they were nevertheless a good go-to.



PROCEDURE

- In small bowl, mix yeast, 1 teaspoon honey, and ½ cup warm water. Allow mixture to sit until bubbly (approx. 10 minutes).
- In large bowl, mix 1 ½ cups warm water, 1/3 cup oil, 1/3 cup honey, salt.
- Pour yeast mixture into large bowl and stir in three cups of flour. Mix well and continue adding more flour until the dough is fairly stiff and not sticky.
- Turn dough onto a lightly floured board or clean tabletop and begin to knead, until dough becomes smooth and elastic.
- Place dough in oiled bowl, cover, and let rise in warm place until doubled in size (about 45 minutes).
- Punch down. Place dough into baking pans. Cover and let rise once more for about 20-30 minutes.
- Bake rolls at 350 degrees for about 20 minutes or until golden brown.

****You can leave out one or both risings if you want to eat the rolls for snack the same day****

From Waldorf School of Pittsburgh.

INGREDIENTS

- 2 Tablespoons Active Dry Yeast
- 1/3 Cup + 1 Teaspoon Honey
- Warm Water
- 1/3 Cup Oil, plus a little extra for oiling bowl and pans
- 1 Teaspoon Salt
- 6 Cups 50/50 Flour

Kieflies

Recipe from Calla Norman, Food Studies MA/MBA

These cookies originated with the German side of my family, the Mahnesmiths. My great-grandmother Violet made them every year for Christmas, and after she passed the task was passed onto my mother and I. So, every year when I'm home for Christmas break, we spend a whole day marathon-baking both these and our other annual cookies. My mom and I work like a well-oiled machine, she rolls as I fill the cookies, and this year we were able to bang out nearly 70 cookies in less than an hour!



INGREDIENTS

FILLING

- 4 cups or 1 ½ lb walnuts
- 1 lb confectioner's sugar
- 6 egg whites
- ½ tsp vanilla

DOUGH

- 4 cups flour
- 1 lb butter (we use Kerrygold)
- 6 egg yolks (save the whites)
- 1 cup sour cream
- 1 tsp vanilla
- Powdered sugar for rolling and dusting



PROCEDURE

DOUGH

Refrigerate rolling pin. Mix flour and butter, then add eggs and cream. Work until smooth, then roll into balls the size of walnuts and refrigerate 24 hours.

FILLING

Grind nuts in food processor until almost a paste. Stir in sugar then vanilla. Beat egg whites until stiff but not dry. Fold egg whites into nut mixture.

ASSEMBLY

On a surface covered in powdered sugar, roll out balls until paper thin, only a few at a time. Keep the rest of the balls in the fridge as you work. Spread a thin layer of filling within ¼ inch of the edge on ¾ of the circle. Roll up into a crescent shape. Bake at 350 degrees for 15-20 minutes, until puffed but not brown. Dust with powdered sugar

Vegan Lavender and Lemon Shortbread Cookies

Recipe from Lindsay Herring,
Food Studies MA

Over quarantine, I really became invested in baking with herbs, trying different flavor combinations! I particularly enjoyed this one, and had fun decorating the cookies as well. The desserts I made were enjoyed by my family and I, bringing a small bit of joy into our quarantining days.

INGREDIENTS

Cookies:

- 1 cup all-purpose flour
- ½ cup powdered sugar
- ½ cup vegan butter, at room temp
- ¼ tsp. Salt
- 2 tsp culinary dried lavender¹
- ½ tsp lemon zest
- 1 tbsp lemon juice

Vegan Royal Icing:

- 4 ½ tbsp aquafaba (water from canned chickpeas)
- 2 cups powdered sugar

PROCEDURE

- Preheat oven to 350° F. Prepare baking sheets by lining them with parchment paper.
- In a large bowl, stir together the flour and powdered sugar. Add in the room temperature butter, vanilla, and salt. Mix with a hand mixer on medium speed. Add in the lemon juice, lemon zest, and the lavender. The dough will look crumbly, but will form together in a ball when pressed with your hands.
- Sprinkling flour on a clean flat surface, roll out the dough to about ⅓ of an inch thick. Cut out shapes with your desired cookie cutter and place on the sheets. Continue to re-roll the dough out and cut out shapes until all the dough is used up.
- Bake in the oven for about 12 minutes. Let cool for about 10 minutes and then place the cookies on a cooling rack.
- While the cookies are cooling, make the royal icing. This icing is good for decorating with specific shapes, but if you aren't wanting that look, a glaze will work great too.

- Prepare the icing by combining the chickpea brine and the powdered sugar in a large mixing bowl. Using a hand mixer, blend until combined. To make the icing thicker, use more sugar. If you want a thinner consistency that will spread easier, add more chickpea brine.
- Decorate the cookies however you please.

NOTES:

- I PREFER THE BRAND EARTH BALANCE FOR VEGAN BUTTER.
- I USED ROYAL ICING TO DECORATE THE COOKIES SINCE I WANTED TO MAKE THEM LOOK LIKE SPECIFIC SHAPES, BUT IF YOU DON'T WANT THAT, YOU CAN SIMPLY USE A CIRCLE-SHAPED COOKIE CUTTER AND A GLAZE. USING ROYAL ICING CAN BE DIFFICULT TO ACHIEVE AT FIRST, BUT AFTER SOME PRACTICE, IT'S QUITE FUN!



Oma's October Opple Cake

**Recipe by Miriam "Mim" Seidel,
Associate Professor**

My mother was born in Vienna, Austria but also lived in the French speaking part of Belgium. She came to the US at the age of 19 and never lost her accent, which was a German/French combination. That said, she pronounced the English short 'a' sound as a short 'o'. So, "apple" was "opple". Oma is the German word for Grandmother.

When my mother became a grandmother, she decided that she'd go by Oma instead of Grandma because that is what she called her grandmother. Although the handwritten recipe I have for this cake is titled October Apple Cake, my sisters and I refer to it as Oma's Opple Cake.

BTW, there is nothing German or French about this recipe!

INGREDIENTS

- 1 ½ cup vegetable oil* (the recipe was handwritten and my mom wrote 1 1/2 vegetable oil. That is, I don't know if it is 1 ½ cup or 1 ¼ cup. I think it is ½.)
- 2 C sugar
- 3 eggs
- 3 C sifted flour (I don't sift the flour)
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp vanilla
- 3 C thickly sliced green apples
- Optional: 1 C coarsely chopped nuts (I add walnuts)
- 1 C raisins



PROCEDURE

- Grease and flour large bundt pan or angle food pan.
- Sift flour, salt, baking soda and baking powder and cinnamon, set aside.
- Beat together oil and sugar.
- Add eggs, beat until creamy. Rest of the mixture to be stirred by hand. Slowly add all dry ingredients, stir in apples (nuts, raisins). Last add vanilla.
- Bake in 350 degree oven for 1 hour and 15 minutes. Sprinkle with powdered sugar when cool.

INGREDIENTS

- 1-1/2 cup sugar
- 3/4 cup melted margarine
- 2 eggs
- 2 tsp. almond extract
- 1/2 tsp. vanilla extract
- Pinch of Salt
- 1-1/2 cup flour
- Slivered almonds and sugar (for garnish)



Almond Gooey Cake

Recipe by Evan Deckers, Business Administration and Sustainability, MA/MSUS

My godmother was the first person to share this delicious recipe with my family. Growing up, my mother made this for my sister and me only a handful of times, but when I was stuck inside during quarantine and asked my mom for an easy desert this was the first recipe she sent to me. I didn't have to go out and buy anything to make this cake so that was a bonus and the cake itself is an easy-to-make comfort food that helped take my mind off of all the turmoil of 2020. I've made this so many times during quarantine that I've lost count, and I might have even used this as a meal substitute when all I wanted was some comfort food for lunch. I hope that others can find the same joy that I did in making this easy and simple recipe.

PROCEDURE

- Preheat oven to 350°.
- Combine sugar and margarine
- Add eggs one at a time and mix thoroughly after adding each egg.
- Add almond extract and mix; add vanilla and mix; add salt and mix; add flour and mix thoroughly.
- Pour batter into a greased 9" spring-form pan (cake pan will also work).
- Top with slivered almonds and sugar to taste.
- Bake at 350° for 35-40 minutes or until golden-brown and tester inserted in the middle comes out clean.

Tips:

- DO NOT OVERCOOK. Check at 30 minutes and again at 35 minutes.
- Make 1-1/2 recipes for a larger (10") spring-form pan.
- Goes very well with coffee.



Frankie's Collard Greens

Recipe by Jasmine "Frankie" Williams, Food Studies MA

Collard greens are a special treat in my family. We don't typically eat them unless it's a holiday, but every now and again someone in my family will get a hankering for them. My craving came to me a few weeks ago. Growing up, I always looked forward to Thanksgiving, because my Grandmama would make turnip and collard greens (always separately), with her pancake-style cornbread on the side. I would pile my plate up with all of my favorites: black eyed peas, ham, greens, sweet potato casserole, and macaroni and cheese. I used to hate it when the food would touch on my plate until my Dad introduced me to the gospel of pot liquor. "Pot liquor" is the term used for the broth of the greens. Because this dish is cooked for so long, the greens basically don't have any nutrients in them, so you have to drink the pot liquor in order to get them. My Dad showed me how I should dip a corner of my cornbread into the pot liquor to soak up the flavor of the greens, and it tasted heavenly. I've always gravitated to savory dishes over the sweet ones, and collard greens were my first love.

One thing that I love about greens is how versatile they are depending on who's making them. My parents typically add pickled jalapeños to their greens and place them in a huge pot to simmer over the stove for hours. My gram prepares hers in a slow cooker and uses ham hocks. My best friend Jasmine uses mustard greens instead of collards. Finding my own style was really important to me. I want to reflect my personality in my creation and honor the traditions that I want to create with my own little family. I opted for smoked turkey wings, bright, hot peppers, kale, and plenty of lime.

My first semester as an MAFS candidate has been really interesting for me, because it showed me how the foods that I had always associated with my culture as a black woman from the American South are actually rooted in African ancestry. I knew bits and pieces of our culinary past, but I was just beginning to learn before school started. Learning more about the resilience of my people and of this dish fills me with so much more pride. I hope that you enjoy it.

Buen provecho.

INGREDIENTS

- 1 to 2 lbs smoked bone-in pork or turkey (such as ham hocks, neckbones, turkey wings or turkey necks)
I prefer smoked turkey wings :)
- 2 yellow onions, sliced
- 4 cloves garlic, chopped
- 1 tbsp smoked paprika
- 1/2 tsp crushed red pepper flakes
- 3 cups chicken stock
- Several sprigs thyme
- 2 bay leaves
- 1 tbsp maple syrup or brown sugar
- 2 tbsp apple cider vinegar, more as needed
- 8 cups organic collard greens (or a mix of collards, mustard greens, turnip greens and kale)
- However many hot peppers you can take, sliced
- Juice of 1 lime
- 2 tbsp butter or bacon fat
- Salt, to taste
- Black pepper, to taste
- Hot sauce, for serving



PROCEDURE

- Rinse greens in the sink with cool water prior to cooking. Once all debris has been removed, remove them from the sink and gently shake to remove excess water.
- Stack greens on top of one another and roll into a spiral. Keep the stems if you'd like some extra nutrients and more chew. If not, slice around the stem line and discard them.
- Once the greens have been rolled into a spiral, cut into slices about an 1 1/2 inches thick. Then cut the spirals in half down the middle.
- Add the collard greens to the slow cooker.
- Add the ham hocks or shanks on top of the greens.
- Add the brown sugar/maple syrup, chicken broth, apple cider vinegar, salt, pepper, paprika, thyme, hot peppers, onions, butter/fat and red pepper flakes on top of the shanks.
- Place the lid on the slow cooker.
- Cook on HIGH for 4 hours or LOW for 7-8 hours or until tender. Try to keep the lid on the entire cooking time or they won't tenderize.
- Remove the turkey wings and shred any meat you can find on them. Discard the bones. Add the meat to the greens and stir.
- Taste the greens to see if they need any tweaking. Once you're finished, squeeze 1 lime over the greens and stir.
- Serve with the broth (pot liquor) and your other favorite southern dishes.
- Don't forget the hot sauce!



FABULOUS BAKED BRIE
1 SMALL WHEEL BRIE
1 CUP CHOPPED PECANS
1 TABLESPOON BROWN SUGAR
1 TABLESPOON KAHLLUA
1-2 TABLESPOONS BUTTER
CUT TOP RIND OFF OF BRIE. WHILE PREPARING
TOPPING, WARM BAKER IN HOT WATER. MELT
BUTTER IN SMALL PAN AND LIGHTLY BROWN PECANS.
ADD BROWN SUGAR & MELT. TURN OFF HEAT & STIR
IN KAHLLUA. PLACE BRIE IN BAKER & POUR MIXTURE
OVER BRIE. BAKE IN PREHEATED 350 OVEN FOR 5-7
MINUTES OR UNTIL WARM. DO NOT OVERBAKE.

Fabulous Baked Brie

Shared by Darcy Webb Phillips, potter

**Recipe from Linda MK Johnson, Associate Professor
of Sustainability and Environment**

During graduate school, I lived in Charlottesville, VA. Twice each year, in May and October, a nearby town called Crozet hosted (maybe still hosts?) a juried arts and crafts festival. We went as often as we could just to see the beautiful work and sometimes some of it came home with us. One year, I bought a small brie baker from a potter named Darcy Webb Phillips of Blue Swan Pottery. Darcy included the Fabulous Baked Brie recipe card with the baker and the recipe sounded yummy. The following November, a group of us grad students had what we called "Chosen Family Thanksgiving", and I volunteered to try out the brie baker and Darcy's recipe. The brie was such a hit that, for every gathering from that point on, it was just assumed that I would make the brie. When I was leaving Charlottesville for my first teaching position, I contacted Darcy and had her make brie bakers for my three "chosen family" members. I included the recipe so that they could make the brie wherever they ended up and remember our Chosen Family Thanksgivings. Funnily enough, they have each told me that they never make the brie - apparently only I was allowed to do that? - but they use the brie baker for other purposes. I still make the brie all the time and think of them!

INGREDIENTS

- 1 small wheel brie
- 1 cup chopped pecans
- 1 Tbsp brown sugar
- 1 Tbsp Kahlua
- 1-2 Tbsp butter

PROCEDURE

- Cut top rind off of brie.
- While preparing topping, warm baker in hot water.
- Melt butter in small pan and lightly brown pecans.
- Add brown sugar & melt.
- Turn off heat & stir in Kahlua.
- Place brie in baker & pour mixture over brie.
- Bake in preheated 350 oven for 5-7 minutes or until warm. Do not overbake.

Vegan Crabcakes

Recipe from Kim Douglas, Parkhurst Dining

This vegan dish is great for vegans and vegetarians who miss the flavors of seafood. It is a delicious recipe and everyone really enjoys this dish.



INGREDIENTS

- Pulse together chickpeas and heart of palm in food processor lightly.
- Put in a medium bowl and add remaining ingredients.
- Next form into patties.
- Saute in olive oil till golden brown .
- Finish in the oven 350 degrees for 10 minutes
- Garnish with fresh dill and squeeze of lemon .

PROCEDURE

- 1 can of chickpeas
- 1 can of heart of palm
- 1 clove of garlic
- 1 small onion diced
- 4 tbs of vegan Worcestershire
- 1/4 cup old bay season
- 1 to 2 cups of vegan breadcrumbs add more if needed.
- 1/2 cup vegan mayo
- 1 small red pepper diced
- 1 small lemon juiced
- 2 tbs Dijon mustard
- 2 tbs fresh dill .

Butternut Squash Mac and Cheese

Recipe from Lexy Baird, Food Studies MA

I definitely saw this recipe on Tik Tok, therefore it isn't my own recipe. I've tweaked it with some more spices because I felt it needed them. The original video I saw is by @justine_snacks. Needless to say, I have made this recipe over and over this Fall. Butternut squash is my absolute fav thing to eat when it gets colder out, and I was tired of butternut squash soup...then I saw this! I was in desperate need for comfort and this did the trick. ☺ I think this could be a great way to get kids to eat squash if they don't like it. I also think this could be made vegan with some blended cashew cheese, nutritional yeast, and more spices. One recipe happily feeds two people.

I like to eat the remaining roasted butternut squash which is why I cook a whole butternut squash at once. You can double the recipe to use the whole squash, though! I must say, the leftovers are delightful so...you may want to. ☺



INGREDIENTS

- 1 box rigatoni (16 oz)
- ½ large butternut squash
- ½ cup milk of your choice
- 3-4 Bay Leaves
- 2 tsp Garlic Powder
- 1 ½ tsp Ground Sage
- 1 ½ tsp Ground Rosemary
- 1 ½ tsp Ground Thyme
- ½ tsp Ground Nutmeg
- ½ tsp Ground Cayenne
- ½ cup Gouda
- ½ cup Parmesan 1 cup Cheddar

PROCEDURE

- Cut the butternut squash into four parts - lengthwise and again to separate the butt
- Take the seeds out (but save them to roast for a snack!)
- Brush the butternut squash flesh with olive oil, sprinkle salt and pepper on it, and place the squash pieces on your baking sheet outer skin side up and flesh side down*
- Bake until fork tender at 375 degrees Fahrenheit, around 45 minutes (can vary with ovens and squash sizes)
- Scoop the flesh from half the squash into a blender - be careful if it's still hot from the oven!
- Blend with some water until smooth, using around 1/4 cup water
- Preheat a large pan on medium heat with 1 tbsp olive oil, then add in butternut squash puree mixture
- Add in ½ cup milk of your choice (I use almond milk) incrementally while stirring Add 2 tsp garlic powder, 3-4 bay leaves, 1 ½ tsp thyme, 1 ½ tsp sage, 1 ½ tsp rosemary, ½ tsp nutmeg, ½ tsp cayenne and turn on low heat for 10-15 minutes, stirring occasionally
- Bring water to a boil in a pot then add in your rigatoni, cook to al dente, save about a cup of your pasta water, and strain the pasta once done
- Remove bay leaves from butternut squash mixture
- Add your cooked pasta to the butternut squash mixture along with ½ cup gouda, ½ cup parmesan, 1 cup cheddar, about half of your pasta water, and stir until thick. If you want it runnier, add more pasta water.
- Season with salt and pepper to your liking and enjoy the warmth this dish brings!

Chocolate Chickpea Cake

from alidaskitchen.com

Recipe from Cynthia Caul, Program Manager CRAFT

I'm not necessarily a skilled baker, but I do enjoy baking. However, as a new mom juggling full-time childcare with a full-time job during the shutdown, baking felt mostly like a far-off, unattainable dream. This simple, low-mess recipe was the perfect fix. I've made a couple of them over the past year and hand-delivered them to friends and family we're currently unable to see due to social distancing.



INGREDIENTS

- 1½ cups semi-sweet chocolate chips, melted
- 1 can (15 ounces) chickpeas (aka garbanzo beans), rinsed and drained
- 4 eggs
- ¾ cup granulated sugar
- 1 teaspoon espresso powder (optional)
- ½ teaspoon baking powder
- powdered sugar (for serving)

PROCEDURE

- Preheat oven to 350°F. Spray a 9-inch round cake pan with baking spray and set aside.
- Place eggs and chickpeas in a food processor and blend until smooth. Add sugar, baking powder and espresso powder (if using) and pulse until combined.
- Pour in melted chocolate and process until combined, scraping down the sides to make sure thoroughly mixed. Pour batter into prepared cake pan.
- Bake for 30 to 35 minutes, or until a toothpick inserted in the center comes out clean (with moist crumbs is ok).
- Cool in pan on a wire rack for 10 minutes and then invert cake on wire rack lined with parchment to cool completely.
- Dust with powdered sugar before serving, as desired.

Rebecca and Mark's Spanakopita

Recipe from Rebecca Nathan, Food Studies MA

Over the years, my parents and I have shared our love of cooking and baking together. My dad's mother is Greek and a few years ago we decided that we would try to make our own spanakopita from scratch. If you know anything about spanakopita, you know that it is not an easy dish to complete, especially on your own. After testing several recipes, we decided that we would develop our own and essentially combine the few that we had tried into one; we were not disappointed. This recipe has been perfected to our standards and I have yet to find a better version anywhere (even in restaurants). We hope you make it with your loved ones and cherish it as much as we do!

INGREDIENTS

- 3, 10 oz packages of frozen chopped spinach
- 3 eggs
- 1 small onion, diced small
- 1 lemon, juiced
- 1 teaspoon pepper
- 2 teaspoons dill
- 1 teaspoon garlic powder
- 12 oz (1.5 blocks) cream cheese, softened
- 10 oz feta cheese, crumbled
- 1 box phyllo dough
- 1 cup unsalted butter



PROCEDURE

- 2 to 3 days in advance, take the frozen spinach out of the freezer and place into a bowl in the refrigerator. This step is optional, and you can defrost the spinach the day of in the microwave, but this way is preferred.
- Take out the phyllo dough from the refrigerator and leave in package to come to room temperature.
- Once the spinach is defrosted, squeeze out the excess water and add the spinach to a large bowl. Mix in the eggs, one at a time until combined. Then, mix in the onion and lemon juice. Add the pepper, dill, and garlic powder to the mixture at the same time.
- Cut the cream cheese into one-inch cubes and add 3-4 cubes to the mixture at a time and mix until mostly combined. Continue this until all of the cream cheese is added. Then, mix in the feta cheese.
- Unwrap one of the rolls of phyllo dough carefully; leave covered between the plastic wrap and a damp kitchen towel. Melt 1 stick of butter (1/2 cup) in a bowl.
- Carefully pick up one sheet of phyllo dough and place on a large cutting board with the longest edges of the phyllo dough vertically. Brush on a thin layer of melted butter onto the phyllo dough. Repeat this step 2 more times until you have a total of 3 buttered sheets of phyllo dough.
- Cut the buttered phyllo dough into thirds by making a clean cut from the top of the phyllo dough towards yourself (vertical cut).
- Scoop about a tablespoon of the spinach mixture into the bottom right corner of each strip of buttered phyllo dough and slightly shape into an oval.
- Take the bottom left corner of the buttered strip of phyllo dough and fold it on top of the spinach mixture, making a triangle. Then, take the bottom right corner of the triangle and carefully flip the triangle over, moving up the strip of phyllo dough. Repeat this flipping process, making sure to flip tight enough so that there are no holes or gaps, until you have a finished spanakopita.
- Brush on a little bit of butter onto the seam of the spanakopita and place into a plastic container to be frozen. If stacking the spanakopita in a container, place a sheet of wax paper in between each layer.
- Melt more butter as needed, and make sure to keep the phyllo dough covered when not working with it to ensure that it does not dry out. If cracking or sticking occurs between sheets, try to salvage what you can and just add butter when layering. For best results, make sure that the first layer of phyllo dough is a full, untornd sheet.
- Preheat the oven to 425 and place spanakopita on a tray lined with aluminum foil. If baking fresh: bake for 15-18 minutes; if baking frozen: bake for 18-20 minutes or until golden brown and flakey.

Eden Hall Oven Bake Naan

Recipe developed by Jay Iyengar, Maker-In-Residence

This recipe was developed by Jay during her residency and our regular community bakes at the Eden Hall wood-fired oven.

INGREDIENTS

- 1 cup 100% hydration sourdough starter discard (unfed)
- 1.2 cup warm milk (dairy or nondairy almond milk can be used)
- 1/4 cup plain yogurt (non-dairy yogurt can be used)
- 2 cups whole wheat flour
- 1 tsp baking powder
- pinch of sea salt
- butter

Toppings

- 2 tbsp chopped cilantro
- 1 tsp nigella seeds (kalongi seeds)
- 2 cloves Garlic crushed

PROCEDURE

- In a large bowl mix together the sourdough starter, milk and yogurt until smooth. If the yogurt is watery, mix in little at a time.
- Add the flour, baking powder and salt and stir to combine to a shaggy dough.
- Cover with a damp cloth and let the dough rise (proof) in a warm place for 2-3 hours. When it's ready, the dough will spring back when you gently press it with your thumb.
- Knead for a minute or two, until smooth. You shouldn't need to add much extra flour, if any to make it not stick to your hands. It will still be tacky but not overly sticky.
- Preheat oven to 450- 500°F.
- Divide the dough into 4-6 pieces and roll each piece into about 1/4" thickness. Use a small amount of flour on your counter and on your rolling pin to help you roll the dough out. The dough will be tacky to slightly sticky, but you should be able to easily work with it with the addition of a little flour. Press the toppings on one side.
- Heat the baking steel or sheet in the oven for 5 minutes.
- Carefully remove the baking steel or sheet from the oven. Place the rolled-out naans with the toppings side up.
- Place it in the oven and cook for 3-5 minutes.
- When the top side of the naans begin to puff up, remove them from the oven.
- Top them with butter on one side and store in a covered serving dish or serve hot.

Lemon Bars

Recipe from Ani Steele, Food Studies, MA
Courtesy of Sallysbakingaddiction.com

During this pandemic, I initially enjoyed staying inside and walking on the other side of the street when people came by. It was my introvert dream. But that dream soon shattered when the month turned into two and then into three and into a millennia. One thing I missed most was being able to see my coworkers and have a natural, non zoom relationship with them. Additionally, I missed baking. A lot of people stepped into the kitchen at this time but I have always loved to bake. But what I loved about baking was sharing it with my friends and family. What once was my form of self care was now a reminder that I really missed what I had taken for granted: other people eating my cakes and cookies so I didn't eat it all. And my relationships and friendships, those too. At the beginning of the endless summer, I had an idea. How could one have a virtual bake swap? I bounced the ideas off of my friends that lived near me and we agreed to bake together through a Zoom (there it is again) party. We then each portioned out our desserts and I made a very efficient driving route I was proud of and delivered all the treats. Every single person who participated, and a couple of moochers, got to try what the other bakers had made. It was a success, a lot of work and driving but completely worth it. I made this recipe from Sally's Baking Addiction, who I find to be consistent and educational in her recipes. I love lemon flavors and lemon curd so it felt natural to make lemon bars. I also made a meringue topping but that is optional. Not only was it delicious but it helped me to feel connected with my friends and steal back some sense of normalcy from this pandemic.



INGREDIENTS

SHORTBREAD CRUST

- 1 cup (230g; 2 sticks) unsalted butter, melted
- 1/2 cup (100g) granulated sugar
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 2 cups + 2 Tablespoons (265g) all-purpose flour (spoon & leveled)
-

LEMON FILLING

- 2 cups (400g) granulated sugar
- 6 Tablespoons (48g) all-purpose flour
- 6 large eggs
- 1 cup (240ml) lemon juice (about 4 lemons)
- optional: confectioners' sugar for dusting

PROCEDURE

Preheat the oven to 325°F (163°C). Line the bottom and sides of a 9×13 baking pan* with parchment paper, leaving an overhang on the sides to lift the finished bars out (makes cutting easier!). Set aside.

Make the crust:

- Mix the melted butter, sugar, vanilla extract, and salt together in a medium bowl.
- Add the flour and stir to completely combine. The dough will be thick.
- Press firmly into prepared pan, making sure the layer of crust is nice and even.
- Bake for 20–22 minutes or until the edges are lightly browned.
- Remove from the oven. Using a fork, poke holes all over the top of the warm crust (not all the way through the crust). A new step I swear by, this helps the filling stick and holds the crust in place. Set aside until step 4.

Make the filling:

- Sift the sugar and flour together in a large bowl.
- Add the eggs and lemon juice and whisk until completely combined.
- Pour filling over warm crust. Bake the bars for 22–26 minutes or until the center is relatively set and no longer jiggles. (Give the pan a light tap with an oven mitt to test.)
- Remove bars from the oven and cool completely at room temperature. I usually cool them for about 2 hours at room temperature, then stick in the refrigerator for 1–2 more hours until pretty chilled. I recommend serving chilled.
- Once cool, lift the parchment paper out of the pan using the overhang on the sides. Dust with confectioners' sugar and cut into squares before serving.
- For neat squares, wipe the knife clean between each cut. Cover and store leftover lemon bars in the refrigerator for up to 1 week.

Freezing instructions: lemon bars can be frozen for up to 3–4 months. Cut the cooled bars (without confectioners' sugar topping) into squares, then place onto a baking sheet. Freeze for 1 hour. Individually wrap each bar in aluminum foil or plastic wrap and place into a large bag or freezer container to freeze. Thaw in the refrigerator, then dust with confectioners' sugar before serving.

Peanut Cake

Recipe from Michael Keefe, Food Studies MA/MBA

Rita M. Boynton, of Greensburg, PA died in 2010 at the age of 81. She was my mother's mother, a pivotal figure in my life, as well as the lives of all those around her. After working as a quality control manager for H.J. Heinz, Rita served as a social worker in Pittsburgh for 35 years before championing for better treatment of victims of Alzheimer's in her later life in Westmoreland County. Apart from work, the woman was a notorious card-shark, and took no prisoners playing gin-rummy. She often caught me cheating playing solitaire at her dinner table, both flexing her savvy and inimitable charisma convincing me to play and win by the rules. Rita was noble and devout to her religion, and offered positivity within each space and community she encountered. I can attest no person alive has better been able to lift my spirits when I am feeling down than her. And so, channeling her spirit and can-do attitude, I offer you her most prized recipe in this simple peanut cake. It brings me comfort, and reminds me of a time when I only was an exuberant visitor in the far-off land of Heinz ketchup and Steeler games. Make it for a birthday, anniversary, or holiday. Or make it just cause. It's that good.



CAKE INGREDIENTS AND PROCEDURE

- 1 tablespoon butter
 - 1/2 cup milk
 - 3 eggs, separated
 - 1/2 cup sugar
 - 1 1/2 teaspoon cream of tartar
 - 1 pinch salt
 - 1 cup sifted all-purpose flour
 - 1 teaspoon baking soda
 - 8 inch diameter cake pan
 - Electric mixer
 - Spatula
 - Mixing bowl
 - Saucepan
- Preheat the oven to 375 degrees F. Line an 8-inch sponge cake pan with parchment paper.
 - Combine butter and milk in a saucepan over medium heat. Remove from the heat and set aside.
 - In a mixing bowl, add the egg whites and beat with an electric mixer until stiff peaks form.
 - Add the yolks and continue to beat. With the mixer running, slowly pour in the sugar and mix until incorporated.
 - Fold in the cream of tartar, salt, and flour
 - Add the baking soda to the milk mixture and stir well then fold into the batter. Pour the batter into the prepared pan.
 - Place in the oven and bake at 375 degrees F for 30 minutes or until the cake springs back when touched.
 - Remove from the oven and let cool for 5 minutes in the pan then turn out onto a cooling rack.

TOPPING INGREDIENTS AND PROCEDURE

- 1/2 cup unsalted butter, softened
 - 1 1/2 teaspoons vanilla extract
 - 2 cups confectioners' sugar -- sifted
 - 2 tablespoons milk
 - 1-2 cups dry roasted peanuts -- chopped
 - Electric mixer
 - Spatula
 - Mixing bowl
 - Sheet tray
 - Knife
 - Cutting Board
- Cream room temperature butter until smooth and fluffy.
 - Gradually beat in confectioners' sugar until fully incorporated.
 - Beat in vanilla extract. Pour in milk and beat for an additional 3 to 4 minutes, set aside
 - Spread peanuts over sheet tray
 - Cover cake entirely with icing with spatula, then transfer to peanut tray and coat cake with peanuts



Speltt Chocolate Chunk Cookies

Recipe from **Cassandra Malis, Program Manager**
CRAFT

I first learned how to make the speltt dark chocolate chunk cookies at the Grains School conference at the University of Colorado in Colorado Springs. I remember taking my first bite of the cookie and looking at my friend Amber with complete amazement - the cookie had just changed my life. Up until this cookie, I hadn't truly appreciated the added flavor that whole grains add to baked goods. Now I love exploring the nuances of speltt vs. rye, and how whole wheat adds flavor that is impossible to recreate with industrialized white flour. Since the conference I've played around with the recipe to make it my own, always using whatever flour I have on hand. I hope people can take this recipe and also use it as a way to experiment with the flavor and texture of local whole grains.

INGREDIENTS

- 230 grams unsalted butter, softened
- 60 grams granulated sugar
- 330 grams brown sugar
- 2 large eggs
- 2 tsp vanilla extract
- 500 grams speltt flour (or rye flour, whole wheat flour, other whole grain)
- 8 grams baking soda
- 7 grams sea salt
- 400 grams dark chocolate chunks
- Flaky sea salt for finishing

PROCEDURE

- Cream butter and sugars together for 2 minutes. Scrape down bowl and cream for another 2 to 3 minutes until light and fluffy.
- Add egg and vanilla and beat until incorporated.
- Add flour, baking soda, and sea salt, and mix until just incorporated.
- Fold in dark chocolate chunks.
- Refrigerate dough for 30 minutes and preheat oven to 350F.
- Scoop dough out into 24 even balls, sprinkle with flaky sea salt, pressing down slightly to make sure salt sticks
- Bake on three, parchment-lined baking trays (8 on each tray) for 16 minutes or until just golden brown.
- Cool on a wire rack and enjoy!

Basic Masala Chai

Recipe from Jay Iyengar, Alumnus and Maker-in-Residence

When I started making masala chai, I realized that there is not just one recipe to make this delicious warm beverage. This versatile drink can be made with just a single spice or a mixture of spices to suit your taste. So, I created this 'Chai Pyramid' which provides a quick picture of all the possibilities for a flavorful chai!

Just cardamom (even just two or three pods will change the taste)

Just ginger - grated or chopped

Cardamom + ginger

cardamom + ginger + cloves

cardamom + ginger + cinnamon

cardamom + cloves + cinnamon

cardamom + ginger + cloves + cinnamon

cardamom + cloves + cinnamon + black pepper

cardamom + ginger + cloves + cinnamon + black pepper

cardamom + ginger + cloves + cinnamon + black pepper + star anise

cardamom + ginger + cloves + cinnamon + black pepper + star anise + fennel seeds



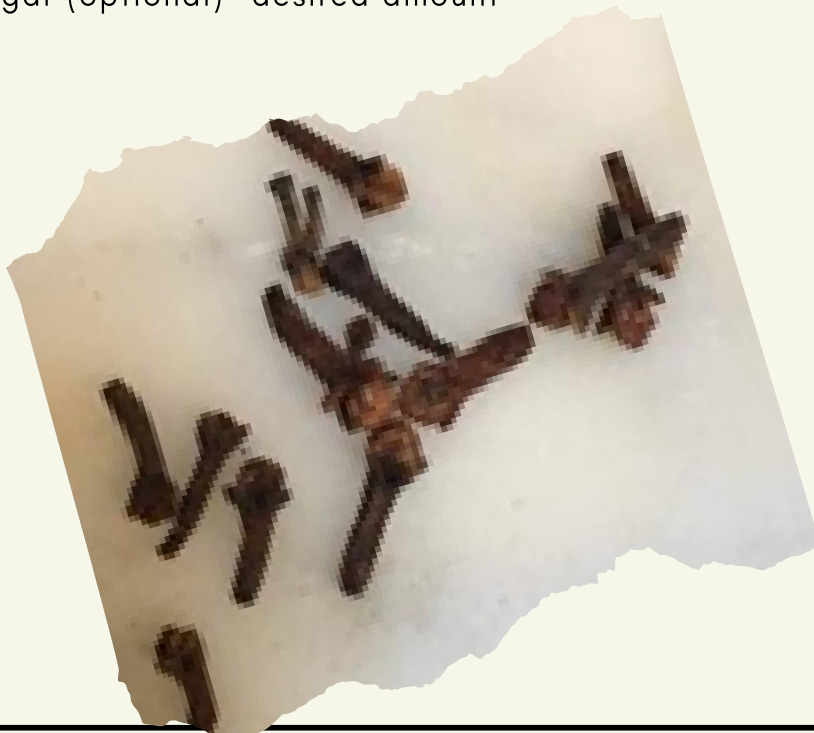
Indian tea is typically made with Assam or Darjeeling tea.

Assam tea makes a strong cup of tea and Darjeeling tea makes a milder aromatic tea.

But, any type of tea can be used to make chai.

INGREDIENTS

- 1 cup water
- 3/4 cup water = 1/4 cup milk
- Cardamom (2 or 3 whole pods)
- Cloves (2)
- Round whole Cinnamon (2inch) or 6 Cinnamon Barks
- Fresh ginger
- Assam tea leaves (2tsp)- or any other kind of tea
- Sugar (optional)- desired amount



PROCEDURE

- Boil 1 cup of water in a small saucepan.
- While the water is being heated, smash the spices coarsely - just enough to release the flavors - cardamom, cloves and cinnamon in a mortar & pestle (spice grinder can be used).
- Add the ginger and continue to smash the spices together. Again coarsely.
- Add the mixture to the boiling water. Let the mixture boil for 2 more minutes.
- Add 2 tsp of tea leaves. Continue to boil for 2 more minutes.
- Add the milk/water mixture. Heat until it begins to boil. 1 cup of water can be used instead of milk/water mixture.
- Turn off the heat. Close with a lid. Let it sit for a minute.
- Pour the tea in a cup using a tea strainer or cloth. Mix in the sugar if desired.

Enjoy with a light snack!

Kitchedi

Recipe from Jay Iyengar, Alumnus and
Maker-in-Residence

INGREDIENTS

- 1 tsp oil
- 1.2 small onion, thinly sliced
- 1.2 inch peice of ginger finely chopped
- 1 small tomato finely chopped
- 1 small bell pepper (about 85g) (red, yellow or orange)-diced
- 2 tbsps peas
- 1/2 long carrot (chopped into 1/4 inch cubes)
- 6 green beans cut into 1.2 inch pieces
- 1/2 chopped spinach or other greens (20g)
- 2 tsp butter, ghee or oil (optional)
- 1/4 chopped cilantro
- Salt to taste
- 1 tsp black mustard seeds
- 1/4 tsp asafoetida (hing)
- 3 Indian curry leaves torn into bits
- 1 small bay leaf
- 1 green chilies slit
- 1-inch piece of cinnamon stick
- 2 cloves powdered
- 1/2 tresp cumin seed
- A pinch (about 1/8 tsp) crushed black pepper
- 1 tsp tumeric powder
- 1/1 tsp garam masala owder

PROCEDURE

- Place 1 tsp of oil and mustard seeds in a sauce pan (pot) at medium heat. When you hear the mustard seeds pop cover with the lid and wait for about 10 seconds and turn off the heat.
- When the popping stops completely, open the lid and add the asafoetida, curry leaves, bay leaf, green chilies, cinnamon stick, cloves and cumin seeds and. Turn the heat back on to medium.
- When the cumin seeds turn reddish brown and you can smell its aroma, add ginger and onion. Saute until the onions turn soft.
- Add the tomatoes, powdered black pepper (use less black pepper if desired)) garam masala & turmeric powders. When the tomatoes are soft and mashed, add the remaining vegetables and mix well. Add enough water to cook the vegetables using the soaked water.
- When the vegetables are soft but still firm (about 8-10 min), add the rice and dhal to the pot along with the remaining soaked water. Add salt to taste.
- When the water begins to boil, lower the heat and let it simmer until the rice is well cooked (15 to 20 minutes).
- Add extra water if the dish looks dry and not mushy. Simmer for another minute.
- Add the butter, ghee or extra oil. Mix well. Turn off the heat and garnish with cilantro.
- Kitchedi will be mushy like oat meal and can be eaten with chutney or raita.