

# WASHINGTON VILLAGE



# COOKBOOK

## FORWARD

As one of the oldest public housing complexes in our nation, and the oldest in Connecticut, Washington Village has seen a great many residents since its cornerstone was laid in the year 1940. Families of adults and youth of all ages from countries across the world have made Washington Village their home, creating a community rich in cultural and ethnic diversity. This diversity also extends to the culinary arts.

In 2012, after the devastation created by Superstorm Sandy, a decision was made to replace and rebuild Washington Village. With the generous support of the U.S. Department of Housing & Urban Development (HUD) through the Choice Neighborhood Initiative, a new, efficient, resilient Washington Village is being created. The goal is to protect and preserve the housing and personal enrichment opportunities provided to the residents of Washington Village and also to preserve the character and unique personality of this community. This collection of recipes is part of that effort as we create the new community: Soundview Landing.

One unifier over the years has been food.

Food represents comfort and coming together as a community. To celebrate Washington Village's nearly eight decades, residents contributed recipes to the Washington Village Cookbook. Their recipes reflect their diverse heritage and the culinary traditions of families who have called Norwalk home.

Recipes have also been contributed by staff members of Housing Opportunities Unlimited and the Norwalk Housing Authority. Thank you to all who shared their favorite recipes.

Please enjoy making these dishes and keep this book as a lasting memory of your Washington Village family and community.

A note about the cover art:

The Washington Village Cookbook cover art was created by Conan Robinson, a resident of Washington Village and an accomplished artist.

[www.norwalkcni.org](http://www.norwalkcni.org)





## Belinda Barnes' Corn Soup

In boiling water, add corn sliced off the cob, pumpkin chunks, carrot pieces, garlic, butter and salt and allow to boil until the soup gets thick. Add a bouillon cube for flavor, and potato cubes.



## Sedley Caesar's Curry Mangoes

Select hard green mangoes and cut them in small pieces. Put in a pot of boiling water with pinch of salt. When the mangoes start to get tender strain them from the pot. In a separate pot heat a small amount of oil with garlic and 3 teaspoons curry until browned, stirring constantly. Add mangoes. Add water, butter and a little sugar and let it boil down until the sauce is thickened.





## Gina Calzada's Colombian Arepas

1. Masarepa is dehydrated cooked corn meal. It is available in the Latin section of most supermarkets in either white or yellow varieties. This recipe calls for white, but they can be freely substituted. Popular brands include Goya and P.A.N.
2. Crumbled cheese can be added if desired. Depending on the moisture level of the cheese, you may not need all the water. Colombian-style queso fresco is ideal. If you can't find it, substitute cotija, ricotta salata, or feta.
3. Arepas can also be cooked on a greased panini press or a grill over low heat.

### INGREDIENTS

- 1 1/2 cups masarepa (see note #1 above)
- 2 ounces (about 1/2 cup) finely crumbled queso fresco (optional, see note #2 above)
- 1 1/2 cups water, plus more as necessary
- 1 teaspoon vegetable oil
- Kosher salt
- 2 teaspoons butter

### DIRECTIONS

Combine masarepa, cheese (if using), 1 cup water, and 1 teaspoon vegetable oil in a medium bowl and knead with hands until a dough is formed. Take a small amount and flatten it between your palms. If the edges crack, knead in more water a tablespoon at a time until dough is supple and smooth but not sticky. Season dough to taste with salt, then cover and set aside for five minutes. Divide dough into four even pieces and roll into balls. Working on a wooden cutting board or a regular cutting board with a sheet of plastic wrap or parchment paper on top of it, flatten each ball down to a disk about 5-inches in diameter and 1/4-inch thick.

Melt butter in a 12-inch cast iron or non-stick skillet over medium-low heat (see note #3 above). Add arepas and cook, moving them around the pan and rotating them occasionally, until first side is charred in spots and a dry crust has formed, about five minutes. Flip arepas and cook on second side until a dry crust has formed, about five minutes longer.

Continue cooking, flipping every minute or so, until arepas are mostly dry and relatively stiff, about five minutes longer. Serve hot with cheese, melted butter, or toppings of your choice.



## Doraine Reyes' Rice with Vienna Sausages/Arroz Con Salchichas Vienna

### INGREDIENTS

3 cups rice  
3 tbsp. sofrito  
2 small packets sazón  
2 5 oz. cans Vienna sausages (save the liquid for the rice)  
2 8 oz. cans tomato sauce  
1 envelope onion soup  
2 tsp. salt (omit salt if onion soup is used)  
1/4 cup canola oil  
4 3/4 cups hot water  
15 olives (pimiento stuffed)  
2 tsp. alcaparras (capers)

### DIRECTIONS

In a 5 qt. pot (or a pot big enough for the rice to expand) over medium heat, add the sofrito, sazón, Vienna sausages, tomato sauce, onion soup (or salt), canola oil, olives and alcaparras.

Rinse the rice well and add to the pot.

Add the hot water (liquid of the sausages and water to equal the amount of water specified). Increase heat to medium high and stir well.

When it starts boiling, reduce to medium heat and let the rice completely dry out. By now, most of the liquid will be absorbed and you will not see the edges around the rice bubbling with the yummy liquid.

Stir the rice with a large spoon, bringing the rice at the bottom to the top.

Cover the pot to a tight fit with aluminum foil, cover with lid and reduce the heat to low.

After about 20 minutes, uncover carefully (watch out for the steam) and stir the rice again using the large spoon.

Cover the pot again with the aluminum foil and lid. Cook for another 10 minutes.

Remove the pot and set it on a cool burner. DO NOT leave it on a hot burner.



## Herby Paul's Duri Blan Sos Pwa/ White Rice with Puree of Black Beans

### HOW TO MAKE WHITE RICE/ DURİ BLAN:

1. Heat olive oil in a medium saucepan over medium heat
2. Pour water and add salt (for every cup of rice, use 1¾ cups of water)
3. Once the water is boiling, pour in rice.
4. Stir once, or just enough to separate the rice.
5. Cover the pot and simmer.
6. Fluff rice with a fork

### HOW MAKE PUREE OF BLACK BEANS/ SOS PWA:

- Pour water in a pot over medium heat.
- Wash the beans in the sink water in a container.
- After washing the beans, add them to the boiling water for 40 minutes.
- Add some water every 15 minutes (2 times).
- After 40 minutes, blend the beans with the bean juice in a blender.
- Once done, pour it back in the pot over low heat, add ½ cube bouillon, add thyme and parsley to give a wonderful smell to the puree. Let it boil for about 15-20 minutes.





## Lisa Roger's Guacamole

1 soft Haas avocado

1/8 – 1/4 cup fresh cilantro, chopped

1/4 teaspoon – 1 teaspoon fresh hot pepper, minced

1 – 3 teaspoons onion, minced

2 squirts bottled lime juice

Salt to taste

### DIRECTIONS

Peel avocado, remove the pit.

In a small bowl, stir avocado with a wooden spoon, beat until smooth.

Add all other ingredients listed above, in order, stirring between each ingredient.

Transfer to a serving bowl.

Serve with chips, vegetables, or any other item for dipping.

### NOTES:

- Quantities of all ingredients can be adjusted to taste. For a mild guacamole, omit or reduce hot peppers.
- Using a wooden (non-metal) spoon minimizes the “browning” of the guacamole.
- To store for a longer period of time and minimize browning, cover the guacamole with a thin layer of water. Drain before use.



## Deborah Bonifacio's Dorito-Dipped Pigs in a Blanket

### INGREDIENTS

Finely crushed Doritos  
Bowl of milk  
Regular-sized hot dogs  
Crescent buns  
Sliced cheese

### INSTRUCTIONS

Prep time is 10 minutes; cook time is 30 minutes.

Preheat oven to 375 degrees. Roll out crescent rolls. Roll cheese slices around each hot dog and place each in a crescent roll. Baste each with the milk, then roll in the crushed Doritos for coating. Repeat until all hotdogs are prepped and coated with Doritos. Place on a tray in oven. After 30 minutes allow them to cool a bit and enjoy.



## Betty Godfrey's Awesome Collard Greens

Start by boiling 2 pounds of smoked neck bones with salt and pepper to taste, and simmer for about 3 1/2 hours, until tender. In the meantime, wash fresh collard greens thoroughly leaf by leaf until they are totally clean. Cut the greens into reasonable sizes for eating. Add the greens to the smoked neck bones and simmer for an additional 2 hours. Enjoy!





## Rose Beau's Corn Bread

### INGREDIENTS

This recipe can also be used to make corn muffins as well as a corn bread loaf.

1 cup of corn meal  
1 egg  
1 cup of whole milk or evaporated milk  
3 teaspoons of baking powder  
1/4 cup of sugar

### INSTRUCTIONS

Combine ingredients in a bowl. Pour into pre-greased loaf pan or individual muffin cups in a cupcake tray. Bake at 350 degrees for 30 minutes.



## Candida Flores' Rice with Pigeon Peas - Arroz Con Gandules

### INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup sofrito sauce
- 1/2 cup chopped ham (or cooked pork pieces)
- 2 cups rice
- 4 cups water
- 1 1/4 ounces Goya sazón seasoning found in Latin markets
- 1 (15 ounce) can pigeon peas (drained and rinsed)

### DIRECTIONS

1. Heat olive oil in a 6-quart pot. Saute the sofrito and chopped ham for 1 minute.
2. Add the rice, water, sazón and pigeon peas.
3. Bring to a boil. Let boil for 2 to 3 minutes.
4. Cover, reduce heat to medium low, and cook for 35 to 40 minutes.
5. Do not use a lid with a vent that allows the steam to escape.
6. Never lift the lid while cooking.
7. When finished cooking, stir the rice before serving. It should be light and fluffy.





## Marimode Jean's Black Bean Soup (Sos Pwa Nwa)

### INGREDIENTS:

16 oz. bag black beans  
1 cup/box coconut milk  
1 tbs. salt  
1 tbs. black pepper  
2 tbs. olive oil  
1 tsp. ground cloves  
1-2 cubes Maggi chicken bouillon  
8 cups water  
1/2 tsp. seasoning salt  
4 minced garlic cloves

### DIRECTIONS

1. Wash beans
2. In a pot, add water and beans to boil until soft (about one hour). You may need to add water as the beans boil.
3. Once the beans are soft, add 3/4 of them to a blender and puree with water from the pot.
4. Run the beans through a strainer, then return to the remaining beans in the pot.
5. Add the oil, coconut milk, salt, pepper, garlic and bouillon cube to the pot and stir.
6. Add seasoning salt as needed.
7. Cook the beans on low heat for 15 minutes and serve with white rice.



## Lisa Tella's Clam Chowder

### INGREDIENTS:

- 4 slices bacon, diced
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 onion, diced
- 1/2 teaspoon dried thyme
- 3 tablespoons all-purpose flour
- 1 cup milk
- 1 cup vegetable stock
- 2 (6.5-ounce) cans chopped clams, juices reserved
- 1 bay leaf
- 2 russet potatoes, peeled and diced
- 1 cup half and half
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

### DIRECTIONS

1. Heat a large stockpot over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate, reserving 1 tablespoon excess fat; set aside.
2. Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.
3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice and bay leaf, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
4. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes.
5. Stir in half and half and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
6. Serve immediately, garnished with bacon and parsley, if desired.



## Narold Champagne's Haitian Legumes

### INGREDIENTS:

2-3 lbs. round steaks (trim all fat)  
1/4 cup vegetable oil  
1/2 cup vinegar  
2-3 eggplant (peeled and cut into pieces)  
2-3 chayote (peeled and cut into pieces)  
2 bell peppers (any color)  
2 finely chopped scallions  
3 minced garlic  
1/4 pack of fresh chopped parsley  
1 medium size cabbage (remove outer leaves and the core then chop quarterly)  
1 regular bag size of fresh/frozen lima beans (optional/ use any desired vegetables)  
1/2 bag of fresh/frozen string beans (cut in half (optional))  
6 or 1/2 bag carrots peeled and (roundly cut) (optional)  
1 pk. of freshly chopped spinach or 3 boxes of frozen spinach  
1 pk. of watercress chopped  
2 Maggi chicken bouillon soup cubes  
3-4 tbs. tomato paste (to add some color) (optional)  
2-3 limes freshly squeezed (to wash steak)  
2 tsp Adobo seasoning to your taste

### DIRECTIONS

1. Clean and wash beef (any type of meat) with lime juice, salt and vinegar; allow to marinate for 10 minutes.
2. Rinse with cold water.
3. Make a paste from green pepper, green onions, parsley, garlic and vinegar; rub it on meat and let marinate for about 30 minutes.
4. Brown beef in small amount of oil.
5. Add tomato paste, seasonings and water to cover the beef.
6. Add chopped green bell pepper and place on top of the beef while it is cooking.
7. Let the beef cook until tender, continually adding tomato paste mixture as needed, so beef does not burn or dry out.
8. After meat is tender, bring a large pot with a medium amount of water to a boil and start placing in the vegetables.
9. First, add the cabbage and eggplant, next add the lima beans and green beans. Add the carrots, and chayotes - allow to steam until somewhat tender, then add spinach and watercress.
10. Pour some oil over the vegetables, add the butter and 1 Maggi cube - continue to let steam till tender.
11. Once tender, add the vegetables to beef mixture and stir everything together.
12. Let cook for another 10-20 minutes.
13. Taste, adjust seasonings.
14. If necessary, add another Maggi cube/ Adobo.
15. Taste again and adjust all the seasonings.
16. You can serve it with rice and beans or as a dip. (Your preference.)
17. Bon Appetite!



## Dave & Lisa Roger's Chili

This recipe can be vegetarian or with meat. Freezes nicely! Recipe can be easily doubled or tripled! Top with shredded cheese of your choice if desired (jack cheese works nicely).

1- 29 to 32 ounce can tomato sauce  
2- 16 ounce cans of DARK RED kidney beans  
Approximately 1 cup of water  
1 large or 2 medium onions, chopped · Or 2 sweet peppers (one green and/or one red)  
chopped parsley, either 1/4 cup fresh or 2 tablespoons dried  
Approximately 2 tablespoons garlic, chopped  
(we use pre-chopped garlic in a jar)  
1 to 2 teaspoons crushed red pepper, or to taste  
2 to 4 teaspoons chili powder, or to taste  
olive oil for browning onions/peppers

### AND EITHER:

- 1 pound ground meat (chicken, turkey, or beef)
- OR (for vegan)
- (2) Additional cans of beans (garbanzo, pinto, white kidney beans... your choice)

### Directions:

1. Brown onions, pepper and garlic in small amount of olive oil.
2. (for meat) Brown meat.
3. Mix ALL remaining ingredients in a large non-stick pot.
4. Add browned vegetables and/or meat.
5. Bring to boil, cover, then reduce heat to low.
6. Simmer approximately 2 hours.
7. If needed, add salt and pepper to taste.

### Notes:

- Other than tomato sauce and dark red kidney beans, all other ingredients are optional or to taste. Don't like onions or peppers? Leave them out, or leave one out and add more of the other. Want it spicier or milder? Add more/less crushed red pepper and chili powder.
- The dark red kidney beans are softer and absorb the spices and flavors more than the light red kidney beans.
- Add/reduce the quantity of water to get the desired consistency.

### Variations

- Add chopped carrots to vegan chili.

Use fresh hot peppers (minced) instead of crushed red pepper AND chili powder. Remove seeds before mincing. You'll need to experiment with the quantity, based upon heat level of the hot peppers. If you use hot peppers, generally you won't need the chili powder at all. You can supplement with crushed red pepper if needed.





## Debra Hairston's Sausage Bread

2 sausage (I use one hot and one sage)  
5 tbs.parmesan cheese  
3 cups mozzarella cheese (shredded - 1 1/2 bags)  
1 tsp garlic powder  
1 tsp Accent  
2 tsp onion powder  
1 tsp parsley flakes  
1 tsp oregano

Brown sausage and drain well. Cool the sausage about an hour in the refrigerator or freezer. After cooled, mix in other ingredients.

There are three options for making the bread dough depending on your time, talent, and preference.

Option 1 - (fastest and cleanest) Buy frozen bread dough, thaw and follow the directions below.

Option 2 - 1 Pillsbury Hot Roll Mix (box in cake section) Follow the directions on the box but let rise for 15 minutes.

Option 3 - Make the bread dough yourself from scratch. Let rise according to the recipe you use. Whichever option you choose, separate the dough in half and roll out oblong. Put half of the sausage mixture on each piece and roll into log shape. Put seam side down on a cookie sheet and brush top with beaten egg. Bake 30 minutes at 350.

Variations:

- . You can make two big loaves or several small loaves. Be sure to spread the sausage mixture to both ends of the bread or you waste a lot of dough.
- Can be served hot or cold.
- . Can be served with a "Quick Pizza Sauce" for dipping.





## Zoraida Vazquez's Guineos en Escabeche (Green Banana Salad)

- 2 lbs bananas, bright green unripe -about 10 green bananas (the greener the better)
  - 2 large onions, sliced into thin rings
  - 1/2 cup white vinegar
  - 3 -4 garlic cloves, crushed
  - 10 -12 olives, green (stuffed with pimiento if desired)
  - 1/2 teaspoon salt
  - 10 -12 whole black peppercorns
  - 3 -4 bay leaves
  - 1 cup olive oil or 1 cup light olive oil
  - salt and pepper
1. Cut the banana with a knife by cutting off the ends of the bananas and making a cut along the outside curves of the banana skins, but DO NOT remove the skins.
  2. Place the bananas in boiling water and add 1 to 2 tablespoons of salt and 2 teaspoons of oil to make them peel easier. Boil the bananas for approximately 20 minutes on medium-low heat. If you boil them too long they will come apart.
  3. While the bananas cook, make the Escabeche sauce by placing all the rest of the ingredients into a pot. Stir them well and place on medium heat until the mixture gets hot. Then reduce the heat to low and cook for approximately 1 hour. Remove from heat and set aside to cool to room temperature.
  4. The banana is done when you lightly stab it with a toothpick and it is tender but firm. Peel off the skins and cut the bananas in 1 inch size rounds and put them in a glass or "Tupperware" bowl. Add the sauce to the bananas. Stir and mix well. Cover them and let them cool off. After they cool off place them in the refrigerator for 2 hrs or longer -- the longer the better. Serve and eat.



## Emendya Diaz's Quinoa Salad with Cranberries

### INGREDIENTS:

1 cup uncooked quinoa, rinsed

1/2 cup dried cranberries

2 scallions, finely chopped

1/4 cup toasted almonds, sliced

1/4 cup fresh cilantro, chopped

1 tablespoon fresh parsley, chopped

2 tablespoons fresh squeezed lemon or lime juice

2 tablespoons extra virgin olive oil

1/4 chopped celery (optional)

1/4 chopped carrot (optional)

Salt and pepper, to taste

Cook quinoa according to package directions, transfer to bowl.

Combine quinoa, cranberries, scallions, almonds, cilantro and parsley in large bowl.

In a separate bowl, whisk together lemon (or lime) juice, olive oil, salt and pepper.

Pour dressing over quinoa, stirring gently to coat.



## Gabina Reynoso's Habichuelas con Dulce (Sweet Cream of Beans)

Habichuelas con Dulce Recipe (Sweet Cream of Beans):  
It is a delicious Lent tradition in the Dominican Republic.

- 4 cups soft-boiled red kidney beans (or cranberry or pinto beans)
- 6 cups water from boiling the beans
- 2 cups coconut milk
- 3 cups evaporated milk
- 1/2 tsp salt
- 1 cup sugar
- 1 tsp vanilla extract
- 2 cinnamon sticks
- 10 cloves
- 1/2 lb sweet potatoes (batata), cut into small cubes
- 1/2 cup raisins

To garnish

- 8 pieces cassava bread (casabe), may be omitted
- 1 cup milk cookies
- 2 tsp butter

1. Put the beans (and the water in which they boiled) in a blender and puree. Strain the beans to get rid of the skins and undissolved solids. Pour the beans, coconut milk, evaporated milk, salt, sugar, vanilla, cinnamon, cloves and sweet potatoes and simmer over low heat until the sweet potatoes are cooked through. Stir regularly to avoid sticking.
2. Add the raisins and simmer for another 10 minutes (don't worry that it may look too thin, the cream of beans will get much thicker when chilled). Remove the cinnamon sticks (and cloves, if you like). Remove from the heat and cool to room temperature. Chill before serving.
3. Spread butter on the cassava bread and toast in the oven until it turns golden brown.
4. Serve the beans with the cassava on the side. Put cookies in the beans when you serve.



## Debra Hairston's Broccoli Cornbread

### INGREDIENTS:

1 box Jiffy cornbread  
1 small chopped onion  
3 eggs  
12 oz small curd cottage cheese  
1 box of frozen chopped broccoli, thawed

### DIRECTIONS:

Melt one stick of butter in pan  
Pour ingredients mixture over top of the melted butter in pan  
Bake at 375 degree temperature for 40-45 minutes





## Tom Ivers' Beef & Bean Chili

### INGREDIENTS

1½ - 2 lbs. lean ground beef  
1-2 onions, chopped into 1" squares  
1 or more fresh hot peppers, seeded and chopped (or substitute crushed red pepper)  
2 fresh bell peppers, chopped into 1" squares  
½ cup fresh chopped parsley (or substitute cilantro)  
1 stick margarine (¼ lb.)  
2 cloves garlic, minced  
¾ cup dry red wine  
½ cup water  
2 beef bouillon cubes  
1 large can (28 oz.) crushed tomatoes  
1-2 cans pinto beans, drained  
⅓ cup medium chili powder  
1 tsp. ground coriander  
2 tsp. oregano  
1 tsp. flavored salt  
black pepper to taste  
olive oil

### DIRECTIONS

Brown beef in olive oil and drain. Melt margarine in six quart pot and add onion. After three minutes add garlic and peppers. Stir occasionally. When cooked through add beef and parsley. Stir in spices except chili powder. Add water, wine and beef bouillon and bring to a boil. Add crushed tomatoes and chili powder, cover and simmer for 45 minutes. Add pinto beans and cook another 15 minutes.

Serve over rice and garnish with sour cream, chopped onions, chives and, if you like it hot, your favorite hot sauce. Serve with dark bread and Mexican beer or dry red wine.





## Yolanda Ecton's Butternut Squash Soup

### INGREDIENTS

- One 2- to 3-pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

### DIRECTIONS

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve in heated bowls.



## Deborah Bonifacio's Italian Style Chicken Wings

### INGREDIENTS

1 package chicken wings

Adobo seasoning

Italian salad dressing

### DIRECTIONS

Marinate wings overnight in a bowl with all ingredients, in proportions to taste. Preheat oven to 375 degrees. Arrange wings in a casserole dish. Sprinkle Adobo on top for extra flavor. Bake wings for 35 to 45 minutes until thoroughly cooked. Serve and enjoy!





## Yolanda Gonzalez and Daniel Zapata's Spanish Lasagna

### INGREDIENTS

- 2 packs Rosa lasagna pasta (cooked)
- 5 pounds ground beef
- 2 pounds ricotta cheese
- 5 pounds mozzarella cheese
- 1 jar Ragu meat sauce
- Onions
- Cilantro
- Green peppers
- Garlic

### DIRECTIONS

Cook meat for 30 minutes over medium heat. Add diced onion, peppers, cilantro and garlic in quantities as desired. Drain off grease. Mix Ragu meat sauce with the meat and vegetable mixture. Add 2 ounces of the mozzarella cheese to the mix.

In a casserole pan, layer meat mix  $\frac{1}{2}$  inch thick. Then add a layer of ricotta cheese  $\frac{1}{4}$  inch thick. Then another  $\frac{1}{2}$  inch of the meat mixture. Add mozzarella cheese on top and cover dish completely. Put in oven for 45 minutes at 360 degrees. Let sit for 15 minutes, then cut into squares.



## Velma Jones' Shrimp Gumbo

2 tablespoons flour	1 tablespoon Worcestershire sauce
2 teaspoons olive oil	1 teaspoon sugar
1 chopped onion	$\frac{3}{4}$ teaspoon dried thyme
1 chopped green pepper	4 ounces of chicken broth
1 $\frac{1}{2}$ celery stalks, sliced	1 pound raw shrimp
1 can (14.5 ounce) diced tomatoes	1 tablespoon olive oil
2 cups sliced okra	$\frac{3}{4}$ teaspoon salt
10 $\frac{1}{2}$ ounce can of chicken broth	$\frac{1}{4}$ teaspoon hot sauce
2 bay leaves	1 cup uncooked brown or white rice

Heat a Dutch oven over medium heat. Cook the flour for 1 to  $\frac{1}{2}$  minutes, stirring constantly. Transfer to a plate. Add 2 teaspoons oil to a pot and swirl to coat the bottom. Cook the onion, bell pepper and celery for 5 minutes, stirring frequently. Stir in the tomatoes, okra, 10  $\frac{1}{2}$  ounces of broth, bay leaves, Worcestershire sauce, sugar and thyme. In a jar with a tight lid, combine the remaining broth and the cooked flour. Cover and shake until completely blended. Stir into the tomato mixture. Bring to a boil over high heat. Reduce the heat and simmer, covered, for 25 minutes or until the okra is very tender and the mixture has thickened, stirring frequently. While this is cooking, start the rice in a separate pot according to package directions. Stir the shrimp into the gumbo. Cook, covered, for 5 minutes, or until the shrimp turn pink. Remove from heat. Stir in 1 tablespoon oil, salt, and hot sauce. Let stand for at least 15 minutes. Discard the bay leaf.





## Lucy and Kerbert Vallere's Chicken and Sausage Gumbo

In a frying pan take 2 tablespoons of flour and 6 tablespoons of oil and stir continuously over medium heat until it turns a reddish brown color. Do not leave it unattended as it will burn quickly if not watched carefully. Once the color is achieved, set aside.

Fill a large soup pot with water half way. Let the water come to a boil on medium heat. In a frying pan put 6 tablespoons of oil on medium heat until the oil is hot enough to fry. Season about 8 chicken wings cut in half with Tony Chachere's Creole Seasoning. Add half a tablespoon of garlic powder. Brown chicken in the hot oil in the frying pan. When chicken is brown add a large chopped onion and stir until the onion starts to cook down and brown. Slowly add a little water so it does not stick and burn. When onion is cooked down add the brown chicken and onion mixture to the boiling water.

Now add the browned flour (called rye) to the pot of boiling water. Then add about 1 pound of smoked sausage cut into small pieces to the pot. Add about ¼ tablespoon of the creole seasoning to the pot of chicken and sausage. Cook on a medium to low heat for about 1 hour. Serve over white rice.



## Doraine Reyes' Puerto Rican Pernil (Roast Pork)

Crispy, juicy Puerto Rican Pernil (Roast Pork) is slow roasted until fall-apart tender. Seasoned with garlic and Adobo for maximum flavor, your house will smell as incredible as it tastes!

### INGREDIENTS

- 8-10 lbs pork shoulder
- 1 head of garlic, peeled
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 2 teaspoons ground black pepper
- 2 tablespoons Adobo
- 2 packets of sazón (optional)

### INSTRUCTIONS

1. Rinse pork in cold water and pat dry. With a paring knife, stab 1-inch slits all over the pork, top and bottom.
2. In a food processor (or by hand if you have a pilón!), blend all the garlic, olive oil, black pepper and oregano until smooth. Fill each slit in the pork with about a teaspoon of the garlic paste. Sprinkle all sides of the roast with the adobo and sazón (if using) and rub pork with the spices. Place in a roasting pan that has sides at least 2 inches deep, cover with foil and refrigerate overnight.
3. When ready to cook, preheat oven to 350°F. Leave the roast covered with foil and bake for 4-5 hours, approximately 30-45 minutes per pound. Pork should read 180°F on an internal thermometer and shred easily with a fork.
4. Uncover roast and bake for 15-20 minutes to crisp up the fat, or broil at 500°F for 10 minutes, watching carefully not to burn.



## Johana Sierra's Empanadas

1 onion  
1 can tomato sauce  
6 chopped olives  
2 tsp of sofrito  
1 pk of sazon  
2 tsp of garlic powder  
pinch of oregano  
2 pinch of black pepper  
1 pk of ground beef

1 pk of discs for turnovers

Heat oil in a large skillet over medium heat. Add ground beef (or chicken or veggies) until browned, breaking up meat with a wooden spoon, about 10 min. Add onions and cook until soft, about 5 minutes more. Stir in tomato sauce, olives, sofrito, sazon, garlic, oregano and black pepper.

Then stuff the discs, press down with fork, put oil in skillet and fry over medium heat.



## Catherine Pauling's Slow Cook Ribs

In a slow cooker, combine ribs, an entire bottle of barbeque sauce, 1 tsp. crushed red pepper, 1 tsp. salt, 1 tsp. pepper, and 1 tsp. onion powder. For pork ribs, cook 4 hours. For beef ribs, cook 6 hours or until tender.





## Marimode Jean's Griot (Fried Pork)

### INGREDIENTS

2 lbs. of pork  
3 hot peppers  
1 tsp. parsley  
7 cloves garlic  
5 to 7 pieces of thyme  
1/2 tsp. rosemary  
1 tsp. Adobo seasoned salt  
1 lime  
Juice of 3 sour oranges (but save the rinds too)

### INSTRUCTIONS

Cut meat into medium pieces and rub with the orange rinds. In a large bowl season well with all other ingredients and allow to marinate for at least four hours. For best results allow to marinate overnight in refrigerator.

In a pot, cover meat with a cup of water and boil over medium high heat for about 10 minutes, stirring occasionally until meat is tender. Remove the meat. In a skillet, heat oil and fry each side of the meat to brown evenly. Serve with fried plantains and rice and beans.



## Chrystal Bryant's Beef Patties

### INGREDIENTS

Ground beef

Cooking oil

Unbleached flour

Frozen pastry tortillas

Seasonings of choice (such as sazón, Mrs. Dash, garlic and herb)

### DIRECTIONS

Thaw the frozen pastry tortillas. Thoroughly cook the ground beef with seasonings in a pan. Place thawed tortillas in flour to coat each side. Scoop beef into tortilla to fill, and fold in half, making a semi-circle. Crimp ends with the back of a fork to seal. Heat oil in a pan, and place tortilla in pan, cooking on each side until golden brown, approximately 4 minutes.



## Debra Hairston's Chicken Dumplings Casserole

The secret of this is not to stir anything. That's what makes your dumplings. When you dish it out, you have your dumplings on top.

### INGREDIENTS:

2 chicken breasts, cooked and shredded (I use a store bought rotisserie chicken)  
2 cups chicken broth  
1/2 stick of butter  
2 cups Bisquick  
2 cups whole milk  
1 can cream of chicken soup (the herbed cream of chicken soup if you can find it)  
3 teaspoons of chicken granules (I use Wylers)  
1/2 teaspoon dried sage  
1 teaspoon black pepper  
1/2 teaspoon of salt or more to taste

Directions: Preheat oven to 350 degrees.

Layer 1 - In 9 x 13 casserole dish, melt 1/2 stick of butter. Spread shredded chicken over butter. Sprinkle black pepper and dried sage over this layer. Do not stir.

Layer 2 - In small bowl, mix milk and Bisquick. Slowly pour all over chicken. Do not stir.

Layer 3 - In medium bowl, whisk together 2 cups of chicken broth, chicken granules and soup. Once blended, slowly pour over the Bisquick layer. Do not stir.

Bake casserole for 30-40 minutes, or until the top is golden brown.



## Virginia Velasquez' Tacos Dorados De Pollos (Crispy Golden Chicken Tacos)

Prep time: 20 minutes

Cook time: 20 minutes

Serves 4

### INGREDIENTS

1 1/2 pounds shredded cooked chicken

8-10 corn tortillas

1/3-1/2 cup grapeseed oil or olive oil

4 cups lettuce, shredded and washed

2 roma tomatoes, sliced thin into half moons

1/3 cup red onion, sliced thin

1/2 cup sour cream or Mexican crema

1/2 cup cotija cheese or queso fresco, finely crumbled

2 cups diced potatoes, previously fried until crispy

1 avocado, sliced

1-2 limes, sliced into wedges

1 cup salsa

### INSTRUCTIONS

Brush tortillas with oil on one side. Set aside.

Preheat a griddle or skillet to medium heat for 3-4 minutes. Add 2-3 tortillas, oil side down, onto hot surface and heat for 25 seconds.

Add 2 tablespoons of shredded chicken to one-half of each tortilla.

Fold over to form the taco. Continue cooking, adding a little more oil to make the tortilla shell extra crispy. Remove from pan. Keep tacos and potatoes warm in a low temperature oven until you are done.

To plate, add 2 tacos per plate. Top with lettuce, tomatoes, onions, cheese and potatoes. Serve the crema, avocado, salsa and lime on the side.





## Chrystal Bryant's Tomato and Grilled Cheese Wrap

### INGREDIENTS

Olive oil cooking spray  
Sliced tomato  
Cheese slices  
Soft tortilla wraps

### INSTRUCTIONS

Spray skillet and heat. Arrange tomato and cheese slices in wrap and fold over. Place in skillet on stovetop or warm oven until lightly browned, about 5 minutes.



## Ella Dunlap's Short Ribs of Beef

1 pound of beef short ribs (about 6 ribs)

Boil ribs with red onions until tender. Alternatively, you can cook them in a crock pot. While the ribs are boiling, mix sauce in a separate bowl.

Sauce: (mix all ingredients together)

1 cup brown sugar

1 cup Mrs. Dash original seasoning

1 jar of honey mustard barbeque sauce

Splash of lemon juice or Italian dressing

Remove boiled ribs from stove or crock pot and place the ribs in an 11 x 9 glass pan. Brush sauce on ribs and place pan in the oven to bake. Bake at 350 degrees for 30 minutes on one side until brown. Then turn ribs over and bake the other side until brown, another 30 minutes. Place your ribs on a platter to serve, will serve two.



## Michael Crafter's Classic Meat Lasagna

### INGREDIENTS

12 whole wheat lasagna noodles  
1-pound lean ground beef  
2 cloves garlic - chopped  
1/2 teaspoon garlic powder  
1 teaspoon dried oregano, or to taste  
Salt and ground black pepper to taste  
1 (16 ounce) package cottage cheese  
2 eggs  
1 1/2 (25 ounce) jars tomato-basil pasta sauce  
2 cups shredded mozzarella cheese

### DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, add the lasagna noodles a few at a time, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Remove the noodles to a plate.
3. Place the ground beef into a skillet over medium heat, add the garlic, garlic powder, oregano, salt, and black pepper to the skillet. Cook the meat, chopping it into small chunks as it cooks, until no longer pink, about 10 minutes. Drain excess grease.
4. In a bowl, mix the cottage cheese, eggs, and Parmesan cheese until thoroughly combined.
5. Place 4 noodles side by side into the bottom of a 9x13-inch baking pan; top with a layer of the tomato-basil sauce, a layer of ground beef mixture, and a layer of the cottage cheese mixture. Repeat layers twice more, ending with a layer of sauce; sprinkle top with the mozzarella cheese. Cover the dish with aluminum foil.



## Ahsaiah Millien's Haïtian Spaghetti (Espageti)

### INGREDIENTS

1 bag of spaghetti  
1 pack spicy pork sausage (hot dogs, chicken or turkey sausage)  
1 small onion sliced  
1/2 green bell pepper, diced  
2 tbs. tomato paste  
2 ripe tomatoes, diced  
1/2 bell pepper minced (optional)  
1 tsp. all-purpose seasoning  
2 sprigs of thyme  
1 tbs of homemade seasoning (or 1 chicken bouillon cube)  
2 tbs. olive oil  
2 tbs. butter  
4-5 cups of water  
2 tsp salt (to your taste)

### INSTRUCTIONS

1. In a large pot bring 4 cups of water, 1 tbs of olive oil, and 2 tsp salt to boil.
2. Add 1 bag of spaghetti to the water and cook until al dente (5 min).
3. Drain the spaghetti (rinse with cold water so it won't stick together) and set aside.
4. In the large pot add the olive oil and sauté the sausage for about 2-3 min.
5. Add the tomato paste, peppers, thyme, homemade seasoning (or 1 chicken bouillon cube), bell pepper, tomatoes, onions, and sauté for 2-3 min.
6. Add ½ cup of water and bring to boil.
7. Add the cooked spaghetti and mix thoroughly.
8. Bring the heat down and let simmer for about 3-4 mins then serve.





## Cindy Jimenez's Low Carb Zucchini with Spicy Turkey Meat Sauce

### INGREDIENTS:

- Nonstick cooking spray
- 4 large zucchini, sliced about 1/4 inch thick
- 1 teaspoon olive oil
- 3 cloves garlic, minced
- 1 small yellow onion, diced
- 1 green pepper, diced
- 1 pound lean ground turkey
- 1 - 14 oz. can tomato sauce
- 1 - 14 oz. can crushed tomatoes
- 2 tablespoons tomato paste
- 2 teaspoon dried oregano
- handful of basil, finely chopped (about 1/4 cup)
- handful of parsley, finely chopped (about 1/4 cup)
- 1/2 teaspoon red cayenne pepper, if desired
- red pepper flakes, if desired
- salt and pepper, to taste
- For the ricotta cheese mixture:
- 15 oz. part skim ricotta
- 1 egg white
- 1/4 cup grated Parmesan cheese
- 12 ounces reduced fat or part skim shredded mozzarella cheese



### DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Place sliced zucchini on large baking sheet coated with nonstick cooking spray. Sprinkle with salt and roast in the oven for 15-20 minutes to help dry out the zucchini a bit. This is a critical step.
3. While the zucchini noodles are roasting, you can make the turkey meat sauce. Heat olive oil in a large pot over medium high heat. Add garlic, onions, and peppers and cook a few minutes until onions become translucent and garlic is fragrant; stir occasionally so that you don't burn it. Add in ground turkey and cook until no longer pink. Add in tomato sauce, crushed tomatoes, tomato paste, oregano, basil, parsley, and a few dashes of red pepper flakes. Bring to a boil, then reduce heat to low and simmer UNCOVERED 25 to 30 minutes or until sauce REALLY thickens up! (If it needs to be thicker, I suggest adding in another tablespoon or two of tomato paste.) Season with salt and pepper to taste. Remove from heat to cool.
4. In a medium bowl, combine egg white, ricotta, and Parmesan. Season with a bit of salt and pepper. Add in 1/2 cup of the slightly cooled meat sauce and stir to combine.
5. To assemble lasagna, spread 1/2 of the turkey meat sauce into the bottom of a 9x13 inch baking pan coated with nonstick cooking spray. Place zucchini slices evenly over meat sauce, spread on 1/2 of the ricotta mixture, then sprinkle 1/2 of the mozzarella on. Repeat layers again starting with the meat sauce, zucchini slices and ricotta mixture and finishing with mozzarella. Cover with foil and bake for 30 min. Remove foil and bake for 15 minute longer uncovered. Makes 8 very generous servings.

## Michele Bonet's Corn Casserole

### INGREDIENTS:

1 cup sweet corn

1 cup creamed corn

1 8-oz. box corn muffin mix

1 cup sour cream

1 stick butter, softened

Shredded cheddar cheese, as topping

### DIRECTIONS

Combine all ingredients except the cheddar cheese and pour in an 8x8 pan. Bake 45 minutes at 350 degrees. Before the last 10 minutes are up, sprinkle the shredded cheddar on top to melt.



## Catherine Pauling's Mac and Cheese

### INGREDIENTS:

1 cup parmesan cheese

1 cup American cheese

1 cup pepper jack cheese

Bacon as desired

3 eggs, lightly beaten

1 cup milk

Salt and pepper to taste

Box of noodles

Bread crumbs

### DIRECTIONS

Boil noodles as directed on box. Combine all ingredients in a baking dish. Bake at 350 degrees for 45 minutes. Top with bread crumbs.



## Yashika Higgs' Cajun Chicken Pasta

### INGREDIENTS:

- 4 oz. pasta (your choice of shape)
- 2 skinless boneless chicken pieces
- 2 tsp. Cajun seasoning
- 2 tsp. unsalted butter
- 3 cloves minced garlic
- 1 cup heavy cream
- 1/2 tsp. lemon zest
- 1/4 cup fresh parmesan, shredded
- Kosher salt and ground black pepper to taste
- 2 Roma tomatoes, diced
- 2 tbsp. chopped fresh parsley leaves

### DIRECTIONS

Place chicken and seasonings in a bowl and toss to coat. In a large skillet over medium heat, saute in butter until chicken is cooked.

Add remaining ingredients and cook thoroughly, serve over cooked pasta. Toss with parmesan cheese.





## Mary Kingwood's Mickle-Kingwood South Carolina Chopped Barbeque

You need a whole pork shoulder, and make a seasoning blend of Lawry's seasoned salt combined with garlic powder.

Rub the blend all over the shoulder.

Cook in a 300 degree oven for 6 to 7 hours, covered.

Allow the shoulder to cool and cut it up. Add one cup apple cider vinegar, ½ cup sugar, and crushed red pepper to taste.

Stir, cover the pot, and allow to cook 30 more minutes. Then stir again and cook, uncovered, for 15 more minutes.



## Maria Guzman's Pastelón de Plátano Maduro (Ripe Plantain Casserole)

The delicate sweetness of ripe plantains, flavorful beef filling, and melting cheese. Pure bliss.  
For the filling

- 2 tbsp olive oil
  - 1 red onion minced
  - 3 cloves of garlic, crushed or minced
  - 1 lb minced beef
  - 1 cup tomato sauce
  - 1 seeded and minced bell pepper
  - 1 1/2 tsp salt (or more, to taste)
  - 1/2 tsp pepper (or more, to taste)
  - 1 tsp chopped cilantro (or parsley)
1. Heat oil over medium-low heat. Stir in onion and cook and stir until it turns translucent. Add garlic and cook, stirring for a minute. Add minced meat and cook and stir, breaking into small clumps until it browns.
  2. Pour in tomato sauce, add bell pepper, salt, and pepper. Stir and cover. Simmer for 3 minutes.
  3. Uncover and mix in the optional ingredient of your choice, or none at all if you so prefer. Taste and season with salt and pepper to taste if needed. Remove from the heat.

To assemble –

- 6 plantains (very ripe)
- 1 tsp salt
- 1/4 cup butter
- 2 tbsp vegetable oil (soy, peanut or corn)
- 1 cup grated cheddar cheese



Instructions

1. Butter a 1-inch tall baking pan.
2. Pre-heat the oven to 350 °F.
3. Peel the plantains and boil adding 1 teaspoon of salt to the water. Once the plantains are very tender remove from the heat.
4. Take the plantains out of the water and mash them with a fork. Add the butter and keep mashing until it is very smooth. Put half of the plantains mixture in the baking pan. Cover with half of the cheese. Cover the cheese with the meat. Cover with the remaining plantain mixture. Cover with the rest of the cheese.
5. Bake until the top is golden brown.
6. It will be easier to serve if you wait five minutes after removing from the oven.
7. Your choice of cheese and the order in which the layers are distributed is a matter of taste. Basically, any cheese that melts works, I like mixing cheddar and mozzarella, for example, while some people like placing the cheese right after the meat layer.

## Johana Sierra's Chicken Lazone

### INGREDIENTS

2 teaspoons kosher salt  
2 teaspoons garlic powder  
2 teaspoons chili powder  
1 pound uncooked, unbreaded chicken breast tenders  
4 tablespoons unsalted butter  
1 cup whipping cream

### DIRECTIONS

In a small bowl stir together salt, garlic powder and chili powder. Sprinkle over chicken, and in a skillet melt 2 tablespoons of the butter at medium heat and cook the chicken until browned. Remove to a plate. In same skillet heat the whipping cream, scraping up the browned bits on the pan, until the cream comes to a boil. Reduce heat and simmer until cream is reduced by half. Stir in remaining 2 tablespoons butter, and add chicken. Heat through and season to taste.



## Maika Sylvestre's Griot

### INGREDIENTS

pork, lime juice, pepper, parsley, Adobo seasoning, maggi

### DIRECTIONS

Preheat oven to 400 degrees. Clean the pork and season with all the ingredients. Put in a pot and add water and cook on stovetop over medium heat until done. Then put pork on baking sheet and finish in the oven for approximately 30 minutes.





## Marie Noaille's Haitian Shrimp Spaghetti

### INGREDIENTS

Shrimp, spaghetti, salt, black pepper, maggi, oil, tomato paste, green and red peppers, onion

### DIRECTIONS

Cook spaghetti according to package directions. Meanwhile, heat oil in large skillet over medium-high heat. Add tomato paste; stir for 1 minute. Add shrimp, maggi, green and red peppers, onion, black pepper, and salt. Stir while adding each ingredient, and add water. Cook up to 6 minutes. Add cooked pasta and stir everything together. Lower the temperature to between medium and low heat, cooking 10 minutes more.



## Mary Kingwood's Mickle-Kingwood Mac and Cheese

Cook elbow noodles and drain. Stir in 1 egg per box of noodles used.

### Ingredients for Sauce:

- 1 can evaporated milk
- 1 block extra sharp cheese, grated
- 1 block sharp cheese, grated
- ¼ block Velveeta cheese
- 1 stick Country Crock spread, softened
- 1 stick butter, softened
- Salt and pepper to taste

Mix ingredients together to make the sauce. Pour over noodles. Sprinkle a little more grated cheese on top. Place in a pot in a 350 degree oven for one hour.



## Conan Robinson's Turkey and Pepper Patties on Texas Toast, with Pasta

Season ground turkey with black pepper and a sazón packet; mix well and form patties. Heat skillet and coat with olive oil. When skillet is hot and sizzling, add patties. Finely dice green and yellow peppers and add them to the patties as meat starts to brown.

In a medium sauce pan add 3 to 4 cups of water and bring to a boil. Add rotini noodles to boiling water and cook for 10 to 15 minutes to desired consistency.

Preheat oven to 450 degrees and bake Texas Toast on a baking sheet, to serve as buns for the patties, and serve with the pasta. Top the patties with Vermont cheese if desired.







## Marta Sanchez' Nuegados Salvadoreños

The “Nuegados” is a very delicious typical sweet dish from El Salvador, usually served with the company of the popular chilate (a typical drink of white corn) but can also be a delicious snack or dessert on its own.

The nuegados recipe represents a fusion of culinary cultures, the Spanish and the indigenous cuisine pipil. Both cultures contributed an important part in the development of this rich dessert. In other neighbouring countries to El Salvador, the nuegados is known as fritters.

### NUEGADOS MIXTURE

- 2 cups of dough
- 1 teaspoon baking powder
- 2 ounces of margarine or butter
- Salt to taste

Preparation: Mix all the ingredients to form a soft dough. Then, take cylindrical and short pieces of dough, (shaped like a small sausage) and fry them in enough oil to brown them slightly (25 to 30 nuegados). Add some honey.

### NUEGADOS OF CASSAVA

- 2 cups ground yucca
- 2 eggs
- 1 teaspoon of baking powder
- ½ cup grated cheese (hard or semi-hard)
- Salt to taste



## Milagros Santana's Arroz con Leche (Spiced Rice Pudding)

Arroz con Leche Recipe (Spiced Rice Pudding): There are many versions, but the Dominican one, with its heavenly mix of spices, stands out above the crowd.

- 1 cup of long-grain rice
  - 6 cloves
  - 4 cinnamon sticks
  - 6 cups of water, divided
  - 1 teaspoon of salt
  - 3 cups of evaporated milk
  - 1 cup of sugar
  - 1/4 cup of raisins
  - 2 tablespoons of butter
  - 1/8 teaspoon of ground nutmeg
  - Cherries for decoration (optional)
1. Soak the rice, cloves and cinnamon sticks in 2 cups of water and let sit for a couple of hours. This step is optional, and it's my own method for cooking the rice.
  2. When the 2 hours have passed, pour the remaining 4 cups of water into a medium pot. Add in the rice (including the water in which it was soaking, cinnamon and cloves). Add the salt.
  3. Cook over medium temperature and stir regularly to avoid sticking. When the rice is tender (about 20 mins) add milk and sugar. When it breaks a boil again add the raisins. Cook over low heat until the mixture reaches a pudding-like consistency.
  4. Remove from the heat. Remove the cloves and cinnamon sticks. Add the butter and mix well. Cover and let it cool down to room temperature.
  5. Stir to incorporate the crust that forms during cooling.
  6. Serve in small bowls and sprinkle with the nutmeg. Decorate with the cherries.



## Annie Mae Jackson's Peach Pie, contributed by Lillian Williams

6 ripe peaches, peeled and sliced  
½ cup sugar  
Premade pie crust  
½ stick butter  
1 teaspoon vanilla extract  
1 teaspoon cinnamon

Mix the peaches, sugar, butter and vanilla in a bowl. Pour in crust. Add the top crust and poke some vent holes in it so steam can escape. Bake in a 350 degree oven for 45 minutes, until the pie is golden brown. Allow to cool. Add ice cream on top of your slices of pie for a la mode.



## Betzaida Sanchez's Pumpkin Spice Cake

### INGREDIENTS

1 box spice cake mix

1 can pureed pumpkin

### DIRECTIONS

Follow directions on the cake mix box, and add can of pumpkin mix to the batter. Stir together thoroughly. Spray nonstick cooking spray on pan and add batter; bake at 350 degrees for 30 to 40 minutes.





## Emendya Diaz's Tablet Cocoye: Haitian Shredded Coconut Cookies

### INGREDIENTS

2 coconuts in shell  
1/2 cup freshly grated ginger root  
3/4 gallon of water  
4 cinnamon sticks  
1 tbsp. ground cinnamon  
3 cups of white sugar  
1 lemon zest  
1/4 tsp of salt  
6 small bay leaves  
1/4 tsp vanilla extract

### DIRECTIONS

1. To get started, crack open the coconuts and scrape the white meat within the shell.
2. Use a hand grater, grate the white coconut meat into thick shreds.
3. In a pot, combine the grated coconut with ginger and add water. Bring to a boil over high heat.
4. Stir in the cinnamon sticks, cinnamon powder, and sugar. Add lemon zest, salt, and bay leaves.
5. Reduce the heat to medium high and stir occasionally. (After an hour, increase the heat)
6. As the consistency begins to thicken, remove the bay leaves and cinnamon sticks.
7. Stir constantly as it becomes stickier. Add vanilla extract.
8. After a total of 2 hours, the consistency should be very thick and sticky. Turn off the heat.
9. Using a large spoon, transfer the desired size onto a baking sheet.
10. Let it cool down for 30 minutes before serving.



## Rose Beau's Vanilla Pound Cake

### INGREDIENTS

2 cups of Presto self-rising flour  
2 cups of sugar  
2 blocks of cream cheese, softened to room temperature  
1/2 cup of sour cream  
6 eggs  
2 to 3 softened sticks of butter, adjust quantity to how buttery you like your pound cake  
3 teaspoons imitation vanilla extract

### INSTRUCTIONS

In a large bowl, pour in flour then add sugar and mix. Add softened butter and mix well. Add eggs and mix. Add sour cream and cream cheese and vanilla, and mix. Bake in loaf pan at 350 degrees for about 45 minutes until a toothpick comes out clean.



## Denisse Ceja's Mexican Flan

### INGREDIENTS

6 eggs

1 cup sugar

1 can sweetened condensed milk

1 can evaporated milk

1 teaspoon vanilla extract

### INSTRUCTIONS

Preheat oven to 350 degrees. Fill a large oven-safe pot with water to 1 inch; bring to a boil. Place sweetened condensed milk, evaporated milk, eggs and vanilla extract in a blender; blend until smooth.

Place sugar in an even layer in a saucepan over medium heat. Cook until edges start to brown, about 1 minute, and drag sugar into the center of the pan. Continue cooking, stirring from time to time, until caramel is an even golden brown, about 4 to 5 minutes.

Pour caramel into a 9-inch flan mold or baking pan; swirl so that caramel reaches 1 inch up the sides. Pour condensed milk mixture on top. Place mold in the pot of boiling water.

Bake flan in the preheated oven until a damp table knife inserted into the center comes out clean, about 45 minutes to 1 hour. Remove from oven and let stand for 5 minutes.

Chill flan in the refrigerator until firm, 2 to 3 hours. Invert onto a serving plate so that caramel is on top.



## Megan Foulke's Heavenly Dirt

### INGREDIENTS:

- 18 oz. package of cream cheese
- 18 oz. container of cool whip
- 1 cup powder sugar
- 1 package of vanilla pudding
- 1 1/2 cup of milk
- 1 package of Oreo cookies
- Gummy worms (optional)

### INSTRUCTIONS:

- 1) Mix all ingredients (except Oreos) until smooth.
- 2) Crush Oreos
- 3) In a nice dessert bowl or a trifle bowl (or you can also get creative and use a flower pot or beach bucket) layer crumbs, then cream, then crumbs, then cream, etc., until you are left with the crumbs on top. That's where you can add the gummy worms if you want to!
- 4) Let it stay in fridge overnight for best results
- 5) ENJOY!!!





## Yadira Colocho's El Salvador Cheese Pound Cake (Quesadilla Salvadoreña)

Traditionally served as a coffee cake in El Salvador, “quesadilla” cake isn’t made with tortillas; it is more like pound cake than bread. Made primarily with freshly grated Queso Fresco cheese, rice flour, sugar and cream, this special treat is commonly found in Salvadorian panaderias or bakeries. It is best baked as a shallow loaf but can also be baked in 8-inch or 9-inch round cake pans and cut into wedges.

2 (8-inch) loaves

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 cups granulated sugar
- 4 large eggs, beaten
- 3/4 cup whole milk
- 1/4 cup Mexican Crema
- 8 ounces Queso Fresco, finely grated
- 1 cup (2 sticks) butter, melted
- 2 tablespoons sesame seeds (optional)

Preheat oven to 325°F. Grease loaf pans well and set aside. Sift flour and baking powder together and set aside.

In a medium bowl, on medium speed, beat sugar together with eggs for 1 minute. Add milk, Mexican Crema and Queso Fresco and beat 1 minute. Beat in melted butter until blended. Stir in flour mixture until completely blended.

Fill prepared loaf pans 3/4 of the way to allow for some rise. Sprinkle sesame seeds over the top of the batter, if desired.

Bake 40 minutes, depending on size of loaf pans, or until toothpick just comes out clean. Serve warm. Refrigerate remaining portions after serving.



## Betzaida Sanchez' Apple Crumb Cake

Brown sugar (quantity to your liking)

1 box white cake mix

6 Macintosh apples, peeled and sliced

1 cup water

Dash of ground cinnamon

In a 9 x 13 dish, put a cup of water and arrange the apples in the dish. Follow the directions on the cake mix box and put the batter in the dish on top of the water and apples mixture. Add the cinnamon and brown sugar on top, adjusting the sugar quantity to the sweetness desired.

Bake at 350 degrees until the cake is brown and use the box directions as a guide to time. Let cool and serve.



## Lisa Tella's Chocolate Chip Cookies

### INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups chocolate chips

### DIRECTIONS

Preheat oven to 375° F.

Mix flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate chips. Drop by rounded tablespoon onto ungreased baking sheets.

Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



## Yolanda Ecton's Lemon Bars

### INGREDIENTS

- 1 cup butter, room temperature
- 1/2 cup powdered sugar
- 2 cups flour
- 1/2 tsp. salt
- 4 eggs
- 5-6 tbsp. lemon juice
- 1 3/4 cup sugar
- 1/3 cup flour
- powdered sugar

### DIRECTIONS

1. In a bowl, mix butter, powdered sugar, flour, and salt together with a spatula. Pat mixture into a greased 9x13 pan.
2. Bake for 20 minutes at 375 degrees.
3. Meanwhile, blend eggs, lemon juice, sugar, and flour until frothy, about 30 seconds. Pour over crust.
4. Bake for 20 minutes at 350 degrees.
5. Remove from oven and top with powdered sugar.





## Debra Hairston's Sweet Potato Pie

2 pounds raw sweet potatoes, cooked, peeled and mashed, to make about 4 cups  
2 whole eggs, plus 1 yolk, lightly beaten  
2 cups sugar  
3/4 teaspoon nutmeg  
1/4 cup flour  
1 cup milk  
2 sticks margarine, melted  
1/4 cup light corn syrup  
1 teaspoon vanilla extract  
2 unbaked deep-dish pie shells

Put the mashed sweet potatoes in a mixing bowl. Add the lightly mixed eggs and yolk and blend with hand mixer until combined and smooth. Add the sugar, nutmeg and flour and mix thoroughly. Then add the milk until blended. Add the melted margarine, corn syrup and vanilla and mix on medium speed until incorporated. Divide sweet potato mixture between 2 pie shells. Bake in preheated 375-degree oven 45 minutes or until knife inserted in center comes out clean.



