

D&I COOKBOOK

Collection of recipes from RVU students



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CHICKEN BIRYANI



Chicken Biryani

Ria Sandhu, OMS II

Biryani is the most sought after dish in my family because of its vibrant flavors and aroma. I always think of us running to the kitchen for seconds and thirds every time my mom would make this dish. It's a popular Indian recipe that requires a specific layering method. What I love about it is that I can be creative with the vegetables and spices that I want to add, such as cashews or bayleaf. I make biryani to feel at home while studying at RVU. It gives me a sense of nostalgia and feeds my soul.

Recipe

1. Cut a bowl of chicken.
2. In another bowl add marinade: 1 cup plain yogurt, 1/2 cup olive oil, 2 tsp cumin seeds, 1 tsp salt, 1 tsp paprika, 1 tbs Curry masala for meat (MDH brand), 1 tbs Tandoori masala (MDH), 1 tbs Kasoori methi (MDH).
3. Chop 4-5 garlic cloves, 1 inch ginger and 5-6 small serrano peppers. Add 2 tbs of the mixture to marinade.
4. While meat is marinating: Soak 1 cup of rice in a bowl. Cut 1-2 onions into long pieces and sauté the onion mixture in a frying pan with lots of oil until brown.
5. Instapot: First layer the pot with the marinated chicken, Then add a layer of rice (uncooked), Top it off with onions, Repeat. Add 1 cup of water. Set instapot to high-pressure cook for 12 minutes. Once it is done slowly wait for steam to release.



RISENGRYNSGRØT

Risengrynsgrøt

Tanner Morris, OMS I

Growing up, we would have this “rice pudding” regularly throughout the year and were always told it was what our Norwegian ancestors would have. It was not until I visited Norway that this simple dish grew close to my heart. The history of the dish was that it would be had on Christmas Eve as a special treat. A bowl was always left out for the local “julenisse” or Christmas gnome to bring good luck and watch over the farm. In more current times, it is a dish that is shared among family and friends to have “koselig” evening full of sharing memories and warming up next to the fire.

Recipe

1 cup rice (round sushi rice is best)
1 ½ cup Water
4 cups (1 liter) Whole Milk (Can use Almond Milk)
1 teaspoon salt

Directions

1. Boil water in a pot then add rice.
2. Allow rice to cook on medium low heat, covered until all water is absorbed (about 15 minutes).
3. Warm up milk (I do it in the microwave) before adding to rice and allowing to cook on low heat covered until rice is soft (about 30 mins).
4. Serve with butter, cinnamon sugar. Slivered almonds or raisins can also be added if desired.
5. Recommended to serve with a red juice or (if of age or desired) red wine.



TOMATO BASIL SOUP

Tomato Basil Soup

Alex McMillan, OMS I

Growing up, my aunt and I would make this recipe every year around Christmas using the tomatoes she grew at the ranch. After making many batches, we can the soup and give it to family and friends. This soup is perfect on a cold day!

Recipe

3 lbs. plum tomatoes
1/4 cup olive oil
1 tablespoon salt
1 1/2 teaspoons black pepper
2 cups chopped yellow onions
6 garlic cloves minced
2 tablespoons unsalted butter
1/4 teaspoon crushed red pepper flakes
28 ounce canned plum tomatoes
4 cups basil
1 teaspoon thyme leaves
1 quart vegetable stock or water

Directions

1. Preheat oven to 400 degrees.
2. Toss together the tomatoes (cut lengthwise), 1/4 cup olive oil, salt and pepper and place on a baking sheet to roast for 45 minutes.
3. In a pot over medium heat, sauté the onions and garlic with 2 tablespoons of olive oil, butter and red pepper flakes for 10 minutes.
4. Add the canned tomatoes, basil, thyme and vegetable stock.
5. Add the oven roasted tomatoes, including the liquid on the baking sheet.
6. Bring to boil and simmer uncovered for 40 minutes.
7. Blend all together (an immersion blender works great).
8. Serve hot or cold.



ARROZ CON LECHE

Arroz con Leche (Rice Pudding)

Yazmine De La Cruz, OMS I

As soon as I got home from school, the smell of cinnamon would fill my nostrils. That's how I knew that Abuela was making arroz con leche. The sweetness of the condensed milk that's slightly contrasted with the hint of lemon, for me this was heaven and home. My Abuela's food is a form of love, and it is how we stay connected despite being thousands of miles away from each other. Please enjoy!

Recipe

1 bag of Valencia rice
1 can of evaporated milk
2 cans on condensed milk
2 cinnamon sticks
1 lemon
Vanilla extract
Salt
1/2 stick of butter

Directions

1. Soak the Valencia rice in water, a dash of salt, and 2 cinnamon sticks for 2 hours.
2. Place the water and rice in a large pot to boil. Add 2 pieces of lemon peel into the pot.
3. Add 1 can of evaporated milk and 2 cans of condensed milk into the pot.
4. Place half a stick a butter and a dash of vanilla into the pot.
5. Stir constantly until it thickens and add one more dash of salt.



Голубцы

Голубцы (Goloobsti or Stuffed Cabbage)

Jessica Kitsen, OMS I

Growing up this has always been my favorite dish prepared by my grandma and it is a common dish in the Ukrainian/Russian household. You can find these at every holiday meal we have. They are so savory and with a dollop of sour cream I am unaware of any better combination. In attempt to get my grandmas original recipe, it turns out that she has no measurements. So, I found this one online and it seems to be about right. Now days I would personally replace the meat with mushrooms and it's still just as delicious. Thank you Natasha's Kitchen! (They also have step by step photos on their website) <https://natashaskitchen.com/golubtsi-recipe-a-classic-russian-food/>

Recipe

6 cups medium grain cooked white rice

2 medium cabbages

1 pound ground pork

1 pound ground turkey

2 large eggs

6 medium carrots, grated (4 for meat mix, 2 for "Podliva" sauce)

2 cups of your favorite mushroom marinara sauce

1/4 cup white vinegar

Olive oil

1 Tbsp butter

1 Tbsp sour cream

1 tsp Mrs. Dash, or your favorite salt-free seasoning salt

Directions

Cooking Rice and Cabbage

1. Rinse 2 cups white rice and cook in 3 1/2 cups water with 2 Tbsp olive oil and 1 tsp salt. Cover and simmer for about 20 minutes, or until all the water is absorbed. Or do the same thing in a rice maker.
2. Fill 2/3 of large soup pot with water. Bring to a boil. Add 1/2 Tbsp salt and 4 Tbsp vinegar.
3. Peel and discard the top two leaves from each cabbage. Use a knife to cut out the core of each cabbage (see picture). Put first cabbage in water, cork down, for about 5 minutes, then rotate and continue cooking another 5-6 min. You will pull off leaves as they begin to soften. The leaves will cook faster if they are pulled apart. Remove the leaves to a platter to cool when they are done. You know they are done when they are soft and yellowish and larger leaves will turn a dull green. Repeat with the second cabbage, adding more water if needed. Reserve about 3-4 cups of water from the pot!

Stuffing/Meat Mixture Prep

1. Mix ground meats and rice together in a large bowl.
2. Grate and sauté 4 carrots in approximately 3 Tbsp oil and 1 Tbsp butter over med/high heat. Once they are soft, add 1 cup of mushroom marinara sauce and sauté another minute.
3. Add carrot mixture to rice and meat. Add 2 eggs and 1 Tbsp salt. Mix well.

Cutting & Stuffing Cooked Leaves:

1. Small Leaves: slice off the raised surface of the tough center stem just to flatten the leaf and make it easier to roll. Fill each cabbage leaf with about 2 Tbsp meat mixture. Place the filling over the stem/bottom portion. Roll like a burrito and stuff both ends in with fingers.
2. Large leaves: cut the leaves in half down the center removing the tough stem portion-you will end up with 2 leaves. Place 2 Tbsp meat mixture at the top of each leaf (or as much as you can fit-leaf sizes vary). Roll the leaf into a cone shape with the thicker part of the leaf at the base and stuff the wide part into the top. As you stuff your cabbage, arrange them either in the same pot you used to cook the cabbage or in a cast iron dutch oven.

How to make Podliva (Sauce)

1. Heat 2 Tbsp of olive oil. Sauté remaining 2 grated carrots with 1 tsp of Mrs. Dash. Stir until soft. Add 1 Tbsp sour cream and 1 cup of mushroom marinara sauce. Sauté another minute and remove from heat.
2. Pour Podliva over the Golubtsy and add enough reserved water to almost cover goloobtsi (2 1/2 to 3 cups). There are 2 ways to Cook these: 1. If using the pot, bring to a light boil, then cover and simmer 40 minutes over medium heat. 2. If using a dutch oven (recommended method), pre-heat the oven to 450° F, cover and bake for 20-25 minutes on the bottom third (one step below the center rack). When it bubbles, reduce heat to 350°F and bake 1 hour.



APPLE CAKE

Apple Cake

Katie Offner, OMS I

This is a recipe out of a cookbook that was given to my mom as a wedding present from my grandmother (her mom). This specific recipe from the cookbook is from my great grandmother (my grandmother's mother-in-law) and has been in the family for 4 generations now.

Recipe

6-7 large apples
2 tsp cinnamon
2 1/4 cups of sugar
3 cups of flour
1 cup of vegetable oil
4 eggs
1/2 tsp salt
2 1/2 tsp vanilla extract
3 tsp of baking powder
1/3 cup of orange juice

Directions

1. Peel and dice 6-7 large apples and mix with 2 tsp cinnamon and 5 tbs sugar.
2. Mix the batter: 3 cups flour, 2 1/4 cups sugar, 1 cup vegetable oil, 4 eggs, 1/2 tsp salt, 2 1/2 tsp vanilla extract, 3 tsp baking powder, 1/3 cup of orange juice.
3. Layer batter and apples into a cake pan (cake then apples X3).
4. Bake at 350 for 1.5-2 hrs.



HYDERABADI DUM BIRYANI

Hyderabadi Dum Biryani

Bhavana Seelam, OMS II

Hyderabadai Biryani is a staple of Andhra culture alongside a blend of Mughlai cuisine. Its mix of flavors and spice gives the dish its delectable taste. This dish was also a staple for our family every Sunday. We would sit at the dining table, mixing in cut onions, adding dashes of lime or adding in curd; all while debating what mixture of ingredients made the dish most flavorful.

Recipe

7-8 chicken drumsticks
2 teaspoons coconut flakes
1 tablespoon of ginger garlic paste
1 teaspoon cardamom
2 cinnamon sticks
1/2 teaspoon red chili powder
1 teaspoon Biryani Masala
1/2 teaspoon turmeric
1 tablespoon curd or greek yogurt
1/2 teaspoon salt
2 cups pre-made slightly undercooked Basmati rice
1 tablespoon coriander leaves
1 tablespoon mint leaves
1 tablespoon dry onions
Chillies as desired

Directions

1. To make ginger garlic paste, take equal amounts of ginger and garlic and grind it up. Mix coconut flakes and blend again
2. Marinate chicken with red chili powder, masala, turmeric, garlic paste and cardamom powder. Cover bowl and let sit for an hour.
3. Take a pan and add in 2 teaspoons of oil. Place pan on medium heat. Slice 1 onion and add to the pan along with some 2 cinnamon sticks and some cardamom for flavor. Set aside onions when they turn brown.
4. In an oven tray, layer the bottom with chicken marinade. Add the undercooked rice on top. And then add coriander and mint leaves on top. Finally, add dry onions.
5. Play tray in oven for 40 min at 350 degrees. Evenly mix the layers and ensure chicken is thoroughly cooked.

KHAO POON



Khao Poon

Katie Chen, OMS II

Khao Poon reminds me of home, as it is a dish that my father cooked often. I honestly never knew the name of the dish growing up, and then had a very good Lao friend in college who cooked it for me and then taught me how to make the dish. Later on, my partner's father also made the same dish, but with his own twist. The recipe I have provided is a combination of my childhood nostalgia and cooking inspired by others. It has allowed me to become more in tune with my father's culture.

Recipe

2 lbs meat of choice
12 cups water (can use broth from boil meat)
1 Stalk lemon grass-cut up and bruised
1 Inch galangal-thin sliced
3 Kaffir lime leaves
33.8 Oz coconut milk
1 can 4 oz red curry paste
1-2 Tsp shrimp paste OR fish sauce
3 Cloves garlic-minced
3 Shallots-sliced (OR onion)
5 thai chili
2 Tbsp paprika
3 1/2 Tbsp sugar
3 Tbsp chicken bouillon powder
1 Tbsp salt
3 Tbsp oil
1 Can 19 oz sliced bamboo-drained
Quail eggs-optional
1 Tsp msg-optional For salad mix
1/2 Small cabbage-fine shred
1/2 Lb bean sprouts
1-2 small carrots-fine shred
1 Cup cilantro-chopped
1 Cup green onions-chopped
1 Cup mints
Lime wedges 3 Bags
10.58 oz rice vermicelli/rice stick 300 g-Boil until softened or according to package instructions.

Directions

1. Place lemongrass and galangal in tea strainer/all purpose food strainer. Boil with the meat for 20 minutes.
2. In a separate large pot: stir fry garlic, shallots/onion, thai chili until fragrant.
3. Add red curry, paprika, and fish sauce - saute for two minutes.
4. Add coconut milk, chicken bouillon, sugar, salt, and simmer for 5 minutes. Stir often.
5. Combine soup with water/meat broth from 1st step (discarding lemongrass and galangal), add lime leaf, bamboo shoots, and quail eggs. Leave at medium-low heat for 15-20 minutes. Stir occasionally.
6. Boil rice noodle vermicelli according to package.
7. Prepare side vegetables (optional): cabbage (slice thinly), beansprouts, lime, mint, cilantro, green onion, lettuce. Notes: The broth is on the saltier side because it's served with lots of vegetables and plain rice noodles. Taste can be adjusted with fish sauce, sugar, lime and chilies.



DAN DAN MIAN

Dan Dan Mian

Katie Chen, OMS II

My mother and I bonded over this dish. When I was younger, neither of us could cook and we would often order this dish for takeout. We traveled to Asian a few years ago, and made sure to be on the lookout for Dan Dan Mian, along with other delicious street food.

Recipe

2 tbsp chili oil or regular cooking oil (adjust to your liking)

3 cloves garlic, chopped (approximately 1 tbsp)

1 oz ginger, chopped (approximately 1 tsp)

1 tbsp toban djan, Chinese chili bean paste

1 tbsp oyster sauce

1/2 lb. ground pork, beef, chicken or impossible meat

3 tbsp rice wine

Packaged dry Tseng noodles (1 package/1-2 people)

Side vegetables (Pickled cabbage, green onions, etc)

Directions

1. Boil tseng noodles according to package.
2. Strain noodles and let air dry on side.
3. Heat a large wok over high heat, add chili oil, garlic and ginger.
4. Stir fry for 30 seconds or until you can smell aroma, then add toban djan and oyster sauce.
5. Stir fry for 45 seconds to 1 minute then add ground meat.
6. Break down meat and stir fry with sauce, about 1 minute.
7. Splash rice wine and stir fry for 3 to 4 minutes or until there is no moisture and meat is fully cooked.
8. Remove from heat and keep it warm. Serve with vegetables.

DAD'S CHILI



Dad's Chili

Ali Koehler, OMS I

This is the chili recipe my dad has made for my family since I was a kid. He always made this recipe at the beginning of fall when the weather starts getting cold. Once I moved out of my parents house I began making chili the weekend of Halloween with my boyfriend (and now fiancé). We have now kept this tradition going for the last 5 years. This chili is the perfect way to kick off the cold weather season with a hot bowl of chili!

Recipe

Half pound of ground turkey or ground beef

1 pack of McCormick Chili seasoning

1 can of corn

4 total cans of beans of your choice (kidney, navy, pinto, etc)

1 can of stewed tomatoes

Directions

1. Brown the meat in a pan, then add all ingredients to a Crockpot. *Can add some water to the crockpot to get desired consistency.
2. Cook on low for 5+ hours or cook on high for 3 hours.
3. Serve in a bread bowl.

CHOCOLATE SOUFFLÉ CUPCAKES WITH MINT CRÈME



Chocolate Soufflé Cupcakes with Mint Crème

Jacqueline Pham, OMS I

This recipe is one of my favorite bakes to make, technical and flavor wise. It's a crowd favorite among my family and friends with frequent requests. These are perfect for the holidays and special occasions. Enjoy~

Recipe from Smitten Kitchen Ingredients Chocolate Soufflé

Cupcakes 6 oz:

170 g bittersweet/semisweet chocolate, chopped 6tbsp
85g unsalted butter ¼ heaping tsp
1 g espresso/instant coffee powder
3 large eggs, separated 6 tbsp
75 g sugar, divided in half ¼ tsp
1.5 g salt 1 tsp
4 g vanilla extract

Mint Creme 2 oz:

55 g white chocolate, chopped 3oz
85 g heavy whipping cream ⅛ tsp
0.5 g peppermint extract

Directions

Mint Creme:

1. Place white chocolate in a small bowl.
2. Bring cream to a simmer, then pour over white chocolate to melt.
3. Whisk well.
4. Add peppermint extract and whisk.
5. Lay plastic wrap directly onto the surface of the cream.
6. Chill for about 2 hours. Before serving, beat mixture until soft peaks form.

Chocolate Soufflé:

1. Preheat the oven to 350°F.
2. Line muffin tin with paper liners.
3. Melt chocolate, butter, and espresso powder together over low heat.
4. Remove from heat when mostly melted, then whisk well until fully melted and smooth.
5. Cool to lukewarm, stirring occasionally.
6. With an electric mixer, beat egg yolks and 3 tbsp sugar into a medium bowl until very thick and pale.
7. Beat lukewarm chocolate mixture into yolk mixture.
8. Add vanilla extract and mix. Set aside.
9. In a separate bowl, with clean, dry beaters, beat egg whites until soft peaks form.
10. Gradually add remaining 3 tbsp sugar and salt, beating until medium-firm peaks form.
11. Fold whites into chocolate mixture in 3 additions.
12. Divide batter into prepared cupcake liners ($\frac{3}{4}$ of the way).
13. Bake for 15-20 mins. (Toothpick insert comes out with some moist crumbs attached.)
14. Cool pan on a cooling rack. (Cupcakes will puff up in the oven and fall upon cooling.)
15. Upon serving, add mint cream into the sunken tops of cupcakes. Optional garnish with shaved dark chocolate. Yield ~9 cupcakes

BANDEJA PAISA



Bandeja Paisa (Paisa Platter)

Diana Arias, OMS I

When I think of the meals I grew up eating, Bandeja Paisa is always in my mind. It is definitely one of my favorite dishes, and a true representation of Colombian food. This is a very versatile recipe. You can either prepare it as a Bandeja Paisa including all the ingredients, or you can use any of the recipes provided as different meals, your choice!

Recipe

Paisa Pinto Beans (Frijoles Paisas): 6-8 servings • 2 garlic cloves, chopped • 1 lb. cranberry or pinto beans • 10 cups (approx. 2.5 liters) water or more, divided • 1 green plantain, chopped into 1/4-inch • 1/2 large carrot or 1 medium carrot shredded • Salt and pepper to taste

Cooked white rice

Powdered Beef (Carne en Polvo): 2 liters water (about 10-12 cups) • 1/2 white onion • 2 green onions • 2 garlic cloves (whole or chopped) • 1 1/2 lb. beef (skirt, flank, chuck roast, etc) cut into big pieces • Salt and pepper to taste

4 Fried Pork Belly (Chicharrones)

4 Cooked Chorizos – Optional (these are different from Mexican chorizos, resemble more a sausage)

4 Fried eggs sunny side up

4 fried/baked plantains

1 Hogao: 1 tablespoon chopped onions • 2 cups diced tomatoes • 1/4 cup chopped scallions • 3 tablespoon vegetable oil • 1/4 teaspoon salt • 1 clove garlic, minced • 1/4 cup chopped cilantro • 1/4 teaspoon ground cumin

Lime and Avocado for Serving

Directions

1. Prepare the beans, hogao and powdered beef one day ahead and keep in the refrigerator.
2. When you are going to serve the bandeja paisa, heat the beans and powdered beef and hogao.
3. Make the chicharrones.
4. Cook the white rice and plantains.
5. Fry the eggs and chorizos.
6. To serve, place the rice in a tray or platter and place the rest of the ingredients as you like.
7. Bring the hogao in a serving dish to the table, so people can place it on top of the beans if they like.

Paisa Pinto Beans

1. Wash the beans and soak overnight in cold water.
2. Drain the beans and place in a large pot with enough water to cover the beans.
3. Regular Pot: Over medium-high heat bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours. If using a pressure cooker cook at high pressure for 25 minutes in lower to medium heat. Remove from heat and let rest for 5 minutes. Release the steam, following the manufacturer's directions.
4. When the beans are cooking, prepare the guiso. In a large skillet, heat the vegetable oil over medium heat, add the tomatoes, onions, scallions, salt, garlic, cilantro and ground cumin and cook for 10 to 15 minutes.
5. When the beans are almost tender, add the guiso, plantains, carrots and salt. Cover and cook for another hour or until the beans are fully cooked. (Add additional water as necessary).
6. Taste for seasoning and add salt and pepper to taste. Serve with a side of white rice and avocado.

Powdered Beef

1. Place all the ingredients and water in a medium pot and bring it to a boil over medium-high heat.
2. Reduce the heat to medium-low and cook the beef for about 1 hour or until the beef is cooked.
3. Remove the beef from the water and set aside to let it cool. You can save the water used to cook the beef to make soup or just as a beef stock for other dishes.
4. Cut the beef into chunks and place in a food processor.
5. Process until the beef is of a powdered consistency as indicated in the picture.
6. Note: You can add a recipe of hogao to the beef and serve with anything you like!

NANA'S ARROZ CON LECHE



Nana's Arroz con Leche

Holly Bagot, MSBS Administrative Assistant

Growing up in large, Mexican-American family, my sweet Nana would make her grandchildren a large pot of Arroz con Leche for breakfast whenever we would visit. Her kitchen would be filled with the sweet smell of cinnamon and sugar while we played in her sun room as she cooked. This comforting dish brings back the happiest memories of spending time with Nana in the kitchen and her teaching me my first few words in Spanish. If you choose to make this dish, please keep your grandmother in your heart as you follow the recipe! Or better yet, give her a call and invite her over to share it with you!

Recipe

White Long Grain Rice (1 cup)

Water (1 3/4 cups)

Milk (2 cups)

Granulated Sugar (1/3 cup)

Cinnamon Sticks (1-2)

Ground Cinnamon (1 tbsp)

Salt (1/2 teaspoon)

Directions

1. Add rice to a pot , add water, and boil until rice is tender and has absorbed all water.
2. While rice is boiling, soak cinnamon sticks in two cups of milk.
3. Once rice is done, add milk, cinnamon sticks, sugar, and salt to the pot and turn on low heat. Stir occasionally.
4. Add milk if it is too dry or let it simmer over low heat until the milk absorbs into the rice.
5. Sprinkle on some cinnamon and enjoy! Pro tip: Nana never used a measuring cup so this dish tastes best when you measure the ingredients with your heart!

FILIPINO CHICKEN ADOBO



Filipino Chicken Adobo

Jessica Vergara, MSBS student

Although the Philippines is known to have Spanish influence, there is also a mixture of influence from China, the United States, and other countries. Considered one of the more famous Filipino national dishes, chicken adobo is very similar to Spanish adobo, but instead with substitutes of soy sauce (introduced by China) and regional herbs and spices, such as bay leaves and peppercorns. The word adobo comes from the Spanish verb “adobar,” which translates “to marinate”. Traditionally, most meat is marinated and cooked in vinegar and soy sauce; other ingredients, such as root vegetables, coconut milk, and brown sugar, were added to embellish the dish. This is a family recipe shared by my grandparents, who immigrated from the Philippines to the US in the 1980s. Chicken adobo is one of the greatest examples of how Filipino food is a fusion cuisine from multiple cultures, and how the Philippines holds rich historical influences from different countries.

Recipe

3-4 pounds bone-in, skin-on chicken thighs

2 tbsp cooking oil

$\frac{3}{4}$ cup soy sauce

$\frac{1}{2}$ cup rice vinegar

$\frac{1}{2}$ cup water

1 tbsp fish sauce

3 tbsp brown sugar

$\frac{1}{3}$ cup roughly chopped garlic

2 inch piece of ginger, grated or chopped

Lemon zest

4 bay leaves

1 tsp black pepper (or 2 tsp whole black peppercorns)

Chopped green onions (optional)

Directions

1. In a large Dutch oven, cast-iron skillet, or large heavy-bottom pot, heat cooking oil over medium high heat. Place chicken skin-side down. Cook until chicken skin is golden brown and crispy. (This may need to be done in batches so the chicken does not crowd in the pan.)
2. While chicken is cooking, mix soy sauce, water, vinegar, black peppercorns, sugar, garlic, ginger and lemon zest together. After chicken is partially cooked, place chicken back in the pot so the skin side is up. Add sauce mixture. Add bay leaves. Note that the sauce will not cover the chicken entirely.
3. Bring pot to a boil. Cover with a lid, reduce heat to medium low, and simmer for 35-45 minutes (until internal temperature is 165°F).
4. Remove lid and spoon the sauce to coat the chicken.
5. Garnish with chopped green onions. Serve with rice and steamed vegetables.



SWEET POTATO PIE

Sweet Potato Pie

Colby Adamson, OMS I

My Mother has made this recipe every year around the holidays since I was a kid. It has always been one of my favorites! This recipe is special to me because we usually only have it when the family is home together for the holidays. Every year I look forward to sharing this as part of the meal with my family. I hope you enjoy it as well!

Recipe

Filling: 2 cups Sweet Potatoes (Mashed), 2 Eggs, 1/3 cup Margarine, 1/2 cup Sugar, 1 teaspoon Vanilla, 1/2 teaspoon Salt

Topping: 1/3 cup Margarine, 1 Cup Chopped Nuts, 1 Cup Shredded Coconut, 1 cup Brown Sugar, 1 cup Flour

Directions

1. Mix filling ingredients and spread evenly in a greased glass casserole pan.
2. Combine Topping ingredients then sprinkle over the top of the filling evenly.
3. Bake at 350 degrees for 30 minutes.