

the

Johns Hopkins Pathology Diversity

cook

book

Acknowledgment

The Johns Hopkins Department of Pathology is comprised of over 1,400 faculty and staff from across the globe, with varying cultural, religious, ethnic and socioeconomic backgrounds. This recipe book was assembled by the Johns Hopkins Pathology Diversity Committee using recipes submitted by our faculty and staff across the Johns Hopkins Health System. Its creation was a group activity to celebrate our diversity and promote inclusiveness, both at work and in our daily lives. We hope you enjoy the personal stories attached to each recipe. Nothing brings people together like food!

Bon Appétit!

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Best Buffalo Dip Ever!

From the Kitchen of: Jennifer Hurley, Core Laboratory

About this recipe: Delicious, creamy buffalo dip made with ranch dressing.

Serves: 8 to 14

Things you need:

- 1 box of cream cheese
- 1 bottle of ranch dressing
- 1 cooked rotisserie chicken
- 1 bag of mozzarella cheese
- 1 bottle of hot sauce or buffalo wing sauce of your choice

Directions:

1. Spread entire box of cream cheese on to bottom of a casserole dish.
2. In a separate bowl, mix rotisserie chicken with entire bottle of hot sauce or wing sauce.
3. Spread the chicken and hot sauce on top of the cream cheese in the casserole dish.
4. Pour the entire bottle of ranch dressing on top of the chicken.
5. Spread the entire bag of mozzarella cheese on top of the ranch dressing evenly across the casserole dish.
6. Bake, covered for 35 minutes at 375 degrees.
7. Serve with Tostitos. You can use crackers, chips or bread of your choice for dip.

Helpful notes:

- Rotisserie chicken is the short cut and makes the recipe feel like it is baked with love.

Borsch (Veggie Option)

From the Kitchen of: Diana Ramzaeva Jackson, Administrative Coordinator for HPTN LC Pathology

About this recipe: Traditional Russian/ Ukrainian Borsch. Made for the cold weather. French cuisine took the recipe and turned it into a cold blended gazpacho style soup. Either way you can use the main recipe and modify it according to your taste. Depending on the recipe, borsch may include meat or fish, or be purely vegetarian; it may be served either hot or cold; and it may range from a hearty one-pot meal to a clear broth or a smooth drink. It is often served with sour cream (smetana), hard-boiled eggs or potatoes.

Serves: 8

Things you need:

About 10 cups of water

1 middle white cabbage (can be red but they are usually smaller and less tasty when cooked)

6 potatoes (can be more if you want more veggies than broth)

2 medium carrots

1.5 to 2 beets (the fresher they are the more flavor you're going to get)

2 to 3 bay leaves (for the base for the broth)

1 to 2 onions (white/yellow ones are better because they are stronger)

4 to 5 cloves of garlic

3 tomatoes or diced tomatoes from a can (1 can)

Recommended herbs:

Cilantro & parsley (fresh ONLY)

Recommended spices:

Salt, Black Pepper, Paprika, Dill, Basil, Saffron*, Marjoram*, Coriander* (don't have to put everything – just whatever you have)

*Last 3 spices are traditional spices of Georgia, Abkhazia, Armenia, etc. These countries always had a tight connection with Russia and have a huge influence on our culture. Even though these spices are not traditional for Russian cuisine, they are very popular among Russian folks.

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Directions:

Helpful notes:

Borsch (Veggie Option)

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Directions continued:

1. Pour water in a pot and place it on medium heat.
2. Add bay leaves and half a tea spoon of salt.
3. Shred cabbage (the whole thing) and place it in the water, let the water boil and cover the pot with a lid.
4. While the cabbage is cooking, peel and cut your potatoes – place them in the same pot with the cabbage and turn the heat to low.
5. Peel the beets and cut them (Warning: gets supper messy!). Get a separate pan, pour some cooking oil (the best ones are the grape leaves or sunflower oils) and turn the stove on.
6. Roast your beets on medium heat - cook for 5 minutes first – then add peeled and cut onions and carrots.
7. Add any spices you want to your pan! This is the time - you can go a bit over with spices because at the end it's all going to the big pot, so the flavor is going to water down.
8. Roast on the pan for another 4 min and add cut tomatoes. You can peel them if you want to, but you don't have to. You also can use diced tomatoes from a can.
9. The whole idea is to make the tomatoes turn into a paste and get that juice. Another 3-4 min. Don't let the veggies get mushy- you want them to be hard when you place them in a pot.
10. Place your veggies in the pot! (by the time you place your veggies in the pot, the cabbage has been cooking for 30-35 min - you want it to be that way - that is your broth.
11. Stir your soup and let it sit on the stove on medium heat for another 10 minutes.
12. Add garlic and fresh herbs - don't stir - turn on the lowest heat and let it sit for another hour (no kidding!)**.

**Either way the best flavor you are going to get next day when all that stuff sits for a while. Serve with a drop of sour cream or yogurt and any kind of dark bread.

Helpful notes:

- FYI - there is no right way to cook BORSCH – everyone cooks it differently.
- Smile when you cook it and it will taste good!
- Good LUCK! :-)

Butter Chicken

From the Kitchen of: Rupinder Sarai, Howard County General Hospital Pathology

About this recipe: MY BOYS LOVE THIS CHICKEN, A MUST HAVE AT ALL EVENTS! There are many versions of this recipe, but this is the simplest and uses less ingredients.

Serves: 4

Things you need:

2 lb. boneless chicken cut into small pieces

Marinade

1 tsp red chili powder or paprika

1 tsp turmeric powder

1 tsp ginger and garlic paste

Salt to taste

1/2 cup plain yogurt

Optional: if the color of the marinade is not bright you can add 1 drop of red food color.

Gravy

1 stick butter

1/2 tsp black cumin seeds

1/2 pound tomato, pureed

2 tsp tomato paste

1/2 tsp sugar

1 tsp red chili powder optional if you don't like the heat.

Salt to taste

1/2 cup heavy whipping cream

4 green chilies, sliced optional

1/2 tsp fenugreek leaves, crushed

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Butter Chicken

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Directions:

For marinating the chicken

1. In a mixing bowl, mix red chili powder, ginger garlic paste, salt, turmeric and yogurt.
2. Add the raw chicken pieces to the marinade and mix well. Keep it in the refrigerator overnight or minimum 6 hours.
3. Roast the marinated chicken in an oven for about 10-12 minutes until it is three-fourth done, or you can use the grill pan to give nice grill marks.

For the chicken gravy

1. Heat half of the butter in pan.
2. Add cumin seeds, fenugreek leaves, sugar, red chili powder/paprika and salt Sautee 1 min. Put in the tomato paste cook 1 min Mix well. Pour in the tomato puree, and sauté for 5 minutes or comes to a boil and has thickened.
3. Add the prepared chicken, rest of the butter, sliced green chilies. Cook for 5 minutes or till it all comes together and has come to a boil and chicken is done.
4. Add cream and stir so it does not curdle simmer do not boil till it is all mixed.
5. Serve hot with rice.

Cheese and Nut Loaf

From the Kitchen of: Margaret Siau, CQI

Things you need:

1 ½ C Cooked brown rice
1 ½ C walnuts, roasted at 350 in oven 5 – 7 minutes and chopped finely
½ C cashews, roasted at 350 in oven 5 – 7 minutes and chopped finely
1 medium yellow onion chopped
2 T butter
Salt
2 cloves garlic, finely chopped
½ C mushroom, chopped
½ to 1 oz. dried shiitake or porcini mushroom, soaked for 20 minutes in hot water and chopped
2 T parsley
2 tsp thyme leaves, chopped or ½ tsp dried thyme
1 T marjoram, chopped or 1 tsp dried marjoram
1 tsp sage, chopped or ½ tsp dried sage
4 eggs beaten
1 C cottage cheese
9 – 12 oz grated cheese (Gruyere or Parmesan)
Pepper

Directions:

1. Preheat oven to 375.
2. Cook onion in butter until translucent. Season with salt and garlic, mushroom, dried mushrooms and herbs.
3. Cook until liquid released by the mushrooms has been reduced.
4. Combine this mixture with the rice, nuts, cottage cheese, grated cheese.
5. Season with salt and pepper to taste
6. Lightly butter loaf pan, line it with buttered wax paper or parchment.
7. Fill pan and bake at 375 degrees until top is golden and rounded, about 1 to 1 ¼ hours. The loaf should be firm when you give the pan a shake. Let loaf sit ten minutes before turning it out.

Chicken Adobo

From the Kitchen of: Bill Hartlove, Laboratory Outreach; Elizabeth Phillips, Bayview Blood Bank

About this recipe: This recipe was given to me many years ago from my Filipino friend and colleague, Elizabeth Phillips from the Johns Hopkins Bayview Medical Center Blood Bank. The aroma and tangy flavor of this Filipino dish will make your mouth water.

Serves: 2 to 4

Things you need:

1 lb. chicken cut into cubes or whole chicken pieces
1-2 potatoes, cubed
1/3 cup soy sauce
1/4 cup apple cider vinegar
1 heaping tablespoon of minced garlic
1/4 teaspoon of black pepper
1 tablespoon of ketchup
1/2 teaspoon of sugar
2-3 bay leaves

Directions:

1. Add all of the ingredients into a covered glass bowl and marinate in the refrigerator for at least 24 hours.
2. In a large pot, slowly simmer all of the ingredients until most of the liquid is evaporated.
3. Note: You may remove the mixture from the stove earlier if you want more liquid, however ensure that the chicken is fully cooked. Remember to remove the bay leaves.
4. Serve over rice, preferably Jasmine rice.

Helpful notes:

- You may substitute the chicken with pork in this recipe.

Chicken and Rice Soup

From the Kitchen of: Kierstin Reynolds-Beavers, Suburban Microbiology

About this recipe: I threw this on the stove one afternoon and (SHOCKER!) my children ate it.

Serves: 4

Things you need:

Pack of chicken thighs (usually 6 come in a pack)

1 onion sliced

2-3 cloves of garlic, peeled and minced

2 chicken boullion cubes

Fresh basil, chopped, if you like basil

2 cups of rice

Directions:

1. Throw all the ingredients, except the rice, into a large pot of water. Cover. Boil the dickens out of it (3 hours or more). Then add rice to suck up the leftover water.

Helpful notes:

- Meddling spouse tried this with milk. This will NOT work.
- The boullion adds salt so no salt is needed.
- You can add other ingredients to taste.

Chicken Cacciatore

From the Kitchen of: Linda Gluck, Microbiology

About this recipe: This is my Czech/Italian grandmother's recipe.

Serves: 4 to 6

Things you need:

3 ½ lbs. frying chicken (or just breasts if so desired)

¼ C oil

1 large can of tomatoes (diced)

2 Tablespoons butter

1 tsp. salt

Cayenne pepper

1/2 C white wine

5 Tablespoon chopped pepper

1 sprig thyme

1 Tablespoon minced parsley

1 bay leaf

3 cloves of crushed garlic

1 Tablespoon of flour

½ C minced onion

Directions:

1. Sauté chicken in the oil.
2. Combine tomatoes and 1 Tablespoon of butter. Simmer 10 minutes.
3. Add salt and pepper. Cook 10 minutes.
4. Add thyme, parsley, bay leaf and garlic. Cook 15 minutes.
5. Melt 1 tablespoon of butter and add the flour to it. Cook until brown.
6. Add onion and pepper, then add the wine to the flour/pepper mix.
7. Cook until thickened. Combine with the chicken/tomatoes, cover and cook another 45 minutes.

Helpful notes:

- Serve with rice and it's delicious.

Chicken Pot Pie

From the Kitchen of: Joan Boyd, Transfusion Medicine

About this recipe: This is a traditional Pennsylvania Dutch dish that is popular at home and at community fund-raising suppers. If you are expecting an oven-baked pie, you will be surprised.

A variant of this recipe comes from Central PA (Al Valentine). Chicken can be substituted with one large rabbit or squirrel (or both) if it is a special occasion.

Serves: 6

Things you need:

3 lbs. stewing chicken (cooked and broth reserved, remove skin/bones and discard)

3 medium potatoes, sliced

1 small onion, sliced

Salt and pepper to taste

Dough:

2 eggs

1 t. salt

1/2 C cold water

3 C (approx.) flour

Directions:

1. Beat eggs, add water and salt; stir into flour to make a stiff dough.
2. Roll dough as thin as possible and cut into 2- inch squares.
3. Heat the reserved broth to boiling.
4. Drop dough squares into the broth, one layer at a time, stirring after each added layer.
5. Boil for 15 minutes.
6. Add chicken pieces, potatoes, and onion and boil for an additional 15 minutes.

Coconut Sevai (Rice Noodles)

From the Kitchen of: Rupinder Sarai, Howard County General Hospital Pathology

About this recipe: This is one of my favorite easy-to-make Indian recipes. Although I try to make it the best as I can, my mom's was THE BEST!

Serves: 4

Things you need:

1 pack rice noodles
1 teaspoon black mustard seed
2 dried red chile peppers, chopped
Salt to taste
1 tbsp. cumin seeds
3 tbsp. oil
1 tsp turmeric powder
½ cup yellow lentils soak in water for 10-15 mins, drained before use
6 tablespoons roasted peanuts or other nuts.
¾ cup shredded or flaked coconut
Water to boil noodles
Fresh cilantro, for garnish
Curry leaves available at Indian market (optional but will add great flavor)
Juice of 1 lemon

Directions:

1. Place noodles in a medium size pot and add water, just to cover. Add salt and bring to a boil. After boiling 1 to 2 minutes, transfer noodles to a colander and let cold water run through it for about 3 seconds. Drain and set aside. Cut the noodles with a knife to make them more manageable.
2. Heat oil in a wok; when warm add mustard seed, cumin seeds, Chile peppers, curry leaves, lentils, and turmeric.
3. Stir-fry until lentils start getting light brown, then add peanuts and stir-fry for 10 seconds.
4. Stir in coconut and fry it until light brown
5. Add cooked noodles, stir and mix it all together until combined. Adjust salt if needed.
6. Add lemon juice and garnish with cilantro.

Edwardo's Stuffed Chicago-style Spinach Pizza

From the Kitchen of: Dr. Ralph Hruban, Director, Department of Pathology

About this recipe: I grew up on the South Side of Chicago. As a teenager we loved to go out for a deep dish pizza and my favorite was Edwardo's. Other great Chicago pizzas that you may have heard of include Pizzeria Uno and Giordano's.

Serves: 4 to 5 hungry people!

Things you need:

For Dough:

1 ½ cups warm water (110-115 degrees)
1 pkg yeast
4 ½ to 5 cups flour
½ cup olive oil
1 tsp salt

For Filling:

1 tbsp olive oil
2 lbs fresh spinach washed, dried and chopped (a lot of work!)
4 garlic cloves peeled and minced
½ dried hot red pepper, lightly crushed
1 lb mozzarella coarsely shredded

For Topping:

1 28 ounce can whole tomatoes drained and crushed
5 fresh basil leaves shredded or 1 tsp oregano
¼ cup freshly grated parmesan cheese

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Edwardo's Stuffed Chicago-style Spinach Pizza

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Directions:

1. Mix water and yeast – dissolve
2. Add 1 cup flour, olive oil and salt. Mix with spoon. Add 2nd cup of flour and mix well.
3. Measure 3rd cup of flour. Sprinkle some over work surface. Remove dough from bowl and knead in flour a bit at a time. Add only as much flour as needed to keep dough from sticking to fingers (5-10 minutes)
4. Lightly oil a 2 qt bowl with vegetable oil. Roll the ball around to coat with oil. Seal the bowl with plastic wrap and put in a warm place. Let rise 30-45 minutes.
5. While the dough is rising, preheat oven to 500 degrees
6. Heat olive oil in a large frying pan. Add spinach and garlic. Season with red pepper and salt & black pepper. Stir until spinach wilts and most excess liquid has evaporated. Discard red pepper and drain through sieve.
7. Once the dough has doubled in bulk punch it down with fist. Knead it again for 1 minute.
8. Remove 1/3 of dough, cover with plastic wrap. This will be used for the crust.
9. Roll 2/3 of the dough into 16 inch circle and fit into prepared deep dish pizza pan – let rise.
10. Mix with spinach and mozzarella and fill pizza.
11. Roll the remaining 1/3 of the dough into 14 inch circle – fit on top. Crimp edges and prick holes in top.
12. Let pie rise in the pan 15 minutes.
13. Bake at 500 degrees for 15 minutes. Then lower the temp to 400 degrees and bake for 10-15 minutes. Top the partially baked pizza with tomatoes, basil and parmesan cheese. Bake 10 more minutes.
14. Check crust. Should be golden brown.

Helpful notes:

- Credit to *The Pizza Book* by Evelyne Slomon

Emjadara (Rice & Lentils)

From the Kitchen of: Hanan Salem, White Marsh Pathology Laboratory

About this recipe: This traditional dish comes from Jerusalem, Palestine in the Middle East. Emjadara is one of the many common and liked rice dishes in Jerusalem. It's easy to make and liked by many when you're looking to make a quick dish. Lentils are a good source of potassium, calcium, zinc, niacin and vitamin K, but particularly rich in dietary fiber, lean protein, folate and iron. Lentils are not only one of the oldest commonly consumed legumes in history, but they are also one of the simplest to prepare since they don't require a lengthy soaking time like other beans.

Serves: 4

Things you need:

1 ½ cup lentils (any brand)
4 cups of water
1 cup of basmati rice
3-4 bay leaves
2 tablespoons of ground cumin
2 tablespoons vegetable organic stock / chicken broth
2 medium Vidalia onions
Olive oil
4 medium red tomatoes
2 cucumbers
Salt and black pepper
1 lemon

Directions:

Caramelized onions:

1. Cut the onions into thin slices.
2. In a frying pan, add 3 tablespoons of olive oil to medium heat.
3. Add onions and stir until tender and caramelized for 10-15 minutes.
4. Remove from stove and lay on paper towel to absorb excess oil.

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Emjadara (Rice & Lentils)

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Directions:

Cooking the lentils with rice (Emjadara):

1. Boil water and add the lentils and let boil uncovered on high heat for 25-35 minutes.
2. Simmer on medium heat until lentils are tender for about 10-15 minutes.
3. Drain the lentils and save the lentil broth to be used on the rice.
4. Add 2 tablespoons of olive oil in a pot and add the rice, lentils and bay leaves – stirring until well mixed on low/medium heat.
5. Add cumin and 1 teaspoon of salt and black pepper.
6. Add lentil broth along with stock/chicken broth to rice/lentil mixture.
7. Note: You may want to add more stock/broth if the level of the broth is not at least ½ inch above the rice.
8. Cook for 15-20 minutes or until the rice is soft.

Tomato/Cucumber salad:

1. Dice the tomato into cubes
2. Peel cucumbers and dice into cubes
3. Squeeze fresh whole lemon w/o seeds
4. Add 1 teaspoon of salt and 1-2 tablespoons of olive oil
5. Mix well (taste to make sure the salt and lemon mix is just right to your satisfaction)

Serve

1. Place Emjadara on a plate and then add caramelized onions and tomato/cucumber salad either on top or on the side of the plate

Helpful notes:

- Enjoy!

Engagement Shrimp

From the Kitchen of: Jennifer Hurley, Core Laboratory

About this recipe: Delicious shrimp recipe served on the week of my engagement, similar to the 'sex in the city' series.

Serves: 4 to 6

Things you need:

1 lb of steamed shrimp with old bay (shortcut = have grocery store steam it when you pick out the shrimp)
1 lb of penne pasta (or pasta of your choice)
1 jar of vodka sauce
1 jar of tomato sauce (I prefer Organic Bertolli brand)
Italian Seasoning
Old Bay Seasoning

Directions:

1. Cook pasta according to instructions, set aside.
2. Pour vodka sauce into sauté pan or skillet and simmer bringing to a boil.
3. Add the cooked steamed shrimp and stir.
4. Pour the Bertolli jar of red sauce into the pan and stir.
5. Add 1 tablespoon of old bay.
6. Add 1 tablespoon of Italian Seasoning.
7. Simmer, slow boil for 5 minutes.
8. Serve over cooked penne pasta.

Helpful notes:

- Make sure that you order the shrimp steamed when selecting shrimp from the seafood department of your local grocery store.

Escoveitched Fish

From the Kitchen of: Beverly Palmer, Suburban Hospital Phlebotomy

About this recipe: This recipe is from Catch of The Day which has recipes from my home country of Jamaica. This is a popular dish in Jamaica and is eaten from morning until night. This recipe is used for almost any fish that swims in the waters of our island. Small whole fish, sliced fish, or sprat can be served for breakfast, lunch, dinner or as hors d'oeuvres.

Serves: 4 to 6

Things you need:

2lbs

Fish

¼ cup Flour

Oil for frying

Escoveitch Sauce:

1 cup Vinegar

1 cup Water

1 pinch Salt

1 tsp Sugar

1 cup julienne strips of chochos and carrots

2-3 medium onions, cut into onion rings

To taste:

Hot pepper

6 Pimento grains

Directions:

1. Prepare fish for frying
2. Lightly dust with flour
3. Fry fish in 1/2 inch deep oil
4. As soon as flesh is opaque, fish is ready. Set aside
5. Boil 1 part of water with 1 part of vinegar with a pinch of salt and a teaspoon of sugar
6. Add julienne strips of chocho, carrots, hot pepper to taste, some pimento grains and onion rings.
7. As soon as liquid boils, pour over fried fish. This is done the day before it is eaten and it is not kept in the refrigerator.

Finnish Meatballs

(Lihapyörykoita)

From the Kitchen of: Bonnie Hammond, Continuous Quality Improvement

About this recipe: Most cultures eat some form of meatballs. My Finnish grandmother called these 'Sunday meatballs' because they took a good bit of time to make, but the taste was worth the effort.

Serves: Makes about 40 meatballs

Things you need:

¾ cup whole milk
3 slices country style (dense) white bread, crusts removed
6 ounces Gouda or Emmental cheese
1 ½ cups loosely packed fresh parsley leaves, finely minced. Reserve a ¼ cup for garnish.
¾ cup finely minced onion
2 large eggs
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ teaspoon white pepper
1 tablespoon ground allspice
1 pound lean ground beef
1 pound ground pork
½ cup flour
1 ½ cups low sodium chicken broth
¼ cup vegetable oil, or as needed
1 cup heavy cream

Directions:

1. In a small saucepan over medium heat, warm the milk just until steaming. Remove from heat and press bread into the milk; set aside.
2. Grate cheese on large holes of a box grater and place in large bowl. Add parsley, onion, eggs, salt, pepper and allspice. Stir well to combine. Add ground beef, ground pork and milk-soaked bread. Gently mix by hand or with a large wooden spoon until well-blended.

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Finnish Meatballs

(Lihapyörykoita)

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Directions:

1. Spread flour on a plate. Roll meat mixture into 1 1/2-inch balls, and roll in flour to coat.
2. Heat a couple of tablespoons of oil in a Dutch oven, or large skillet, over medium-high heat until shimmering. Working in batches, add enough meatballs to loosely fill pan. Sear until well browned on all sides, adding more oil to the pan as needed. Remove meatballs to a platter once browned.
3. Discard the oil in the Dutch oven and add the broth. Using a wooden spoon, scrap the pan's bottom to remove the fond.
4. Return the meatballs to the Dutch oven and any accumulated juice. Allow them to gently simmer in the broth for 20 to 30 minutes over low heat, stirring carefully from time to time.
5. Add the cream and heat just until warmed. Sprinkle with reserved minced parsley and serve with mashed potatoes or egg noodles that have been tossed with butter.

Helpful notes:

- This recipe makes a lot of meatballs and extras may be frozen after being fully cooked in the broth (before the cream is added).
- Meatballs can be made in the morning and then held in the warmed broth for serving later that day. Just simmer them for 15 minutes in the broth to reheat and add the cream just before serving.
- If you choose to omit the cheese, increase the salt to 2 teaspoons.
- Inspired by NYT Cooking.

Green Bean Soup

From the Kitchen of: Linda Gluck, Microbiology

About this recipe: This is my Polish grandmother's recipe and can be eaten warm or cold.

Serves: 4 to 6

Things you need:

2 lbs. chuck meat (soak in cold water and ½ c. vinegar a few hours before cooking)

Bag of green beans (steamed)

4 potatoes (peeled and cubed)

2-3 stalks of celery

½ C flour

½ C milk

Salt and pepper to taste

1-2 onions

Red or white vinegar

Directions:

1. Wash the meat after it has sat in the water/vinegar.
2. Put the chuck meat in a pot and cover it with water, add 1 Tablespoon of vinegar, salt and pepper, onion and celery. Cook 2 hours.
3. Put in the potatoes and cook until soft.
4. Add beans in the last 15 minutes of cooking.
5. To make the cream sauce, mix the flour and milk, take the meat out before adding the cream sauce. Put some broth into the cream sauce, then add it to the soup. Simmer 5 minutes.

Helpful notes:

- Doesn't sound good, but it is!

Hungarian Goulash

From the Kitchen of: Sandy Markowitz, Pathology Administration

About this recipe: My aunt, originally from Houston, Texas, introduced my mother the Helen Corbitt's Cook-book. This recipe was regularly served for dinner in our household growing up.

Serves: 4 to 6

Things you need:

2 ½ lbs. Beef (round of rump)*	2 C water
⅓ C fat, chopped **	1 C ketchup
½ C onions, chopped	½ tsp dry mustard
½ clove of garlic, crushed	1 Tbsp paprika
2 Tbsp brown sugar	1 tsp vinegar
1 tsp Worchester sauce	2 Tbsp flour
1 pkg noodles, cooked	

*Or buy stew meat

**By today's standards this is sauté in oil

Directions:

1. Cut meat into 1-inch cubes.
2. Brown in fat with onion and garlic.
3. Add water, ketchup and seasonings.
4. Cover and cook over low heat until meat is tender (approx. 2 hours).
5. Mix flour with ¼ c. water and add to the mixture, stirring constantly. Cook until thick.
6. Serve over the noodles.

Helpful notes:

- When I prepare this recipe, I usually cook the meat in the crockpot all day as the meat is extremely tender.
- Recipe Credit: Helen Corbitt's Cook-book

Irish Soda Bread

From the Kitchen of: Bonnie Hammond, CQI

About this recipe: Soda bread has been a staple in Irish homes since the mid-19th century. It was not a festive cake. It was baked every few days and eaten daily, not by choice, but by a state of poverty that made it the easiest and least expensive bread to put on the table. During the Great Famine years, it may have been the only food on the table. Although this recipe was not passed down by my Irish grandmother, it does achieve an authentic crumb, but adds non-traditional ingredients to suit American tastes.

Serves: Makes 1 loaf

Things you need:

3 cups all-purpose flour
1 cup cake flour
1 ½ teaspoons baking soda
1 ½ teaspoons cream of tartar
1 ½ teaspoons salt
2 tablespoons sugar
2 tablespoons unsalted butter, softened
1 ½ cups low-fat buttermilk

Directions:

1. Heat the oven to 400 degrees and adjust a rack to the center position.
2. Place the flours, soda, cream of tartar, salt and sugar in a large mixing bowl. Add the butter and rub it into the flour using your fingers until it is completely incorporated and the mixture resembles coarse crumbs.
3. Make a well in the center and add the buttermilk. Work the liquid into the flour mixture using a fork until the dough comes together in large clumps. Turn the dough onto a work surface and knead briefly until the loose flour is just moistened. The dough will still be scrappy and uneven.
4. Form the dough into a round about 6 to 7 inches in diameter and place in a cast iron skillet that has been lightly greased and floured. Score a deep cross on top of the loaf and place in the heated oven.
5. Bake until nicely browned and a tester comes out clean when inserted into the center of the loaf, about 40 to 45 minutes. Cool for at least 1 hour before slicing.

Helpful notes:

- If you do not have a cast iron pan, the bread can be baked in a lightly greased and floured cake pan, but the crust won't be quite as crunchy. If the crust is too crunchy for your taste, wrap the bread in a tea towel while it cools.
- Soda bread is best eaten on the day it is baked but does keep well covered and stored at room temperature for a couple of days after which time it will become dry. Serve it warm with butter and jam, or toast it the next day.
- Adapted from *Cook's Illustrated*.

Italian Caper-Tomato Chicken

From the Kitchen of: Kurt Michael, Pathology/SMILE

About this recipe: Based on principles learned in a cooking class teaching variations on a theme and exploring thickening techniques. Our family has been very free form on this recipe over the years. Experiment and adjust to taste! The class was taught by the Chief of the "Stinking Rose" (garlic) in Ballard Seattle, WA. Our family had a lot of fun with this dish. The kids liked the pounding of the chicken especially. The thin chicken cooks quickly, which makes this a quick dish.

Serves: One chicken breast will serve about 2 persons. More chicken, more people.

Things you need:

Boneless chicken breasts (1 for each 2 persons)	Dry white wine (2 cups)
Capers (1 Tbsp. for 2 servings)	Butter (3 Tbsp.)
Sun-dried tomatoes (2 or 3 per serving)	Olive oil (3 Tbsp.)
Tomato paste (1-2 Tbsp.)	Flour or corn starch
Salt and pepper	

Directions:

1. Divide a chicken breast into 2 pieces. Place each piece in turn between 2 sheets of waxed paper. Pound with a mallet to reduce thickness to a thin (1/4") uniform size. Place in a mixture of flour with salt and pepper to suit taste. Pat chicken to remove excess flour.
2. Heat a minimum of butter and olive oil to medium heat in a non-stick or cast iron pan. Add flattened floured chicken to seal both sides, turning once and moving in the pan often. Chicken will cook in 5 minutes or less; do not overcook. Remove chicken when it is cooked and set aside.
3. Add a little more butter to pan, then capers, sun-dried tomatoes, and 1 to 2 tablespoons of tomato paste. Add the white wine. Bring to a boil. If sauce does not thicken quickly, add a pinch or 2 of corn starch or flour mixture.
4. Return chicken to pan for a short final heating and remove chicken to serving dish. Pour sauce over chicken. Serve with rice, noodles, toast, potatoes, etc.

Helpful notes:

- This dish is made to play with. Add anything or subtract what you wish. Onions and garlic beg to jump into the dish during the sauté. Rounds or spears of squash no problem. The sauce can be a balance of butter and wine. If it breaks, a little more butter can mend it. Enjoy!

Lasagna Pasticciate

From the Kitchen of: Chris Calvelli, Suburban Hospital Laboratory

About this recipe: This is my mother's recipe. I make it for Christmas dinner every year, just like she did. My kids love it and the tradition of having it on Christmas. This is not the traditional style lasagna most people are familiar with. It has two sauces, a ragu and a white sauce. This is an involved recipe so once or twice a year is enough.

Serves: A lot, but it makes great leftovers

Things you need:

1 lb Lasagna Noodles
½ cup fresh parmesan cheese
Ragu Bolognese (recipe below x2)
Beciamella (recipe below)

Ingredients and Directions:

Ragu Bolognese*

½ lb smoked ham, coarsely chopped ~ 1 cup
1 cup coarsely chopped onions
¼ cup coarsely chopped carrots
½ cup coarsely chopped celery
2 TB butter
2 TB olive oil
¾ lb ground beef (twice ground)
¼ lb ground pork (twice ground)
½ cup dry white wine (plus more for drinking while you cook)
2 cups beef stock
2 TB tomato paste

1. Combine chopped ham, onions, carrots and celery on cutting board and chop into small pieces.** This is called Battuto. (When it is cooked it is called Soffritto).
2. Melt 2 TB butter in 10-12" skillet when foam subsides, add Battuto and cook 10 minutes. Stir frequently till lightly browned. With a rubber spatula transfer Soffritto to heavy 3 - 4 qt sauce pan.
3. Heat 2 TB olive oil in 10-12" skillet. Over medium heat, lightly brown ground meat. Stirring constantly. Pour in wine and increase heat. Boil briskly, stirring constantly until almost all the liquid is cooked away.
4. Add meat to Soffritto in saucepan. Stir in stock and tomato paste, bring to a boil over high heat. Simmer partially covered for 45 minutes (I cook much longer), stirring occasionally.

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Lasagna Pasticciate

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Ingredients and Directions:

Besciamella

6 TB butter

6 TB flour

2 cups milk

1 cup heavy cream

Nutmeg

1 tsp salt

Pepper

1. In heavy saucepan melt 6 TB butter over moderate heat and stir in flour.
2. Remove from heat.
3. Pour in milk and cream and beat with wire whisk.
4. Return pan to high heat, stir constantly with whisk until it comes to a boil and is thick and smooth.
5. Reduce heat and simmer 2-3 minutes.
6. Remove from heat, stir in nutmeg, salt and pepper.
7. Grate ½ cup cheese and set aside.

Lasagan Pasticciate

1. Heat oven to 350 degrees. Butter bottom and sides of dish. Layer dish as follows:
 - 1) Ragu Bolognese
 - 2) Pasta
 - 3) Besciamella
2. Top with ragu bolognese and besciamella, then grated cheese
3. Bake approximately 30 minutes in 350F oven.

Helpful notes:

- *I find that doubling the Ragu Bolognese recipe gives the correct amount of sauce for layering.
- **I coarsely chop ham, onion, carrots and celery on the cutting board and then combine into a food processor for a few pulses to finely chop.
- ***You can always make the Ragu Bolognese ahead.

Latkes (Potato Pancakes)

From the Kitchen of: Ellen Barnes, PDS and Immunology

About this recipe: My Ukrainian mother-in-law taught me how to make potato pancakes. Her parents came to America months before she was born escaping the Russian Revolution and settled in Cleveland, OH.

Serves: 4

Things you need:

4 large russet potatoes (white potatoes ok)
1 medium yellow onion
1 large egg
4 tbs flour
Salt/pepper to taste
Hot vegetable oil
Topping: Sour cream or apple sauce

Directions:

1. Grate the potatoes, skin on.
2. Grate the onion and add to potatoes.
3. Beat egg in separate bowl and add to potato mixture.
4. Mix in flour, salt and pepper.
5. Do a small test drop first to make sure oil is hot enough. It will brown right away.
6. Drop spoonful into skillet with cooking oil (med/high heat – can be adjusted).
7. Latkes should be about 3 to 3 1/2" across.
8. Turn when crispy brown and continue cooking until both sides are brown.
9. Drain on paper towels.
10. Serve immediately and top with sour cream or applesauce.

Helpful notes:

- More flour may be added if the raw grated potatoes appear to be "soupy." Sometimes I add a grated carrot to the mix for variety.
- May be kept warm in the oven at 350 degrees while frying batches.

Makeda's Updated Gumbo: Jalfrezi Style

From the Kitchen of: Makeda Heard, Bayview

About this recipe: I am Geechie/Creole. Both cultures make okra Gumbo; here is a quick vegetarian recipe. Jalfrezi is an Indian stir fry.

Serves: 3 to 4

Things you need:

1 large beefsteak tomato (sliced into eighths)

1 large onion-sliced

3 tricolor peppers - sliced

1 bag of frozen okra

1 bag of kernel corn frozen

Add sliced jalapeño or habanero peppers for extra kick!

Spices: turmeric, curry, coriander, cumin, masala, garlic

Butter (1 stick or if lactose intolerant, earth balance regular)

Avocado oil or coconut oil

Directions:

1. In wok type skillet, or cast iron skillet, melt butter with coconut or avocado oil (on high heat)
2. Add onion and peppers (stir)
3. Add spices to taste(1/4-1t each), use garlic paste or crushed garlic in oil
4. Add okra and reduce heat slightly; stir
5. Add frozen corn
6. Add tomatoes
7. Cook about 2-5 more minutes (until tomatoes are slightly soft)
8. Serve over basmati rice

Helpful notes:

- Okra is excellent for diabetics; reduces blood sugar.

Maryland Crab Soup

From the Kitchen of: Alice Fuller, HATS Transfusion Coordinator

About this recipe: A great Maryland recipe. Always a hit even with kids.

Serves: 10 to 12

Things you need:

1 meaty ham bone or several ham hocks	2 10 oz package frozen mixed vegetables
3 quarts water	2 cups diced potatoes
6 whole black peppercorns	1 3/4 cup shredded cabbage
1 bay leaf	3 stalks celery, chopped
1 tsp dried parsley	1 medium onion, chopped
1 stalk celery cut into 1" pieces	2 Tbsp Old Bay seasoning
1 carrot cut into 1" pieces	1 tsp salt
1 tsp salt	1/4 tsp black pepper
3 lb canned tomatoes	1 lb claw crab meat

Directions:

1. Combine first eight ingredients in a 5 quart Dutch oven.
2. Bring to a boil and simmer for 2 to 3 hours.
3. Strain broth and remove fat (best to chill overnight and remove solidified fat).
4. Add tomatoes, vegetables, potatoes, cabbage, celery, onion, and Old Bay seasoning to broth.
5. Simmer 30 minutes or until vegetables are tender.
6. Add crab meat and heat through.

Mommy II's Beef Soup

From the Kitchen of: Linda Gluck, Microbiology

About this recipe: This is my grandmother's recipe from the Great Depression. A little German/Italian, a little Czech.

Serves: 4 to 6

Things you need:

2 lbs. stew meat and bone (I don't use a bone)
3 Tablespoon salt, pepper to taste
3 stalks of celery
1 large can whole tomatoes (I usually used diced)
2 whole onions
4-5 sprays of parsley
2-3 carrots

Directions:

1. Wash the stew meat and place in a pot with approximately 6 cups cold water.
2. Bring to a rolling boil.
3. Change the water, rinse off the meat and start again.
4. Add all the ingredients to the pot and simmer for 3-4 hours.

Helpful notes:

- We serve this with tiny noodles like orzo or ditalini.
- Enjoy! Good on a cold day!

North Carolina Style Pork BBQ

From the Kitchen of: Laura Epperson, Transfusion Medicine

About this recipe: Carolina style barbeque is tangy, vinegary and peppery, very different from barbeque that is based on tomato-ey barbeque sauce. Since I grew up in Virginia, near the North Carolina border, this is my favorite type of barbeque and it's hard to find in Maryland. This recipe came from my best friend, Susan. It's made in a crock pot.

Serves: 12

Things you need:

1 (5-7 pound) Boston butt or end-cut boneless pork butt

Salt

Pepper

1/2 cup water

Vinegar Sauce:

2 cups apple cider vinegar

1 Tablespoon (Tbl) salt (or less if desired)

1 Tablespoon white pepper

1/2 teaspoon (tsp) black pepper

1 Tablespoon red pepper flakes

1/2 cup ketchup

Directions:

1. Season the pork butt with salt and pepper. Add 1/2 cup water to the bottom of the crock pot, place the seasoned pork butt in the pot and cook on low heat, lid-on, for 8 hours.
2. When done, remove the pork butt to a platter or carving board, covering loosely with aluminum foil, to allow it to cool enough to handle, about 20-30 minutes.
3. While the pork is cooling, make the sauce. In a medium bowl, mix together, 2 cups apple cider vinegar, 1 Tbl salt (or less if desired), 1 Tablespoon white pepper, 1/2 tsp black pepper, 1 Tbl red pepper flakes, 1/2 cup ketchup. Set aside and let stand at least 10 minutes.
4. Cut the meat into large (5 to 6 inch) chunks, discarding any thick exterior skin or excess fat. Use two forks to tear the chunks of meat into medium-fine shreds. Place the shredded meat in a large bowl. Pour the vinegar sauce over the shredded meat. Cover the bowl to let the meat steep in the sauce for at least 20 minutes before serving, tossing the meat occasionally to coat with the sauce. Store leftovers in the refrigerator.

Helpful notes:

- The barbeque is traditionally served on a sandwich bun, topped with coleslaw. If you like it spicier, sprinkle hot sauce on the sandwich. The barbeque is often served as plate meal as well, with sides of coleslaw, baked beans, potato salad and (if you're lucky!) piping hot hush puppies.
- The barbeque freezes well.

Pennsylvania Dutch Chicken Corn Soup

From the Kitchen of: Sandra Thoman, Transfusion Medicine

About this recipe: There are many variations of this soup, some add potatoes or rice rather than noodles. We always had this soup when the sweet corn was ripe, picked fresh, cooked and cut off the cob.

Serves: 6 to 8

Things you need:

- 1 cooked chicken cut up (no skin) - save broth
- 2 - 3 cups of corn (if you like corn, go for the 3 cups - I think silver queen is best)
- 2 cups of noodles (I prefer the medium – wide)
- 4 hard boiled eggs - sliced

Directions:

1. Into the broth, add the corn and noodles - cook 20 minutes on medium heat.
2. Add the sliced hardboiled eggs and cut up chicken, simmer for 20 minutes, add water as needed.
3. Season with salt and pepper to your taste.

Polish Lasagna

From the Kitchen of: Linda Gluck, Microbiology

About this recipe: This is my German/Polish grandmother's recipe.

Serves: 10 to 12

Things you need:

1 lb. of lasagna noodles
½ lb. butter
2 large onions
1 lb. cheddar cheese
8 large potatoes (mashed with margarine and milk)
2 cans of cooked sauerkraut
1/2 lb. bacon, fried crisp

Directions:

1. Fry onions in butter until clear.
2. Fry bacon.
3. Crumble bacon and add to the sauerkraut.
4. Mash potatoes and add cheese.
5. Cook and drain the noodles.
6. In the bottom of a baking dish, place butter and onion mixture, layer of noodles, sauerkraut and bacon and potatoes.
7. Begin again and end only with noodles and onion mixture.
8. Bake at 350 degrees for 25-30 minutes or until middle is well-heated.

Helpful notes:

- Freezes well.

Potato “Kugel” (Souffle)

From the Kitchen of: Aidel Weisberg, Pathology Data Systems

About this recipe: Traditional Eastern European Jewish side dish, typically made for the Sabbath

Serves: ~10

Things you need:

9 potatoes
2-3 large onions
3 eggs
1/3 C oil
Salt & pepper to taste

Directions:

1. Preheat oven to 350 degrees.
2. Peel potatoes and onions and place in bowl of water.
3. Combine eggs, oil, salt & pepper in 9 x 13” pan.
4. Grate potatoes and onions in a food processor. *Tip: grate onions and potatoes intermittently to prevent the potatoes from browning.* Add grated vegetables to the pan and mix all ingredients together well.
5. Bake 1 ½ to 2 hours until brown on top. If the kugel still has a liquidy consistency, it needs more time. Enjoy!

Helpful notes:

- This recipe is great because you do not need a mixing bowl - mix everything and bake all in one pan
- This recipe freezes well. If you'd like to freeze, bake the kugel a little less. When you're ready to eat it, remove from freezer and place directly in hot oven. After ½ hour to 40 minutes, will taste like fresh kugel!
- Tastes great with mustard or pickles...or if you like spicy, try it with jalapeno peppers!

Potato Chap بطاقة جاب

From the Kitchen of: Mery Hanna, Microbiology

About this recipe: This is a traditional Middle Eastern dish/appetizer from my home country of Iraq.

Serves: Up to 4

Things you need:

4 large Yukon Gold potatoes boiled

1/4 cup bread crumbs

2 tablespoons cornstarch

½ teaspoon salt

Filling:

½ pound lean ground chuck

1 small onion, chopped

2 tablespoons flat leaf parsley, chopped

½ teaspoon salt

1 teaspoon Arabic spice or a combination of (allspice, black pepper, cinnamon and cloves)

1 cup vegetable oil for frying

Directions:

1. Place the potatoes in the food processor and pulse until well mashed. Place it in a bowl and add the cornstarch, breadcrumbs and salt, and set aside.
2. Prepare the filling. Sauté the meat in oil and add the onions and spices. When cooked, add salt and chopped parsley, and set aside to cool.
3. Form the potato patties by taking a small piece of potato the size of an egg. Form a cup in your hand and stuff the middle with the meat mixture. Close the pattie and flatten it. Make sure to wet your hands in vegetable oil while forming the patties. Place the patties on a tray and refrigerate for 30 minutes or freeze.
4. Heat oil in the pan and drop in the potato patties. Add more oil as needed. When golden brown, turn to the other side. Drain on paper towel. Serve hot as an appetizer.

Helpful notes:

- You can make these and freeze them before frying or deep fry them and freeze them. Then you can reheat them in the oven before serving.

Sauerbraten (Sour Roast) & Dumplings

From the Kitchen of: Bill Hartlove, Laboratory Outreach

About this recipe: Sauerbraten is regarded as one of the national dishes of Germany. This recipe can be prepared with many different types of meat. Historically, it was made with horse meat; however I like to use a meat that is more conventional and widely used for this recipe, beef. This is a dish that takes some advanced planning, however it's definitely worth the wait. A mouth-watering aroma permeates the entire house when simmering and it's especially good to eat on cold, wintery days. Prost! (German word for "cheers").

Serves: 2 to 4

Things you need:

2 teaspoons salt
1 teaspoon ground ginger
4 lbs. of beef chuck roast
5 cups water
4 cups apple cider vinegar
4 medium onions, sliced
2/3 cup sugar
4 tablespoons mixed pickling spices
2 teaspoons whole peppercorns
16 whole cloves
4 bay leaves

Things you need (continued):

2 tablespoons olive oil
28 ginger snap cookies, crushed

Dumpling Ingredients:

32 ounces beef broth
¾ cup all-purpose flour
1 tablespoon minced parsley
1 teaspoon baking powder
¼ teaspoon salt
Dash nutmeg
1/3 cup milk
1 egg, beaten
1 tablespoon vegetable oil

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Sauerbraten (Sour Roast) & Dumplings

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Directions:

1. Rinse roast in cold water and pat dry with paper towels. Then rub the dry roast with salt and ground ginger.
2. In a large pot, add water, vinegar, onions, sugar, pickling spices, peppercorns, bay leaves, and cloves and bring to a boil.
3. Note: For ease of use put pickling spice, cloves & peppercorns in cheesecloth spice bag.
4. Pour hot marinade mixture over roast and refrigerate for 2 days, turning roast twice a day.
5. After 2 days, remove roast and pat dry with paper towels. Reserve the marinade mixture.
6. In a large Dutch oven, over medium heat, brown roast on all sides with 2 tablespoons olive oil.
7. Strain reserved marinade in a colander and reserve half of the onions and seasonings.
8. Pour 2 cups of marinade and reserved onions & seasonings over roast and bring to a boil, reduce heat, cover and simmer for 3 hours.
9. Note: Cover and refrigerate remaining marinade.
10. Next, strain cooking liquid and discard onions and seasonings.
11. Add 6 cups of reserved marinade to medium saucepan and bring to a boil, add crushed ginger snaps, reduce to a simmer and stir until thickened into a gravy.
12. Remove roast from Dutch oven, discard cooking liquid. Serve roast with ginger snap gravy and dumplings in individual bowls.

Dumplings:

1. In a bowl, combine flour, parsley, baking powder, salt, and nutmeg.
2. Stir in milk, egg, and oil until moistened. If dumpling mixture is too thick and dry add a small amount of milk.
3. In a large pot, simmer the beef broth and drop the batter mixture, by the spoonful, into simmering broth.
4. Cover and simmer for 12-15 minutes until the dumplings are done.
5. Note: Insert a toothpick into the dumplings to check for doneness. A clean toothpick indicates the dumplings are done.
6. Remove dumplings and serve immediately with beef.

Helpful notes:

- Instead of dumplings, you can serve this dish with spaetzle (traditional German dumplings), boiled potatoes, or mashed potatoes.

Shrimp and Straw Mushroom Salad with Ginger Dressing

From the Kitchen of: Margie Siau, CQI

About this recipe: Easy, nice, cool Summer dish.

Serves: 4 to 6

Things you need:

2 lbs shrimps, peeled and steamed.
2c. cooked peas or pea pods, cut julienne
8 oz can of straw mushroom, drained
9oz can of heart of palm, drained and sliced

Dressing:

3 T rice wine vinegar
2 T peeled and minced ginger root
2 T lemon juice
2 tsp Dijon mustard
6 T vegetable oil
1/4 C sesame oil

Note: If desired, add 1 garlic clove (minced/crushed) and 2 snipped chives.

Directions:

1. Mix above and add dressing.
2. Let stand for 30 minutes before serving.

Helpful notes:

- Could add sliced water chestnut, bamboo shoot, and chopped green part of scallions if desired.
- For colorful presentation, garnish with curled carrots - thin shavings and chilled in ice water for 30 minutes.

Shrimp Scampi and Pasta

From the Kitchen of: Meredith Hurston, CQI

About this recipe: This recipe was adapted from Ina Garten, of Barefoot Contessa. It's a fairly quick meal to prepare, making it perfect for dinner during the work week. It's also an easy, yet impressive dish to use when entertaining.

Serves: 3 to 4

Things you need:

1 tablespoon kosher salt plus 1 1/2 teaspoons
3/4 pound linguine or fettucine
3 tablespoons unsalted butter
3 1/2 tablespoons good olive oil
1 1/2 tablespoons minced garlic (4 cloves)
1 pound large raw (uncooked) shrimp (about 16 shrimp), peeled and deveined
1/4 teaspoon freshly ground black pepper
1/3 cup chopped fresh parsley leaves
1/2 lemon, zest grated
1/4 cup freshly squeezed lemon juice (2 lemons) or less to taste
1/4 lemon, thinly sliced in half-rounds
1/8 teaspoon hot red pepper flakes (optional)

Directions:

1. Drizzle 1 tablespoon of olive oil in a large pot of boiling water, add 1 tablespoon of salt and the pasta, and cook for 7 to 10 minutes, or according to the directions on the package.
2. Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Add the garlic. Saute for 1 minute. Be careful, the garlic burns easily! Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
3. When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.

Helpful notes:

- Fresh pressed garlic works best for this recipe. Linguine is my choice of pasta. Raw shrimp works best to prepare this dish as opposed to pre-cooked. I have found using more than 1 lemon can make it too tart, I start with the juice of 1 lemon and add another to taste. Pairs well with Pinot Grigio wine and house salad. Dried parsley from the spice section works well when fresh is not available.

Sloppy Joes

From the Kitchen of: Marie Moninger, Suburban Core Laboratory

About this recipe: This is a recipe from a cookbook that my church put together. Since the first time I brought these Sloppy Joes to a pot luck luncheon, I have been asked over and over to do so again. It is always a big hit with the staff.

Serves: 12

Things you need:

2 pounds 93% fat free ground beef
2 onions
1 cup Catsup
2 Tbsp. Sugar
2 Tbsp. Vinegar

2 Tbsp. Worchester Sauce
2 Tbsp. Mustard
2 Tbsp. Water
2 Tbsp. Heinz 57 or Chili Sauce

Directions:

1. Brown onion and meat in pot.
2. Pour off any oil or grease and blot with paper towel to remove grease.
3. Add all ingredients in order given.
4. Let stand awhile, then reheat.

Whole Lobster with Twice Baked Potatoes

From the Kitchen of: Brandon Ellis, Microbiology

About this recipe: My wife is from Connecticut and introduced me to the art of cooking live lobsters. The twice baked potato recipe is her mother's recipe. While I still find lobsters to be the inferior crustacean to crabs (sorry Northeasterners), we have turned this recipe into a Christmas dinner tradition, but you could also use it for a romantic date night.

Serves: 2 with leftover potatoes (they are delicious the next day)

Things you need:

Lobster

Two live lobsters*, 1 1/4 to 1 1/2 lbs. (do not go too large, they get tough and are better for soup)
Melted butter for dipping

*If you do not feel comfortable cooking live lobsters, most seafood sections will steam them for you.

Twice Baked Potatoes

6 medium baking potatoes
1 8 oz. package of cream cheese
1/2 cup hot milk
1 tsp. onion salt
2 Tbsp. butter
Freshly ground pepper
1/2 cup parsley, finely chopped
Paprika

Directions:

Lobster

1. Bring a large pot of water to a boil or set up a large steaming pot. If boiling, the pot and water level should be big enough to accommodate both lobsters without the water spilling over when you place them in. You can also do them individually in a smaller pot, but this takes longer.
2. Say you are sorry and place the lobsters head first into the pot and cover. Boil/steam for 15 to 20 minutes depending on size.
3. Remove lobsters with tongs onto a baking sheet and allow to cool.
4. Once cool, either serve them whole or pick them and serve the meat.

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Whole Lobster with Twice Baked Potatoes

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Directions:

5. Serve with melted butter (and a lobster bib for fun).

Twice Baked Potatoes

1. Allow cream cheese to soften at room temperature.
2. Scrub potatoes and dry.
3. Grease potatoes with butter and salt the skins.
4. Bake at 350 degrees for one hour.
5. Remove from oven and allow to cool before handling.
6. Cut potatoes in half lengthwise.
7. Using a spoon, remove cooked potato to a bowl, being careful to keep the skins intact.
8. Mash the potatoes with the cream cheese, hot milk, onion salt, butter, and pepper.
9. Pile the mixture back into the skins and sprinkle with paprika and parsley.
10. Bake for 20 minutes at 350 degrees.

Helpful notes:

- The twice baked potatoes take a while, so start them before cooking the lobsters.
- We also cook a vegetable to go with this dish. Steamed green beans or broccoli work well. I prefer crispy, sautéed Brussels sprouts, but my wife does not like the smell.

Yorkshire Puddings

From the Kitchen of: Hazel Richardson, Continuous Quality Improvement

About this recipe: Dating back to before 1747, batter puddings in the North of England were served with gravy as appetizers. However, more recently they are eaten as an accompaniment to roast beef, gravy and mashed potatoes. This dish is so well loved in the UK that Yorkshire Puddings now have their own day of celebration – the first Sunday in February is National Yorkshire Pudding Day.

Serves: 4 - 6 (12 puddings)

Things you need:

4 large eggs
1 1/2 cups whole milk
1/2 teaspoon salt
1 1/4 cups all-purpose flour
4 tablespoons vegetable oil (or beef drippings)

Directions:

1. Combine the eggs, milk, flour, and salt in a bowl and mix until smooth. Alternatively, add to a blender and blend until ingredients are well combined.
2. Place the batter in the refrigerator until ready to use (allow to rest for at least 30 minutes).
3. When ready to cook the puddings, preheat oven to 425°F.
4. Add 1 teaspoon of the oil (or beef drippings) into each hole of a 12-hole muffin tray and place into the oven on the top shelf until the oil is very hot, almost smoking.
5. Take the tray out of the oven (carefully), and immediately pour in the batter so that each hole is 3/4 full.
6. As soon as each hole is filled, place back into the oven.
7. Bake for 15 to 20 minutes, until the Yorkshire puddings are well risen, golden brown and crisp.

Helpful notes:

- The puddings should rise and be light and crispy. To accomplish this the oil in the pan must be as hot as possible before the batter is added.
- Do not open the oven door during cooking, the puddings may collapse and not rise.
- A variation of this is Toad-in-the-hole. It's the same batter mix, but instead of making multiple smaller puddings, the entire batter mixture is placed in a large baking dish along with good quality English sausages and baked. This is served with beef or onion gravy.

Coconut Macaroons

From the Kitchen of: Margie Siau, CQI

About this recipe: One of my mother's old recipes.

Serves: Makes about 15 cookies

Things you need:

Coconut mixture:

3 1/2 oz coconut

1/3 C sugar

2 T flour

1/8 tsp salt

Egg White Mixture:

2 egg white at room temperature

1/2 tsp almond extract

Directions:

1. Stir in egg whites and almond extract to coconut mixture and mix well.
2. Drop by tsp onto lightly greased baking sheets
3. Bake at 325 for 20 minutes or until brown at the edges.
4. Remove from baking sheets immediately.

Fasnacht (Potato Doughnut)

From the Kitchen of: Lorraine Blagg, Transfusion Medicine

About this recipe: Fasnacht is from the German meaning "to fast". Fasnacht Day is the day before lent starts (Fat Tuesday) and is a Pennsylvania Dutch tradition that is celebrated in Lancaster, York and Berks Counties in Pennsylvania. The idea is to empty your kitchen of the things you want to avoid during lent like lard, fat, sugar and butter. There are several variations of this recipe, my mother's recipe uses potatoes as the main ingredient.

Serves: 2 to 4 dozen doughnuts depending on size

Things you need:

3 medium potatoes, peeled and quartered	2 tablespoons warm water (not hot)
1 cup milk	1 cup potato water (water boiled potatoes in)
1/3 cup lard	2 eggs, beaten
3/4 cup sugar	About 9 cups sifted flour
1 teaspoon salt	Lard or shortening for deep fat frying
1 package dry yeast	Powdered sugar (optional)

Directions:

1. Cook peeled and quartered potatoes in salted water. When soft, drain and keep 1 cup of potato water. Mash the potatoes.
2. Combine the milk and lard in a small saucepan and heat to boiling. Once boiling, remove it from the heat and add the sugar and salt, stir until dissolved and set aside to cool.
3. Sprinkle yeast over the warm water and set aside.
4. Add the 2 beaten eggs, sweetened milk (lukewarm), and potato water to the mashed potatoes. Add the yeast.
5. Stir in the flour to the potato mixture a few cups at a time until the dough is no longer sticky.
6. Pour dough onto floured surface & knead well (punching, stretching, and folding the dough over itself). 7. When the dough is smooth put it in a large greased kettle or roaster and cover. Let rise overnight in a warm place, at least 70F and free of any draft (my mom would put it on the radiator).
7. In the morning, roll out a quarter on the dough onto a floured surface to about 1/3 inch thickness.
8. Cut the dough using a doughnut cutter or in to 2x3 inch rectangles (cut a small slit in the center of each for rectangle cut pieces).
9. Place on a floured cookie sheet or clean table cloth and place in a warm place, at least 70F and free of any draft (like a radiator) and cover with a clean towel and allow them to rise.

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Fasnacht (Potato Doughnut)

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10. Melt the lard or shortening in an deep frying pan or electric frying pan. Should be about 1 to 2 inches deep.
11. Once the fasnachts have doubled in size, fry them in deep fat (375F).
12. Drain on paper towels.
13. Add topping.

Helpful notes:

- Additional toppings may be added to the Fasnacht, like jelly, but my favorite topping is powdered sugar.

Galette des Rois

From the Kitchen of: Linda Renner, Hematology

About this recipe: This is one of the two versions of the French King Cake eaten in celebration of Epiphany, on January 6th. The cake has one fève (prize) inside, which is usually a whole almond. The person who gets it, is the King for the day and receives a paper golden crown to symbolize it.

Serves: 8 to 12

Things you need:

Almond Filling

1 cup almond flour
1/2 cup sugar
Pinch salt
Zest of 1/2 orange, unsprayed
3 1/2 ounces unsalted butter, cubed, at room temperature
2 large eggs, at room temperature
2 teaspoons rum
1/8 teaspoon almond extract
1 pound puff pastry, divided in two pieces, chilled
A whole piece of almond or candied fruit to be the fève

Glaze

1 egg yolk
1 teaspoon milk

Directions:

1. To make the almond filling, in a medium bowl, or in the bowl of a stand mixer, combine the almond flour, sugar, salt, and orange zest. Mash in the butter until it's completely incorporated. Stir in the eggs one at a time, along with the rum and almond extract. (The mixture may not look completely smooth, which is normal.) Cover and chill.
2. Line a baking sheet with parchment paper. On lightly floured surface, roll one piece of puff pastry into a circle about 9 1/2-inches round. Using a pot lid, plate, or bottom of springform pan as a template, trim the dough into a neat circle. Place the dough on the baking sheet.
3. Cover it with a sheet of parchment paper or plastic film, then roll the other piece of dough into a circle, trim it, and lay it on top. Chill the dough for thirty minutes.

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Galette des Rois

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Directions (continued):

4. Remove the dough and almond filling from the refrigerator. Slide the second circle of dough and parchment or plastic from pan so that there is only one circle of dough on the parchment lined baking sheet. Spread the almond filling over the center of the dough, leaving a 1-inch exposed border. Place an almond or piece of candied fruit to act as the fève (prize) somewhere in the almond filling, if you wish.
5. Brush water generously around the exposed perimeter of the dough then place the other circle of dough on top of the galette and press down to seal the edges very well. (At this point, you may wish to chill the galette since it'll be a bit easier to finish and decorate, although it's not necessary. It can be refrigerated overnight at this point, if you wish.)
6. To bake the galette, preheat the oven to 375°F. Flute the sides of the dough and use a paring knife to create a design on top. Stir together the egg yolk with the milk and brush it evenly over the top – avoid getting the glaze on the sides, which will inhibit the pastry from rising at the edges. Use a paring knife to poke 5 holes in the top, to allow steam escape while baking.
7. Bake for 30 minutes, or until the galette is browned on top and up the sides. (During baking, if the galette puffs up too dramatically in the oven, you may want to poke it once or twice again with a paring knife to release the steam.) Remove from the oven and slide the galette off the baking sheet and onto a cooling rack. The galette will deflate as it cools, which is normal. Serve warm or at room temperature.

Helpful notes:

- When working with puff pastry, it's important to keep it well-chilled and work quickly when rolling as it tends to get stubborn as it warms up. Keep the second piece in the refrigerator until after you've rolled out the first. After rolling, brush off any excess flour. And make sure to seal the edges really well to avoid the filling leaking out.
- Frozen puff pastry can often be found in the freezer section of well-stocked supermarkets. Avoid brand that list fats other than butter in the ingredients for best results. If you don't want to use alcohol, simply omit it or use a few drops of orange flower water in its place.
- Credit: David Lebovitz

Grandma's Nut Rolls

From the Kitchen of: Linda Gluck, Microbiology

About this recipe: This is my Czech grandmother's recipe.

Serves: Makes 4 to 6 dozen

Things you need:

2 C flour

2 egg yolks

½ lb. butter

½ lb. cream cheese

Filling:

1 ¼ C chopped nuts

1 tsp. vanilla

1/2 stick butter

½ C sugar

Directions:

1. Mix the first four ingredients in a bowl and then chill overnight.
2. The following day, mix the last four ingredients (filling).
3. Roll out the dough using confectionary sugar ¼ thick.
4. Cut dough into squares and place the filling in the middle (not too much).
5. Then roll the dough/nut mixture into the shape of a crescent roll.
6. Bake at 375 degrees for 15-18 minutes or until golden brown.
7. Cool and then sprinkle with powdered sugar.

Lemon Dessert

From the Kitchen of: Margie Siau, Continuous Quality Improvement

About this recipe: An old Summer recipe.

Serves: 6 to 8, depending on size

Things you need:

1 3/4 C of crushed vanilla wafers
1 1/2 C sugar
9 T lemon juice
3 C heavy cream
6 eggs, separated into whites and yolks
1/4 tsp salt

Directions:

1. Line the bottom of a 9inch spring form pan with 1 C of crushed vanilla wafers.
2. Dissolve sugar in juice and stir thoroughly.
3. Beat egg yolk lightly with salt.
4. Add lemon mixture to the egg yolks and beat thoroughly for a few minutes until thick and creamy.
5. Whip the cream and fold into the egg-lemon mixture.
6. Beat egg whites until stiff but not dry.
7. Fold in into lemon mixture.
8. Pour into spring form pan.
9. Top with remaining crumbs.
10. Wrap and freeze.
11. Put in refrigerator for 2 to 3 hours before serving.

Helpful notes:

- May use fresh lime juice instead of lemon juice

Montana Ranger Cookies

From the Kitchen of: Ellen Winslow, Pathology Administration

About this recipe: I moved to Montana when I was 20 years old, after falling in love with the Rocky Mountains of the Western US. This cookie (or variations of this recipe) was always a 'go-to' for wonderful hikes through the wilderness.

Serves: Makes about 3 dozen, 4 inch cookies

Things you need:

1 ½ cups un-sifted all-purpose flour
1 ¼ teaspoons baking soda
1 teaspoon salt
½ teaspoon mace
1 ½ teaspoons cinnamon
¼ teaspoon nutmeg
1/8 teaspoon powdered cloves
1 cup butter, softened
1 cup firmly packed brown sugar
1 ½ cups granulated sugar
1 tablespoon milk
1 ½ teaspoons vanilla extract
2 large eggs, lightly beaten
1 cup cornflakes
3 cups quick-cooking rolled oats
1 cup shredded coconut
2 cups semi-sweet chocolate chips
1 cup pine nuts, peanuts or chopped walnuts

Directions:

1. Lightly grease or prepare cookie sheets with parchment paper.
2. Pre-heat oven to 350 degrees
3. In a medium bowl, combine flour, baking soda, salt and spices; set aside
4. In a large bowl, cream butter and sugars until smooth. Mix in milk, vanilla and beaten eggs.
5. One at a time, stir in cornflakes, oats, dry ingredients, coconut, chocolate chips, and nuts just until each addition is incorporated.
6. Drop dough by well-rounded tablespoonfuls onto prepared cookie sheets.
7. Bake for 10 – 12 minutes; let stand 2 minutes before removing from cookie sheets.

Helpful notes:

- Store baked cookies in an airtight container.

Mrs. Francis Cookies

From the Kitchen of: Robbie Donnelly, Suburban Transfusion Service

About this recipe: The late Mrs. JW Francis was a member of the community where I grew up. She was famous for these cookies and they were enjoyed at many a church potluck. Every year the highlight of the week was the day we had Mrs. Francis cookies for snack at Vacation Bible School. It was said that no matter how hard they tried no one else could ever make Mrs. Francis Cookies that tasted the same.

Serves: Unknown, but you can never have too many cookies.

Things you need:

1 cup butter
4 eggs, beaten light
4 cups dark brown sugar
2 level tsp. cream of tartar
4 level tsp. baking soda
2 tsp. water
1 tsp. vanilla
8 cups flour

Directions:

1. Dissolve soda in water.
2. Mix all ingredients together and make into 2 long loaves, about 2 inches wide and let stand overnight in the refrigerator.
3. Slice about ¼ inch thick.
4. Place in shallow pan about ½ inch apart and bake. Bake about 6-7 minutes at about 400 degrees, depending on the oven.

Mystery Pecan Pie

From the Kitchen of: Laura Epperson, Transfusion Medicine

About this recipe: My grandmother always made this variation of pecan pie for holidays, and it's a family favorite. Pecan pie, a traditional southern dessert, is very sweet. This version, an entry in the 1964 Pillsbury Bakeoff Contest, has a cream cheese layer which reduces the sweetness, and adds a richness to the pie. The 'mystery' is that the layers reverse themselves; the cream cheese filling and pecans are on the bottom of the pie when assembled, then rise to the top during cooking!

Serves: 6 to 8 slices

Things you need:

Single crust pie shell, unbaked (your own recipe or pre-made; I like the refrigerated ones that you unroll and place in the pan)

Cream cheese mixture:

8 ounces (regular or light) cream cheese, softened to room temperature

1/3 cup sugar

1/4 teaspoon (tsp) salt

1 egg

1 teaspoon vanilla

Syrup mixture:

1/4 cup sugar

3 eggs

1 cup corn syrup

1 teaspoon vanilla

1 1/4 cups pecans, coarsely chopped

Directions:

1. Preheat oven to 375°F.
2. Place pie crust in 9-inch pie pan (glass is preferable), crimp edges.
3. In a small bowl, use electric mixer to beat together, cream cheese, 1/3 cup sugar, 1/4 tsp salt, 1 tsp vanilla and 1 egg, on low speed until smooth and well blended; set aside.
4. In another small bowl, use electric mixer to beat together, 3 eggs, 1/4 cup sugar, 1 cup corn syrup and 1 tsp vanilla on medium speed until well blended; set aside.
5. Spread cream mixture in the bottom of the crust-lined pan. Sprinkle with the pecans. Gently pour syrup mixture over the pecans.
6. Bake 35 to 45 minutes, or until center is set. After 15 to 20 minutes of baking, cover the crust on the rim of the pie plate with strips of aluminum foil to prevent excessive browning. Cool completely before serving, about 2 hours. Store in refrigerator.

Helpful notes:

- The liquid syrup layer is easy to spill. If desired, place the assembled pie on a cookie sheet and place the sheet in the oven. The cookie sheet makes it easier to transport the pie and prevents a mess in your oven if the pie overflows while it's baking.

Nutty Barley Bake

From the Kitchen of: Margie Siau, CQI

About this recipe: A favorite recipe from my friend Sherry. Unknown origin.

Serves: 6

Things you need:

1 medium onion, chopped
1 cup medium pearl barley
1/2 cup slivered almonds or pine nuts
1/4 cup butter
1/2 cup minced fresh parsley
1/4 cup thinly sliced green onions
1/4 teaspoon salt
1/8 teaspoon pepper
2 cans (14-1/2 ounces each) Beef Broth
Additional parsley, optional

Directions:

1. In a large skillet, sauté the onion, barley and nuts in butter until barley is lightly browned. Stir in the parsley, green onions, salt and pepper.
2. Transfer to a greased 2-qt. baking dish. Stir in broth.
3. Bake, uncovered, at 350° for 1-1/4 hours or until the barley is tender and the liquid is absorbed. Sprinkle with parsley if desired.

Helpful notes:

- Nutrition Facts: 1 serving equals 262 calories, 13 g fat (5 g saturated fat), 20 mg cholesterol, 678 mg sodium, 31 g carbohydrate, 7 g fiber, 7 g protein.

Oatmeal Meringue

From the Kitchen of: Margie Siau, CQI

About this recipe: This recipe is probably over 50 years old - from a classmate, Lisa Cook, in my college days. She inherited this recipe from her mother or grandmother. They are delicious. Double the recipe when baking them, they go fast. Even back then, some of our elders were aware of 'gluten'???

Serves: Depends on who is eating and how hungry!!!

Things you need:

1 ½ C oatmeal
½ C butter
¾ C sugar
1 egg

Directions:

1. Preheat oven to 375 degrees.
2. Sautee oatmeal and butter in a frying pan and let cool
3. Mix egg and sugar. Beat until creamy.
4. Drop 1 tablespoon of cooking batter onto a cooking sheet and bake at 350 degrees for about 12 minutes.

Midwestern Pecan Pie!

From the Kitchen of: Al Valentine, Pathology Administration

About this recipe: This is the perfect pie for any Holiday – especially winter ones! I can't take credit for this pie since it is really Joan's (my wife and former Microbiologist). She can't take credit either since she really got it from David Letterman's mom. (That is a different story.) Enjoy for dessert with a nice cup of spicy tea.

Serves: 6

Things you need:

- 1 9-inch unbaked pie shell
- 2 Tablespoons Butter
- ½ Cup granulated Sugar
- 2 Tablespoons Flour
- 2 Eggs
- 1 Cup White Corn Syrup
- 1 Teaspoon Almond Extract (Secret Ingredient)
- 1 Cup Pecan Meats

Directions:

1. Cream butter and sugar and then add flour.
2. Add eggs, corn syrup, and almond extract.
3. Finally, mix in nuts and let set for five minutes. Make sure that every nut is well basted in the filling.
4. Pour into pie shell and bake at 350° for 45 minutes.

Helpful notes:

- This pie is too good to make a little pie as the recipe outlines. Purchase a pre-rolled Pie Crust and put it in a large pie dish.
- Now comes the part where you get to do dilutions like a true Chemist. Multiply all of the ingredients by 1.5. Be careful. We don't want any Competency Failures.
- Baking is a little tricky because it takes longer than 45 minutes. At about the 55-minute point, I open the oven and gently shake the pie. If it sloshes around like lukewarm Jello, it is not done. Check it every 5 minutes until it is semi-firm but not rock hard!

Red Velvet Cake

From the Kitchen of: Carrie Holdren-Serrell, Microbiology

About this recipe: This recipe was a family favorite growing up. This cake was always baked for family birthdays by my mom. Most of the time we also had home-made ice cream to top it off. It will always be my favorite and I am thankful to submit this recipe in memory of my mom – Donna Kay Holdren.

Serves: 6 to 8 slices

Things you need:

Red Velvet Cake

1/2 cup shortening

2 eggs

1 teaspoon vanilla

1 teaspoon salt

1 teaspoon vinegar

1 teaspoon baking soda

1 cup buttermilk

2 ¼ cup cake flour

1 ½ cup sugar

2 ounces red food coloring

2 teaspoons cocoa

Frosting for Red Velvet Cake

2 tablespoons flour

1 cup of butter

1 teaspoon vanilla

1 cup powdered sugar (packed)

1 cup condensed milk

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Red Velvet Cake

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Directions:

Cake

1. Cream shortening, sugar and add eggs.
2. Make a paste of food coloring and cocoa. Add to first mixture.
3. Add buttermilk alternately with flour.
4. Add salt and vanilla. Last add baking soda and vinegar.
5. Bake in 2 layer pans at 350 for 30 minutes. Cool before icing.

Frosting

1. As soon as the cake is put in the oven, cook flour and milk until thick. COOL – by putting the flour and cake mixture in the refrigerator.
2. Cream butter and sugar.
3. Add vanilla. Blend until fluffy.
4. Blend into cooled mixture and mix well.
5. Ice cake. Make sure cake is cool before icing. Mixture should be cold.

Shoo-Fly Pie

From the Kitchen of: Joan Boyd, Transfusion Medicine

About this recipe: This is my mother's recipe for a uniquely Pennsylvania Dutch dessert. It's the best shoo-fly pie I've ever tasted. My husband loves it too. My mother always baked 2 pies when we visited, one just for him and the other for the rest of us!

Serves: 6 to 8 slices

Things you need:

½ c. molasses
1 egg, beaten
½ tsp baking soda dissolved in ¼ C boiling water
1 unbaked pie shell

For crumbs:

1 C flour
½ C sugar
2 tbsp shortening
¼ tsp salt

Directions:

1. Mix ingredients for crumbs and reserve ½ cup.
2. Stir the molasses, egg and water together with a spoon.
3. Mix the crumbs with the molasses mixture and pour into unbaked pie shell.
4. Top with reserved ½ cup of crumbs.
5. Bake at 375° F for 35-40 minutes.

Spiced Apple Cake

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Directions:

Finally, in a prepared 13x9 square pan, or bundt cake pan, pour about a 1/3 of batter, followed by ½ of apple mixture, then again 1/3 of batter, followed again by ½ of apple mixture and top with final batter mixture. Bake in 350°F oven for about 70 – 90 minutes.

Helpful notes:

1. Top cake off with a scoop of your favorite ice cream (my preference is vanilla).
2. Pull out one of your favorite movies.
3. Put on your most comfy lounging outfit, including the furry slippers, forget the diet.
4. Just sit back and enjoy the sweet taste and delight of this dessert.

Sugar Cakes

From the Kitchen of: Sandra Thoman, Transfusion Medicine

About this recipe: A traditional Pennsylvania Dutch cookie - the best part as a kid was being able to select the sugar color to put on top - red and green for Christmas, pink and green for Easter.

Serves: 2 dozen regular sized cookies

Things you need:

3 Eggs- large
2 cups white sugar (plus sugar for topping)
1 cup shortening
1 cup buttermilk or "sour" milk
1 tsp baking soda (put in milk)
4 cups flour
½ tsp baking powder
1 ½ tsp vanilla

Directions:

1. Mix all ingredients together (put baking soda in milk before mixing)
2. Sprinkle sugar on top
3. Bake at 350° for 10-12 minutes

Helpful notes:

- I've also used mini chocolate chips or walnuts in place of the sprinkled sugar on top.