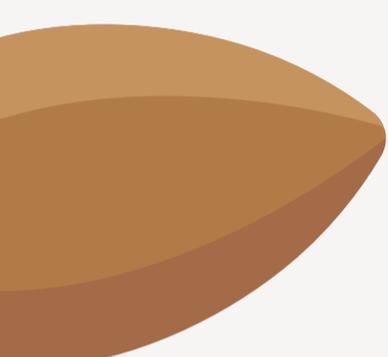


Healthy. Sorta. Sweet.

21 recipes, 21 stories



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Designed by Cody Capella
Art 338 / Winter 2019

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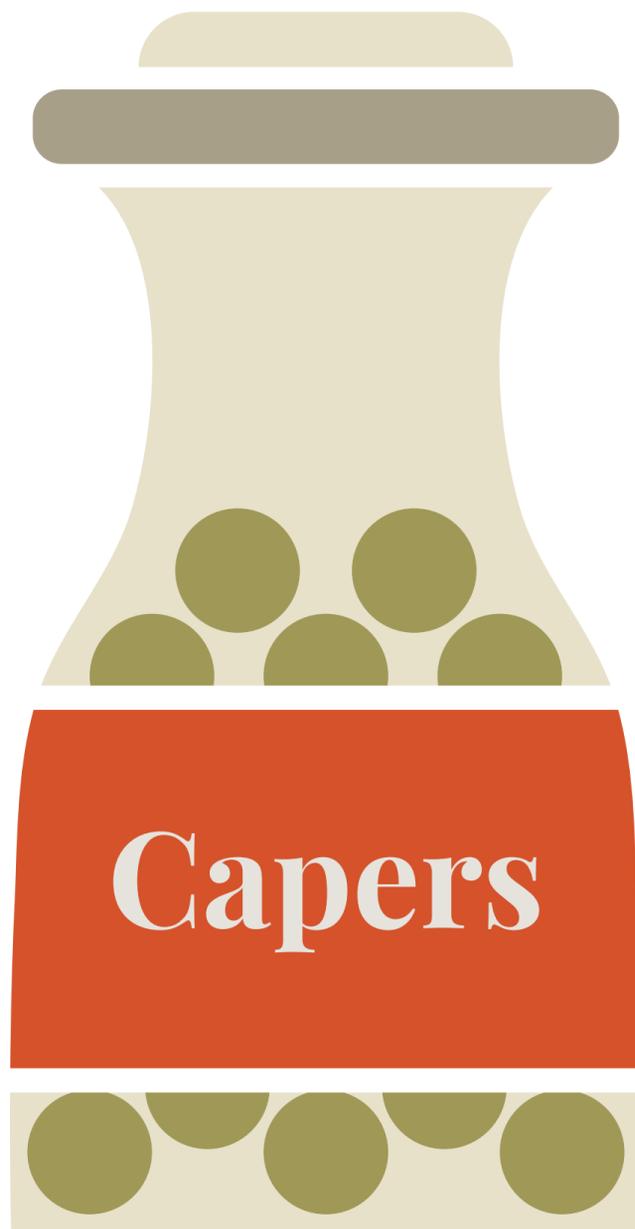
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Healthy



From Brittany Moran

This dish means a lot to me because it is the first real recipe I cooked entirely by myself. I went out and bought all the ingredients, came home and cooked it for my family instead of my family making something for me. Chicken piccata is one of my favorite dishes in general, so learning how to make it on my own was really fun. This particular recipe is still one of my favorites to make because it is quick and turns out so good every time I make it.

Chicken Piccata

Ingredients

4 whole boneless, skinless chicken breasts

salt and pepper to taste

¼ cup all purpose flour

2 tbsp butter

2 tbsp olive oil

1 cup chicken broth

2 whole lemons

¾ cup heavy cream

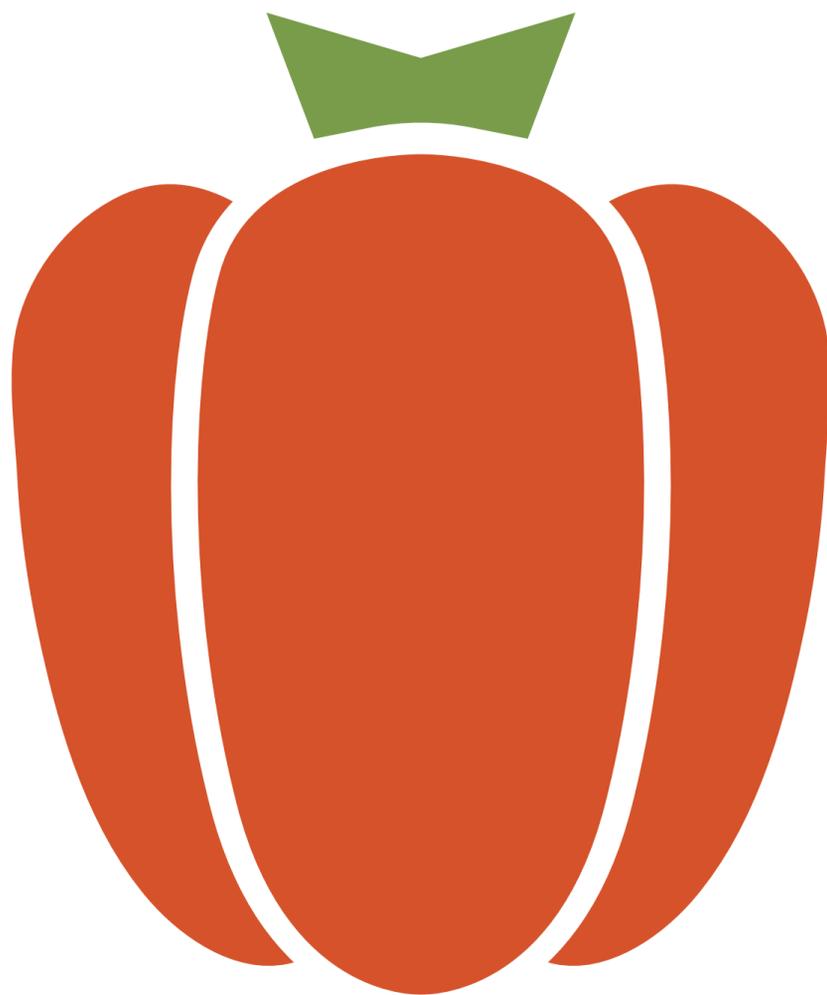
¼ cup capers

chopped parsley, for garnish

1 lb angel hair pasta

Directions

1. Heat 2 tablespoons butter and 2 tablespoons of oil in a large skillet over medium high heat.
2. If the chicken breasts are overly thick, pound them to be thinner. (Cooking time will be shorter.) Salt and pepper each side of the chicken breasts and dredge in flour.
3. Put the chicken breasts in the skillet. Cook for about 3 minutes on each side, or until they are cooked throughout and no longer pink. Remove from the skillet and set aside on a plate.
4. Turn the heat to medium low. Add broth, juice from both lemons, heavy cream, and capers. Bring the sauce to a boil and return to medium low heat. Test the sauce and season with salt and pepper as needed. Allow the sauce to cook and bubble for about 3 minutes.
5. Serve the chicken over cooked pasta and spoon the sauce over both. Sprinkle with fresh chopped parsley. Serves 4.



From Sasha Menshikova

This is the first thing I think of when someone mentions breakfast. I grew up eating this almost every weekend when me and my family would sit down together at the table for our weekly family breakfast. When I grew old enough to eat brunch out with friends, I was disappointed when I never saw this on the menu. It's a hearty dish that is perfect for feeding many people as well as using any extra ingredients you have lying around. It was one of the first things I learned to cook because it is simple and very delicious but I learned it from my mom and not a recipe so my directions are based on how the eggs look and feel rather than time.

Egg Mess

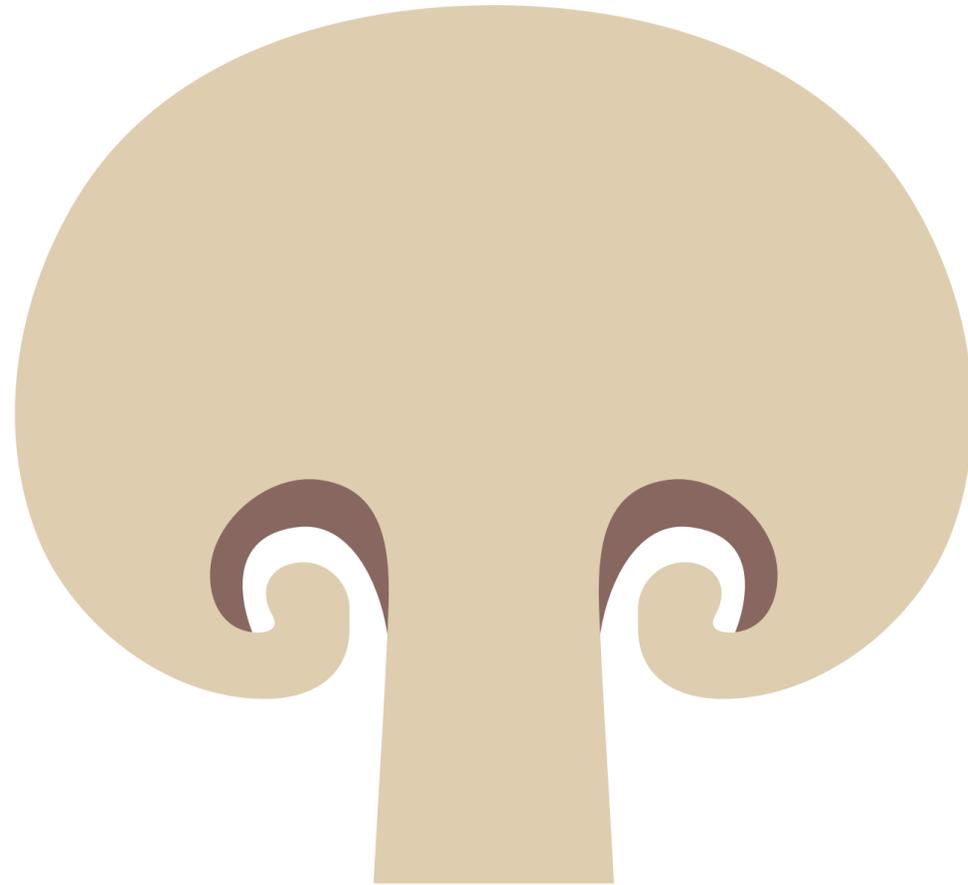
(Яичница—Ya-ischnitsa)

Ingredients

½ onion, diced
 1½ cups bacon or ham (optional)
 ½ cup sliced mushroom (optional)
 ½ cup sliced bell pepper (optional)
 5 eggs
 ½ cup diced tomatoes
 ¾ cup shredded cheese (choose your favorite cheese to melt)
 salt (to taste)
 pepper

Directions

1. Heat up a large skillet on a medium high burner. Start by frying the onions, choice of protein, and any additional ingredients in your choice of cooking oil. If you're using bacon use less oil or none at all. Keep stirring the ingredients so they don't burn.
2. Once the ingredients have a little color on them, add your eggs. Try to keep the yolks intact. Lower the temperature to medium.
3. When the eggs are slightly cooked at the bottom use your spatula and wiggle in in the white of the egg to let the uncooked egg white sink through the resulting hole. This helps with cooking time and prevents the bottom of the eggs from burning.
4. When the tops of the egg white are still a little runny, throw on the diced tomatoes and season with salt and pepper to taste.
5. Top with shredded cheese.
6. Your Egg Mess is done when the white of the egg is fully cooked and only the yolks jiggle when you wiggle the pan.
7. Split with a friend and serve with toasted bread to sop up the yolky goodness. Serves 2.



From Jenna Chen

This is one of me and my family's all time favorite recipes. For some reason, my dad and sister always hated salmon so as an avid salmon enthusiast, I tried making a recipe that would ultimately spark their tastebuds. After a couple failed attempts to come up flavors that they liked, I finally found a combination of flavors and textures that they liked, and it remains as one of my favorite dishes to make when I go home to see my family.

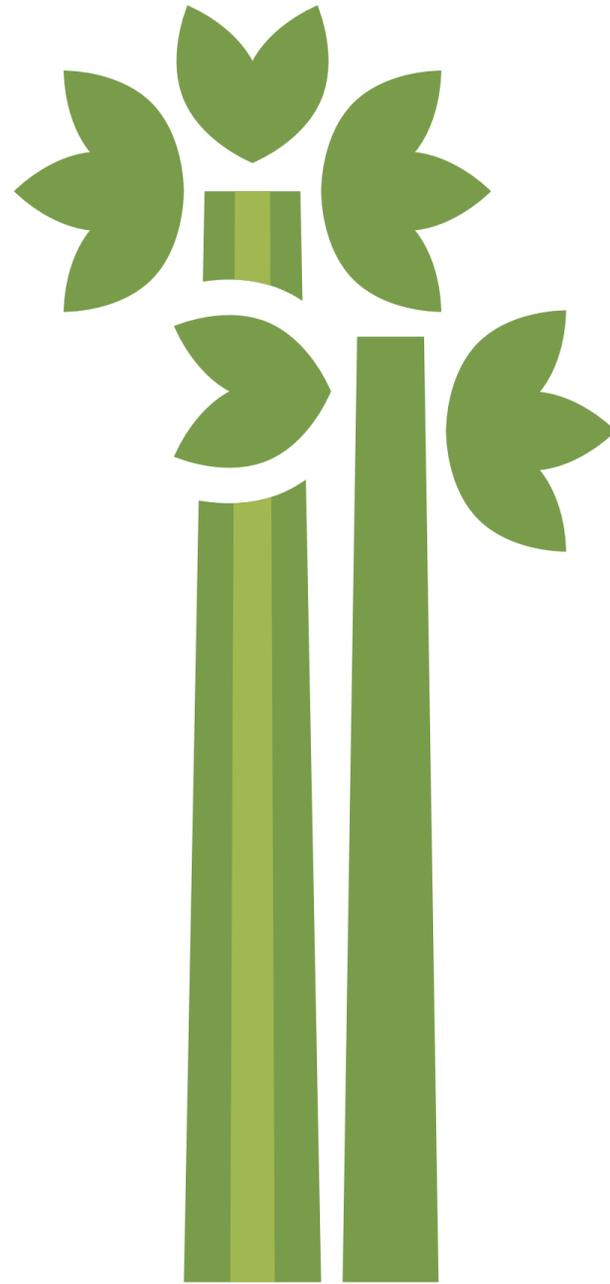
Miso Poached Salmon

Ingredients

1 salmon fillet
 2 large tbsp shiro miso paste
 1 tbsp mirin
 1 tbsp sake
 1 cup vegetable stock
 2 to 3 cups water, or enough to cover the fish
 1 tbsp fresh ginger, peeled, grated or chopped
 3 large garlic cloves, crushed
 2 green onion stems
 1 red chili pepper
 2 oz tofu
 2 oz white mushrooms
 8 oz udon (or ramen)

Directions

1. Add and mix miso paste, mirin, sake, vegetable stock, garlic, ginger, red chili peppers and water for the poaching liquid in a pot. Bring it to a boil and turn the heat down to medium. Simmer the liquid for 5 minutes, then turn the heat down to low.
2. Place the salmon into the broth (skin-side down if it is on). Add a little more water if the fish is not completely covered. Stay in a very medium-low heat and poach the salmon for 10-12 minutes.
3. Meanwhile, cook dried udon or ramen noodles in a boiling water for 5 minutes so that they are just perfectly tender. Drain, rinse, and set aside. Drizzle sesame oil for extra flavor.
4. After 10-12 minutes, remove pot from the heat, cover it with a lid, add in tofu, green onions and mushrooms, and leave for 3 minutes. Carefully take out the salmon (DO NOT throw away the broth) and set aside to cool for a few minutes. The fish should be cooked to tender medium, opaque outside and slightly translucent in the middle.
5. Add the udon/ramen into a bowl and place the fish on the bed of noodles. Ladle the reduced miso broth and top the bowl with spring onions and sesame seeds.
6. Serve. Serves 1-2.



Okoy

(Bean Sprout and Tofu Egg Rolls)

Ingredients

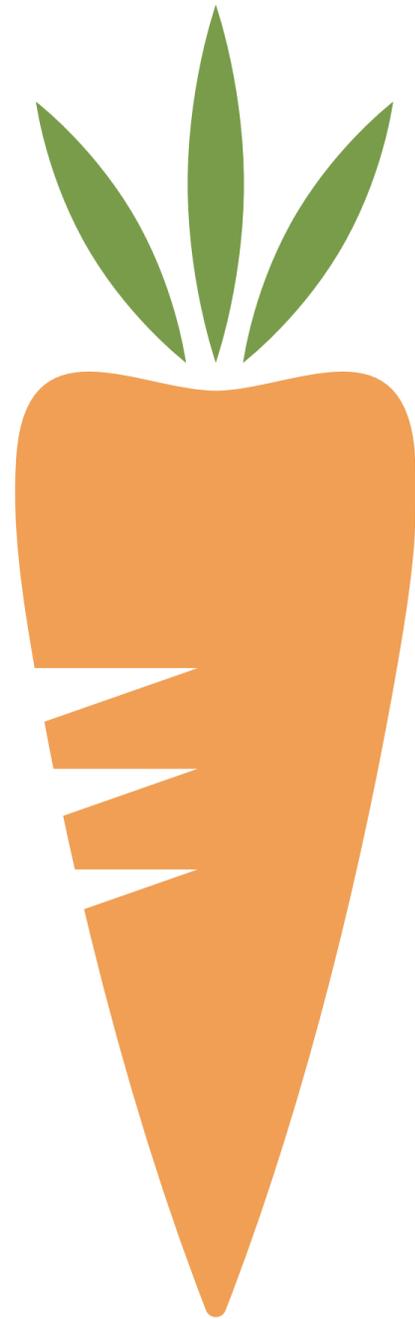
1 small yellow onion
 ½ lb of fresh bean sprouts
 1 package of extra firm tofu
 2 stalks of celery
 salt and pepper
 1 package of Menlo Egg Roll Wrappers

Directions

1. Chop up onion and celery stalks and set aside. Cut tofu into small cubes and set aside.
2. Heat pan on medium heat; add 2-3 tablespoons of Canola oil. Add onion and sauté until caramelized, then add celery and tofu and cook with onions for 5 minutes. Add salt and pepper according to taste. Add bean sprouts and cook until bean sprouts are about half cooked.
3. Turn off stove; drain bean sprout mixture; let cool and set aside.
4. Open Menlo wrappers and separate 8-10 pieces. Put 2–3 tablespoons of bean sprout mixture and a few tofu cubes in corner of wrapper, then fold wrapper corner to corner, seal sides and roll tightly. Run finger along edges with water to seal. Repeat wrapping process for rest of wrappers.
5. Heat frying pan on high heat and add 1 cup of canola oil. Place bean sprout wraps in oil and flip so each side is golden brown.
6. Turn off stove; place bean sprout wraps in colander to drain oil.
7. Serve with vinegar and garlic salt. Makes 8–10 rolls.

From Nicholas Imbriale

This dish brings me joyful memories at my grandma's house. Although I don't speak Tagalog and have yet to visit the Philippines, Filipino food has been one of the main ways I connect with the culture. Okoy is typically served during family gatherings, which is another reason I'm so fond of it. Family, good food (especially crispy Okoy), and time spent together always bring happiness to our lives.



From Kimie Lewis

Ozoni is a traditional mochi soup that is eaten with a set of other traditional foods (called osechi) on New Year's Day in Japan. It is significant to my family because we make this soup once a year as part of a celebration of the new year. Just as different families may vary their recipes for their Thanksgiving meal, every household makes Zoni slightly differently.

Ozoni

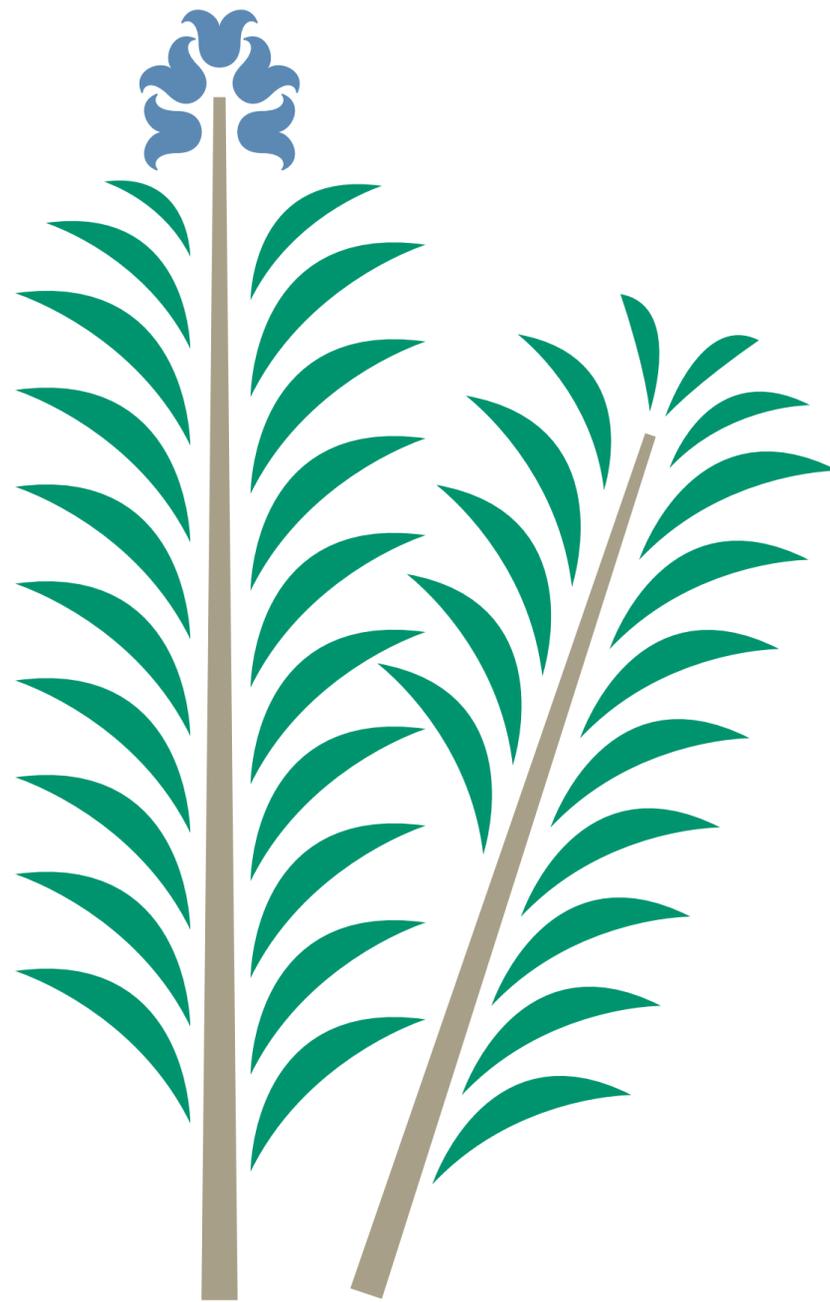
(お雑煮)

Ingredients

1½ cups dashi
 1½ cups chicken stock
 ½ cup Daikon radish, ¼ inch thin slices
 ½ cup carrot, ¼ inch thin slices
 ½ cup Maitake mushrooms
 8 slices Kamaboko
 ½ cup chopped chicken thigh
 1 tbsp soy sauce
 ¼-½ tsp salt
 8 Mochi squares
 4 mitsuba, coarsely chopped

Directions

1. Heat Dashi and chicken stock together in a pot at medium temperature.
2. Using a flower shaped cookie cutter, cut out Daikon radish and carrots.
3. Add Daikon, carrots, mushroom, and Kamaboko and cook until vegetables become tender. Take them out and set aside.
4. Cook chicken in the same Dashi/chicken stock in low heat.
5. Meanwhile, bake Mochi in a toaster oven about 5 minutes until the Mochi has expanded and browned.
6. Season soup with soy sauce and salt.
7. In a soup bowl, place baked Mochi and add all ingredients, arranging it beautifully.
8. Gently pour in the clear soup and top with mitsuba. Serves 4.



Rosemary Hummus

Ingredients

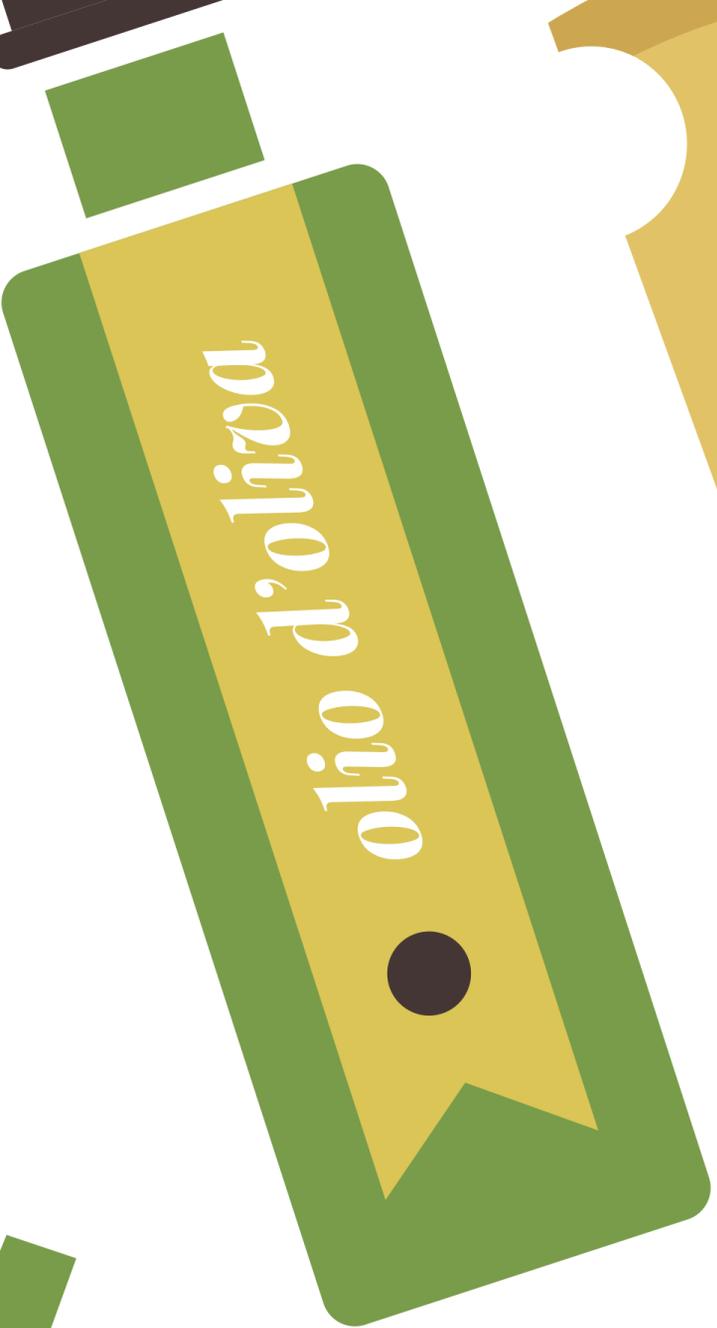
- 2 cooked or canned chickpeas
- ½ cup tahini
- ¼ olive oil
- 1 lemon (squeezed)
- 4 garlic cloves
- ½ tsp Himalayan salt
- ¼ cup rosemary

Directions

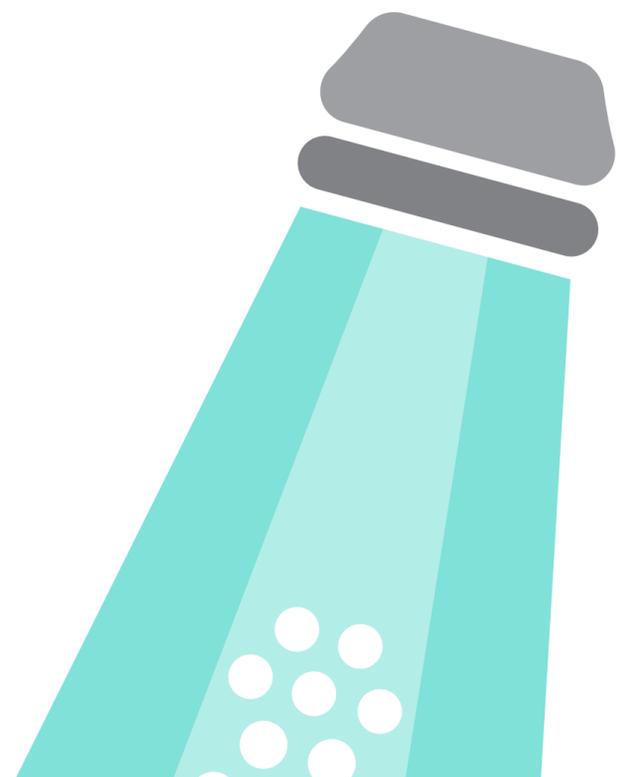
1. Blend garlic cloves, rosemary, and lemon juice in your food processor.
2. Add chickpeas, tahini, olive oil, and salt. Blend until smooth (about 4 minutes).
3. Taste!
4. Dip pita chips in it or add to a sandwich!
5. Preserve hummus in jar.

From Keilani Waxdeck

Making hummus in my family is a way of creating a dish that can be shared and enjoyed by everyone when we go camping in Mt. Tamalpais every spring. It's a dish that requires minimal ingredients and makes just enough for everyone. We like to experiment with different herbs in it, but rosemary is by far our favorite. Hope you enjoy!



Sorta





From Eli Walters

Jean, my dad's aunt, always made these potatoes when my family ventured to her house in Anaheim. Every time we left their house to go back to Colorado, I would ask my mom, "can we make Aunt Jean's potatoes when we get home?" My mom ultimately gave in and hopped on her email to get the 'secret recipe' from Aunt Jean. It wasn't until Thanksgiving the following year that I could indulge in these creamy, crispy, and cheesy potatoes once again. The potatoes were a complete hit at Thanksgiving dinner, and from then on we knew that a family gathering would not be complete without Aunt Jean's potatoes. Whether it be Thanksgiving, Hanukkah, or even Uncle Andrew's Birthday, the potatoes are front and center on the dinner table.

Aunt Jean's Potatoes

Ingredients

2 tbsp unsalted butter, room temperature, divided

1 tbsp extra-virgin olive oil

2 fennel bulbs (about 1½ lb.), trimmed, quartered, cored, thinly sliced (about 6 cups)

kosher salt and freshly ground black pepper

½ cup dry white wine or dry vermouth

2 bay leaves

2½ lbs waxy potatoes (such as Yukon Gold), peeled, sliced 1" thick

1½ cups heavy cream

1½ cups whole milk

1 clove garlic halved

1 cup shredded Comté or Gruyère

Directions

1. Preheat oven to 350°. Coat a 13x9x2" or other 3-qt. baking dish with 1 tbsp. butter; set aside.
2. Heat remaining 1 tbsp. butter and oil in a large deep skillet over medium heat. Add fennel; season with salt and pepper and cook, stirring occasionally, until fennel is evenly coated with fat and begins to sizzle, about 2 minutes.
3. Add wine and bay leaf. Cover, reduce heat to medium-low, and cook, stirring occasionally, until fennel is tender, about 20 minutes.
4. Uncover, increase heat to medium-high, and cook, stirring often, until liquid has evaporated and fennel is golden brown and caramelized, about 10 minutes.
5. Add 1–2 tbsp. water to deglaze pan, scraping up any browned bits from bottom of pan for added flavor. Discard bay leaf. Set fennel aside.
6. Bring remaining bay leaf, potatoes, cream, milk, and garlic to a simmer in a large wide pot (watch carefully; do not let mixture boil over).
7. Season with salt and pepper and cover with lid slightly ajar; simmer gently until potatoes are just tender and liquid has thickened, about 10 minutes. Discard bay leaf and garlic.
8. Using a slotted spoon, transfer ⅓ of potatoes to prepared dish, spreading in an even layer. Season with salt and pepper and sprinkle with ⅓ cup Comté. Cover with half of fennel.

Aunt Jean's Potatoes

9. Repeat process, ending with fennel. Cover with remaining $\frac{1}{3}$ of potatoes and sprinkle with remaining $\frac{1}{3}$ cup Comté. Pour cream mixture over.
10. Cover gratin tightly with foil and bake for 35 minutes.
11. Remove foil and bake gratin until top is bubbling and golden, about 30 minutes longer. Gratin can be made 1 day ahead.
12. Let cool; cover and chill. Rewarm, covered, in a 350° oven for 20 minutes, then uncover and cook until bubbling around edges and warmed through in the center, about 20 minutes longer.



**From Alexis Cox**

I chose this recipe because it was the first recipe (besides pancakes) that I learned to cook by myself. My mom used to make it every year for my birthday, so when I came to college I learned to make it so that I could share my favorite dish with my friends.

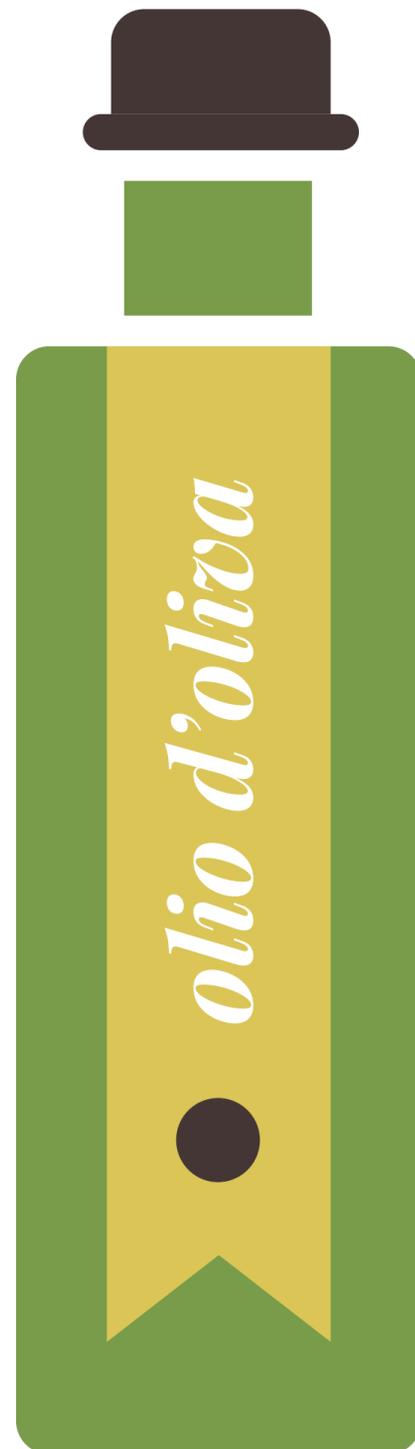
Cheesy Potato Casserole

Ingredients

8 potatoes
¼ cup butter
¼ cup all-purpose flour
1½ cup heavy cream
salt and pepper
2 cups freshly shredded cheddar cheese (+ ¼ cup for topping)
fresh chopped chives or parsley for garnish

Directions

1. Preheat oven to 350° F and grease a 13"x9" baking pan with cooking spray.
2. Bring a large pot of water to a boil. Scrub potatoes and place them, whole, into the boiling water. Cook for about 20 minutes. Remove from the water and let sit until cool enough to handle.
3. While the potatoes are boiling, make the cheese sauce:
 - a. Melt butter in a medium saucepan over medium heat. Whisk in flour and cook, whisking constantly, until flour is golden brown; about 2 minutes.
 - b. Stir in milk and cook, stirring often, until thickened; about 2-3 minutes.
 - c. Remove from heat and stir in shredded cheese. Season with salt and pepper.
4. Slice potatoes (once they have cooled) into 1/8 inch rounds. Layer a third of the potatoes in the baking dish, seasoning with salt and pepper and chopped green onions, and one third of the cheese sauce.
5. Repeat for two more layers, or until you've used all of the ingredients.
6. Pour all of the remaining cheese sauce over the top layer of potatoes. Sprinkle top with 1/4 cup shredded cheddar.
7. Bake in the 350 degree oven for 20-25 minutes, or until sauce is bubbly.
8. Garnish with fresh chopped chives or parsley, if desired.



From Monica Shehata

This Mediterranean dish has been and is still my favorite. I grew up eating it at my grandparents', especially during special occasions like Christmas and Easter. My mom still carries on this tradition and makes that recipe for me whenever I come home!

Mediterranean Baked Bechamel Pasta

Ingredients

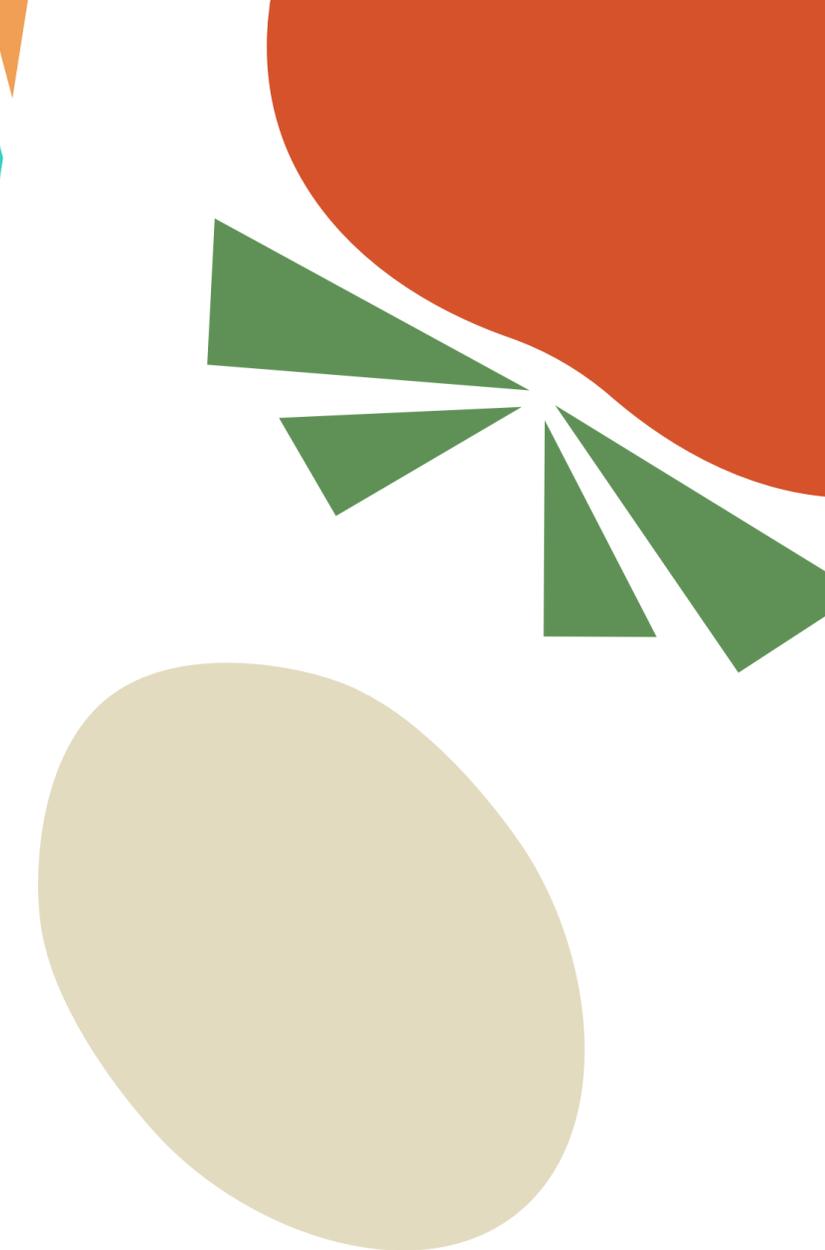
16 oz box penne
 1 lb ground beef
 1 medium onion (diced)
 4 tbsp tomato paste
 4 cups milk (or a mixture of milk and broth)
 12 tbsp flour
 ¼ cup unsalted butter
 ¼ cup + 3 tbsp oil
 salt and pepper to taste
 optional: an egg

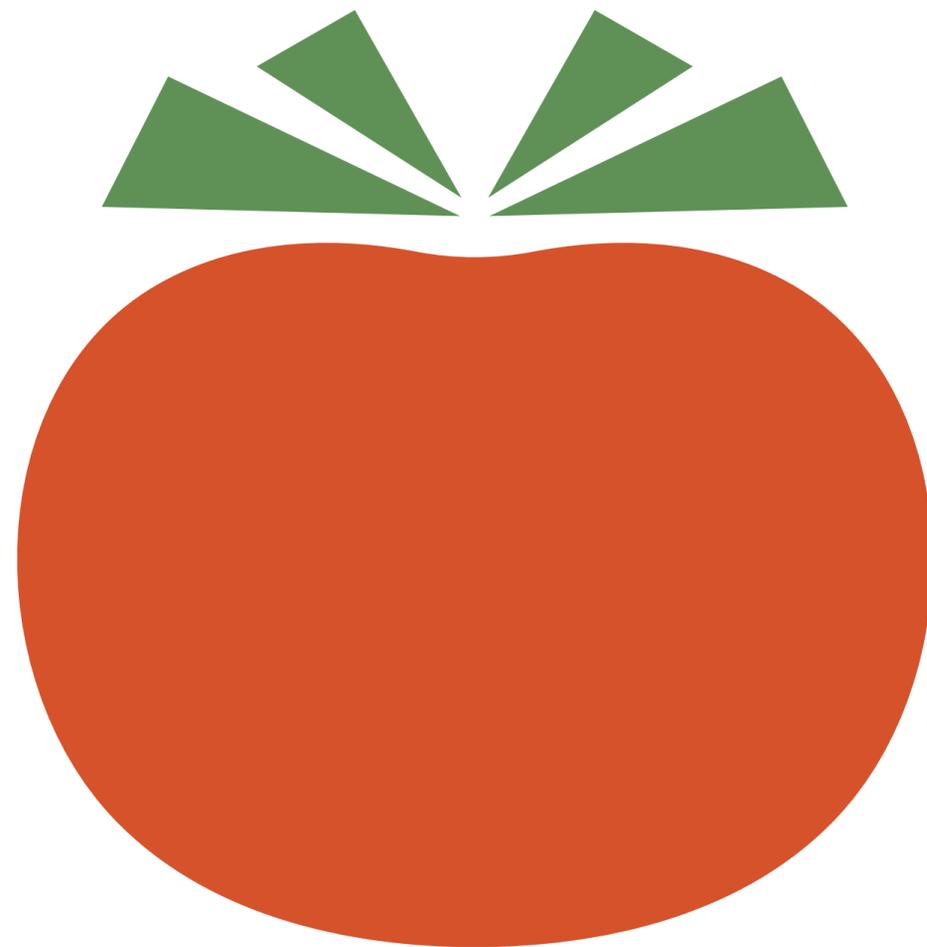
Directions

1. Cook pasta according to package directions. Try to make it a bit chewy as it will continue cooking in the béchamel sauce in the oven.
2. Drain and do not rinse. Add a tablespoon of oil to the pasta and stir to combine. Check seasoning of the pasta, adding more salt and pepper if you like.
3. In a pan over medium heat, add 2 tablespoons of oil, then sauté onion until fragrant, about 1 minute. Add ground meat and brown.
4. Drain fat and add 2 tablespoons of tomato paste, mixing everything well together. Continue cooking for a couple of minutes more. Season with salt and pepper. Set aside.
5. In a pan over medium heat, melt butter, add flour and whisk so no lumps form. Keep cooking the flour until it starts to bubble.
6. Add the liquids gradually, one cup at a time, whisking vigorously as the sauce thickens.
7. When it is bubbly and thick, turn off the heat, season with salt and pepper and let it cool down.
8. Preheat oven to 350° F.
9. Add remaining 2 tablespoons of tomato paste to the pasta and about half a cup of the béchamel sauce and mix well.

Mediterranean Baked Bechamel Pasta

10. In a 9×13 oven dish, spread another ½ cup of the béchamel sauce evenly at the bottom. Spread half the pasta, then layer the entire meat mixture over the pasta. Top that with the remaining half of the pasta and level.
11. Crack an egg over the remaining béchamel sauce and whisk well.
12. Pour the béchamel over the pasta and spread evenly.
13. Bake in oven for almost 45 minutes or until it is golden brown.
14. Let it cool down, cut and serve. Serves 12.





No-Fry Chicken Parmesan

Ingredients

4 boneless skinless chicken breast halves
1 egg (beaten)
¾ cup Italian seasoned dry bread crumbs
1 jar/26 oz. tomato sauce
1 cup shredded mozzarella cheese (about 4 oz)

Directions

1. Preheat oven to 400° F.
2. Dip chicken breasts in egg, then dip chicken in bread-crumbs.
3. In a 13 inch by 9 inch baking dish, arrange chicken.
4. Bake uncovered for 20 minutes.
5. Pour tomato sauce over chicken and top with mozzarella cheese.
6. Bake for ten minutes, or until chicken is no longer pink.
7. Serve and enjoy. Serves 4.

From Maxwell Jenkins

I chose this recipe because it has a personal family meaning to me. My mother's side of the family is Italian. Whenever I am with my mother's side of the family, especially during the holidays, we like to make this delicious dish together. This dish just reminds me of the good times with my family and reminds me of the holidays. This recipe is also one of my grandma's favorites, so it always reminds me of her.



Santa Maria Style BBQ Tri-Tip

Ingredients

3lb tri-tip (look for well-marbled fat)
1 cup salt
1 cup garlic salt
1 cup chili powder
1 cup black pepper

Directions

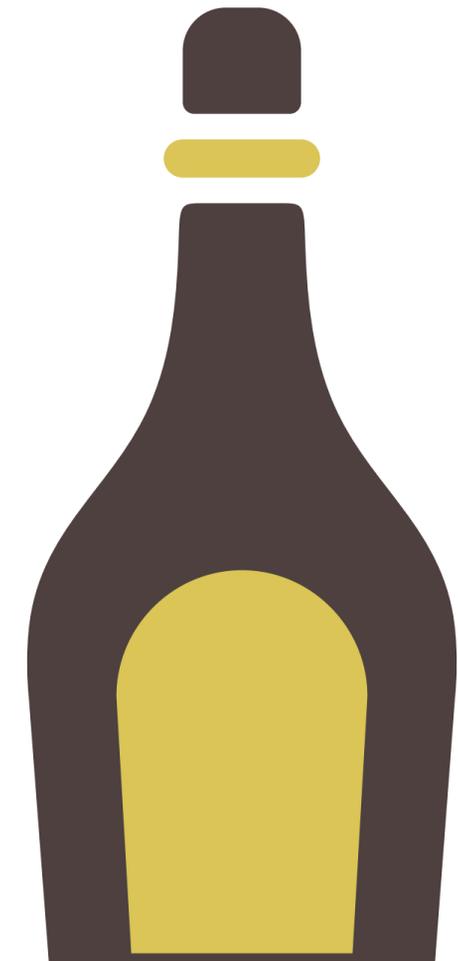
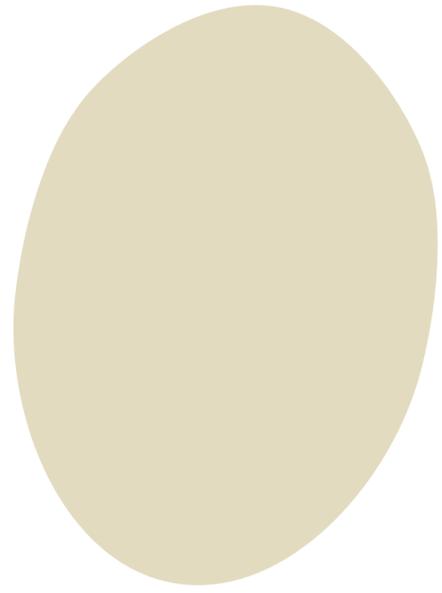
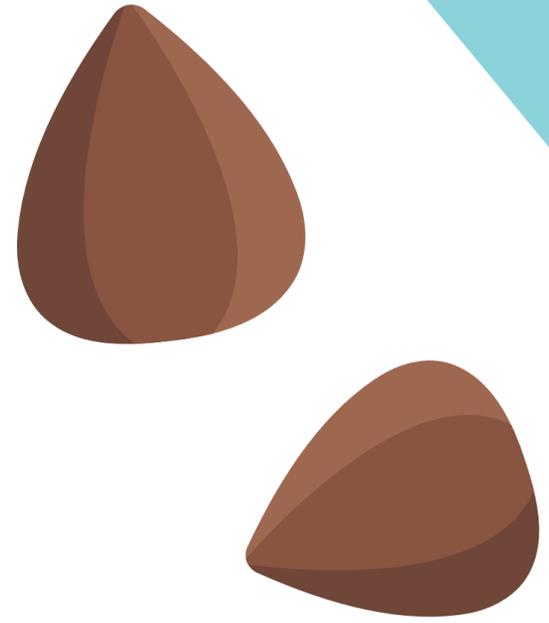
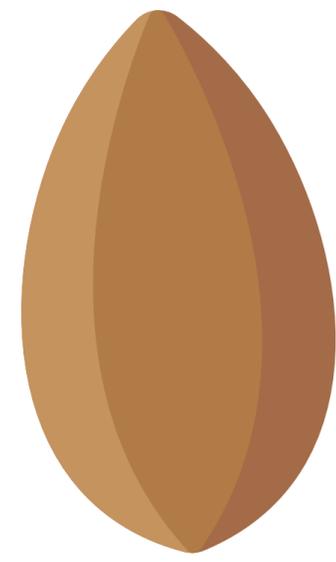
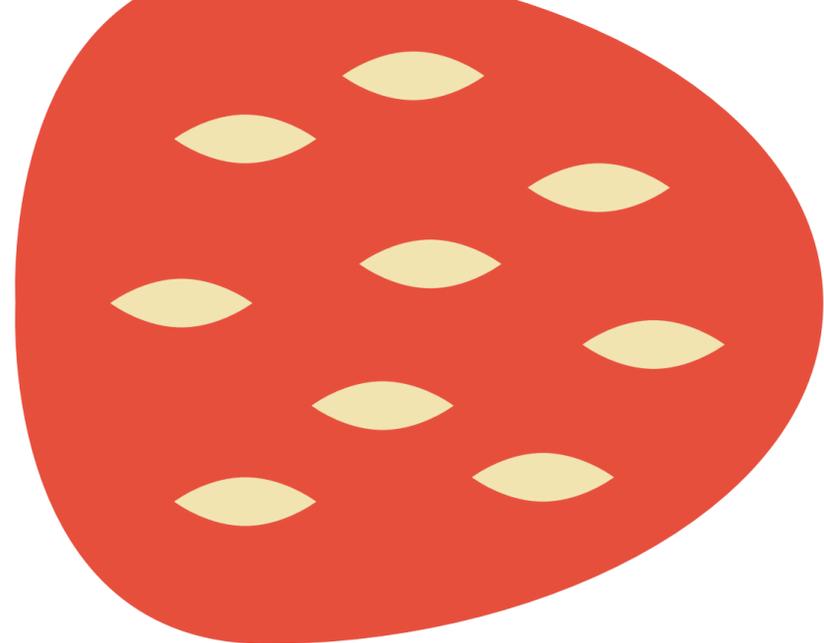
1. Trim fat on tri-tip and leave ¼" - ½" layer of fat.
2. To make the rub, mix the spices in a bowl.
3. In a tray, rub seasoning into the tri-tip. Make sure you rub on generously and do not forget the sides. Wrap in foil or plastic and let it sit for an hour.
4. Prepare your grill for hot direct heat on one side, and indirect heat on the other. Santa Maria BBQ traditionally uses red oak wood. Heat should be at 350°.
5. Sear on all sides, 3-4 minutes per side. Watch for flare-ups from dripping fat. Move away from flame if flare up occurs.
6. Once tri-tip is seared, place tri-tip fat side down for 1 hour, watching for flare-ups.
7. Flip tri-tip and cook for an additional 45 minutes.
8. Take tri-tip off grill and loosely wrap in foil. Let it rest for 10-15 minutes.
9. Slice against grain and serve. Traditional Santa Maria BBQ is served with garlic bread, chili beans and a salad.

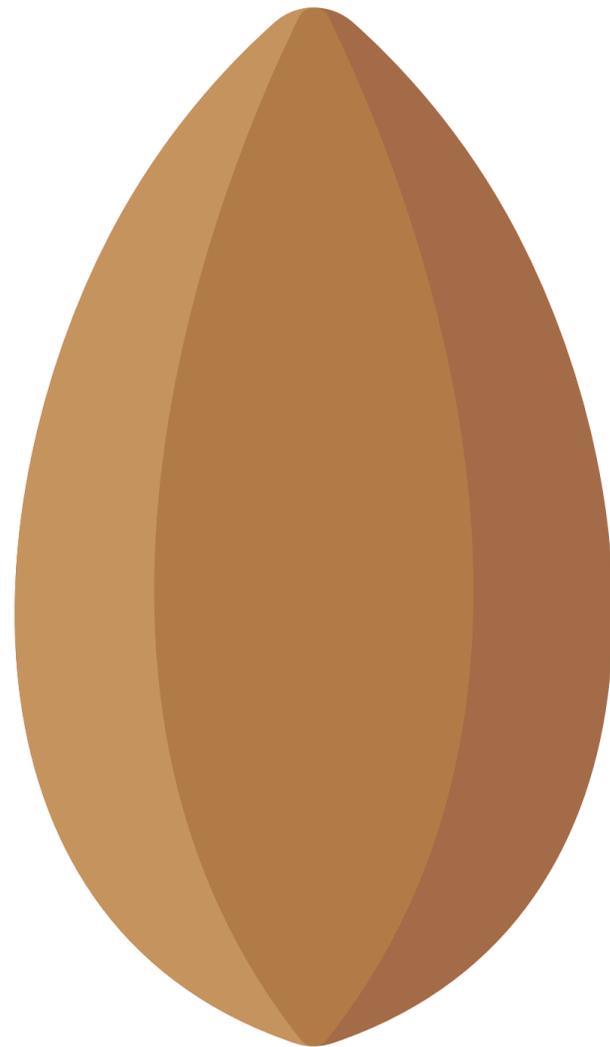
From Paul Macias

Santa Maria style BBQ is a regional culinary tradition centered around tri-tip. If you grew up in Santa Maria, you found that every weekend tri-tip was being grilled on an oak bbq pit anytime you visited your friends or family.



Sweet





From Lynn Schultz

This is one of the first recipes I developed during my time as a vegan, gluten-free baker and by far my most prized. Always a fan favorite, these cookies are my go-to for the holidays, potlucks, and birthdays. I've included the original, vegan and gluten-free version, but please see the substitutes note for more conventional ingredients.

Almond Cookies

Ingredients

1 cup almonds
 ¾ cup white sugar
 (plus extra to roll each cookie dough ball in before baking)
 1 cup white rice flour
 1 cup tapioca starch
 ⅓ cup arrowroot powder
 1 tsp sea salt
 ¾ cup coconut oil
 ¼ cup water
 splash of vanilla extract
 splash of almond extract

Directions

1. Preheat your oven to 350° F.
2. Take the almonds and process them in your food processor until they are a roughly chopped flour. (You could use store bought almond meal or flour here, but the cookies are better with some texture to them.) Add the processed almond flour to a large mixing bowl. Add your other flours (white rice, tapioca starch and arrowroot powder OR wheat flour), white sugar and salt. Combine.
3. Then add your wet ingredients, coconut oil OR butter, water, vanilla extract, and almond extract. I use my hands to really mix and combine the ingredients. Once mixed, make tablespoon-sized balls by rolling the dough in your hands.
4. In a small bowl, add some extra sugar. Roll each cookie in the sugar and place on a baking sheet. Bake for approximately 15 minutes or until the cookies start to crack on the top and the bottoms are starting to brown and caramelize. Take off the pan to cool and ENJOY! Makes about 30 tablespoon-sized ball cookies.

Ingredient Substitutes

For a more conventional cookie, feel free to substitute the gluten-free flours (white rice flour, tapioca starch, and arrowroot powder) with 2 cups of wheat flour. In addition, coconut oil and butter can be used interchangeably.



From Hope Golden

My family has always made sweet kugel at Passover. During the holiday you are forbidden from eating anything that contains חמץ (hah-metz), or wheat products that have risen like bread. In order to be kosher for Passover, this variant of kugel contains noodles that are made from eggs. Many different kugel variants were brought to the US by Jewish immigrants.

Cinnamon Sugar Kugel

(לגוק)

Ingredients

12 oz of Egg Noodles
 6 large eggs
 2 cups of sour cream
 1 cup of cottage cheese
 1 cup of cream cheese
 1 cup of sugar
 ¼ cup of melted unsalted butter
 ¼ tsp salt
 1 tsp cinnamon
 cooking spray or melted butter for pan
 Optional: raisins, pineapple

Directions

1. Preheat the oven to 350° F.
2. If using raisins, soak them in water to plump them.
3. Cook the egg noodles until tender by boiling them in water in a pot, then drain the water.
4. Mix the eggs, sour cream, cottage cheese, sugar melted butter, and salt together separate from the noodles. This can be done in a blender, in a food processor, or by hand. When completely stirred, they should have a liquid consistency.
5. Pour the liquid mixture over the noodles in the pot and stir until combined. If using them, add the plumped raisins and pineapple.
6. Prepare the baking pan by spraying it or coating with butter and put the kugel in the baking dish.
7. Sprinkle the top with cinnamon and sugar.
8. Bake for 60 minutes or until the top is golden brown.



From Sophia Northcott

These are classic chocolate chip cookies that my mom has made my family and I forever. I have no idea where this recipe came from, but it is simple and easy, and perfect for my family, that enjoys eating the food much more than cooking it. All my friends say my mom's chocolate chip cookies are the best they've ever had.

Chocolate Chip Cookies for Dummies

Ingredients

½ cup white sugar

½ cup brown sugar

2 sticks of butter
(salted)

2 tsp vanilla

1 egg

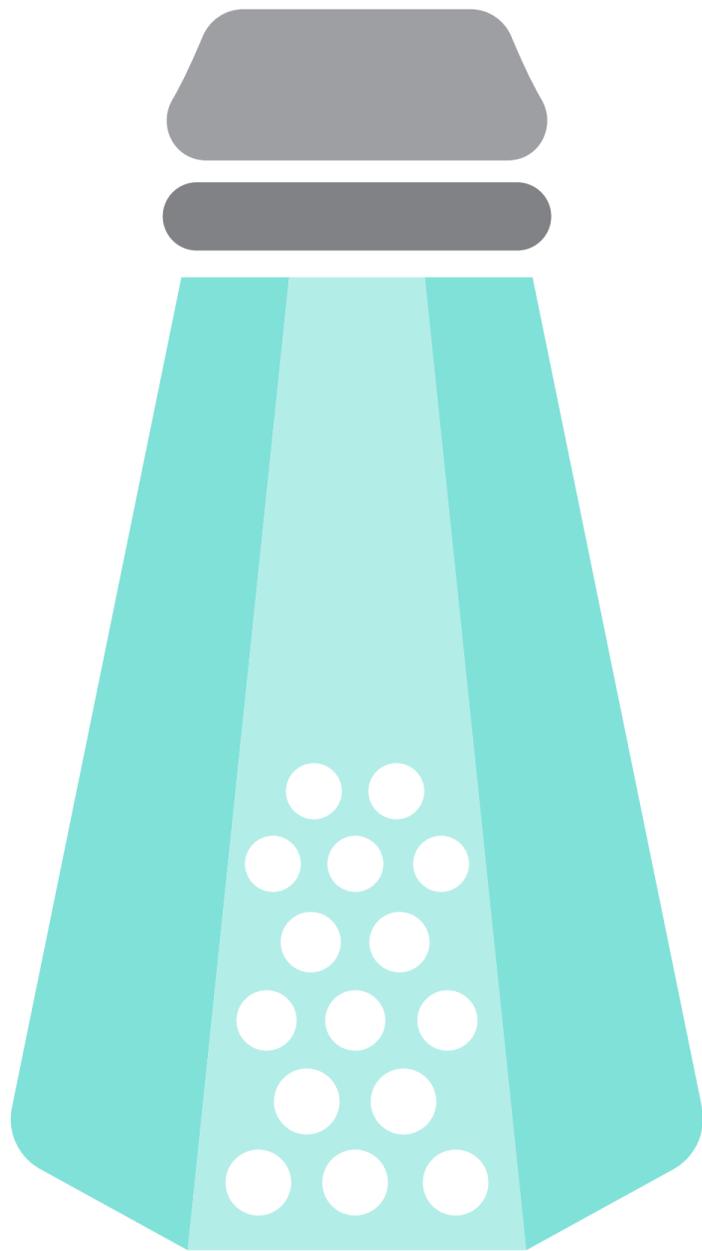
2¼ cups flour

1 tsp baking powder

1–2 cups chocolate
chips

Directions

1. Preheat oven to 375° F.
2. Beat together butter, white sugar and brown sugar until fluffy. Add egg and vanilla and beat until well mixed.
3. Mix baking soda and flour in a separate bowl.
4. Combine flour mixture with wet mixture and mix until there is no visible flour.
5. Stir in chocolate chips.
6. Section dough into rough balls a little bigger than a spoonful, and place on cooking sheet about 1.5–2 inches apart.
7. Bake at 375° for 8–10 minutes. Makes about 24 cookies.



Firehouse Banana Bread Muffins

Ingredients

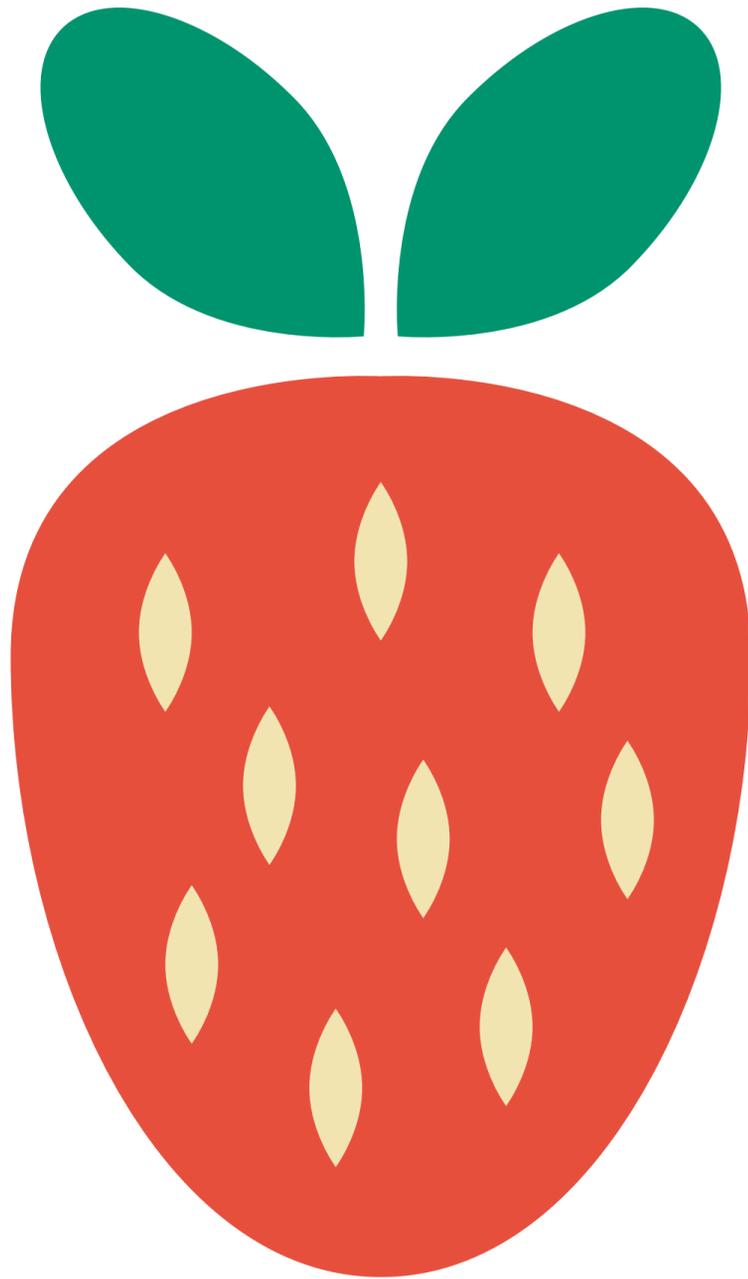
½ cup butter (1 stick)
1 cup sugar
2 eggs
1 tsp vanilla extract
1½ cups all-purpose flour
1 tsp baking soda
½ tsp salt
1 cup mashed bananas, ripened
½ cup sour cream

Directions

1. Preheat oven to 375° F.
2. Cream the butter with sugar together in a bowl. Add the eggs and vanilla and combine.
3. Add flour, baking soda, salt and mix.
4. Add in bananas and sour cream.
5. Bake in a greased pan at 375° for 20-25 minutes until center is finished.
6. Enjoy! Makes around 24 muffins.

From McKenna Marchetti

When I was little my sisters and I would always let the bananas go bad on the counter, because that meant muffin time! My dad would always make them after we were asleep so we got to wake up to a glorious pile of golden puffs sitting in our great grandma's turquoise porcelain bowl. Breakfast, lunch, and dinner, I blame those golden puffs for my big cheeks.



Frosted Strawberry Squares

Ingredients

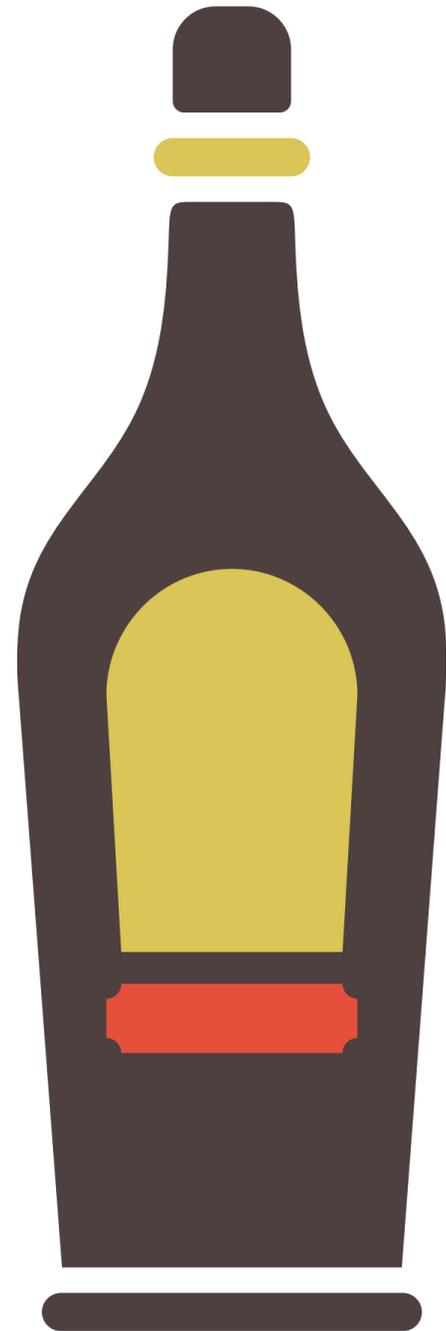
1 cup flour
½ cup brown sugar
½ cup chopped nuts
½ cup melted margarine
2 egg whites, beaten
1 cup sugar
2 cups strawberries (sliced)
2 tbsp lemon juice
1 cup Cool Whip

Directions

1. Combine flour, brown sugar, chopped nuts, and melted margarine in a 9x9 pan and bake at 350° for 20 minutes, stirring every 5 minutes.
2. In a medium mixing bowl, combine and mix all of the other ingredients.
3. Once the dry crumble is baked, put half of the mix on the bottom of the pan, pressing into a solid crust.
4. Pour the strawberry mix on top of the crust, and then crumble the rest of the baked mix on top of the strawberry center.
5. Finally, put the pan in the freezer until the strawberry mix has turned to a solid.

From Kristin Brown

Every year for the Fourth of July, my family makes this recipe as a birthday dessert for my mom, whose birthday falls on this day. My grandma used to make this recipe every year in Virginia, and my own family has carried on the tradition. Frosted strawberry squares are the perfect sweet summer dessert and are super easy to make.



From Grace Leonard

This is my Grandma Norine's recipe for a cake that is so rich you don't even notice it doesn't have frosting. It was the first family recipe my mom taught me how to make, so it has a very special place in my heart. My family has always kept a bottle of Kahlua on hand exclusively to make this recipe. I highly recommend serving it with a vanilla ice-cream or a glass of milk, because I used to call it "Chocolate Death Cake" for a reason.

Kahlua Cake

Ingredients

1 box Devil's food cake mix
 1 box instant chocolate pudding mix
 ½ cup Kahlua
 4 eggs
 ¾ cup vegetable oil
 2 cups sour cream
 ¾ cup chocolate chips
 1 tsp vanilla extract
 ¼ cup powdered sugar

Directions

1. Preheat oven to 350° F.
2. Grease and flour a 10 inch Bundt cake pan.
3. Mix all ingredients, except the powdered sugar, with an electric mixer starting on low and then increasing the speed once incorporated to medium. Mix for two to three minutes.
4. Pour batter into the prepared pan and bake for an hour. The cake is done when a tooth pick placed in the center comes out clean.
5. Once cooled, carefully turn out of the pan and dust with powdered sugar for decoration. Makes one ten inch cake.



From Cody Capella

I grew up eating these donuts every time I went over to my Mom's parents' house around Christmas. They'd spend hours every year making a bunch for all of our family to take home (none of us ever wanted to make them ourselves because they're so time-consuming, but they're so worth it), and they're still something that's really special every time I have them.

Klenei

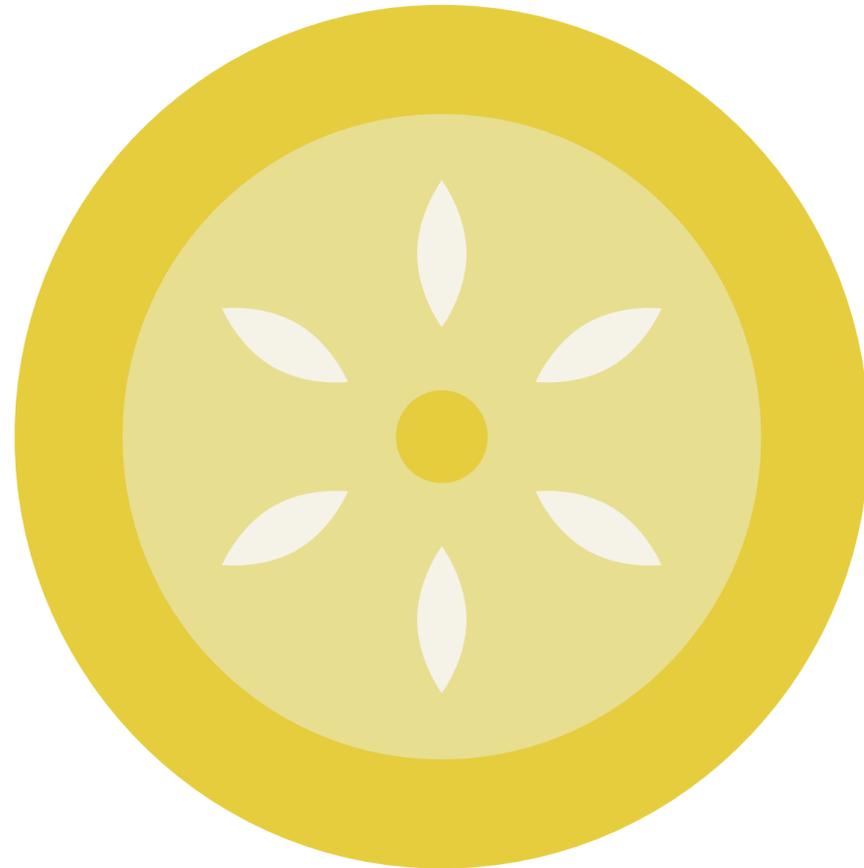
(Danish Donuts)

Ingredients

2 eggs
 ½ cup sugar
 ¼ cup melted butter
 ½ cup whole milk or cream or Carnation evaporated milk
 ½ tsp vanilla extract
 1 cup flour
 1 tsp baking powder
 ½ tsp salt
 1 tsp cinnamon
 1/8 tsp nutmeg

Directions

1. In a large bowl, beat eggs until very light with hand mixer. Add sugar a little at a time. Beat well.
2. Stir melted butter and milk slowly into egg and sugar mixture. Add vanilla and mix well.
3. In another bowl sift flour, baking powder, salt, cinnamon and nutmeg together. Gradually add flour mixture to wet ingredients. Add enough flour to make the dough stiff, but not dry.
4. Roll dough on well-floured surface to 1/8 inch thick. Cut into rectangles. Slit rectangle in center. Slip one end of rectangle through slit in center to form a twist.
5. Fry twists in hot oil until light brown. Use a candy thermometer to maintain oil temperature at 350°. Cook 3–4 pieces at a time, turning donuts once when light brown around edge. (They cook fast!)
6. Remove from oil and drain on paper towels. Store in an airtight container at room temperature.



From Skye Osborne

Growing up on a ranch meant my family often ran into the problem of having an abundance of produce. We found ourselves sneaking boxes of fruit and vegetables onto neighbour's doorsteps. One thing my family used to never run out of was lemons. We would have large bowls covering the kitchen counters. So of course lemon bars was a popular and easy recipe for me to make.

Lemon Squares

Ingredients

Crust

1 cup flour

¼ tsp salt

¼ cup confectioners' sugar

8 tbsp (½ cup) butter at room temperature

Filling

4 eggs

1 egg yolk

1 cup and 2 tbsp granulated sugar

3 tbsp confectioners' sugar

¼ cup flour

⅛ tsp salt

⅔ cup lemon juice (preferably freshly squeezed)

confectioners' sugar, for topping

Directions

1. Preheat the oven to 350° F.
2. To create the crust, mix together the flour, salt, confectioners' sugar and butter. The crust dough should be crumbly. Press the crust into a 8"×8" square pan.
3. Bake the crust for 30 to 35 minutes, or until the top is a golden brown. Remove the pan from the oven, and reduce the temperature to 325° F.
4. Combine the eggs, egg yolk, granulated sugar, and confectioner's sugar. Whisk until smooth. Add the flour and salt, then the lemon juice, and whisk until combined.
5. While the baked crust is still warm, pour the topping over it. Return the lemon bars to the oven and bake for 30 to 35 minutes or until top is slightly golden.
6. Remove the bars from the oven. Once cooled, sprinkle confectioners sugar on top. The bars are ready to serve!



From Linnea Carlstrom

Passed down to each generation of my family, this Lucia Bun recipe has been around for every single Christmas that I can remember. Finally translated from the original Swedish version in one of my Mom's old cooking binders, this is now a recipe that my siblings and I can carry on. Lussekatter are meant to represent the curls in St. Lucia's golden hair along with the feeling of hope and new life before Christmas Eve.

Lussekatter

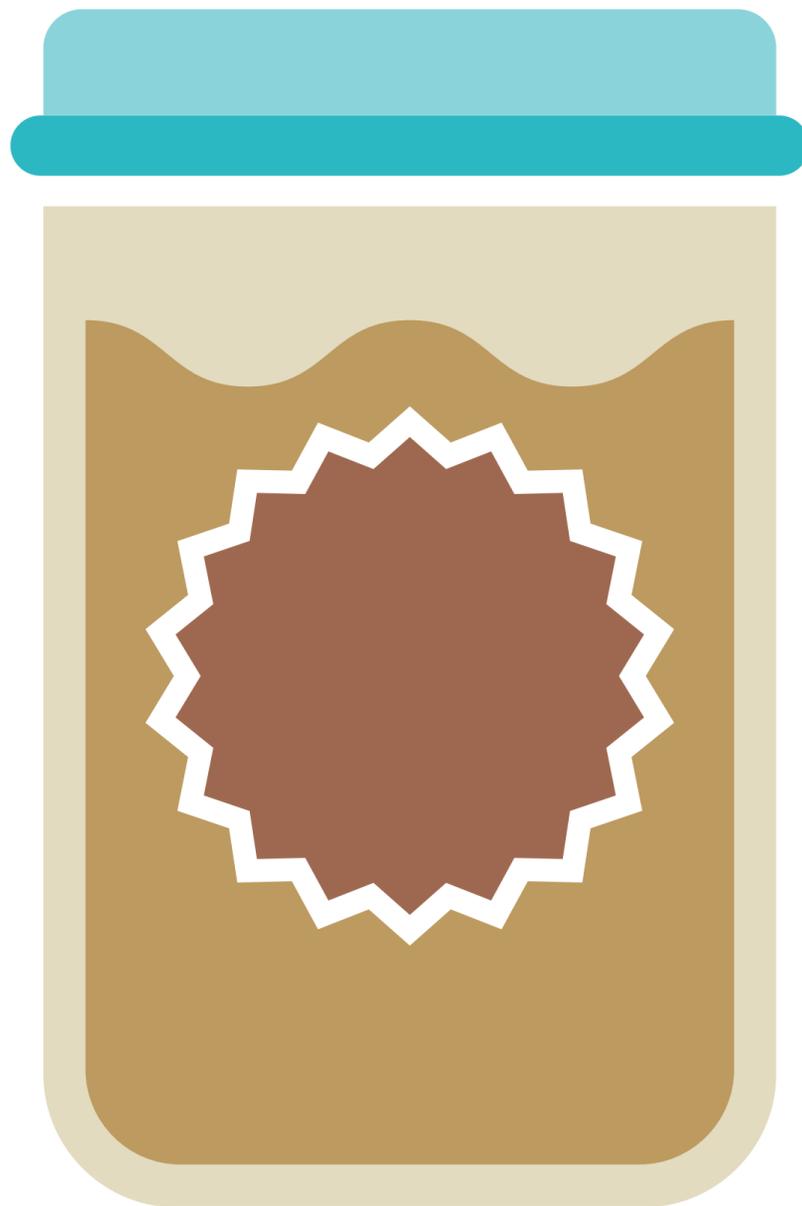
(Lucia Buns)

Ingredients

2 pkts dry yeast
 1 cup butter
 3 cups milk
 1 cup sugar
 2 pkts saffron
 1 egg
 6 ½ cups flour

Directions

1. Melt butter. Add milk and heat to a lukewarm temperature. Remove from heat, add the yeast and stir. Let it stand for 3-5 minutes.
2. Add saffron, sugar, egg and flour. Let the dough rest for 1 hour.
3. Separate the dough into balls and roll them out with your palms on a floured surface. Form "S" shapes and place them on a cooking sheet. Optional: Insert raisins into the center of each curl (2 per bun). Let them rest for 1 hour.
4. In a small bowl whisk one egg and brush a light coating on each bun.
5. Bake at 350° until golden brown.



PB & Choco Hempies

Ingredients

Bottom

- 1½ cup smooth natural peanut butter
- ⅓ cup maple syrup
- 1 tsp vanilla
- ⅓ cup hemp seed
- 3 cups Rice Krispies

Top

- 1½ cup vegan chocolate chips
- 1 round tbsp peanut butter

Directions

1. To make the bottom, mix peanut butter, vanilla and maple syrup until smooth and then add and mix in hemp seed and Rice Krispies.
2. Melt chocolate and peanut butter together and pour on top.
3. Put in the freezer for 30 minutes and serve.

From Gabrielle Demick

I chose this recipe because it was created by @earthyandy who is one of my favorite vegan chefs!

Final Notes

About the Recipes

Each of these recipes was submitted by a student in the Winter 2019 section of Art 338 at Cal Poly, San Luis Obispo. Accompanying each recipe is a short paragraph about why it's so meaningful to its contributor, providing context and a greater sense of who the people are behind the food.

About the Design

This book was designed and illustrated by Cody Capella. It was typeset using Prospectus Pro—a contemporary serif designed by Dave Bailey for Lost Type Co.—and Aktiv Grotesk—a grotesque sans-serif released by Dalton Maag.

Healthy.
Sorta.
Sweet.

21 recipes, 21 stories

Winter 2019