

A Taste of Route 1

Recipes shared as part of a community conversation about traditions, family, and the importance of coming together to share food from diverse backgrounds. Especially now, in a time when divisions among people and cultures are heated, finding ways to share our experiences — and our favorite foods — can help us find common ground.



Explorations on Aging



— SOUPS & STEWS —

Best Lentil Soup

¼ cup extra virgin olive oil	4 cups vegetable broth
1 medium yellow or white onion, chopped	2 cups water
2 carrots, peeled and chopped	1 teaspoon salt, more to taste
4 garlic cloves, pressed or minced	Pinch of red pepper flakes
2 teaspoon ground cumin	Freshly ground black pepper, to taste
1 teaspoon curry powder	1 cup chopped fresh collard greens or kale, tough ribs removed
½ teaspoon dried thyme	1–2 tablespoon lemon juice (½ to 1 medium lemon), to taste
1 large can (28 oz.) diced tomatoes, lightly drained	
1 cup brown or green lentils, picked over and rinsed	

Warm the olive oil in a large Dutch oven or pot over medium heat.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25–30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender and purée until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)

Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove from heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice to taste. For spicier soup, add another pinch or two of red pepper flakes.

Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months.

from Cookie and Kate

Caribbean Sweet Potato Soup

1 pound sweet potatoes, peeled and cut into one-inch chunks
2/3 pound carrots, peeled and cut into one-inch chunks
1 cup milk

4 cups of chicken or vegetable broth
1/2 teaspoon salt
3 tablespoons lime juice (about two limes)
2 pinches of cumin
2 pinches of cayenne pepper

Combine the sweet potatoes, carrots, milk and broth and bring to a low boil. Cook for 15 minutes then simmer until the vegetables soften.

Let cool slightly, then purée the vegetables in the broth. If you prefer a chunkier soup, mash a portion of the vegetables and leave the rest whole.

Reheat the soup and add the salt, lime juice, cumin, and cayenne pepper. Taste and adjust the seasonings to suit your taste.

Variation: For a non-dairy version and more Caribbean flavor, replace the milk with coconut milk.

from Vegetarian Times

Chicken and Spinach Soup with Vegetables

Makes five servings.

2 tablespoons olive oil, divided
1 pound chicken breast or tenders, sliced
1/2 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1 small onion, chopped
1 green bell pepper, chopped
1 carrot large, peeled and diced into very small cubes
5 tomatoes chopped (or a 15 oz. can of chopped tomatoes)

15 oz. can of red kidney beans, drained
3 cups fresh spinach
4 garlic cloves minced
4 cups chicken broth
1 cup water
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 tablespoon miso
1 tablespoon tomato paste
Fresh basil leaves
Finely grated parmesan or aged gouda cheese

Season sliced chicken generously with paprika, oregano, basil, and salt.

In a large soup pan, heat 1 tablespoon of olive oil on medium-high heat. Add sliced chicken and cook until browned on both sides. The chicken does not have to be cooked all the way through, as it will continue to cook in the soup.

Add another tablespoon of olive oil to the same pan. Add chopped onion, green bell pepper, and carrots. Cook for another minute.

Add chopped tomatoes, beans, fresh spinach, and minced garlic to the pan.

Add chicken broth and water. Add ½ teaspoon of oregano and ½ teaspoon basil.

Bring to boil, lower the heat and simmer for about 20–30 minutes until the carrots are soft and the chicken is completely cooked through. Allow to cool for 5–10 minutes.

Put the miso and tomato paste in a bowl or measuring cup. Add ½ cup of the slightly cooled broth and mix until smooth. Add the miso mixture back into the soup. Taste and adjust seasoning with lemon juice and/or salt.

Garnish with chiffonade of fresh basil leaves and finely grated parmesan or aged gouda cheese.

from Kimberly Arbuthnot; adapted from Julia's Album website

Khoresh Fesenjan (خورش فسنجان)

Makes four to five servings

1½ large yellow onion, sliced thin	1 teaspoon cinnamon
3–4 tablespoons vegetable oil	1 teaspoon cumin
2 cups (8 oz.) walnut halves	¼ teaspoon nutmeg
¼ cup cold water	½ teaspoon turmeric
2 pounds skinless chicken drumsticks or thighs (4–5 pieces)	¼ teaspoon kosher salt
4 cloves garlic, minced	⅛ teaspoon freshly cracked black pepper
⅓ inch ginger, peeled and minced	1 cup pomegranate concentrate
	Pomegranate seeds for garnish

Pick through the walnuts for any shells, and add to a food processor and process until it turns to a tan-colored paste. With the food processor running, add cold water through the feed chute. Continue processing until the paste becomes uniformly beige in color.

Fry the sliced onions with the vegetable oil in a 6-quart stockpot until golden brown. Remove from the pot.

Add chicken to the same stockpot and top it with the fried onions. Spoon the walnut paste evenly over the fried onions. Add the garlic, ginger, spices, and salt and pepper. Drizzle the pomegranate concentrate over all the ingredients.

Bring the mixture to a boil over medium heat. The pomegranate concentrate tends to stick and burns fairly quickly, so avoid high heat. Reduce heat to medium low, cover the pot and simmer for 15 minutes.

Now reduce the heat to low and simmer covered for an additional 1 hour, 15 minutes or until the sauce is thickened and the chicken is fork-tender and falls off the bone. Stir every 15 minutes or so to make sure the sauce does not stick to the pot. If at the end of this time the sauce has not thickened enough, leave the pot uncovered for about 10 minutes on low heat.

Transfer the fesenjan to a serving dish and sprinkle some pomegranate seeds on top as garnish. Serve over white Persian steamed rice.

NOTE: Pomegranate juice can be used instead of concentrate, but the final result won't be as thick. Pomegranate molasses can also be used as a substitute, but adding 1–2 teaspoons sugar will balance the sourness. A mix of pomegranate juice and molasses provides a nice balance.

from Emily; adapted from Persian Mama

Lisa's Soup the Way You Like It

In this recipe there's lots of room for creativity based on the whim of the moment, what you have on hand, and your personal tastes.

2–3 tablespoons vegetable oil (olive or other)
Mirepoix: Onion, garlic, celery, chopped
Vegetables: carrots, corn, sweet potatoes, white potatoes, greens of any kind, green beans, peas, leeks, turnips, green and/or red cabbage, rutabaga, bell peppers, eggplant, tomatoes, winter squash, etc.
Salt

Thyme and bay leaf (or your favorite spices; oregano and basil work well with tomato)
½–1½ gallons water, depending on size of pot
Grain (optional): brown rice, white rice, barley, quinoa, oatmeal, etc.
Protein (optional): any type of bean, tofu, TVP (texturized vegetable protein/soy flakes), quinoa, etc.

The specific mix and amount of ingredients should be determined by the size of the pot and your preferences.

Choose vegetables. What do you feel like eating? What usually goes with that? Consider color: Does it need more yellow? Add corn. More orange? Add sweet potatoes or carrots. More green? Try green beans or greens (spinach, kale, collards, etc.). Frozen or canned vegetables can be used.

Prepare fresh vegetables (clean, chop into small pieces). Set aside. Note: Sweet potatoes, white potatoes, butternut squash, acorn squash, and delicata squash do not need to be peeled. Celery leaves are also edible.

Pour oil into pot, as it warms it will cover the bottom of the pot.

Make your mirepoix: Add onion and stir to sauté; after 1–2 minutes, add garlic; then add celery (including celery leaves). Continue stirring, especially to keep garlic from burning. If using bell peppers, sauté them with the onion, before adding garlic and celery.

Add spices (optional): some spices can benefit from being sautéed (e.g., fresh thyme)

Add water when the onions are getting soft (the celery won't be completely soft). The sautéed vegetables will stay as crunchy as they are when you add the water.

Add prepared vegetables. Delay adding vegetables that might overcook (e.g., broccoli or canned vegetables) until later.

Add spices: bay leaf, if desired, as well as salt and other spices. Adding a little at a time and taste as you go, to make sure flavors are balanced.

Add grain, if desired and if needed for thickening: barley, brown rice (short or long grain), wild rice, oatmeal, etc. Whole grains usually require 45 minutes to cook fully; add more liquid, as needed, if the soup is growing too thick. White rice and oatmeal cook more quickly.

Add protein, if desired: rinsed canned or presoaked dried beans, tofu, quinoa, TVP (texturized vegetable protein), anything else you think might be good. Tofu and TVP absorb the flavors of the soup.

Consider what thickeners might need to be added. Grains, TVP, and okra can all help thicken a soup. Or ground flax seed can be added, a little at a time.

After each addition, return to boil, then simmer. Stir occasionally, more frequently after adding the grain (if desired) so it won't burn.

In total, this soup will take 1–2 hours to cook, depending upon the mix of grains, beans, and vegetables used. Taste and adjust seasonings as needed. Leftovers can be frozen.

from Lisa Joan Reardon

Orzo Soup (Şehriye Çorbası)

Makes three to four servings.

2 tablespoons vegetable oil
2 tablespoons tomato paste
1 can diced tomato
2 cubes of vegetable bouillon
2 cups water
1 teaspoon salt

$\frac{3}{4}$ cup orzo, broken-up vermicelli, or Israeli
couscous
1 teaspoon dried mint
 $\frac{1}{4}$ cup parsley, chopped
Lemon juice, to taste

Stir together the first three ingredients in a 2 quart saucepan. Heat until bubbly, then add water, bouillon, and salt and bring to a boil.

Cook over medium heat 10 minutes; tomato should begin to break up. Add more water and bring to boil; then add orzo. Cook to al dente and turn off heat.

Stir in parsley. Squeeze lemon juice into the soup now, or squeeze into each bowl when serving.

by Laurie Koç, The Soups of Mahi Koç (1995)

Simple Leek & Potato Soup

1 tablespoon olive oil	2–3 cups of stock (chicken or vegetable; or substitute water)
1 large leek, chopped (white and light green portions)	¼ cup white wine (optional)
1 clove garlic, minced	½ teaspoon lemon juice
1 lb. thin-skinned potatoes, peeled and cut into ½-inch chunks	2 tablespoons fresh dill, chopped (or 1 tablespoon dried dill)
	Salt and pepper to taste

Before chopping the leeks, cut them in half lengthwise and wash very well. (Leeks can trap sand and dirt between their layers.)

Heat the oil in a heavy-bottomed pot over a medium-low heat. Add the leeks and cook, stirring, until they are softened but not browned (about 7 minutes). Add the garlic and cook for 2 minutes more.

Add the potatoes and enough broth to cover the potatoes by a half-inch or so (add the wine at this point, if using). Cover, increase heat, and bring to a boil. Reduce heat and simmer, partially covered until the potatoes are soft (20 to 30 minutes).

Use a spoon to mash some of the potatoes against the side of the pot to thicken the broth. (Alternatively, you can blend the soup if you prefer a smoother soup.)

Stir in the lemon juice, dill, and add salt and pepper to taste.

For some extra vitamins and minerals, consider adding some chopped kale about 10 minutes after the potatoes are added to the soup.

from Vegetarian Times

Roasted Sweet Potato & Carrot Soup

1 pound sweet potatoes, peeled and cut into chunks
¾ pound carrots, peeled and cut into chunks
3 tablespoons olive oil, divided
2 onions, finely chopped
2 cloves garlic, crushed

2 cups peeled and diced pears
1 quart chicken or vegetable stock
⅓ cup sour cream, crème fraîche or plain Greek yoghurt
Salt & pepper to taste

Preheat oven to 425°F.

Place chunked sweet potatoes and carrots on a baking sheet or roasting pan and drizzle with 2 tablespoons of the olive oil and season with salt and pepper. Roast the vegetables for 25–35 minutes, until caramelized and tender.

While the vegetables roast, heat the remaining 1 tablespoon of olive oil in a large saucepan and sauté the onions over medium-low heat for about 10 minutes or until softened.

Add the crushed garlic and sauté for a minute more, then add the stock and allow to simmer for 5–10 minutes until the onions are very soft. Set aside.

Once the roasted vegetables are done and cooled a little, transfer them to the saucepan. If you like smooth soups, purée with a hand blender. For a chunkier soup, mash a portion of the vegetables into the stock while leaving the rest whole.

Stir in the sour cream and reheat. Serve with a little additional sour cream and black pepper to taste.

from BBC Good Food

Velvety Carrot Soup (serves 4)

2 tablespoons butter
1 medium onion
One 1-inch piece of fresh ginger
6 large carrots (about 1¼ pounds)
1 teaspoon sea salt (or more, to taste)
1 teaspoon cumin
1 teaspoon smoked paprika powder

pinch of cinnamon
2½ cups water or chicken stock
½ cup apple cider

Garnish: sour cream, slivered almonds, carrot green pesto

Peel and dice the onions and ginger. Scrub the carrots under running water. Remove the ends and cut into ¼-inch slices.

Melt the butter in a large pot over medium-high heat. Add the onions and sauté for about 4 minutes, until translucent. Add the ginger and sauté for another 2 minutes. Add the carrots; sauté for another minute. Add salt, cumin, cinnamon and smoked paprika; mix well.

Add the water or stock and the apple cider. Bring to a boil, reduce heat, cover and simmer until the carrots are tender, about 20–30 minutes. Let cool slightly.

Purée the soup with an immersion blender or in batches in a blender.

Ladle into bowls and garnish with sour cream, slivered almonds or carrot green pesto as desired.

(If you have fresh carrots with the leafy tops still attached, you can make carrot green pesto. Simply process the carrot greens in a food processor with walnuts, garlic, parmesan cheese, salt, and olive oil.)

from Imke Ahlf-Wein, Hyattsville Life & Times

West Coast Clam Chowder à la Sarpy

Makes four servings.

5 slices bacon, diced	1 teaspoon salt
½ cup onion, chopped	¼ teaspoon white pepper
Celery, chopped	1 can corn, mostly drained
3 cups potatoes, diced	1 tablespoon flour
2 bottles clam juice (8 oz. each)	2 cups half-and-half
2 cans minced clams (7 oz. or so each)	1 cup milk
	Butter

Sauté bacon until crisp in Dutch oven or large saucepan. Remove to paper towels to drain.

Sauté onion and celery in bacon drippings until softened. Add potatoes, clam juice, salt, pepper, and corn.

Cover and simmer for about 15 minutes or until potatoes are tender. Remove from heat. Add minced clams with their liquid. Whisk flour into milk. Add to chowder with half-and-half.

Cook over medium heat stirring constantly, until chowder thickens and bubbles, about 3 minutes. Add bacon and serve with a pat of butter.

from Bonnie McClellan

— MEAT DISHES —

Argentinian-Style Beef Empanadas

2 tablespoons extra virgin olive oil
1 small yellow onion, finely chopped (about 1 cup)
4 cloves garlic, minced
2 teaspoons paprika
1 teaspoon cumin seeds
⅓ teaspoon crushed red pepper
1 pound ground beef
Adobo seasoning, to taste
2 hardboiled eggs, peeled and chopped, optional
¼ cup raisins, soaked in hot water and drained, optional
12 Manzanilla Spanish olives stuffed with pimientos, chopped (about ¼ cup)

Dough

2 packages (11.6 oz.) puff pastry, thawed
1 egg, lightly beaten with 2 teaspoons water

Chimichurri Sauce

½ cup packed fresh cilantro, finely chopped
½ cup packed fresh parsley, finely chopped
2 tablespoons packed fresh oregano, finely chopped
¼ red onion, finely chopped
1 tablespoon minced garlic
⅓ teaspoon crushed red pepper, optional
2 tablespoons lemon juice
2 tablespoons red wine vinegar
½ cup extra virgin olive oil
Adobo seasoning, to taste

Heat oil in large skillet over medium-high heat. Add onions; cook until soft and translucent, about 7 minutes. Add garlic, paprika, cumin and crushed red pepper; cook until fragrant, about 30 seconds more.

Add ground beef to onion mixture. Cook, stirring and breaking up meat with wooden spoon, until cooked through, about 8 minutes. Season meat mixture with adobo. Gently mix in chopped eggs, raisins and chopped olives. Set beef mixture aside to cool.

Heat oven to 375°F. Cut dough into 5-inch circles. Place dough round on work surface. Using heaping tablespoon measure, spoon meat mixture onto center of dough round. Using pastry brush, paint edges of dough with egg wash. Fold dough into half-moon shape; gently press down edges and twist down to seal. Repeat with remaining ingredients.

Divide empanadas among baking sheets, leaving a 1½-inch space between each empanada. Brush tops of empanadas with remaining egg wash. Cook until pastries puff, turn golden brown and filling is hot, about 20 minutes. Serve with chimichurri sauce.

For the chimichurri, combine cilantro, parsley, oregano, onion, garlic and crushed red peppers, if used, in a small bowl. Stir lemon juice and vinegar. Slowly drizzle in olive oil, stirring constantly until combined. Season with Adobo. Cover and refrigerate up to 3 days.

from Danuta Meson; adapted from Goya

Filled Noodles (Maultaschen)

Makes four servings.

Dough

⅔ cup flour
1 egg, lightly beaten
Salt

Filling

1 pound ground beef
1 egg, lightly beaten
⅓ cup bread crumbs
Salt and pepper to taste

Mix together the flour, egg, and salt. Add water, as needed, to make a stiff dough. Knead the dough until it is elastic. Wrap in plastic wrap and let rest for about 15 minutes.

Combine the beef, bread crumbs, egg, salt, and pepper.

Roll out the dough into a very thin circle. Fill one half with the ground beef mixture.

Cover with the remaining half circle and seal the edges. Cut into 1 inch cubes with a saucer to seal the edges.

Drop in hot chicken broth and cook about 15 minutes and serve.

from Mary Anne Hakes

Korean Chicken Wings

2 pounds chicken wings
Salt and pepper
Flour, for coating
Oil for frying

Sauce

6 tablespoons sugar
½ cup soy sauce
1 scallion, chopped
1 clove garlic, grated
Chili pepper or Tabasco sauce, to taste
1 teaspoon sesame oil, optional

Whisk together the sauce ingredients in a small bowl.

Remove and discard chicken wing tips. Cut each wing into two pieces. Salt and pepper lightly and then flour each piece. Deep-fry chicken pieces.

Dip each wing in sauce as soon as you take it out of the oil. Drain on paper towels.

from Linda Verrill

Shrimp Étouffé

1 tablespoon flour	¾ teaspoon salt
1 tablespoon butter (or bacon grease)	Dash of black pepper
½ cup chopped onion	1½ oz tomato paste
¼ cup chopped green bell pepper	4 oz. petite diced tomatoes with liquid
¼ cup chopped celery	2 oz tomato sauce
2 tablespoons chopped scallion	¼ cup water (or shrimp stock)
1 clove garlic, minced	1 pound raw shrimp, peeled and deveined
¼ teaspoon thyme	¼ teaspoon Tabasco sauce
1 bay leaf	2 tablespoons parsley
	Dash of lemon juice

In a Dutch oven, make a dark roux from the flour and butter.

Add the onions, bell pepper, celery, scallions, garlic, thyme, bay leaf, salt and pepper. Sauté, uncovered, over medium heat until the onions are soft and translucent, about 30 minutes.

Add tomato paste, and sauté 3 minutes. Then add the tomatoes, tomato sauce, water or stock. Simmer very slowly, partially covered for about 45 minutes, stirring occasionally.

Add shrimp and cook until they are done, about 5 minutes. Add Tabasco, parsley, and lemon juice. Taste for seasoning. Serve over rice.

from Nina Ross; adapted from The Plantation Cookbook (1972)

Turkey Gumbo

1 turkey carcass	1 cup chopped sausage (andouille, kielbasa, or similar smoked sausage)
4 tablespoons flour	3 cups turkey meat from carcass
4 tablespoons bacon grease	Salt and pepper to taste
1 cup chopped scallions	1 pint oysters and liquid
1 cup chopped celery	2 tablespoon filé powder
4 tablespoons chopped parsley	2 cups cooked rice, for serving.
2–3 bay leaves	
½ teaspoon dried thyme	

In a soup kettle, cover the turkey carcass with at least 8 cups of water and boil about 1 hour, or until the meat is easily removed from the bone. Remove carcass and pick meat from the bone. Strain and reserve 6 cups of turkey broth.

Make a roux by browning the flour in the bacon grease over medium to medium-low heat, stirring constantly to keep the roux from burning. For gumbo, you want to make a dark roux, so continue to stir the roux until it becomes a rich, dark brown.

Add scallions, celery, and parsley; sauté about 5 minutes. Slowly add the reserved turkey broth, then add the bay leaves, thyme, sausage, and turkey meat. Salt and pepper to taste.

Cook over low heat for 1½ to 2 hours, adding the oysters during the last 5 minutes of cooking.

Remove from heat and add the filé. (Be careful to not allow the gumbo to boil once the filé has been added or it can get bitter and stringy.) Serve over rice.

NOTE: If you are going to freeze portions, do not add the oysters or filé until its being served.

from The Plantation Cookbook (1972)

— VEGETABLE DISHES —

Auntie Vicki's 'Tasty' Salad

Romaine lettuce, prepared for salad
1 can (14.5 oz) kidney beans or ranch beans,
drained
Green onion, diced
Lots of cherry or grape tomatoes, halved
Olives, as desired

Avocado (optional)
Cucumber (optional)
½ pound (or more) grated cheddar cheese
1 bag (9¼ oz.) Fritos original corn chips,
crushed
Catalina dressing

Combine all the vegetables and cheese, then dress generously with Catalina dressing. Add most of the bag of Fritos corn chips. Mix lightly and enjoy.

from Bonnie McClellan

The Best Candied Yams

3 large sweet potatoes (1½ pounds)
½ cup dark brown sugar
½ teaspoon vanilla

½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 stick salted butter

Preheat oven to 350°F. Peel and cut sweet potatoes into 1-inch pieces. Place the sweet potatoes in a large saucepan or pot and cover with an inch of water. Bring to a low boil over medium-high heat and simmer until they can be pierced with a fork and are starting to soften.

Using a slotted spoon, transfer the sweet potatoes to an 8×8-inch square baking dish (reserve the cooking water). Spread into an even layer.

Transfer $\frac{3}{4}$ cup of warm reserved cooking water into a measuring cup or medium bowl. Add the dark brown sugar and vanilla, and stir to combine.

Sprinkle ground cinnamon and ground nutmeg over the sweet potatoes, then pour the water–brown sugar mixture over the sweet potatoes. Cut the butter into cubes and scatter over the sweet potatoes.

Bake for 5 minutes, then gently toss the sweet potatoes to combine the sauce and evenly coat them. Bake until the sweet potatoes are fork-tender, about 10 minutes more. Remove the baking dish from the oven and spoon the candied mixture evenly over the top.

from The Kitchn

Bistro Salad

Makes 4 servings

2 large carrots, cut into 1" chunks
3 large parsnips, cut into 1" chunks
 $\frac{1}{2}$ large celery root (celeriac), peeled, cut into 1" chunks
 $\frac{1}{4}$ cup olive oil
Kosher salt and freshly ground pepper
1 garlic clove, grated
Small pinch of smoked paprika
4 large eggs
 $1\frac{1}{2}$ pounds frisée and/or arugula, cut or torn into bite-size pieces, washed

$\frac{1}{2}$ cup toasted almonds, coarsely chopped
Flaky sea salt (for serving)

Dressing

1 tablespoon Dijon mustard
1 tablespoon whole grain mustard
1 tablespoons Sherry vinegar
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup walnut oil
Kosher salt and freshly ground pepper

Preheat oven to 450°F. Toss carrots, parsnips, and celery root with oil and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet. Roast, rotating pans halfway through, until vegetables are golden and tender, 25–30 minutes.

Place grated garlic and smoked paprika in a large bowl. Add roasted vegetables and toss to combine.

Meanwhile, bring 2" water to a boil in a large saucepan; reduce heat so water is at a gentle simmer. Crack an egg into a small bowl, then gently slide egg into water. Repeat with remaining eggs, waiting until white of egg in water is opaque before adding the next egg (about 30 seconds apart). Poach until whites are set but yolks are still runny, about 3 minutes. Using a slotted spoon, transfer eggs to paper towels as they are done.

Toss frisée and/or arugula and roasted vegetables with dressing and season with sea salt and pepper. Divide salad among plates and top each with a poached egg. Sprinkle with chopped almonds and garnish egg with a pinch of flaky sea salt and a turn of black pepper.

Make the dressing. In a medium bowl, whisk together Dijon and whole grain mustards, vinegar, olive oil, and walnut oil; season with salt and pepper. Alternatively, place ingredients in a 1-pint jar with a lid and shake vigorously to combine. Refrigerate until ready to use.

NOTE: Most any root vegetables can be used in this. Try sweet potatoes, potatoes, onions, sunchoke, beets, etc., depending upon your taste.

from Bon Appétit

Blanche's Lokshen Kugel

1 package, 12–16 oz., extra-wide egg noodles
1 pint sour cream
3 cups cottage cheese
1 stick unsalted butter, melted
⅓ cup sugar (more if you like it very sweet)
4 – 5 large eggs. (5 if using 16-oz. package of noodles)

Cinnamon/nutmeg, small amount

Optional additions:

Applesauce

Dried fruits: raisins, dried cranberries, dried apricot

Preheat oven to 350°F.

Prepare noodles as directed on package and drain.

Add to the noodles: melted butter, sugar, eggs, sour cream, cottage cheese and mix together. Add applesauce and/or dried fruit as desired. Sprinkle with cinnamon and nutmeg.

Bake in a greased 9×12 pan for 35-40 minutes. Check with knife to make sure it looks baked all the way through.

from Linda Verrill

Easy Sautéed Tuscan Kale

1 bunch Tuscan kale
1 small shallot or onion, diced
2 cloves garlic, minced
1 to 2 tablespoons apple cider vinegar

¼ cup chicken or vegetable stock
Pinch red pepper flakes
Salt and pepper to taste
2 tablespoons olive oil
1 tablespoon honey

Wash the kale and let it drain. Roughly chop, removing harder bits of the stem, if prefer.

Pour olive oil and red pepper flakes in to a large skillet over medium heat. When the pepper flakes begin to sizzle add the shallot or onion and cook for 2 minutes or until translucent.

Add the kale in an even layer and cover. Let cook for about a minute, then lift the lid and stir. Recover and let cook another 2 to 3 minutes. Add the garlic, broth, vinegar, salt, and pepper, stirring to combine. Cover and let cook until most of the liquid has evaporated, about 8–12 minutes and the kale is at your desired level of tenderness. You can add additional broth, if needed. Just before removing from the heat, add the honey to offset any bitterness.

from Carnal Dish

Kale Chips (For People Who Think They Don't Like Kale!)

1 bunch of kale
Olive oil

Salt and pepper to taste

Preheat oven to 260°F. Wash and dry the kale. Trim away the stiff center rib and discard, then cut the leaves into medium-large pieces.

Toss the kale pieces in a very large bowl with some olive oil and some fresh ground pepper (to taste). Spread out on a baking sheet, trying not to crowd them. (Make in two batches if necessary.) Bake for about 30 minutes.

Add some salt (to taste) at end just before serving to achieve maximum crispness.

from Leslie Montroll

Korean Vegetable Porridge

1 cup cooked rice
1 cup chicken stock
1 cup water

Small carrot (finger length), finely diced
Small zucchini (finger length) , finely diced

½ medium onion, finely diced
1 tablespoon sesame oil, optional
¼ cup shredded chicken, optional
1–2 teaspoons soy sauce, optional, to taste
Sesame seeds, for garnish

Heat a pot on medium. Add sesame oil and minced garlic. Stir for a few seconds until it sizzles (don't let it burn).

Add the chopped onion and carrot. Cook until onion turns soft.

Add the rice and stir well.

Pour in 1 cup chicken stock and 1 cup water. Stir occasionally and let it simmer until most liquid is absorbed.

Add zucchini and season with soy sauce. Let cook until zucchini is soft and a porridge-like consistency forms.

Scoop into a bowl. Garnish with sesame seeds and a light drizzle of sesame oil.

from Zach Suh and ElderlyEats

Mashed Sweet Potatoes

8–10 Sweet Potatoes (enough to fill your
casserole dish)
2 tablespoons of Butter
Orange juice (use instead of sugar), optional
¼ to ½ cup of brown sugar, optional
½ teaspoon of cinnamon or other spices of
your choice

½ cup of milk
A bag of large marshmallows, optional (most
recipes call for little ones but we like the
large ones)
Pecans or Walnuts, optional

Preheat the oven to 350°F. Boil the potatoes whole until soft. If you prefer, you can peel them and cut them up so they will cook more quickly.

Use a mixer to mash the sweet potatoes. Add the butter, brown sugar or orange juice. Grease a casserole dish and spread the sweet potato mixture in it. Bake for 45 minutes

Spread the nuts or marshmallows on top and return the dish to the oven until the marshmallows melt and nuts are warm.

from Linda Langr, Mary's Recipe

Okra Creole

1 tablespoon olive oil
1 pound fresh okra (frozen okra can be used)
1 large yellow onion, chopped
2–3 cloves garlic, minced
2 (14.5 oz.) cans petite diced tomatoes
1½ cups corn (frozen or fresh, removed from
cob)

½ teaspoon cayenne, Aleppo, or similar red
pepper
1 teaspoon Creole seasoning (Tony
Chachere's or similar)
2 bay leaves

Cut okra into coins, discarding the stem end. Heat the oil in a large skillet over medium-high heat. Add the okra and sauté. The okra will release mucilage, and will appear “stringy”. Keep stirring over high heat until the mucilage breaks down and the okra softens.

Once the okra is no longer “stringy,” add the onions and garlic and continue to sauté until the onion is translucent. Add the tomatoes, corn, spices, and bay leaves. Lower heat and simmer loosely covered for 15–20 minutes. Taste and season with salt or additional Creole seasoning. Serve over long-grain rice.

NOTE: This same basic recipe can be made using zucchini instead of okra; the zucchini need less time to cook can be added with the onions.

from T. Carter Ross

One-Pot Creamy Sun-Dried Tomatoes & Butter Beans

1 red onion	1 cup of cream
2 garlic cloves	1 bag (6 oz.) baby spinach
1 jar (8.5 oz.) sun-dried tomatoes in oil	1 teaspoon oregano
1 can (14 oz.) butter beans	Salt

Dice onion and garlic and fry in some of the oil from the sun-dried tomatoes.

Add salt and oregano.

Chop and add all of the sun dried tomatoes, cream and spinach and cook on low light for 10 minutes, stirring to make sure all the spinach wilts.

Serve with slices of a nice crusty bread.

NOTE: Use big butter beans (not smaller lima beans, which are sometimes also referred to as “butter beans”).

Roasted Tomato Puttanesca Sauce

Makes about 6 servings

2½ pounds cherry tomatoes, halved	1 pound farfalle or other pasta
⅓ cup olive oil	½ cup halved pitted Kalamata olives or other brine-cured black olives
5 garlic cloves, minced	¼ cup drained capers
1 tablespoon balsamic vinegar	6 oz. feta cheese, crumbled (about 1¼ cups)
¼ teaspoon dried crushed red pepper	¼ cup pine nuts, toasted
3 tablespoons chopped fresh oregano	

Position rack in center of oven and preheat to 375°F. Combine tomatoes, oil, garlic, vinegar, and crushed red pepper in 13×9×2-inch glass baking dish. Season to taste with salt and pepper. Roast until tomatoes are tender and juicy, stirring occasionally, about 45 minutes. Stir in oregano.

Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain. Return to pot. Add tomato mixture, olives, and capers. Stir over medium heat until heated through, about 2 minutes. Add feta and stir until melted and creamy, about 2 minutes. Divide pasta among 6 plates; sprinkle with pine nuts and serve.

NOTE: This works well with spaghetti squash (halve the squash parallel to the stem and roast, cut side down, in a separate pan alongside the tomatoes).

from Epicurious

Romanian Roasted Eggplant Dip (Salată de Vinete)

Makes four servings.

1 large eggplant (about 250 grams)	1 tablespoon olive oil
3 cloves garlic	Salt , to taste
1 small onion , finely chopped	Black pepper , to taste

Cut slits in the eggplant and push in a few garlic slices through the slits.

Flame roast the eggplant on a grill or under the broiler until the flesh is soft and the skin charred. Remove from heat and allow to cool for 5 minutes.

Remove the skin and scoop out the flesh. Place the eggplant flesh on a cutting board and finely chop to create coarse paste.

Place the eggplant paste in a mixing bowl and add the rest of the ingredients. Mix well, cover and chill in the refrigerator for at least an hour before serving.

Serve cold with bread, chips, or vegetable sticks. As a spread on bread, some parsley and a few pieces of tomato are a nice addition.

from My Weekend Kitchen

Stovetop Tzimmes

1½ pounds orange yams, peeled and cut into 1-2 inch pieces (2 potatoes)	1 pound carrots peeled and cut into 1-inch rounds (8 carrots)
1½ pounds white sweet potatoes, peeled and cut into 1-2 inch pieces (2 potatoes)	6 oz. dried apples (1½ cups)
	6 oz. dried cranberries (1¼ cups)

2 cups orange juice
½ cup honey
½ cup brown sugar
2 teaspoons cinnamon
1 teaspoon salt

½ teaspoon black pepper
1½ cups chicken broth (or substitute a
vegetarian broth)
12 oz. pitted prunes (3 cups)

Place cut yams, sweet potatoes, and carrots at the bottom of a large heavy pot. Top with dried apples and cranberries.

In a medium bowl, whisk together orange juice, honey, brown sugar, cinnamon, salt, and black pepper. Pour mixture over the fruits and vegetables in the pot.

Add broth to the pot, covering the vegetables halfway. Heat pot over medium high until it begins to simmer. Stir the ingredients once gently.

Reduce heat to a gentle but constant simmer and cover.

After 45 minutes, open the pot and gently stir again. Place pitted prunes on top of the simmering ingredients.

Recover the pot and continue to cook on lowest heat for another 15 minutes, until potato pieces are tender and prunes have warmed and softened. Don't cook too long, or the prunes will dissolve. Serve warm.

from Tori Avey

Vegetarian Jambalaya

1 tablespoon canola oil
1 medium green pepper, chopped
1 medium onion, chopped
2 celery ribs, chopped
3 garlic cloves, minced
2 cups water or vegetable stock (or half-
water, half-stock)
1 can (14.5 oz.) petite diced tomatoes,
undrained
1 can (8 oz.) tomato sauce

½ teaspoon marjoram
½ teaspoon thyme
¼ teaspoon cayenne, Aleppo, or similar red
pepper
2 bay leaves
1 teaspoon Creole seasoning
1 cup uncooked long grain rice
1 can (16 oz) butter beans, rinsed and
drained
1 can (16 oz) red beans, rinsed and drained

In a Dutch oven, heat oil over medium-high heat. Add the green pepper, onion and celery; cook and stir until tender. Add garlic; cook 1 minute longer.

Add the water, tomatoes, tomato sauce and seasonings. Bring to a boil; stir in rice. Reduce heat; cover and simmer for 15–18 minutes or until liquid is absorbed and rice is tender. Stir in beans; heat through.

from T. Carter Ross; adapted from Taste of Home

— SWEETS & DESSERTS —

Annie's Chocolate Cookie Wafer Pie

One package (1.4 oz.) chocolate pudding mix
2 cups milk

Box of vanilla shortbread cookies (for pan lining)

Line pie pan with your favorite vanilla wafer cookies

Mix chocolate pudding mix with milk and pour into lined pie pan.

Put in refrigerator until pudding sets.

from Lisa Walker's family recipes

Apple & Pear Crumble

1½ cups rolled oats

1½ cups brown sugar, divided

½ cup all-purpose flour

½ cup butter, softened

2 cups peeled and diced apples

2 cups peeled and diced pears

1 teaspoon ground cinnamon

½ cup sliced almonds, or to taste

Preheat oven to 350°F.

Mix oats, ¾ cup brown sugar, flour, and butter together in a bowl until crumbly.

Mix apples, pears, remaining ¾ cup brown sugar, and cinnamon together in a separate bowl; spread into the bottom of a 9×9-inch glass pan. Sprinkle oat mixture atop apple-pear mixture; top with almonds.

Bake in the preheated oven until the top is golden brown, about 40 minutes.

Serve with vanilla ice cream.

from All Recipes

Argentinian Chocotorta

2 packages (8 oz. bricks) plain cream cheese
1 cup dulce de leche (milk caramel spread)
1 cup heavy cream, separated
1½ cups strong brewed coffee, chilled
2 tablespoons Kahlúa, optional

2 tablespoons sugar
2 packages (7 oz.) chocolate Marias cookies
(or chocolate graham crackers)
3.5 oz dark chocolate (at least 70%), finely
chopped

Line a 9-inch square baking pan with plastic wrap so that it overhangs the edges.

In a medium bowl, beat cream cheese with electric beaters until smooth. Beat in dulce de leche until blended. In another bowl, whip ½ cup heavy cream until stiff peaks. Fold whipped cream into dulce de leche mixture. Reserve ½ cup dulce de leche frosting for garnishing the cake. Chill in refrigerator until ready to use.

Stir together coffee, Kahlúa (if using), and sugar. One at a time, dip cookies in coffee mixture and arrange in single layer on bottom of the prepared pan. Spread ⅔ cup dulce de leche frosting in a thin layer over the layer of cookies. Repeat to make 5 layers. The final layer should be frosting. Refrigerate for 2 to 3 hours or until the cake is well-chilled and layers are set and firm.

Invert cake onto serving platter and remove plastic wrap. Refrigerate until ready to top with chocolate ganache.

To make the ganache, place the chopped chocolate in a small, heat-proof bowl; set aside. In small saucepan over medium heat, bring ½ cup heavy cream to a simmer. Pour hot cream over chocolate. Let stand for 1 minute. Whisk until smooth; cool slightly. Spread chocolate ganache over top layer of cake, keeping sides of cake exposed. Refrigerate for 30 to 45 minutes or until chocolate layer is firm and set.

Transfer remaining dulce de leche frosting to piping bag and pipe rosettes around border of cake. Refrigerate until ready to serve.

from Danuta Meson; adapted from Goya

Banana Bread

Makes two loaves

½ pound butter (or margarine)
2 cups sugar
4 eggs, beaten
3½ cups nuts (pecans or walnuts), chopped

6 medium bananas, mashed
2½ cups flour
1 teaspoon salt
2 teaspoons baking soda

Preheat oven 350°.

Sift together flour, salt, and baking soda. Set aside.

Cream together butter and sugar well. Add banana and nuts, then add eggs. Add the dry ingredients.

Bake in loaf pans for 50 minutes.

from Linda Verrill

Best Ever! Baked Honeycrisp Apples

2 Honeycrisp apples

¼ cup brown sugar

1 teaspoon ground cinnamon

2 tablespoons dried cranberries

2 tablespoons chopped walnuts

2 tablespoons butter

caramel sauce (optional)

vanilla ice cream (optional)

Preheat oven to 350°F.

Slice approximately one-third off the top of the apples and scoop out the seeds and core, leaving a well in the center. *Do not* peel the apple.

In a bowl, mix brown sugar, cinnamon, cranberries and walnuts (using a spoon or fork) until blended.

Stuff each apple with half of the brown sugar mixture. Place apples in a deep baking dish, topping each apple with a tablespoon of butter and a sprinkle of cinnamon.

Pour about a ½ inch of water into the baking pan, around the apples, and bake for 50–60 minutes, until apples are tender. (Baking time will vary, depending upon size, ripeness and variety of apple. Use a knife or toothpick, inserted into the thickest part of the apple, to test for doneness.)

Serve warm with vanilla ice cream and topped with caramel sauce drizzled atop each apple, if desired.

from Worthy Court blog

Chocoflan

¼ cup caramel topping

1 box chocolate fudge cake mix

1 cup water

½ cup vegetable oil

3 eggs

Flan

1 can (14 oz.) sweetened condensed milk
(not evaporated)

1 cup milk

1 teaspoon vanilla

4 eggs

Preheat oven to 350°F. Spray 12-cup fluted tube cake pan with cooking spray. Pour and spread caramel topping in bottom of pan.

In large bowl, beat cake mix, water, oil and 3 eggs with electric mixer on medium speed 2 minutes, scraping bowl occasionally. Pour batter over caramel topping in pan.

Place flan ingredients in blender. Cover and blend on high speed about 20 seconds or until smooth. Slowly pour mixture evenly over batter. (The flan mixture will mix with batter, but they will separate during baking.)

Spray a piece of foil with cooking spray, and place sprayed-side down over top of pan; cover tightly. Place cake pan in large roasting pan; add 1 inch of hot water to roasting pan.

Bake 1 hour, 20 minutes to ensure cake *and* flan layer bake completely (toothpick inserted in center of cake will come out clean). Remove cake pan from water bath to cooling rack; remove foil. Cool at room temperature 1 hour. Refrigerate in pan, uncovered, 2 hours.

Remove from refrigerator; run thin metal spatula around outer and inside edges of pan to loosen cake. Place serving plate upside down on cake pan; turn plate and pan over. Remove pan. Spoon any remaining caramel from pan over top of cake. Store loosely covered in refrigerator.

from Danuta Meson; adapted from Betty Crocker

Dulce de Leche Cheesecake

1 package (7 oz.) Maria cookies (or graham crackers)
½ cup butter, melted
4 packages (8 oz. bricks) cream cheese, softened

1 can (14 oz.) sweetened condensed milk (not evaporated)
4 eggs
1½ tablespoons vanilla
1 bottle (14 oz.) squeezable dulce de leche (milk caramel spread), divided

Preheat oven to 325°F. Place cookies in bowl of food processor. Pulse 30 seconds, or until finely ground. Transfer cookie crumbs (about 2 cups) to bowl. Add butter, stirring until combined.

Transfer cookie mixture to a 9-inch springform pan. Using fingers, press cookie crumbs evenly onto bottom and sides of pan. Bake until firm and fragrant, 7–10 minutes; cool.

In bowl of electric mixer on medium speed, beat cream cheese until fluffy, about 3 minutes. Add condensed milk; beat until smooth, 1 minute. Beat in eggs, vanilla and 3 tablespoons dulce de leche until combined, 3 minutes.

Pour filling into prepared crust. Bake until golden brown and set, but still wiggly in the middle, 45–55 minutes. Turn off oven; partially open oven door. Let cake sit in oven until room temperature, about 1 hour. Transfer cake to refrigerator; cool completely, at least 4 hours.

Remove cheesecake from pan. Drizzle remaining dulce de leche in swirly designs on top of cake; slice and serve.

from Danuta Meson; adapted from Goya

Easy One Bowl Yellow Cake

Makes eight servings.

¾ cup sugar (this can be reduced to ⅔ cup
for a less sweet cake)

2 eggs

1 teaspoon vanilla

⅓ cup vegetable oil

½ cup milk

1¼ cups all-purpose flour

1¼ teaspoons baking powder

¼ teaspoon salt (optional)

Preheat oven to 350°F. Grease an 8- or 9-inch round cake pan.

With an electric mixer on high, beat sugar, eggs, and vanilla for one minute to thicken. On low speed, add remaining ingredients (in the order listed) but do not over-mix. This should take less than a minute.

Pour into pan and bake 25–30 minutes until a toothpick inserted in the center comes out clean. Cool and ice with your favorite frosting.

from Jenny Jones

Hot Fudge Sauce: A Childhood Family Favorite

½ stick (4 tablespoons) butter or margarine

1 oz. unsweetened baking chocolate

¼ cup cocoa

¾ cup of sugar

½ cup of milk (dairy or plant-based)

⅓ teaspoon salt

1 teaspoon vanilla

Melt butter or margarine with unsweetened baking chocolate over low heat, stirring constantly so it doesn't boil and the chocolate doesn't burn. Remove from heat. Add slowly, completely stirring in one at a time: cocoa, sugar, milk, and salt. Bring to boil, stirring constantly, then remove from heat. For a more fudgy sauce, boil longer. Allow to cool. Add vanilla and stir well.

from Lisa Joan Reardon

Jell-O Poke Cake

1 package white cake mix
1 3-oz. package strawberry Jell-O
1 cup boiling water

½ cup cold water
1 8-oz. tub Cool Whip topping
Strawberries for garnish, optional

Bake the cake in a 9×13-inch pan according to the instructions on the box. Remove from the oven and cool the cake in the pan for 15 minutes. Pierce the cake with a fork at ½-inch intervals.

In a 2-cup glass measuring cup, mix the dry Jell-O with 1 cup boiling water. Stir for 2 minutes until completely dissolved. Stir in cold water.

Carefully pour the Jell-O over the cake, making sure to pour over all the fork holes. Then refrigerate the cake for at least 3 hours. After the cake has chilled, frost with the Cool Whip and garnish with strawberries.

Store covered in the refrigerator for up to 3 days.

Mandel Bread (Mandelbrot)

Three eggs
1 cup sugar
½ cup (4 oz.) stick of margarine
¼ cup+ canola oil
1½ teaspoons Vanilla.

3 cups flour (unbleached all-purpose or bread flour)
1 cup semi-sweet chocolate chips
Cinnamon sugar

Pre-heat oven to 350°F

Melt the margarine in microwave or stovetop. Add canola oil to make ¾ cup total oil. Set aside.

In a small mixing bowl, beat 3 eggs with a fork.

In large mixing bowl, mix well the flour, baking powder, sugar, vanilla, oil mixture, and eggs. Add chocolate chips and mix some more.

Spread the dough on large, ungreased sheet pan. Sprinkle a thin layer of cinnamon sugar to cover the dough. Bake on top rack until golden brown (20–30 minutes). Check with a fork until the fork comes out clean.

from Marcie Wolf-Hubbard

Mexican Wedding Cakes

1½ cups butter

1½ cups margarine

1½ cups powdered sugar

1 tablespoon vanilla

2 cups flour

1 tablespoon baking powder

1½ cups walnuts, chopped very finely

Preheat oven to 350°F.

Cream together the butter, sugar, and vanilla. Mix in the flour, baking powder, and walnuts.

Take 1 tablespoon or so of the dough at a time and roll into balls. Place on an ungreased cookie sheet. Bake for 20–25 minutes.

Roll the cooled cookies in additional powdered sugar.

from Linda Verrill

Pecan Rolls, But My Mom Used Walnuts

Kuchen Dough

2 yeast cakes in ¼ cup warm water

2+ cups flour

2 cups scalded milk

½ cup butter

1 teaspoon salt

½ cup sugar

2 eggs, slightly beaten

zest of 1 lemon

Filling

½ cup seedless raisins — optional

¼ pound pecans or walnuts, shelled and chopped

Additional pecan or walnut halves

Sugar and cinnamon

½ cup melted butter

¾ cup brown sugar

½ cup honey, warmed

Cream the butter, salt and sugar. Stir in eggs, lemon zest, flour, milk and proofed yeast. Start with 2 cups of flour and work in enough extra flour to make a dough that is softer than a bread dough.

Knead the dough until smooth. Cover and let rise overnight or until doubled in size.

Roll dough out in a sheet, sprinkle with sugar, cinnamon, some chopped nuts and raisins, if using.

Roll the dough like a “jelly roll,” and cut into 12 slices.

Put 1 teaspoon melted butter, 1 teaspoon honey, and 1 tablespoon brown sugar in bottom of each cup of a muffin pan. Put 5 walnut (or pecan) halves on top of the brown sugar and press a dough slices down on it

Cover and let rise a second time. Bake for 25 minutes at 400°F for 15 minutes, then reduce heat to 325°F until well baked.

from Lisa Walker; adapted from The Settlement Cook Book (1901)

Swedish Ginger Cookies(Pepparkakor)

Makes about 9 dozen cookies

3½ cups all-purpose flour	1 teaspoon freshly grated orange zest
2 teaspoons ground ginger	1 cup (2 sticks) unsalted butter, cut into pieces
2 teaspoons ground cinnamon	1 cup sugar
2 teaspoons ground cloves	1 large egg, lightly beaten
1 teaspoon baking soda	Pearl sugar (for dusting)
½ teaspoon salt	
½ cup dark corn syrup	

In a large bowl, whisk together the flour, ginger, cinnamon, cloves, baking soda, and salt.

In a small saucepan over moderate heat, warm the corn syrup and orange zest. Add the butter and sugar and continue warming, stirring occasionally, until melted. Remove from the heat and let cool to room temperature. Add the egg and whisk to combine. Pour over the flour mixture and stir to combine. Form the dough into a ball, wrap in a double layer of plastic wrap, and chill overnight.

Arrange racks in the upper and lower thirds of oven and preheat to 375°F. Line two large baking sheets with nonstick baking mats or parchment paper.

Using a lightly floured rolling pin, roll out a portion of the dough on a lightly floured surface to a ¼-inch thickness. Using cookie cutters, cut the dough into desired shapes, such as circles, stars, hearts, bells, gingerbread men, and Christmas trees. Transfer to the prepared baking sheets and sprinkle with the pearl sugar.

Bake, switching the cookies between the upper and lower racks and rotating the baking sheets about halfway through baking, until the edges are just beginning to brown, 7–8 minutes. Watch the cookies carefully to make sure they don't get too brown.

Let the cookies cool on baking sheets for 5 minutes before transferring to a wire rack to let cool completely. Continue rolling and cutting out the rest of the cookie dough and baking the cookies on cooled baking sheets.

The pepparkakor can be baked ahead and kept, stored between sheets of wax paper in an airtight container, for up to 2 weeks, or frozen up to 1 month.

Swedish Midsummer Cake (Midsommartårta)

For the sponge cake:

4 eggs
¾ cups (140 g) granulated sugar
1 cup (125 g) self-rising flour
2 tablespoons melted butter

For the vanilla custard:

8 egg yolks
4 cups (950 ml) whole milk
1 vanilla pod or 3 teaspoons vanilla
1 cup (220 g) granulated sugar

½ cup (120 g) heavy whipping cream
½ cup (80 g) cornstarch
1 tablespoon unsalted butter
Pinch of salt

Garnish:

3 cups heavy whipping cream
3 cups strawberries
1½ cups roasted pistachios
15–20 small meringues
Icing sugar

First make the sponge cake:

Preheat oven to 350°F. Line (or grease and flour) a 9-inch round springform cake pan.

In a bowl, combine eggs and sugar.

Fill a saucepan one-third of the depth with water and bring it to a boil. Place the bowl with the egg and sugar mixture in the saucepan and continue whisking and heating the batter until it reaches a temperature of approximately 140°F.

Remove the mixture from the saucepan and continue whisking (or use the mixer at low speed) until the batter has cooled and become white and fluffy.

Add the flour gradually (⅓ cup at a time), using a spatula. Fold in the butter,.

Pour the batter into the cake pan and bake for approximately 30 minutes or until the cake sets.

Let the cake cool completely, remove the tray sides, and cover the sponge with a plastic or kitchen towel.

Make the vanilla custard:

In a saucepan, combine the milk, half of the sugar, and the pinch of salt over medium heat until it becomes steaming hot.

In a separate bowl, combine the egg yolks, remaining sugar, whipping cream, and cornstarch, and whisk until a smooth mixture forms. Slowly add the hot milk to the egg mixture to temper them. Start gradually, with just a couple of teaspoons, then add more until you have added all the milk.

Transfer the milk and egg mixture back to the saucepan, continue whisking, and cook until it thickens. Remove from the heat and add the vanilla and butter.

Pour the custard through a fine strainer to remove any lumps. Cover with plastic wrap and set aside to cool.

Assemble the cake:

Cut the cake into 3 equal layers. Place the first part on a cake stand. Spread a layer of custard cream and top it with cut strawberries.

Add the middle part of the cake, one layer of whipped cream, and one layer of cut strawberries. If you love vanilla custard more than cream, you can substitute this cream layer with another vanilla custard layer.

Add the final layer of the sponge cake. Place it upside down so the neat cut side is facing up.

Ice the cake (top and sides) with whipped cream. Add pistachios to the sides, and on top place the meringues and the strawberries. Dust with icing sugar.

Three Milks Cake (Postre de Tres Leches)

2 cups flour	1 teaspoon vanilla
1 tablespoon baking powder	1 can (14 oz.) sweetened condensed milk
9 eggs, divided	1 can (14 oz.) evaporated milk
2 cups sugar, divided	3 cups heavy cream
⅓ cup milk	Juice from 2 limes

Heat oven to 375°F. Butter a 9×13 baking pan. Dust pan with flour, tapping out excess; set aside. In a medium bowl, whisk together 2 cups flour and baking powder; set aside.

Crack 6 egg whites into a large bowl; reserve yolks. Using an electric mixer, beat egg whites until frothy. Gradually add 1 cup sugar and continue beating until stiff peaks form, about 5 minutes. Add 6 egg yolks, one at a time, mixing until incorporated.

Alternately beat in flour mixture and milk to egg mixture, starting and ending with flour mixture. Stir in vanilla.

Pour cake batter into prepared pan. Bake until toothpick inserted in center comes out clean, 30–35 minutes. Let cool 10 minutes and poke holes into cake using a 2-pronged meat fork.

Meanwhile, pour condensed milk, evaporated milk and heavy cream into a bowl. Transfer half of the liquid to a small saucepan. Bring milk mixture to a boil; remove from heat and stir in remaining mixture. Pour milk slowly over cake until absorbed; cover and transfer to the refrigerator; chill 1 hour.

In bowl of a double boiler, beat 3 egg whites until frothy. Gradually add remaining sugar. Continue beating until stiff-peaks form and meringue is shiny, about 5 minutes. Whisk in lime juice. Spread meringue over top of cake. Store leftovers (if any) in refrigerator.

from Danuta Meson; adapted from Goya