

If you have suggestions, or things we should add to any of these volumes, please email them to us [here](#).

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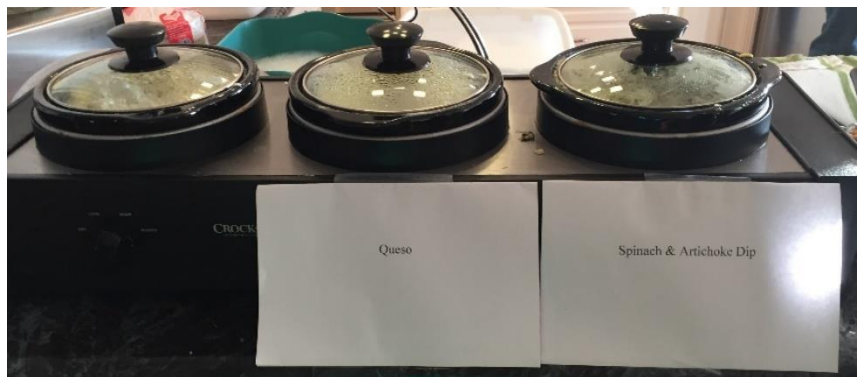
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Appetizers and Dips



Baked Brie with Cranberries and Almonds

The History

A Holiday Dinner favorite: 2002, 2003, 2005, 2006, 2007, 2010. But it also appeared at Musicale 2004, 2007, 2009, 2010, 2011. Sometimes at both events in one year.

The Story

1		2 pound wheel of brie
2	pkgs	refrigerated crescent rolls (8 rolls each)
$\frac{3}{4}$	cup	dried cranberries
$\frac{1}{4}$	cup	toasted almonds
$\frac{1}{4}$	cup	sliced almonds
1		egg



1. Preheat oven to 350°. Toast $\frac{1}{4}$ cup of the almonds and chop them.
2. Roll out each package of crescent roll dough so that there are absolutely no holes. Cut 2 circles that are about 4" greater in diameter than the wheel of brie. If the brie came in a box, you can use the box as a template. Just cut about 2" all around it.
3. Slice the brie horizontally through the middle to make two equal layers. The easiest way to do this is with a piece of fishing line. The cheese tends to stick to knife blades.
4. Take one layer of brie and place it cut side up. Sprinkle on $\frac{1}{2}$ cup cranberries and the chopped, toasted almonds. Put the second layer of brie on top of the first, cut side down. Push the two layers of brie as tightly together as possible.
5. Place one of the pieces of dough on a smooth surface. Place the brie on top of it and fold the dough up to cover the sides and come up a bit onto the top.
6. Place the second piece of dough on the smooth surface. Pick up the brie and flip it over, placing it cheese side down onto the second piece of dough. Fold the dough up over the sides and onto the top. Push it down to seal the edges tightly. The piece you've just placed will be the bottom of the final baked brie. So now flip the whole thing over. Press the edges of the final piece of dough firmly into the rest of the dough to make the top and the edges as smooth as possible.
7. Use the remaining dough to decorate the top as desired.
8. Make a wash with one egg yolk and a few drops of water. Whisk until smooth. Paint the egg wash on the top and sides of the brie.
9. Sprinkle the remaining cranberries and the untoasted almonds on top. Push them in a bit.
10. Do all of these things as quickly as possible. You want the brie to be as cold as possible when it goes into the oven so that it doesn't melt and flow out as the dough is baking. If it's taken some time, put the whole thing back in the refrigerator for a while before baking.
11. Bake until brown, about 20 - 25 minutes.

Ceviche

The Story

From Alan Cline: I like ceviche a lot. This recipe started on a card that you can pick up at the grocery store seafood counter. It has evolved since then.

The History

A favorite at Mexican and Southwestern dinners: Freshman 1998, 2003, 2005, 2006 and Senior 2000, 2002 and 2010.

The Recipe

1	pound	white fish
8	ounces	scallops
$\frac{3}{4}$	cup	lime juice
3	cloves	garlic
1		onion
1		tomato
6		tomatillos
1		avocado
$\frac{1}{3}$	cup	olive oil
4	ounces	canned chopped green chiles
4	ounces	chopped black olives

1. Cut the fish into bite sized pieces.
2. Chop the onion and tomato. Husk and chop the tomatillos. Dice the avocado.
3. Combine all the ingredients in a non-metal bowl and marinate at least overnight in the refrigerator.

NOTES: This can be made a day or two in advance. It keeps for up to a week.

Crawfish Dip

The Story

Dean's Scholar Kerrie Hall was from Louisiana. She contributed this recipe.

The History

We made it for Senior Dinner 1997 (when Kerrie was here) and then reprised it for Senior Dinner 2016.

The Recipe

½		onion
2	stalks	celery
1		red bell pepper
2	tablespoons	garlic
1	bunch	scallions
4	tablespoons	butter
1	teaspoon	olive oil
2	pounds	crawfish
2	tablespoons	dry sherry
1	tablespoon	lemon juice
8	ounces	Velveeta cheese
8	ounces	pepper monterey jack cheese
¾	cup	half and half
2	tablespoons	Wondra fine flour
3	tablespoons	parsley
		Paul Prudhomme's Seafood Seasoning

1. Chop the first five ingredients very finely in a food processor.
2. In a large pan, heat the butter and olive oil over medium heat. Add the chopped vegetables and sauté until soft.
3. Add the crawfish, sherry, and lemon juice and cook until the crawfish tails begin to curl and the juice begins to reduce.
4. Reduce the heat and sprinkle on the flour until the mixture is gooey. Use more or less flour as necessary.
5. Slowly add the half and half and stir until the mixture begins to thicken.
6. Cut the cheeses into cubes and add them to the mixture. Stir until the cheese is melted.
7. The mixture should have a dip-like consistency. If it is too thick, add a bit more half and half.
8. Add the parsley and blend well.
9. Add the Paul Prudhomme Seasoning to taste.
10. Serve warm with bread or crackers. Do not microwave or the crawfish will get tough.

Grilled Asparagus with Prosciutto

The History

We made it for our Italian Senior Dinner 2023.

The Recipe

6	ounces	prosciutto
18	stalks	fresh asparagus
		olive oil Pam
		Italian herb mix
		toothpicks

1. Wash the asparagus. Pat it dry. Break off the ends (where they naturally break off).
2. Spray the asparagus with olive oil Pam and sprinkle lightly with Italian herb mix.
3. Grill the asparagus.
4. Meanwhile, cut the prosciutto into 18 pieces.
5. Wrap each stalk of asparagus in one piece of prosciutto. Hold together with a toothpick.
6. Arrange the stalks on a plate, possibly with additional stalks without the prosciutto.

Hummus

The Story

We serve hummus a lot. Mostly from Costco. But we have made it ourselves. This recipe is from Zach Ladner (our DS math alum turned awesome professional chef).

The Recipe

1 ½	teaspoons	minced garlic
1	can	chick peas (29 ounces)
1	cup	chickpea liquid
½	cup	tahini
5	tablespoons	lemon juice
1 ¼	teaspoons	kosher salt
½	teaspoon	ground cumin
⅛	teaspoon	cayenne
¼	teaspoon	granulated onion
¼	cup	olive oil

1. In a food processor, add garlic, chickpeas, chickpea liquid, and tahini. Process for 5 minutes until smooth.
2. Add lemon juice, salt, cumin, cayenne, and onion processing for another minute.
3. Add olive oil in a steady stream.
4. Garnish hummus with virgin olive oil, paprika, parsley, etc.

NOTES: We usually double the garlic and spices in this recipe, but this is a good base.

Italian Flag Skewers

The History

We served this for our Italian themed Senior Dinner 2023.

The Recipe

100	toothpicks with Italian flags
100	mozzarella balls
100	red cherry (or grape) tomatoes
100	basil leaves
	Italian herbs

1. Rinse and dry the cherry tomatoes and the basil.
2. Onto each toothpick, place a tomato, then a mozzarella ball, then a basil leaf.
3. Arrange the skewers on a platter and sprinkle lightly with the Italian herbs.

Melon with Prosciutto in Honey Lime Cream

The History

Served at two Southwestern-themed Freshman Dinners: 1998 and 2005.

The Recipe

1		honeydew melon
8	ounces	very thinly sliced prosciutto
½	cup	sour cream
½	teaspoon	honey
1	teaspoon	grated lime peel
1	teaspoon	lime juice
		salt

1. Make the honey lime cream by whisking together the sour cream, honey, lime peel, and lime juice. Add salt to taste. Chill.
2. Cut the melon into 2" square pieces, about ½" thick. Cut or tear the prosciutto into 4" long strips, about ½" wide.
3. Wrap a piece of melon with a strip of prosciutto and secure with a toothpick. Arrange the melon on a large platter and top each piece with ¼ teaspoon of the honey-lime cream.

NOTES: This is the original recipe. But you might want to double the quantities of honey and lime juice for more flavor.

Source: Stephan Pyles, *The New Texas Cuisine*.

Spinach Artichoke Dip

The Story

From Elaine Rich: My friend Linda and I came up with this as an attempt to recreate the dip at our favorite restaurants.

The History

We've served some version of this a lot. Sometimes multiple times in a single year. We had it at Musicales 2002, 2004, 2006, 2007, 2009, 2011 and 2014. And for Holiday Dinners in 2002 – 2007, 2009 and 2010. And for two Senior Dinners: 2008 and 2016. We've often served the Costco version of this. We've also served the Costco plain spinach dip and simply added canned artichokes. But sometimes we've been reduced to having to make our own from scratch. So here's the recipe if you find yourself in that desperate situation.

The Recipe

14	ounces	artichoke hearts
2	packages	frozen spinach
8	ounces	cream cheese
8	ounces	Velveta cheese
¼	teaspoon	salt
¼	teaspoon	pepper
¼	teaspoon	garlic powder

1. Defrost and drain the spinach. Chop the artichoke hearts.
2. Melt the cheeses and add remaining ingredients.

NOTES: Serve warm with tortilla chips.

Stuffed Mushrooms

The History

Served at Senior Dinner 2016.

The Recipe

12		whole mushrooms
1	tablespoon	vegetable oil
1	tablespoon	minced garlic
8	ounces	cream cheese
¼	cup	parmesan cheese
¼	teaspoon	black pepper
¼	teaspoon	onion powder
¼	teaspoon	cayenne pepper



1. Preheat oven to 350°. Spray a baking sheet with cooking spray.
2. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
3. Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
4. When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick.
5. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
6. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

Stuffed Mushrooms

The History

Served at Senior Dinner 2023.

The Recipe

½	cup	Italian bread crumbs
½	cup	grated Romano or Parmesan cheese
2		garlic cloves (peeled and minced or use minced garlic)
2	tablespoons	fresh Italian parsley leaves
		salt
		black pepper
⅓	cup	olive oil
28	large	white mushrooms (2 ½" diameter)

1. Chop the parsley.
2. Preheat oven to 400°. Spray a baking sheet with cooking spray.
3. Stir the bread crumbs, Romano or Parmesan, garlic, parsley, salt and pepper, to taste, and 2 tablespoons olive oil in a medium bowl to blend.
4. Drizzle a heavy large baking sheet with about 1 tablespoon olive oil, to coat. Spoon the filling into the mushroom cavities and arrange on the baking sheet, cavity side up. Drizzle remaining oil over the filling in each mushroom. Bake until the mushrooms are tender and the filling is heated through and golden on top, about 25 minutes.

NOTES: Source: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/stuffed-mushrooms-recipe-1941818>

Tabouli

The History

A favorite dip/appetizer at our Middle Eastern and Mediterranean feasts. Senior Dinner 1995, 1997, 2012 and 2015. And Freshman Dinner 2002.

The Recipe

1	cup	bulgur wheat
1	cup	onions
1 ½	cups	parsley
½	cup	mint leaves
¾	cup	olive oil
½	cup	lemon juice
1	whole	tomato

1. Chop the onion. Finely chop the parsley and the mint. Chop the tomato.
2. Soak the bulgur wheat in water to cover for 1 hour. Drain well and press out excess water.
3. Meanwhile, chop the onion and tomato. Finely chop the parsley and mint.
4. After draining the bulgur, add the onions, plus salt and pepper to taste and mix gently with finger tips.
5. Add the parsley, mint leaves, olive oil, and lemon juice. Mix gently again.
6. Garnish with the chopped tomato.

NOTES: Source: Ann Seranne and Eileen Gaden, *The Best of Near Eastern Cookery*.

Turkey Almond Tarts

The History

Served at Freshman Dinner 1996.

The Recipe

½	cup	blanched almonds
2	tablespoons	confectioner's sugar
½	teaspoon	cinnamon
½		onion
2	cloves	garlic
3	tablespoons	butter
½	teaspoon	cinnamon
½	teaspoon	allspice
½	teaspoon	ginger
½	teaspoon	turmeric
¼	teaspoon	ground cloves
11	ounces	cooked turkey
¼	cup	Madeira (or sweet Vermouth)
1	tablespoon	lemon juice
¼	cup	chopped parsley
3	tablespoons	raisins
1	teaspoon	grated orange peel
		salt
6	ounces	cream cheese
1	cup	margarine
2	cups	flour
1 ¼	cups	milk
3		eggs

1. Preheat oven to 350°.
2. Chop the onion and garlic. Finely dice the turkey.
3. Roast the almonds. Cool. Grind them in a food processor. Add sugar and cinnamon and blend. Set aside.
4. Sauté onion and garlic for 5 minutes in butter. Add spices. Cook 1 minute. Add turkey, then Madeira, lemon juice, and parsley. Bring to a boil. Cook for about 10 minutes. If the liquid has not been absorbed, drain.
5. Remove from heat. Add raisins, orange peel and salt to taste. Add the almond mixture and stir.
6. To make the dough for the tart crusts: Cream butter and cream cheese. Stir in flour. Chill 1 hour.
7. Shape the dough into 64 balls. Push one ball into each spot in a mini muffin tin. Fill each shell loosely with turkey mixture.
8. Mix the eggs and milk. Pour some over each tart.
9. Bake for 20 minutes.

Salads



Ambrosia

The Story

Ambrosia was the fabled food of the Greek gods. What more appropriate way for us to celebrate the holidays.

The History

Served at Holiday Dinners in 1997, 1998, 2008, 2009, 2010.

The Recipe

8	ounces	frozen whipped topping
1 ¼	cups	shredded coconut
½	cup	walnuts
8	ounces	fruit cocktail
8	ounces	canned pineapple chunks
11	ounces	canned mandarin oranges
3	cups	miniature marshmallow
1	jar (10 ounce)	maraschino cherries (optional)
½	teaspoon	ground nutmeg
½	teaspoon	ground cinnamon

1. Thaw the whipped topping. Chop the walnuts.
2. Drain the fruit cocktail, pineapple, mandarin oranges and cherries.
3. In a large bowl, combine all ingredients. Mix together well and refrigerate for 30 to 45 minutes.

NOTES: Source: <http://allrecipes.com//Recipe/ambrosia-fruit-salad/Detail.aspx>

Broccoli Salad

The History

A Musicale standby from about 2002 to 2012.

The Recipe

2	bunches	broccoli
10	slices	bacon
$\frac{2}{3}$	cup	raisins
$\frac{1}{2}$	cup	onion
1	cup	mayonnaise
$\frac{1}{2}$	cup	sugar
2	tablespoons	vinegar



1. Cook the bacon and crumble it.
2. Chop the onion.
3. Wash and cut broccoli into bite-sized pieces. Place in colander and pour a kettle of boiling water over the pieces. Immediately pour cold water over them.
4. Combine broccoli, bacon, raisins, and onions.
5. In another bowl, combine mayonnaise, sugar, and vinegar. Mix well.
6. Pour dressing over broccoli and toss. Refrigerate 2 hours before serving, tossing occasionally.

NOTES: Turkey bacon works fine. So does Light Mayonnaise.

You can also leave out the bacon entirely. And/or you can add nuts.

You can skip parboiling the broccoli if you want it crispy.

If you make it with a 3 pound Costco bag of florets, double everything else.

Caesar Salad

The Story

Caesar salad isn't really Italian. It was invented in 1924, so the story goes, by Caesar Cardini, an Italian immigrant to the United States and Mexico. You can still buy Cardini Original Caesar Dressing. And we did.

The History

We served this at Senior Dinner 2023.

The Recipe

1		French baguette
3	ounces	olive oil
2	teaspoons	minced garlic
4	tablespoons	grated Parmesan cheese
8	small heads	Romaine lettuce
$\frac{2}{3}$	cup	shaved (not grated) Parmesan cheese
$\frac{1}{2}$	cup	Cardini Original Caesar dressing (or more, to taste)

1. Make the croutons: Preheat the oven to 350°. Cut the bread in half lengthwise through the top. Then again in half, side to side. Then slice diagonally into $\frac{1}{4}$ " slices. Place the slices onto a baking sheet. In a small bowl, combine the olive oil and minced garlic. Drizzle the mixture over the bread slices. Sprinkle on the grated Parmesan cheese. Toss until evenly coated. Spread in a single layer over the baking sheet and bake until golden (about 10 minutes).
2. Rinse, dry and chop or tear the lettuce into bite-sized pieces.
3. Place the lettuce in a large bowl. Sprinkle with the shaved Parmesan cheese.
4. Immediately before serving, drizzle with the Caesar dressing. Add the croutons. Toss well.

NOTES: Source: <https://natashaskitchen.com/caesar-salad-recipe/>

Curried Rice Salad

The History

Served at Musicale 1999.

The Recipe

2	packages	chicken Rice a Roni
2	jars	marinated artichoke hearts
$\frac{2}{3}$	cup	sliced black olives
$\frac{3}{4}$	cup	onion
$\frac{1}{3}$	cup	green bell pepper
$\frac{2}{3}$	cup	mayonnaise
1 $\frac{1}{2}$	teaspoons	curry powder

1. Chop the onions and bell peppers.
2. Cook the rice according to package directions, adding the onions and bell peppers at the beginning so they get sautéed and then cooked.
3. If the artichoke hearts are whole or very large, chop them up.
4. When the rice is done, combine all ingredients and chill. It's best if made a day in advance.

NOTES: You can substitute plain, canned artichoke hearts for the marinated ones. Just put them in Italian dressing for a bit first.

You can substitute fresh mushrooms for the bell peppers (or have both). Just slice the mushrooms and add them to the pan with the onions.

You can make this salad fairly low fat by using fat-free Italian dressing for marinating the artichoke hearts and using the lowest fat mayonnaise you can find.

Source: Deborah Pedersen.

Greek Salad

The Story

From Elaine Rich: I created this recipe in an attempt to replicate the salads we've eaten in Greece. Notice that there isn't any lettuce.

The History

Served at our Mediterranean Senior Dinner 2015.

The Recipe

6	tablespoons	olive oil
1 ½	tablespoons	lemon juice
1	tablespoon	red wine vinegar
2	cloves	garlic
1	teaspoon	dried oregano
4		plum tomatoes
1		English cucumber
½	medium	red onion
¾	cup	Kalamata olives
¾	cup	feta cheese

1. Mince the garlic. Seed and coarsely chop the tomatoes.
2. Peel the cucumber, but do it in stripes, leaving some stripes of green still showing. Then cut it in half lengthwise. Then in ½" thick slices.
3. Thinly slice the onion into rings. Soak for 10 minutes in a bowl of ice water to make it less sharp. Pat dry.
4. Whisk together the first 5 ingredients for the dressing. Season to taste.
5. Combine all the vegetables together in a bowl.
6. Cut the cheese into small cubes (or use crumbled cheese).
7. When ready to serve, toss the vegetables with the dressing and top with the cheese.

NOTES: This is probably heavy on the dressing. To scale up, make less dressing and only make more if necessary.

Loaded Couscous Salad

The Story

From Elaine Rich: I invented this one day for a picnic. The first version had chicken, so it was a complete meal, served cold, out of a single dish. For Musicale, we ditched the chicken to make it a veggie side dish.

The History

A Musicale standby until about 2011.

The Recipe

- | | | |
|---------------|------------------|---------------------------------------|
| 1 | pkg (5.8 ounces) | roasted garlic and olive oil couscous |
| 1 | can | artichoke hearts |
| $\frac{2}{3}$ | can | black olives |
| 6 | ounces | crumbled feta cheese |
| 1 | pint | grape tomatoes |
| 12 | ounces | sliced mushrooms |
| 2 | tablespoons | toasted pine nuts |
| | | olive oil |
| 1 | teaspoon | sesame oil (optional) |

1. Drain the artichokes and olives. Toast the pine nuts. Sauté the mushrooms in olive oil.
2. Cook the couscous according to package directions. Use the flavor packet.
3. Combine all ingredients. If you use the sesame oil, sprinkle it on. You can use a bit more if you like. It makes the dish smell really good.

NOTES: You can use any flavor of couscous that you like.

To make this a main dish, add cooked chicken. In fact, this dish is pretty much totally insensitive to what you add to the couscous. Use anything you want.

Macadamia Island Salad

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

1		apple
2	cups	macadamia nuts
3		dried figs
6		dates
$\frac{1}{4}$	cup	coconut
2	tablespoons	raisins
1	tablespoon	melted butter
6		lettuce leaves
3	large	tomatoes
$\frac{1}{2}$	cup	salad dressing
		watercress

1. Core and coarsely chop the apple. Coarsely chop the macadamia nuts. Quarter the dates. Grate the coconut (if you can find it fresh – otherwise, you can use packaged grated coconut). Slice the tomatoes.
2. Combine the apple, nuts, figs, dates, coconut, and raisins with butter, and set aside.
3. Place lettuce on platter. Arrange tomato slices. Pour dressing over them.
4. Mound fruit-nut mixture in the center. Garnish with watercress.

NOTES: Source: Victor Bennett, *The Polynesian Cookbook*.

Mandarin Shrimp and Asparagus Salad

The Story

We invented this recipe. We needed something easy to fix, with yummy ingredients, and pretty to look at (pink, green and orange). And no chafing dish required.

The History

A Musicale standby between about 2006 and 2011.

The Recipe

2	pounds	cooked shrimp
10	ounces	asparagus
1	can	mandarin oranges in light syrup (15 ounces)
5	ounces	sesame ginger salad dressing

1. Slice the asparagus into 2" segments, on the diagonal.
2. Very slightly cook the asparagus by putting it in a colander and pour a kettle of boiling water over it. You can also drop it into a pot of boiling water for about 15 seconds.
3. Drain the mandarin oranges.
4. Toss everything with barely enough dressing to coat.

Mushroom and Cheese Salad

The History

Served at Senior Dinner 1996. We called it *Insalata di Funghi e Formaggio*.

The Recipe

½	pound	mushrooms
½		lemon
¾	cup	Swiss cheese
3	tablespoons	olive oil
		salt
		black pepper

1. Juice the lemon.
2. Cut the cheese into strips 1" long, ¼" wide and ⅛" thick. It's easiest if you start with sliced cheese.
3. Remove the stems from the mushroom caps. Clean the caps and slice them into ⅛" slices.
4. Put the mushroom caps into a serving bowl. Sprinkle them with the lemon juice.
5. Add the cheese and toss with olive oil, salt and pepper.

NOTES: Source: Marcella Hazen, *The Classic Italian Cookbook*.

Orange Salad with Pecan Dressing

The History

Served at our Southwest Senior Dinner 2002.

The Recipe

¼	cup	ground pecans
2	tablespoons	mayonnaise
2	tablespoons	sour cream
1	tablespoon	lime juice
½	teaspoon	sugar
½	teaspoon	salt
⅛	teaspoon	ground cinnamon
	dash	pepper
4		oranges
1	head	lettuce

1. Make the dressing: Mix all ingredients except oranges and lettuce.
2. Tear the lettuce into bite sized pieces. Cut oranges crosswise into slices, then cut the slices into fourths.
3. Mix the oranges and the lettuce. Toss with the dressing.

NOTES: Source: *Betty Crocker's Southwest Cooking*.

Pasta Salad

The Story

An Ann Hillis contribution.

The History

A classic for Musicale.

The Recipe

2	16 ounce boxes	rotini pasta
2		cucumbers
12	ounces	cherry tomatoes
		Garden herb/garlic seasoning (to taste)
		Lemon/ginger salad dressing (to taste)
12	ounces	parmesan cheese
3	bunches	green onions
3	cans	artichoke hearts
½	container	feta cheese



1. Chop the cucumbers. Cut the cherry tomatoes in half. Slice the green onions. If the artichoke hearts are whole, quarter them.
2. Boil and salt water. Add pasta and cook according to package directions for *al dente* (about 10 minutes).
3. Drain pasta and toss with other ingredients.
4. Add feta cheese just before serving.

Salad of Sapote, Mango, Avocado, Papaya and Jicama with Key Lime-Guava Vinaigrette

The History

Served at Senior Dinner 2000.

The Recipe

Guava Coulis

2	teaspoons	unsalted butter
3		guavas
2	teaspoons	sugar
¼	cup	water

Salad

1	sapote
1	mango
1	avocado
¼	papaya
1	jicama

Key Lime, Guava and Poppy Seed Vinaigrette

3	tablespoons	key lime juice
7	tablespoons	grapeseed oil
		salt
		pepper
1	teaspoon	poppy seeds
1	tablespoon	guava coulis

Garnish

2	cups	coconut shavings
1	sprig	mint

1. *Cut and chop:* Peel and roughly chop the guavas. Peel and dice the sapote. Peel, pit and dice the mango and avocado. Peel and julienne the papaya and jicama. Stem and julienne the mint.
2. *Make the guava coulis:* In a small skillet, melt the butter over medium heat and toss the guava pieces in the butter to coat. Cook 1 minute, tossing to prevent the guava from sticking. Add the sugar and ½ of the water and cook for 3 to 4 minutes, until the guava is soft. In a blender or food processor, pureé with the remaining water and strain through a fine-mesh sieve into a small bowl. Put into a squeeze bottle and set aside.
3. *Make the vinaigrette:* Place the lime juice in a small glass or stainless steel bowl and gradually add the grapeseed oil, whisking constantly to incorporate. Whisk in the salt and pepper. Add the poppy seeds and whisk again. Set aside.
4. *Prepare the garnish:* Preheat the broiler. Spread the coconut shavings on a baking sheet and toast until slightly browned, about 1 minute. Remove and set aside to cool.
5. *Serve:* Whisk 1 tablespoon of the guava coulis into the vinaigrette. Toss the sapote, mango and avocado with two tablespoons of the vinaigrette. Put the salad fruits in a mound on the center of a plate and press down slightly. Place the julienned papaya and jicama around the outside of the plate and drizzle with the remaining vinaigrette. Drizzle the whole plate with the rest of the guava coulis. Top the fruit with the toasted coconut and garnish with mint.

NOTES: Source: Julia Pitkin, *Great Chefs of the Caribbean*.

Salami Pasta Salad

The History

We invented this for our Italian Senior Dinner 1996.

The Recipe

8	ounces	pasta
1	pound	salami
1	cup	ripe olives
1	cup	green olives
½		green bell pepper
½		red bell pepper
3	ribs	celery
1		onion
3		tomatoes
12	ounces	Provolone cheese
¾	cup	oil
½	cup	wine vinegar
½	teaspoon	salt
1	teaspoon	pepper
1	teaspoon	sugar
½	teaspoon	oregano

1. Cook pasta according to package directions for *al dente*.
2. Cut the salami into strips, 2" x ¼" x ¼". Cut the cheese into strips, 2" x ⅛" x ¼". Dice the bell pepper, celery, and onion. Seed and chop the tomatoes. Chop the olives.
3. Mix the oil, vinegar, salt, pepper, sugar, and oregano for dressing. Cover and refrigerate for 48 hours.
4. Mix pasta, salami, olives, bell pepper, celery, onion, and tomatoes. Cover and refrigerate for 24 hours.
5. To serve, combine pasta mixture, cheese, and dressing.

Smoked Chicken Salad

The History

Popular at Musicales three years in a row: 2009, 2010 and 2011.

The Recipe

1		smoked chicken
1	cup	seedless grapes
$\frac{1}{4}$	cup	red onion
2	stalks	celery
$\frac{3}{4}$	cup	sliced almonds
$\frac{1}{3}$	cup	mayonnaise

1. Very thinly slice the red onion, then chop. Cut the grapes in half. Chop the celery.
2. Remove the meat from the chicken bones and cut into $\frac{1}{2}$ " chunks.
3. Mix ingredients together. Go lightly on the mayonnaise at first. Add the rest if you want. And then add even more if desired.

NOTES: Source: allrecipes.com.

Thai Pasta Salad with Creamy Cilantro Peanut Dressing

The Story

An Ann Hillis contribution.

The History

A classic for Musicale.

The Recipe



- | | | |
|---|------------|---|
| 1 | pound | angel hair pasta |
| 1 | large bag | shredded greens (e.g., lettuce and cabbage) |
| 2 | | red bell peppers |
| 1 | medium bag | shredded carrots |
| | | cilantro |
| | | chopped peanuts |

DRESSING

- | | | |
|-----------------|-------------|--|
| 1 | cup | rice vinegar |
| $\frac{3}{4}$ | cup | all natural smooth peanut butter |
| 2 | tablespoons | toasted sesame oil |
| 1 $\frac{1}{2}$ | cups | canola oil |
| 2 | | limes |
| 2 | tablespoons | soy sauce |
| 2 | tablespoons | fresh ginger |
| 4 | tablespoons | honey |
| 2 | teaspoons | dried chipotle pepper (or one small piece) |
| 1 | bunch | fresh cilantro |
| 1 | teaspoon | salt |
| $\frac{1}{2}$ | teaspoon | freshly ground pepper |

1. Chop the bell pepper. Chop the peanuts. Juice the limes. Mince the ginger. Crush the dried chipotle pepper.
2. Make the dressing by combining all ingredients in a blender and blend well. Make sure that it is smooth and creamy. Best to make in advance. Can be stored in the refrigerator for 7-10 days. Makes 2.5 cups.
3. Cook pasta *al dente* (a little bit under cooked).
4. Combine pasta with greens, peppers and carrots. Toss with dressing.
5. Top with cilantro and peanuts just before serving.

Waldorf Salad

The History

Holiday Dinner 1999.

The Recipe

5	large	apples
1		pear
2	tablespoons	lemon juice
2 ½	cups	celery
1	dash	cinnamon
½	cup	mayonnaise
⅓	cup	walnuts
½	cup	heavy cream
1	tablespoon	sugar
1	drop	vanilla extract

1. Dice the apples and the pear. Toss them in lemon juice (to keep them from turning brown).
2. Dice the celery and chop the walnuts.
3. Combine apples/pear with celery, cinnamon, mayonnaise and walnuts. Stir gently to blend.
4. Just before serving, whip cream, sugar and vanilla. Be careful not to whip too much or you'll have butter. Stir into salad.

NOTES: Source: Dorothy Chapman, *A Taste of Florida*.

Zucchini and Artichoke Salad

The Story and History

We invented this for Senior Dinner 1996 (with an Italian theme) and then repeated it at Holiday Dinners 2000 and 2001.

The Recipe

14	ounces	artichoke hearts
4	teaspoons	olive oil
2	cloves	garlic
3	tablespoons	scallion
1		zucchini
2	teaspoons	white wine vinegar
		salt
		pepper
½	teaspoon	dried thyme
1	tablespoon	pimiento

1. Quarter the artichoke hearts. Crush the garlic (or used crushed garlic). Chop the scallion(s). Peel and julienne the zucchini.
2. In a saucepan, heat oil over medium heat. Add garlic and scallion and cook about 15 seconds. Add zucchini and cook about 1 minute. Add artichokes and cook another minute. Add vinegar, salt and pepper to taste, thyme, and pimientos. Mix well. Remove from heat and let cool.
3. Serve at room temperature or slightly chilled.

Meat Dishes



Beef Brisket

The Story

From Elaine Rich: I got this recipe from a friend who is a proud native Texan and an awesome cook.

The History

We made it for Senior Dinner 2010. Pat Lawlor had decided that the dinner's feature would be a barbeque sauce fountain (see recipe for BBQ Sauce Fountain). Pat and Ryan Riddle planned a menu around that. This seemed like perfect fodder for the fountain

The Recipe

- | | | |
|---|------------|------------------------|
| 1 | whole | brisket (5 - 8 pounds) |
| | | garlic powder |
| | | onion salt |
| 1 | tablespoon | Worcestershire sauce |
| | | parsley |

1. The night before serving, sprinkle a combination of garlic powder and onion salt on the top of the brisket. Add the Worcestershire sauce and wrap in aluminum foil. Refrigerate overnight.
2. In the morning, sprinkle the top with parsley, wrap it back up, then bake in a 200° oven for about 8 hours. It will fall apart and have a lot of juice.

Chicken Marsala

The Story

From Elaine Rich: The funny thing about this recipe is, of course, that it requires Marsala. Which is, of all things, wine. So the request for reimbursement from the College, every time we made this, had to include an abject letter saying, essentially, "We didn't drink it. I promise."

The History

A favorite at Italian dinners. We made it for Senior Dinner in 1996, 1998, 2001 and 2005.

The Recipe

1	pound	boneless chicken breasts
½	teaspoon	salt
¼	teaspoon	black pepper
½	cup	flour
2	tablespoons	oil
½	cup	marsala wine
1	cup	chicken broth
2	teaspoons	lemon juice
1	pound	fresh mushrooms
1	tablespoon	butter

1. Slice the chicken breasts in half to make them thinner. Then pound them. Mix the flour, salt, and pepper in a ziplock plastic bag. Put the chicken breasts in the bag, close it, and shake, coating the chicken with the flour mixture.
2. Sauté the chicken breasts in 1 tablespoon of the oil, flipping once, until they are brown on both sides. Use a bit of spray oil if necessary. Remove from pan.
3. Slice the mushrooms. Sauté them in 1 tablespoon of the oil until they are brown around the edges.
4. Add the Marsala wine. Stir to scrape all the bits from the bottom of the pan and cook until the wine has been reduced to about half.
5. Add the chicken broth and lemon juice. Stir and cook for a couple of minutes, until the sauce has thickened.
6. Add the chicken breasts to the pan and cook until they're cooked all the way through.
7. Swirl in the butter.

NOTES: adapted from a recipe in Francesco Ghedini, *Northern Italian Cooking*.

Chicken Pontalba

The History

Served at all of our Cajun dinners: Senior 1994, Senior 1997 and Senior 2016 This dish is too good to leave the vegetarians among us out. So we have made vegetarian versions of it. See separate recipe for Artichoke Pontalba.

The Recipe

¼	cup	butter
½	cup	onion
¼	cup	shallots
1	tablespoon	minced garlic
½	cup	mushrooms
1	cup	potato
½	cup	ham
1	tablespoon	parsley
½	cup	white wine
2	pounds	boned and skinned chicken breasts
1 ½	cups	Bearnaise sauce (see separate recipe)



1. Chop the shallots. Cut the onion, mushrooms, ham, and potatoes into ¾" dice. Chop the parsley.
2. Fry the potatoes until light brown and drain.
3. In a skillet, melt the butter and sauté the onion, shallots, and garlic until tender.
4. Add mushrooms, ham, and potatoes and continue cooking about 5 minutes more. Add wine and parsley, and heat through. Remove from heat and keep warm.
5. Dredge boned chicken pieces in seasoned flour and fry or grill (without dredging) until brown and cooked all the way through.
6. To serve, arrange chicken pieces on bed of vegetables, then cover with bearnaise sauce.

NOTES: You can use frozen diced potatoes. Cook them according to the package directions, making them as crispy as possible. Ore Ida Potatoes O'Brian also work well.

You can make the components of this in advance and combine them at the last minute. I have waited until the end to add the potatoes to the vegetables in order to keep them crispy. You can reheat the Bearnaise sauce in a water bath. Don't microwave it.

NOTES: Source: *Brennan's* (a classic New Orleans Creole restaurant).

Chicken Rolls in Marsala Mushroom Sauce

The History

Served at Senior Dinner 1998.

The Recipe

4		chicken breast halves without skin
¼	pound	provolone cheese, thinly sliced
4	slices	prosciutto
1		egg
1	tablespoon	water
½	cup	flour
½	cup	fine dry breadcrumbs
¼	cup	olive oil
1	tablespoon	butter
¼	cup	shallots
¼	pound	mushrooms
2	tablespoons	flour
1	cup	chicken broth
⅓	cup	Marsala wine
2	teaspoons	lemon juice
		salt
		pepper
		parsley

1. Preheat oven to 350°. Finely chop the shallots. Thinly slice the mushrooms.
2. Pound each chicken breast evenly between two sheets of plastic wrap to ¼" thickness. Season the inside of each breast with salt and pepper to taste. Add a slice of provolone and then a slice of prosciutto. Roll the chicken up tightly and secure with toothpicks. Season the outside with salt and pepper to taste.
3. Beat the egg in a small bowl with the water. Place the flour and the bread crumbs in separate bowls. Roll each chicken roll in flour and pat off the excess. Roll in the egg and then into the bread crumbs.
4. Heat a frying pan and add the oil. Brown the breaded chicken rolls lightly on all sides and remove the toothpicks. Place the rolls seam side up in a glass baking dish. Bake for 20 to 25 minutes or until a meat thermometer registers 155° when inserted in the center of the rolls.
5. While the chicken is baking prepare the sauce: Discard the oil in the frying pan and heat the pan again. Add the butter, shallots, and mushrooms and sauté until the shallots are clear. Add the flour and cook together a few minutes to form a roux. Add the chicken broth and whisk together until smooth over low heat. Add the Marsala and simmer 5 minutes until smooth and lump free. Add the lemon juice and salt and pepper to taste. Serve the sauce over the chicken and garnish with parsley.

NOTES: Source: *Frugal Gourmet Cooks Italian*.

Chinese Hawaiian Barbeque Pork

The Story

From Elaine Rich: My friend Bliss Wilson created this recipe. I remember her talking about all variations she tried before she declared it perfect. This one was published in the *Austin American Statesman*.

The History

We decided to try it for our Polynesian Feast Senior Dinner 2004.

The Recipe

1	cup	Chines lemon sauce (any brand; Koon Chun is good)
¼	cup	soy sauce (any brand, but mushroom soy best)
1	teaspoon	salt
½	cup	honey
2	tablespoons	coarsely ground crystallized ginger
2		lemons
1	5-7 pound	Boston butt pork roast
4	feet	frozen (this works best) or fresh banana leaf

1. Preheat oven to 450°.
2. Juice the lemons.
3. Mix the first six items for the sauce.
4. Place a large piece of heavy duty aluminum foil in a medium-size roasting pan with no cover. Cut the banana leaf into two 2-foot pieces and crisscross them in the pan. Place the roast on the banana leaves. Cover with the sauce, putting any extra on top. Fold the banana leaves tightly around the roast. Pull of the foil around the roast and seal tightly. It has to be airtight.
5. Cook the meat for ½ hour. Then turn the heat down to 275° and roast for 8 hours more. The meat is done when it feels soft to the touch through the foil.
6. Serve with remaining sauce or with plum sauce.

Grilled Chicken with Rosemary and Olives

The History

We made this for our Mediterranean Senior Dinner 2012.

The Recipe

2	whole	chicken breasts
4	tablespoons	olive oil
3	cloves	garlic
6	sprigs	fresh rosemary
3	tablespoons	white wine
2	whole	lemons
8	ounces	Greek olives
¼	cup	grated parmesan cheese
2	tablespoons	butter

1. Preheat oven to 375°. Crush the garlic.
2. Salt the chicken. Place it in a baking dish and rub with three tablespoons of olive oil, two cloves of crushed garlic, two sprigs of rosemary, and the juice from the lemons. Bake for 45 - 60 minutes, until done.
3. Meanwhile, combine in a skillet one tablespoon of olive oil, four sprigs of rosemary, the white wine, and one clove of crushed garlic. Heat until the garlic is golden.
4. Add the olives to the skillet. Heat on high for 2 minutes. Add butter and parmesan cheese and cook another 1 to 2 minutes.
5. When the chicken is cooked, pour the sauce in the skillet over the chicken and serve.

Italian Sausage and Meatballs

The History

We've made sausage with peppers and onions many times. For Senior Dinner 2023, we decided to make both sausage and meatballs as part of our Grigliata Mixta. And to make the peppers and onions separately so that the non-meateaters could also enjoy them. See separate recipe for grilled peppers and onions.

The Recipe

1	pound	sweet Italian sausage
1	pound	Italian meatballs
½	cup	pasta sauce
	sprigs	fresh basil
	sprigs	fresh rosemary

1. Grill the sausage. Then cut it diagonally into bitesize pieces.
2. In a large sauté pan, cook the meatballs (or just brown them if they are already cooked).
3. Spread the pasta sauce in the bottom of a serving dish. Put the sausage and meatballs on top. Garnish with basil and rosemary.

Italian Sausage with Peppers and Onions

The Story

From Elaine Rich: My friend Susan's parents were serious Italians and serious cooks. Her dad taught me to make this recipe.

The History

We made this five times in our first decade or so: for Freshman Dinner in 1994 and Senior Dinners in 1996, 1998, 2001 and 2005. For Senior Dinner 2023, we made the peppers and onions separately from the sausage. See separate recipe for that.

The Recipe

1 ½	pounds	mild Italian sausage
4	tablespoons	olive oil
2	cloves	garlic
3		green bell peppers
1		red bell pepper
2	medium	onions
¼	cup	red wine
2	tablespoons	canned tomatoes (optional)

1. Preheat oven to 375°.
2. Put the sausage in a flat tray with ¾ cup of water. Bake for about 30 minutes.
3. While the sausage is baking, cut the peppers into ½" strips. Cut the onions into strips. Mash the garlic (or use the kind that comes in a jar.)
4. Remove the sausage from the oven and slice it into 1" pieces.
5. In a large frying pan, cook the sausage in the olive oil over medium heat for 5 or 6 minutes. Add the garlic and the red wine. Cook another minute or so.
6. Add the peppers and cook about 5 minutes. Then add the onions, lower the heat, and cook for about 15 or 20 minutes. In the last minute, add the tomatoes if desired.

Kabsa (Chicken with Rice)

The History

We made this for our first Middle Eastern feast, Senior Dinner 1995.

The Recipe

¼	cup	butter
1	whole	chicken (2½ - 3 pounds)
1	large	onion
5	cloves	garlic
¼	cup	tomato sauce
2	medium	tomatoes
2	medium	carrots
		peel of one orange
3	whole	cloves
2	pods	cardamom (or ½ teaspoon ground)
1	stick	cinnamon
		salt
		pepper
3	cups	chicken broth
1	cup	long grain rice
¼	cup	raisins
¼	cup	sliced or slivered almonds

1. Cut up the chicken. Chop the onion and tomatoes. Mince the garlic. Grate the carrots. Grate the orange peel. Toast the almonds.
2. Melt the butter in a large skillet. Add the chicken pieces. Sauté until browned on all sides. Remove the chicken from the skillet and set it aside.
3. Add the onion and garlic to the skillet. Sauté until the onion is tender. Stir in the tomato sauce. Simmer over low heat for one minute to blend flavors
4. Add tomatoes, carrots, orange peel, cloves, cardamom, cinnamon stick, salt and pepper. Cook for one minute.
5. Add the broth. Return the chicken pieces to the skillet. Bring to a boil. Reduce heat and cover. Simmer over low heat for 30 minutes.
6. Stir the rice into the liquid, between the pieces of chicken. (Or remove the chicken, stir in the rice, then return the chicken to the skillet.) Cover. Simmer 30 minutes longer or until the rice is cooked.
7. Garnish with raisins and almonds.

NOTES: From Rose Dosti, *Middle Eastern Cooking*.

Kibbeh

The History

We made this for a Mediterranean feast for Senior Dinner 2015.

The Recipe

1	pound	ground beef or lamb
½	cup	fine bulgur or cracked wheat
1	small	onion
½	teaspoon	salt
¼	teaspoon	pepper
½	teaspoon	cinnamon
¼	cup	pine nuts (pignolia)
2	tablespoons	melted butter



1. Rinse the wheat in cold water and squeeze to remove all excess moisture. Mince the onion.
2. Combine meat, wheat, onion and seasonings in a food processor. Puree until very smooth.
3. Toast the pine nuts.
4. Preheat oven to 350°. Grease an 8" square pan.
5. Put half the meat mixture into the pan. Pat until it's smooth. Sprinkle with the pine nuts. Cover with the remaining meat mixture.
6. Score the mixture into squares or triangles and run the knife all the way around the outside of the meat. Pour on the melted butter.
7. Bake 25 to 30 minutes or until firm and browned.

NOTES: Source: We adapted this from Ann Seranne and Eileen Gaden, *The Best of Near Eastern Cookery*.

Marinated Pork Slices

The History

Served at our Italian Senior Dinner 1998.

The Recipe

1 ½	pounds	boneless pork top loin
1	tablespoon	olive oil
2	cloves	garlic
1	tablespoon	dijon mustard
		salt
		pepper
2	teaspoons	fresh rosemary
¼	cup	dijon mustard
3	tablespoons	water
1	tablespoon	lemon juice
3	tablespoons	olive oil
1	tablespoon	capers

1. Preheat oven to 350°.
2. Rub the pork with oil, garlic, 1 tablespoon mustard, salt, pepper, and rosemary. Roast about 1½ hours. Don't overcook. Allow to cool completely.
3. Drain the capers. Whisk them together with the remaining ingredients for the dressing.
4. Slice the pork thinly across the grain and toss with the dressing. Allow to marinate for at least 1 hour. Overnight is best.
5. Arrange the slices on a platter and brush with any remaining sauce. Serve as part of an antipasto platter.

NOTES: Source: *Frugal Gourmet Cooks Italian*.

Poulet Provençal

The History

We served this at our Provençal Freshman Dinner 2001.

The Recipe

1	tablespoon	olive oil
1 ½	pounds	boneless chicken breasts
1	medium	onion
1	tablespoon	garlic
2	tablespoons	dry white wine
4	sprigs	fresh thyme (or ¼ teaspoon dried thyme)
1	14 ounce can	chopped tomatoes
¼	cup	oil cured black olives
¼	teaspoon	salt
⅛	teaspoon	freshly ground black pepper
1	tablespoon	parsley
1	tablespoon	basil leaves

1. Chop the onion. Finely chop the garlic. Drain the canned tomatoes. Chop the parsley. Finely shred the basil leaves.
2. In a large nonstick skillet, heat 1 teaspoon of the olive oil. Add the chicken and cook over medium-high heat, turning once, until golden on both sides, about 5 minutes. Remove the chicken from the pan and set aside.
3. In the same pan, heat the remaining 2 teaspoons of olive oil. Add the onion and garlic, cover, and cook over medium heat for 2 minutes. Uncover and cook, stirring occasionally, until tender, about 3 minutes longer.
4. Add the wine raise the heat to high, and boil until reduced to a syrup, about 3 minutes. Add the thyme, tomatoes, olives, chicken breasts and any cooking juices that may have accumulated on the plate. Simmer over medium-low heat about 15 minutes, or until the chicken is tender.
5. Season with the salt and pepper and garnish with the parsley and basil before serving.

NOTES: Source: Evelyn Slomon, *French Country Light Cooking*.

Roast Loin of Pork with Figs and Almonds

The History

We made this for our Mediterranean-themed Freshman Dinner 2002 and Senior Dinner 2012.

The Recipe

1		onion
2	cloves	garlic
1 ½	cups	bread crumbs
4		figs
¼	cup	almonds
1	tablespoon	lemon juice
1	tablespoon	fresh parsley
1		egg yolk
2	pounds	lean boneless pork loin
		salt
		black pepper

1. Preheat oven to 400°.
2. Finely chop the onions and garlic. Chop the figs. Chop the almonds. Chop the parsley.
3. Heat 3 tablespoons of oil in a pan, add the onion and garlic, and cook gently until softened. Remove the pan from the heat and stir in the breadcrumbs, figs, almonds, lemon juice, parsley and egg yolk. Season to taste.
4. Unroll the pork and cut away any excess fat. Spread half the stuffing over the fat piece and roll up, starting from the thick side. Tie with string.
5. Pour the remaining oil into a roasting pan and put in the pork. Roast for 1 hour and 15 minutes.
6. Form the remaining stuffing mixture into balls and add to the roasting pan 15-20 minutes before the end of cooking time.
7. Remove pork from the oven and let it rest for 10 minutes. Carve into thick slices and serve with the stuffing balls and any juices from the pan.

NOTES: Also good cold.

Source: Adapted from Jacqueline Clark and Joanna Farrow, *Mediterranean*. The original recipe adds olives.

Tahitian Chicken Prince Hinoi

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

1	3-4 pound	frying chicken
		salt
		pepper
1/3	cup	shortening
1	medium	onion
1	clove	garlic
3	whole	tomatoes (fresh or canned)
1	teaspoon	fresh ginger
1	tablespoon	grated coconut
1/2	cup	Chablis
1	cup	chicken broth
1	cup	fresh pineapple

1. Preheat oven to 350°.
2. Cut the chicken into serving-sized pieces. Finely chop the onion and garlic. Drain the tomatoes (if you are using canned ones) and coarsely chop them. Grate the ginger. Cut the pineapple into 1" cubes.
3. Season the chicken with salt and pepper.
4. Heat the oil in a frying pan. Add the chicken to the pan and brown it quickly on all sides.
5. Move the chicken to a deep casserole dish. Add onion, garlic, tomatoes, ginger, coconut, wine and broth. Bake, uncovered for 30 minutes or until the chicken is tender.
6. Add the pineapple for the last 10 minutes of the baking time.

NOTES: The ginger adds a yellowish color to the red of the tomatoes and the coconut thickens the sauce.

Source: Victor Bennett, *The Polynesian Cookbook*.

Seafood Dishes



Grilled Shrimp

The Story and the History

Grilling is good. It gets some of the cooking out of the kitchen for one thing. Shrimp are great. They sell them in big bags at Costco. And, with appropriate seasoning, they can fit into any cuisine. So we've been making grilled shrimp for almost every dinner since we discovered grilling in about 2000.

The Basic Recipe (also called Herb Grilled Shrimp)

1. Peel the shrimp. Sprinkle with seasoning or add to a chosen marinade. The simplest thing to do is to spray with olive oil Pam and then sprinkle on garlic herb seasoning.
2. Heat the grill and spray with nonstick spray. Grill the shrimp until they are pink, turning at least once. It is easiest if you use a rack of some sort. You don't want the shrimp to fall into the fire. We often use a mesh pizza rack.



Variations

Grilled Shrimp with Sundried Tomatoes (Senior Dinner 2005 and 2023)

- | | | |
|---|--------|--------------------------------|
| 1 | pound | large shrimp |
| | | olive oil Pam |
| 2 | ounces | sundried tomatoes in olive oil |
| | | fresh basil |
| 2 | ounces | pine nuts |
1. Shell and devein the shrimp. Leave tails on. Slice the sundried tomatoes. Chop the basil. Toast the pine nuts.
 2. Spray the shrimp with olive oil pam and toss in garlic and herb seasoning. Grill them.
 3. Toss the shrimp with the sundried tomatoes and top with the pine nuts and chopped basil.

Raspberry Chipotle Grilled Shrimp with (optional) Pumpkin Seeds (Freshman Dinner 2006, 2007, 2009)

- | | | |
|---|--------|--------------------------------------|
| 1 | pound | large shrimp |
| 1 | bottle | raspberry chipotle dressing/marinade |
| ¼ | cup | pumpkin seeds (optional) |
1. Shell and devein the shrimp. Leave the tails on. Toast the pumpkin seeds.
 2. Toss the shrimp in the marinade and let sit for 15 minutes. Grill them.
 3. Top the shrimp with the pumpkin seeds. (Continued on next page)

Grilled Shrimp with Ham and Zucchini (Senior Dinner 2001)

1	pound	large shrimp
4		zucchini
8	thin slices	ham
2	tablespoons	lemon juice
1	tablespoon	olive oil
1	tablespoon	garlic herb seasoning
2	tablespoons	white wine

1. Peel and devein the shrimp. Slice the zucchini lengthwise as thinly as possible. Cut each ham slice into four strips.
2. Combine the remaining ingredients for the marinade. Add the shrimp and let sit for at least an hour.
3. Wrap one slice of ham, then one slice of zucchini around each shrimp and secure with a toothpick.
4. Spray the shrimps lightly with olive oil and grill until they are pink.



Tequila Grilled Shrimp (Senior Dinner 2002)

32	large	shrimp (about 1½ pounds)
⅓	cup	tequila
2	tablespoons	olive oil
2	tablespoons	fresh lime juice
1	tablespoon	minced garlic
1	tablespoon	minced jalapeño pepper
1	teaspoon	ground coriander
½	teaspoon	ground black pepper
2		limes

1. Make the marinade by whisking together everything except the shrimp and the limes. Add the shrimp to the marinade, put in the refrigerator, and let sit for 30 – 45 minutes.
2. Drain the shrimp and season with salt to taste. Grill them (either individually or on skewers) until pink. Turn at least once.
3. Serve with lime wedges.

NOTES: Source: *Weber's Big Book of Grilling*.

Grilled Rojo Shrimp (Senior Dinner 2010)

See separate recipe in the Mexican and Southwestern section.

Honey Sriracha Shrimp (Senior Dinner 2018)

We got it from <https://www.today.com/recipes/honey-sriracha-shrimp-recipe-t115067>.

We also adapted it for a veggie version. See that recipe in the Mexican and Southwestern section.

Crawfish Etouffé

The History

We've made etouffé twice, for Senior dinners in 1997 and 2016. We used slightly different recipes. This is the first one, thanks to DSer Kerrie Hall. The second time we did this, we also made a chicken and sausage version.

The Recipe

12	tablespoons	butter
½	cup	flour
1 ½	medium	onions
1		green bell pepper
4		scallions
2	stalks	celery
1	clove	garlic
1	cup	chicken broth
1	teaspoon	salt
3	tablespoons	parsley
1	teaspoon	cayenne pepper
2	pounds	crawfish
		Paul Prudhomme's Seafood Seasoning (optional)

1. Chop the onions, bell pepper, scallions, celery, garlic, and parsley. Cook the crawfish.
2. Make a roux with the butter and flour. The traditional way is to melt the butter in a skillet over medium heat. Add the flour. Cook and stir until light brown, 30 - 40 minutes. But you can also do it in the microwave. Place the butter and flour in a microwave-safe dish. Microwave on high three minutes at a time, stirring at the end of each period. Continue until the roux is light brown.
3. Add the chopped vegetables to the roux and cook in a skillet about 3 to 5 minutes, until the vegetables are tender.
4. Remove the skillet from the heat and gradually add the broth, whisking as you go to keep lumps from forming. Return to the heat, add the salt, parsley, and cayenne and cook on low heat, stirring constantly until the sauce is thick. Cook another 20 minutes.
5. Add the crawfish.
6. Taste. You may want to add more cayenne or some Paul Prudhomme Seasoning, depending on how spicy you want it to be.
7. Add a little water if necessary to make it the right consistency.
8. Serve over rice.

NOTES: You can substitute vegetable broth for the chicken broth to make this vegetarian.

Don't even think about reheating this in the microwave. It will turn the crawfish into leather.

You can replace or supplement the crawfish with chicken and/or sausage.

Crawfish Jambalaya

The Story

From Elaine Rich: I got this recipe from my full-blooded Cajun friend Deborah. It was easy to make in DS quantities: a lot of people brought their rice cookers over.

The History

We made this for our Cajun Senior Dinner 2016.

The Recipe

1	pound	crawfish or shrimp
14 ½	ounces	beef broth
8	ounces	canned mushrooms with juice
2	cups	rice
½	can	Rotel tomatoes
1	stick	margarine
1		green bell pepper
1		onion
		salt- to taste
		black pepper (to taste)

1. Peel and clean the crawfish or shrimp (or better yet, buy them already cleaned).
2. Chop the bell pepper and onion.
3. Chop the margarine into small pieces.
4. Place all ingredients into an electric rice cooker. Stir until well mixed. Turn on the cooker and let it cook until it thinks it is done.

NOTES: For the veggie version, replace the crawfish/shrimp with 1 cup of diced eggplant, ½ cup diced red onion, ⅓ cup diced celery and 1 cup of squash (some combination of yellow squash and zucchini). Or use whatever veggies you like.

Hawaiian Mahi Mahi with Mango Black Bean Salsa

The History

We made this for our Polynesian-themed Senior Dinner 2004

The Recipe

28	ounces	mahi mahi filets
1	15 ounce can	black beans
1 ½		mangos
1		red onion
1 ½		red bell pepper
½	bunch	cilantro
¾	teaspoon	sesame oil
5 ½	teaspoons	rice wine vinegar
		salt
		pepper
¼	cup	teriyaki glaze
1	tablespoon	orange juice
1	tablespoon	soy sauce
1 ½	teaspoons	corn starch
1 ½	teaspoons	water

1. Peel the mangos and cut them in ¼" dice. Cut the red onion in ¼" dice. Seed the bell pepper and also cut it in ¼" dice. Chop the cilantro.
2. Combine the black beans with all the ingredients up through the salt and pepper. Mix well and refrigerate.
3. Combine teriyaki glaze, orange juice and soy sauce. Bring to a boil. Reduce heat. Combine cornstarch with water until smooth. Whisk into sauce until desired consistency.
4. Grill the mahi mahi for 3 to 4 minutes per side (being careful not to burn the filets).
5. When done, spoon 1 to 2 tablespoons of the teriyaki sauce on each serving plate. Place mahi mahi on top of sauce, and top with black bean salsa.

NOTES: Source: <http://recipes.ksl.com/recipe-10203i.php>, but the link is now dead.

Salmon with Tropical Black Bean Salsa and Coconut Curry Cream

The History

Served at Freshman Dinner in 1998, 2005 and 2007.

The Recipe

1	pound	salmon
		vegetable oil
		salt
1	cup	tropical black bean salsa (see separate recipe)
1	recipe	coconut curry cream (see separate recipe)
		grated coconut
		whole cilantro leaves

1. Cut the salmon into four pieces. Prepare the grill. Lightly brush the fish with oil and season with salt. Grill the fish until just cooked ($\frac{1}{2}$ " fish may take about 2 minutes per side).
2. Heat the salsa and ladle onto warm serving plates. Place the fish on top of the salsa and drizzle about 2 tablespoons of the curry cream over each serving. Sprinkle with grated coconut and garnish with cilantro leaves.
3. Serve the remaining curry cream in a sauce boat.

NOTES: Source: Stephan Pyles, *The New Texas Cuisine*.

Shrimp Creole

The History

We made this for our Cajun Senior Dinner 1997.

The Recipe

1	pound	raw shrimp
1	clove	garlic
½	cup	onion
2	tablespoons	parsley
½	cup	bell pepper
⅓	cup	butter
⅓	cup	flour
¾	cup	water
1	teaspoon	salt
2		bay leaves
¼	teaspoon	cayenne pepper
8	ounces	tomato sauce

1. Peel and devein the shrimp. Mince the onion, garlic and parsley. Chop the bell pepper.
2. Make a roux with the butter and flour. The traditional way is to melt the butter in a skillet over medium heat. Add the flour. Cook and stir until light brown, 30 - 40 minutes. But you can also do it in the microwave. Place the butter and flour in a microwave safe dish. Microwave on high three minutes at a time, stirring at the end of each period. Continue until the roux is light brown.
3. Add the shrimp to the roux and cook over medium heat about 5 minutes or until shrimp are pink.
4. Add the garlic, onion, parsley, and bell pepper, and cook 2 minutes longer.
5. Remove the pan from the heat. Gradually add water, stirring constantly to avoid lumps. Add remaining ingredients.
6. Return to the heat, bring to a boil, and simmer, covered, for 20 - 30 minutes.
7. Remove bay leaves. Serve over fluffy rice.

NOTES: Source: The Junior League of Lafayette, LA, *Talk About Good*.

Vegetarian Dishes and Sides



Apple and Cheese Casserole

The Story

From Elaine Rich: This recipe comes from a Louisiana cookbook called *Pirate's Pantry*. I love it because it's in the Vegetables section. But it sure feels like dessert.

The History

This was a standby, particularly for Holiday dinners from about 1999 to 2009. We made it for Senior Dinner in 1994 and 1997, Musicales in 2000, 2002, and Holiday Dinner in 1999, 2000, 2002, 2003, 2004, 2005, 2006 and 2009.

The Recipe

7		apples
1	tablespoon	lemon juice
2	tablespoons	water
$\frac{3}{4}$	cup	sugar
$\frac{1}{2}$	cup	flour
1 $\frac{1}{2}$	teaspoons	cinnamon
$\frac{1}{4}$	teaspoon	salt
1	cup	shredded cheddar cheese
$\frac{1}{4}$	cup	margarine

1. Preheat oven to 350°. Chop the margarine into small pieces.
2. Peel and slice the apples. It's great if you have a machine like this:
3. Place apples in a 2-quart casserole. Mix lemon juice and water and pour on top of apples.
4. In a small bowl, mix sugar, flour, cinnamon, salt, and cheese. Pour on top of apples.
5. Dot with margarine.
6. Bake, covered, for about 50 minutes. Stir occasionally.



NOTES: You can make this in a chafing dish size pan. Increase the cooking time by at least 30 minutes.

This can be made up to a few days in advance. Or it can be frozen and reheated.

Artichoke Casserole

The History

Senior Dinner 1994.

The Recipe

4	14 ounce cans	artichoke hearts
1	large	onion
1	teaspoon	chopped garlic
1	cup	grated sharp cheddar cheese
½	cup	grated Romano cheese
3	drops	tabasco sauce
1	cup	seasoned bread crumbs
3	tablespoons	olive oil
		butter, for topping

1. Preheat oven to 300°.
2. Drain and quarter the artichoke hearts. Chop the onion.
3. Sauté the onion and garlic in the olive oil until translucent. Add the artichoke hearts and cook over low heat, stirring, for about 5 minutes. Add the grated cheeses and Tabasco, stirring while continuing to cook over low heat. Add the bread crumbs and mix well.
4. Grease a 2-quart baking dish. Spread the artichoke mixture into the dish. Lightly sprinkle some additional breadcrumbs. Dot with butter.
5. Bake approximately 30 minutes or until bubbly.

NOTES: Source: New Orleans Museum of Art, *Artist's Palette Cookbook*.

Artichoke Pontalba

The Story

The original version of this recipe was Chicken Pontalba. It comes from Brennans, a classic New Orleans Creole restaurant. We've made the chicken version several times. But this dish is too good to leave the vegetarians among us out. So we came up with a couple of vegetarian versions of it.

The History

We made this version for Senior Dinners in 1997 and 2016. At the latter one, we also made an eggplant version.

The Recipe

¼	cup	butter
½	cup	onion
¼	cup	shallots
1	tablespoon	minced garlic
½	cup	mushrooms
1	cup	potato
1	tablespoon	parsley
½	cup	white wine
1	14 ounce can	artichoke hearts
1	small	eggplant
1 ½	cups	bearnaise sauce (see separate recipe)

1. Cut the onion, mushrooms, and potatoes into ¾" dice. Chop the shallots and the parsley.
2. Fry the potatoes until light brown and drain.
3. In a skillet, melt the butter and sauté the onion, shallots, and garlic until tender.
4. Add mushrooms and potatoes and continue cooking about 5 minutes more. Add wine and parsley, and heat through. Remove from heat and keep warm.
5. Cut the eggplant into slices or cubes and sauté or grill until tender.
6. To serve, arrange artichokes and eggplant on bed of vegetables, then cover with bearnaise sauce.

NOTES: You can use frozen diced potatoes. Cook them according to the package directions, making them as crispy as possible. Ore Ida Potatoes O'Brian work well.

A good variation: Leave out the mushrooms from the vegetable mix. Then use Portobello mushrooms instead of (or in addition to) the artichokes and eggplant.

You can make the components of this in advance and combine them at the last minute. I have waited until the end to add the potatoes to the vegetables in order to keep them crispy. You can reheat the bearnaise sauce in a water bath. Don't microwave it.

See separate recipe for Chicken Pontalba for the original on which this recipe is based.

Asparagus Sesame

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

2	pounds	fresh asparagus
2	tablespoons	oil
1	tablespoon	sesame oil
1	tablespoon	soy sauce
2	teaspoons	brown sugar

1. Trim ends of the asparagus. Place the asparagus in a bowl for steaming.
2. Mix the oils, soy sauce and sugar. Pour over the asparagus.
3. Steam, covered, for 15 minutes.

NOTES: The asparagus maybe served in spears or cut into 2" diagonal pieces.

Source: The Junior League of Honolulu, *A Taste of Aloha*.

Broccoli Rice Casserole

The Story

This recipe comes from an iconic Austin restaurant: Threadgills. It feels right for the holidays.

The History

Holiday Dinners, 1999, 2000, 2001.

The Recipe

6	cups	minute rice
2	tablespoons	butter
2	cups	yellow onion
1	cup	cold water
6	heads	broccoli
2	pounds	Velveeta
1	pound	water chestnuts
1	pound	mushrooms
2 ½	cups	cream of mushroom soup (undiluted)
1 ½	tablespoons	steak seasoning with pepper



1. Dice the onion. Chop the broccoli. Cut the Velveeta into ¾" cubes. Slice the mushrooms and water chestnuts.
2. Cook rice according to package directions and set aside.
3. Preheat oven to 350°.
4. In a large skillet, melt butter and sauté onion. Add water and broccoli to skillet. Cook over medium heat, stirring occasionally until broccoli is slightly softened, about 5 minutes.
5. Remove from heat and mix in cheese, water chestnuts, mushrooms, cream of mushroom soup, steak seasoning, and cooked rice.
6. Place mixture in covered casserole dish and bake for about 25 minutes. Stir and bake 25 more minutes.

NOTES: Source: Adapted (to use Minute Rice, thus easy in large quantities) from *Threadgill's: The Cookbook*.

Caponata (Eggplant Salad)

The Story

This recipe is perfect for DS dinners. It can be made several days in advance. It's served at room temperature. And it's veggie-friendly.

The History

A standby for Italian and Mediterranean dinners. We made it for Senior Dinner 1996, Senior Dinner 1998, Senior Dinner 2001, Musicale 2004, Senior Dinner 2005, Senior Dinner 2012, and Senior Dinner 2023.

The Recipe

$\frac{1}{3}$	cup	olive oil
1	large	eggplant
$\frac{1}{2}$	cup	celery
1		onion
2	cloves	garlic
$\frac{1}{2}$	cup	olives (black or green)
1		green bell pepper
1		yellow bell pepper
1		red bell pepper
15	ounces	stewed tomatoes
1	tablespoon	red wine vinegar
1 $\frac{1}{2}$	tablespoons	sugar
1	teaspoon	pepper
$\frac{1}{2}$	teaspoon	salt
4	ounces	tomato paste
2	ounces	capers
1	teaspoon	basil
2	tablespoons	parsley, freeze-dried
2	tablespoons	pine nuts



1. Cut unpeeled eggplant into $\frac{1}{2}$ " cubes. Chop the celery, onion, garlic and olives. Dice the bell peppers. Toast the pine nuts.
2. Heat oil in frying pan. Add eggplant cubes and sauté 10 minutes, stirring occasionally. Add celery, onion, peppers, and garlic. Continue to cook, stirring, for 5 to 7 minutes, or until vegetables are softened. Add olives and stewed tomatoes and cook another 15 minutes. Add remaining ingredients except pine nuts and cook another 30 minutes, stirring occasionally, until the mixture thickens.
3. Remove from heat and stir in pine nuts. Cool. Will keep in refrigerator for at least 2 weeks.

Chilean Squash Casserole

The History

Served at Holiday Dinner 2002.

The Recipe

4	cups	cooked squash or pumpkin
2	tablespoons	olive oil
1	cup	onion
1 ½	cups	bell pepper (mixed red and green)
3	cloves	crushed garlic
1	teaspoon	ground cumin
4		eggs
2	cups	corn
½	teaspoon	chili powder
½	teaspoon	ground coriander
	dash	cayenne pepper
	dash	black pepper
1	teaspoon	salt
1	cup	grated cheddar cheese

1. Preheat oven to 350°.
2. Chop the onion and the bell peppers. Beat the eggs.
3. Sauté onions, garlic and spices in olive oil until onions and garlic are translucent. Add red/green peppers and salt. Cover and cook 5-8 minutes.
4. Add sauté mix to mashed squash, along with corn and beaten eggs. Mix well. Taste to correct seasonings.
5. Spread into a buttered 2-quart casserole, and top with cheese.
6. Bake for 25 minutes covered, then 20 minutes uncovered. Check that the casserole is completely set and firm. Cook a few minutes longer if necessary.

NOTES: You can use various squashes or pumpkin. Butternut squash works really well.

You can make about a 1.5 times this recipe from 2-3 big squash and big peppers.

Coconut Grilled Pineapple Skewers (or Slices)

The History

We made this for Senior Dinner 2010. Pat Lawlor had decided that the dinner's feature would be the chocolate fountain, transformed into a barbeque sauce fountain (See recipe for BBQ Sauce Fountain). Pat and Ryan Riddle planned a menu around that. This seemed like a wonderful accompaniment to meat dipped into a BBQ fountain.

The Recipe

1		ripe pineapple
14	ounces	unsweetened coconut milk
1 ½	cup	sugar
1	teaspoon	ground cinnamon

1. Heat the grill and brush it with oil.
2. Cut the pineapple into spears, slices or cubes. (Cubes are good if you want to use skewers, in which case, skewer the cubes before going on to the next step.)
3. Dip each slice, spear or skewer first in coconut milk and then in the sugar mixture, shaking off the excess between each dipping.
4. Arrange the pineapple on the grate and grill until nicely browned on both sides, about 4 - 6 minutes per side.
5. To serve, arrange neatly on a plate. If you want, you can garnish with a bit of other fruit.

NOTES: To do four pineapples, you'll need just one can of coconut milk and about recipe times 2 of sugar/cinnamon.

Source: Stephen Raichlen, *How to Grill*.



Eggplant Parmesan

The Story

We invented this really simple version of a classic dish. No breading on the eggplant.

The History

We only made this once, for Senior Dinner 1998.

The Recipe

1		eggplant
2	tablespoons	olive oil
28	ounces	Italian tomato sauce
1	tablespoon	butter
6	ounces	shredded mozzarella cheese
$\frac{3}{4}$	cup	Parmesan cheese
		fresh basil leaves

1. Slice the eggplant into slices $\frac{3}{8}$ " thick. Place the slices in a colander and sprinkle them with salt. Let stand at least 30 minutes. Rinse and drain well. Pat dry.
2. Preheat oven to 350°.
3. Grate the Parmesan.
4. Heat olive oil and butter in a frying pan, and fry the eggplant until golden. Remove it from the pan and drain it.
5. Spread a small amount of tomato sauce in the bottom of a 9" x 13" pan. Put the eggplant slices on top of the tomato sauce. Then place the mozzarella slices on top of the eggplant. Spoon the rest of the tomato sauce on top of the mozzarella. Finally, sprinkle on the parmesan cheese.
6. Bake, uncovered, about 25 minutes.
7. Serve, possibly over pasta, garnished with sprigs of fresh basil.

Green Bean Casserole with Onion Rings

The Story

From Alan Cline: The first time we considered making a green bean casserole, a freshman spoke up to say that his mother had the best green bean recipe - one that employed onion rings from a can. (I promise not to reveal the name of the freshman.) He said he would contact his mother. We were all wondering, "Is he talking about the recipe on the onion rings can?" but said nothing. Soon thereafter we heard from Rob Seilheimer's mother that indeed Rob's favorite green bean casserole recipe was the one on the can. Did we say anything? Given that I was involved, need you wonder?

The History

Many years of holiday dinners.

The Recipe

11	ounces	cream of mushroom soup
$\frac{3}{4}$	cup	milk
$\frac{1}{8}$	teaspoon	pepper
29	ounces	canned green beans
2 $\frac{3}{4}$	ounces	canned French's French Fried onions
1	teaspoon	soy sauce



1. Preheat oven to 350°. Drain the green beans.
2. In a casserole dish combine all ingredients except half the onions.
3. Bake 25 minutes or until hot. Top with remaining onions. Bake 5 minutes more.

Green Beans South Pacific

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

1	medium	onion
1	clove	garlic
2	teaspoons	lemon rind
½	teaspoon	green chile pepper
1	medium	tomato
2	tablespoons	oil
1	16 ounce can	French-style green beans
		salt
1	teaspoon	sugar
1		bay leaf
1	cup	coconut milk
5	ounces	hearts of palm

1. Finely chop the onion and garlic. Grate the lemon rind. Finely chop the chile pepper. Peel and chop the tomato. Drain the green beans and hearts of palm.
2. Pound onion, garlic, lemon rind, chile pepper, and tomato to paste.
3. Sauté mixture in oil for 3 minutes, stirring constantly.
4. Add beans, salt, sugar, bay leaf, and coconut milk. Cover loosely, bring to boil, reduce heat, and simmer 15 minutes. Add hearts of palm for the last 5 minutes.

NOTES: Source: Victor Bennett, *The Polynesian Cookbook*.

Green Beans with Roasted Walnut Dressing

The History

Served at Musicale 2007.

The Recipe

1	pound	green beans
¼	cup	walnuts
1	tablespoon	Dijon mustard
1	tablespoon	sherry vinegar
1	teaspoon	sesame oil
2	teaspoons	olive oil
2	tablespoons	low sodium chicken broth
		salt
		pepper

1. Preheat oven to 375°.
2. String the beans. Boil a pot of water large enough to hold the beans. Put the beans in the pot and steam (with the lid on) until cooked but still green and a bit crisp. Drain the beans.
3. Spread out the nuts in a baking dish and toast in the oven 5 to 7 minutes, or until fragrant and lightly browned. Stir them a few times.
4. In a food processor or blender, combine 2 tablespoons of the toasted walnuts with the mustard, vinegar, sesame oil, olive oil and chicken broth. Blend until smooth. Season with salt and pepper to taste.
5. Chop the remaining walnuts slightly (leaving large chunks).
6. Toss the beans with the dressing. Arrange them on a serving dish, and top with the chopped walnuts.

NOTES: Source: Evelyn Slomon, *French Country Light Cooking*.

Grilled Eggplant with Caprese Salsa

The History

We made this for our Mediterranean Senior Dinner 2012.

The Recipe

2		eggplants (about 1 pound each, as cylindrical as possible)
2	tablespoons	coarse (Kosher) salt
3	tablespoons	olive oil
2	teaspoons	dried oregano
½ - 1	teaspoon	black pepper
½ - 1	teaspoon	hot red pepper flakes (optional)
3	cloves	garlic
3	tablespoons	fresh flat-leaf parsley
1	large	ripe tomato
5	ounces	fresh mozzarella
10	leaves	fresh basil
2	tablespoons	olive oil
		coarse salt, to taste
		black pepper, to taste
2	tablespoons	lemon juice



1. Cut the eggplants crosswise into ½" thick slices.
2. Disgorge the eggplant: Spread the eggplant slices on a rack that has been placed over a dish to catch any moisture that drips down. Sprinkle both sides of the slices with 2 tablespoons of coarse salt. Let them stand for about 30 minutes. You should notice tiny beads of juice appear on the surface of the slices. This juice is bitter. So rinse the eggplant under cold water to get rid of it. Pat the slices dry.
3. While you are waiting, mince the garlic and chop the parsley.
4. You can also make the salsa: Seed the tomato and cut it into ¼" dice. Drain the mozzarella (if necessary) and cut it into ¼" dice. Sliver 8 of the basil leaves (leaving the rest for garnish). Combine the tomato, mozzarella, basil, oil, and lemon juice in a nonreactive mixing bowl. But don't mix them yet (that's for the last minute).
5. When the eggplant is ready, arrange it on a baking sheet and drizzle on 2 tablespoons of the olive oil. Rub the oil into the slices with your fingers or a pastry brush. Then sprinkle on half of the oregano, black pepper, red pepper (if desired), garlic, and parsley. Turn the slices over. Drizzle on the last tablespoon of olive oil, rub it in, and sprinkle on the remaining spices.
6. Grill the eggplant until it is soft and nicely brown on both sides, about 5 to 8 minutes per side. Rotate the slices 90 degrees partway through cooking each side if you want a nice cross-hatch pattern on them.
7. When ready to serve, add salt and pepper to the salsa and gently toss to mix. Arrange the eggplant on a platter and spoon the salsa on top. Garnish with the basil leaves.

NOTES: Source: Steven Raichlen, *How to Grill*.

Grilled Peppers and Onions

The History

We made this for our Grigliata Mixta at Senior Dinner 2023. They accompany grilled sausage and meatballs, but they are separate so that the non-meateaters can enjoy them.

The Recipe

2	white onions
1	red bell pepper
1	yellow bell pepper
1	orange bell pepper
1	green bell pepper
	olive oil Pam
	Italian herb seasoning

1. Peel the onions and cut them into medium slices (about $\frac{1}{3}$ ").
2. Cut the bell peppers into rings, also about $\frac{1}{3}$ " thick, discarding the core and seeds.
3. Spray everything with Pam and sprinkle with the herb seasoning. Grill until cooked but not black.

Grilled Portobellos with Feta and Pine Nuts

The Story

Ever since we discovered grilling (in about 2000), we've grilled a lot. Meat, fish, shrimp, all got grilled with whatever sauces and seasonings went with our dinner themes. But we didn't want to leave the vegetarians out. We realized that you can do, with portobellos, just about the same things you can do to meat or fish. We've been doing it. Here's our most popular version. See notes for variations.

The History

We made this basic version for a lot of Holiday Dinners: 2002, 2003, 2004, 2005, 2006, 2007, 2009, and 2010. We made it for Freshman Dinner 2005, and Senior Dinners in 2010 and 2012. We also made a Caribbean version for Senior Dinner 2000 and a version with a pepper ragout for Holiday 2001. For Freshman Dinner 2002, we added eggplant.

The Recipe

8		Portobello mushroom caps
		olive oil spray
		garlic herb seasoning
¼	cup	pine nuts
8	ounces	crumbled feta cheese

1. Clean the mushrooms. Spray with olive oil spray and sprinkle with garlic herb seasoning.
2. Grill the mushrooms until they are soft. Remove from the grill and cut into either strips or quarters.
3. Toast the pine nuts.
4. Place the mushrooms on a platter. Sprinkle on the crumbled feta cheese and the pine nuts.



NOTES: You can alter this basic recipe to fit into just about any cuisine. For example, you can substitute parmesan for the feta for a more Italian flavor. You can substitute some other seasoning for the garlic herb one we use here. Or you can add a topping, like a pepper ragout.

You can also cook eggplant this same way. You can even combine portobellos and eggplant.

Haricots Verts à la Provençal

The History

We served this at our Provençal Freshman Dinner 2001.

The Recipe

¼	cup	olive oil
4	cloves	garlic, unpeeled
1	pound	small, tender green beans
		salt
		pepper
1	handful	breadcrumbs

1. Crush the garlic. Trim the green beans. Make the breadcrumbs by removing the crust from a couple of slices of bread. Toast until they are semidry. Crumble.
2. Warm the olive oil in a large frying pan over medium-high heat. Add the garlic. When they begin to sizzle and color, add the beans. Cook, tossing repeatedly, for 4 – 5 minutes. Season to taste with salt and pepper.
3. Add the breadcrumbs and toss with a wooden spoon only until the breadcrumbs are crisp and begin to color.

NOTES: Source: Richard Olney, *Provence The Beautiful Cookbook*.

Loobee (Green Beans)

The Story

From Elaine Rich: This is another dish I loved in Lebanese restaurants in Pittsburgh. (See Rice with Pine Nuts for more of the story.) This recipe is my adaptation of one in Ann Seranne and Eileen Gaden, *The Best of Near Eastern Cookery*.

The History

We made this for Mediterranean Senior Dinners 2012 and 2015.

The Recipe

2	pounds	green beans
2	tablespoons	olive oil
4	cloves	garlic
1	cup	onion
½	pound	lean lamb (optional)
½	teaspoon	salt
½	teaspoon	black pepper
14 ½	ounces	canned tomatoes (including the juice)
		lemon juice (to taste)



1. Cut the lamb into $\frac{3}{8}$ " cubes. Mince the garlic and onion.
2. Snap the beans and cut them in half.
3. Sauté the onion, garlic, and lamb in the olive oil about 10 minutes until they are cooked.
4. Add the beans to the pan and sauté about 10 minutes.
5. Chop the tomatoes and add them and their juice to the pan. Add the salt and pepper. Cover and cook about 20 minutes.
6. Add the lemon juice.
7. Transfer the beans to a crock pot. Store overnight in the refrigerator, then cook in the crockpot for several hours the next day. Serve hot.

Mushrooms and Artichokes a la Greque

The History

Served at Mediterranean Senior Dinner, 1989.

The Recipe

1	pound	mushrooms, white or portobello
1	14 ounce can	artichoke hearts
6	tablespoons	olive oil
3		shallots
1 ½	cups	vegetable broth
1	cup	dry white wine
1		lemon
4	cloves	garlic
1 ½	tablespoons	tomato paste
1	tablespoon	coriander seed
1	sprig	thyme
1		bay leaf
1	sprig	parsley
		salt
		pepper
		parsley

1. Trim the stems of the mushrooms. Then wash the mushrooms and dry them. Cut the artichoke hearts into quarters. Finely chop the shallots and garlic. Crush the coriander seed. Juice the lemon.
2. Heat the oil in a frying pan and fry the shallots until softened.
3. Make a *bouquet garni* by tying the sprigs of thyme and parsley, plus the bay leaf, into a cheesecloth bag.
4. Add the stock, white wine, lemon juice, garlic, tomato paste, coriander seed and *bouquet garni*. Bring to a boil, reduce heat, and simmer for 10 minutes.
5. Add the mushrooms and cook for 5 more minutes. Using a slotted spoon, transfer the mushrooms to a serving bowl.
6. Add the artichoke hearts to the bowl with the mushrooms.
7. Reduce the cooking liquid by one third to concentrate the flavor. Season to taste with salt and pepper. Discard the *bouquet garni*. Add additional chopped parsley to taste.
8. Pour the sauce over the mushrooms and artichokes. Serve cold.

NOTES: Source: Diane Holuigue, *Classic Cuisine of Provence*.

Mustard Artichoke Hearts

The History

Served at Freshman Dinner 2005.

The Recipe

¼	cup	onion
1	clove	minced garlic
2	tablespoons	butter
2	tablespoons	brandy
1	tablespoon	prepared mustard
½	teaspoon	ground cumin
¼	teaspoon	salt
⅛	teaspoon	pepper
2	14 ounce cans	artichoke hearts
¼	cup	parsley

1. Chop the onion and the parsley.
2. Sauté onion and garlic in butter in a 10" skillet over medium heat until tender. Stir in the brandy and simmer uncovered for two minutes.
3. Stir in all the remaining ingredients except the parsley. Cook uncovered 5 minutes, stirring occasionally.
4. Stir in parsley.

NOTES: Source: *Betty Crocker's Southwest Cooking*.

Ratatouille

The Story

From Elaine Rich: One of my mother-in-law's classics. We thought it perfect for DS dinners because you can make it a day in advance. You can make it veggie friendly if you skip the bacon and just use oil to cook the vegetables. Then it's healthy even for us carnivores.

The History

We served this at Holiday Dinner 1998, and again at our Provençal Freshman Dinner 2001.

The Recipe

6	slices	bacon
2	whole	onions
1 ½	teaspoons	minced garlic
1	large can	tomatoes
1	medium	eggplant
3	medium	yellow squash
3	medium	zucchini
1	tablespoon	green pepper
1	teaspoon	sugar
1	dash each	salt, black pepper, basil, oregano, marjoram, and thyme
1	cup	grated Parmesan cheese
1	cup	shredded mozzarella cheese

1. Preheat oven to 350°.
2. Slice the onions. Peel and dice the eggplant. Slice the squash and zucchini. Dice the green pepper.
3. Fry the bacon, drain on a paper towel, and crumble.
4. Brown the onions in the bacon grease. Add the eggplant. Add the squash and zucchini.
5. Add remaining ingredients, except cheeses, and cook uncovered until the vegetables are barely done. They should still be crisp.
6. Transfer the vegetables to a large, oven-proof casserole and mix in the Parmesan cheese. The casserole can be frozen at this point.
7. Bake until bubbly, about ½ hour.
8. Cover with grated mozzarella. Bake until cheese is melted and the whole dish is bubbly.

NOTES: You can add 8 ounces of sliced mushrooms.

Spinach Artichoke Casserole

The History

Served at Holiday Dinner 1998.

The Recipe

1	stick	butter
20	ounces	frozen chopped spinach
1	large can	artichokes
1	pint	sour cream
½	cup	onion
½	cup	Parmesan cheese
		salt
		pepper

1. Preheat oven to 350°.
2. Finely chop the onion.
3. Cook spinach as directed on the box. Drain.
4. Sauté the onions in the butter.
5. Mix all ingredients together and place in a casserole dish. Stir most of the Parmesan cheese into the casserole and sprinkle the rest on top.
6. Bake for 20 - 30 minutes.

NOTES: Source: The Junior League of Lafayette, LA, *Talk About Good*.

Spinach Madeleine

The Story

From Elaine Rich: My friend Deborah is a full-blooded Cajun. She gave me this recipe, which is great for DS dinners because it can be made a day or even two days ahead of time.

The History

We made this for all three of our Cajun dinners: Senior 1994, Senior 1997 and Senior 2016.



The Recipe

2	packages	frozen chopped spinach
4	tablespoons	butter
2	tablespoons	flour
2	tablespoons	chopped onion
½	cup	evaporated milk
½	cup	vegetable liquor (from spinach)
½	teaspoon	black pepper
¾	teaspoon	celery salt
¾	teaspoon	garlic salt
1	dash	salt
6	ounces	jalapeño Velveeta cheese
1	teaspoon	Worcestershire sauce
1	dash	red pepper (to taste)

1. Cut the cheese into small pieces.
2. Cook spinach according to directions on package. Drain and reserve liquor.
3. Melt butter in a saucepan over low heat. Add flour, whisking until blended and smooth, but not brown.
4. Add onion and cook until soft but not brown.
5. Add evaporated milk and vegetable liquor slowly, whisking constantly to avoid lumps. Cook until smooth and thick. Continue whisking.
6. Add seasonings and cheese to the pan. Stir until the cheese is melted.
7. Combine the sauce with the cooked spinach. You can serve immediately, or refrigerate and serve the next day.

Vegetarian Chile

The History

Warm comfort food served at Holiday Dinners 2003, 2004, and 2006.

The Recipe

2	tablespoons	olive oil
1	large	onion
$\frac{3}{4}$	head	garlic
1	ounce	baby carrots
$\frac{1}{2}$	head	celery
1		green bell pepper
3		roasted red peppers
2	teaspoons	cumin
2	teaspoons	cumin seed
2	tablespoons	chili powder
2		bay leaves
7	ounces	canned chopped green chiles
1	pinch	salt
1	pinch	dried red chiles
28	ounces	canned diced tomatoes
6	ounces	tomato paste
15	ounces	tomato sauce
1	can	black beans
1	can	garbanzo or butter beans
1	can	kidney beans
1	can	artichoke hearts

1. Chop the onion. Mince the garlic. Cut the baby carrots into thirds. Thickly slice the celery. Cut the bell pepper and roasted red peppers into strips. Drain the beans and artichoke hearts. Quarter the artichoke hearts.
2. Sauté onion and garlic in oil until they just start to soften.
3. Add carrots and continue to cook.
4. After carrots begin to soften slightly, add celery, green bell pepper, and roasted red peppers. Cook until green pepper and celery are soft.
5. Add cumin, chili powder, salt, dried red chilies, bay leaves and diced green chiles. Sauté a few minutes more.
6. Add diced tomatoes, tomato paste, and tomato sauce. Add a little water if it seems too thick.
7. Add beans and artichoke hearts.
8. Cook gently for 15-20 min., adjusting spices to taste. Or put into a crock pot overnight.

Zucchini and Cheese Casserole

The History

Served at Senior Dinner 2016 (a Cajun feast).

The Recipe

6	medium	zucchini
3	tablespoons	butter
3	tablespoons	flour
2	cups	canned tomatoes
1	small	green bell pepper
1	small	onion
1	teaspoon	salt
1	tablespoon	brown sugar
½		bay leaf
2	whole	cloves
½	cup	grated sharp cheddar cheese
		Parmesan cheese
		butter

1. Preheat oven to 350°.
2. Chop the bell pepper and onion. Slice the zucchini.
3. Grease a baking dish. Put the sliced zucchini in the dish.
4. Melt the 3 tablespoons of butter. Blend in the flour and add the canned tomatoes. Add the chopped bell pepper and onion. Season with salt, brown sugar, bay leaf, and cloves. Cook for 5 minutes.
5. Pour the sauce over the zucchini. Dot with additional butter. Cover with the grated cheddar. Sprinkle with Parmesan.
6. Bake for 45 minutes.

NOTES: Source: a great Cajun cookbook by The Junior League of Lafayette, LA, *Talk About Good*.

Rice, Pasta, Potatoes, Breads and Stuffing



California Wild Rice Pilaf

The History

Served at Musicale 2002.

The Recipe

½	cup	white rice
¼	cup	wild rice
1	tablespoon	oil
1	tablespoon	margarine
2	stalks	celery
2		scallions
4	tablespoons	pecans
4	tablespoons	raisins
1 ½	cups	chicken stock

1. Finely chop the celery. Chop the scallions and pecans.
2. Heat the oil in a frying pan and drop in the butter. When foaming, add both types of rice. Cook, stirring, until the white rice looks clear.
3. Add celery and the white parts of the scallions, reserving the dark green tops for garnish. Cook briefly to soften.
4. Add the pecans, raisins, and stock. Bring to a boil, cover, and cook until the rice absorbs the liquid and is tender. Sprinkle with the reserved scallion tops.

NOTES: This is the original recipe, but we always make it veggie-friendly by substituting vegetable broth for the chicken stock.

Source: Gallery Books, *California Cooking*.

Challah

The Story

From Alan Cline: I mix the dough for this bread in my bread machine. But then I take it out of the machine and braid it, let it rise, and bake it. The loaf looks really impressive. I usually add a few drops of yellow food coloring to the water. It makes the bread seem more “eggy”.

The History

Served at Holiday Dinner 1997.

The Recipe

$\frac{3}{8}$	cup	water
2 $\frac{1}{2}$		eggs
2 $\frac{2}{3}$	tablespoons	vegetable oil
2 $\frac{2}{3}$	tablespoons	sugar
2	teaspoons	salt
4	cups	flour (bread flour works best)
1	package	yeast
		sesame seeds or poppy seeds



1. Place first seven ingredients (except $\frac{1}{2}$ an egg) into bread machine in your usual order. Save the remaining $\frac{1}{2}$ an egg to brush on the top.
2. Put the machine on white bread, manual. When it has finished, remove the dough from the pan. Divide it into three sections and braid it. Place the braid into a greased loaf pan or just put it on a cookie sheet (as we did for the picture above). Let the dough rise again.
3. When it has risen, preheat oven to 350°. Whisk the remaining egg and brush the top of the bread with it. Sprinkle with poppy or sesame seeds.
4. Bake for 35 minutes.

NOTES: Source: adapted from *The Bread Machine Cookbook*.

Cheese Tortellini in Creamy Goat Cheese Marina Sauce

The History

We made this for the pasta extravaganza part of Senior Dinner 2023.

The Recipe

12-16	ounces	frozen or refrigerated cheese tortellini
28	ounces	canned crushed fire roasted tomatoes
2	tablespoons	olive oil
1	tablespoon	balsamic vinegar
2	teaspoons	garlic powder
1	teaspoon	dried oregano
1	teaspoon	kosher salt
3	cups	baby spinach leaves, tightly packed or 3 ounces frozen spinach leaves
8		fresh basil leaves
4	ounces	goat cheese log

1. Boil the tortellini according to the package instructions (fresh usually takes 2 to 3 minutes and frozen takes 2 to 5 minutes to boil). Then drain it.
2. If using frozen spinach, defrost it and squeeze out most of the water.
3. Meanwhile, in a large skillet, place the crushed tomatoes, olive oil, balsamic vinegar, garlic powder, oregano, kosher salt, spinach, and whole basil leaves. Bring to a simmer, then cover and simmer while the pasta cooks or at least 10 minutes.
4. When the pasta is done and drained, add it to the skillet. Crumble in the goat cheese into the sauce and stir until a creamy sauce forms (if you'd like, save out a few crumbles for topping). Serve immediately.

NOTES: Fresh spinach weighs (approximately) 1.03 ounces per cup. So, to use fresh spinach, you need 3 ounces.

Source: <https://www.acouplecooks.com/cheese-tortellini/>

Chocolate Chip Bread

The History

Served at Senior Dinner 1994 and 1997.

The Recipe

1	package	yeast
3	cups	bread flour
2	tablespoons	brown sugar
2	tablespoons	sugar
1	teaspoon	salt
1	teaspoon	cinnamon
4	tablespoons	butter
1		egg
1	cup	milk
¼	cup	water
1	cup	mini chocolate chips

1. Soften the butter. Warm the milk.
2. Put the first 10 ingredients into a bread machine in the order you usually use.
3. Select white bread and push start.
4. When the machine beeps near the end of the second mixing, add the chocolate chips.
5. Either let the machine bake the bread or take it out, put it in a greased loaf pan, let it rise, and bake at 350° for about 35 minutes.

NOTES: Source: *DAK Bread Book*.

Confetti Couscous

The History

Laurel Issen came up with this for Holiday Dinner 2005.

The Recipe

4	cups	dry couscous
2	cups	Sunmaid dried fruit bits
1	cup	slivered almonds
1	cup	apple juice
¼	cup	apple cider vinegar

1. The couscous package will tell you how much liquid to cook the couscous in (for example 1 cup water per 1 cup couscous). Instead of cooking the couscous in water, substitute diluted apple juice, which you can make by combining 1 part apple juice to 2-3 parts water.
2. Boil the liquid, add the couscous, then turn the heat down to simmer. Cook until the liquid has mostly cooked off (approx. 5-10 min simmering). Stir with a fork, remove from heat, and cover 5-10 minutes until couscous has expanded and no liquid remains.
3. Stir in apple cider vinegar, one tablespoon at a time, to taste. Some vinegars are stronger than others so just pour a bit, stir and fluff, and try a little spoonful.
4. Stir in fruit bits and slivered almonds, fluff and serve.

Cranberry Walnut Stuffing

The Story

From Elaine Rich: We wanted something easy (thus the use of stuffing mix) and festive (thus the addition of cranberries). This is what we came up with.

The History

A good run at Holiday Dinners: 2005, 2006 and 2007.

The Recipe

32	ounces	stuffing mix
1	large	onion
4	stalks	celery
12	ounces	fresh cranberries
2	tablespoons	oil
3	cups	walnuts

1. Chop the onion, celery and walnuts.
2. Sauté onion and celery in oil.
3. Make stuffing according to package directions, but add the cranberries at the beginning.
4. Add the onion/celery mixture to the stuffing. Toss in the walnuts.

Garlic Mashed Potatoes

The History

Served at Holiday Dinners 2005, 2006.

The Recipe

1 ¼	pounds	Russet potatoes
¼	cup	milk
6	large cloves	garlic
¼	cup	whipping cream
¼	cup	butter (½ stick) at room temperature



1. Peel the potatoes and cut them into ½" pieces. Peel and crush the garlic (or use minced garlic).
2. Place the potatoes in a medium saucepan. Add enough water to cover potatoes. Add milk and garlic. Bring to a boil. Reduce heat, cover and simmer until potatoes are very tender, about 25 minutes.
3. Drain potatoes and garlic, reserving ¼ cup of the cooking liquid. Return potatoes and garlic to same saucepan.
4. Add cream and butter and mash until smooth. Thin with reserved liquid, if desired. Season to taste with salt and pepper.

Gemmellini with Sun-dried Tomatoes, Pistachios and Basil

The History

We made this for our Mediterranean Freshman Dinner 2002.

The Recipe

1	pound	pasta
1	tablespoon	olive oil
4	ounces	sun-dried tomatoes
3	ounces	pistachios
1	clove	garlic
¼	cup	pesto sauce
¼	cup	grated Parmesan cheese

1. Thinly slice the sun-dried tomatoes. Chop the garlic.
2. Cook pasta according to package directions. Drain well.
3. Heat olive oil and sauté garlic and sun-dried tomatoes. Add water as necessary to keep everything from burning and to soften the tomatoes.
4. Toast the pistachios. Chop them.
5. Toss pasta with pesto, tomatoes, pistachios, and Parmesan.

Mandarin Orange Stuffing

The History

We made this for Holiday Dinner 2002, 2003, 2004.

The Recipe

1	large Costco box	Pepperidge Farms stuffing
1	large	onion
2	11 ounce cans	mandarin oranges
2	tablespoons	oil

1. Chop the onion. Drain the oranges.
2. Sauté onion in oil.
3. Make stuffing according to package directions.
4. Combine sautéed onion, drained mandarin oranges, and stuffing.

Meat Lasagna

The History

We made this for the pasta extravaganza part of Senior Dinner 2023.

The Recipe

1	9 oz box	no-boil lasagna noodles
2		eggs
15	ounces	ricotta cheese
4	cups	shredded mozzarella cheese
½	cup	grated Parmesan cheese
1	pound	ground beef or sausage
48	ounces	pasta sauce
		parsley (for garnish)

1. Preheat oven to 375°.
2. Brown the beef. Or crumble the sausage and brown it.
3. Beat the eggs. Then combine them with the ricotta cheese, Parmesan cheese and TWO CUPS of the mozzarella cheese. Set aside.
4. In a 13x9x3 pan, spread 1 cup of sauce on bottom of pan.
5. Layer in the order, 4 uncooked lasagna noodles (they will overlap), then ⅓ of the ricotta cheese mixture, half the browned meat, 1 cup mozzarella cheese, and 1 cup of spaghetti sauce.
6. Next layer, 4 uncooked lasagna noodles, ⅓ of the ricotta cheese mixture, and 1 ½ cups sauce.
7. Next layer, 4 uncooked lasagna noodles, remaining ricotta mixture and meat, then 1 cup of sauce.
8. For top layer: 4 uncooked lasagna noodles, remaining sauce, and remaining 1 cup mozzarella.
9. Bake covered with foil for 50-60 minutes.
10. Uncover and continue cooking until all the cheese is melted on the top (about 5 minutes).
11. Let stand 15 minutes before serving.

NOTES: Recipes that use no-boil noodles suggest baking the lasagna covered in order to keep in the moisture that the noodles need to absorb.

Source: <https://www.food.com/recipe/barilla-no-boil-lasagna-80435>

Nantucket Rice Pilaf

The History

This is festive (with the cranberries) So we made it for two Holiday Dinners: 2002 and 2004.

The Recipe

2	cups	rice
2	stalks	celery
3		scallions
½	cup	dried cranberries
4	cups	vegetable broth
½	cup	slivered almonds
1	tablespoon	oil

1. Chop the celery and scallions.
2. Heat the oil. Add the scallions and celery and cook until soft. Add remaining ingredients except almonds. Lower heat and cook until the rice is done (about 20 minutes).
3. Top with the toasted almonds and serve.

Pasta with Morels and Brie

The History

We served this for Italian and Mediterranean Senior Dinners in 2001, 2005, and 2012.

The Recipe

1	ounce	dried morel mushrooms
1	ounce	dried shiitake mushrooms
3	cups	hot water
12	ounces	radiatore (or other spiral) pasta
4	tablespoons	olive oil
1	tablespoon	butter
½	cup	shallots
2	cloves	minced garlic
½	cup	chicken broth
¼	cup	dry white wine
1	teaspoon	thyme
½	teaspoon	salt
½	teaspoon	white pepper
¼	cup	half and half
½	pound	brie
¼	cup	fresh chives



1. Remove the rind from the brie and cut it into small cubes. Finely mince the shallots. Mince the chives.
2. In a medium saucepan, combine the dried mushrooms and hot water and bring to a boil. Cover partially, reduce the heat to medium-low and simmer for 15 minutes. Have ready a strainer lined with a coffee filter or cheesecloth. Drain the mushrooms. Squeeze the mushrooms dry and blot with paper towels. Coarsely chop.
3. Cook the pasta according to package directions.
4. Meanwhile, in a large skillet over medium heat, heat 2 tablespoons of the oil and the butter until butter melts. When foam subsides, add the shallots and garlic and cook, stirring occasionally, for 5 minutes, reducing the heat if necessary to prevent the garlic from browning.
5. Add the chopped mushrooms and cook, stirring occasionally, for 5 minutes. Add the stock, wine, thyme, salt and pepper and bring the mixture to a boil. Reduce the heat to medium-low, add the half-and-half and simmer for 10 minutes.
6. Drain the pasta and transfer it to a large bowl. Add the remaining 2 tablespoons of oil and toss to coat. Immediately add the brie and toss until it melts. Add the mushroom sauce, toss to coat and sprinkle with the chives. Serve immediately.

Polynesian Rice

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

1	cup	rice
6	ounces	pineapple juice
3	tablespoons	shredded coconut
2	tablespoons	slivered almonds
10	ounces	water

1. In a small frying pan, toast the coconut, stirring constantly to make sure it does not burn. Set aside. In the same pan, toast the almonds. Set them aside.
2. Combine the rice, juice, and water in a saucepan. Bring to a boil. Cover, turn the heat down to very low, and simmer until the rice is cooked. Make sure to use very low heat, since the juice has a tendency to burn on the bottom of the pan.
3. Remove the rice from the pan, add the coconut and almonds, and fluff with a fork.

Red Beans and Rice

The History

We combined several recipes to make this one and served it for our Cajun Senior Dinner 2016.

The Recipe

1	pound	dry small red beans
1		ham bone
1	large	white onion
2	stalks	celery
1		green bell pepper
4	cloves	garlic
1		jalapeño
1		bay leaf
2	tablespoons	Cajun seasoning (adjust to taste)
1	pinch	sugar
2	tablespoons	fresh parsley
1	pound	sausage (or more if you want)
½	cup	white rice (or more if you want)
4	cups	chicken broth
2	cups	water

1. Chop the onion, celery, and bell pepper. Mince the garlic. Remove the seeds from the jalapeno and chop it very finely. Slice the sausage into rounds about 1/4" thick.
2. Drain the beans and put them into the crockpot.
3. Brown the sausage. Remove it from the pan and put it into the crockpot. Also add the ham bone.
4. Brown the onion, garlic, bell pepper, jalapeno and celery in the drippings. Add them to the crockpot.
5. Add the Cajun seasoning, bay leaf and sugar.
6. Add the chicken stock and water. Cook on medium until the beans are tender. Probably 6 - 8 hours. Check occasionally and add water if necessary. Near the end, check the seasoning. Add Cajun seasoning and/or salt as desired.
7. Cook the rice in an additional 1 1/2 cups of water.
8. When ready to serve, remove the ham bone and the bay leaf from the crockpot. Add the chopped parsley and stir.
9. Serve the beans over the rice.

Rice Pilaf with Nuts and Cranberries

The Story

From Elaine Rich: One of Alan's favorite dishes is California Rice Pilaf (recipe included here). This is a holiday version: We just substituted dried cranberries for the original raisins.

The History

We made this for Holiday Dinner 2009.

The Recipe

½	cup	white rice
¼	cup	wild rice
1	tablespoon	oil
1	tablespoon	margarine
2	stalks	celery
2		scallions
4	tablespoons	pecans
4	tablespoons	dried cranberries (or more if you want)
1 ½	cups	vegetable broth

1. Finely chop the celery. Chop the scallions and pecans
2. Heat the oil in a frying pan and drop in the butter. When foaming, add both types of rice. Cook, stirring, until the white rice looks clear.
3. Add celery and the white parts of the scallions, reserving the dark green tops for garnish. Cook briefly to soften.
4. Add the pecans, raisins, and stock. Bring to a boil, cover, and cook until the rice absorbs the liquid and is tender. Sprinkle with the reserved scallion tops.

Rice Pilaf with Pine Nuts (Riz Bi Sh'areh)

The Story

From Elaine Rich: When I was in graduate school in Pittsburgh, we went to Lebanese restaurants a lot. If you didn't get the shish kebab, the food fit our graduate student budgets. I have no idea what drew several Lebanese families to Pittsburgh, but they ran great restaurants. This rice dish was one of my favorite things. This recipe is my attempt to copy what they served.

The History

We served this for our Middle Eastern Feast Senior Dinner 1995 and Mediterranean Senior Dinner 2012.

The Recipe

1 ¼	cups	rice
¼	cup	noodles
2	tablespoons	pine nuts
2	tablespoons	oil
3	cups	water
		butter

1. Toast pine nuts in a skillet, stirring often, until they are golden brown. Remove from the skillet and set aside.
2. Add the oil to the skillet. Add the noodles, and sauté them in the oil until they are brown. Stir constantly to prevent burning.
3. Add the rice and stir to cover it with oil. Add the water. Bring it to a boil, then turn the heat down and cover the rice. Cook on low until done and all the water is absorbed (about 20 minutes).
4. Add a couple of pats of butter and toss/fluff with a fork.
5. Sprinkle the pine nuts on top of the rice and serve.

NOTES: Any small noodles will work fine. I usually use orzo or very thin, short egg noodles.

Risotto with Mushrooms and Peas

The History

We made this for Italian Senior Dinner 1996 and Holiday Dinners 1997 and 2003.

The Recipe

14 ½	ounces	reduced-fat chicken broth
6	strands	saffron (optional)
½	cup	onion
6		mushrooms
1	tablespoon	olive oil
¾	cup	boil-in-bag rice
½	cup	frozen peas
1	tablespoon	grated Romano cheese

1. Chop the onion. Thickly slice the mushrooms.
2. In a glass measure, microwave broth on high for 5 minutes. Stir in saffron.
3. In a heavy saucepan over medium-high heat, sauté onions and mushrooms in oil for 5 minutes. Add rice and stir to coat with oil.
4. Add ½ cup of hot broth. Cook, stirring constantly, until broth has been absorbed by rice. Continue to add hot broth, ½ cup at a time, cooking and stirring constantly after each addition, until all broth has been added and absorbed, about 10 minutes.
5. Add peas. Cook, stirring constantly, for 2 minutes. Stir in the Romano. Serve immediately.

NOTES: Source: *Prevention's Guide Quick and Healthy Cooking*.

Riz au Citron (Lemon Rice)

The History

We served this at our Provençal Freshman Dinner 2001.

The Recipe

$\frac{3}{4}$	cup	long grain white rice
1	tablespoon	olive oil
1	tablespoon	chicken broth
2	tablespoons	chopped herbs, such as parsley, basil and/or mint
1	tablespoon	lemon juice
$\frac{1}{2}$	teaspoon	grated lemon zest
		salt
		pepper

1. Chop the herbs. Grate the lemon zest.
2. In a small saucepan, bring $1\frac{1}{2}$ cups of water to a boil over high heat. Add the rice, cover, and reduce heat to low. Simmer 20 minutes, or until the rice is tender and all the water is absorbed.
3. In a medium bowl, whisk together the olive oil, chicken broth, chopped herbs, lemon juice and lemon zest. Add the hot rice to the bowl and mix well. Season with salt and pepper to taste.

NOTES: Source: Evelyne Slomon, *French Country Light Cooking*.

Sweet Cinnamon Rice

The History

We served this for Mexican/Southwestern themed Freshman Dinner 1996, 1998, 2005, 2006 and 2009. Also our Cinco de Mayo Senior Dinner 2018.

The Recipe

4	tablespoons	butter
½	cup	carrots
½	cup	celery
½	cup	white onions
2	cups	rice
½	teaspoon	salt
1	tablespoon	ground cinnamon
1	tablespoon	brown sugar
½	cup	currants (or raisins)
2	tablespoons	canned green chiles
4 ⅓	cups	water
⅓	cup	pecans
2	sticks	cinnamon (optional, for garnish)

1. Finely dice the carrots, celery, and white onions. Chop the canned chiles. Chop the pecans.
2. Toast the pecans. Set aside.
3. Melt 2 tablespoons of the butter. Cook carrots, celery and onion over low heat, stirring occasionally, for 10 minutes.
4. Add rice, salt, cinnamon, brown sugar, currants, chiles, and water. Bring to a boil on high. Turn heat to low, cover, and cook 15 to 20 minutes, stirring occasionally.
5. Add remaining butter and pecans and serve. Garnish with cinnamon sticks.

NOTES: To make this in large quantities, use Minute Rice. Use 4 cups of minute rice and follow the package directions for amount of liquid. One 28 ounce box is a tad more than 8 cups. So use it for a double recipe of this.

One double recipe fills one full size chafing dish pan.

If using minute rice, change step 4. First, adjust amount of water. Use the same number of cups of water as you use cups of rice. (So 1 to 1, not the 2 to 1 that you'd use for regular rice.)

Next, combine everything in a very large pot, stir, bring to a boil, then turn off the heat. Let the rice sit for at least 5 minutes. Make sure that all of the water is absorbed. Finally, fluff with a fork.

Vegetable Lasagna with Bechamel Sauce

The History

We made this for the pasta extravaganza part of Senior Dinner 2023.

The Recipe

2	cups	ricotta cheese
2	cups	part-skim mozzarella cheese -- shredded
½	cup	parmesan cheese -- grated
½	teaspoon	black pepper
2	tablespoons	parsley -- chopped
1	medium	onion -- sliced
4	cloves	garlic -- minced
1	medium	zucchini -- shredded
8	ounces	mushrooms -- thinly sliced
14 ½	ounces	canned diced tomatoes
12	ounces	jar roasted red peppers -- sliced
10	ounces	fresh spinach
3	ounces	tomato paste
1	tablespoon	Italian seasoning
¼	teaspoon	crushed red pepper flakes
¼	teaspoon	salt
¼	teaspoon	black pepper
8	tablespoons	butter
½	cup	flour
1 ½	cups	2% low-fat milk
¼	cup	parmesan cheese -- grated
2		eggs -- beaten
16	ounces	lasagna noodles – cooked (or use no boil noodles)

1. Preheat oven to 375°F. In a medium bowl, mix cheeses, black pepper and parsley together and set aside.
2. **VEGETABLES:** In a large skillet, heat the onion and garlic over medium heat. Sauté until the onions are translucent. Add the zucchini and mushrooms. Sauté until the water has evaporated from the zucchini. Add sliced tomatoes, tomato paste and seasonings. Cook to reduce and thicken. (If using no boil noodles, leave a bit of liquid.) Set aside.
3. **BECHAMEL:** Melt the butter in a medium saucepan over medium heat. Whisk the flour in slowly until the roux thickens a bit, about 1-2 minutes. Add the milk slowly while whisking constantly to avoid lumps. Cook over medium heat for about 5 minutes until the béchamel comes to a medium thickness (soft paste texture). Remove from heat and rest 2 minutes, stirring occasionally, to cool slightly. While whisking, slowly add the eggs a little at a time until incorporated well.
4. **ASSEMBLY:** In a 9x13 pan, Spread a thin layer of Bechamel sauce into the bottom of the lasagna pan. Place a layer of lasagna sheets, cut to fit into the pan if necessary. Add a thin layer of cheese mixture, then some spinach, followed with a vegetable layer. Repeat. Continue layering in this manner until ingredients are used up. Pour the remaining Bechamel sauce over top.
5. Bake for 40-45 minutes or until bubbly. If using no boil noodles, cover with foil for the first 20 minutes. Let stand for 10-15 minutes before slicing.

NOTES: Source: <http://www.food.com/recipe/vegetable-lasagna-with-a-thick-bechamel-sauce-251309>

Wild Rice with Almonds, Dried Cherries and Cranberries

The History

This dish is festive. We made it for Holiday Dinners 1999 and 2000.

The Recipe

4	ounces	dried cherries
½	cup	port
½	teaspoon	almond extract
8	ounces	wild rice
2	tablespoons	butter
3	stalks	celery
⅓	cup	celery leaves
½	cup	shallots
4	ounces	slivered almonds
2	teaspoons	dried sage
¾	teaspoon	salt
½	teaspoon	black pepper
¼	cup	broth

1. In a small bowl, mix the dried cherries, almond extract and port. Let stand while preparing the stuffing.
2. Rinse the rice. Chop the celery and finely chop the celery leaves. Mince the shallots. Toast the almonds.
3. Bring a large pot of lightly salted water to boil over high heat. Stir in the wild rice and reduce heat to medium. Cover and cook 45 to 60 minutes, until wild rice is tender and most of the grains have burst. Drain well and rinse under cold running water. Place in a large mixing bowl.
4. In a large skillet, melt the butter over medium heat. Add the chopped celery and cook until crisp-tender, about 5 minutes. Add the shallots and celery leaves and cook until shallots are softened, about 2 minutes. Add the cherries, their soaking liquid, and the broth. Increase heat and bring to a boil. Boil until the liquid has almost completely evaporated, about 3 minutes. Stir the mixture into the wild rice, along with the almonds, sage, salt, and pepper.

NOTES: Can be prepared up to 1 day ahead and refrigerated. To reheat, melt 3 tablespoons butter in a large skillet or Dutch oven. Add the rice mixture and cook, stirring, until warmed.

This is the original recipe. We added ½ cup dried cranberries.

Source: *Austin American Statesman, Thanksgiving 101.*

Sauces, Salsas and Relishes



BBQ Sauce Fountain

The History

For Senior Dinner 2010, Pat Lawlor decided that the dinner's feature would be the chocolate fountain, transformed into a barbeque sauce fountain. Pat and Ryan Riddle planned a menu around that.

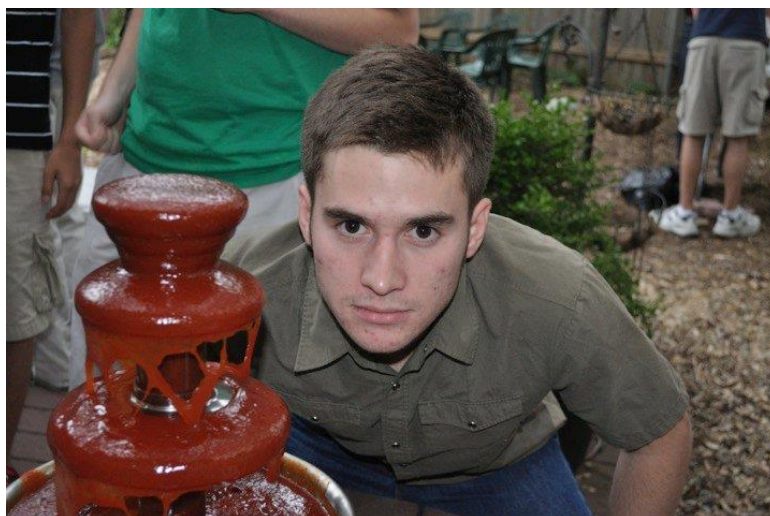
The Recipe

1 recipe BBQ sauce - <https://www.sephra.com/blog/bbq-sauce/>

grilled sausage
beef brisket (see separate recipe)
grilled shrimp (see separate recipe)
grilled pineapple (see recipe for coconut grilled pineapple)
grilled asparagus
grilled portobello mushrooms

1. Make the BBQ sauce. Keep it warm (or rewarm it so that it is warm when it goes into the fountain). The recipe says to blend in small batches in a blender. It's easier if you use an immersion blending wand.
2. Choose whatever you want to put into the fountain. Cut it into bite-size chunks. You may want to serve some of these things warm. Skewers will be useful.
3. Set up the fountain. It is very important that it be level. Put the BBQ sauce into the fountain and turn it on. You may want to use a rubber spatula to mix it as it begins flowing.
4. Clean the fountain as soon as you turn it off. It is *really* hard to clean after the chocolate solidifies.

NOTES: You can modify the sauce recipe to suit your taste. The important thing is that it have the correct consistency so that it flows well in the fountain. That's why you should start with the recipe provided by the fountain manufacturer (in our case, Sephra).



Coconut Curry Cream

The History

For Freshman Dinner in 1998, 2005 and 2007, we served Salmon with Tropical Black Bean Salsa and Coconut Curry Cream. This is the Curry Cream.

The Recipe

1 ½	cups	heavy cream
1	teaspoon	olive oil
¼		onion
1		serrano chili
1	tablespoon	curry powder
1	large	coconut
1	tablespoon	lime juice
1	teaspoon	unsalted butter
		salt

1. Chop the onion. Seed and chop the chili. Bring the butter to room temperature.
2. In a saucepan, reduce the cream by a third.
3. In another saucepan, heat the olive oil until lightly smoking and sauté the onion and serrano for 1 minute. Whisk in the curry powder and cook for 1 minute longer.
4. Crack the coconut and add the milk (about 1 cup) to the pan with the onion, reserving the flesh. Add the lime juice and reduce the liquid by ¾, whisking occasionally.
5. Add the reduced cream and simmer for 1 to 2 minutes. Strain the liquid into another pan and whisk in the butter. Season to taste with salt.

NOTES: Source: Stephan Pyles, *The New Texas Cuisine* .

Cranberry Orange Relish

The History

We often had cranberry sauce for Holiday Dinners. But in 2000 and 2003, we tried this variation.

The Recipe

1		orange
1	pound	cranberries
2	cups	sugar

1. Slice the orange. Squeeze as much juice and pulp as possible into a measuring glass. Add enough water to make 2 cups.
2. Put the liquid and the sugar into a saucepan and boil for about five minutes.
3. Pick over the cranberries and add them to the liquid. Simmer them uncovered, very gently, without stirring, until they are translucent, about five minutes. Skim off any foam.
4. Chill until firm.

Hollandaise Sauce

The Story

Hollandaise is decadent. But it is traditionally very hard to make. You are supposed to stir constantly in a double boiler. Unless you are lucky, it will separate. Then you start over. But this blender version is foolproof.

The History

Pontalba (both chicken and artichoke) have been a standby for our Cajun dinners. They're topped with Hollandaise. And for the Holiday dinner in 2006 and 2007, we poured it on asparagus.



The Recipe

1	stick	butter
3		egg yolks
1	tablespoon	lemon juice
½	teaspoon	salt
¼	teaspoon	white pepper

1. Melt the butter.
2. Put all other ingredients into the blender and puree.
3. Turn on the blender and slowly dribble in the butter, blending as you pour.

NOTES: This sauce can be reheated in a double boiler. Don't do it in the microwave.

Tropical Black Bean Salsa

The History

For Freshman Dinner in 1998, 2005 and 2007, we served Salmon with Tropical Black Bean Salsa and Coconut Curry Cream. This is the Tropical Black Bean Salsa.

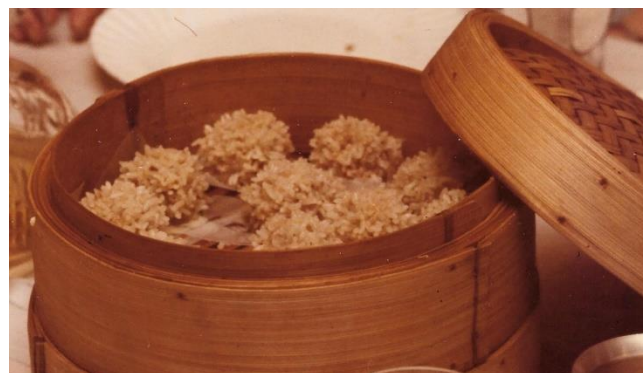
The Recipe

$\frac{3}{4}$	cup	black beans
3	cups	chicken stock
2	teaspoons	olive oil
1	tablespoon	onion
1	clove	garlic
1	tablespoon	carrot
1	tablespoon	celery
1		serrano chile
2	tablespoons	lime juice
1	tablespoon	mango
1	tablespoon	pineapple
1	teaspoon	tomato
1	teaspoon	red bell pepper
1	teaspoon	yellow bell pepper
1	teaspoon	basil
1	teaspoon	cilantro
$\frac{1}{2}$	teaspoon	Mexican oregano
		salt

1. Chop the onion, carrot, celery, basil, cilantro, and Mexican oregano. Crush the garlic. Seed and chop the serrano. Dice the mango, pineapple, tomato, and bell peppers.
2. Rinse and soak the beans overnight.
3. Drain the beans, reserving the soaking liquid. Measure the liquid, which should be about 1 cup, and add enough chicken stock to make a total of 4 cups of liquid. Set aside.
4. Prepare the vegetables, fruits and herbs as described.
5. In a large saucepan, heat the oil until lightly smoking. Sauté the onion, garlic, carrot, celery, and serrano for about three minutes, stirring frequently. Add the lime juice and the 4 cups of reserved liquid. Bring to a boil and add the black beans. Reduce the heat and simmer for 45 minutes to 1 hour, until the beans are just tender.
6. Strain and reserve $\frac{3}{4}$ cup of the cooked bean mixture and set aside. Place the remaining bean mixture and liquid in a blender and puree. Pour back into a clean saucepan, add the reserved bean mixture and the remaining ingredients.
7. Serve warm or at room temperature.

NOTES: Source: Stephan Pyles, *The New Texas Cuisine* .

Asian



百花腰果

羅漢炒麵

凉拌翠筍

牦田綠葉

杏仁圓柳



Chinese Almond Jello with Lychees and Mandarin Oranges

The History

We made this for our Chinese Senior Dinner 2011.

The Recipe

1	envelope	unflavored gelatin
1	cup	milk
⅓	cup	sugar
1	teaspoon	almond extract
1	can	mandarin orange segments
1	can	pineapple chunks
1	can	lychees
		Maraschino cherries (optional)

1. Soften the gelatin in ⅓ cup cold water in a 9" square pan.
2. Add ¾ cup boiling water and the sugar. Stir until sugar and gelatin are dissolved.
3. Add the almond extract and the milk.
4. Chill until set.
5. Cut the gelatin in ½" cubes and serve in individual bowls with the fruit.

NOTES: Often people use canned fruit cocktail instead of the fruit described here. Anything goes.



Chinese Almond Lemon Chicken

The Story

From Elaine Rich: I suspect that this recipe is not authentically Chinese since I've never encountered the use of almond extract in this sort of dish, but it does taste good.

The History

We made this for our Chinese Senior Dinner 2011.

The Recipe

1		whole chicken breast
1	cup	snow peas
¼	cup	almonds
2	tablespoons	oil

Marinade:

½	tablespoon	cornstarch
1	tablespoon	sherry
1	tablespoon	soy sauce

Sauce:

½	tablespoon	cornstarch
1	tablespoon	sherry
1	tablespoon	soy sauce
1	teaspoon	sugar
½	teaspoon	salt
2	tablespoons	lemon juice
½	teaspoon	almond extract

1. Skin and bone the chicken. Cut it into fairly thin slivers. Combine the marinade ingredients and add the chicken. Let it marinate 10 minutes.
2. Combine the ingredients for the sauce.
3. Heat the oil in a wok. Add the almonds and stir fry until they are brown. Remove them from the oil.
4. Add the chicken to the oil and stir fry until cooked. Add the snow peas and stir about one minute. Add the sauce and stir until thick.
5. Remove the chicken mixture a serving dish and sprinkle the almonds on top. Serve immediately.

Chinese Braised Black Mushrooms

The History

We made these for two of our Chinese feasts: Freshman dinner 1999 and Senior Dinner 2011.

The Recipe

2	ounces	dried shitake mushrooms
1	tablespoon	oil
1 ½	tablespoons	soy sauce
1	teaspoon	sugar
1	tablespoon	sesame seeds



1. Soak the mushrooms in hot water for 20 minutes. Drain and cut away the stems. Pat dry. Lightly toast the sesame seeds.
2. Heat the oil until it is very hot. Stir fry the mushrooms for 45 seconds.
3. Add 1½ cups of water, the soy sauce, and the sugar. Slowly boil the mixture, turning the mushrooms occasionally, until almost all the liquid is evaporated and the mushrooms are glazed.
4. Transfer the mixture to a bowl and let it cool completely.
5. Hold a knife at a 45 degree angle and slice the mushrooms crosswise into thin slices.
6. Sprinkle with sesame seeds.

Chinese Cantonese Roast Duck

The History

We made this for Senior Dinner 2011.

The Recipe

1		duck
1	clove	garlic
1	teaspoon	fresh ginger
2		scallions
½	cup	honey
½	cup	water
¼	cup	soy sauce
2	tablespoons	sherry
1	teaspoon	salt
2	teaspoons	sugar



1. Preheat oven to 375°.
2. Clean the duck and pat it dry.
3. Mince the garlic and ginger. Chop the scallions.
4. Make the sauce: Combine all ingredients except the duck.
5. Place the duck in a roasting pan, and pour the sauce over and into it. Baste several times.
6. Roast the duck for an hour, basting often.
7. To serve, slice the duck into bite size pieces. Garnish with scallion flowers.

NOTES: This dish is good served either hot or cold.

Source: adapted from John Keys, *Food for the Emperor*.

Chinese Cantonese Roast Pork

The History

We made this for Freshman Dinners 1995 and 1999.

The Recipe

5	pounds	pork loin roast
¼	cup	soy sauce
1	cup	honey
¾	cup	hoisin sauce
2	tablespoons	sesame paste
¼	cup	brown bean sauce
¼	cup	sugar
1	teaspoon	five spice powder
1	teaspoon	powdered garlic
2	teaspoons	salt

1. Preheat oven to 450°.
2. Remove the meat from the bones and fat, leaving the meat in large pieces. Cut it into strips that are about 2" across and as long as the roast.
3. Line a 9" x 13" pan with aluminum foil.
4. Combine all the ingredients except the pork in a bowl. Add the pieces of pork and coat well. Get as much of the sauce as possible on the pork.
5. Lay the pieces of pork in the pan.
6. Roast for forty-five minutes, basting occasionally with the remaining sauce.
7. Although this dish can be served hot, it is wonderful at room temperature, and it is difficult to slice neatly while it is hot. So wait until it has cooled. Slice the meat into thin slices. Coat the slices in the sauce in the bottom of the roasting pan. If there is not enough sauce to coat the pieces, make some more.

Chinese Cashew Broccoli

The History

We made this for three Chinese feasts: Freshman Dinners 1997 and 1999 and Senior Dinner 2011.

The Recipe

2	bunches	broccoli (1 pound florets)
2		carrots
2	ounces	sliced water chestnuts
1	ounce	roasted salted cashews
2	teaspoons	sesame oil

Sauce:

1	teaspoon	oil
2	cloves	garlic
½	teaspoon	fresh ginger
2	tablespoons	soy sauce
¾	cup	broth (chicken or vegetable)
1 ½	teaspoons	sugar
¼	teaspoon	black pepper
1	tablespoon	cornstarch



1. Cut the broccoli into florets. Save the stems for something else. Thinly slice the carrots and cut them into flower shapes. Cut the cashews in half. Finely chop the ginger.
2. Boil a pot of water. Add the carrots. Cook for one minute. Add the broccoli. Cook another 1 to 2 minutes. Drain and rinse with cold water.
3. Heat the oil in a wok. Add the garlic and ginger and stir fry for a minute or so. Reduce the heat to medium. Combine the remaining sauce ingredients and add them to the wok. Simmer, stirring, until the mixture thickens.
4. Add the broccoli, carrots, and water chestnuts to the wok and stir to coat them with the sauce. Add the sesame oil and stir.
5. Place the broccoli mixture on a platter and sprinkle on the cashews. Serve immediately.

Chinese Chicken Wings

The History

We made this for our Chinese Senior Dinner 2011. We got it from Matthew Tien's dad. It's great because the wings are baked, not fried.

The Recipe

32		chicken wings (4 lbs)
½	cup	soy sauce
1	cup	ketchup
1	cup	hoisin sauce
1	teaspoon	white pepper
½	cup	cooking wine
1	teaspoon	garlic powder
½	cup	brown sugar
1	tablespoon	honey
1	tablespoon	peanut butter (optional)
1	teaspoon	roasted chili paste

1. Preheat oven to 350°. Line a baking pan with foil.
2. Break the chicken wings apart at the two joints. Throw away the tips.
3. Mix together the rest of the ingredients for the marinade.
4. Combine the chicken wings with the marinade. Marinate overnight (at least 18 hours).
5. Bake the wings for 50 minutes, flipping them after 25 minutes.
6. Five minutes before the end of the baking time, brush with extra sauce.

Chinese Date Filled Fried Wontons

The Story

From Elaine Rich: These are just like traditional fried wontons except that they have a sweet filling. Turn wontons into dessert.

The History

We made these for Freshman Dinner 1999.

The Recipe

½	pound	won ton skins
½	cup	pitted dates
½	cup	walnuts
2	tablespoons	orange juice
		confectioner's sugar



1. Finely chop the dates and the walnuts. Add the orange juice. Mix well.
2. Place about a tablespoon of filling in each skin. Wrap into any shape you like. A bit of water will help to seal the edges.
3. Deep fry at 375° until golden. Remove from oil and drain.
4. When they are cool, sprinkle with confectioner's sugar and serve.

NOTES: Source: Time Life Books, *Recipes: The Cooking of China*.

Chinese Eggplant in Chile Garlic Sauce

The History

We made this for our Chinese feasts for Freshman Dinner 1999 and Senior Dinner 2011.

The Recipe

¼	cup	small dried shrimps (optional)
6		small dried shitake mushrooms
1		green bell pepper
1		red bell pepper
3	tablespoons	chile paste with garlic
1	tablespoon	soy sauce
2	tablespoons	sherry
1	tablespoon	red wine vinegar
1	teaspoon	sugar
1		medium eggplant (about 1½ pounds)
½	cup	water
		oil for frying

1. Soak the shrimps, if used, in cold water to cover for 1 hour, then drain and set aside.
2. Soak the mushrooms in boiling water to cover for 15 to 30 minutes, then drain and squeeze to extract most of the moisture. Cut off and discard the tough stems. Chop. Set aside.
3. Trim the peppers and split them in half. Remove the seeds and white fibers, then cut the peppers into bite-size pieces. Set aside.
4. Blend together the chile paste with garlic, soy sauce, sherry, vinegar, and sugar. Set aside.
5. Trim off the ends of the eggplant and discard. Cut the eggplant into eighths, lengthwise. Cut the slices into 1½ to 2" cubes. Place in a colander and rinse under cold water. Drain well.
6. Heat 2 tablespoons of oil in a wok or skillet, and when it is hot, add the eggplant cubes, stirring and pressing, and cook until lightly browned, about 5 minutes.
7. Add the drained shrimps, if you are using them, and cook about 30 seconds.
8. Remove the eggplant and drain well in a sieve-lined bowl.
9. Heat 2 tablespoons of oil in the pan and add the mushrooms and peppers. Stir until tender, about 1 or 2 minutes. Turn down the heat. Return the eggplant to the pan and cook, stirring, about 5 minutes. Add the water. Cook stirring, about 5 seconds, then add the soy sauce mixture. Cook and stir about 5 minutes. Serve hot or warm. (But can be made in advance and reheated.)

NOTES: Source: slightly adapted from Craig Claiborne and Virginia Lee, *The Chinese Cookbook*.

Chinese Golden Coin Beef with Snow Peas

The Story

From Elaine Rich: This is one of my favorite Chinese recipes. I got it from a friend in graduate school. She took a Chinese cooking class and came home with it. This recipe taught me that baking soda is a meat tenderizer.

The History

We made this for Freshman Dinner 1999.

The Recipe

1	pound	beef (sirloin tip or round steak)
½	pound	fresh snow peas

Marinade:

2	tablespoons	soy sauce
2	tablespoons	sherry
2	tablespoons	cornstarch
2	tablespoons	vegetable oil
½	teaspoon	sugar
1	teaspoon	baking soda
½	cup	water

Sauce:

2	tablespoons	Worcester sauce
2	tablespoons	catsup
1	tablespoon	sherry
1	tablespoon	soy sauce
1	teaspoon	sugar
1	teaspoon	salt
¾	cup	water
1	tablespoon	cornstarch

1. Combine the marinade ingredients. Slice the beef thinly. Mix it into the marinade and allow to sit at least a few hours.
2. Remove the ends and the strings of the snow peas.
3. Heat a small amount of oil in a wok. Stir fry the beef until barely not red. Remove it from the pan.
4. Add a bit more oil to the pan. Stir fry the snow peas about a minute.
5. Meanwhile, combine all the sauce ingredients in a glass and mix well.
6. Add the beef back to the wok. Add the sauce and stir until thick.
- 7.** If desired, add 1 teaspoon sesame oil just before serving.

Chinese Hard Boiled Eggs

The History

We made this for our Chinese Senior Dinner 2011.

The Recipe

10		eggs
½	cup	soy sauce
1	piece	star anise
¼	cup	water
1	teaspoon	sesame oil

1. Hard boil the eggs and peel them. If you're not sure how to do this without destroying the eggs, check YouTube.
2. Stick a toothpick through each egg many times in all directions.
3. Combine the remaining ingredients except the sesame oil in a saucepan. Add the eggs.
4. Simmer for half an hour.
5. Add the sesame oil.
6. Let the eggs soak in the sauce in the refrigerator at least overnight. Turn them often. You'll end up with a sort of marbled effect as the soy sauce mixture soaks into the eggs along the lines that were pierced by the toothpicks.
7. Cut the eggs into halves or quarters.

Chinese Home Style Beef

The History

Served at what is probably our first Chinese feast: Freshman Dinner 1995.

The Recipe

1	pound	beef tenderloin
½	pound	snow peas
1	tablespoon	scallion, chopped
		wonton skins (for garnish)
		oil for deep frying

Scallion juice:

2		scallions
3	slices	ginger
½	tablespoon	sherry
4	tablespoons	cold water

Marinade:

¼	teaspoon	black pepper
1	tablespoon	soy sauce
1	teaspoon	baking soda
1	tablespoon	flour
1	tablespoon	cornstarch

Sauce:

1	tablespoon	soy sauce
1	tablespoon	catsup
1	tablespoon	Worcestershire sauce
2	tablespoons	sugar
1	teaspoon	cornstarch
3	tablespoons	water

1. Cut the beef across the grain into ¼" thick by 1½" square pieces. Pound each piece of beef several times with the back of a knife or a meat mallet.
2. Pull the ends and the strings off the snow peas.
3. Chop the scallion. Then crush it with the ginger. Place in a bowl. Add the sherry and water and soak for about 10 minutes to make the scallion juice.
4. In a bowl, mix the marinade ingredients and the ginger juice. Add the meat and let stand at least 2 hours.
5. Heat the oil. Deep fry a few wonton skins to use for garnish. Then deep fry the beef for 20 seconds. Remove and drain it.
6. Put 1 tablespoon of oil in a pan and add the sauce. Bring to a boil. Turn off heat and add the meat.
7. Stir fry the snow peas in oil.
8. Put the peas on a platter. Pour the meat on top. Surround the meat with the fried won ton skins. Sprinkle with chopped scallions.

NOTES: Source: *Pei Mei's Chinese Cook Book Volume II*.

Chinese Hunan Candied Pecans

The History

We made these for Chinese Freshman Dinners 1995 and 1999 and our Pan Asian Senior Dinner 2013.

The Recipe

1	pound	pecans (or walnuts)
2	quarts	boiling water
		oil for frying
½	cup	water
1	cup	sugar
	pinch	salt
		granulated sugar

1. Drop the pecans into boiling water and cook for 2 minutes. Drain.
2. Heat coating ingredients (the water, sugar and salt) in a wok until boiling. Mix in the pecans, reduce the heat to medium, and cook for about 5 minutes. Stir vigorously and watch carefully so that the sugar doesn't burn. When the sugar is completely dissolved and becomes caramelized, remove pecans and pour into strainer to drain off excess sugar. (The recipe says 5 minutes. But it may take more like 15 on a small burner.)
3. Immediately heat oil to 300°. Add pecans and cook for 5 minutes, stirring often. Raise temperature gradually to 350°; pecans will reach a deep chocolate brown color and will start to float to the surface. If you are doing multiple batches of this recipe, only fry about a pound of nuts at a time. When the first batch is cooked, remove them. Then reheat the oil before each additional batch.
4. Remove pecans, drain well, and place in a shallow pan to cool. Shake the pan often to prevent pecans from sticking. When coating turns glossy, blot pecans with paper towels to remove excess oil.
5. When completely cool, sprinkle nuts with a small amount of granulated sugar. Store the nuts in a tightly sealed container in a cool place.

NOTES: It's somewhat of a nuisance to set up to make these since they need to be fried. But they are so good that they are worth it. You can munch them all by themselves. You can also add them to a wide variety of dishes (like shrimp ones).

You can use honey instead of water and sugar in step 2. Not so much honey will stick to the pecans. So you'll get nuts that aren't so sweet (or crunchy). This version goes well in dishes. The sugar version is better for munching.

These freeze well, so make several batches.

Chinese Marinated Asparagus

The History

Served at early Freshman Dinners: 1995 and 1997.

The Recipe

3	pounds	asparagus
½	cup	dried shrimp (optional)
½	cup	sherry
3	tablespoons	soy sauce
2	tablespoons	sesame oil
1	teaspoon	sugar

1. Clean the asparagus and break off the woody ends. Cut the stalks into 2" lengths diagonally.
2. Very slightly cook the asparagus by putting it in a colander and pour a kettle of boiling water over it. You can also drop it into a pot of boiling water for about 15 seconds.
3. Soak the shrimp in the sherry for half an hour.
4. Combine all the ingredients and chill.

Chinese Minced Chicken (or Veggies) in Lettuce Cups

The History

We made this for our Chinese Senior Dinner 2011.

The Recipe

2		skinless, boneless chicken breast halves		<i>Marinade:</i>	
				pinch	salt
5		dried shitake mushrooms		pinch	white pepper
2	ounces	ground pork	1		egg white
1		scallion	½	teaspoon	cornstarch
½	cup	bamboo shoots	1	tablespoon	oil
3		water chestnuts			
2	tablespoons	peanuts		<i>Sauce:</i>	
¾	ounce	rice sticks	1	tablespoon	sherry
1	head	iceberg lettuce	1	tablespoon	oyster sauce
1	teaspoon	sesame oil	3	tablespoons	Hoisin sauce
		oil for deep frying	¼	teaspoon	salt
				pinch	white pepper

1. Soak mushrooms in warm water for 20 minutes, then coarsely chop them. Combine the marinade ingredients.
2. Finely dice the chicken, then add it to the marinade and let stand for 10 minutes. Mince the scallion. Coarsely chop the bamboo shoots and water chestnuts. Chop the peanuts.
3. Break the lettuce apart into large leaves and wash them.
4. Combine the sauce ingredients.
5. Break the rice sticks into pieces. Fry them, a few at a time, in oil at 350°. They should puff up. Drain them.
6. Fry the chicken in the same oil. Remove and drain.
7. Put a small amount of oil into another pan. Add the pork. Then add the scallion. Cook for a minute or two. Then add the bamboo shoots, water chestnuts, and mushrooms. Add the chicken and the sauce. Stir to coat. Add peanuts and the sesame oil.
8. Combine the chicken mixture and the rice sticks in a bowl. Serve immediately with the lettuce leaves.

NOTES: To make the veggie version, omit the chicken and pork. Add some chopped veggies, for example, zucchini.

Chinese Moo Shoo Pork

The Story

From Elaine Rich: My parents were friends with a Chinese family that had barely made it out of China in 1949. The mom was an amazing cook and offered to teach me. This is one of the best recipes I got from her. It's heavier on meat than what one usually gets in restaurants.

The History

We served this for three Chinese feasts: Freshman Dinners in 1995 and 1997, and Senior Dinner 2011.

The Recipe

6		lean pork chops
¼	cup	dried wood (tree) ear
½	cup	dried tiger lilies
4		scallions
4		eggs
1	tablespoon	soy sauce
1	tablespoon	sherry
2	teaspoons	cornstarch
1	teaspoon	sugar
¼	teaspoon	powdered ginger
		Mandarin pancakes
		Hoisin sauce



1. Soak the tree ear and the tiger lilies in warm water for 15 minutes.
2. Remove the meat from the fat and the bones. Then slice it thinly.
3. Combine the soy sauce, sherry, cornstarch and sugar and add the pork to it. Let it sit for 10 minutes.
4. Put a small amount of oil in the pan and add the ginger. Beat the eggs and add them to the pan. Stir while they are cooking (that is, make scrambled eggs).
5. Remove the eggs from the pan.
6. Add a bit more oil. Stir fry the pork until done. Add the remaining ingredients.
7. Serve hot with Mandarin pancakes and Hoisin sauce. To eat, each person takes a pancake, places some meat mixture on it, and a dab of hoisin sauce, then rolls it up and eats it.

NOTES: You can buy the pancakes frozen at Asian grocery stores. Sometimes they are called moo shoo pork pancakes, sometimes Peking duck pancakes.

Chinese Pearl Balls

The History

Served at Freshman Dinners: 1995 and 1999. Then they returned for Senior Dinner 2011.

The Recipe

1	cup	glutinous rice
1	pound	ground pork
¼	cup	bamboo shoots
6		fresh mushrooms
6		dried mushrooms
6		water chestnuts
2		scallions
1	teaspoon	garlic powder
2	tablespoons	fresh ginger
1	tablespoon	soy sauce
1	tablespoon	sherry
1	teaspoon	sugar
1		egg



1. Soak the rice in warm water for 2 hours.
2. Soak the dried mushrooms in warm water until soft. Remove the stems.
3. Finely chop all the vegetables. A food processor works well. Finely mince the ginger.
4. Cut 2" x 2" squares of wax paper, one for each ball. If you skip the wax paper, the balls will stick to the steamer.
5. Combine all the ingredients except the rice.
6. Form balls about 1" in diameter. Roll each ball in the rice, and then roll the balls in your hand to press in the rice.
7. Place each ball on a piece of wax paper (without this they will stick to the steamer) and place on a bamboo steamer.
8. Steam over boiling water 45 minutes to an hour. Check to make sure they are done before removing them.
9. Serve hot. Many people like to eat them with sauces such as soy sauce, plum sauce, or hoisin sauce.

NOTES: Glutinous rice is also called sticky rice.

Source: adapted from Joanne Hush and Peter Wong, *The Chinese Menu Cookbook*.

Chinese “Chimichurri”

The Story and History

The theme for Senior Dinner 2013 was Pan Asian. We made a collection of sauces to accompany grilled meat and shrimp, as well as steamed broccoli. This one is a Chinese take on the classic South American chimichurri. It was Lily Liao’s idea.

The Recipe

2	cups	scallions
3	cloves	garlic
1	teaspoon	ginger
1	teaspoon	vinegar
¼	cup	canola oil
⅛	cup	sesame oil
1	teaspoon	sea salt
¼	teaspoon	black pepper
¼	teaspoon	red pepper flakes
		oil for frying

1. Finely chop the scallions. Chop the garlic and the ginger.
2. Quickly stir fry the garlic and ginger in a small amount of oil.
3. Combine all ingredients and chill.
4. Bring to room temperature before serving. Adjust seasoning.

Chinese Peking Duck

The History

We made this for Freshman Dinner 1999. "What?", you may be thinking. You did this for over 100 people. Well, no. Back then, Freshman Dinner was just for freshmen and buddies. And the program was smaller than most alums remember. So, while it seemed like a lot of ducks at the time, it really was manageable. You might want to try just one your first time.

The Recipe

1		whole duck
½	cup	Hoisin sauce
½	cup	honey
¼	cup	soy sauce

IMPORTANT: Preparation of the duck, before cooking, requires at least 24 hours.

1. Wash the duck and remove as much fat as possible from under the skin. The best way to do this is to run a knife between the meat and the skin. And then use your fingers. But you need to be careful not to pierce the skin. You might want to watch a few Youtube videos.
2. Dunk the duck into a large pot of boiling water and leave it in for about 2 minutes. Remove and pat dry. The traditional next step is to hang the duck in front of fan for 24 hours. But we like refrigeration. So try this: invert the duck over a wine bottle. Place on a plate. Put it in the fridge. You are trying to get the rest of the fat to drain out.
3. After 12 hours, mix the Hoisin, honey and soy sauce to make the marinade. Brush the duck with the marinade. 6 hours later, brush again.
4. Place the duck on a rack over a roasting pan. The duck should be 2" above the bottom of the pan.



5. Roast 1 hour at 375°. Lower heat to 300°, turn duck over, and cook half an hour. Turn duck back over, raise heat back to 375°, and cook half an hour. Baste occasionally with marinade while roasting.

6. Serve with pancakes, scallion brushes, and a sauce that is a mixture of equal parts Hoisin and honey. You can buy the pancakes frozen at any Asian grocery store. They are the same as Moo Shoo Pork pancakes.



Chinese Pork Stuffed Mushrooms

The History

We made these for a Chinese Freshman Dinner 1997 and a Pan Asian Senior Dinner 2013.

The Recipe

20	mushroom caps
20	peas

Filling:

1	pound	ground pork
1	can	water chestnuts
1	teaspoon	sugar
1 ½	teaspoons	cornstarch, mixed with 3 tablespoons water
1	tablespoon	fish sauce
3	tablespoons	light soy sauce
	splash	sesame oil

Make the mushrooms:

1. Finely chop the water chestnuts.
2. Combine all the filling ingredients and refrigerate for 2 hours.
3. Dust the inside of the mushroom caps with a bit of additional cornstarch to prevent the filling from falling out. Put a ball of filling in each mushroom.
4. Place a pea on top of each stuffed mushroom.
5. Steam for 25 minutes.

Make the sauce :

1. Collect all the sauce resulting from the steaming. Placing it in a saucepan and bring to a boil (if it looks like there's not enough sauce for all the mushrooms, add more water and fish sauce). Add salt so that the sauce is slightly more salty than the mushrooms.
2. In a bowl, mix about 1 tablespoon of corn starch with 3 tablespoons of water. Stir it into the sauce slowly, until the sauce is thickened.
3. Pour sauce over stuffed mushroom. Add sesame oil to the dish as desired.

Chinese Spicy Cold Chicken (or Vegetables) in Lettuce Leaves

The History

We made this for Freshman Dinner 1999. We made both a chicken and a veggie version.

The Recipe

2	tablespoons	canola oil
1	whole	chicken breast
1		onion
3		scallions
1	can	water chestnuts
1	cup	celery
1	cup	bamboo shoots
1	cup	mushrooms
1		green pepper
2	teaspoons	fresh ginger
1	small jar	pimentos
1/3	cup	chopped almonds
1	tablespoon	sesame oil

Marinade:

1	tablespoon	sherry
1/2	teaspoon	powdered ginger
2	tablespoons	soy sauce
1	clove	garlic
2	teaspoons	sesame oil

Sauce:

1	teaspoon	soy sauce
1	teaspoon	chicken bouillon
1	tablespoon	cornstarch
1 1/2	teaspoons	chili paste with garlic
1/2	cup	water

1. Cut the chicken into 3/8" cubes. Combine the marinade ingredients. Add the chicken to the marinade and allow to sit at least 2 hours.
2. Cut the onion, scallions, water chestnuts, celery, bamboo shoots, mushrooms, and green peppers into 3/8" cubes. Finely mince the ginger and garlic.
3. Mix the ingredients for the sauce.
4. Heat a wok and add half the canola oil. Stir fry the chicken until it is cooked. Remove it from the wok. Add the remaining oil and stir fry all the vegetables. Add the sauce and stir until it is thickened. Add the chicken and the sesame oil and stir to mix.
5. Put the mixture on a platter and sprinkle on the almonds.

NOTES: To use this for the filling for lettuce leaves, substitute 3/4 ounce rice sticks for the almonds. Deep fry the rice sticks at 350° until they puff up. Drain and break them up. Sprinkle them over the top of the dish immediately before serving.

To make the veggie version, just omit the chicken.

Chinese Spinach and Black Mushrooms

The History

Served at Freshman Dinner 1997.

The Recipe

1	pound	spinach
12		dried shitaki mushrooms

Sauce:

4	tablespoons	soy sauce
2	tablespoons	sherry
1	tablespoon	sugar
1	teaspoon	salt
1	tablespoon	cornstarch



1. Soak the mushrooms in 1¼ cups of water for 15 minutes. Remove the stems, then slice the mushrooms.
2. Add a bit of oil to a wok, and stir fry the mushrooms for 1 minute.
3. Combine the sauce ingredients with the liquid from soaking the mushrooms and add it to the wok. Stir until thick.
4. Wash the spinach. Put it in a colander and pour a kettle of boiling water over it.
5. Place the spinach on a platter, and pour the mushroom mixture over it. Serve immediately.

Indian Aloo Gobi

The History

Served at Senior Dinner 2019 – an Indian Feast.

The Recipe

3	tablespoons	oil of choice or ghee
1	teaspoon	cumin seeds
½	teaspoon	black mustard seeds
1		onion
½ - 1		serrano pepper (optional)
2	teaspoons	garlic
2	teaspoons	ginger
1	pound	potatoes
¼	cup	water
1		cauliflower
1	teaspoon	paprika
1	teaspoon	salt
1	teaspoon	turmeric
½	teaspoon	garam masala
¼	teaspoon	cayenne (optional, adjust to taste)
		cilantro for garnish



We used these Instant Pot Directions. There are stove-top directions on the source website.

1. Dice the onion. Mince the pepper (if using), garlic and ginger. Cut the potatoes into 1" pieces. Separate the cauliflower into florets.
2. Press the sauté button, add the oil and allow it to heat up for a minute. Add the cumin and mustard seeds. Once the cumin seeds brown and the mustard seeds pop, add the onion and serrano pepper. Stir-fry for 6-7 minutes, or until the onions begin to brown.
3. Add the garlic, ginger, potatoes and stir-fry for 30 seconds. Pour the water into the pot, secure the lid, close the pressure valve and cook for 3 minutes at high pressure.
4. Open the valve to quick release any remaining pressure.
5. Remove the lid, stir the potatoes, then add the cauliflower florets and sprinkle the spices on top of the florets. Secure the lid, close the pressure valve and cook for 1 minute on high pressure. Quick release remaining pressure.
6. Remove the lid, mix well, garnish with cilantro and serve.

NOTES: Source: <https://myheartbeets.com/aloo-gobi/>

Indian Channa Masala

The History

Tanvi Ingle contributed this recipe for our Indian Feast, Senior Dinner 2019.

The Recipe

2	15 oz cans	garbanzo beans
4		tomatoes
1		red onion
½	cup	cilantro
1		jalapeño
2	teaspoons	channa masala mix
1	teaspoon	garam masala
1	teaspoon	tumeric
1	teaspoon	chili powder
1 ½	teaspoons	ginger garlic paste
2	teaspoons	salt
½		lemon (or more, to taste)
		vegetable oil



1. Slit tomatoes in half and microwave for 6 minutes.
2. Slice onions into chunks and sauté for 6 minutes in oil.
3. Use a food processor to blend tomatoes, onions, cilantro, and jalapeño to a coarse consistency.
4. Fry the masala mix in oil until the masala 'blossoms'/bubbles.
5. Add the contents of the food processor to the pot with the masala. Mix and let sit for 15 minutes until no water remains.
6. Add the beans to the pot then let sit for 7-10-ish minutes.
7. Add 1½ cans of water and salt. Let sit on stove until water level drops and water begins to boil.
8. Switch off the heat and squeeze the juice from the lemon into the pot.

Indian Chicken Korma

The History

For Senior Dinner 2008, we celebrated the Return of Picasso, with Chef Zach Ladner. He taught us this.

The Recipe

5	pounds	boneless, skinless chicken thighs
		canola oil
2	tablespoons	butter
1	pound	onion
2	ounces	garlic
1	can	coconut milk
1	quart	chicken stock
1	cup	cashews
½	teaspoon	cinnamon
½	teaspoon	cardamom
1	tablespoon	fennel seeds
½	teaspoon	cumin
		salt and pepper
		chopped cilantro and lime to garnish

1. Season the chicken with salt and pepper. Finely dice the onion. Chop the garlic. Toast the cashews. Preheat oven to 350°.
2. In a large pre-heated dutch oven with oven safe lid, sear off chicken thighs in canola oil until golden brown on both sides. Do this in batches, and don't over crowd the pan or you won't get a good sear.
3. Drain off excess grease in the pan and add the butter. Once the butter has melted, add the onions and garlic and sauté over medium heat until translucent. Use your spoon or spatula to scrape up the fond (bits of chicken stuck to the bottom of the pan) so that they don't burn but stay in the sauce to flavor it. Once the onions are translucent, add the spices. Stir in and allow to cook until they become quite fragrant. This won't take long. Add the coconut milk, stock, cashews, and seared chicken. Add a pinch of salt and bring the mixture up to a simmer.
4. Place the lid on the dutch oven, place in your pre-heated oven and bake for 1 hour. Once the pot is out of the oven, remove chicken to your serving platter. Blend the sauce until very smooth and put over chicken. If sauce is too thick, simply add a bit more chicken stock until your desired consistency is achieved. Season sauce to taste with salt and pepper and garnish with chopped cilantro and lime.

Indian Kachumber Salad

The History

A cool foil for the rest of the food at Senior Dinner 2019 - an Indian Feast.

The Recipe

1	small	onion
2	medium	tomatoes
1	medium	cucumber
1	cup	coriander leaves
1		green chili
1	teaspoon	lemon juice
¼	teaspoon	black pepper
¼	teaspoon	red chili powder
¼	teaspoon	chaat masala, optional
¼	teaspoon	roasted cumin powder (bhuna jeera), optional
½	teaspoon	salt or rock salt (kala namak)



1. Finely chop the onion, tomatoes, cucumber, coriander leaves and green chili.
2. Add lemon juice, salt, red chili powder and black pepper.
3. You can add a small amount of chaat masala and roasted cumin powder if you want.
4. Mix all the ingredients well and serve chilled.

NOTES: Source: <https://vegecravings.com/kachumber-salad-recipe/>

Indian Kulfi (Pistachio Ice Cream)

The History

Alan Cline did some experimenting with the idea of Indian pistachio ice cream. He came up with this. We served it at Senior Dinner 2019 - an Indian Feast.



The Recipe

10	ounces	sweetened condensed partially skim milk
14	ounces	evaporated skim milk
1	cup	light (5%) cream
2	teaspoons	cardamom (ground)
1	teaspoon	vanilla
1	cup	pistachio nuts

1. Chop the pistachios. You can chop them as finely or coarsely as you like.
2. In a large bowl, stir together the condensed milk, evaporated milk, and cream. Stir in the cardamom and vanilla.
3. Pour into kulfi molds, muffin tins or prepared baking pan. We made 17 dozen in mini muffin tins lined with papers. Individual servings pop out easily. Cover with plastic wrap.
4. Freeze for at least 6 hours or overnight. Serve sprinkled with pistachios.

NOTES: You can adjust the quantities a bit to better correspond to can sizes for the milks.

We used roasted salted pistachios.

Source: Marilyn and Tanya Linton, *125 Best Ice Cream Recipes*.

Indian Mango Chutney

The History

Served at Senior Dinner 2019 – an Indian Feast.

The Recipe

1	teaspoon	coriander
1	teaspoon	cumin
¼	teaspoon	cayenne pepper
½	teaspoon	turmeric
¼	teaspoon	cardamom
1	cup	vinegar
1	cup	brown sugar
3	cloves	minced garlic
1½	teaspoon	ginger, minced
3		green mangos, peeled, pitted, and diced

1. Mince the ginger. Peel, pit and dice the mangos.
2. In a large saucepan, stir the five spices over medium/high heat to release the flavor for a couple of minutes.
3. Add vinegar, brown sugar, garlic and ginger and stir until it comes to a boil.
4. Add mangos and let the mixture return to a boil.
5. Lower to a simmer and stir occasionally.
6. Cook for 1-2 hours or until it has a thick consistency.
7. Taste. If you want, you can add a bit more cayenne pepper.
8. Cool and serve with poppadums, naan bread, crackers or main dish. We also used it for pani puri.

NOTES: It's important to use green mangos, not the ones you just peel and eat. You can get them at an Indian grocery store.

Source: <https://www.theblackpeppercorn.com/2012/01/indian-mango-chutney/>

Indian Mango Coconut Chicken Curry

The History

Ryan Riddle came up with this recipe (by adapting one from simplyrecipes.com). We made it for Senior Dinner 2010.

The Recipe

3	tablespoons	vegetable oil
1	large	red onion
½		red bell pepper
2	cloves	garlic
2	tablespoons	fresh ginger
5	tablespoons	yellow curry powder
2	teaspoons	ground cumin
2		mangos
2	tablespoons	cider vinegar
1 ¼	cup	water
1	cup	coconut milk
1 ¼	pound	skinless boneless chicken thighs or breasts
1	cup	basmati rice

1. Chop the red onion and bell pepper. Mince the garlic and ginger. Peel and dice the mangos. Cut the chicken into 1" pieces.
2. Heat the oil in a large sauté pan over medium heat. Add onions and bell pepper cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and ginger and cook for another minute. Then add the curry powder and cumin and cook for a few more minutes. The spices will absorb some of the oil, so if anything begins to stick too much to the bottom of the pan, add a little more oil to the pan.
3. Add the vinegar, water, coconut milk, and one of the two chopped mangoes to the pan. Increase the heat and bring to a boil, then lower the heat to maintain a low simmer for about 15 minutes, stirring occasionally.
4. Remove the pan from the heat. Scoop the sauce into a blender. Purée the sauce, pulsing until smooth. Return the sauce to the pan.
5. Add the chicken pieces to the pan. Return to a low simmer. Cover the pan and let cook for 8-10 minutes. Chicken should be just cooked through. Use a knife to cut open the largest piece to check.
6. Add remaining chopped mango to the pan. Cook at a very low temperature for another minute or two, uncovered. Do not let boil! Or the sauce may curdle.
7. If a little too sweet, add a little more vinegar. If not sweet enough, you can add a dash of sugar. Add salt and pepper to taste.
8. Serve over rice.

Indian Pani Puri

The Story

This popular Indian snack food wasn't actually on our planned menu. But there the puris were at the Indian grocery store, begging to be bought. It was then up to the Indian student cooks to figure out what to do with them. This recipe represents a collaboration started by Tanvi Ingle and continued by Sindhu Venkat and others.

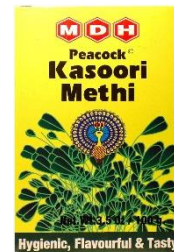
The History

Served as an appetizer at Senior Dinner 2019 – An Indian Feast.

The Recipe

200		puffed round puris for pani puri
56	ounces	canned garbanzo beans
4	teaspoons	chat masala
2	teaspoons	kesouri methi (dried fenugreek leaves)
2		red onions
1	bunch	cilantro
1	jar	cilantro chutney
1	jar	tamarind chutney
1	package	boondi

1. Dice the red onions and wash and finely chop the cilantro.
2. Pour each of the chutneys into a separate bowl and dilute with water to a syrupy consistency.
3. Rinse the garbanzo beans in a bowl. Microwave for at least 3 minutes, until they are soft (can squish with fingers). Mix in the chat masala and kesouri methi. Add more chat masala to taste.
4. To serve: Poke a hole in the center of a puri with your thumb. Fill puri with garbanzo beans. Drizzle on chutneys. Top with onions, cilantro, and boondi.



Indian Peas Oosal

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Then we made it again for Senior Dinner in 2006, led by Sanjita Ravishankar and her parents. Here is Pooja's recipe.

The Recipe

2	tablespoons	oil
½	tablespoon	cumin seed
¼	teaspoon	ground cardamom
½	teaspoon	haldi (turmeric)
1	medium	onion
16	ounces	frozen peas
½	teaspoon	garlic powder
1	teaspoon	cumin powder
¾	teaspoon	coriander powder
¼	teaspoon	cinnamon
¼	teaspoon	ground cloves
¼	teaspoon	ginger powder
		salt
		sugar
6	teaspoons	dried coconut
		cilantro (optional)

1. Chop the onion.
2. Heat the oil. Add cumin seed, cardamom and haldi, in that order. Don't let the cumin fry too much.
3. Add the onion and the frozen peas. Add ½ cup of water. Add either ½ cup of yogurt or an additional ½ cup of water. Add the rest of the spices. Add salt and/or sugar to taste. Add a bit more water if necessary, but this dish should be somewhat dry. Continue to cook.
4. When the peas are cooked, add the coconut. Garnish with cilantro if desired.

Indian Peshwari Naan

The History

Served at Senior Dinner 2019 - an Indian Feast.

The Recipe

$\frac{3}{4}$	cup	water
2	tablespoons	plain yogurt
1		egg
2	teaspoons	salt
1	tablespoon	olive oil
3	cups	flour
$1\frac{1}{2}$	tablespoons	active dry yeast
30	grams	coconut flakes
15	grams	almonds
15	grams	pistachios
30	grams	raisins
1	teaspoon	sugar
1	tablespoon	melted butter or ghee



1. Put all of the ingredients, up to and including the yeast, into the bread machine in the order indicated in the recipe and select the basic dough setting. When the dough setting is complete, place the dough into a covered container and put it in the refrigerator overnight. It will rise a little.
2. In the morning, prepare the filling by grinding together the coconut flakes, pistachios, almonds, raisins and sugar in a food processor. You want to get rid of large chunks, but you don't want a powder either.
3. Remove the dough from the refrigerator. Turn it out onto a floured surface and cut it into 6 equal size pieces. Roll each of the smaller dough pieces into a circle. Put $\frac{1}{6}$ th of the filling in the center of each circle. Seal the circles by pulling the edges of them to enclose the filling in between. Shape them once again as balls, and roll them again in oval shapes. Use a small amount of flour, as necessary, to keep the dough from sticking. Let rise about 2 hours.
4. Put baking sheets into the oven and preheat (the oven and the baking sheets) to 425.
6. Place the naans onto the baking sheets. Bake for about 8 minutes. Browned areas would be great, but we never get them. You want just to make sure that the naans are baked all the way through but are not dry.
7. Brush the naans with ghee or melted butter before serving

See Notes and another photo on the next page.

Indian Peshwari Naan (continued)

NOTES: This recipe is a combination. We started with a bread machine recipe to make the dough and a traditional Peshwari naan recipe for the rest. See the second source for a video of how to form the naans.

Sources:

<https://www.breadmakermachines.com/recipes/indian-naan-bread-recipe/>

<https://www.goodtoknow.co.uk/recipes/peshwari-naan>

But all naan recipes that we found called for letting the dough rise once, then rolling it out and forming it, then baking it right away. We tried this and found that all of the rising "oomph" was gone by the time the naans were formed. We ended up with crackers. Then we tried rolling out the dough and forming it as soon as the dough was mixed. Then we let it rise. The result was an improvement, but still not great. Finally, we arrived at this compromise. The dough will rise a little in the refrigerator overnight. But not so much that it can't rise again. Then we form the naans and let them sit for about two hours before baking.

Very few Peshwari naan recipes call for sugar in the filling. We added it initially just for taste. But that first sugared batch also puffed more than earlier ones. So we haven't tried exactly this rising regimen with no added sugar. It might work. But it is possible that the sugar actually makes a difference in how the dough rises during baking. We haven't tried taking it out since we really liked the result with it.



Indian Potato Bhaji

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Here is her recipe.

The Recipe

1	pound	potatoes
1	medium	onion
1-3	green	chilies (depends on desire for heat)
2	teaspoons	mustard seed
¼	teaspoon	asafoetida
½	teaspoon	turmeric
¼	teaspoon	fenugreek powder
		salt (to taste)
¼	cup	cilantro

1. Dice the onion. Finely chop the chilis. Chop the cilantro.
2. Boil or microwave the potatoes. Then peel them and cut into ½" cubes.
3. Add oil to pan and heat. Add mustard seed, asafoetida, and turmeric. Cook until mustard seeds are popping. Add in fenugreek. Be careful not burn!
4. Lower heat, add onion and sauté for about 3-5 minutes. Add chilies. After a few minutes, add cubed potatoes. Add salt to taste and heat through.
5. You can sprinkle with cilantro if desired.

Indian Raita 1

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Then we made it again for Senior Dinner in 2006, led by Sanjita Ravishankar and her parents.

The Recipe

2 $\frac{2}{3}$	cups	plain yogurt
1	small	cucumber
2	tablespoons	fresh mint
1	teaspoon	cumin seeds
$\frac{1}{4}$	teaspoon	cayenne pepper
1	teaspoon	salt
		black pepper

1. Peel and coarsely grate the cucumber. Finely chop the mint. Roast and grind the cumin.
2. Put the yogurt in a bowl. Beat lightly with a fork or whisk until smooth and creamy.
3. Add all the other ingredients and mix. Cover and refrigerate until ready to eat.

Indian Raita 2

The History

Tanvi Ingle contributed this recipe for our Indian Feast, Senior Dinner 2019.

The Recipe

1		white onion
2		cucumbers
2		red radishes, grated
$\frac{1}{4}$	cup	mint
32	ounces	plain whole-milk yogurt
$1\frac{1}{2}$	cups	whole milk
1		jalapeño
		salt, sugar, and pepper to taste

1. Cut white onion and cucumber into small, bite-sized chunks. Grate the radishes. Cut the jalapeño into 2 long halves. Chop the mint.
2. Combine all ingredients. Chill for at least an hour.
3. Serve cold.

Indian Saag Paneer

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Then we made it again for Senior Dinner in 2006, led by Sanjita Ravishankar and her parents. And again for Senior Dinner 2019 – an Indian Feast.

The Recipe

2	boxes	frozen chopped spinach
½ - 2		green chiles (to taste)
1	tablespoon	onion
½	teaspoon	cumin seeds
1	tablespoon	masoor dhal (red lentils)
1	tablespoon	dhania (coriander) powder
1 ½	teaspoons	chili powder
¼	teaspoon	sugar
2	tablespoons	oil
150	grams	paneer (from 1 liter of full fat milk), or more if desired
2	large	onions (or 3 if you want)
3		tomatoes
9	slices	garlic
1	tablespoon	grated cheese
½	teaspoon	garam masala
1	teaspoon	ghee
1	tablespoon	cream



1. You need paneer (a soft cheese). You can make it (there are recipes on the web). Or buy it at Indian grocery stores.
2. Preheat oven to 350°. Finely chop the green chiles. Finely chop just 1 tablespoon of onion.
3. Defrost the spinach. Then add to it the masoor dhal (no need to soak -- just here for thickening) and enough water to cover and pressure cook for 3 minutes. Or cook in the microwave. When cool, strain and reserve the liquid.
4. Slice the large onions and the tomatoes into long thin pieces.
5. Heat 1 tablespoon of the oil. Add garlic, onion and tomatoes and fry for three minutes. Add the cooked spinach and grind the mixture.
6. Heat the rest of the oil in a pan large enough to hold everything. Add the cumin seeds and the finely chopped onion and chiles. Fry for just one minute. Add the dhania powder and fry for a second or two. Then add the spinach mixture, sugar, and salt (to taste). Add enough of the reserved spinach cooking water to make a smooth mixture. Boil on a medium flame, stirring now and then. When it has thickened, add the chili powder and boil for one more minute. You can make the recipe up to here the night before.
7. Cut the paneer into ½" cubes. Gently mix the cubes into the spinach mixture. Remove from the heat.
8. Pour the mixture into a baking dish, sprinkle the grated cheese on top, and bake until the cheese melts (about 2 minutes).
9. Beat the cream. Melt the ghee and add the garam masala powder to it.
10. Serve the spinach garnished with the beaten cream and the ghee. You can also add cut onion and/or sliced lemon.

Indian Saffron Basmati Rice

The History

Served at Senior Dinner 2019 – an Indian Feast.

The Recipe

1	cup	basmati rice
2	cups	water
1½	tablespoon	butter
½	teaspoon	salt
5	pinches	saffron



1. Place the rice in medium bowl and add enough water to cover by 2 inches. Using your hands, gently swish the grains to release any excess starch. Carefully pour off the water, leaving the rice in the bowl. Repeat four times, or until the water runs almost clear. Using a fine mesh strainer, drain the rice.
2. Heat the water and butter in the microwave until the butter melts. Crumble the saffron into the water/butter mixture and stir to mix well. Put the rice, water and salt into a rice cooker and cook until done.
3. Fluff the rice with a fork and serve.

NOTES: Source of the recipe we started with: <https://www.onceuponachef.com/recipes/perfect-basmati-rice.html#tabrecipe>. But we added saffron and used a rice cooker.

You can use the very inexpensive saffron that is sold in markets like Fiesta.

You can do two cups of rice at a time in a standard size rice cooker.

Indian Shamme Meat Loaf

The Story

From Sanjita Ravishankar: I created this fusion recipe from a Shamme kabob recipe by baking the dough in a bread pan instead of making patties out of it and pan frying.

The History

We made this for Senior Dinner 2006.

The Recipe

See next page.



Indian Shamme Meat Loaf

The Recipe

1	pound	lean ground lamb
½	cup	yellow split peas (channa dal)
⅓	cup	onion
2 ½	tablespoons	garlic
1	tablespoon	fresh ginger
1	teaspoon	ground cumin
½	teaspoon	ground cardamom
¼	teaspoon	ground cloves
1	teaspoon	black pepper
1 ½	teaspoons	salt
1 ½	cups	cold water
2	tablespoons	oil
⅔	cup	onion
1		green chili (or more to taste)
1	tablespoon	lemon juice
		tomato wedges (optional, for garnish)
		onion slivers (optional, for garnish)
		cilantro (optional, for garnish)

1. Preheat oven to 350°. Finely chop the onion (the first two portions), garlic, and ginger. Seed and coarsely chop the green chili.
2. In a heavy saucepan, combine all ingredients up to and including the cold water. Over medium heat, bring the mixture to a boil. Lower the heat and cook, covered, until the meat is fully cooked and the water has been totally absorbed by the meat (about 45 minutes).
3. Stir fry the remaining onions in one tablespoon of oil until reddish brown.
4. Add the stir-fried onions and the rest of the ingredients up to and including the lemon juice to the cooked meat mixture. Blend the combined mixture in a food processor to make a coarse grainy textured “dough”, but be careful not to make it a smooth paste. If the dough is not dry enough, add up to ½ cup of breadcrumbs and mix well.
5. Put the dough into a buttered loaf pan and bake for 30 minutes or until the top looks browned. For best results, choose a pan large enough to keep the height of the loaf not more than 2". The top of the loaf may be brushed with oil if it seems too dry.
6. Slice and serve with garnishes as desired.

Indian Shrimp Poached in Coconut Milk

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Then we made it again for Senior Dinner in 2006, led by Sanjita Ravishankar and her parents.

The Recipe

2	pounds	shrimp (28 -32 per pound)
7	tablespoons	light vegetable oil
2	cups	onion
2	teaspoons	minced garlic
1 ½	tablespoons	ginger root
2		green chiles (or more, to taste)
¼	teaspoon	turmeric
2	tablespoons	ground coriander
3	cups	coconut milk
1 ½	teaspoons	Kosher salt
2	tablespoons	fresh coriander leaves (or 1 tablespoon dry)

1. Finely chop the onion. Grind or crush the ginger. Seed and mince the green chiles. Mince the fresh coriander leaves.
2. Shell and devein the shrimp. Wash thoroughly and set aside.
3. Heat the oil in a large, heavy-bottomed pan and add the onions. Over high heat, fry the onions until they turn brown (about 10 minutes), stirring constantly to prevent burning.
4. Reduce heat to medium, add garlic, ginger, and chiles and fry for an additional 2 minutes. Add turmeric and coriander, stir rapidly for 15 seconds, then add coconut milk and salt.
5. Cook uncovered until it thickens (about 10 minutes). Stir frequently to ensure that the sauce does not stick and burn.
6. Add the shrimp, mix, reduce heat to medium-low, and simmer, covered, for 5 – 7 minutes or until the shrimp are cooked through. Do not overcook the shrimp or they will become tough. Check for salt, stir in minced coriander leaves, and serve.

NOTES: May be prepared a day ahead, refrigerated, and reheated just before serving. The coconut sauce does not freeze well. It will separate.

Serve with rice to absorb the sauce.

Indian Sindhi Gosht

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000.

The Recipe

2 ½	pounds	boneless lamb or beef
2	medium	onions
1	2" x 1" piece	fresh ginger
6	cloves	garlic
1	tablespoon	ground coriander
2	teaspoons	ground cumin
1	teaspoon	ground turmeric
¼	teaspoon	cayenne pepper (optional and can use ⅛ or ½ teaspoon, to taste)
½	cup	red wine vinegar
1	teaspoon	salt
2	teaspoons	whole fennel seeds
1	teaspoon	whole black onion seeds (kalonji) if available
5	tablespoons	vegetable oil

1. Peel and coarsely chop the onions, ginger and garlic.
2. Remove and fat or gristle from the meat and cut it into 1" cubes. Prick the cubes with a fork or the point of a sharp knife.
3. Place into the container of an electric blender: chopped onion, ginger, garlic, coriander, cumin, turmeric, cayenne pepper, vinegar and salt. Blend at high speed until you have a smooth paste.
4. Pour the paste into a bowl large enough to contain the meat. Add the meat. Mix well, cover and leave for 3 to 4 hours. Refrigerate if it is hot.
5. After the meat has marinated, pour it and the marinade into a wide 4-quart cooking pot. Add the fennel and onion seeds. Bring to a boil. Cover, lower the heat, and simmer for about an hour.
6. Lift off the cover. Taste to check the salt. Adjust if necessary. Raise the heat and boil rapidly until most of the liquid evaporates. You will need to stir more frequently as the liquid diminishes.

Indian Sweet Rice

The History

This is Pooja Paranjpe's recipe. We made it for Senior Dinner 2000.

The Recipe

1	cup	rice
2	cups	water
3	tablespoons	butter
7	whole	cloves
¼	cup	golden raisins
¼	cup	slivered almonds
¼	teaspoon	cardamom powder
1	pinch	saffron
2	drops	yellow food coloring
1	teaspoon	milk
½	cup	sugar

1. Preheat oven to 350°. Wash rice and let it soak for half an hour.
2. Melt 1 tablespoon of the butter in a sauté pan. Fry the cloves and then add the soaked (drained) rice. Add 2 cups of boiling water and a second tablespoon of butter. Then add the raisins, almonds, cardamom powder and food coloring. Mix well. Cook the rice until the water is absorbed and the rice is soft.
3. Meanwhile, soak the saffron in one teaspoon of milk.
4. When the rice is done, add the sugar, the last tablespoon of butter and the saffron paste. Stir well.
5. Bake for 15 - 20 minutes.

Indian Tandoori Chicken

The History

Led by Pooja Paranjpe, we made this for Senior Dinner 2000. Then we made it again for Senior Dinner in 2006, led by Sanjita Ravishankar and her parents.

The Recipe

1	medium	onion
6	cloves	garlic
	2" x 1" piece	fresh ginger
3	tablespoons	lemon juice
8	ounces	plain yogurt
1	tablespoon	ground coriander
1	teaspoon	ground cumin
1	teaspoon	ground turmeric
1	teaspoon	garam masala
¼	teaspoon	ground mace
¼	teaspoon	ground nutmeg
¼	teaspoon	ground cloves
¼	teaspoon	ground cinnamon
4	tablespoons	oil
2	teaspoons	salt
¼	teaspoon	ground black pepper
¼	teaspoon	cayenne (optional: use more if desired)
½	teaspoon	orange food coloring (optional: use up to 1 teaspoon if desired)
6		chicken drumsticks
3		chicken breasts
6		chicken thighs
1	medium	onion (for garnish)
2		lemons (for garnish)
		lemon juice (optional)

1. Make the marinade first: Peel and coarsely chop the onion, garlic and ginger. Put them and the lemon juice in a blender. Blend to a smooth paste, about 1 minute at high speed. Transfer the mixture to a bowl large enough to hold the chicken. Add the remaining ingredients up to (but not including) the chicken. Mix thoroughly.
2. Cut the chicken breasts in half. Skin all the chicken. With a sharp knife, make 3 diagonal slashes on each breast section, going halfway down to the bone. Make 2 diagonal slashes on each thigh, also going halfway down to the bone. With the point of a sharp knife, make 4 or 5 jabs on each drumstick.
3. Put the chicken in the marinade. Rub the marinade into the slashes with your finger. Cover and refrigerate for 24 hours. Turn 4 or 5 times.
4. Prepare the garnish: Peel the remaining onion and slice it paper-thin. Separate the rings and set them in a small bowl of ice water. Cover them and refrigerate. Quarter the lemons lengthwise.
5. Heat your grill. Lift the chicken pieces out of the marinade and place them on the grill. Cook about 7 or minutes on each side, then lower the heat to cook more slowly for another 15 to 20 minutes on each side. Baste the chicken with the marinade as it cooks. Don't overcook the chicken or it will get dry.
6. To serve: Warm a large platter. Place the chicken pieces on it. Drain the water from the onion rings and lay them on top of the chicken. Place the lemon wedges around the chicken. Optionally, squeeze some lemon juice over the chicken.

Indian Tandoori Lamb

The History

Served at Senior Dinner 2019 - an Indian Feast.

The Recipe

32	ounces	plain whole-milk yogurt
1	tablespoon	garam masala
1	tablespoon	paprika
½	teaspoon	ground cardamom
½	teaspoon	ground cumin
		Kosher salt
2	pounds	boneless leg of lamb
1 – 1½	large	sweet onions
		vegetable oil, for the grill

1. Trim the lamb, removing all fat and gristle. Cut it into 1" pieces. Peel and cut the onions into ¾" wedges.
2. In a large bowl, combine the yogurt, garam masala, paprika, cardamom, cumin, and 1 teaspoon. salt. Add the lamb, toss, and marinate for 30 minutes at room temperature, or cover and refrigerate for up to 12 hours.
3. Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire or heat a grill pan on high. Thread the lamb and onion onto metal skewers, alternating pieces of lamb and onion.
4. Lightly oil the grill, then grill the kebabs, turning once or twice, until the lamb is cooked through and the onions are charred in places, 10 to 15 minutes. Sprinkle with the chopped herbs and flaky salt and serve.

NOTES: To make this in large quantity, when the lamb will need to be reheated: Skewer the lamb and onions separately. Cook the onions until they are charred. Cook the lamb just until it is brown on the outside. It should be undercooked at this point. It will cook more when it is reheated. To serve, remove both lamb and onions from the skewers and mix them together in the serving pan.



Source: <https://www.finecooking.com/recipe/tandoori-lamb-kebabs>

Indian Thayir Vadai (Fried Savory in Yogurt)

The History

Sanjita Ravishankar imported her parents to help us with Senior Dinner 2006. This is her mother's recipe.

The Recipe

1	cup	whole urad dal
2 - 3		green chilis
1	small piece	ginger (optional)
		salt (to taste)
2	pinches	asafoetida
	a few	curry leaves
		oil for deep frying

1. Soak the urad dal in water for an hour. Add the whole green chilis while soaking. After soaking, drain the water completely.
2. Grind the urad dal, along with green chilis, and ginger (if adding) in a blender. While grinding, do not use very much water. Just sprinkle ice cold water as necessary. Add salt, then curry leaves and asafoetida.
3. Form the vadais: Wet your hands (before each one) and place a medium ball sized chunk of batter in your wet hands. Pat the batter slightly and make a hole in the center.
4. Heat the oil in a pan. The oil should be hot; keep the flame in medium while cooking.
5. Carefully slide a few vadais into the oil. After two minutes, flip them over and continue frying until golden brown. When done, drain on a towel and keep warm. (They need to be placed into the sauce while warm.) Repeat this process for rest of the batter.

Yogurt Sauce:

4	tablespoons	grated coconut
1		green chili
2	cups	curd or yogurt (plus a little extra if needed)
8	tablespoons	milk
1	teaspoon	cumin seeds
		salt (to taste)
1	teaspoon	oil
1	teaspoon	mustard seeds
8	tablespoons	grated carrot
	a few	coriander leaves
	a few	curry leaves
2	pinches	asafoetida

1. Grind coconut, chilis and cumin seeds. Add the salt. Whisk that mixture into the yogurt.
2. Add the warm vadai to the yogurt sauce.
3. Serve the vadai in the sauce and garnish with shredded carrots.

Indian Vegetable Pulao

The History

Tanvi Ingle contributed this recipe for our Indian Feast, Senior Dinner 2019.

The Recipe

1		onion
1		jalapeño
1	teaspoon	masala mix
1	teaspoon	cumin/jeera
2	cups	rice
4	cups	water
1	tablespoon	salt
2	tablespoon	vegetable oil
1	teaspoon	ghee
1	cup	frozen peas
1	cup	carrots
		tumeric or saffron (for color)
		cashews (optional)
		raisins (optional)



1. Cut the onion into long, thin strips. Cut the jalapeño into 2 long halves. Chop the carrots.
2. Put oil, ghee, and cumin into a frying pan. Sauté on medium high heat until the cumin begins to wiggle. Then add the masala mix and onions. Stir and continue to cook.
3. Once the onions are done, add the carrots.
4. Transfer the mixture to a rice cooker. Add the turmeric or saffron to the water. Then add the rice and water to the rice cooker. Add salt to taste. Add cashews and/or raisins if you like. Stir.
5. Put the lid on and let the rice cook. After about 15 minutes, add the peas.

NOTES: The peas don't take long to cook, so add them as close to 10 minutes before the end as you can so that they don't overcook. They should stay bright green.

You can make 2 – 4 cups of rice at a time in a standard rice cooker. You can also make this recipe in an Instant Pot. Then you can sauté in the pot itself. Follow the directions for your Instant Pot for timing.

You can use the very inexpensive saffron that is sold in markets like Fiesta.

Korean Grilled Beef

The Story

From Elaine Rich: I got this recipe from somewhere back when I was in graduate school. It's great if you can make it on a Korean barbeque grill, shown here. But for the quantities we needed, our master grill volunteers used our normal grill.

The History

We made this for our pan-Asian Senior Dinners in 2011 and 2013.



The Recipe

1	pound	lean beef (sirloin tip or round steak)
1	tablespoon	minced garlic
2	tablespoon	white sesame seed
1	tablespoon	soy sauce
1	tablespoon	sherry
1	tablespoon	sesame oil
1	teaspoon	sugar

1. Slice the beef across the grain into thin strips.
2. Combine the rest of the ingredients and add the beef. Allow it to marinate at least an hour.
3. The ideal way to cook this dish is on a Korean barbeque grill, which you place directly on the flame. It can be done on a standard grill or in a frying pan over high heat, however. Place the strips of meat on the grill so that they do not overlap. Place the grill on the flame. When the meat starts to look cooked on the top, it is done. The grill can be taken directly to the table.

Mongolian Grilled Lamb

The History

For Senior Dinner 2013, we did a Pan Asian menu. We served this as part of an “Asian meats and sauces bar”.

The Recipe

2	pounds	lean lamb meat
1	tablespoon	Simply Asia sweet ginger garlic seasoning
2	tablespoons	sherry
4	ounces	cellophane noodles
2	pints	cherry tomatoes

1. Slice the lamb into $\frac{3}{8}$ " thick steaks. Combine it with the seasoning and sherry, and marinate for at least an hour.

2. Heat oil for deep frying to 350°. Drop the cellophane noodles, a few at a time, into the oil. They will puff up immediately, as shown here. Remove them from the oil and put on paper towels to drain.



3. Grill the meat to medium rare. Let it cool a bit (so the juices don't run out). Slice it as though it were fajitas.
4. Arrange the puffed-up noodles on the bottom of a serving dish. Top with the meat. Arrange the cherry tomatoes around the edge of the dish.

Thai Bananas in Coconut Milk

The History

Served at Freshman Dinner 2004.

The Recipe

4	large	bananas
1 ½	cups	coconut milk
2	tablespoons	superfine sugar
	pinch	salt
½	teaspoon	orange flavored water
1	tablespoon	fresh mint
2	tablespoons	mung beans
2	sprigs	fresh mint (for decoration)



1. Shred the one tablespoon of mint. Cook the mung beans.
2. Peel the bananas and cut them into ¾" chunks. Place them in a large pan with the coconut milk, sugar and salt.
3. Heat gently until boiling and then continue to simmer for 1 minute. Remove from the heat.
4. Sprinkle the orange flower water over the bananas. Stir in the shredded mint and remove to a serving dish.
5. Place the mung beans in a heavy-bottomed skillet and place over high heat. Cook, shaking the pan occasionally, until the beans turn crisp and golden. Remove the mung beans from the skillet and crush them lightly with a mortar and pestle.
6. Sprinkle the toasted mung beans over the bananas. Serve the dish either warm or cold, decorated with the sprigs of fresh mint.

NOTES: Source: P3 Books, *Practical Simple Thai*.

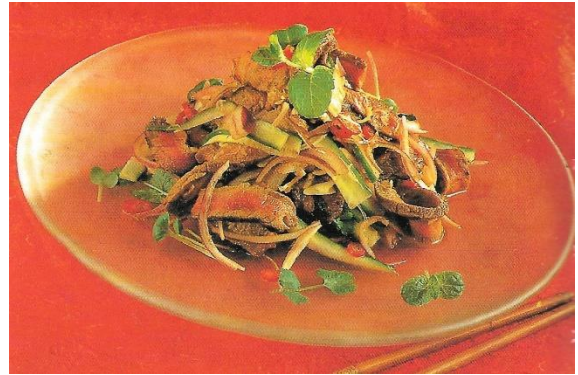
Thai Beef Salad

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

2	8-ounce	sirloin steaks
1		red onion
½		cucumber
1	stalk	lemongrass
2		limes
¾	tablespoon	fish sauce or vegan fish sauce
¾	tablespoon	soy sauce
2	tablespoons	scallions
6	ounces	grapes (red or black)
12	ounces	arugula
2 - 4		red chiles (for garnish)
		fresh cilantro (for garnish)
		fresh Chinese mustard cress (for garnish)
		fresh mint leaves (for garnish)



1. Finely slice the red onion. Finely slice the cucumber into matchsticks. Finely chop the lemongrass. Juice the limes. Chop the scallions. Slice the grapes in half. Finely slice the chiles.
2. Pan fry or broil the steaks to medium rare. Allow to rest 10 - 15 minutes.
3. When cool, thinly slice the beef and put the slices in a large serving bowl.
4. Add the onion, cucumber, lemongrass and grapes. Add the scallions. Add the arugula. Toss.
5. Combine the lime juice and fish sauce. Pour over the salad and toss.
6. Garnish as desired. Serve at room temperature or chilled.

NOTES: Source: We adapted this from Linda Doeser, *Asian: Enticing Stir-fries and Sensational Aromatic Dishes from the East*. We added the grapes and arugula.

You can add even more arugula if you want the dish to feel even more like a salad.

Thai Chicken or Tofu Satay

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

1	pound	boneless chicken breasts or tenders
2	tablespoons	sugar
2	cloves	garlic
1	stalk	lemongrass (or substitute 2 strips of lemon zest)
1		Thai chile or jalapeño
1 ½	teaspoons	ground coriander
½	teaspoon	ground turmeric
½	teaspoon	black pepper
¾	cup	unsweetened coconut milk
3	tablespoons	Asian fish sauce or soy sauce
2	tablespoons	lime juice
3	tablespoons	fresh cilantro
1	recipe	Thai Peanut Sauce (see separate recipe)

1. Soak 32 6" bamboo skewers for an hour in cold water. Drain.
2. Mince the garlic. Trim and mince the lemongrass. To do this, trim off the green flexible part and discard. Trim off the root end. Remove the outside layer from the core. Finely chop the remaining core.
3. Seed and thinly slice the chile. Chop the cilantro.
4. If using chicken tenders, remove the sinews. Then cut the tenders in half, lengthwise. If using breasts, cut into comparable sized long strips. Thread each piece of chicken onto a skewer, leaving a handle at one end.
5. Place the sugar, garlic, lemongrass, chile, coriander, turmeric, and pepper in a mortar and, using the pestle, pound to a fragrant paste. Stir in the coconut milk, fish sauce, and lime juice. Pour the marinade over the sates (over the meat, not the skewer handles). Marinate for 20 minutes. Turn the skewers once so that they soak evenly.
6. Meanwhile, preheat the grill to high.
7. Place the skewers on the grate and grill until cooked, about 1 to 2 minutes per side. Prevent the handles from burning by putting a piece of aluminum foil under them.
8. Transfer the sates to plates, sprinkle with the cilantro, and serve with the Thai Peanut Sauce.

NOTES: Source: Steven Raichlen, *How to Grill*.

For Tofu Satay: Substitute one pound of extra firm tofu for the chicken. When grilling, use a grill sheet to prevent the tofu from crumbling.



Thai Coconut Rice with Pineapple

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

1	cup	long-grain rice
2 ¼	cups	coconut milk
2	stems	lemongrass
1	cup	water
2	slices	fresh pineapple
2	tablespoons	coconut shavings



1. Peel and dice the pineapple. Toast the coconut.
2. Wash the rice in several changes of cold water, until the water runs clear. Place the rice in a large pan with the coconut milk.
3. Place the lemongrass on a firm counter and bruise it by hitting it firmly with a rolling pin or meat mallet. Add it to the pan.
4. Pour in the water and bring to a boil. Lower the heat, cover the pan tightly, and simmer gently for 15 minutes. Remove the pan from the heat and fluff up the rice with a fork.
5. Remove the lemongrass and stir in the pineapple. Scatter the toasted coconut over the top of the rice and serve with chili sauce.

NOTES: Source: P3 Books, *Practical Simple Thai*.



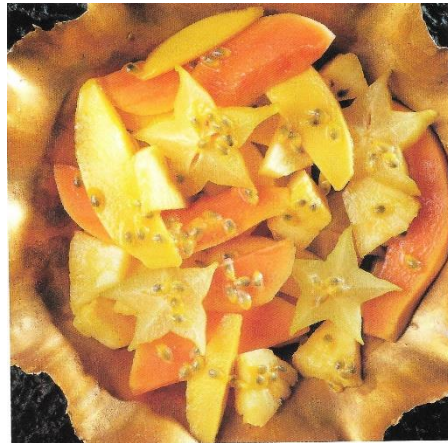
Thai Exotic Fruit Salad

The History

Served at Freshman Dinner 2004.

The Recipe

1	teaspoon	jasmine tea
1	teaspoon	fresh ginger
1	strip	lime rind
½	cup	boiling water
2	tablespoons	superfine sugar
1		papaya
1		mango
½	small	pineapple
1		starfruit
2		passion fruit
1	tablespoon	lime juice



1. Grate the ginger. Boil the water.
2. Place the tea, ginger and lime rind in a heatproof pitcher. Pour the boiling water into the pitcher. Let stand to infuse for about 5 minutes. Strain the liquid.
3. Add the sugar to the liquid and stir to dissolve. Let the resulting syrup stand until it is completely cool.
4. Halve, seed and peel the papaya. Halve the mango, remove the pit, and peel. Peel and remove the core from the pineapple. Cut all three of those fruits into regular, bite-sized pieces. Slice the starfruit crosswise.
5. Place all the prepared fruits in a wide serving bowl and pour the cooled syrup over them. Cover and chill for about an hour.
6. Cut the passion fruit in half, scoop out the flesh, and mix with the lime juice. Spoon over the salad and serve.

NOTES: Source: P3 Books, *Practical Simple Thai*.

Thai Fried Noodles with (and without) Shrimp

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

12	ounces	rice noodles
3	tablespoons	vegetable oil
1	tablespoon	garlic
16		raw jumbo shrimp
2		eggs
2	tablespoons	pickled white radish
2	ounces	fried tofu
½	teaspoon	dried chile pepper flakes
4	ounces	garlic chives
1	cup	bean sprouts
½	cup	roasted peanuts
1	teaspoon	sugar
1	tablespoon	dark soy sauce
2	tablespoons	fish sauce
2	tablespoons	tamarind juice
2	tablespoons	cilantro leaves
1		kaffir lime



1. Soak the noodles in warm water for 20 - 30 minutes, then drain. Meanwhile, chop the garlic. Shell and devein the raw shrimp, but leave the tails on. In a small bowl, lightly beat the eggs. Cut the radish and tofu into small slivers. Cut the garlic chives into 2" lengths. Coarsely grind the peanuts. Cut the lime into wedges.
2. Heat 1 tablespoon of the oil in a wok or large frying pan. Add the garlic and fry until golden. Stir in the shrimp and cook for about 1 – 2 minutes, until pink, tossing from time to time. Remove and set aside.
3. Heat another 1 tablespoon of oil in the pan. Add the eggs and tilt the pan to spread them into a thin sheet. Stir to scramble and break the eggs into small pieces. Remove from the pan and set aside with the shrimp.
4. Heat the remaining oil in the pan. Add the pickled radish, tofu, and dried chiles. Stir briefly. Add the soaked noodles and stir-fry for 5 minutes.
5. Add the garlic chives, half of the bean sprouts and half the peanuts. Season with the sugar, soy sauce, fish sauce and tamarind juice. Mix together well and cook until the noodles are completely heated through.
6. Return the shrimp and egg mixture to the pan and mix with the noodles.
7. Serve garnished with the rest of the bean sprouts and peanuts and with the cilantro leaves and lime wedges.

NOTES: You can leave out the shrimp. To leave out the fish sauce, replace with soy sauce.

Source: *Asian: Enticing Stir-fries and Sensational Aromatic Dishes from the East.*

Thai Green Curry with Eggplant and Green Beans

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

5		green chiles
2	teaspoons	lemongrass
1	large	shallot
2	cloves	garlic
1	teaspoon	ginger root
2		cilantro roots
½	teaspoon	ground coriander
¼	teaspoon	ground cumin
1	leaf	kaffir lime
½	teaspoon	salt
2	tablespoons	vegetable oil
1	clove	garlic
1	small	eggplant
8	ounces	green beans
½	cup	coconut cream
1	teaspoon	sugar
⅝	cup	vegetable broth
2	leaves	kaffir lime
15	leaves	Thai basil (or you can substitute regular basil)



1. Prepare the ingredients for the curry paste: Seed and chop the green chiles. Chop the lemongrass, shallot and garlic. Grate the galangal or ginger. Chop the cilantro roots. Finely chop the Kaffir lime leaf.
2. Make the curry paste: Put the first 10 ingredients into a blender and blend to a paste, adding a little water if necessary. Set aside.
3. Prepare the ingredients for the curry: Chop the garlic clove. Dice the eggplant. Trim the beans and cut in half. Finely shred the lime leaves and the basil.
4. Blanche the beans by putting them in a pot of boiling water for 5 minutes. Drain well.
5. In a skillet or wok, heat the oil until almost smoking and add the garlic. Cook until golden, being careful not to let it burn. Add the curry paste and stir-fry for a few seconds. Add the eggplant and green beans. Stir-fry for 4-5 minutes, until the eggplant is soft.
6. Add the coconut cream. Bring to a boil and stir until the coconut cream thickens and curdles slightly. Add the sugar and mix well.
7. Add the vegetable broth. Simmer for a couple of minutes, stirring occasionally. Add the lime leaves and basil and cook for another minute.

NOTES: If you can't find cilantro root, you can substitute four cilantro stems for the two roots.

Source: We adapted this from the recipe for Thai Green Fish Curry in *Practical Simple Thai*. We wanted to make it vegetarian.

Thai Iced Tea

The History

Served at our first post covid Senior Dinner in 2022.

The Recipe

1	cup	Thai tea mix
4	cups	water
$\frac{3}{4}$	cup	sugar
$\frac{3}{4}$	cup	coconut milk
		Ice

1. Bring water to boil and add the thai tea mix. Add sugar and gently stir until the sugar is completely dissolved. Gently boil tea for about 3 minutes. Remove from heat.
2. Allow the tea to steep for at least 30 minutes and then allow it to cool. The more concentrated the tea flavor, the better the Thai tea tastes.
3. Strain out the tea leaves. It's good to make the tea up to here the day before and keep it chilled. Chill the coconut milk.
4. To serve: Put several cubes of ice into each glass. Pour in Thai tea, leaving enough room to add some coconut milk (about 2 – 3 tablespoons for an 8 ounce glass).

NOTES: Makes 6 servings.

Source: <https://whiteonricecouple.com/thai-tea-recipe/>

Thai Lamb or Beef with Lime Leaves

The History

Served with lamb at Freshman Dinner 2004 and then with beef (from the Double Helix ranch) at Senior Dinner 2022.

The Recipe

2		fresh red chiles
2	tablespoons	peanut oil
2	cloves	garlic
4		shallots
2	stalks	lemongrass
6	leaves	kaffir lime
1	tablespoon	tamarind paste
2	tablespoons	palm sugar
1	pound	lean lamb (leg or loin) or beef
2 ½	cups	coconut milk
6	ounces	cherry tomatoes
1	tablespoon	fresh cilantro.



1. Seed and finely chop the red chiles. Mince the garlic. Chop the shallots. Slice the stalks of lemongrass. Halve the cherry tomatoes. Chop the cilantro.
2. Using a sharp knife, cut the lamb or beef into thin strips or cubes.
3. Heat the oil in a large wok or skillet. Add the garlic, shallots, lemongrass, lime leaves, tamarind paste, palm sugar, and chiles. Stir-fry for about 2 minutes.
4. Add the lamb to the pan and stir-fry for about 5 minutes, tossing well so that the lamb is evenly coated in the spice mixture.
5. Pour the coconut milk into the pan and bring to a boil. Reduce the heat and simmer gently for 20 minutes.
6. Add the tomatoes and cilantro and continue to simmer for 5 more minutes.
7. Transfer to a serving plate and serve hot with rice.

NOTES: If you can't find palm sugar, do a web search for "substitute for palm sugar".

Source: *Greatest Ever Wok and Stir Fry*.

Thai Peanut Sauce

The History

Served at both of our Thai themed events, Freshman Dinner 2004 and Senior Dinner 2022, and at our Pan Asian Senior Dinner 2013.

The Recipe

2	teaspoons	vegetable oil
2	cloves	garlic
1		Thai chili (or none or up to 3, to taste)
1	tablespoon	fresh ginger
1	tablespoon	shallot (or more, to taste)
$\frac{3}{4}$	cup	chunky peanut butter
$\frac{1}{2}$	cup	unsweetened coconut milk
1	tablespoon	cilantro (or more, to taste)
1	teaspoon	Asian fish sauce or vegan fish sauce (or more if you like the stuff)
$\frac{1}{2}$	tablespoon	soy sauce
1	tablespoon	lime juice (or more, to taste)
1	tablespoon	brown sugar
1	teaspoon	ground coriander
$\frac{1}{2}$	teaspoon	black pepper

1. Mince the garlic. Seed and mince the chili. Peel and mince the ginger. Mince the shallot. Finely chop the cilantro (including stems).
2. Heat the oil in a wok over medium heat. Add the garlic, chilis, ginger, and shallot and cook to a rich golden brown, 3 to 5 minutes. Reduce the heat and cook another 15 to 20 minutes to caramelize the garlic and shallots without burning. Add a little extra oil if necessary.
3. Use a blender to smooth the mixture as much as possible. An immersion blender works well.
4. Stir in the peanut butter and cook for 1 minute. Add the remaining ingredients and simmer the sauce until thick and richly flavored, 3 to 5 minutes, whisking to blend the ingredients. If the sauce is too thick (it should be pourable), add a little water. Taste for seasoning, adding fish sauce, lime juice, and brown sugar as necessary.
5. Transfer the sauce to clean jars and store in the refrigerator for at least 5 days.

NOTES: Source: Steven Raichlen, *How to Grill*. But with modifications. This recipe uses way less coconut milk, among other things.

Peanut butter: 1 cup = 9 ounces.

Thai Spiced Cashew Curry

The History

Served at both of our Thai themed events, Freshman Dinner 2004 and Senior Dinner 2020.

The Recipe

1 ½	cups	unsalted cashews
1	teaspoon	coriander seeds
1	teaspoon	cumin seeds
2		cardamom pods
1	tablespoon	canola oil
1		onion
1	clove	garlic
1	small	green chile
1	stick	cinnamon
½	teaspoon	ground turmeric
4	tablespoons	coconut cream
1 ¼	cups	vegetable broth
3		kaffir lime leaves
		salt
		pepper



1. Soak the cashews in cold water overnight. They will puff a lot. Drain thoroughly.
2. Crush the coriander, cumin seeds and cardamom pods with a mortar and pestle. Or use ground spices. Finely slice the onion. Crush the garlic. Seed and chop the chile. Finely shred the lime leaves. Boil the broth and keep it hot.
3. Heat the oil and stir-fry the onion and garlic for 2 - 3 minutes, until softened but not brown. Add the chile, crushed spices, cinnamon stick, and turmeric, and stir fry for another minute.
4. Add the coconut cream and the vegetable broth to the pan. Bring to a boil, then add the cashews and lime leaves.
5. Season with salt and pepper. Cover the pan, lower the heat, and simmer for about 20 minutes.
6. Serve hot with rice.

NOTES: Source: P3 Books, *Practical Simple Thai*.

1 cup of cashews is a little bit less than 5 ounces.

6 cardamom pods equal 1 teaspoon ground cardamom.

Thai Spice Mushrooms

The History

Served at Freshman Dinner 2004 and Senior Dinner 2022.

The Recipe

8	large	flat mushrooms, e. g. portobellos
3	tablespoons	canola oil
2	tablespoons	light soy sauce
1	clove	garlic
$\frac{3}{4}$	inch	fresh galangal or ginger root
1	tablespoon	Thai green curry paste
8		baby corn cobs
3		scallions
2	cups	bean sprouts
$3\frac{1}{2}$	ounces	firm bean curd (drained weight)
2	teaspoons	sesame seeds
$\frac{1}{4}$		cucumber
$\frac{1}{4}$		red bell pepper



1. Mince the garlic. Grate the galangal or ginger. Cut each baby corn in half. Slice the scallions. Cut the bean curd into $\frac{1}{2}$ " dice. Chop the cucumber and slice the red bell pepper for garnish.
2. In a small sauté pan, toast the sesame seeds, stirring often to make sure that they don't burn.
3. Remove the stems from the mushrooms and set aside. Mix 2 tablespoons of the corn oil with 1 tablespoon of the light soy sauce and brush all over the mushroom caps.
4. Cook the mushrooms on both sides. Either broil them or grill them. Cut them into quarters and lay them out in a chafing dish pan.
5. Meanwhile, chop the mushroom stems finely. Heat the remaining oil in a wok and stir-fry the stems with the garlic and galangal or ginger for 1 minute.
6. Stir in the curry paste, baby corn cobs, and scallions and stir-fry for 1 minute. Add the bean sprouts and stir-fry for 1 minute.
7. Add the diced bean curd and the remaining soy sauce, then toss lightly to heat through, without breaking up the bean curd. Spoon the mixture onto the mushroom caps.
8. Sprinkle with the sesame seeds. Keep warm until ready to serve. Then sprinkle the chopped cucumber and sliced red bell pepper on top.

NOTES: Source: *Greatest Ever Wok & Stir-Fry*

You can use a mixture of interesting mushrooms instead of just a single kind of big ones.

Spring/Summer Rolls with Pork and Shrimp

The Story

Sometimes called “spring rolls” and sometimes called “summer rolls”, the key is that these are wrapped in rice paper, not fried, and served chilled.

The History

Served at Pan Asian Senior Dinner 2013 and at our Thai themed Senior Dinner 2022.

The Recipe (makes 8 rolls)

2	ounces	rice stick noodles
8	small sprigs	basil
8	small sprigs	cilantro large stems discarded
2	large leaves	red leaf lettuce, rib removed, quartered
1	cup	grated carrot
1	cup	mung bean sprouts
1	cup	English cucumber
8		Asian rice papers
8		21-25 count shrimp (best to get ones that are already peeled but with tails on)
8	thin slices	Chinese roast pork



1. Soak rice stick noodles in very hot water for 15 minutes, until soft. Drain well.
2. Discard the large stems of the basil and cilantro. Remove the ribs from the lettuce. Then quarter the leaves. English cucumbers (the long thin ones) don't need to be peeled or seeded. Just julienne them (cut them into thin strips 2" - 3" long). If you got “regular” ones, peel and seed first.
3. Cook the shrimp by dropping them in slightly salted boiling water. Cook just until they are pink. Peel them (if necessary) and cut in half lengthwise. It is also okay to buy cooked ones.
4. Slice the pork into strips.
5. Dip each rice paper in a bowl of cool water to wet it thoroughly. Set the paper on a work surface to soften; the paper will become opaque, pliable and slightly stretchy. Place $\frac{1}{8}$ of the filling ingredients carefully in the center of the wrapper. Press to flatten the filling slightly. Pull the rice paper up and over the filling and roll up tightly.
6. Serve with peanut sauce or hoisin.

NOTES: It is important to get thick rice paper wrappers. In particular, don't get:



You can vary the filling ingredients as you like.

The spring rolls can be covered with damp paper towels or wet lettuce leaves, plus plastic wrap, to keep them from drying out for a few hours.

Spring/Summer Rolls with Tofu

The Story

Sometimes called “spring rolls” and sometimes called “summer rolls”, the key is that these are wrapped in rice paper, not fried, and served chilled.

The History

Served at Pan Asian Senior Dinner 2013 and at our Thai themed Senior Dinner 2022.

The Recipe (makes 8 rolls)

2	ounces	rice stick noodles
8	small sprigs	basil
8	small sprigs	cilantro large stems discarded
2	large leaves	red leaf lettuce, rib removed, quartered
1	cup	grated carrot
1	cup	mung bean sprouts
1	cup	English cucumber
8		Asian rice papers
½		red bell pepper
8	slices	extra firm tofu



1. Soak rice stick noodles in very hot water for 15 minutes, until soft. Drain well.
2. Discard the large stems of the basil and cilantro. Remove the ribs from the lettuce. Then quarter the leaves. English cucumbers (the long thin ones) don't need to be peeled or seeded. Just julienne them (cut them into thin strips 2" - 3" long). If you got “regular” ones, peel and seed first.
3. Seed the bell pepper and cut into 8 strips lengthwise.
4. Prepare the tofu as described here: <https://cookieandkate.com/how-to-make-crispy-baked-tofu/>, but cut the tofu into rectangles instead of cubes.
5. Dip each rice paper in a bowl of cool water to wet it thoroughly. Set the paper on a work surface to soften; the paper will become opaque, pliable and slightly stretchy. Place ¾ of the filling ingredients carefully in the center of the wrapper. Press to flatten the filling slightly. Pull the rice paper up and over the filling and roll up tightly.
6. Serve with peanut sauce or hoisin.

NOTES: It is important to get thick rice paper wrappers. In particular, don't get:

You can vary the filling ingredients as you like.



The spring rolls can be covered with damp paper towels or wet lettuce leaves, plus plastic wrap, to keep them from drying out for a few hours.

Mexican, South American and Southwestern





7-Beer Chili

The Story

From Ryan Riddle: This started out as a 3-meat chili recipe on foodnetwork.com. But I added a lot of beer (7 bottles in all) and changed the name.

The History

Served at Holiday Dinner 2008.

The Recipe

3	pounds	stew meat (mixed – beef, pork and lamb)
2	teaspoons	peanut oil
1 ½	teaspoons	Kosher salt
2	12 ounce bottles	Mexican beer (you may need less or more)
16	ounces	salsa
30	tortilla	chips
2		chipotle peppers, canned in adobo sauce
1	tablespoon	adobo sauce (from the canned chipotles)
1	tablespoon	tomato paste (adjust to taste)
1	tablespoon	chili powder (adjust to taste)
1	teaspoon	cumin (adjust to taste)
		Tabasco (to taste)

1. Coarsely grind the meat in a food processor. Place the meat in a large mixing bowl and toss with the peanut oil and salt. Set aside. Crumble the tortillas.
2. Heat a large pot over high heat. Add the meat in three or four batches and brown on all sides, approximately two minutes per batch. Set the meat aside when it's done.
3. Once all of the meat is browned, add the beer and stir to deglaze. Scrape the browned bits into the beer.
4. Put the meat into a slow cooker, along with the beer and meat bits and the rest of the ingredients. Stir well. Set the slow cooker heat to low and cook slowly for several hours. If the mixture gets too thick, add more beer. If it gets too thin, add tomato paste or more tortilla chips. The chili should end up with a scoopable consistency.
5. Serve with Fritos, tortilla chips, and sharp cheddar cheese.

Arepas

The History

This is Luis Valencia's family's recipe. We served it at our South American feast: Senior Dinner 2017.

The Recipe

- | | | |
|---|------------|----------------------|
| 1 | cup | arepa corn flour mix |
| 2 | cups | water |
| 1 | tablespoon | melted butter |

1. Combine the flour mix, water, and melted butter. Mix until you reach a dough-like consistency. If the mix is runny, you've added too much water; you can fix this by adding some more flour. If the mix is crumbly, you need to add some more water.
2. Take a ball of dough about 2"- 3" in diameter and roll it into a sphere. Then begin to squish the sphere and shape it into a disk that is about 1 cm thick.



3. Put on a griddle and cook each side until it looks like this.
4. You're done!



NOTES: It is really important to get the right flour; it's *not* the same flour used to make tortillas. The most common kind is P.A.N.



Great ways to eat arepas include putting butter and queso fresco on top or stuffing them with carnitas. See separate recipe for the carnitas we served.

Arroz con Leche

The History

This is Luis Valencia's family's recipe. We served it at our South American feast: Senior Dinner 2017.

The Recipe

1	cup	white long grain rice
1	cup	water
½	gallon	milk
½	cup	brown sugar
3		cinnamon sticks
1	teaspoon	cloves
1	cup	dry coconut flakes



1. Mix rice, water, cinnamon, and cloves and bring to a simmer for 5 minutes so the rice absorbs some of the water.
2. Add half of the milk and all of the brown sugar.
3. Stir the mixture and let it simmer. As the rice cooks it will absorb the milk. Keep adding the rest of the milk, little by little, over the course of 30 minutes.
4. At the end, taste the rice. If it feels a little grainy or hard you need to add some more milk. Don't worry about adding too much milk. You can always mix until the milk evaporates. But, regardless, only add the milk little by little instead of all at once. Also, taste the sweetness of the rice and add more brown sugar if you would like it to be sweeter. (But keep in mind that the rice will taste a little sweeter when it has cooled.)
5. Add the coconut and mix. The coconut will thicken the arroz con leche a little bit.
6. You're done! Serve warm or cold. Add raisins if you'd like.

Bell Pepper Rajas

The History

Served at Freshman Dinner 1996, 2005 and 2006. Senior Dinner 2002, 2010 and 2018.

The Recipe

½		green bell pepper
½		red bell pepper
½		yellow bell pepper
¾	cup	shredded Monterey jack cheese (3 ounces)
2	tablespoons	chopped ripe olives
½	teaspoon	crushed red pepper



1. Seed the peppers and cut them into 6 strips. Then cut them crosswise into halves.
2. Arrange them in a round 9" ungreased broiler-proof pie pan. Sprinkle with cheese, olives, and red pepper.
3. Set oven to broil. Broil peppers with tops 3" to 4" from heat until cheese is melted, about 3 minutes. Or cover with wax paper and microwave on high about 2 minutes.

NOTES: This recipe works really well with mini sweet peppers. You can use any combination of colors.

You can also grill the peppers, then arrange with the other ingredients and melt the cheese.

To make this in a large pan under the broiler, broil the peppers, olives and red pepper flakes, turning if necessary. Add the cheese at the end.

Source: Betty Crocker's *Southwest Cooking*.

Black Bean-Goat Cheese Enchiladas with Mango Salsa

The History

Popular at Southwestern/Tex-Mex Freshman Dinners: 1998, 2005, 2007.

The Recipe

1	cup	vegetable stock
9		tomatillos
4		cloves garlic
1	cup	onion
2		serrano chiles
1	tablespoon	cilantro
		salt
¼	cup	vegetable stock
2	cups	cooked black beans
1	clove	garlic
2		serrano chiles
½	cup	papaya or mango
4		scallions, white parts
½	cup	roasted corn kernels
8	ounces	crumbled goat cheese
		salt
8		tortillas
1	cup	mango salsa

1. Preheat oven to 350°.
2. Chop: For the sauce: Chop the tomatillos, garlic, onions, and cilantro. Seed and chop 2 chiles. For the filling: Mince the garlic. Seed and chop 2 chiles. Dice the papaya or mango. Slice the scallions.
3. Make the sauce: Cook the 1 cup of stock, tomatillos, 4 garlic cloves, onion, and 2 chiles over medium heat for 10 minutes in saucepan. Transfer to blender, add cilantro. Purée. Add salt to taste.
4. Make the filling: Bring ¼ cup stock, black beans, 1 clove of garlic, 2 chiles, papaya or mango, scallions, and corn to boil. Remove from heat, whisk in 4 ounces of goat cheese. Season with salt.
5. Soften tortillas by placing in skillet of oil heated to 350°. Remove from oil and place on paper towels to drain. Do not stack tortillas on top of each other. Fill the tortillas with filling and roll. Place seam side down in baking pan. Pour sauce over enchiladas, cover with remaining cheese, and cover with foil. Bake for 10 minutes.
6. Serve with mango salsa (see separate recipe).

NOTES: This is the original recipe except that I've substituted vegetable broth for the chicken broth. But it calls for a lot of serranos. Put in half as many.

Source: Stephan Pyles, *The New Texas Cuisine*.

Black Bean Ragout

The History

We made this for our Cinco de Mayo Senior Dinner 2018.

The Recipe

1	large	onion
3	cloves	garlic
1	tablespoon	ground cumin
½	teaspoon	dried oregano
2	teaspoons	smoked paprika
1	pound	dried black beans
1		dried chile
2	tablespoons	tomato paste
1	teaspoon	sugar
¼	cup	orange juice
6	cups	water or unsalted stock
2	teaspoons	salt
1	tablespoon	lime juice or sherry vinegar
1	teaspoon	ground cumin
1	cup	sour cream/creme fraiche/crema mexicana
		chopped cilantro
		avocado wedges

1. Rinse the beans. (Don't soak them first.) Finely chop the onion and mince the garlic.
2. Put all the ingredients up to and including the water into a 6-quart slow cooker. Cover and cook on high 3 to 6 hours until beans are very tender. It is possible you will need up to one more cup of water. Add as needed.
3. Make crema by stirring together 1 teaspoon of ground cumin and the sour cream/creme fraiche/crema mexicana.
4. Add lime juice and salt to the beans when they are cooked.
5. Serve with chopped cilantro, cumin, crema and avocado wedges.

NOTES: You can substitute one fresh roasted poblano for the dried chile.

The original recipe called for 9 cups of water/stock. That produces soup. Try 6 cups at first. Watch the beans and add more water if necessary.

Source: Deb Perelman, *The Smitten Kitchen Cookbook*.

Carnitas

The History

We made this for Senior Dinner 2017. It was filling for arepas (see separate recipe).

The Recipe

4	pounds	boneless pork loin
2		cups salsa verde
2	large	onions
12	cloves	garlic
2	tablespoons	seasoned salt
4	teaspoons	pepper
½	cup	brown sugar
2	tablespoons	cumin
4	ounces	canned chopped green chiles



1. Preheat oven to 300°. Mince the onions and garlic.
2. Remove as much fat as possible from the meat. Then cut each loin length-wise into quarters. Rub the pieces with the garlic and cumin. Sprinkle with brown sugar, salt and pepper.
3. Line a 9" x 14" pan with aluminum foil. Place the meat in the pan, layering the strips with the salsa verde, green chiles and onions. Loosely cover the pan with aluminum foil.
4. Bake for four and a half hours, or until fork tender.
5. Remove the meat from the oven. Let it cool until you can touch it. Then shred the meat. Discard as much fat as possible.
6. Return the meat to the pan and mix it well with the meat juices. Return it to the oven.
7. Cook, uncovered, for 30 minutes or until the pork is crispy on top. Take it out, turn the meat over, and cook for another 20 minutes, until it's crispy on top and there's almost no liquid left in the pan.

NOTES: This also works well in a crock pot. Take the lid off for a while after several hours to let the liquid reduce.

Caserola Azteca

The Story

Credits: The recipe: Ann Hillis. The name: Elaine Rich's Mexican friends.

The History

Debuted at Senior Dinner, 2018 – Cinco de Mayo.

The Recipe

2	cups	onion
1 ½	cups	green pepper
1	can	Rotelle
¾	cup	picante sauce
2	cloves	garlic
2	teaspoons	cumin
2	15 ounce cans	black beans
12	6"	corn tortillas
3	cups	shredded Monterey jack cheese
2		tomatoes
½	cup	sour cream (optional, on the side)
		lettuce (optional, on the side)
		green onions (optional, on the side)

1. Preheat oven to 350°. Chop the onion and green pepper. Drain the black beans.
2. Add a small amount of oil to a sauté pan. Add the onion green pepper, undrained Rotelle, salsa, garlic, cumin and (drained) beans. Simmer for 10 minutes.
3. In a 9" x 13" pan make the following layers: ⅓ of the bean mixture, 6 tortillas, 1 cup cheese, ⅓ of the beans, 6 tortillas, 1 cup cheese, ⅓ of the beans.
4. Bake for 30 minutes.
5. Top with the remaining cheese and let stand at least 10 minutes before cutting.
6. Slice or chop the tomatoes. Just before serving, garnish with them.
7. Serve with sour cream, chopped lettuce and chopped green onions on the side, as desired.

Ceviche

The Story

From Alan Cline: I like ceviche a lot. This recipe started on a card that you can pick up at the grocery store seafood counter. It as evolved since then.

The History

Popular at a lot of our Mexican and Southwest dinners, including Freshman 1998, 2003, 2005, 2006 and Senior 2000, 2002, and 2010.

The Recipe

1	pound	white fish
8	ounces	scallops
$\frac{3}{4}$	cup	lime juice
3	cloves	garlic
1		onion
1		tomato
6		tomatillos
1		avocado
$\frac{1}{3}$	cup	olive oil
4	ounces	canned chopped green chiles
4	ounces	chopped black olives



1. Cut the fish into bite sized pieces. If they are large, also cut up the scallops.
2. Chop the onion and tomato. Husk and chop the tomatillos. Dice the avocado.
3. Combine all the ingredients in a non-metal bowl and marinate at least overnight in the refrigerator.

Chalupa Casserole with Chicken or Veggies

The History

For Freshman Dinners 2003 and 2006, we made both chicken and veggie versions. For Senior Dinner 2018, we just made chicken.

The Recipe for the Chicken Version (see notes below for the Veggie one)

8		corn tortillas
1 ¼	cups	chicken broth
1	cup	skim milk yogurt
¼	cup	onion
1	clove	garlic
3	tablespoons	canned green chiles
1	teaspoon	salt
2	cups	chicken breast halves without skin
2	cups	shredded Monterey jack cheese
8	ounces	mushrooms
1	teaspoon	oil
1	dash	paprika

1. Preheat oven to 350°. Soak tortillas in 1 cup of the chicken broth.
2. Cook the chicken. The easiest way is in the microwave. When it is cool enough to handle, shred it.
3. Meanwhile, chop the onion. Mince the garlic. Finely chop the canned chiles. Thinly slice the mushrooms.
4. Combine remaining ¼ cup broth, yogurt, onion, garlic, chilies, and salt and stir until well mixed.
5. Sauté the mushrooms in the oil.
6. Layer ingredients in a casserole as follows: single layer of soaked tortillas, chicken, sauce, and then cheese; repeat until all ingredients are used, ending with cheese on top. Sprinkle with paprika.
7. Let stand overnight (about 8 hours) in the refrigerator before baking.
8. Bake for 1 hour.

NOTES: Even better if made ahead and reheated. Can be frozen.

The original recipe called for sour cream, but the fat-free yogurt works fine. It also called for 12 tortillas, but that's too many.

For the veggie version: Omit the chicken. Use 10 ounces of mushrooms. Add one package of frozen spinach, cooked and well drained.

Source (for the chicken version): Culinary Arts Institute, *Mexican Cooking*. We invented the veggie version.

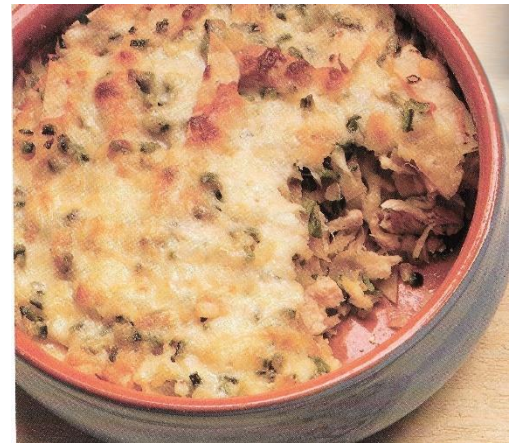
Chicken Chilaquiles Casserole

The History

Served at Southwest-themed Senior Dinner 2002.

The Recipe

1		large onion
4		jalapeño chile
1	clove	garlic
2	tablespoons	vegetable oil
½	cup	heavy cream
¼	teaspoon	salt
½	cup	oil
10	6 or 7"	tortillas (corn or flour, but better with corn)
2	cups	cooked chicken
1 ½	cups	shredded Monterey jack cheese (6 ounces)
¼	cup	green onions (with tops)



1. Preheat oven to 350°. Grease a 2-quart casserole
2. Finely chop the onion. Roast the poblanos, peel and seed them, and finely chop. Seed, devein and finely chop the jalapeño. Finely mince the garlic.
3. Cook the onion, chiles and garlic in 2 tablespoons of oil over medium heat, stirring occasionally, until onion is tender, about 8 minutes. Stir in the whipping cream and salt. Set aside as the sauce.
4. Cut the tortillas into ½" strips. Shred the chicken. Slice the green onions.
5. Heat the ½ cup of oil in a skillet. Cook the tortilla strips in the oil until light golden brown, 30 to 60 seconds. Drain.
6. Make layers: Put half of the tortilla strips in the bottom of the casserole. Top with the chicken, then half of the sauce, then one cup of cheese. Repeat with remaining tortilla strips, sauce and cheese.
7. Bake until cheese is melted and golden brown, about 30 minutes.

NOTES: To roast and peel the poblanos: Set the oven to broil. Arrange the chiles on a pan and place it about 5" from the heat. Broil the chiles, turning often. You want the skins to blister and brown, but not burn. Take the chiles out of the oven and put them in a brown paper bag. Roll the top shut. Let them sit for about 20 minutes. The steam will release the skins and make them easy to peel. Then slice them open and remove the seeds and the veins.

You can cheat on the tortilla strips by buying already fried chips. You just won't get them into nice strips.

Source: *Betty Crocker's Southwest Cooking*.

Chicken Almendrado

The History

We made this for our Mexican Freshman Dinner 1996.

The Recipe

1	medium	onion
2	tablespoons	margarine or butter
1	tablespoon	vegetable oil
1	cup	chicken broth
¼	cup	slivered almonds
1 ½	teaspoons	ground ancho chiles
1	teaspoon	vinegar
½	teaspoon	sugar
½	teaspoon	ground cinnamon
4		boneless chicken breasts
		slivered almonds



1. Chop the onion. Toast the almonds.
2. Cook and stir onion in margarine and oil in a 10" skillet until tender. Stir in broth, ¼ cup almonds, the ground red chiles, vinegar, sugar and cinnamon. Heat to boiling; reduce heat. Simmer uncovered 10 minutes.
3. Spoon mixture into blender container; cover and blend on low speed until smooth, about 1 minute. Return sauce to skillet.
4. Dip chicken breasts into sauce to coat both sides. Place skin sides up in single layer in skillet. Heat to boiling; reduce heat. Cover and simmer until done, about 45 minutes.
5. Serve sauce over chicken; sprinkle with almonds.

NOTES: Source: Betty Crocker's *Southwest Cooking*.

Chicken Enchiladas Verde

The History

We pioneered this at a mini DS reunion in Boston in the summer of 2018.

The Recipe

8	ounces	spinach
8	ounces	fresh mushrooms
1		dried pasilla pepper
		olive oil
1	4.5 ounce can	chopped green chiles
3	cups	cooked chicken
3	cups	shredded Mexican cheese blend (12 ounces)
30	ounces	Old El Paso green enchilada sauce
		salt and pepper
12		corn tortillas



1. Cook the spinach. You want to do this first so that it cools and you can squeeze all the water out of it. One easy thing is the microwave-in-a-bag fresh spinach, but frozen should also work.
2. Slice the mushrooms thinly and then cut in halves or quarters. You want small pieces.
3. Break (or cut or use a food processor) the pasilla pepper into very small (no more than ¼" square) pieces.
4. Shred the chicken. Once all of this prep is done, preheat oven to 350°.
5. Pour a little oil into a medium pan. Sauté the mushrooms and the pasilla chile. When the mushrooms are mostly cooked, add the canned chiles. Stir. Add water a couple of tablespoons at a time. Add more when it has all disappeared. Do this maybe three times. (But maybe the mushrooms will give off enough water that you can simply cook, no addition water required.) The goal is to soften the pasilla chile while mixing its flavor with the mushrooms and canned chiles.
6. Remove the mixture to a largish bowl. Add the shredded chicken, the spinach, half the cheese (6 ounces) and salt and pepper to taste.
7. Using the same sauté pan, heat as much of the enchilada sauce as will easily fit.
8. Place a tortilla in the sauce very briefly. More than about 5 seconds and it will get too soggy to roll. Remove the tortilla to a flat surface. Spoon about ¾ cup of filling in a line down the middle. Then roll it up and place it in a 9" x 13" pan, overlapped side down. Repeat with the other 11 tortillas. You may be able to fit all 12. In my pans, only 11 fit. Just make sure to use all the filling.
9. Add the rest of the enchilada sauce to the pan and heat it up. Then pour it all over the enchiladas. Top with the rest of the cheese.
10. Bake for 30 minutes.

Chifles

The Story

Chifles are Peruvian fried plantain chips. There is a similar Colombian appetizer called patacones. Luis Valencia has shared his recipe for them so we can all try his family's version.

The History

We served chifles (admittedly store-bought ones) at our South American Feast for Senior Dinner 2017.

The Recipe

green plantains
cooking oil such as canola oil
salt

1. Peel the green plantains. Slice them into 1" thick slices. They should look like little cylinders.
2. Heat the oil to frying temperature (350°). Deep fry the plantain cylinders until they are a light yellow to golden color.
3. Remove the cylinders and crush them with a rock or a cup or any sort of flat object so that they look like this:



4. Fry these disks until they look golden brown, as shown in the picture above.
5. Remove from the fryer and sprinkle with salt. Enjoy!

Chiles Rellenos

The Story

From Alan Cline: The idea for using egg roll skins instead of batter for chiles rellenos came from a restaurant in Boulder. I often sample chiles rellenos at restaurants all over the world but I have never again seen the egg roll trick.

The History

Served at Freshmen Dinners 2003 and 2006 and Senior Dinner 2018. We made a different sort of Southwestern egg roll for Freshman Dinner 2009. You'll find its recipe here too. It's called Smoked Chicken Egg Rolls.

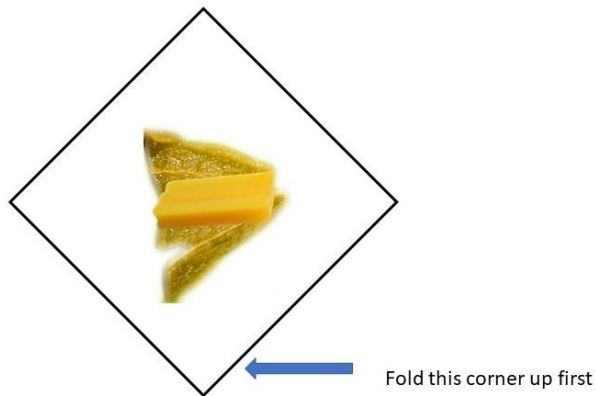


Chiles Rellenos

The Recipe

8		egg roll skins
8		canned whole chiles
8	ounces	cheddar cheese
8	ounces	Monterrey jack cheese
		oil for frying
2	cans	green enchilada sauce

1. Cut the cheeses into 1 ounce strips.
2. Place one egg roll wrapper diagonally in front of you on a cutting board. Open up one pepper. Place it in the middle of the skin. Place a piece of cheddar and a piece of Jack cheese. Fold the pepper closed, surrounding the cheese.
3. Wrap up the egg roll by first folding up the corner below the filling. Then fold up the two side corners. Finally roll the filled part toward the final corner. Seal that last corner to the roll with a bit of water. Repeat with the rest of the skins.



4. Heat the oil to 350° in an electric wok or frying pan (something with a thermometer).
5. Work in batches. Fry about six rellenos until slightly golden. Remove from the oil and drain.
6. Wait for the oil to get back up to 350°. Fry another six or so, again until just slightly golden.
7. Continue frying all the rellenos once, making sure to wait until the oil is hot each time.
8. When one batch is drained and a bit cool, put it back in the oil and fry a second time. This time they should get golden brown. Remove from oil and drain. Repeat with all of the batches.
9. Heat the green enchilada sauce. Serve it with the rellenos.

Chile con Queso

The History and the Story

By the mid 2000's, queso began to displace spinach artichoke dip at most Freshman dinners, as well as at some Musicales, at least three Senior Dinners, and even at one Holiday dinner. Often, we have bought it at Costco. But sometimes we've made it. Here are two recipes. The first is the classic (and totally simple) Velveeta and Rotel recipe, which you can also find on the Velveeta box. The second is a more ambitious (but tastier) version that was pioneered at a mini DS reunion in Boston in the summer of 2018.

The Really Simple Recipe

- | | | |
|---|-------|------------------|
| 1 | pound | Velveeta |
| 1 | can | Rotelle tomatoes |

1. Cube the Velveeta.
2. Put the Velveeta into a crock pot. Add the Rotelle tomatoes. Drain them a bit first and only add all the liquid if necessary. Stir occasionally until the cheese is melted.



The Tastier Recipe

- | | | |
|---|-------------|-----------------------------|
| 3 | tablespoons | butter |
| 1 | small | onion (about ¾ cup) |
| 1 | large | jalapeño pepper |
| 4 | cloves | garlic |
| 3 | tablespoons | flour |
| 2 | cups | half & half |
| 4 | ounces | grated sharp cheddar cheese |
| 3 | ounces | grated Pepper Jack cheese |
| ¼ | teaspoon | cumin |
| ¼ | teaspoon | salt |
| 2 | tablespoons | tomatoes |

1. Dice the onion. Finely dice the jalapeño. Mince the garlic. Dice just the flesh (no seeds or juice) of the tomato.
2. Melt the butter in a medium saucepan over medium heat. Add the onions and jalapeños and cook, stirring frequently, until the onions are soft and translucent, about 5 - 8 minutes. Add the garlic and cook another minute more.
3. Add the flour and cook, stirring constantly, for about 1 more minute. Add the half & half to the pot and whisk until the flour dissolves. Bring to a simmer and cook until thickened. This may take ten minutes.
4. Turn the heat down to low and gradually add the grated cheese, whisking and letting it melt as you go, until all of the cheese is incorporated. Add the cumin, salt and tomatoes. Taste and adjust seasoning if necessary; for more heat, add some red pepper flakes. (If the dip seems too thick, you can thin it out with a bit more half & half or some milk.)
5. Transfer to bowl and serve hot with tortilla chips. If the dip cools while you're serving it, you can reheat it in the microwave; just stop and stir at short intervals so it reheats evenly.



NOTES: The queso can be made ahead of time and reheated on the stovetop. If it's too thick, add a bit of half and half or milk to thin it out.

Chili Verde Confit Pork Belly

The History

Chef Zack Ladner returned again for Freshman Dinner 2008 and brought this recipe.

The Recipe

3	pounds	boneless, skinless pork belly, preferably from the rib end
½	pound	jalapeños
½	pound	poblanos
1	bunch	cilantro
2		yellow onions, peeled and quartered
20	cloves	garlic
10		limes zest and juice
3	quarts	rendered pork fat (approximate quantity)
		salt, pepper, sugar

1. Season the pork belly liberally with salt, pepper, and sugar and allow to sit in the refrigerator overnight. The next day rinse off any caked-on seasoning and place the pork in a slow cooker or large dutch oven.
2. Peel and quarter the onions. Add the jalapeños, poblanos, onions, and garlic to the pot. Cover with the rendered pork fat and cook on low (slow cooker) or in dutch oven at 200° for 10 hours or overnight.
3. Allow the pork to cool down to room temperature in the fat before removing. Then place pork in the refrigerator and allow to chill completely. Reserve the cooked peppers and onions with a tablespoon of the pork fat for the sauce.
4. The next day, portion the pork belly however you prefer, and crisp the pieces up in a non-stick pan. Reheat the peppers and onions with the reserved fat and blend in the blender with cilantro, lime zest and lime juice. Season to taste with salt and pepper.
5. Gently ladle the hot green sauce over the pork belly and enjoy.

Chimayo Market Corn

The History

We made this for Senior Dinner 2010. We thought they'd go well with the BBQ fountain.

The Recipe

20	ears	corn on the cob
¼	cup	Mayonnaise
6	ounces	Cotija cheese
1	teaspoon	chipotle chile powder
2	teaspoons	smoked paprika
1	teaspoon	salt



1. Cook fresh corn on the cob for 7-10 minutes until corn it is done. We grill it.
2. Meanwhile, grate the cheese.
3. Combine the last three ingredients for the Chile spice mix.
4. Brush warm corn on the cob with a small amount of mayonnaise.
5. To serve on the cob: roll corn in grated cotija cheese, making sure it's well coated. Then sprinkle on the Chile spice mix.
6. To serve off the cob: Cut the corn off the cob. In a bowl, make layers of corn, cheese, and Chile spice mix. Then stir well.

NOTES: To make a lot of this: Cook the corn in advance. An hour before serving, put the corn in a chafing pan, cover with aluminum foil, and put in the oven at about 300° until warm. Then follow the rest of the recipe.

If you really want to cheat, you can use frozen corn.

Source: Blue Mesa Grill.

Chipotle Mayonnaise

The Story

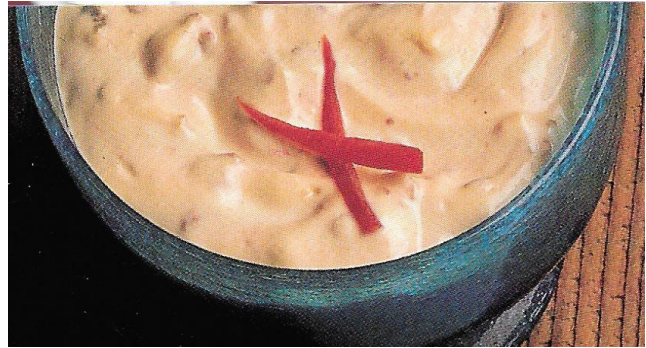
A great accompaniment to grilled meats or vegetables. Or steamed broccoli.

The History

Senior Dinner, 2002.

The Recipe

½	cup	mayonnaise
½	cup	sour cream
⅛	teaspoon	dried oregano
2		canned chipotle chiles in adobo sauce



1. Finely chop the chipotles.
2. Mix all ingredients.
3. Cover and refrigerate until chilled, about 1 hour.

NOTES: Source: Betty Crocker's Southwest Cooking.

Chorizo Bean Dip

The Story

The original recipe came from Matt Martinez's *Culinary Frontier*.

The History

Freshman Dinner in 1998, 2005, 2006 and 2007.

The Recipe

1	tablespoon	oil
½	pound	chorizo
¼	cup	onion
¼	cup	serrano pepper
2	cups	cooked beans (refried or black) canned okay
1	cup	shredded Monterey jack cheese

1. Preheat oven to 375°.
2. Finely chop the onion and the serrano pepper.
3. Heat the oil in a skillet and sauté the chorizo, onion, and serrano for about 5 minutes, until the sausage is cooked through.
4. Thoroughly mix the beans into the sausage mixture.
5. Place the dip into a baking dish. Sprinkle with the cheese, and bake about 4 or 5 minutes until the cheese melts.
6. Serve with tortillas or chips.

NOTES: Can be made ahead by baking the dip, without the cheese, in a microwavable dish. When ready to serve, reheat the dip in the microwave. Place it in a chafing dish and add the cheese. Cover the dish and the cheese will melt.

Corn and Black Bean Salad

The Story

From Elaine Rich: Make in advance. No cooking required. Serve at room temperature. Veggie friendly. What's not to like (except for a few onions needing chopping)? This is my recipe. We've used it, as well as others. For example, for Freshman Dinner 2010, we used one from the web. (See that menu for the link.)

The History

Debuted at Senior Dinner, 1996. And reappeared at Senior Dinner, Cinco de Mayo, 2018. Mostly, though, it's a Freshman Dinner classic.

The Recipe

15	ounces	canned or frozen corn
15	ounces	canned black beans
1	small	red onion
½		red bell pepper
½		green bell pepper
1		jalapeño pepper (optional)
2	ounces	canned green chiles
4	ounces	sliced black olives (optional)
1	tablespoon	lemon juice
½	teaspoon	salt
1	tablespoon	olive oil
¼	teaspoon	garlic powder
1	teaspoon	cumin
		fresh cilantro (to taste, for garnish)
		fresh parsley (to taste, for garnish)



Rinse and drain the black beans. Chop the red onion, bell peppers and jalapeño.

Combine the lemon juice, salt, olive oil, garlic powder and cumin. Mix well to make the dressing.

In a large serving bowl, combine the corn, beans, onion, peppers, chiles and black olives. Mix well. Then add the dressing and mix well again. Chill. It is good to make this at least several hours in advance.

Chop the cilantro and parsley. Just before serving add them to the salad.

NOTES: Adjust chile peppers to taste.



Instead of the jalapeño, you can use about ¼ (or more) of a dried ancho chile. Stem and seed the ancho pepper. Cut it into flat pieces. In a skillet with a bit of oil, toast the chile until it darkens and smells pungent, about 3 minutes. Remove it to a bowl and cover with boiling water. Soak until softened, about 20 minutes. Chop it finely.

More generally, this recipe is flexible. You can adjust the quantities of everything to taste. Some people omit the cumin, for example.

Cotija Mashed Potatoes

The History

We made these for Senior Dinner 2010. We thought they'd go well with the BBQ fountain.

The Recipe

2	pounds	Yukon Gold potatoes
2 ½	ounces	butter
1	cup	heavy cream
5	ounces	Cotija cheese
		Kosher salt (as needed)
		white pepper as needed

1. Peel and quarter the potatoes. Simmer them in salted water until fork tender. Drain potatoes in colander and return to pan over medium low heat.
2. Meanwhile, grate the cheese.
3. When the potatoes are done, add butter, cream and cheese. Combine thoroughly, first using a potato masher, then changing to a spoon or spatula as not to make it too smooth.

NOTES: Source: Blue Mesa Grill.

Fajitas – Beef, Chicken, and Shrimp

The History

We've served fajitas too many times to list, including almost all our Mexican themed Freshman dinner. Sometimes we've marinated the meat ourselves. But often we go to a carniceria and buy the meat, particularly the beef, already marinated. Here's the recipe that we used for beef fajitas in 2010.

The Recipe

½	cup	olive oil
4	tablespoons	onion
3	large cloves	garlic
¼	cup	lime juice
2	teaspoons	salt
2	teaspoons	black pepper
1	tablespoon	cumin
6	tablespoons	fresh cilantro
2	pounds	inside skirt steak



1. Chop the onion and cilantro. Cut the meat into 3 equal pieces.
2. To make the marinade, put all of the ingredients up to and including the cilantro into a blender. Purée.
3. Remove any fat or skin from the meat. Put the meat and the marinade into a ziplock bag. Refrigerate for at least an hour, preferably overnight.
4. Remove the meat from the marinade and pat dry with a paper towel. Grill about 1 minute on each side.
5. Take the meat off the grill. Put it in a double thickness of aluminum foil, wrap it up, and allow it to sit for 15 minutes. Then unwrap the meat and cut it, across the grain, into thin slices. Put it back in with the juices and toss.



NOTES: If you start with marinated meat, you can skip step 1.

Skirt steak naturally has a thin, inedible fatty membrane on one side. You need to make sure to remove it. You can use other cuts of meat, in which case remove whatever fat or gristle is there.

For chicken fajitas, use boneless skinless breasts or thighs. For shrimp fajitas, use peeled and deveined shrimp. It looks good to leave the tails on.

Serve with tortillas, guacamole, salsa, and grilled onions and peppers. It looks good to garnish the dish with a few colorful peppers.

Source: <http://www.foodnetwork.com/recipes/alton-brown/skirt-steak-recipe/index.html>

Fire Roasted Salsa

The History

Served at our Southwestern Senior Dinner 2010.

The Recipe

7	medium	tomatoes
6		green onions
½	bunch	cilantro
1	tablespoon	vegetable oil
4		serrano peppers
2	large cloves	garlic
		juice of one lime
1	teaspoon	salt
½	teaspoon	ground white pepper
½	teaspoon	ground oregano

1. Core the tomatoes. Trim the green onions. Stem the peppers. Peel and finely chop the garlic.
2. Place the tomatoes and green onions on a hot grill - over hot coals, not high flames. Pile cilantro on top, so that it does not touch the grill. Remove the tomatoes when they begin to blacken. Grill the remaining vegetables for a few minutes until they wilt.
3. Heat oil in sauté pan and sauté serrano peppers until soft.
4. Remove cilantro stems. Place serranos, tomatoes, onions and cilantro leaves in food processor and pulse until just coarsely ground.
5. Transfer to a bowl, add remaining ingredients and mix well.

NOTES: You can substitute two hatch peppers for two of the serranos.

This salsa gets its smoky flavor and rich color from smoking the tomatoes and blistering the other vegetables on the grill. The vegetables may be skewered and blackened over a gas range at home, or use soaked mesquite wood chips spread over heated coals in your barbecue.

Source: Blue Mesa Grill.

Grilled Onions and Peppers for Fajitas

The History

A Freshman Dinner Classic.

The Recipe

12	medium	onion, halved and sliced lengthwise
20		green bell peppers, seeds removed and sliced thinly
20		red bell pepper, seeds removed and sliced thinly
2	tablespoons	oil
		salt
		pepper

1. Halve and slice lengthwise all of the onions.
2. Prepare the bell peppers: remove the seeds and slice thinly.
3. In a large skillet or griddle, heat up the oil and fry the onions and bell peppers until crisp-tender, adding some salt and pepper to taste.



Grilled Rojo Shrimp

The History

Ryan Riddle found this buried inside a Blue Mesa Grill recipe for Avocado, Mango & Jicama Salad with Grilled Rojo Shrimp. We skipped the salad part and went directly to the shrimp for Senior Dinner 2010. That was the year of the BBQ Sauce Fountain. The shrimp were great, dipped into the fountain.

The Recipe

32		shelled and de-veined, large shrimp (16/20 to a lb.)
1	recipe	Recado Rojo Rub (see recipe below)
1	recipe	Tequila Orange Vinaigrette (see recipe below)

1. Generously rub each shrimp with Recado Rojo rub.
2. Place shrimp on a well heated grill for 1-2 minutes each side, basting with Tequila Orange Vinaigrette.

RECADO ROJO RUB:

1	cup	ground achiote
5	tablespoons	black pepper
5	tablespoons	dried oregano
2	teaspoons	ground cloves
1	tablespoon	ground cumin
5	tablespoons	ground cinnamon
5	tablespoons	ground coriander
5	tablespoons	kosher salt
6	tablespoons	granulated garlic

1. Mix the together to make the rub.

TEQUILA ORANGE VINAIGRETTE

2	tablespoons	Sauza Silver Tequila
½	cup	orange juice concentrate
¼	cup	water
2	tablespoons	Dijon mustard
1	tablespoon	honey
1	teaspoon	black pepper
1	teaspoon	salt
2	cups	canola oil

1. Combine all ingredients except oil in a food processor and pulse for 15 seconds. With the motor running, add oil in a slow stream to emulsify.

Guacamole

The History

We've served guacamole at every Tex Mex and Southwestern dinner. And at most Musicales. Sometimes we just buy it at Costco. Sometimes we make it from scratch. Sometimes we buy it and doctor it.

A Basic Recipe

Here's a basic version from Cameron Siler. Adjust quantities to taste.

avocados
tomatoes
minced garlic
limes
salt
black pepper
jalapeño pepper
serrano pepper
white onions
cilantro



1. Chop all ingredients and mix.

Variations

See separate recipes for two popular variations: mango pomegranate guacamole and tomatillo guacamole.

Honey Sriracha Veggies

The Story

We found the shrimp version online. We made it with shrimp but also adapted it for veggies.

The History

Served at Senior Dinner 2018.

The Recipe

3	tablespoons	unsalted butter
1	tablespoon	fresh ginger
2	cloves	garlic
¼	teaspoon	smoked paprika
¼	teaspoon	ground cloves
4	tablespoons	honey
6	tablespoons	sriracha sauce
1	tablespoon	lime juice
½	bag	fresh spinach, cleaned and big stems removed
¼	Costco bag	multicolored small sweet bell peppers
1	small	onion
1		zucchini
2		Portobello mushroom caps

1. Cut onion into 1" slices. Cut zucchini in half lengthwise and remove the stems. Cut small bell peppers in half lengthwise and remove stem and seeds.
2. Spread spinach over bottom of serving pan or dish.
3. Grill the vegetables.
4. Cut the onion slices into approximately 1" cubes. Cut the zucchini strips into 1" pieces. Cut the portobellos into approximately 1" pieces.
5. Toss the vegetables in the honey sriracha glaze and pour on top of the bed of spinach.

NOTES: You can use any vegetables you like for this.

Source: Adapted from the shrimp version found here: <https://www.today.com/recipes/honey-sriracha-shrimp-recipe-t115067>

Mango Pomegranate Guacamole

The Story

This guacamole variation is fun. The pomegranate seeds add color (red) and a bit of crunch. And the mango adds yellow. We got this recipe from: <http://www.epicurious.com/recipes/food/views/Mango-Pomegranate-Guacamole-350568>. We're including it here because of our suggestions for "cheating" a bit in making it.

The History

We made it for two Freshman Dinners: 2009 and 2010 and for two Senior Dinners: 2010 and 2018.

The Recipe

4		ripe avocados (2 pounds, total)
1	cup	white onion
2		fresh serrano chiles
¼	cup	lime juice
¾	cup	peeled mango
½	cup	cilantro
¾	cup	pomegranate seeds (from 1 pomegranate)
		salt



1. Finely chop the onion. Finely chop the chiles, including the seeds. Peel and dice the mango. Chop the cilantro.
2. Halve, pit, and peel avocados. Coarsely mash in a bowl.
3. Stir in onion, chiles, lime juice, and 1¼ teaspoons salt, then fold in pomegranate seeds, mango, and cilantro.
4. Season with salt and additional lime juice.
5. Serve with chips.

NOTES: Pomegranates aren't available all year. They're in season approximately September to February. You may be able to find the seeds, possibly frozen, at other times. We've tried it with dried seeds and they don't work well.

If you want to cheat and start with premade guacamole, here's a simple approximation to this recipe:

1	three pack	guacamole from Costco (48 ounces)
1		vacuum sealed unit of pomegranate seeds (about a cup)
12	ounces	mango salsa or fruit of one mango, chopped
½		white onion
2		roma tomatoes

1. Chop onion and tomato. If there are large chunks of mango, chop them. Combine everything.

Mango Salsa

The History

Sometimes we made this specifically to accompany Black Bean and Goat Cheese Enchiladas: 1998, 2005, 2007. But we also made it just as a salsa for Senior Dinner 2000.

The Recipe

3		mangos
½		red onion
¼	cup	cilantro
1	tablespoon	lemon juice
2	tablespoons	orange juice

1. Peel the mangoes and cut into about ½" dice.
2. Put the onion and cilantro into a food processor and grind until they are very finely chopped.
3. Mix all ingredients. Let sit for at least an hour.

Mexican Bean Stew

The History

Served at Freshman Dinner 2006.

The Recipe

1	cup	dried pinto beans
1	cup	dried black beans
1	cup	dried garbanzo beans
1	tablespoon	olive oil
1		onion
4	cloves	garlic
1	teaspoon	ground cumin
14 ½	ounces	canned crushed tomatoes
2	cups	fresh corn kernels
½	teaspoon	cinnamon
		salt
		black pepper
		cayenne pepper



1. Rinse and sort pinto beans, black beans and garbanzo beans. Place in a large bowl and cover with water. Soak overnight.
2. Drain the beans and place in a large pot. Cover with water. Bring to a boil and cook for an hour, or until the beans are tender. It may be necessary to add more water during cooking to prevent drying out or scorching.
3. Meanwhile, dice the onion and crush the garlic (or use crushed garlic).
4. Heat the oil in a small saucepan over medium-high heat. Sauté the onion and garlic until the onion is transparent. Stir in cumin. To the beans, add the onions, garlic and crushed tomatoes. Simmer for 20 minutes. Stir in corn and cinnamon; cook 15 minutes more. Season with salt, pepper and cayenne to taste before serving.

NOTES: Source: allrecipes.com.

Mexican Pinwheels

The Story

From Ann Hillis: I have no idea where this recipe came from. It is just one of those 'go to' recipes that people seem to like! It is very flexible and you can find dozens of variations on the web. You can use most any combinations of spices and flavors. And you can make it the day before so it spreads the workload out if you are having a big party!.

The History

A Freshman Dinner Classic.

The Recipe

2	packages	cream cheese (16 ounces total)
1	cup	sour cream
¼	cup	picante sauce
2	tablespoons	taco seasoning mix
½	teaspoon	garlic powder
2	4 ounces cans	chopped green chiles
2	cups	finely shredded cheddar cheese
½	cup	green onions
15		10" flour tortillas
		salsa



1. Soften the cream cheese. Thinly slice the green onions.
2. To make the filling: In a small bowl, beat cream cheese, sour cream, picante sauce, taco seasoning and garlic powder until smooth.
3. Stir in chilies, cheese and onions.
4. Spread some filling on each tortilla.
5. Roll up jelly-roll style.
6. Wrap in plastic wrap. Refrigerate for 2 hours or overnight.
7. Slice into 1" pieces. Serve with salsa.

Mole Poblano

The History

We made mole with turkey and a veggie version for Freshman Dinner 2003. We did a chicken and a veggie one for Senior Dinner 2018.

The Recipe for the Chicken Version (or the sauce to be used on other things)

3	tablespoons	peanut or canola oil (maybe more)
5	pounds	skinless boneless chicken thighs
3	cups	low salt chicken broth (for cooking the chicken)
3	cups	low salt vegetable broth (for the mole sauce)
2	cups	orange juice
1 ¼	pounds	onions
½	cup	sliced almonds
6	large	cloves garlic
4	teaspoons	cumin seeds
4	teaspoons	coriander seed
4	ounces	dried pasilla chiles
1	ounce	dried negro chiles
¼	cup	raisins
4	3" x ½" strips	orange peel (orange part only)
1 ½	teaspoons	dried oregano
1	3.1 ounce disk	Mexican chocolate
		fresh cilantro (optional)
		toasted sesame seeds (optional)



1. If you are making the chicken version: Heat 1 tablespoon oil in heavy large pot over medium-high heat. Sprinkle chicken on both sides with salt and pepper. Working in batches, add chicken to pot; sauté until lightly browned, adding more oil by tablespoonfuls as needed, about 3 minutes per side. Transfer pieces of chicken to a large bowl as they are cooked. When all the pieces are done, return chicken and any juices to pot. Add chicken broth; bring just to boil. Reduce heat to medium-low; cover and simmer until chicken is tender and just cooked through, about 25 minutes. Add more liquid if the mixture gets dry. When the chicken is cooked, remove it from the pot and let it cool.
2. Meanwhile, make the mole sauce. Start here if you just want to make sauce. Slice the onions. Chop the garlic or use chopped garlic. Prepare the pastilla chiles: stem, seed, tear into 1" pieces, and then rinse. Prepare the negro chiles the same way. Chop the chocolate.
3. Heat 2 tablespoons oil in heavy large saucepan over medium-high heat. Add onions and sauté until golden brown, about 18 minutes. Reduce heat to medium. Add almonds, garlic, cumin, and coriander. Sauté until nuts and garlic begin to color, about 2 minutes. Add chiles and stir until beginning to soften, about 2 minutes.
4. Pour 2 cups of vegetable broth and 1¾ cups of the orange juice into saucepan with onion mixture (reserve pot). Add raisins, orange peel, and oregano to saucepan. Cover and simmer until chiles are very soft, stirring occasionally, about 30 minutes. You may need to add more of the vegetable broth and orange juice. Remove from heat; add chocolate. Let stand until chocolate melts and sauce mixture cools slightly, about 15 minutes.
5. Working in small batches, transfer sauce mixture to blender and puree until smooth; return to reserved pot. Or use the blender wand in the pot. Season sauce to taste with salt and pepper. If you are just making the sauce to use in another recipe, stop here.
6. If you are making chicken mole, shred the cool chicken and mix it with the sauce. To serve, transfer the chicken to a bowl. Garnish with chopped cilantro and/or toasted sesame seeds, as desired. (Continued on next page)

NOTES: The Epicurious recipe uses chicken broth in the mole sauce. In this variation, we use vegetable broth instead. That way, we get a vegetarian mole sauce that can be used for either meat or vegetables.

The original recipe also adds the orange juice as the chicken is cooking. Go ahead and do that if you want just chicken mole. In this version, we wait and add it to the sauce. That's why it may be necessary to add more liquid to the chicken as it cooks.

You can substitute 3 teaspoons ground coriander for the 4 teaspoons coriander seed (if the ground is fresh). You can substitute 4 teaspoons of ground cumin for 4 teaspoons of cumin seed.

Do ahead: You can make the sauce up to three days in advance. You can also toss it with the chicken and keep it for three days.

Source: Adapted from: <https://www.epicurious.com/recipes/food/views/chicken-mole-352649>

The Recipe for the Smoked Turkey Version

1	recipe	mole poblano sauce
5	pounds	smoked turkey

1. Cut the turkey into bite-sized pieces. Toss them with the sauce.

The Recipe for the Vегgie Version (with thanks to Bess Frost)

1	recipe	mole poblano sauce
2	pounds	potatoes
2	pounds	baby carrots
1	large	onion
1	head	cauliflower
2		zucchini

1. Cut the potatoes into bite-sized chunks. Cut the onion into large bite-sized chunks. Separate the cauliflower into flowerets.
2. Grill the zucchini. Then cut it into 1" slices, then in half crosswise.
3. In a large pot, boil enough water to cover the vegetables. Add the potatoes. Cook for 5 minutes. Add the carrots. Cook for 5 minutes. Add the cauliflower. Cook for 5 minutes. Add the onions. Cook for another 5 minutes.
4. Check to make sure all the vegetables are cooked. Drain them.
5. Combine the vegetables (including the zucchini) with the sauce.

Pão de Queijo

The Story

Pão de Queijo is a Brazilian cheesebread. We served store-bought ones. But here is Luis Valencia's family's recipe for a Colombian version called pandebonos.

The History

Served at Senior Dinner 2017.

The Recipe

1	box	pandebono mix
½	pound	Salvadoran hard cheese (queso duro blando)
2	cups	shredded mozzarella
1		egg
3	tablespoons	brown sugar
2	cups	water



1. Preheat oven to 350°.
2. Make aguapanela by boiling the brown sugar in the water.
3. Grate the hard cheese in a food processor until fine. Then do the same with the mozzarella.
4. Combine the cheeses with the pandebono mix. Add the egg.
5. Take the fresh made aguapanela (brown sugar water) and add it little by little to the mix until you reach a bread dough consistency. If the aguapanela is too hot, you can add a splash of cold milk to it so it's easier to work with.
6. Roll the dough into balls and bake until they start getting a little brown on top (ballpark of 20 min).
7. Enjoy!

NOTES: You can buy Pandebono mix and Salvadoran hard cheese at stores like Fiesta. You can also use almojabana or pandequeso mix

If you want the breads to be less “cheesy”, you can use just 1 cup of mozzarella.

If you want to make bunuelos (very popular fried cheese breads) you can follow this same recipe. Only two differences: Use bunuelo mix instead of pandebono mix and fry the dough balls until they're golden brown instead of baking.



Papa a la Huancaína

The Story

From Elaine Rich: I pushed for including this. When Alan and I were in Peru, I think we were served it just about every day. And I loved it. The sauce is wonderful on its own. You can put it on lots of things besides potatoes.

The History

Luis Valencia led us in making it for our South American feast for Senior Dinner 2017.

The Recipe

2	pounds	new potatoes
4		hard boiled eggs
12		black olives
		lettuce leaves
1	recipe	Huancaína sauce

1. Cook and peel the potatoes.
2. Make the sauce.
3. Arrange lettuce leaves, potatoes, eggs, and olives. Pour sauce over or serve on the side.



NOTES: You can buy packets of Huancaína sauce mix.



But we made it ourselves using this recipe:

<https://www.thespruceeats.com/spicy-cheese-sauce-salsa-huancaína-3029632>

Papas and Poblano Peppers

The History

A Freshman Dinner classic, thanks to Ann Hillis.

The Recipe

24	ounces	frozen hash brown potatoes
4		poblano peppers
1 ½	cups	onions
3	cloves	garlic
3	stalks	celery
1		red bell pepper
15	ounces	canned white corn (optional)
2	tablespoons	lime juice
⅛	cup	oil
⅜	cup	queso fresco



1. Preheat oven to 450°.
2. Chop the onions. Mince the garlic. Chop the celery. Seed and chop the bell pepper. Drain the corn. Crumble the queso fresco.
3. Slice the poblanos in half and remove the ribs and seeds. Add them, cut side down, to a baking dish that has been lightly coated with olive oil. Roast them in the oven for about 10 minutes. Put them into a brown paper bag and close it. Leave them for about 20 minutes to steam. Then peel and chop them up and set aside.
4. Reduce heat to 400°. Lightly grease an oven proof dish large enough to hold all the potatoes.
5. In batches, add oil to a frying pan. Then add potatoes and cook on high until brown and crispy on the outside and cooked on the inside. As each batch is removed, add it to the prepared dish. When all of the potatoes have been cooked, put the dish in the oven. Bake, stirring frequently, until the potatoes are cooked all the way through and brown. This may take a couple of hours. When they are cooked, remove them to a pan lined in paper to absorb as much grease as possible.
6. Meanwhile, add a bit more oil to the frying pan and cook the onions, garlic, celery and bell peppers. Add salt and pepper to taste. Sauté until the vegetables are almost cooked. Add the lime juice and (optional) corn and cook on low for about 5 minutes.
7. Combine all ingredients in a serving dish or chafing dish pan. Top with crumbled cheese and serve.

NOTES: An alternative way to roast the poblanos is to grill them directly on the grill until blackened, then seal in Ziploc. Let steam for 20 min, then peel and chop.

Instead of ordinary hash browns, you can also use Orelda Potatoes O'Brian. If you do, you can cut back a bit on the onion.

Papaya Pork Tacos

The History

Served at Freshman Dinner 1996 and 2006.

The Recipe

2	teaspoons	margarine
1	pound	boneless pork loin roast
1	tablespoon	lime juice
¼	teaspoon	cumin
½	teaspoon	cinnamon
¼	teaspoon	salt
¼	teaspoon	ground cloves
1	teaspoon	brown sugar
½	cup	pineapple
1	recipe	papaya relish (see separate recipe)
10		flour tortillas
1 ½	cups (6 ounces)	shredded Monterey jack cheese
¼	cup	papaya



1. Cut pork into 2" x ¼" strips. Chop the pineapple and the papaya.
2. Heat margarine in 10" skillet over medium heat until hot and bubbly. Add the spices. Cook pork in margarine, stirring occasionally, until no longer pink, about 10 minutes; drain. Toss in the lime juice.
3. Put pork in a crock pot on low for about 8 hours.
4. About a half hour before serving, stir in the pineapple and papaya. Warm the tortillas.
5. To serve, put some pork mixture and some cheese in each tortilla. Serve with papaya relish.

NOTES: Adapted from *Betty Crocker's Southwest Cooking*.

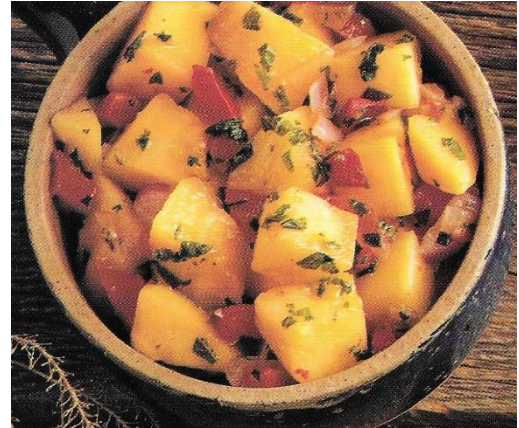
Papaya Relish

The History

Served at Freshman Dinner 1996 and 2006 (to go with Papaya Pork Tacos), Senior Dinner 2002 (to go with just about everything).

The Recipe

½	cup	red onion
½	cup	red bell pepper
1	small	red chile
1	tablespoon	vegetable oil
2	tablespoons	lime juice
1		papaya



1. Pare and seed the papaya and cut it into ½" cubes. Chop the onion and bell pepper. Seed and chop the chile.
2. Cook onion, bell pepper and chile in oil over medium heat, stirring frequently, until tender. Add the papaya and cook for about 10 minutes. Remove from heat.
3. Stir in lime juice. Cover and refrigerate until chilled, about 2 hours.

NOTES: Makes 3 cups.

Source: *Betty Crocker's Southwest Cooking*.

Smoked Chicken Egg Rolls

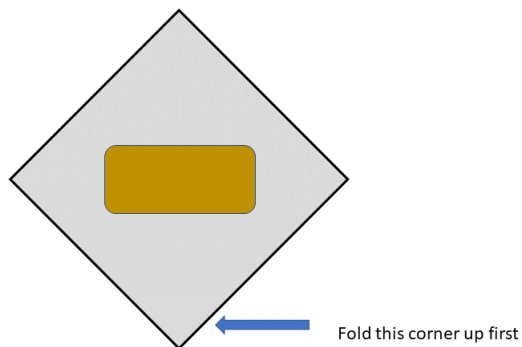
The History

Ryan Riddle concocted this for Freshman Dinner 2009. It's similar to Alan's recipe for Chiles Rellenos (also included here), in using egg roll skins instead of batter.

The Recipe

- | | | |
|---|-----------------|----------------------|
| 1 | 8 ounce package | Mexican rice |
| ½ | pound | smoked chicken |
| 1 | pound | Pepper Jack cheese |
| 1 | 27 ounce can | chopped green chiles |
| 1 | | red onion |
| 2 | | bell peppers |
| 1 | package | egg roll skins |
| 1 | | egg |
| | | Tabasco |
| | | black pepper |
| | | smoked paprika |
| | | cumin |
| | | Ranchero sauce |

1. Cook the rice. Chop up chicken, the red onion, and the bell peppers. Grate the cheese.
2. Combine filling ingredients (rice, chicken, cheese, green chiles, onion and bell pepper), adding spices to taste.
3. Place one egg roll wrapper diagonally in front of you on a cutting board. Place 1-2 tablespoons of filling in the middle of the wrapper. (See picture on left.) Wrap up the egg roll by first folding up the corner below the filling. Then fold up the two side corners. Finally roll the filled part toward the final corner. Seal that last corner to the roll with beaten egg. (See picture on right for what they'll look like completely wrapped up.)



4. Fry about three rolls at a time in 375° oil for about 5 minutes. Drain on paper towels. Make sure that the oil is hot enough for each batch. The easiest way to do this is to use a deep fryer or an electric frying pan or wok. Something with a thermostat. For extra crispy rolls, fry about halfway. Remove from the oil. Let cool for a few minutes. Then fry a second time until golden.
5. Serve with Ranchero sauce. Makes 25 – 30 rolls.

Spanish Rice

The History

An Ann Hillis recipe that has become a Freshman Dinner classic.



The Recipe

4	tablespoons	olive oil
1		white onion
1		red onion
2	cloves	garlic
4	cups	rice (medium or long grain, 13 ounces x 2 boil in bag packages)
2	cups	vegetable stock
1	6 ounce can	tomato paste
3	tablespoons	oregano
2	teaspoons	salt

1. Chop onions finely. Mash garlic (or use chopped garlic).
2. Add oil to a large sauté pan. Add the onions and sauté until almost cooked. Then add the garlic and stir until garlic is cooked. Cool the mixture and set aside.
3. Fill a large pot $\frac{3}{4}$ full of water. Add the bags of rice to the water and follow the instructions on the rice package. When cooked, drain in colander in the sink.
4. Bring stock to a simmer. Add the tomato paste, oregano and salt. Stir well to mix.
5. Put the rice in a chafing dish. Add precooked onions and garlic. Mix very well with a fork.
6. CAREFULLY ladle (do not try to pour) stock mixture into chafing dish. ONLY use enough to keep the rice moist-do not let it swim!
7. Drain tomatoes from the can and add them into the rice. Mix thoroughly once again, using a fork (so you are fluffing the rice at the same time).

Tacos al Pastor

The Story

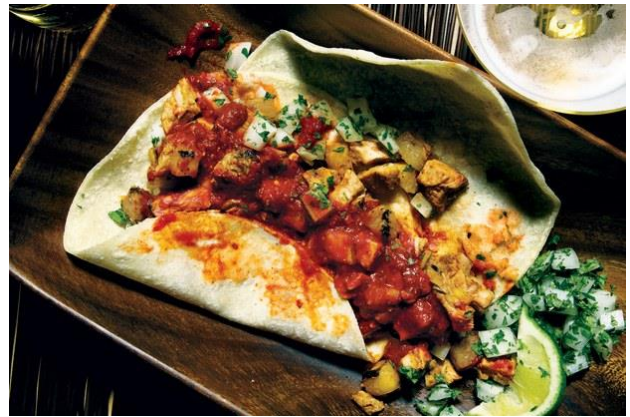
Pineapple is what makes these tacos “al pastor”. We started with a recipe from epicurious.com.

The History

Served at Freshmen Dinner 2009 and Senior Dinner 2018.

The Recipe

1	large	onion
1		pineapple
½	cup	orange juice
¼	cup	distilled white vinegar
¼	cup	guajillo chile powder
3	cloves	garlic
2	teaspoons	Kosher salt
1	teaspoon	dried oregano (preferably Mexican)
1	teaspoon	ground cumin
2	small	chipotle chiles, canned in adobo sauce
1 ½	teaspoons	adobo sauce (from the can above)
3	pounds	boneless pork loin
¼	cup	fresh cilantro
		corn tortillas
		lime wedges



1. Cut the onion in half. Coarsely chop one of the halves. Cut the pineapple crosswise into ½" thick rounds. Coarsely chop 2 of the rounds, discarding core; cover and chill remaining pineapple. Cut the pork into ½" thick slices. Chop the cilantro.
2. Place chopped onion and chopped pineapple in blender. Add orange juice and next 8 ingredients; puree until smooth to make the marinade.
3. Place pork in large resealable plastic bag. Add marinade and seal bag, releasing excess air. Turn to coat. Chill at least 4 hours and up to 1 day.
4. Prepare barbecue (medium-high heat). Grill remaining pineapple until warm and slightly charred, 4 to 6 minutes per side. Grill pork with some marinade still clinging until slightly charred and cooked through, 2 to 4 minutes per side.
5. Transfer pineapple and pork to work surface; chop pineapple into ½" cubes, discarding cores. Chop pork. Transfer to platter; toss to combine.
6. Meanwhile, finely chop remaining onion half and place in medium bowl. Add cilantro; toss to combine. Grill tortillas until warm and slightly charred, about 10 seconds per side.
7. Serve pork-pineapple mixture with onion-cilantro relish, salsa, and lime wedges.

NOTES: You can make guajillo chile powder: Grind 6 large dried seeded guajillo chiles in a spice mill to yield about ¼ cup powder.

Or use chipotle and/or ancho chile powder. Do not use commercial "chili powder" since it has other spices too.

Tomatillo Guacamole

The History

Served at Freshman Dinner 1996 and 1998 and Senior Dinner 2002 and 2010.

The Recipe

4		avocados
11	ounces	canned tomatillos
$\frac{1}{4}$	teaspoon	powdered garlic
1	tablespoon	lemon juice
$\frac{1}{8}$	teaspoon	salt
1	tablespoon	picante sauce

1. Drain and chop the tomatillos. Peel and mash the avocados.
2. Combine all ingredients except lemon juice. Smooth the top surface.
3. Pour lemon juice on top. Cover and refrigerate until serving time.
4. Just before serving, mix in the lemon juice.

Vegetarian Chili

The History

This is a hearty dish for vegetarians. We made it for Holiday Dinner 2003, 2004 and 2006.

The Recipe

2	tablespoons	olive oil
1	large	onion
$\frac{3}{4}$	head	garlic
1	ounce	baby carrots
$\frac{1}{2}$	head	celery
1		green bell pepper
3		roasted red peppers
2	teaspoons	cumin
2	teaspoons	cumin seed
2	tablespoons	chili powder
2		bay leaves
7	ounces	chopped green chiles
1	pinch	salt
1	pinch	dried red chiles
28	ounces	diced tomatoes
6	ounces	tomato paste
15	ounces	tomato sauce
1	can	black beans
1	can	garbanzo or butter beans
1	can	kidney beans
1	can	artichoke hearts

1. Chop the onion. Cut the baby carrots into thirds. Thickly slice the celery. Cut the peppers into strips. Quarter the artichoke hearts.
2. Sauté onion and garlic in oil until they just start to soften.
3. Add carrots and continue to cook.
4. After carrots begin to soften slightly, add celery, green bell pepper, and roasted red peppers also in strips. Cook until green pepper and celery are soft.
5. Add cumin, chili powder, salt, dried red chilies, bay leaves and diced green chilies. Sauté a few minutes more.
6. Add diced tomatoes, tomato paste, and tomato sauce. Add a little water if it seems too thick.
7. Add beans and artichoke hearts (all drained).
8. Cook gently for 15-20 minutes, adjusting spices to taste.

Vegetarian Enchiladas

The History

A Freshman Dinner classic, with thanks to Ann Hillis.

The Recipe

2	tablespoons	olive oil
3	teaspoons	cumin (divided)
¼	cup	flour
¼	cup	tomato paste
1	can	vegetable broth (14.5 ounces)
¾	cup	water
		Kosher salt
		freshly ground black pepper
3	cups	grated cheese
1	can	black beans (15 ounces)
1	box	frozen chopped spinach (10 ounces)
1	cup	corn kernels
4		green onions
16		6" corn tortillas



1. Rinse and drain the black beans. Thaw and squeeze dry the frozen spinach. Thinly slice the green onions. Separate the white and green parts.
2. Prepare the sauce: In a medium saucepan, heat the oil over medium heat. Add 2 teaspoons cumin, flour and tomato paste. Cook, whisking constantly, for one minute. Slowly whisk in the broth and water. Bring to a boil. Reduce the heat to low and simmer until slightly thickened (5 to 7 minutes). Season with salt and pepper to taste, and then set aside.
3. Make the filling: In a large bowl, combine 2 cups of the cheese, beans, spinach, corn, green onions (white parts) and remaining 1 teaspoon cumin. Sprinkle with salt and pepper.
4. Preheat oven to 400°. Spray one 10" x 14" pyrex pan with nonstick spray (or two 8" x 8" pans). Wrap four tortillas in a damp paper towel and microwave for 20 seconds. Lay a tortilla on a flat work surface and pile about ⅓ cup of the filling down the middle. Roll the tortilla tightly around the filling and place it seam-side-down in the prepared pan. Repeat with remaining tortillas (microwaving four at a time) and filling until you've used it all up.
5. Drizzle the sauce on top and sprinkle with the remaining 1 cup of cheese. Bake, uncovered, until hot and bubbly, 20 to 25 minutes. Sprinkle with chopped green scallions and serve with desired toppings.

NOTES: You can make the filling in advance.

Optional toppings: sour cream, avocado, guacamole, sliced olives, chopped tomato.

Zucchini, Black Beans and Rice Skillet

The History

We pioneered this at a mini DS 2018 reunion in Boston in the summer of 2018.

The Recipe

1	small	zucchini
½	cup	onion
½	cup	green bell pepper
1	15 ounce can	whole black beans
1	tablespoon	oil
1		pasilla chile pepper
1	can	Hunt fire roasted tomatoes with garlic (undrained)
2	ounces	canned chopped green chiles (half of a 4 ounce can, undrained)
¾	cup	water
½	teaspoon	dried oregano
1	teaspoon	cumin
½	teaspoon	garlic powder
1	teaspoon	salt
1	cup	Minute white rice
½	cup	shredded Mexican cheese blend

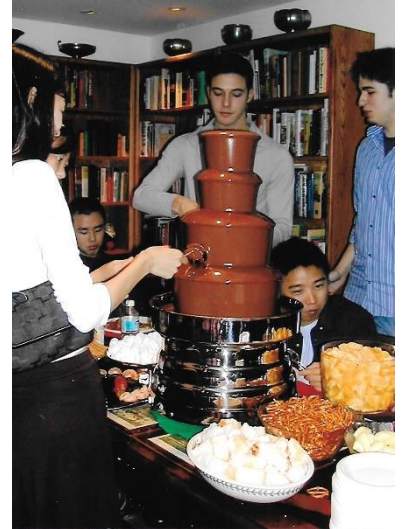
1. Cut the zucchini in quarters lengthwise, then slice. You should have about 1½ cups. Chop the onion. Dice the green pepper. Drain and rinse the black beans. Finely chop or pulverize the pasilla chile.
2. Heat oil in large skillet over medium heat. Add zucchini, onion and bell pepper; cook at least 5 minutes, stirring occasionally. The vegetables need to be soft.
3. Add all the rest of the ingredients except the rice and cheese. Increase heat and bring to a boil. Simmer for at least 15 minutes so that the flavors can blend. You can prepare up to here in advance. Then reheat just before you're ready to serve.
4. Add rice; stir well. Cover; remove from heat and let stand 7 minutes or until liquid is absorbed.
5. Just before serving, sprinkle with the cheese.

NOTES: Because this uses Minute Rice, it's easy to scale up to very large quantities.

If you skip the cheese, you've got a great dish for vegans.



Desserts





Baklava

The History

This is Misha Blizard's recipe, which we made for the Holiday Dinner 2009.

The Recipe

4	cups	walnuts
½	cup	sugar
1	teaspoon.	ground cinnamon
½	teaspoon	ground nutmeg
1	teaspoon	grated lemon rind
1	pound	filo pastry sheets
1	cup	butter
		Honey syrup (see recipe below)

1. Preheat oven to 325°. Lightly grease an 11" x 17" x 1½" pan. Finely chop or grind the walnuts. Melt the butter. Cut filo sheets to fit pan.
2. Mix ground walnuts with sugar, spices and lemon rind in medium bowl.
3. Keep filo sheets moist and flexible by covering with a damp cloth. Brush 12 filo sheets lightly with melted butter and place in bottom of pan. Spread 1 cup of walnut mixture over top sheet. Cover with 4 sheets of filo after brushing each with butter. Then repeat layers.
4. Make top layer with 8 sheets of filo after brushing each with remaining butter. With small, sharp knife, cut lengthwise through first layer to make strips 1½" wide. Then make diagonal cuts 2" apart in top layer to form diamonds. Bake on rack above center of oven for 1 hour, until well browned.
5. Remove from oven and cut through the first cuts, cutting to the bottom of the pan. Spread top with cold honey syrup (use recipe below). Let stand until completely cold before removing from pan.

HONEY SYRUP:

1	cup	honey
½	cup	sugar
½	cup	water
1	tablespoon	lemon juice

1. Combine honey, sugar and water in small saucepan. Heat, stirring until sugar dissolves. Remove from heat and stir in lemon juice. Cool thoroughly before using. Makes 1½ cups.

Bananas Foster

The History

This capped off our Cajun Senior Dinner 2016. Flaming is fun.

The Recipe

½	cup	brown sugar
½	stick	butter
4		ripe bananas
¼	teaspoon	cinnamon
¼		cup banana liqueur
½	cup	white rum
		vanilla ice cream



1. Peel the bananas and slice them lengthwise for the official recipe or crosswise to make easier to serve in large quantities.
2. Melt brown sugar, cinnamon and butter. Stir until the brown sugar is dissolved.
3. Add the bananas and cook until tender.
4. Combine the banana liqueur and rum. Warm it up slightly in the microwave, but be careful not to cook it. Pour the mixture over the bananas.
5. Light. Continue to stir until the flame dies out. This will only work if you do this step over heat. So on the stove or a portable heating unit.
6. Serve over ice cream. Vanilla is classic, but cookies and cream is also excellent.

NOTES: Source: *Brennan's New Orleans Cookbook*.

Bread Pudding

The History

This is Jonathan Edquid's recipe, which we made for Holiday Dinner 1999.

The Recipe

¼	cup	butter
8		slices bread
⅓	cup	raisins
4		eggs
½	cup	sugar
¼	teaspoon	salt
2	cups	evaporated milk
2	cups	boiling water
2	teaspoons	vanilla
4	teaspoons	sugar
¼	teaspoon	cinnamon

1. Preheat oven to 325°.
2. Toast the bread. Butter it and sprinkle with 4 teaspoons of sugar. Cut into cubes.
3. Place the cubes of bread in a greased pan. Sprinkle the raisins on top.
4. In a bowl, beat the eggs, ½ cup minus 2 tablespoons sugar, salt, boiling water, milk, and vanilla. Pour over toast. Let stand for 10 minutes.
5. Combine cinnamon and remaining sugar and sprinkle on top of mixture.
6. Place pan in another dish and pour in water to a height of 1". Bake 60-65 minutes until a knife comes out clean.

Chocolate Chocolate Chip Cookies

The History

Misha Blizzard found this recipe. We made it for the Holiday Dinner 2009.

The Recipe

1	cup	butter
1 ½	cups	white sugar
2		eggs
2	teaspoons	vanilla extract
2	cups	all-purpose flour
⅔	cup	cocoa powder
¾	teaspoon	baking soda
¼	teaspoon	salt
2	cups	semisweet chocolate chips
½	cup	chopped walnuts (optional)

1. Preheat oven to 350°. Soften the butter.
2. In large bowl, beat butter, sugar, eggs, and vanilla until light and fluffy.
3. In a separate bowl, combine the flour, cocoa, baking soda, and salt; stir into the butter mixture until well blended.
4. Mix in the chocolate chips and walnuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
5. Bake for 8-10 minutes, or just until set.

NOTES: Makes 48 cookies.

Chocolate Fountain

The Story

From Elaine Rich: My first vision of one of these was at Bess Frost's wedding. A lot of other Dean's Scholars were also there, and when we got back to Austin they pointed out that we needed one of these for our dinners. The rest is history.

The History

A Holiday Dinner favorite.

The Recipe

2 - 4 bags chocolate from Sephra
(the fountain company)

mandarin oranges
pineapple
grapes
strawberries
apples
bananas

marshmallows
angel food cake
assorted cookies
pretzels
panettone



1. Set up the fountain. It is very important that it be level. Heat the chocolate in the microwave according to package directions. Start with two bags. Put the chocolate into the fountain and turn it on. You may want to use a rubber spatula to mix it as it continues to melt.
2. Choose whatever you want to put into the fountain. Cut it into bite-size chunks. Serve with short skewers.
3. Add additional bags of chocolate as needed.
4. Clean the fountain as soon as you turn it off. It is *really* hard to clean after the chocolate solidifies.

Chocolate Mice

The Story

From Elaine Rich: A friend gave me the recipe for plain mice. The imagination of DS cooks created the ones you see here.

The History

A Holiday Dinner favorite.

The Recipe

1	large jar	cherries with stems (about 150 cherries)
42	ounces	chocolate chips
150		Hershey kisses
		slivered almonds
		decorative icing in tubes

1. Melt half the chocolate chips in a double boiler. You can also do it in the microwave, but stir often and be careful not to burn.
2. Assemble mice by dipping a cherry in the melted chocolate. That's the body. Stick on a kiss for the nose. Insert two slivered almonds between the two for the ears. Decorate as desired with colored icing.
3. Melt the rest of the chocolate chips and assemble the rest of the mice. If you melt all the chocolate at once, it will cool and not be usable. If you reheat it, it will get hard and not get soft again.



Cinnamon Sugar Butter Cookies

The History

A Freshman Dinner classic.

The Recipe

3	tablespoons	white sugar
1	tablespoon	ground cinnamon
1	cup	dark brown sugar
½	cup	white sugar
1	cup	butter
2		eggs
2	teaspoons	vanilla extract
2 ½	cups	all-purpose flour
¾	teaspoon	baking soda
¼	teaspoon	salt

1. Preheat oven to 300°. Soften the butter.
2. Combine the 3 tablespoons white sugar and the cinnamon in a small bowl and set aside.
3. Blend dark brown sugar and ½ cup white sugar in a large bowl with mixer on medium speed. Add butter and blend until grainy. Add eggs and vanilla extract, mixing until light and fluffy.
4. Whisk flour, baking soda and salt together in a separate bowl. Add to sugar mixture, mixing at low speed just long enough to combine. Overmixing makes tough cookies!
5. Roll dough into 1" balls, then roll each ball into cinnamon-sugar to coat. Place cookies on ungreased cookie sheets and bake for 18 to 20 minutes. Remove from sheets and let cool on racks.

NOTES: Adapted from <http://allrecipes.com/recipe/11310/cinnamon-sugar-butter-cookies-ii/print/>

Cookies and Cream Ice Cream

The Story

From Alan Cline: Blue Bell created Cookies and Cream in 1978. We followed about a decade later. I used a vanilla ice cream recipe with real vanilla beans and just crunched up a bunch of Oreos. Dean Scholars who go way back will remember helping me use the old hand crank ice cream maker. (The process included a lecture of the function of rock salt in the ice.) That later was replaced with an electric device which still required ice but then that was replaced by a totally electric device which uses frozen tubs in place of the ice.

If you seek a wine pairing for the ice cream, may I suggest Snickers Cake.

The History

A DS classic. A regular.



Continued on next page.

Cookies and Cream Ice Cream

The Recipe

2	quarts	half and half
1	quart	heavy cream
2 ½	cups	sugar
12	inches	vanilla beans
¼	teaspoon	salt
3	pounds	Oreos



1. Break up the oreos and put them in the freezer.
2. In top of double boiler, combine half of the cream, half of the half and half, the sugar, vanilla beans, and salt. Cook, stirring constantly, for 10 minutes. Remove the bean pods, scraping pulp and seeds into the cream. Cool.
3. Add the remaining cream and half and half to the cooked mixture. Mix well.
4. Put the mixture into an ice cream freezer to churn and freeze. It will fill four of the small containers that go with our Cuisinart freezer, so it has to be done in two batches.
5. When the churner stops, add the broken Oreos.

NOTES: Makes nearly 2 gallons once the cookies are added.

Cruzan Bananas

The Story

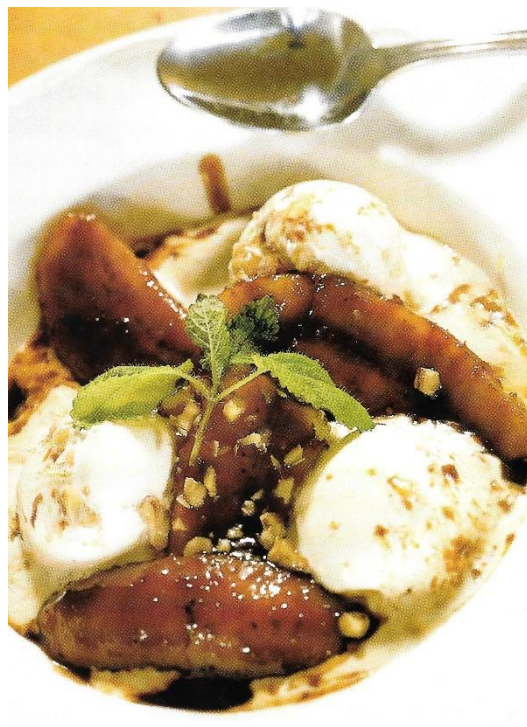
For our Caribbean feast, we found this Caribbean take on bananas foster. It's the spiced rum.

The History

Served at Senior Dinner 2000.

The Recipe

¼	cup	clarified butter
8	tablespoons	dark brown sugar
4		bananas
1	cup	spiced rum
½	cup	heavy cream
		vanilla ice cream
½	cup	chopped walnuts
4	sprigs	mint



1. Cut the bananas in half and then split them lengthwise.
2. In a large sauté pan, heat the butter over medium heat. Stir in the brown sugar and allow it to melt in the butter. Continue stirring until the sugar begins to caramelize. Then add the bananas and cook until coated with the caramelized sugar. Stir in the rum, then stir in the cream. Cook for 30 seconds, stirring gently or tossing.
3. Serve over vanilla ice cream. Sprinkle each serving with chopped walnuts and garnish with a sprig of mint.

NOTES: Source: *Great Chefs of the Caribbean*.

Ginger Snaps

The History

Misha Blizard found this recipe. We made it for the Holiday Dinner 2009.

The Recipe

$\frac{3}{4}$	cup	unsalted butter
1	cup	brown sugar (packed)
1		egg
$\frac{1}{4}$	cup	molasses
$2\frac{1}{4}$	cup	flour
2	teaspoons	baking soda
1	teaspoon	cinnamon
1	teaspoon	ginger
$\frac{1}{2}$	teaspoon	cloves
$\frac{1}{4}$	teaspoon	salt
		granulated sugar to roll cookies in

1. Cream butter, brown sugar, egg and molasses. Mix in remaining ingredients except granulated sugar. Cover and chill for 1 hr.
2. Preheat oven 375°.
3. Shape dough by rounded teaspoonfulls into balls. Dip tops into granulated sugar.
4. Place balls, sugar side up, 3" apart on a lightly greased baking sheet.
5. Bake for 10-12 minutes or just until set. Immediately remove from baking sheet.

NOTES: Makes 4 dozen cookies.

Gingerbread with Crunch Topping

The History

We made this for Holiday Dinner 2002. For later Holiday Dinners, we mostly made inedible but quite gorgeous gingerbread houses.

The Recipe

1	package	gingerbread mix
¼	cup	brown sugar
2	tablespoons	butter
2	tablespoons	flour
	dash	salt
1	teaspoon	cinnamon
½	cup	walnuts

1. Preheat oven to 350°. Chop the walnuts.
2. Prepare mix according to package directions. Spread into a 6" x 10" pan. Bake for 30 minutes.
3. Mix the remaining ingredients for crunchy topping. Sprinkle on the gingerbread and bake for another 10 minutes.

NOTES: Source: *Better Homes and Gardens New Cookbook*, 1953.

Hawaiian Carrot Cake

The History

We made this for our Polynesian-themed Senior Dinner 2004.

The Recipe

3		eggs
2	cups	sugar
1 ½	cups	oil
2	teaspoons	vanilla
1	7-ounce can	crushed pineapple (undrained)
2	cups	carrots
3	cups	cake flour
½	teaspoon	allspice
1	teaspoon	baking powder
1	teaspoon	baking soda
1	teaspoon	salt
1	teaspoon	cinnamon
1	teaspoon	nutmeg
1	cup	macadamia nuts
1	tablespoon	powdered sugar

1. Preheat oven to 350°. Grease and flour a bundt pan.
2. Grate the carrots. Chop the macadamia nuts.
3. In a large mixing bowl, cream eggs, sugar and oil. Continue beating and add vanilla, crushed pineapple and carrots.
4. Combine the dry ingredients and sift three times. Slowly beat dry mixture into batter. Add nuts and blend thoroughly.
5. Pour the batter into the bundt pan. Bake for 1 hour and 15 minutes.
6. While warm, dust with powdered sugar. Or cool and frost with cream cheese frosting.

NOTES: Source: The Junior League of Honolulu, *A Taste of Aloha*.

Mango Coconut Ice Cream

The Story

From Alan Cline: We did Indian or Tropical-themed dinners so often that I (reluctantly) was convinced to have an appropriate alternative to the old stand-by Cookies and Cream. This recipe is very simple: it requires no cooking. It quickly became such a hit that it is now a standard.

The original recipe did not have the spices. But it's good to add them. Experiment to see what you like.



The History

A DS classic. A regular.

The Recipe

14	ounces	coconut cream
500	milliliters	pureed mango
½	cup	milk
½	cup	half and half
½	teaspoon	cinnamon
⅛	teaspoon	ground cloves
⅛	teaspoon	allspice
¼	teaspoon	nutmeg

1. In a bowl, stir together coconut cream, mango, milk and table cream until combined.
2. Transfer to an ice cream maker and freeze.

NOTES: Make sure to use coconut cream, not coconut milk.

You can usually find the pureed mango in Asian (particularly Indian) grocery stores.

Source: Adapted from Marilyn Linton and Tanya Linton, *125 Best Ice Cream Recipes*.

Mexican Hot Chocolate Cookies

The History

Popular at Freshman Dinners since 2017.

The Recipe

1 ½	cups	flour
¼	cup	unsweetened Dutch cocoa powder
1	teaspoon	cinnamon
½	teaspoon	salt
¼	teaspoon	cayenne pepper
1	teaspoon	baking soda
1	stick	unsalted butter - room temperature
1	cup	packed dark brown sugar
1	large	egg - room temperature
1	teaspoon	vanilla extract
12	ounces	semisweet chocolate (61%)
½	cup	turbinado sugar

1. Preheat oven to 325°.
2. Whisk together flour, cocoa, cinnamon, salt, cayenne, and baking soda.
3. In a separate bowl, beat butter with brown sugar on medium-high speed until light and fluffy, about three minutes. Beat in egg and vanilla until well combined. Reduce speed to low and get in flour mixture until just incorporated. Stir in chocolate.
4. Roll dough into 2" balls. Gently roll each in turbinado sugar to coat; place 2" apart on parchment-lined baking sheets. Bake until surfaces crack slightly, 11-14 minutes. Let cool 5 minutes on sheets, then transfer to a wire rack and cool completely.

NOTES: Makes 3 dozen cookies.

If you can't find turbinado sugar, you can substitute light brown sugar.

Nutella Croissants

The Story

From Elaine Rich: A friend gave me this recipe years ago. It's super easy because it uses refrigerated crescent roll dough. You can serve these as an appetizer or as dessert. Or both. On the rare occasion where there are any left over, you can freeze them.



The History

Pioneered at Senior Dinner 2005. Then a regular Holiday favorite from 2006 – 2010.

The Recipe

- | | | |
|---|-----------|-----------------------------|
| 2 | packages | refrigerated crescent rolls |
| 1 | jar | Nutella |
| 1 | | egg |
| 2 | teaspoons | water |

1. Separate crescent rolls into triangles. Spread each with 1 tablespoon of Nutella.
2. Roll into crescent shapes and place on baking sheets. Beat together egg and water and brush over each crescent roll.
3. Bake according to package directions.

NOTES: 1 large jar (26.5 ounces/750g) of Nutella makes about 50 croissants.

To make these for any sort of festive occasion, shake appropriate sprinkles on top before baking.



Orange Slices

The Story

For the preperformance menu for the Musicales, we want food that is easy to prepare and equally easy to eat. Mostly this means nuts and dips. But something a bit healthier would be nice. This recipe is almost too simple to count as a “recipe”. The one idea is to make the slices easy to eat.

The History

Many years of Musicales.

The Recipe

1. Hold an orange in one hand. Using a knife, make a slit just through the skin, going from one end to the other.
2. Trim off the two ends (taking away just enough so that flesh shows).
3. Cut the orange into slices about $\frac{3}{8}$ " thick (or little bit less).
4. Arrange the oranges on a plate.



Pecan Tassies

The Story

From Elaine Rich: This was one of my mother's favorite recipes. It turns traditionally messy pies into finger food.

The History

We made these for Holiday Dinner 2000.



The Recipe

3	ounces	cream cheese
½	cup	margarine
1	cup	flour
1		egg
¾	cup	brown sugar
1	tablespoon	butter
1	teaspoon	vanilla extract
1	dash	salt
⅓	cup	pecans

1. Preheat oven to 350°. Chop the pecans.
2. Make the crust by creaming together the butter and cream cheese. Stir in flour. Chill 1 hour.
3. Shape the crust into 36 balls. Place in tiny muffin tins and press into shape.
4. Make the filling: Beat eggs, sugar, butter, vanilla, and salt until smooth. Add pecans.
5. Fill muffin cups with filling.
6. Bake for 25 minutes or until set.

NOTES: I've found that this recipe is skimpy on the amount of dough. So I'd probably get more like 30 than 36 pies.

You can use this same dough for many fillings. Pumpkin pie filling and cherry pie filling are very good. But also quiches or meat pies.

Snickers Cake

The Story

From Elaine Rich: Sometime in the late 1980's, I was spending a week in Plano, teaching an intensive Artificial Intelligence class at Texas Instruments. Near the end of the week, a couple of the guys (yes, it was almost all guys) organized a bbq after class. One of them brought this cake. I asked for the recipe. I no longer have any clue, for example, what I did with the money TI paid me. My memory of that week is this cake.

The History

A DS classic. A regular.



First layer baked



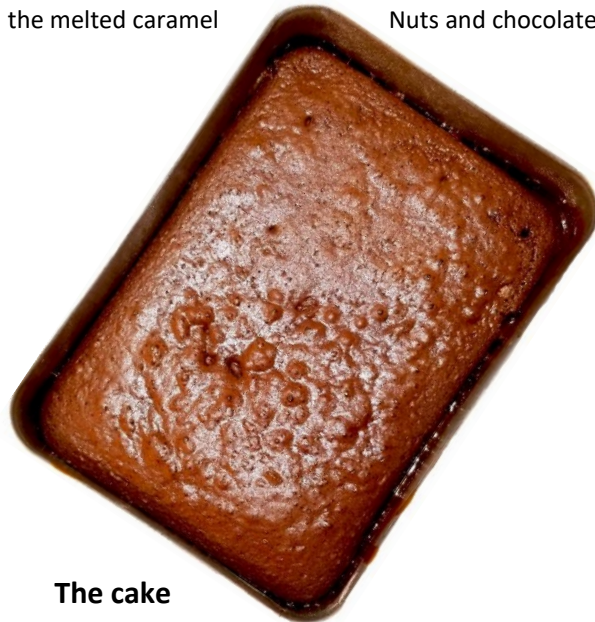
Pour on the melted caramel



Nuts and chocolate chips



Final layer poured on



The cake

The Recipe

See next page.

The Recipe

1	package	German chocolate cake mix + extra ingredients called for on box
$\frac{1}{3}$	cup	milk
1	stick	margarine or butter
14	ounces	caramels
12	ounces	chocolate chips
$\frac{1}{2}$	cup	pecans or walnuts, chopped

1. Grease and flour a 9" x 13" pan. Preheat oven to 350°.
2. Melt margarine/butter and caramels with milk in the microwave, checking often and stirring as necessary. It will probably take about 10 minutes.
3. While the mixture is melting, prepare cake mix according to package directions. Pour half into the pan. Place in oven for 15 minutes.
4. When cake bottom is done, pour caramel mixture over it. Sprinkle on chocolate chips and nuts. Pour remaining batter on top. Cook another 25 - 30 minutes, or until done. It may take a bit more time than this. Take the cake out when a toothpick comes out almost clean. (It will not be completely clean because of the melted chocolate chips.)

NOTES: If pressed, use caramels that you have to peel. But it's a lot easier if you can find (Kraft) caramel bits.

It's easy to make two of these at once. You can melt, all at once, enough margarine/butter, milk and caramels for two cakes. Make up one box of cake batter. Split it between two pans and bake. While they are baking, mix up a second box of batter and use it for the tops of both cakes.

The cakes freeze very well, so if you can't eat two at once, it's okay.

Stuffed Figs in Chocolate

The History

We made this for an Italian dinner, Senior 1996. We called them Fichi al Cioccolato.

The Recipe

1	pound	large dried figs
1	cup	whole almonds
$\frac{3}{4}$	cup	candied peel
2		whole cloves
$\frac{3}{4}$	cup	cocoa
$\frac{3}{4}$	cup	confectioner's sugar

1. Preheat oven to 350°.
2. Toast the almonds. Dice the candied peel.
3. Pound the cloves or use a small amount of powdered cloves.
4. Trim the stalks off the figs. Using a sharp knife, cut them open on one side. Stuff each fig with one almond, a few pieces of diced peel, and a pinch of clove. Gently press them shut again.
5. Arrange the figs on a baking sheet and bake for about 15 minutes, until they darken slightly.
6. While the figs are baking, sift the cocoa and sugar together into a shallow dish. When the figs are done, remove them from the oven and immediately roll them in the cocoa mixture.
7. Serve cold.

NOTES: The figs will keep well in an airtight container.

Source: Ada Boni, *Italian Regional Cooking*.