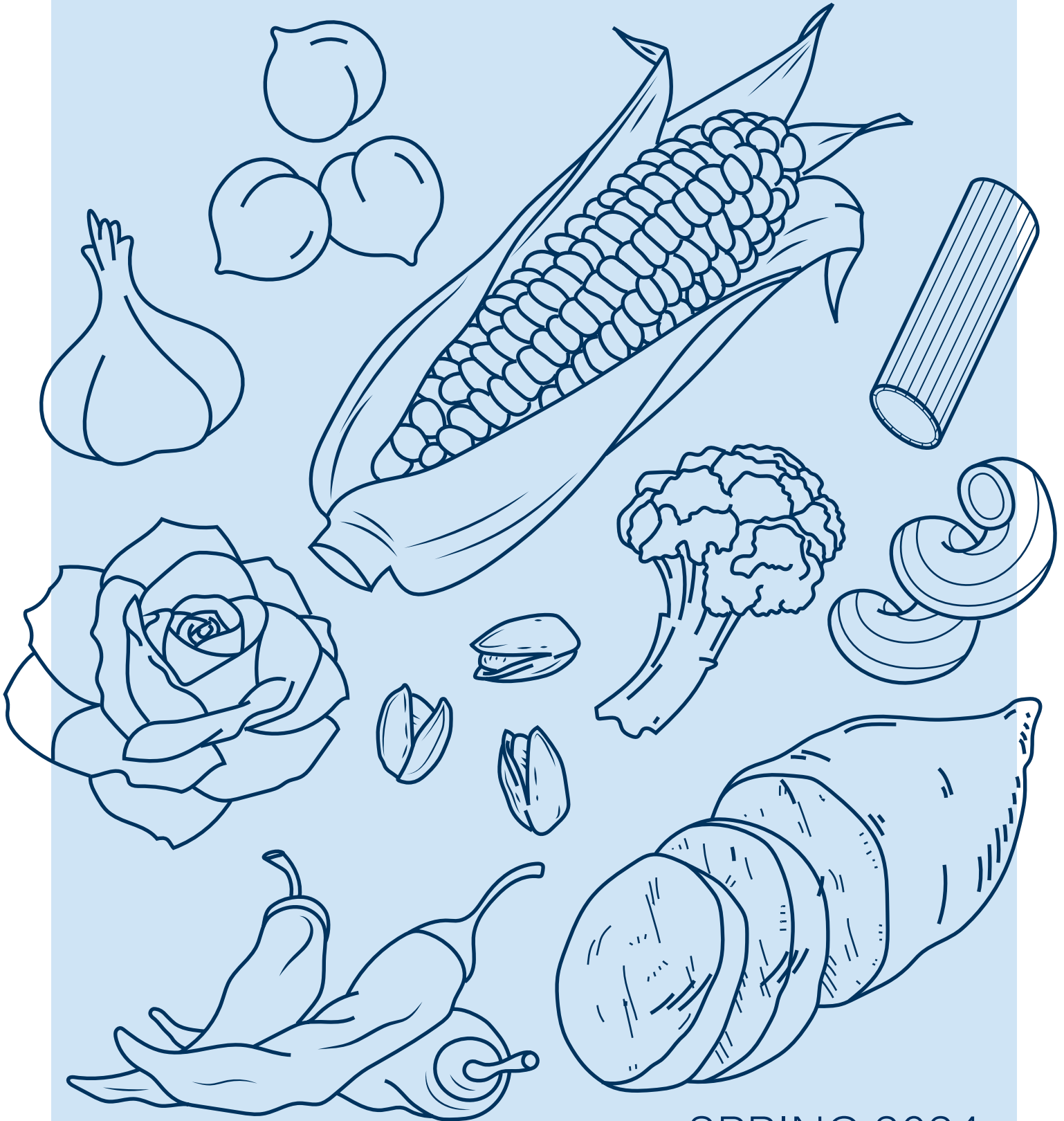


STUDENT AFFAIRS COMMUNITY COOKBOOK



SPRING 2024

CONTENTS

*ALL RECIPES ARE CLICKABLE LINKS

ACKNOWLEDGMENTS	3
INTRODUCTION	5

BREAKFAST

Dutch Baby Pancake	8
Persian Rosewater Rice Pudding (Feni)	10

APPETIZERS, SIDES, SPREADS & DIPS

Baked Feta with Honey and Thyme	14
Lauren's Grandmother's Kugel	16
Hot Pepper Giardiniera	18
Mama Zu's Braised Fennel	20
Cranberry Salsa & Whipped Brie Appetizer	22
Frijoles Charros	24
Roasted Brussels Sprouts with Balsamic Vinegar and Honey	26
Grandma's Buns	28
Simple Tomato Salsa	30

SOUPS, SALADS & SANDWICHES

Curried Chickpea Salad	34
Kale and White Bean Soup	36
One Pot Potato & Corn Chowder	38
Albondiga Soup	40
Grilled Cheese Loaf	42
Loaded Baked Potato Soup	44
Healing Wonton Chicken Soup	46
Sopa de Fideo	48

ENTRÉES & MAINS

Sully's Chana Masala	52
Sticky Chicken	54
Butternut Squash Enchilada Casserole	56
Empanadas	58
Corn Casserole	60
Green Chili Egg Casserole	62
Sweet Potato Soufflé	64
Utica Chicken Riggies	66
Spam Musubi	68
Creamy Mac & Cheese	70
Japchae (잡채)	72
Vegetarian Confetti Chili	74
Shrimp and Grits	76
Gluten/Dairy Free Mac & Cheese	78

Grandma Rose's Brisket	80
Red Beans and Rice	82
Chiles Rellenos y Arroz Rojo	84
Honey Marinated Flank Steak	86
Ultimate Mac & Cheese	88
Shrimp Creole and Rice	90
Enchiladas Verdes	92

DESSERTS & DRINKS

Chocolate Chip Cookies	96
English Apple Crumble with an American Twist	98
Warm Pumpkin Bread Pudding	100
Grammy Jean's Fudge	102
S'mores Cookies	104
Irish Porter Cake	106
Rum Cake	108
Pandan Sponge Cake	110
Jamaican Mama Cocktail	112
Micheladas	114

ACKNOWLEDGMENTS

Like all good things, this book began as an idea. We imagined a community cookbook one November day, talking about ways to bring colleagues together in our large Student Affairs Division, where our roles vary widely and some team members work remotely or in hybrid positions.

And what creates community and connections more than shared food, drink and conversation?

The Students Affairs Community Cookbook took shape with the help of a team who used their talents to create this finished product.

Special acknowledgment goes to:

Gabriella Tassano, Student Union marketing manager, who managed the project from start to finish, directing design concepts, draft review and edits, while delivering the product on time.

Rebecca Svec, Student Affairs Communications freelance writer, wrote content and edited

all of the recipes into a common format and proofed them through the eyes of the cooks who will create them.

Alex Keith, Student Union graphic designer, used his graphic design talents to turn a collection of words and ingredients into a beautiful book, giving attention to aesthetics and detail in equal measure.

Ellen Topp, Student Affairs Communications director, brought a talented group of professionals together.

Lauren Beilin, project policy analyst for the Vice Chancellor of Student Affairs' Immediate Office, was the originator of the idea and our unofficial publisher.

Finally, thanks most of all to the staff members who took the time to share their favorite recipes and gave us a glimpse into their lives, kitchens and traditions. And thank you to the Berkeley Dining team who create community every day in our dining commons and restaurants.

INTRODUCTION

One of the world's most universal languages is food! Breaking bread together creates community, nourishes and fuels our bodies and brings us joy.

Around the world, communities are built every day over tables, around kitchen islands, in dining commons, at food truck counters, around patio tables – even a blanket spread on a grassy field. The best foods make their way into our senses, our memories and our generations.

I am so pleased to introduce our Student Affairs Recipe Book. In this book, our Student Affairs community has shared the recipes that shaped, broadened and brightened their worlds. Their recipe notes describe the power of soups that “bring hope for warmth” and “chase the cold from your bones,” of the pleasure of a “lazy pot of beans cooking all day,” and the brisket centerpiece lovingly prepared for a religious holiday.

I hope you enjoy reading the notes as much as I did, picturing a family passing loud, joyful hours around multi-course meals; of teams gathering for a potluck; of friends recreating a recipe from an iconic restaurant now closed; of neighborhood cook-offs and the woman behind a decadent fudge.

Food speaks and it transports. These are the dishes that tie their authors to roots in Iran, Naples, England and more. These are the tastes that transport them back to childhood comforts, to grandmother's kitchen, to Christmas mornings and to lazy summers around the pool, with BBQ smells wafting over the water.

I hope these recipes speak to you and find their way into your hearts and kitchens.

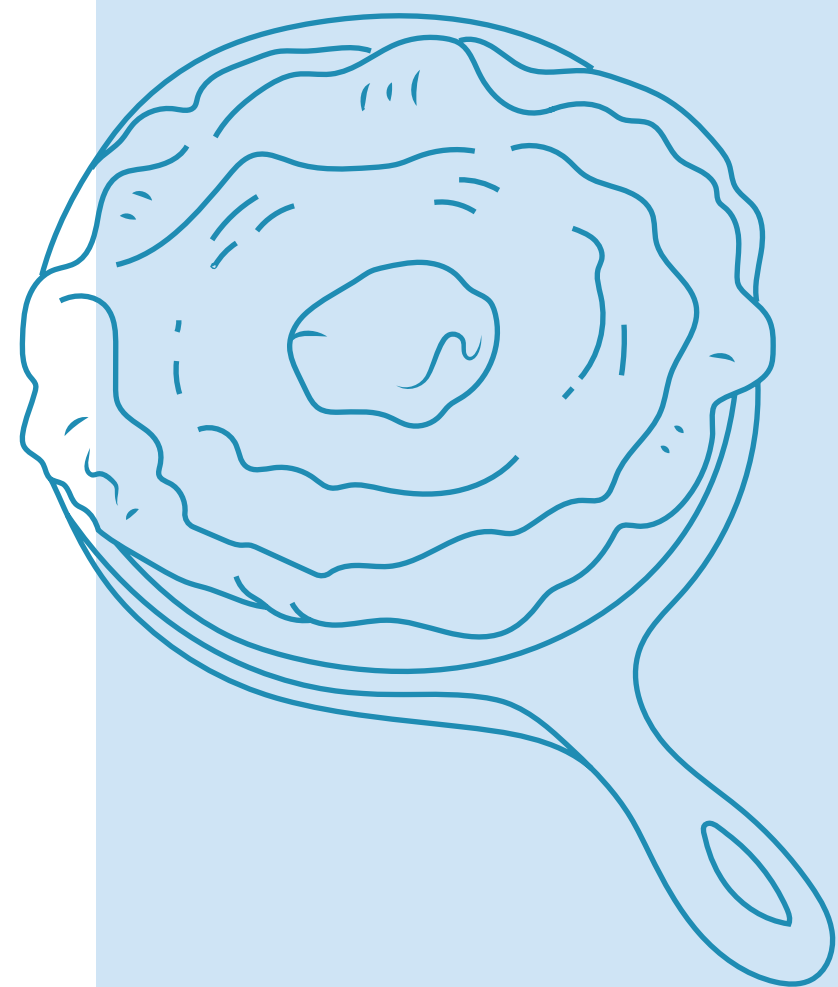
Gastronomically,



Stephen C. Sutton, Ed.D.
Vice Chancellor for Student Affairs

BREAKFAST

DUTCH BABY PANCAKE



INGREDIENTS :

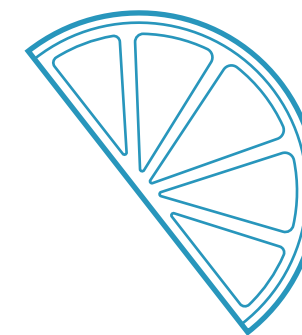
3 Tbsp. butter or margarine
4 eggs
1 cup milk
1 cup all-purpose flour
Confectioners' sugar
Lemon wedges
Maple syrup (optional)

SUBMITTED BY :

Steve Sutton
Vice Chancellor for Student Affairs

NUTRITIONAL INFO :

201 calories; 8 grams protein;
8 grams carbohydrates; 11 grams fat.



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I first had one of these at The Original Pancake House and wanted to know how to make one at home! You can experiment by adding blueberries and other tasty items. This is a favorite Saturday morning delight that is enjoyed by all!!

DIRECTIONS :

Put butter in 10 to 12 inch ovenproof skillet or 10 to 12 inch shallow casserole dish. Set pan in a 425° oven until butter is lightly browned (7 to 8 minutes). Tilt the pan to be sure bottom and sides are well coated.

While butter melts, combine eggs, milk and flour in a blender or food processor. Whirl until smooth. Pour batter into a hot pan in oven. Bake until pancake is rich brown and sides have puffed, 25–30 minutes. Sift confectioners' sugar liberally over pancake. Serve at once, after cutting pancake into wedges. Squeeze lemon juice over individual portions and/or maple syrup to taste.

Makes 6 servings.

PERSIAN ROSEWATER RICE PUDDING

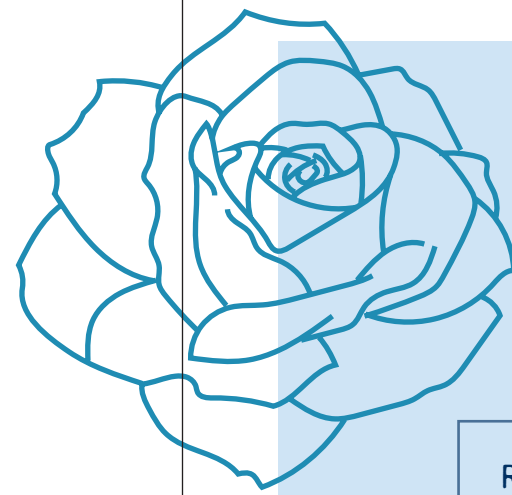
(FERNI)

SUBMITTED BY:

Nikou Shafaghi
Executive Assistant,
Vice Chancellor for Student Affairs
Immediate Office

DIETARY REQUIREMENTS:

Vegetarian
Kosher
Halal
Gluten-free



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is a simple Persian breakfast or dessert sweet/treat. It has subtle aromas of rosewater and cardamom to bring out the earthy rice flower tones. In Iran we eat this in the winter months as a hot breakfast and it's enjoyed in the warmer months as a cold dessert.

INGREDIENTS:

3 cups cold milk
4 Tbsp. sugar (you can cut this in half or use 2 Tbsp. of maple syrup)
4 Tbsp. rice flour
2 Tbsp. rosewater (you can find it at any Iranian store)
Pinch of ground cardamom (you can leave this out if you don't have it)
Pistachio slivers (for garnish, you don't have to use it)

DIRECTIONS:

Place rice flour in cold milk and stir until flour is dissolved.
Place flour mixture, sugar, and cardamom in a small saucepan over medium-low heat, stirring constantly, until it comes to a boil and thickens, about 25 minutes.
Add rosewater and stir for another 5 minutes.
Pour into individual dessert dishes and garnish with pistachios.
Serve cold or hot.

APPETIZERS,
SIDES,
SPREADS &
DIPS

SUBMITTED BY:
Carrie Donovan
Public Service Center

DIETARY REQUIREMENTS:
Vegetarian

INGREDIENTS:

Feta cheese (block of about 14 oz.)

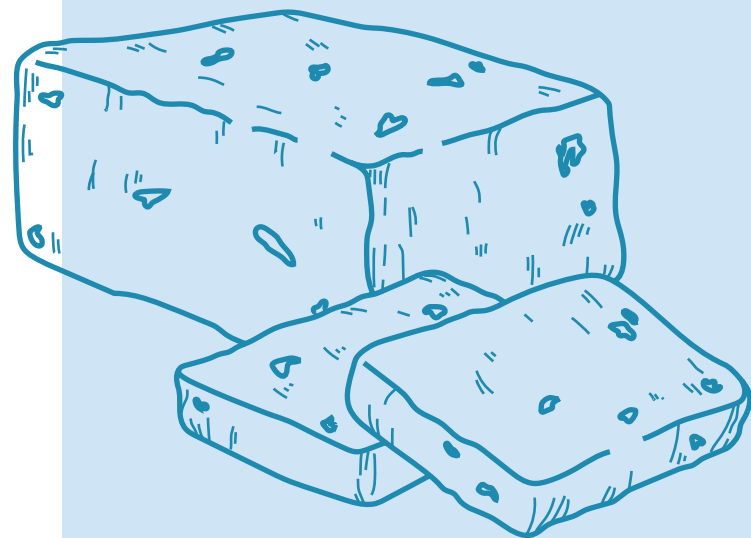
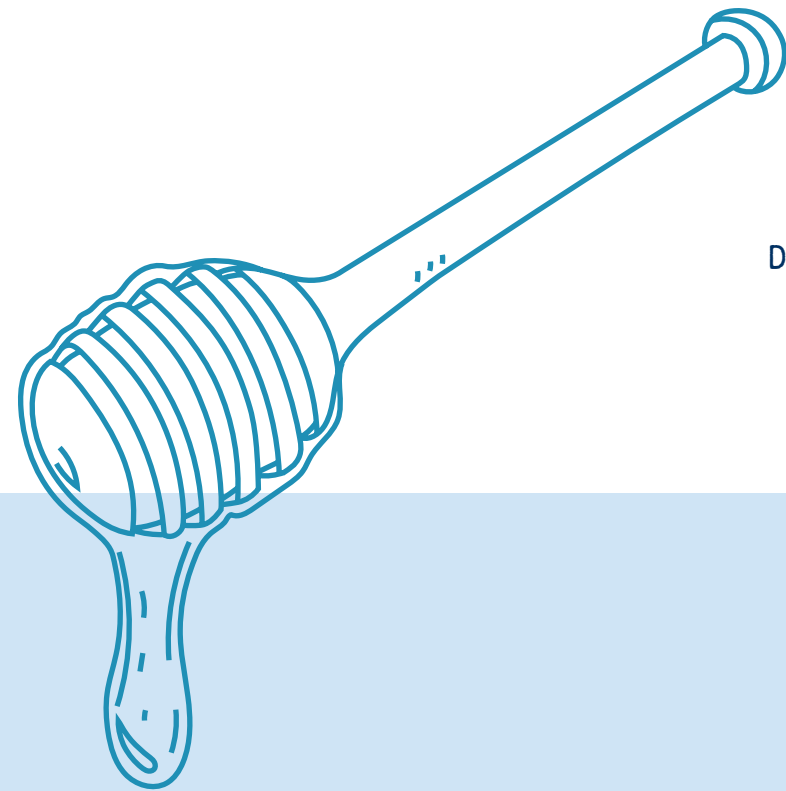
1 to 2 Tbsp. of honey to cover

1 to 2 Tbsp. of olive oil to cover

Thyme (enough to sprinkle generously all over)

Rosemary

Fresh pomegranate seeds



BAKED FETA WITH HONEY AND THYME

DIRECTIONS:

First, coat the cheese in olive oil, thyme, rosemary (and a little pepper if you want). Cook at 400° for 10 minutes. Take out, turn broiler to 550°. Pour honey and add a little more thyme. Put back for 5 minutes until cheese browns a bit. Sprinkle pomegranate seeds on top and around. Serve with pita chips, crackers, bread, a fork—whatever!

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is a recipe I've been making for at least a decade, which reminds me of a childhood comfort dish (though this is much better than the original!). It's delicious and the pomegranate brings beautiful color balance. As something you need to share, it brings people together over it so you all experience deliciousness plus color together.



SUBMITTED BY:

Lauren Beilin
Project/Policy Analyst
Vice Chancellor for Student Affairs Immediate Office

DIETARY REQUIREMENTS:

Vegetarian

INGREDIENTS:

½ lb. noodles (Dutch stroganoff noodles or broad noodles)
3 eggs
1 12 oz. jar of orange marmalade
2 Tbsp. sugar
⅓ lb. white or golden seedless raisins
½ cup cold water
1 tsp. salt
½ tsp. cinnamon
½ tsp. vanilla
½ stick butter (cooled)

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

My grandmother's name was Ruth Kooperman. This was her unique kugel recipe. There are many different variations of how to make a kugel, which is a traditional Jewish holiday dish. Some kugels are sweet, some savory. This is a sweet one.

DIRECTIONS:

This is a recipe for a small kugel. Double the recipe for a larger one.

Preheat oven to 375°.

Cook noodles; blanch under cold water.

Beat eggs well in a separate large bowl.

Add marmalade, sugar, raisins, water, salt, cinnamon, vanilla, and cooled butter.

Add noodles and mix thoroughly.

Pour into well-greased square pan.

Push raisins under noodles so they don't burn.

Dot the top with butter.

Sprinkle sugar and cinnamon on top.

Bake 45 minutes until well browned.

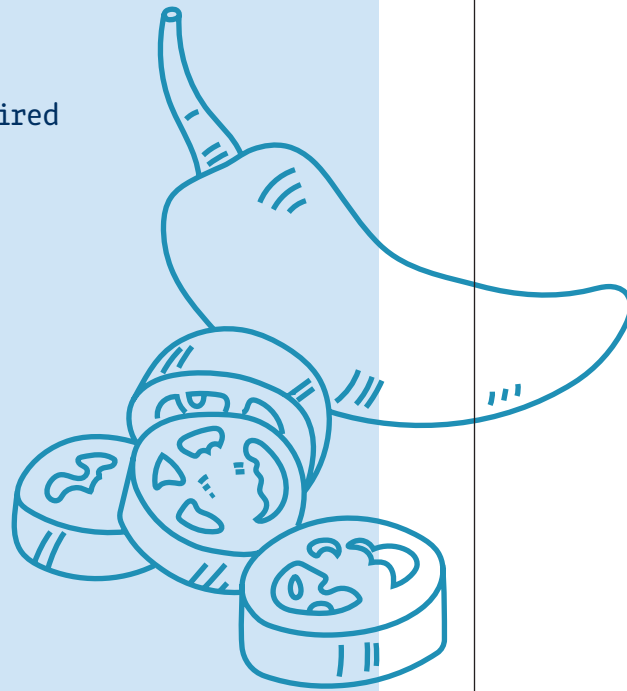
Can be made a day ahead. When completely cooled, cut into squares. Easier to serve when pre-cut.

LAUREN'S GRANDMOTHER'S KUGEL

(A SWEET, EGG NOODLE CASSEROLE)

INGREDIENTS :

½ lb. jalapeños, quartered and sliced, seeds removed if desired
½ lb. serrano peppers, quartered and sliced, seeds removed if desired
1 cup cauliflower, cut into tiny florets
2 carrots, peeled and finely chopped
⅓ cup salt
1 cup canola oil or other neutral-flavored oil
½ cup extra virgin olive oil
½ cup white vinegar
3 cloves garlic, minced
1 ½ tsp. dried oregano



DIRECTIONS :

Combine jalapeños, serrano peppers, cauliflower, and carrots in a medium bowl or container. Sprinkle the salt over the vegetables, then add enough water to cover everything. Stir to disperse the salt. Cover and refrigerate for 12 hours.

Drain and rinse the vegetables.

In a medium non-reactive bowl (such as glass, stainless steel, or ceramic) combine the remaining ingredients. Add the vegetables and stir to combine. Cover the bowl and refrigerate for 2 days to allow the flavors to combine.

Optional: transfer the hot pepper mixture to smaller jars or keep it in the container it marinated in. The pepper mixture should last about 4 weeks in the refrigerator.

Stir the peppers and allow the excess oil to drain back into the jar when serving. Add the hot pepper mixture to sandwiches, wraps, salads, pizza, eggs, pasta, or whatever else you'd like!

Notes:

To make this recipe less spicy, remove some or all of the seeds from the jalapeños and serrano peppers. You can also substitute bell pepper for an equivalent amount of jalapeños or serrano peppers. You can add other ingredients such as sliced green olives or chopped celery.

HOT PEPPER GIARDINIERA



SUBMITTED BY:

Kim Guess
Wellness Program Dietitian,
University Health Services

DIETARY REQUIREMENTS:

Vegetarian
Vegan
Gluten-free

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

As a teenager, I worked at a sandwich shop called Potbelly. I loved their hot pepper giardiniera, so I wanted to find a way to make it at home. It also makes a unique homemade gift and the spice level can be customized (see note in directions).

MAMA ZU'S BRAISED FENNEL

SUBMITTED BY:

Carrie Whitaker
Public Health Nurse, University Health Systems,
Tang Center (and former Mama Zu's dishwasher)

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This recipe has been perfected over more than a decade by me and my best friend, who used to love this dish from our favorite Italian restaurant, Mama Zu's, in our hometown of Richmond, VA. It took us a long time to identify the perfect ingredients and cooking timing to recreate the taste from this special place to dine (and work in while I went through nursing school!), but we did it and now you can, too.

This is especially sweet for my Richmond friends and I because this restaurant that we held so dear closed for good during the COVID-19 pandemic, and because I can make a little taste of home to share with my friends here in California today. Buon appetito, ya'll!

INGREDIENTS:

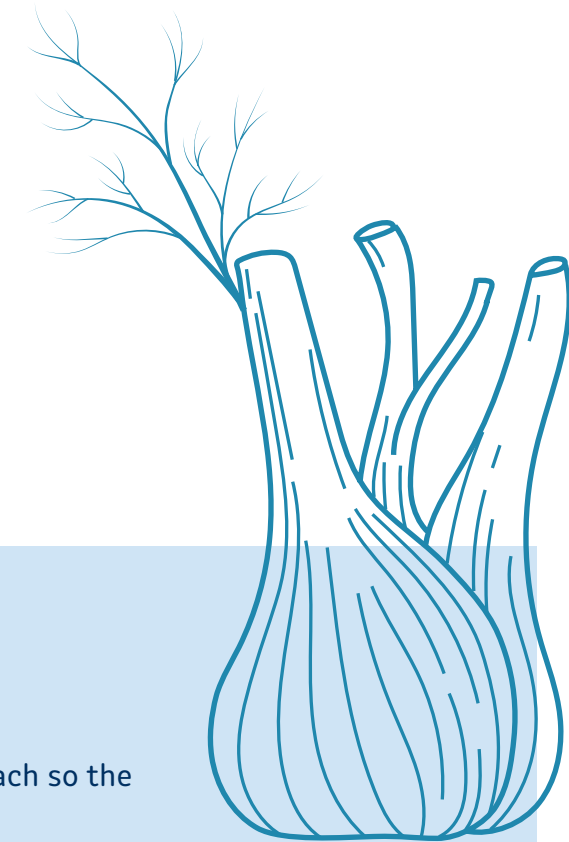
2 Fennel bulbs
4 Tbsp. butter
Splash of cooking sherry
Pinches of salt, pepper and sugar to preferred taste
1 ½ cup fresh grated parmesan
8 oz. heavy cream

DIRECTIONS:

1. Preheat oven to 425°.
2. Quarter the fennel bulbs, reserving some of the core of each so the pieces don't fall apart, and removing the stalks.
3. Melt butter in a heavy saucepan on medium-high, then place the bulbs in a single layer.
4. Flip bulbs in butter with tongs, sprinkling in the salt, pepper and sugar as you go, until the bulbs become brown.
5. Once the bulbs become brown on all sides, splash the sherry in the pan and allow it to reduce.
6. Transfer the browned fennel to a bowl and toss with cream and 1 cup of the parmesan, adding more salt and pepper, sprinkled as you prefer.
7. Transfer all ingredients in the bowl to an oven-safe casserole dish, cover with foil, then bake the fennel for 45 minutes.
8. Remove the foil and sprinkle the remaining ½ cup of parmesan over top, place back in the oven at the same temperature for another 20–30 minutes.
9. Take out of the oven and allow to cool before enjoying.
10. Provecho!

DIETARY REQUIREMENTS:

Vegetarian
Gluten-free



CRANBERRY SALSA & WHIPPED BRIE APPETIZER

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I value the wisdom and support offered within my multi-generational faith community: to receive guidance within my own life but also to share resources and recipes with one another! This appetizer, made by a member of said community, is always a hit at one of the annual holiday church events and has been adapted for my own dinner parties and charcuterie boards.

SUBMITTED BY:

Hollyann Larson
Project Policy Analyst,
People & Administrative
Services

INGREDIENTS :

Salsa:

- 2 cups fresh cranberries
- 3 medium green onions, finely chopped
- 1 small jalapeño pepper, seeded and minced
- ¼ cup sugar
- ¼ tsp. salt
- 3 Tbsp. minced cilantro
- 1 ½ Tbsp. peeled and minced fresh ginger
- 1 ½ Tbsp. lemon juice

Whipped Brie:

- ¾ lb. Brie cheese at room temperature
- 8 oz. cream cheese at room temperature
- ¼ tsp. black pepper
- 1 tsp. lemon zest

Optional dipping mechanism: crackers, sliced baguette, etc.

DIRECTIONS :

PREPARE SALSA: Pulse cranberries in food processor until very finely chopped. Transfer to a bowl. Stir in the green onions, jalapeño, sugar, salt, cilantro, ginger, and lemon juice. Cover and refrigerate for at least 4 hours, stirring occasionally.

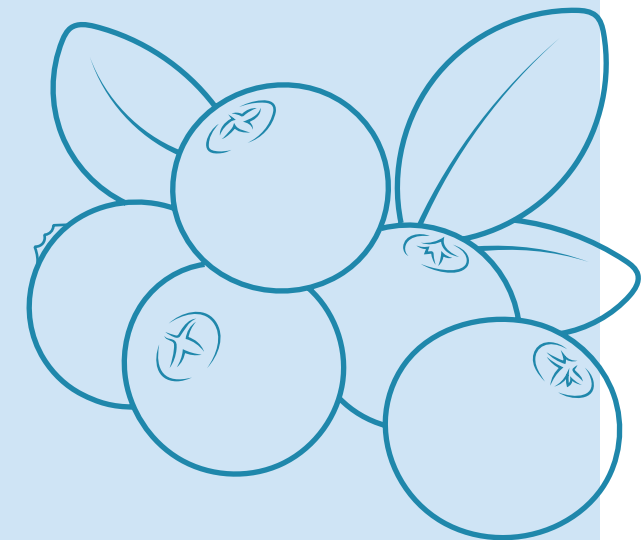
PREPARE BRIE: Remove the rind from the Brie and place cheese in a food processor with the cream cheese, pepper, and lemon zest. Process until very smooth. Transfer to a serving bowl before covering and refrigerate.

Bring to room temperature one hour before serving.

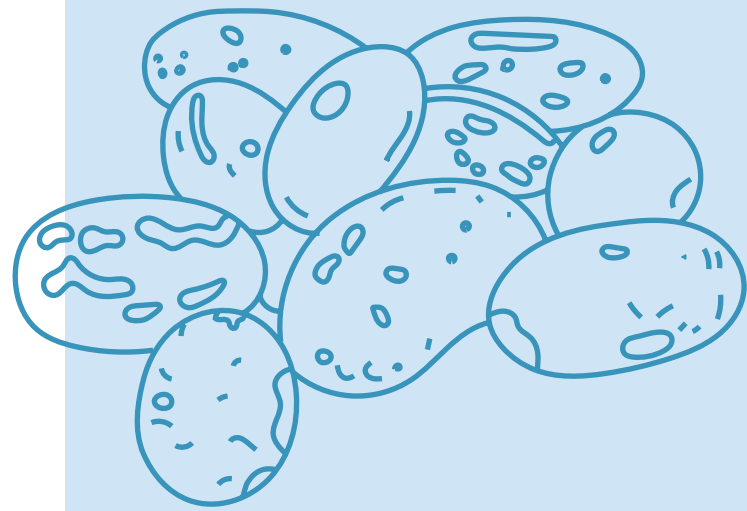
Enjoy both the salsa and the Brie on a cracker or slice of bread for a delicious item to wow your family and friends!

DIETARY REQUIREMENTS :

Vegetarian
Gluten-free



SUBMITTED BY:
Claudia Morales
Executive Director,
Center for Educational Partnerships



DIETARY REQUIREMENTS:
Customizable to be vegetarian
and vegan

INGREDIENTS:

1 Tbsp. oil (I use avocado.)
1 small onion, chopped
2 minced cloves of garlic
1 package of chorizo (I use Trader Joe's soyrimo.)
5 cups of water (I use 4 cups of broth and 1 cup of water.)
1 bottle of dark Mexican beer (Modelo Negra is the best!)
1 bouillon cube
1 small bunch of cilantro, chopped
2 bay leaves
1 tsp. of dried oregano
1 14.5 oz. can of diced tomatoes (I use Muir Glen.)
2 lbs. of rinsed dry pinto beans (They don't have to be pre-soaked.)

FRIJOLES CHARROS

(MEXICAN CHILI BEANS)

DIRECTIONS:

You can prepare these beans either in a stockpot on the stove or my favorite, an Instant Pot.

Sauté the onion and garlic in the oil, add the chorizo and cook until it starts to brown.

Add your liquid (broth, water and beer) and all of the remaining ingredients including the beans to the pot.

If you are using an Instant Pot, cook for 45 minutes on manual setting and then allow for natural release for at least another 25 minutes. They will be firm. (I usually wait for another 40 minutes so the beans are soft.)

If you are cooking them on the stove, simmer them for at least two hours and check occasionally to make sure the liquid doesn't cook down below the beans.

Throw away the bay leaves once the beans are ready to eat.

SUBMITTED BY:

Carla Jackson
Worksite Wellness Specialist, Be Well at Work,
University Health Services

DIETARY REQUIREMENTS:

Vegetarian
Vegan
Gluten-free

INGREDIENTS:

1 ½ lb. Brussels sprouts – halved, stemmed, and ragged
leaves removed
3 Tbsp. olive oil
¾ tsp. salt
½ tsp. freshly ground black pepper
1 Tbsp. balsamic vinegar
1 tsp. honey

**RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:**

I had a version of this at Cafe 3, and since then it has become a
regular dish that I make. It's so good and easy!

DIRECTIONS:

Preheat oven to 425° and set oven rack in middle position. Line a baking sheet
with aluminum foil.

Directly on the prepared baking sheet, toss the Brussels sprouts with 2 Tbsp.
olive oil, the salt, and the pepper. Roast, stirring once halfway through, until
tender and golden brown, about 20 minutes.

Drizzle the remaining tablespoon of olive oil, the vinegar, and the honey over
the roasted Brussels sprouts. Toss to coat evenly. Serve.

ROASTED BRUSSELS SPROUTS WITH BALSAMIC VINEGAR AND HONEY

GRANDMA'S BUNS

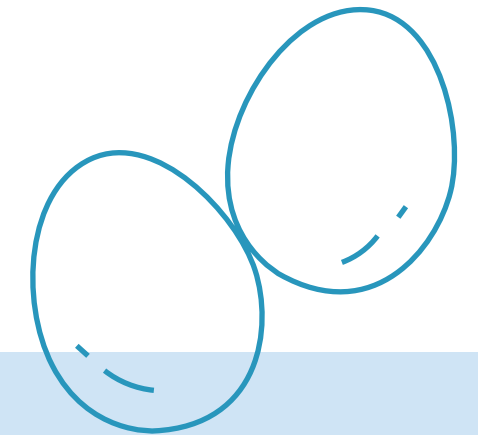
SUBMITTED BY:

Scott Johnson
Associate Director, Employer Relations,
Berkeley Career Engagement

INGREDIENTS:

1 cup warm water
1 tsp. sugar
2 packets of yeast

½ cup sugar
⅓ cup oil
2 tsp. salt
2 large eggs
1 cup water
7 cups flour



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Any time my grandma (mom's mom) hosted family, we always knew she'd have homemade cookies and buns. We would make her blush, talking about "Grandma's Buns." These are great as dinner rolls or can be used for sandwiches.

DIRECTIONS:

Mix the cup of warm water, 1 tsp. of sugar and yeast. Let sit for about 10 minutes.

Combine the rest of the ingredients in a large bowl. Add yeast mixture and stir it all together.

Knead for 5 minutes (add flour, if too sticky).

Let it rise until doubled.

Form into individual balls and let rise again.

Bake at 375 ° for 8 to 10 minutes on a cookie sheet.

Adjust temperature if they do not brown on top.

Makes 30.

SIMPLE TOMATO SALSA

INGREDIENTS:

6 tomatoes (Roma or tomatoes on the vine are the best. You'll want to make sure you get the ripest ones you can find.)

2 to 4 serrano or yellow banana peppers (You never know with serranos, but this should be mild heat. Feel free to only use two or add more depending on how spicy you want the sauce to be.

I use yellow wax peppers because I love the flavor they bring to the salsa and they are generally more mild than serranos.

I don't like jalapeños, but feel free to use them if that is your preference.)

1 bunch of cilantro, chopped

2 garlic cloves, finely minced

½ Tbsp. of salt (I prefer to use Lawry's Garlic Salt for extra flavor but regular salt works, too.)

1 medium red onion, chopped (You can also use a white onion, but I prefer red onion for this salsa.)

Juice of one lime

SUBMITTED BY:

Claudia Morales
Executive Director,
Center for Educational Partnerships

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I was taught this simple but delicious recipe by my grandmother using the boil method. It's easier on your tummy than roasting, and the process and clean-up is fast and easy.

DIRECTIONS:

In a medium-size stockpot, place the tomatoes and peppers and boil until you see the skin of the tomato starting to separate.

Place into a colander to cool.

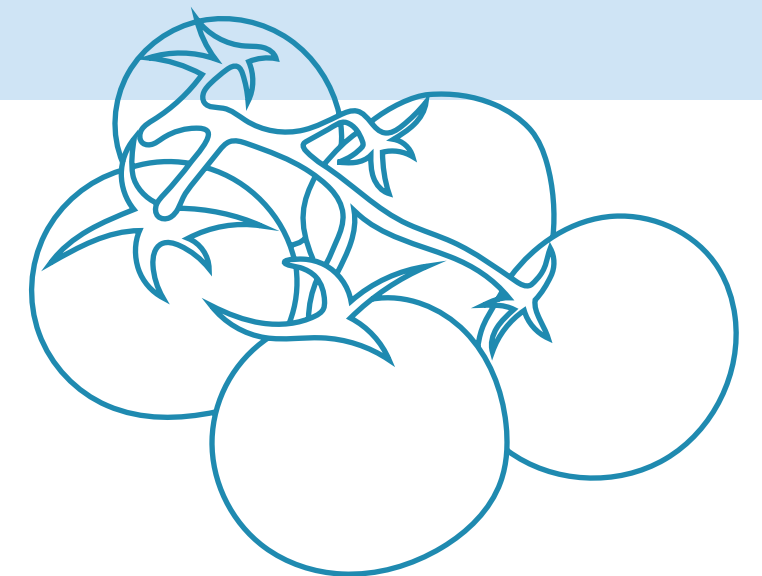
Remove the skin from the tomatoes as best you can and core them. Cut off the tops of the peppers. Place the tomatoes and the peppers in the food processor and pulse until they are chunky, or chop coarsely if you do not have a food processor.

In a medium bowl, mix the tomatoes, peppers, cilantro, garlic, salt, onion, and lime juice together until they are well combined.

Taste and add more salt if needed.

DIETARY REQUIREMENTS:

Vegetarian
Vegan



SOUPS,
SALADS &
SANDWICHES

CURRIED CHICKPEA SALAD

SUBMITTED BY:

Kim Guess

Wellness Program Dietitian, University Health Services

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This recipe requires no cooking, can be made in just a few minutes, and can be served in a variety of ways, which makes it great for meal prep. I have used this recipe in countless cooking classes and it is always a hit.



INGREDIENTS :

- 15 oz. can chickpeas, rinsed and drained or 1 ¾ cups cooked chickpeas
- ½ cup toasted cashews
- ¼ cup vegan mayonnaise (could use regular mayo if it doesn't need to be vegan or egg-free)
- 1 to 2 carrots, finely diced
- ¼ cup raisins
- 2 Tbsp. mango chutney
- 1 stalk green onion, sliced (about 2 Tbsp.)
- 2 tsp. curry powder
- ½ tsp. salt or to taste
- ½ tsp. black pepper

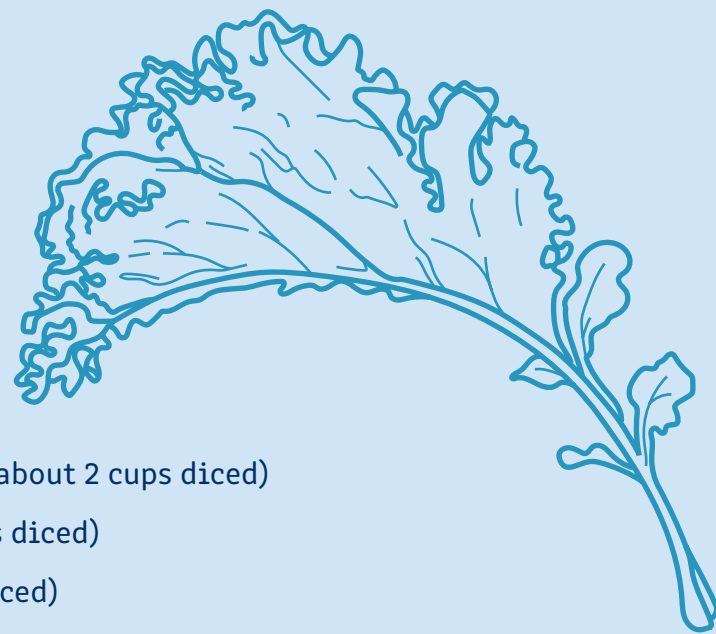
DIRECTIONS :

1. Optional: To achieve a softer texture and a mixture that sticks together, mash about half of the chickpeas with a fork, picking out the loose skins afterwards. Alternatively, put the chickpeas in a towel and rub with the towel to loosen the skins first, then discard the skins and mash. You can also skip this step and leave the chickpeas whole.
2. Combine all ingredients in a bowl and stir until well combined.
3. Serve on top of a salad, in a romaine lettuce boat, or in a sandwich or pita.

DIETARY REQUIREMENTS :

Vegetarian
Vegan
Gluten-free

KALE AND WHITE BEAN SOUP



INGREDIENTS :

- 2 Tbsp. of olive oil
- 4 medium carrots, peeled and diced (about 2 cups diced)
- 4 stalks of celery, diced (about 2 cups diced)
- 1 yellow onion, diced (about 2 cups diced)
- 2 to 4 cloves of garlic, whole
- 2 large potatoes or more smaller ones, peeled and diced (about 4 cups diced) (Any type is fine! Russet works great.)
- 2 bay leaves
- 2 cans white beans (cannellini are the best, but great northern or any other white bean can be used), drain and rinse well
- 8 cups vegetable broth (chicken broth can be used if not vegetarian)
- Salt and pepper to taste
- 1 head of kale, well washed and torn into pieces (any type is fine!) or 6 cups bagged kale
- Parmesan rind (if you have one, otherwise, ¼ cup grated parmesan)

SUBMITTED BY :

Elsa Evans
Business Systems Analyst,
Office of Undergraduate Admissions

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY :

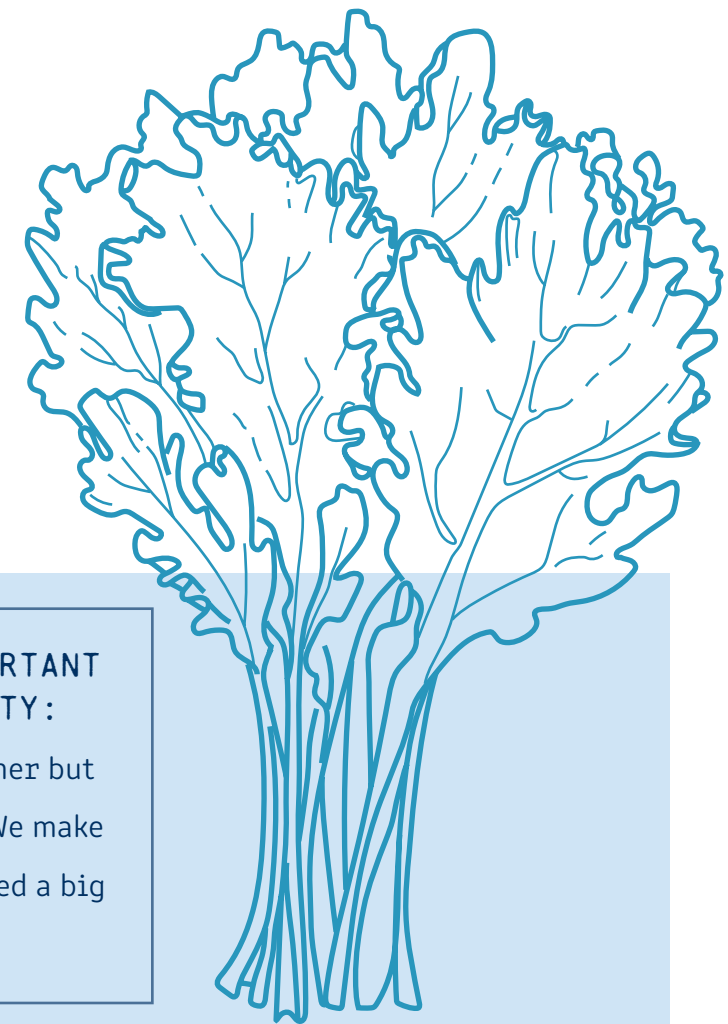
I love not only how easy this soup is to throw together but also that the longer you cook it, the better it gets. We make it regularly when the weather gets colder and to feed a big crowd since it can easily be doubled or tripled.

DIRECTIONS :

In a large pan over medium heat, add olive oil. Once warm, add carrots, celery, onion, garlic and sauté until the onions are translucent and the other veggies are getting soft. Add potatoes, beans, bay leaves, broth, parmesan rind, salt and pepper. Stir, cover, and bring to a boil. Once the potatoes are soft (20-30 minutes), remove lid, add kale, any additional parmesan, salt and pepper, and cook until kale is soft. You can continue to simmer for longer to help the beans and potatoes break down. You may need to add more broth if it reduces down too much. Mash the beans/potatoes/garlic gently with a spoon to make the soup creamy. Remove the bay leaves. Serve with additional parmesan on top and your favorite sourdough!

DIETARY REQUIREMENTS :

Vegetarian
Gluten-free



SUBMITTED BY:

Sue Harbour
Associate Dean & Executive Director, Berkeley Career Engagement

INGREDIENTS:

- 3 lbs. Russet potatoes
- 3 cups chicken or vegetable stock
- 1 yellow or sweet onion
- 3 to 4 stalks of celery
- Salt
- Pepper
- 1 can/1 small bag of frozen corn or the kernels from 2 to 3 corn cobs.
- ¼ cup heavy cream or half-and-half
- Green scallions or chives (optional)
- Ham or bacon (optional)
- Cheese (optional)



ONE POT POTATO & CORN CHOWDER

DIRECTIONS:

Vegetarian option:

Dice onions and celery and sauté with olive oil in pot. Once onions and celery are translucent, add the corn.

Peel and cut all potatoes into cubes between .5" to 1".

Rinse and place in pot.

Add chicken or vegetable stock until potatoes are slightly covered.

Add salt and pepper to your level of liking.

Bring to a boil for 15 minutes and lower temperature to simmer until the potatoes are cooked thoroughly (15 to 20 more minutes).

Non-vegetarian option: Add ham or bacon

Once potatoes are soft, use a potato masher or hand-held blender to mix and mash up the potatoes.

Stir in heavy cream or half-and-half, while on a low temperature. Cover and let sit for 10 minutes.

Optional: if you like potato cheese soup, feel free to add your favorite type of cheese and stir.

Garnish with chopped-up green scallions or fresh chives. Serve hot and enjoy.

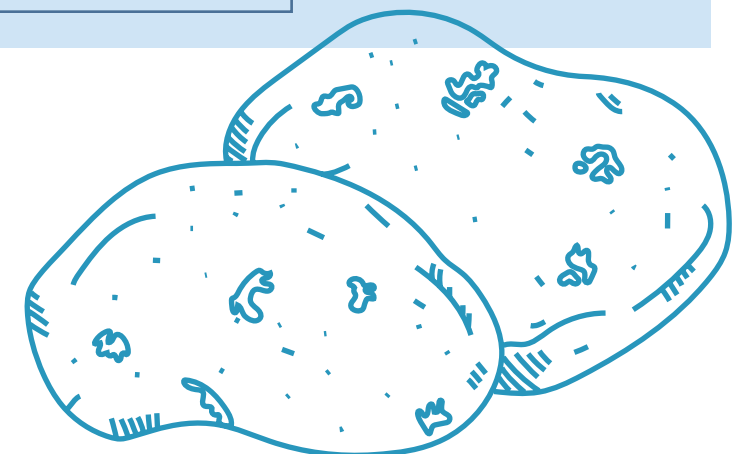
Note: To make this vegan, omit the heavy cream/half-and-half, ham and cheese.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is one of the favorite soups my girls love when I make it. It's a nice comfort food, full of carbs and it makes the soul feel at ease.

DIETARY REQUIREMENTS:

Customizable to be vegetarian and vegan



ALBONDIGA SOUP

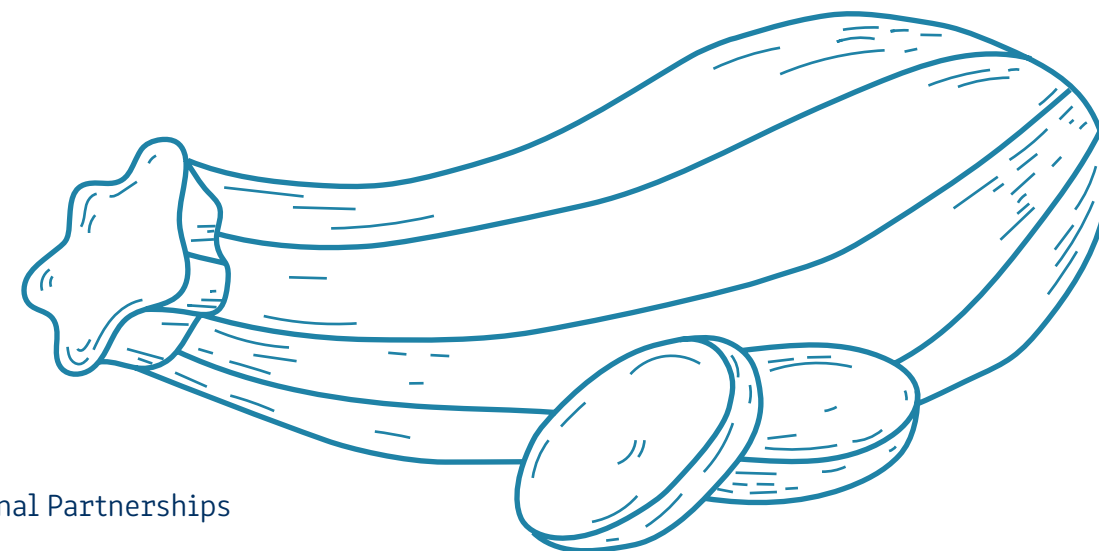
INGREDIENTS :

1 qt. chicken broth (or vegetable broth if you want to make this vegetarian or vegan)
4 cups water
2 cubes bouillon, chicken or vegan
1 small bunch of cilantro, chopped
4 tomatoes, chopped
1 lb. ground beef or turkey. (If you want to make this vegetarian or vegan, I suggest you use Impossible Plant Based Ground Beef as the best ground beef substitute to make meatballs.)
1 egg (If you want to make the recipe vegan, use Aquafaba from one can of garbanzos. It works as a good substitute for the egg to bind the meatballs together.)
1 cup uncooked rice
1 medium-sized yellow onion, chopped
½ Tbsp. dried oregano
1 tsp. salt
1 Tbsp. garlic powder
4 zucchinis chopped into small quarters

DIETARY REQUIREMENTS :

Customizable to be vegetarian and vegan

SUBMITTED BY:
Claudia Morales
Executive Director,
Center for Educational Partnerships



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

There are probably as many versions of this soup as there are cooks, but this is my Grandma Chuy's very simple, but delicious, recipe. Please feel free to add more veggies if you like (potatoes, carrots, etc.), but I like the simplicity of just having zucchini. ¡Buen Provecho!

DIRECTIONS :

I suggest having your favorite drink at the ready throughout the cooking process, such as a margarita on the rocks!

Pour the broth and 4 cups of water into a large stockpot. Add the two cubes of bouillon, chopped cilantro, and tomatoes and bring to a rolling boil.

While the broth is coming to a boil, in a large bowl, combine the ground meat, egg, rice, onion, salt, and garlic powder. Mix well. Once your broth is at a rolling boil, make the meatballs and drop them in one by one. The broth must be boiling in order for the meatballs to seal immediately and not fall apart in the cooking process.

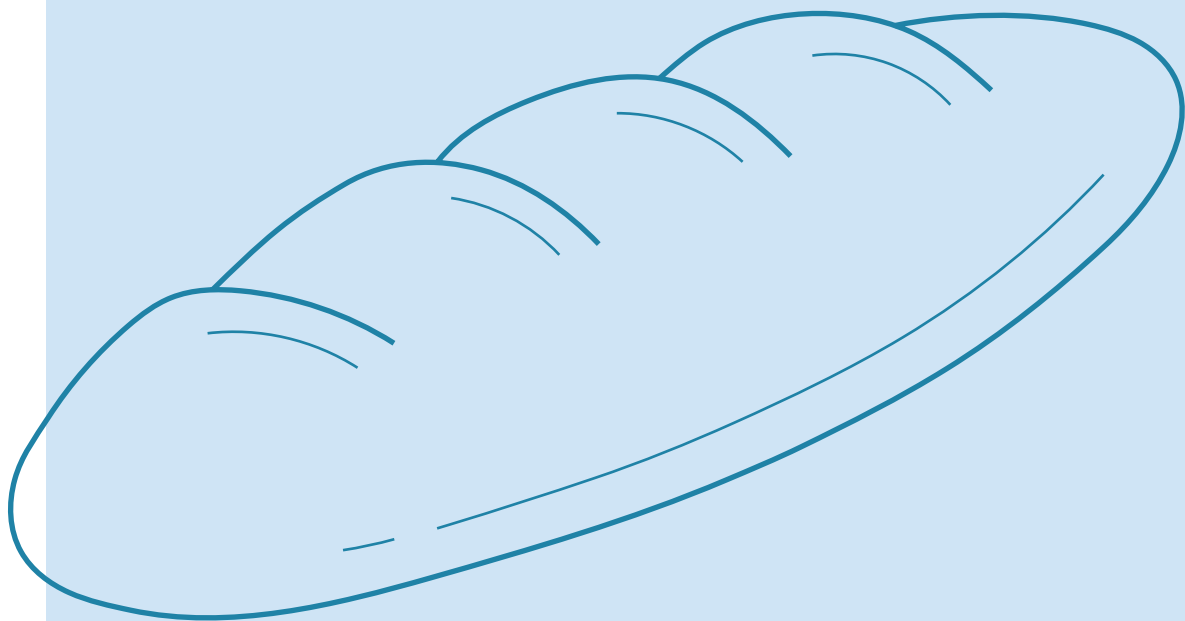
Once they have cooked for about 10 minutes, lower the heat to medium or medium low and add the chopped zucchini. Add more water if needed. Cook for 30 more minutes or until the rice and zucchini have fully cooked.

SUBMITTED BY:
Brittany Olson
Document Imaging and Mail Services Lead,
Student Affairs Business Operations

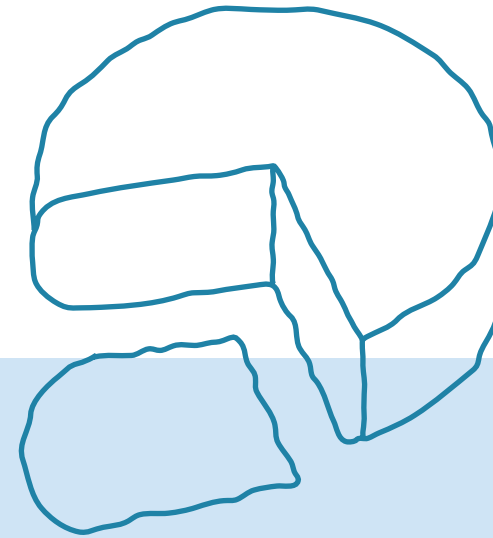
DIETARY REQUIREMENTS:
Vegetarian

INGREDIENTS:

- 3 oz. cream cheese, softened
- 2 Tbsp. butter, softened
- 1 cup shredded mozzarella cheese
- ¼ cup chopped green onions
- ½ tsp. garlic salt
- 1 loaf (1 lb.) French bread, sliced



GRILLED CHEESE LOAF

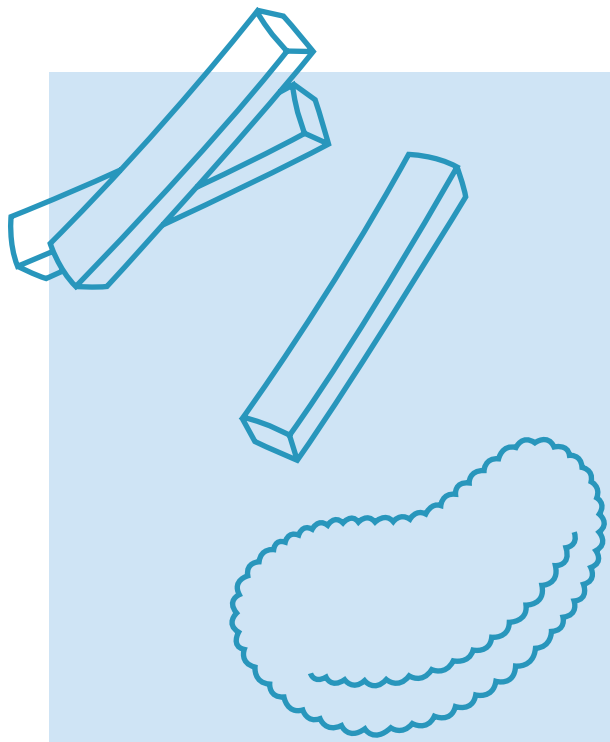


DIRECTIONS:

1. In a small bowl, beat cream cheese and butter. Add cheese, onions and garlic salt; mix well. Cut bread, leaving slices attached at the bottom; spread slices with cream cheese mixture. You can double the recipe for extra cheesiness.
2. Wrap loaf in a large piece of heavy-duty foil (about 28" X 18"); seal tightly. Grill, covered, over medium heat for 8 to 10 minutes, turning once. Carefully open foil; grill bread 5 minutes longer.
3. You can also cook in the oven at 400° for 25 to 30 minutes.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This brings back summer memories around the pool and BBQs and also we love it around the holidays when it comes fresh out of the oven. During the winter months I call it my Special Grilled Cheese. The cheese mixture is also very good on bagels.



INGREDIENTS :

- 4 cups peeled and chopped potatoes
- ¾ cup diced onion
- 4 cups chicken broth
- ½ Tbsp. salt
- ½ Tbsp. pepper
- 4 Tbsp. butter
- ¼ cup flour
- 1 ½ cups heavy cream
- ¼ cup sour cream

Garnishes:

- Hand-shredded cheddar cheese, for serving
- Cooked chopped bacon, for serving
- Chopped scallion, for serving
- Dollop of sour cream

DIRECTIONS :

In a slow cooker/instapot:

Add the potatoes, onions, chicken broth, salt and pepper to the slow cooker.

Set it to low for 6 hours or high for 4 hours.

When the slow cooker is done, in a saucepan, combine the butter, flour, heavy cream and sour cream. Whisk until thickened.

Pour in the thickened mix. Stir, cover and set the slow cooker to low for another 30–45 minutes.

Serve with shredded cheese, bacon and chopped scallions.

DIETARY REQUIREMENTS :

Vegetarian (if substitute veggie stock and leave off bacon)

LOADED BAKED POTATO SOUP

SUBMITTED BY:

Amber Ulmer

Senior Associate Director, Residential Life

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Growing up in Maine (the other state big on potatoes) you endure very long, very, very cold winters and this soup brings hope for warmth.

HEALING WONTON CHICKEN SOUP

INGREDIENTS :

Time: About 1 hour

Serves 6 adults as a main dish

2 qt. low sodium chicken broth plus 2 cups water

2 lb. chicken drumsticks

½ yellow onion, coarsely chopped

2 12" stems lemongrass, cut into 4" sections, bulb end chopped a bit (or sub lemongrass paste, about a tablespoon)

3 to 4 cloves garlic, sliced not minced

A thumb of ginger root, peeled and thinly sliced

2 Tbsp. low sodium soy sauce or Tamari (or liquid aminos)

1 serrano chile, sliced in half longways and seeds removed (optional)

2 cups of carrots, bite-sized chunks

4 ribs of celery, diced

½ lb. sliced fresh shiitake mushrooms (can substitute dried)

1 bag chicken mini wontons (frozen, Trader Joe's or Annie Chun)

4 or 5 baby bok choy, washed and coarsely chopped

1 tsp. Red Boat fish sauce

1 tsp. toasted sesame oil



SUBMITTED BY:

Kim Lipton
Referral Coordinator,
Medical Specialties,
University Health Services

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is our go-to winter soup for cold and flu season. I have had Jewish friends tell me it's as good as mom's chicken soup (the one they refer to as "Jewish penicillin") for healing properties, and primarily vegetarian friends say it's worth making an exception for.

DIRECTIONS :

In an "instant pot" type pressure cooker, place chicken broth, 2 cups water, Tamari, chicken drumsticks, sliced onion, sliced garlic and ginger, chile and lemongrass, and celery leaves if you have them. (You can add other veg odds and ends like carrot ends and mushroom stems. The broth will be strained)

Pressure cook on medium for about 15 minutes and allow to release 15 minutes before opening, if you have time. (Or, simmer on stove top for 45 minutes; add water if needed.)

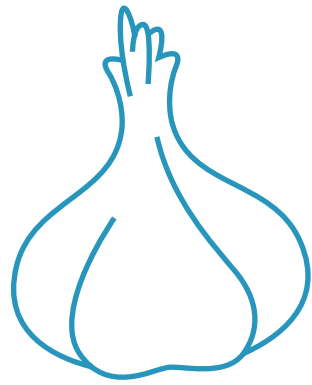
While pressure cooking (or simmering), mince celery, chop carrots and prep mushrooms (dried mushrooms should be soaked in just enough warm water to cover; add water to soup with mushrooms.)

Pull chicken out of stock and set aside to cool slightly. Strain broth into a large soup pot and simmer on stove top. Skim fat. Add carrots, celery, stems of bok choy and mushrooms.

Simmer and skim while skinning and boning cooked chicken. Discard skin and bones, add chopped chicken to soup, continue to simmer and skim for a few more minutes. Add a smidgen of salt and pepper to taste, and a splash (up to a teaspoon) of fish sauce (note: fish sauce is the "magic ingredient" and should not be skipped).

Just before serving, add washed and coarsely chopped bok choy leaves and frozen wontons.

Drizzle a little sesame oil on top and serve.



SUBMITTED BY:
Claudia Morales
Executive Director,
Center for Educational Partnerships

INGREDIENTS :

4 tomatoes or 1 can (14.5 oz.) diced tomatoes (If you are using fresh tomatoes, roma or tomatoes on the vine are the best. You want to make sure you get the ripest ones you can find. If you do not have a blender, you can use one 8 oz. can of tomato sauce.)
½ of a large onion (I prefer to use yellow onions, but white is also good. Peel and cut it in half or in quarters.)

3 garlic cloves

6 cups of broth (I will be using veggie broth, but traditionally chicken broth is used.)

1 bouillon cube, veggie or chicken (Knorr chicken bouillon cubes are the OG favorite so I would encourage you to buy that brand if you can. I make this vegan so I use 1 Tbsp. Better than Bouillon Vegetarian.

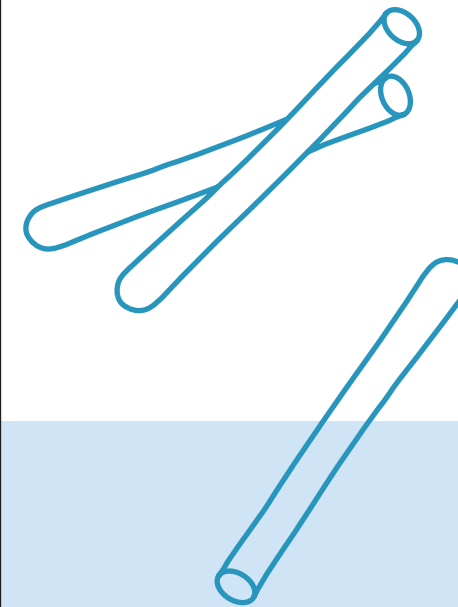
1 Tbsp. of oil (I use avocado oil, but feel free to use any cooking oil that you prefer.)

8 oz. of fideo or angel hair pasta (There are several brands that come already cut, and are called Fideo Cortado. I use a 16 oz. package of angel hair pasta and just break the pasta into approximately 1" pieces. Use 16 oz. if you want to make a full batch.)

2 chicken breasts or thighs, shredded (Traditionally, Sopa de Fideo is made with chicken. If you want to avoid the extra time-consuming step of cooking the chicken, I would suggest purchasing a rotisserie chicken and using the whole chicken if you are making a full batch. If you want to go super authentic, boil the chicken and use the broth from boiling the chicken.

1 zucchini (optional) (This is NOT traditional. I add zucchini, and sometimes potatoes or carrots, since I make this vegan.)

1 to 2 limes and 1 to 2 avocados (Cut the limes into wedges and the avocado into cubes. This is a traditional garnish that is added to the soup before you eat it, but it is completely optional.)



SOPA DE FIDEOS

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I'm sharing a recipe for grandmother's Sopa de Fideo. It is my ultimate comfort food and has been ever since I can remember. This recipe is for a half batch of the soup. I always make a full batch, which you can do by doubling the ingredients.

DIRECTIONS :

To create the soup base, place the tomatoes, onion, garlic, bouillon, and 2 cups of the vegetable stock in the blender and process until smooth. Set it aside and have it ready to pour into the large stockpot.

Set a large pot to medium heat and add oil. Once the oil is hot, add broken-up noodles and toss to coat in oil. Continue to cook until noodles are golden brown, about 3 to 5 minutes. Pour the soup base and the remaining broth into the pot over the hot browned noodles and stir to prevent them from sticking to each other. After one minute, lower to low heat and add the chicken (or zucchini) into the pot. Cook until the pasta is al dente. Stir often. Serve with lime wedges and avocados.

ENTRÉES
& MAINS

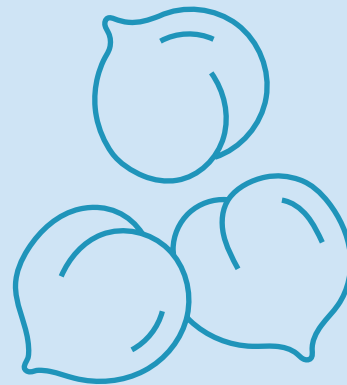
SULLY'S CHANA MASALA

SUBMITTED BY:

Sully Syed
Financial Analyst, Student Affairs Finance

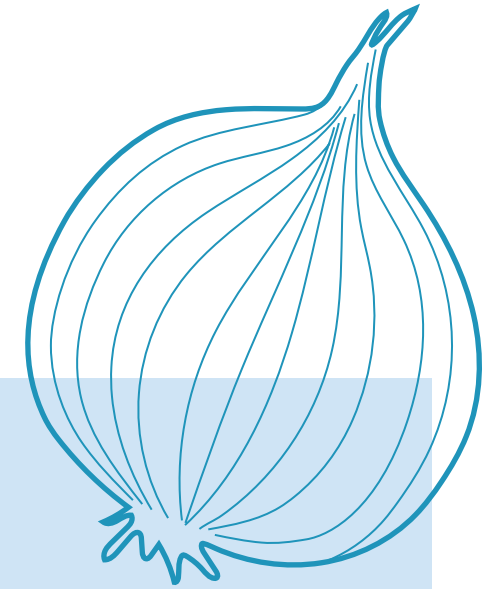
INGREDIENTS:

Diced tomatoes - 1 can or 2 medium tomatoes
Chickpeas - 1 can (drained) or 2 cups (dry beans)/pre-soaked
Onion - 1 finely chopped onion (medium to large)
Green chili - 1 to 2 small green chilies (serrano - whole)
Garlic/Ginger paste - 1 Tbsp.
Cumin - 1 tsp., freshly ground
Coriander - 2 tsp., ground
Turmeric - ¼ tsp., ground
Kashmiri red chili - ¼ tsp., whole
Brown mustard seeds - ½ tsp., whole
Garam Masala - 1 tsp., ground (make your own at home by toasting and grinding whole spices. It's way better than anything found in stores)
Fenugreek leaves (Methi) - 1 Tbsp. (dry or frozen/fresh)
Olive oil - 4 to 5 Tbsp.
Coconut milk - ¼ cup
Salt - 2 tsp., add extra for taste



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This was a staple food growing up in an Indian immigrant household. It is quick and nutritious, high in fiber, and great for gut health. I've tweaked some ingredients from my own experience (i.e. adding coconut milk).

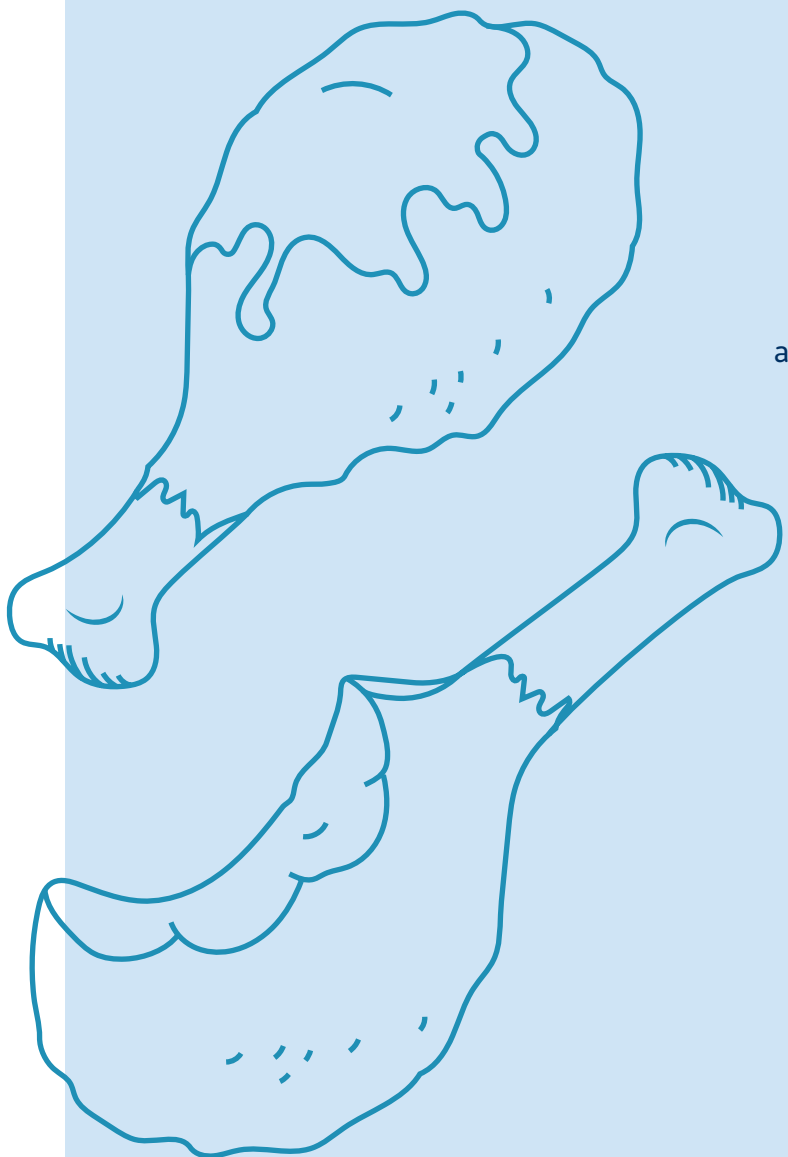


DIRECTIONS:

1. Add diced tomatoes, freshly ground cumin and coriander to blender. Blend until smooth purée. Set aside.
2. Add olive oil and mustard seeds to pot. Set over medium heat.
3. When mustard seeds begin to "pop," add diced onions and a pinch of salt. Cook over medium heat, stirring occasionally until nicely golden brown (should take 10 to 15 minutes).
4. Add green chili and ginger/garlic paste. Cook for about 2 minutes (or until the ginger smell has dissipated - be careful not to burn).
5. Add chickpeas, Kashmiri red chili, turmeric, and garam masala. Cook for 5 minutes.
6. Add tomato and spice purée with salt. Cook 10 minutes, stirring occasionally.
7. Add coconut milk, stir and cook until it comes together.
8. Add fenugreek leaves and top up any spices to taste. Cook 2 to 5 minutes.
9. Turn off heat, remove pot from heat, and let sit covered for at least 10 minutes (or longer for more robust flavors).
10. Garnish with fresh cilantro and enjoy with brown rice.

DIETARY REQUIREMENTS:

Vegan



INGREDIENTS :

8 to 10 chicken thighs (or similar amount of your preference chicken cut)

1 ½ cups soy sauce

½ cup lemon juice

STICKY CHICKEN

SUBMITTED BY:

Jason Katayanagi

Systems and Assignments Manager for Undergraduate Housing,
UC Berkeley Housing Assignments

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is a dish passed down through my family for several generations. It is my favorite family recipe and continues to be a favorite for my children. It is a relatively simple recipe of only 3 ingredients, but it is full of flavor.

DIRECTIONS :

Preheat oven to 350°.

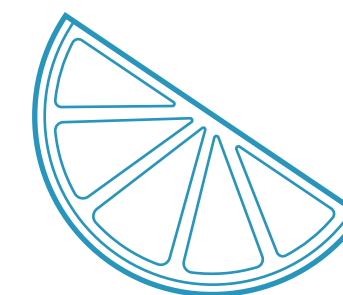
Mix soy sauce and lemon juice in a 13" x 9" baking dish.

Place chicken skin-side down in the 13" x 9" baking dish.

Bake chicken for 45 minutes.

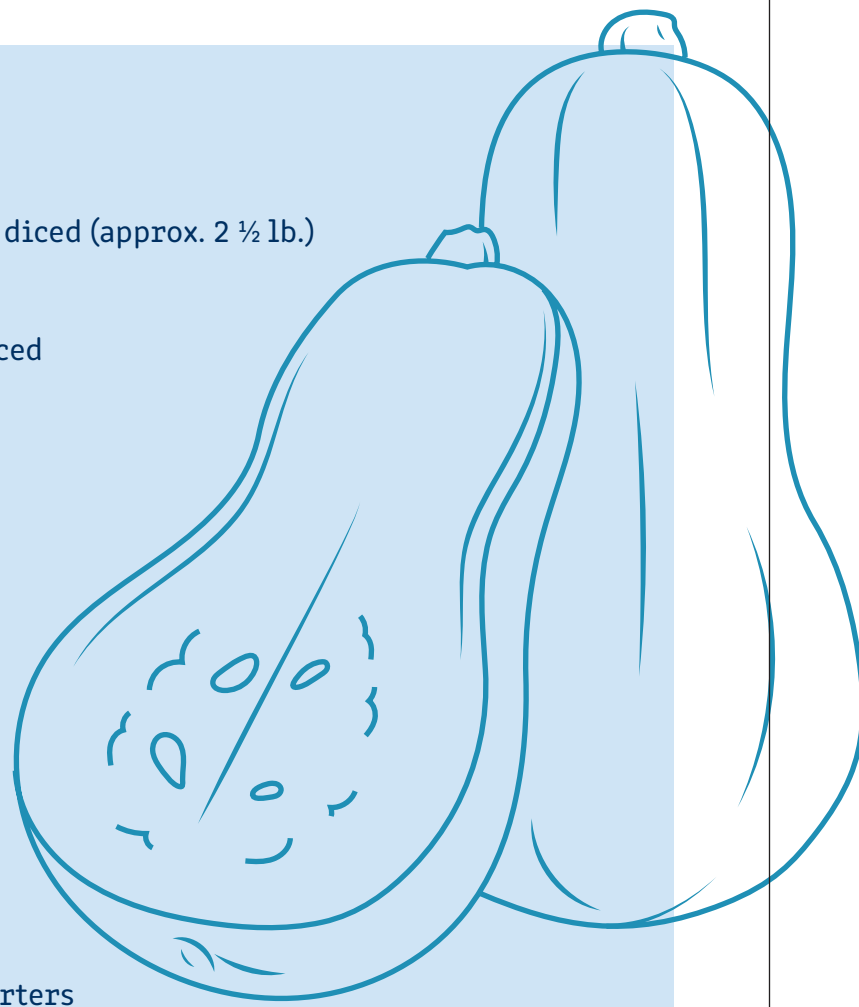
Flip chicken to be skin-side up.

Bake chicken for an additional 45 minutes.



INGREDIENTS :

- 1 medium-sized butternut squash, peeled and diced (approx. 2 ½ lb.)
- 1 yellow onion, sliced
- 1 poblano or green bell pepper, cored and sliced
- 2 jalapeños, cored and sliced
- 2 Tbsp. high heat oil (such as sunflower oil)
- 2 tsp. cumin powder
- Salt and pepper to taste
- 1 15 oz. can black beans, drained and rinsed
- ¼ cup cilantro, chopped
- 1 cup kale leaves (optional)
- 1 can fire roasted tomatoes
- 1 can green chilies
- 1 cup salsa or enchilada sauce
- 8 small or 6 large corn tortillas, cut into quarters
- 1 ½ cups shredded Mexican cheese



DIRECTIONS :

1. Preheat the oven to 400°, then place the diced butternut squash, sliced onion, jalapeño, and poblano pepper on a cookie sheet and toss with high heat oil. Sprinkle with cumin, salt and pepper (to taste), then mix until evenly distributed. Roast vegetables in the oven for about 40 to 45 minutes, until the squash is tender. Remove from oven, then lower temperature to 350°.
2. Transfer the roasted vegetables to a large bowl along with fire roasted tomatoes, can of green chilies, drained and rinsed black beans, kale, and chopped cilantro. Mix it all together. In a 9" x 13" baking dish, prepare the casserole by spreading a thin layer of the salsa along the bottom, then cover with a layer of tortillas. Top the tortillas with half of the roasted vegetable mixture then ½ cup cheese. Repeat. Sprinkle with remaining cheese and bake in the oven for 20 minutes, until light golden brown on top.
3. Allow it to cool for at least five to ten minutes, then cut into squares and serve. Garnish with avocado, cilantro or plain yogurt.

BUTTERNUT SQUASH ENCHILADA CASSEROLE

SUBMITTED BY :

Michelle White
Operations Director, Student Affairs
Information Technology

DIETARY REQUIREMENTS :

Vegetarian
Vegan (Can be vegan if you
switch out the cheese.)

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY :

This is a super yummy, whole food, plant-based recipe. It can easily be vegan. It requires some time to chop and roast the veggies, but it is a great "make-ahead" dish. It is very friendly for a mixed crowd of meat/non-meat eaters. I also freeze individual servings to defrost and reheat later. Overall, it is a very flavorful, make-life-easy recipe.

EMPANADAS

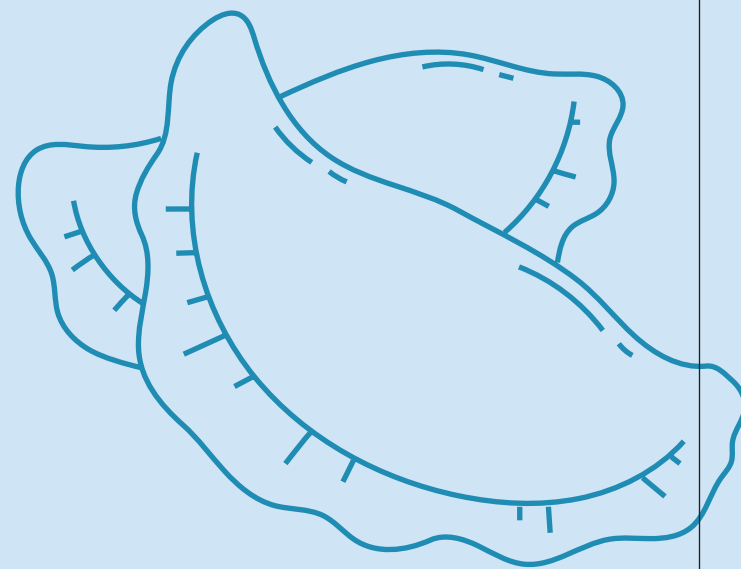
INGREDIENTS :

Filling:

- 1 Tbsp. oil
- 2 onions, minced
- 2 tomatoes, chopped finely
- 1 to 2 chopped serrano or habanero peppers (use mild green chiles if you can't handle spicy heat)
- 1 lb. cooked beef, cut in small cubes (see note about veggie crumbles as an option)
- 1 large potato, boiled and cut into small cubes
- 1 green pepper, chopped finely
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 Tbsp. flour
- ½ cup broth (any kind)
- 12 to 15 pitted olives (black or green), sliced
- ½ cup raisins or dried currants
- 2 Tbsp. chili powder

Masa (Pastry):

- 2 ½ cups flour
- 1 tsp. baking powder
- ½ tsp. salt
- ¾ cup shortening
- Up to ½ cup ice water



SUBMITTED BY :

Anne Marie Richard
Associate Chief Information Officer and Director,
Student Affairs Information Technology

DIETARY REQUIREMENTS :

May be prepared vegetarian,
vegan, kosher, or halal

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY :

I am not sure where this specific recipe originated, but these empanadas reflect and honor my Mexican heritage and are served in my family at any type of celebration, or even just a family dinner. My family's recipe calls for beef, but nowadays I opt for veggie crumbles and make them vegan. I wish you could see the old copy I carry around of this recipe. It is in purple ink from old-school "ditto" machines, and includes illustrations by me at age 7. Sadly, it is too faded to copy and paste here.

DIRECTIONS :

Preheat oven to 400° and line a baking sheet with parchment paper.

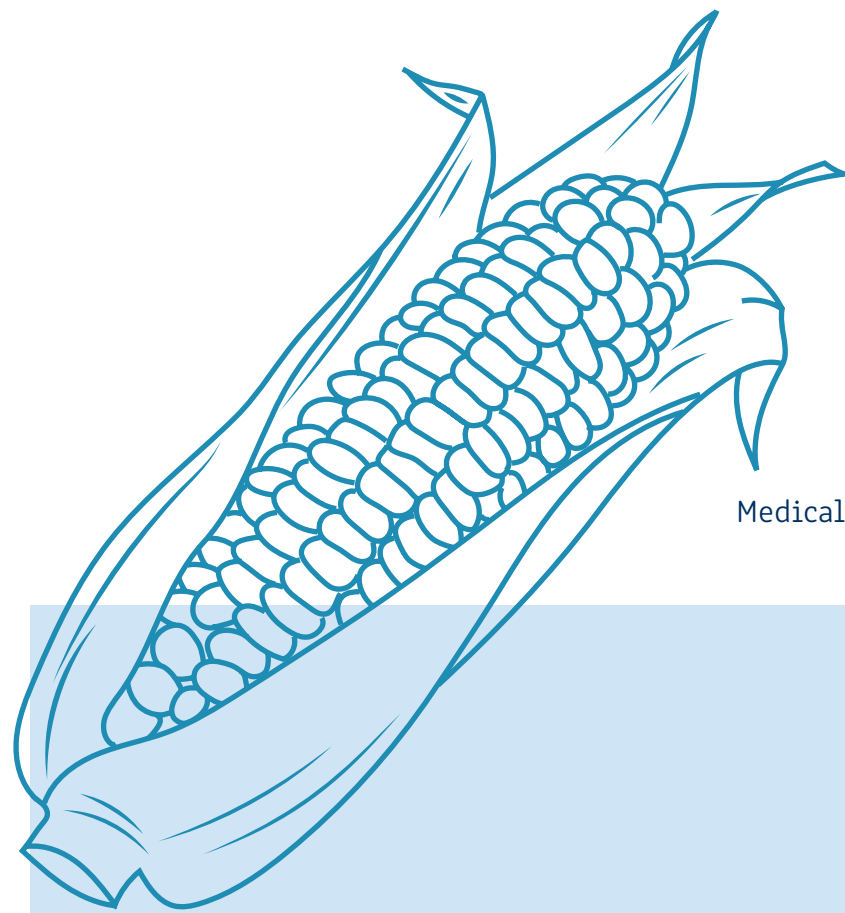
To prepare the filling:

Wilt onion in hot oil; add tomatoes and peppers and cook for a few minutes, then add meat (or meat alternative) and potatoes, seasoned with salt and pepper. Dissolve flour in cold broth and add to meat mixture, along with chili powder. Cook until it thickens, then cool. Add olives and raisins. Mix well.

To prepare the pastry:

Mix ingredients well. Divide pastry into 12 even pieces. Roll out each piece into a 4" to 5" circle. Place filling on one half of each round; wet the edges with water and fold the other half over, pressing edges firmly with the tines of a fork to seal in the filling.

Bake at 400° for 20 to 30 minutes until golden brown. Alternately, you can fry them in hot oil until golden brown all over.



SUBMITTED BY:
Debra Dias
Medical Assistant, Physical Therapy,
University Health Services

INGREDIENTS :

- 1 can corn
- 1 can cream corn
- 1 box Jiffy cornbread mix
- ½ cup melted butter
- 1 cup sour cream
- 1 cup shredded cheddar cheese

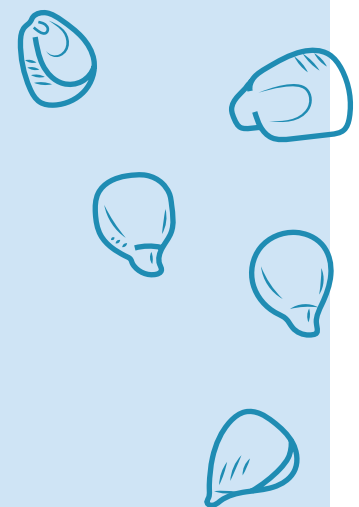
CORN CASSEROLE

DIRECTIONS :

Mix all ingredients except for the cheese together. Pour mixture into 13" x 9" casserole dish that has been sprayed with nonstick spray. Bake in preheated oven at 350° for 45 minutes. After 45 minutes, sprinkle the cheese on top and put back in oven for an additional 15 minutes.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I tried this recipe for my first Thanksgiving as an adult or when I was first in charge of my own groceries and now it has become a staple at all of my holiday gatherings. My family loves it and they would be shocked if they didn't see it on the table at a holiday gathering. I just taught my daughter how to make it for our Thanksgiving this year and it was a real bonding moment for us.



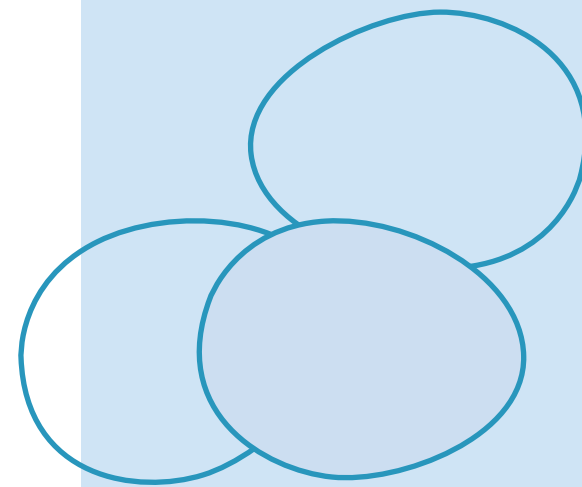
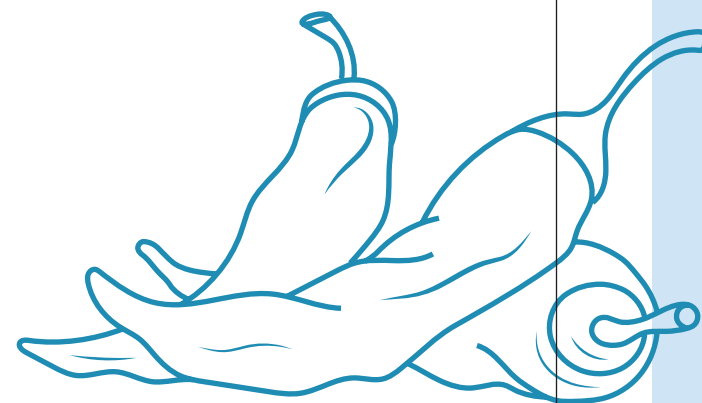
GREEN CHILI EGG CASSEROLE

SUBMITTED BY:

Diane Lopez
Transfer Evaluator/foodie,
Central Evaluation Unit

**RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:**

This is one of our favorite dishes to have on Christmas morning and to share with friends.



INGREDIENTS :

12 eggs
1 pt. cottage cheese
1 lb. grated pepper jack cheese
1 7 oz. can diced green chilies
½ cup flour
2 Tbsp. melted butter

DIRECTIONS :

Preheat oven to 425°.
Mix all ingredients and pour into 13" x 9" pan.
Bake for 15 minutes, reduce heat to 350° and bake for 30
minutes longer, until golden brown.
Great served with salsa, sour cream and avocado!

INGREDIENTS:

- 4 lbs. sweet potatoes
- 1 stick of butter (you can cut this down)
- ½ cup of maple syrup (you can cut this, too)
- 4 eggs
- 3 Tbsp. flour
- 1 cup milk (don't use almond—use cow's milk)
- ¼ tsp. salt
- 1 tsp. vanilla extract
- 1 tsp. coconut extract
- 1 tsp. almond extract (optional—I don't use it)
- 2 Tbsp. brown sugar
- 1 Tbsp. cinnamon
- ½ cup pecans

Topping:

Mix together brown sugar, cinnamon, & chopped pecans.
Sprinkle on top.



SWEET POTATO SOUFFLÉ

SUBMITTED BY:

Nikou Shafaghi
Executive Assistant, Vice Chancellor for
Student Affairs Immediate Office

**RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:**

This recipe is adapted and inspired by my dear friend, Sandra, and it has been in her family for years. It is the first recipe I learned to cook/bake after immigrating to the United States that was different than Persian cuisine so it has a special place in my heart.

DIRECTIONS:

Bake sweet potatoes in the oven on 425° until tender, about 45 minutes.

Mix remaining ingredients in a food processor until smooth and pour into a baking dish.

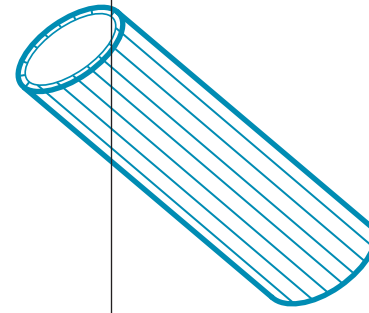
Bake for 1 hour at 350°.

DIETARY REQUIREMENTS:

Vegetarian
Kosher
Halal



UTICA CHICKEN RIGGIES



SUBMITTED BY:
Jessica Ketchum
Assistant Director of Admissions, International Specialist,
Undergraduate Admissions

INGREDIENTS:

3 boneless, skinless chicken breasts
2 red bell peppers, seeded and sliced
1 jar of red hot cherry peppers
3 cloves of garlic, chopped
1 small onion, chopped
2 cups of your favorite tomato sauce
2 cups of half-and-half
½ cup white wine
1 lb. rigatoni
1 stick of butter
Flour
Parsley
Salt and pepper to taste

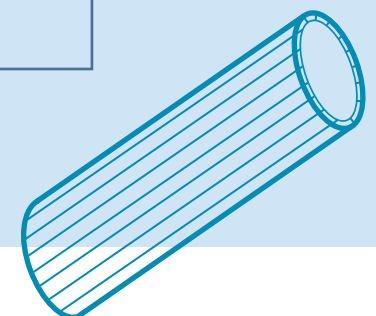
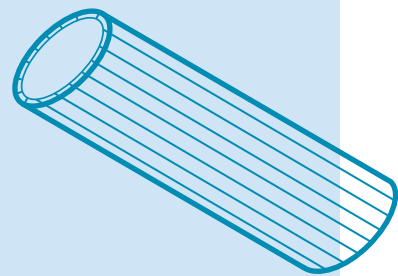


DIRECTIONS:

Melt butter in a skillet and add: red peppers, onions, garlic and ⅓* of a jar of red hot cherry peppers, including the juice. Cook until peppers are soft.
Add tomato sauce, half-and-half, wine, parsley and stir.
Cut the chicken into cubes and toss in flour and add to skillet.
Heat a large pot of salted water to a boil and add rigatoni. Cook based on package instructions.
Drain and pour sauce mix over rigatoni. Add salt and pepper to taste!
*For less spice, add less juice.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Chicken Riggies is a very specific regional dish from Utica, NY. This recipe is my spouse's family recipe that plays a large role in our family! Every year we host a cook-off competition and it's always featured in family weddings.



SPAM MUSUBI

SUBMITTED BY:

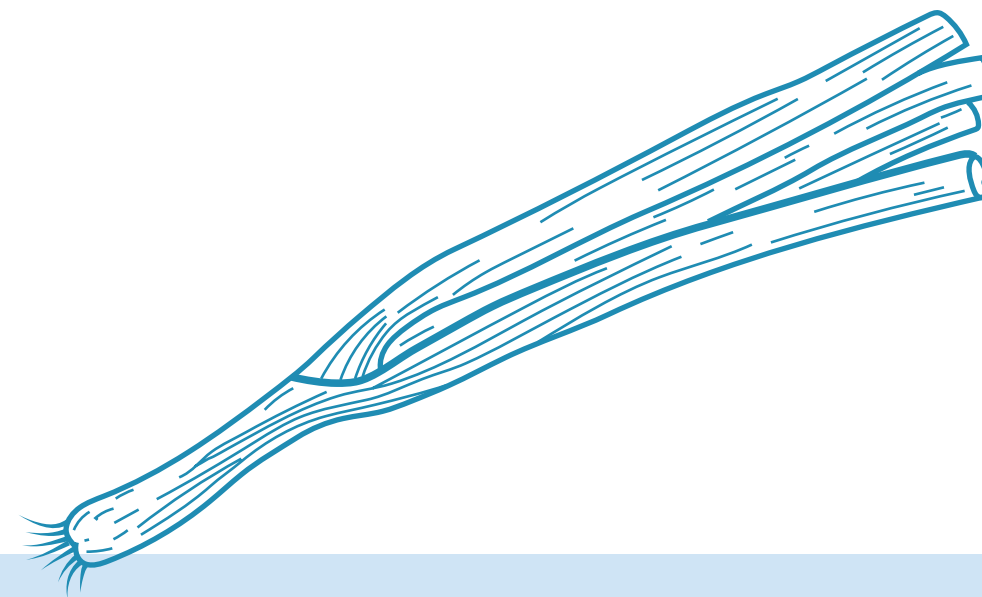
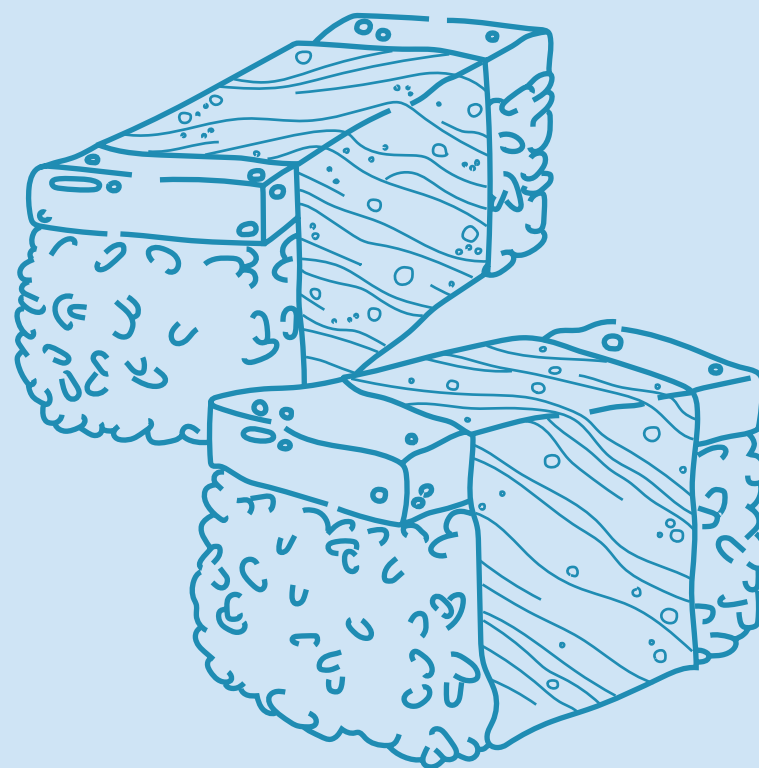
Eric Lavi
Student Affairs Case Manager,
Center for Support & Intervention

INGREDIENTS:

1 can of Spam
3 cups of uncooked short-grain white rice
3 cups of water
Teriyaki sauce
5 sheets of nori seaweed
Furikake
Kimchi
Green onion
Sriracha
Kewpie Mayo
Sesame Oil

DIETARY REQUIREMENTS:

Vegetarian
Gluten-free



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

The first time I tried Spam Musubi was at an L&L Hawaiian barbeque near San Jose State University. The nostalgic flavors of the musubi reminded me of spamsilog (a filipinx breakfast staple that consists of crispy spam and fried garlic rice, with a runny egg on top). This take on spam musubi was developed and inspired by a cooking/hangout session with friends and UC Berkeley colleagues Analee Scott, Em Huang, and Tanisha Muquit on National Spam Musubi Day 2022.

DIRECTIONS:

1. Wash and cook your rice based on the manufacturer's instructions or per the wisdom of your ancestors.
2. While the rice is cooking, slice the Spam into 8 to 10 pieces based on your thickness that you prefer.
3. Cook over medium-high heat for about 3 to 5 minutes based on your desired crispiness. You can either brush teriyaki sauce onto your Spam slices, or add the teriyaki sauce into the pan to lightly coat and glaze the Spam.
4. Take a sheet of nori and cut it in half lengthwise or into thirds.
5. Finely dice Kimchi, slice green onion, and combine sriracha with your mayo (add to your spice preference), and a drizzle of sesame oil. As a bonus, you can add some kimchi juice for extra flavor!

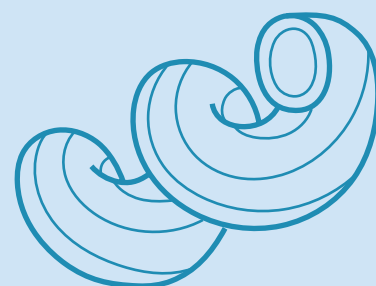


SUBMITTED BY:

Avida Martinez
Financial Services Analyst,
Financial Aid & Scholarships

INGREDIENTS:

- 1.5 lb. (24 oz.) macaroni noodles (Cavatappi recommended)
- 16 oz. Sharp cheddar (freshly grated)
- 16 oz. Colby jack (freshly grated)
- 8 oz. Gouda (freshly grated)
- 8 oz. Mozzarella cheese (freshly grated)
- 6 cups heavy cream
- 4 Tbsp. salted butter
- 4 oz. cream cheese (optional)
- 2 tsp. salt
- 2 tsp. chicken bouillon
- 1 tsp. onion powder
- 1 tsp. ground mustard
- 1 tsp. white pepper
- 1 tsp. adobo
- Box of panko bread crumbs



CREAMY MAC & CHEESE

DIRECTIONS:

1. Grate your cheeses using the large shredder, mix them together and set them aside. If you come across any small chunks that are too petite to grate, be sure to save them! (Preheat your oven to 350° in the meantime.)
2. Cook your macaroni noodles following the instructions on the package. Enhance the water with chicken bouillon for added flavor.
3. In a spacious sauce pot, melt butter on low heat, and gradually pour in the heavy cream. Whisk the mixture smoothly.
4. Start incorporating approximately 50% of your shredded cheeses until well blended. Introduce cream cheese last, allowing the cheese to melt and simmer on low heat. Season with spices and taste to perfection. (If it is too watery, keep adding cheese.)
5. Combine your elbow noodles with the cream sauce, tossing in the small extra chunks of cheese. Aim for a creamy, wet mixture that produces a satisfying sound when mixed.
6. Transfer the mixture into a 13" x 9" baking dish, starting with half of your noodles. Layer with a light coating of cheese sauce and your shredded cheese mix. Add the remaining noodles and finish by topping with a generous layer of shredded cheese. If more cheese is needed for the top, opt for cheddar or colby jack.
7. Coat the top layer with bread crumbs for an added crunch!
8. Bake at 350° until the cheese is melted. (I eyeball it but it shouldn't take more than 20 minutes)
9. Broil for 2 minutes at the end for a nice golden brown top.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Mac and Cheese is a must for any holiday in my family. All credit to tonisrecipes.com. It is now a tradition to make in my home.

DIETARY REQUIREMENTS:

- Vegetarian
- Kosher
- Halal



JAPCHAE (잡채)

SUBMITTED BY:

Sally Nho
Administrative Assistant, Be Well at Work-Employee Assistance,
University Health Services

INGREDIENTS (FOR 3 PEOPLE):

8 oz. sweet potato noodles (The japchae noodles can be found at Asian supermarkets. They are usually labeled as sweet potato noodles.)

4 oz. spinach

1 ½ Tbsp. oil

2 cloves garlic (minced)

½ small onion (thinly sliced)

3 to 4 fresh shiitake mushrooms (sliced)

1 small carrot (cut into thin strips)

1 stalk scallion (cut into 1-inch lengths)

½ Tbsp. sesame oil

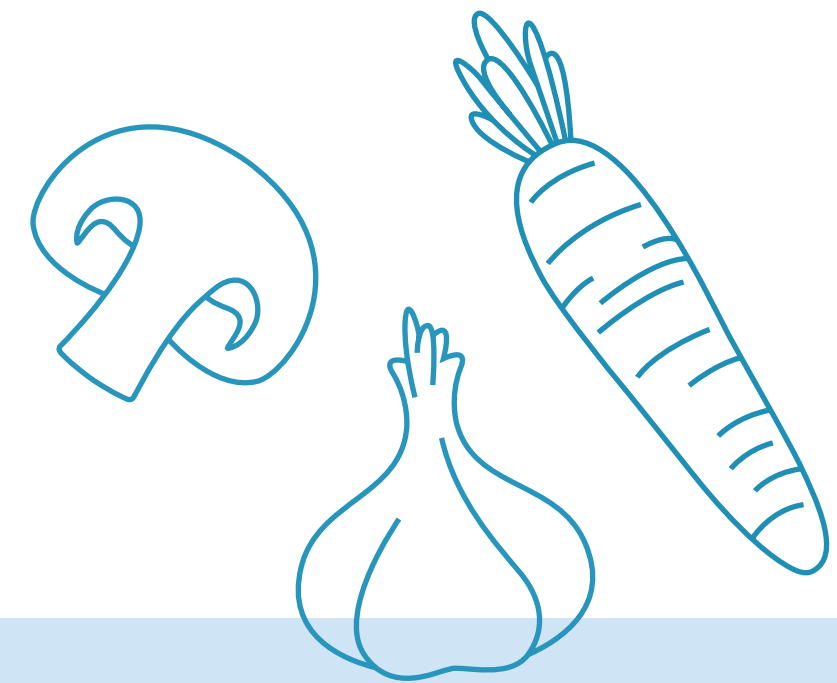
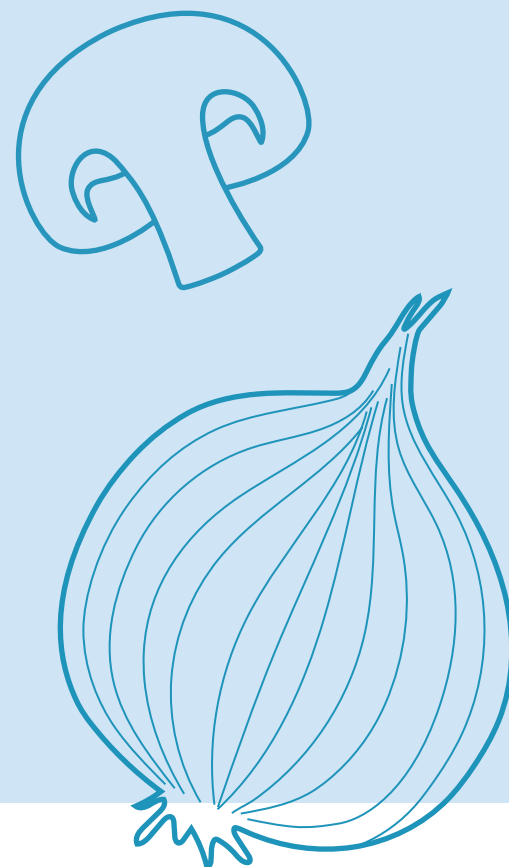
Salt to taste

1 tsp. toasted white sesame

Sauce:

4 Tbsp. soy sauce

2 ½ Tbsp. sugar



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Japchae (잡채) literally means “mixed vegetables.” Japchae is the Korean essential dish for traditional holidays and special occasions. My grandmother and mother used to make it when guests came to the house or during the holidays for us.

DIRECTIONS:

1. Cook the sweet potato noodles in a large pot of boiling water for about 5 minutes. Drain the water and rinse the noodles under cold running water. Cut the noodles using a pair of scissors into about 6-inch lengths. Set aside.
2. Heat up a pot of water and bring it to boil. Blanch the spinach until they are wilted, about 1 minute. Drain the water and rinse the spinach under cold running water. Form the spinach into a ball and squeeze it to discard the remaining water. Cut the spinach ball into half.
3. Heat up the oil in a skillet and add the garlic, onion, mushrooms, and carrot and cook for about two minutes. Add the scallion and stir-fry for another minute.
4. Turn the heat to low and add the noodles and spinach into the skillet or wok, followed by the sesame oil, the sauce, and salt to taste. Stir to combine well.
5. Dish out, sprinkle with the sesame seeds, and serve at room temperature.

DIETARY REQUIREMENTS:

Vegetarian
Vegan
Gluten-free

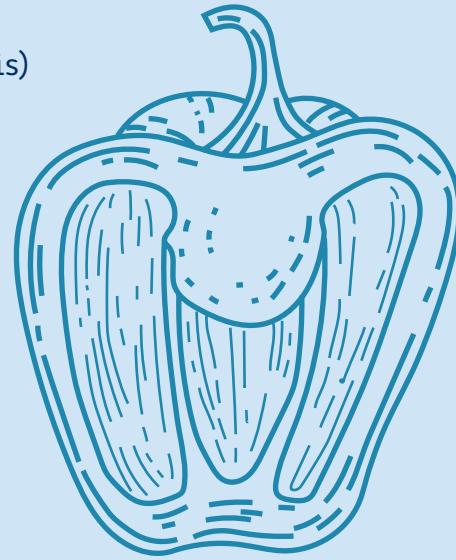
INGREDIENTS :

3 bell peppers (of varying colors)
1 8 oz. can of black beans
1 8 oz. can of red kidney beans
1 8 oz. can of great northern beans
1 8 oz. can of diced tomatoes (with or without green chilis)
1 large yellow onion
1 Tbsp. olive oil
1 Tbsp. chili powder
1 tsp. garlic powder
1 tsp. cumin
1 tsp. salt
½ tsp. oregano
½ tsp. pepper

Optional: 1 jalapeño, 1 can of corn, cooked pasta, literally anything else!

Optional Toppings:

Sour cream
Chives or green onion
Shredded cheese
Sliced jalapeño



VEGETARIAN CONFETTI CHILI

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

When I was an undergrad at the University of Illinois, I didn't have close access to a grocery store or reliable transportation. I was also vegetarian at the time. So I needed a way to make an affordable meal that had relatively shelf-stable ingredients and that warmed me up in the freezing Midwest winters! This recipe has been shared with friends and loved ones over the years who have added their own flare to the recipe, including sweet potatoes, kale, pasta, impossible meat, and more. I hope Student Affairs staff also feel inspired to make this comforting recipe their own!

DIRECTIONS :

In a large pot, add olive oil and heat over medium heat. Add diced onion and cook until translucent or browned to desired color.

Chop bell peppers in small chunks or to desired size. If adding jalapeño, core and remove seeds for less heat and dice or keep seeds in for extra heat. Add the bell peppers and jalapeño to the pot.

Sauté the vegetables until they are to the desired texture. Crunchier peppers take about 8 to 10 minutes and softer peppers take about 15 to 20.

Add chili powder, garlic powder, cumin, salt, oregano, and pepper to the pot and mix. The measurements are suggestions, please adjust to desired taste and flavor.

Open all 3 cans of beans and half drain each can; you will want some of the liquid. Add beans all at once and stir. Add full can of diced tomatoes and stir.

Cook on medium-high heat until simmering to allow for the beans to warm up.

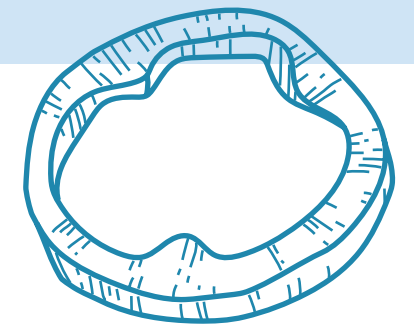
Finish and serve with your favorite chili topping.

SUBMITTED BY:

Emilie
Violence Prevention and Education Program Coordinator,
Center for Support and Intervention

DIETARY REQUIREMENTS :

Vegetarian
Vegan - This recipe can be made vegan depending on the toppings one uses!



SHRIMP AND GRITS

INGREDIENTS:

(Makes approximately 4 servings)

Cheesy Grits

1 cup quick grits

4 cups water

¼ tsp. salt

3 Tbsp. butter

2 Tbsp. heavy whipping cream

1 ½ cups shredded sharp cheddar

Shrimp

6 slices smoked bacon

1 lb. large shrimp, peeled and deveined

2 tsp. Cajun seasoning

⅛ tsp. ground cayenne pepper

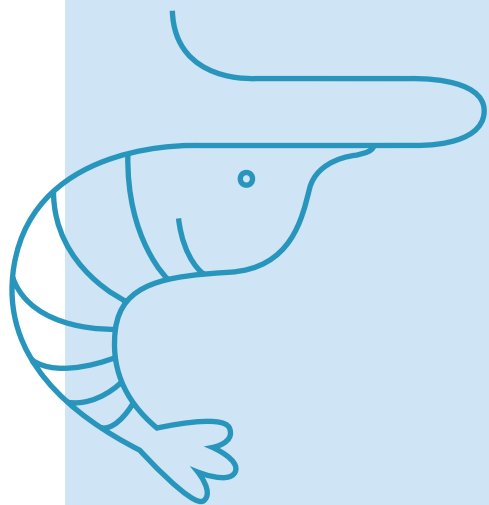
1 Tbsp. vegetable oil

1 red bell pepper, finely chopped

3 green onions, chopped

3 cloves garlic, minced

¼ cup low sodium chicken or vegetable broth



SUBMITTED BY:

Denzale Johnson
College Advisor,
Center for Educational Partnerships

and

Lakeysha Jones
NAF Future Ready Scholars @ UC Berkeley Program Director,
Center for Educational Partnerships



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Shrimp & Grits is a Southern food staple. My family is originally from the south, and dishes like shrimp & grits continue to preserve the culture of my ancestors, which is rooted in me. Grits are a very versatile dish as they can be prepared and served sweet or savory. There is often debate about which style is best.

DIRECTIONS:

Bring the water to a boil; add the grits and salt. Cook for 5–7 minutes or until tender. Remove from heat, stir in butter, cream and cheese.

In a large skillet over medium heat cook bacon until crispy. Place on paper towels to drain; reserving bacon grease. Coarsely chop bacon once cooled. Add shrimp to bacon grease over medium heat. Sprinkle with Cajun seasoning and cayenne pepper. Flip shrimp after one minute and cook for an additional minute. Remove to plate.

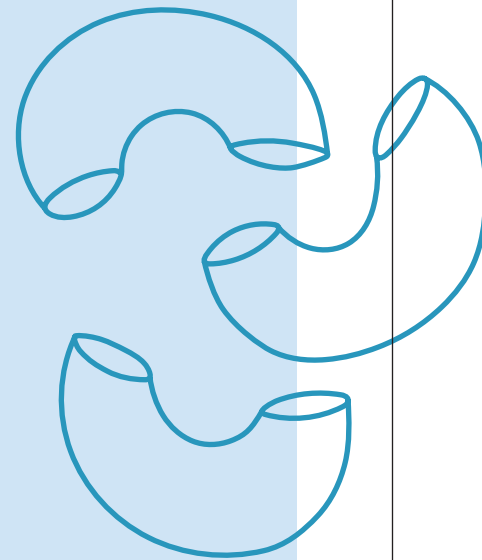
Add vegetable oil to skillet over medium heat. Add red pepper and cook until slightly tender; 2 to 3 minutes. Reduce heat to medium low. Add green onions and garlic and cook for 1 minute. Add chicken broth to skillet and stir. Return shrimp and bacon to the skillet and heat for 1 minute. Spoon shrimp mixture over cheesy grits. Serve immediately.

INGREDIENTS :

4 blocks of white and orange cheddar cheese (I recommend getting blocks and not pre-shredded cheese.)
16 oz. of macaroni noodles (You can buy ones that are made of lentils and/or chickpeas if you like.)
2 Tbsp. oat flour
2 Tbsp. vegan butter
2 cups oat milk
1 white onion
3 bay leaves
Spices (paprika, seasoned salt, pepper, garlic powder, onion powder, cayenne—you can use any amount you like, but somewhere around ½ tsp. each)
1 tub of gluten-free breadcrumbs (I get mine at Whole Foods)
Additional ¼ cup of melted butter

DIRECTIONS :

Preheat oven to 350° and grease a rectangular baking dish.
Shred cheese and leave in a separate bowl. Chop onion and leave in a separate bowl.
Then, boil pasta.
In a separate saucepan, melt the 2 Tbsp. of butter, then whisk in flour for 2 minutes.
Add milk, bay leaves and spices and simmer for 15 minutes. Turn off heat when done and add in anywhere from ⅓ to ½ of the shredded cheese to the pan mixture.
Drain macaroni when done and slowly add into the sauce mixture. Fold in well.
Pour half of the mixture in the greased pan creating a bottom layer. Remove bay leaves. Then add a layer of shredded cheese. Then add the top layer of the sauce + pasta mixture and spread across.
Then top with the rest of the shredded cheese. The more cheese the better! Top with gluten-free breadcrumbs. Take a bowl and melt the remainder of the vegan butter.
Pour melted butter over the breadcrumbs.
Place tray in oven for 30 minutes, then broil for 5 to 10 minutes to brown the top.
Bon appetit!



GLUTEN/ DAIRY FREE MAC & CHEESE



SUBMITTED BY:

Jade H.
Berkeley Youth Gymnastics Program Lead,
Youth Programs, RecWell

DIETARY REQUIREMENTS:

Vegetarian
Vegan
Gluten-free

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

My mom cooked this recipe for years and it has always been a hit! I have altered the recipe to be friendly to all my friends and family with food allergies when needed and made it oh-so-yummy! It's a holiday tradition now that I make the mac and cheese and it's always a hit! (Fun Fact: The gluten-free breadcrumbs are actually way better than regular breadcrumbs. :)

GRANDMA ROSE'S BRISKET

INGREDIENTS:

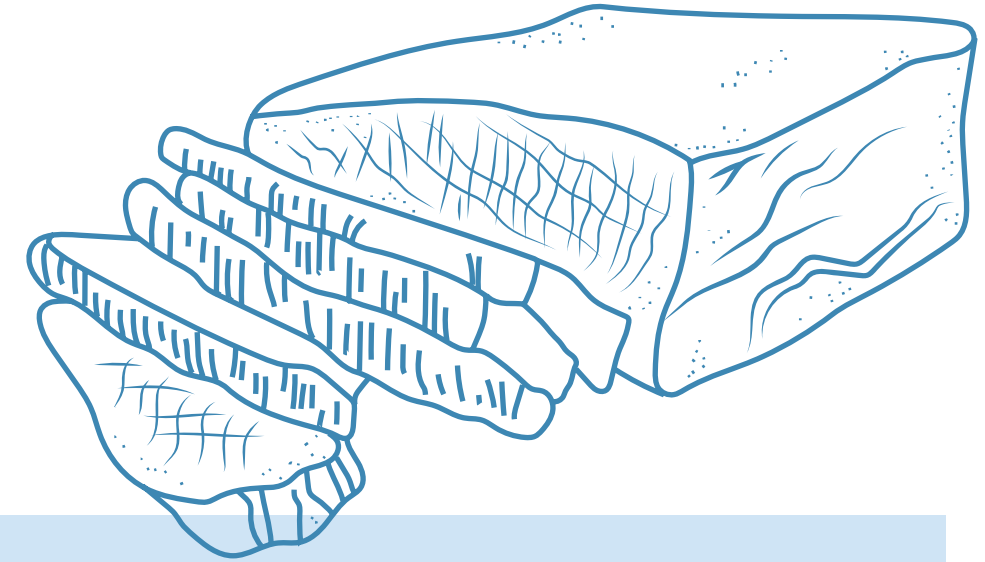
3-4 lbs. brisket
1 cup of red cooking wine
1 can whole cranberry sauce
1 cup ketchup
1 envelope powdered onion soup mix

SUBMITTED BY:

Ariel Feinberg Berson
Director, Programs & Marketing,
ASUC Student Union

DIETARY REQUIREMENTS:

Kosher



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is my grandmother's brisket recipe, which I make at least twice a year for the Jewish holidays of Rosh Hashanah and Passover. It is very easy, has a sweet and savory flavor, and is good any time of year (not just for holidays!). It can also be made in the slow cooker or pressure cooker (instant pot).

DIRECTIONS:

Preheat oven to 350°.

Place brisket in a large braising pan.

Rub with onion soup mix, then cover with cranberry sauce, ketchup and wine.

Cover with heavy duty aluminum foil, tented. Be careful not to touch brisket with the foil.

Bake for 3 hours at 350° or until brisket pierces easily with a fork.

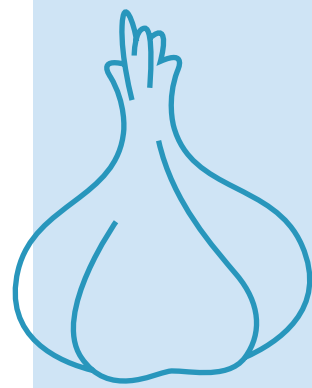
Refrigerate overnight.

Trim the fat off the brisket and cut against the grain into strips about ½ inch thick.

Put the pieces back into the sauce and make sure the pieces are covered with the sauce (add more wine if needed, to cover the pieces).

Cook for 45 minutes to an hour until ready to serve. The pieces should be incredibly tender and easy to cut. The longer you cook it, the better it is!

SUBMITTED BY:
Alfred Day
Assistant Vice Chancellor of Student Support and Belonging,
Dean of Students Office



INGREDIENTS:

Pork neck bones
Red beans
Rice
Garlic (5-7 cloves)
Yellow onion (½)
Bay leaf (1-2)
Garlic salt
Paprika
Crushed red pepper,
Chili powder
Liquid Smoke (1 tsp.)
Optional addition of Andouille Sausage



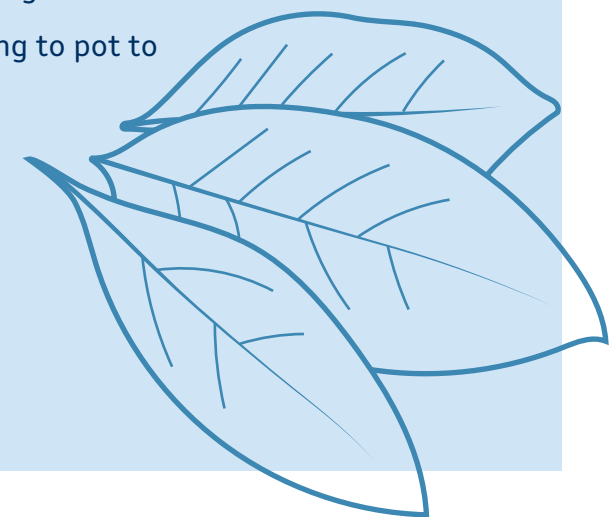
RED BEANS AND RICE

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

There's nothing better than a lazy pot of beans cooking all day on a weekend day. Southern roots with a California amount of heat added to the flavor. Like waking up on a rainy day in Merced to a smell that will block whatever livestock lives next door.

DIRECTIONS:

Place neck bones, beans, half an onion (chopped), garlic, and seasonings into slow cooker and cover with water. Cook on low for 8 hours or high for 5 hours (until beans are tender). Generous amount of seasonings to taste. Stir occasionally.
Add tsp. Liquid Smoke 1 hour before eating. Remove bay leaves and serve over cooked rice. (Optional: slices of Andouille Sausage can be added to the mix. I recommend slight frying prior to adding to pot to brown them up. Add about 30 minutes before eating.)



SUBMITTED BY:

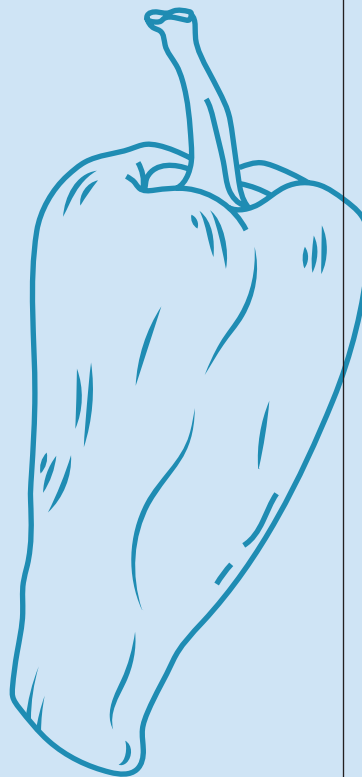
Mando Zaragoza
Resident Director, Residential Life

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

One of my favorite ways to connect with people is through food and nothing is a labor of love like chile rellenos.

INGREDIENTS:

- 4 chile poblanos
- 1 8 oz. block of pepper jack cheese
- 1 10 oz. package of Queso fresco
- 3 Eggs
- 1 cup of flour
- 1 Tbsp. of salt
- Cooking oil
- 1 cup of rice
- ½ of an onion
- 1 clove of garlic
- 1 Tbsp. of chicken bouillon or tomato bouillon



CHILES RELLENOS Y ARROZ ROJO

DIRECTIONS:

Chile Rellenos:

Wash and de-seed your chiles. (I recommend cutting the tops off. It allows you to get everything and makes it easier to stuff.) Char your chiles on the stove or airfryer. Once charred, place your chiles in a ziplock bag to sweat for 15 minutes.

While chiles are sweating, slice the pepper jack cheese and queso fresco into strips. This makes it easy for you to stuff your chiles later.

Once you cut your cheese, you are going to want to prep the batter for your chiles. Start by separating the egg whites and yolks for your eggs, and placing 3 egg whites and salt in a bowl. Beat the 3 egg whites until you get stiff peaks. Be careful not to get any yolks mixed in or it won't fluff up correctly. Once you have stiff peaks, you can add 2 egg yolks into your mixture and beat until the yolks are incorporated and the mixture has a yellow tint.

After 15 minutes, take your chiles out of the bag and begin peeling the charred skin of your chiles—be careful not to tear them. Once the skin has been removed you can begin stuffing your chiles with cheese. I recommend a mix of queso fresco and pepper jack cheese. Usually 2 strips of each is sufficient.

Once your chiles are stuffed, coat them in flour and then place them in the batter. Once coated with flour and batter, shallow fry your chiles until golden brown (around 3 to 4 minutes) and then flip.

Fry for another 3 to 4 minutes and then drain on a paper towel.

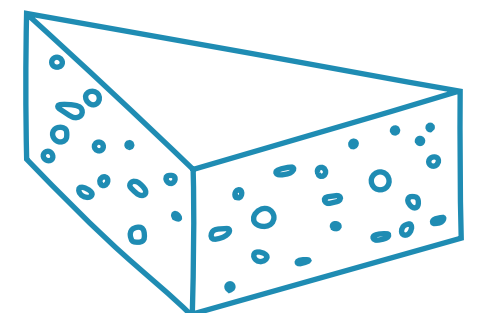
Arroz Rojo

Fry 1 cup of rice on medium heat with enough oil to cover the bottom of your pan. While your rice is frying you can prepare your sauce. In the blender add ½ of an onion, 1 clove of garlic, 2 tomatoes, 1 Tbsp. of chicken bouillon or tomato bouillon and blend until pureed.

Once your rice is golden brown, you can add your sauce, give it a stir and wait until it boils. Once it boils, cover your rice, turn the heat down to a simmer and let the rice cook for another 20 minutes with the lid on. After 20 minutes, uncover and it should be ready to serve.

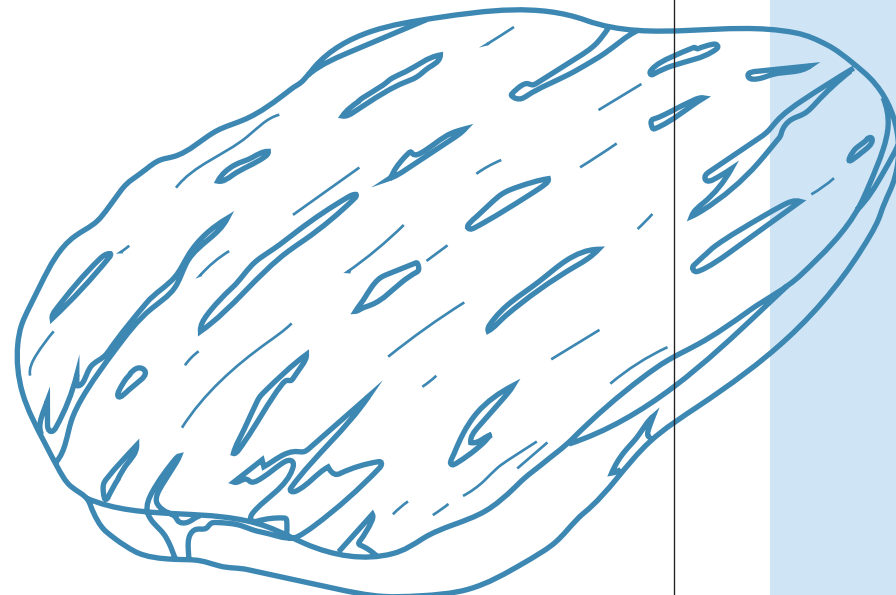
DIETARY REQUIREMENTS:

Vegetarian



HONEY MARINATED FLANK STEAK

SUBMITTED BY:
Scott Johnson
Associate Director of Employer Relations,
Berkeley Career Engagement



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I first had this at my cousins' house as a kid and it became my go-to birthday dinner growing up. Usually with broccoli and baked potato on the side, followed by chocolate cake. It always worked for special occasion dinners.

INGREDIENTS:

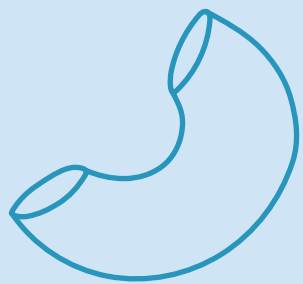
¼ cup soy sauce
3 Tbsp. honey
2 Tbsp. vinegar
1 tsp. garlic powder
1 ½ tsp. ground ginger
⅓ cup oil
1 green onion, finely chopped
1 lb. Flank steak (For larger cuts, increase other ingredients proportionally, if necessary.)

DIRECTIONS:

Mix first 7 ingredients to make the marinade.
Score the steak on both sides.
Place steak in sealable bag or a pan that can be covered. Add marinade to completely cover steak.
Let it marinate for 6 to 24 hours. The longer it can marinate, the more tender it gets.

Broil 5 to 8 minutes per side for medium rare or cook on a barbecue grill.

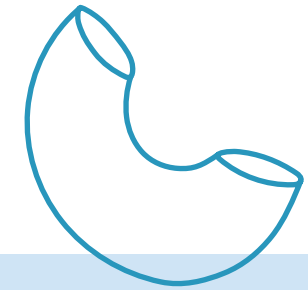
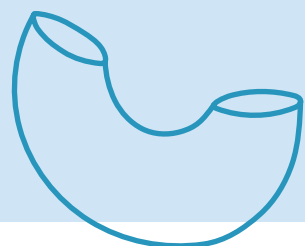
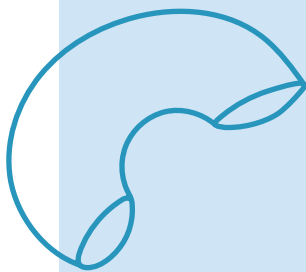
ULTIMATE MAC & CHEESE



INGREDIENTS:

Large elbow noodles (16 oz.)
1 stick of butter
½ cup flour
½ cup sour cream
1 qt. half-and-half
1 Tbsp. pepper
1 Tsp. of salt
1 Tbsp. garlic powder
1 Tbsp. onion powder
1 tsp. smoked paprika
5 cheese blend (8 oz. of each): smoked Gouda, sharp cheddar, white cheddar, mozzarella, Velveeta (The type of cheese blend does not matter. These are the types of cheese I prefer and have gotten lots of praise about. Feel free to add and/or take away the type of cheese for your blend.)

DIETARY REQUIREMENTS:
Vegetarian



SUBMITTED BY:
Denzale Johnson
College Advisor,
Center for Educational Partnerships

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This recipe is important to me because it's my recipe that I've been able to perfect from years of taking different notes from my mother's recipe and a few known chefs in the African American community. I love to cook and the one dish that will legitimize you in the kitchen in an African American household is Mac n' Cheese. Therefore, I made an effort to perfect it and now my cooking is respected amongst my elders and colleagues.

DIRECTIONS:

Preheat your oven to 400°. Set a pot of water on the stove, bring to a boil, then cook your noodles for 9 minutes. (Be sure to salt your water.) Drain your noodles and set aside.

In a sauce pot, add your stick of butter, then flour, creating a blonde rüe. (Stir constantly).

Add half-and-half and then your seasonings; salt, pepper, garlic powder, onion powder, smoked paprika. Keep stirring and bring to a boil as it thickens. Run noodles through water to loosen them up, then put noodles in a large bowl. In the bowl add sour cream (stir), cubed Velveeta (stir), blonde rüe (stir), and the shredded cheese blend (stir).

Pour your mac and cheese into an oven-safe pot or pan, add cheese blend to the top, then bake in the oven for up to 30 minutes or until cheese topping is to your liking.

INGREDIENTS :

Seafood: Shrimp

Feel free to add in chicken breast or just use the veggies for a vegetarian option

Canned Goods:

1 can (14 ½ oz.) chicken broth low sodium

1 can (28oz.) crushed tomatoes

Produce:

2 celery stalks, cut into ½ inch thick pieces

2 tsp. flat-leaf parsley, fresh

2 green bell peppers

1 onion, halved lengthwise and cut into ¼ inch thick slices

Baking and Spices:

1 ½ Tbsp. all-purpose flour

1 ½ tsp. Cajun seasoning

½ tsp. paprika

½ tsp. salt

Other seasonings from your cabinet (pepper, garlic powder, onion powder or cayenne pepper if you like spicy food!)

Hot Sauce

Pasta and Grains:

2 cups white rice, cooked

Dairy:

8 Tbsp. (1 stick) unsalted butter (you can use salted if you like salt!)

(For a Lil Extra!)

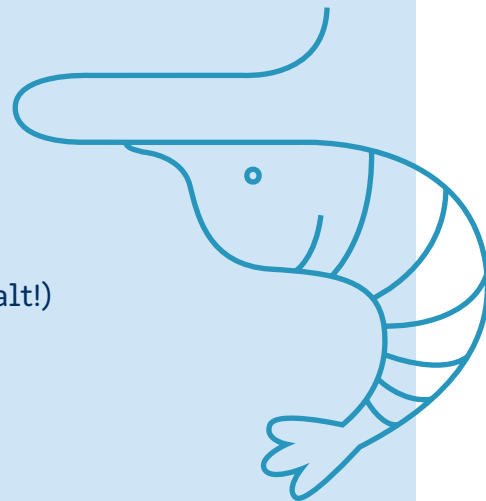
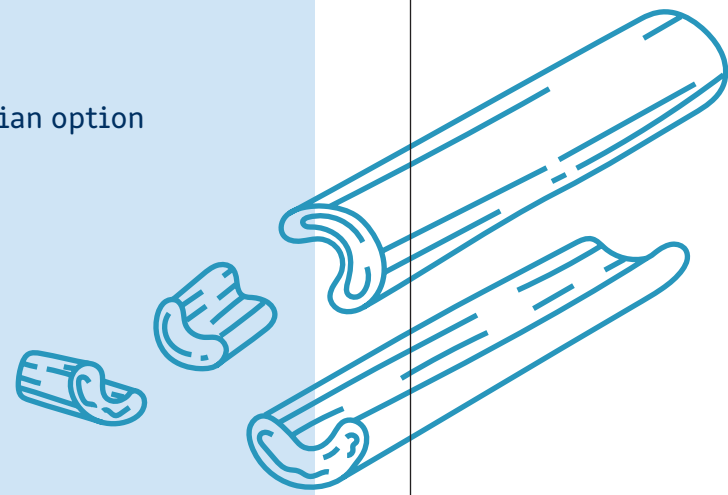
Frozen Chopped Okra. Such a great vegetable addition!

Serve with Krusteaz Honey Cornbread

DIRECTIONS :

Melt butter in a large Dutch oven over medium heat. Add flour and stir until light brown, 3 to 4 minutes. Add bell peppers, onion, and celery; cook, stirring occasionally, until softened, about 7 minutes. Add tomatoes, broth, parsley, spices, salt, and hot sauce.

Bring to a boil; reduce heat, and simmer until vegetables are soft and mixture is slightly thickened, about 30 minutes. Stir in shrimp, and cook until pink and cooked through, 3 to 5 minutes. Sprinkle shrimp with parsley, and serve over rice.



SHRIMP CREOLE AND RICE

SUBMITTED BY:

Keyanna L. Hatcher
Pre-College TRIO Director, Center for
Educational Partnerships

DIETARY REQUIREMENTS :

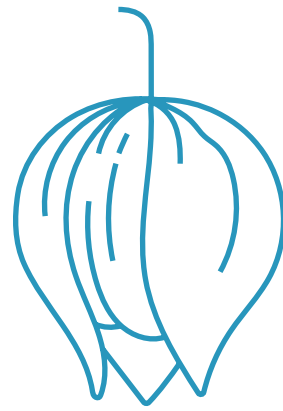
Customizable to be vegetarian,
vegan (if you use vegan butter), and
Halal (if Halal meat is purchased).

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

I love this recipe! It is one of the first things that I have been able to make my own and make for my family and friends! Southern cuisine is so important to me and keeping the tradition of cooking warm, soulful dishes has been my desire. My grandmother is my favorite cook and I enjoyed being able to watch her in the kitchen and mimic her movements and recipes. Now, I have my own to share with others and hopefully be able to pass it down for generations to come.

SUBMITTED BY:

Claudia Morales
Executive Director,
Center for Educational Partnerships



INGREDIENTS:

If you are making the tomatillo sauce from scratch:

12–15 tomatillos (Make sure they are firm and be sure to peel and clean them well to remove all the sticky residue before you start cooking.)

1 medium onion, white or yellow (Peel or cut in half or quarters.)

2 fresh serrano chiles (Add less or more, depending on your spice preference.)

1 cup broth, vegetable or chicken

4 garlic cloves

1 bunch of cilantro

½ tsp. kosher salt

1 bouillon cube (optional) veggie or chicken

Ingredients for the Enchiladas:

12 corn tortillas (I prefer La Tortilla Factory Corn Tortillas)

2 to 4 Tbsp. oil, avocado oil or your preference of oil for frying

Possible fillings for your enchiladas:

1 rotisserie chicken shredded or two chicken breasts, depending on how much you want

Oaxaca cheese

Spinach

Mushrooms

(Or use any of your favorites—shrimp, sweet potatoes, beans - the possibilities are endless!)

8 oz. of your favorite cheese to add to the chicken inside and/or the top. (You may need more if you want to do both. My favorite is Oaxaca, but Monterey Jack cheese is a good substitute.)

Toppings:

Sliced avocados

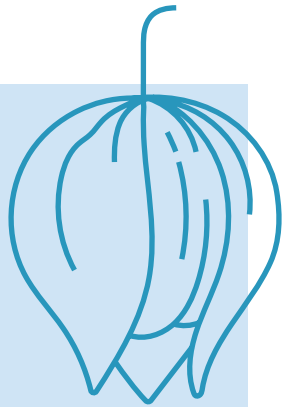
Diced tomatoes

Shredded lettuce

Crema Mexicana or sour cream

Thinly sliced radishes

ENCHILADAS VERDES



DIRECTIONS:

Preheat your oven to 350°.

Make the sauce first: Put the tomatillos and the serranos in a medium-sized saucepan, cover with water, and bring to a boil over medium high heat. Boil until the tomatillos turn olive-green but be careful not to over boil them until they split open. They should still be intact. Drain and transfer the tomatillos and serranos (cut off the top stem first) to a blender and add the onion, broth, garlic, cilantro, and salt. Blend until smooth.

Heat the oil in a frying pan over medium-high heat and wait until it is hot. Lightly fry each of the tortillas until they start to turn golden but are still pliable and you are able to easily roll them (about 10 seconds on each side). I fry all my tortillas and place them on a plate covered with paper towels so the towels soak up the extra oil.

Spray the inside of your 9" x 13" baking dish with non-stick cooking spray and pour about ½ of your sauce into the bottom. Put your tortillas on a work surface, fill them up, and roll them up like a cigar. Place them seam side down into your baking dish so they all fit snug when you are done placing all 12 enchiladas in the dish.

Pour the remaining sauce evenly over the enchiladas and sprinkle more cheese on top if you like. Bake for 30 minutes or until the cheese is melted and starting to brown in spots.

DESSERTS &
DRINKS

SUBMITTED BY:

Shannen Casey
Sustainability Program Coordinator,
Residential and Student Services

DIETARY REQUIREMENTS:

Vegan
Gluten-free

INGREDIENTS:

1 cup sugar
1 ½ cups brown sugar
1 cup vegan butter
2 tsp. vanilla
4 ½ cups gluten free flour
2 tsp. baking soda
1 tsp. salt
1 cup applesauce
3 cups vegan chocolate chips

*Note: The flour can be subbed for regular white flour or whole wheat flour, and regular butter can be used as well.

CHOCOLATE CHIP COOKIES

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Before starting my journey at Cal I worked as a pastry chef for many years. This is my favorite recipe I developed during that time!

DIRECTIONS:

In the bowl of a stand mixer, cream together sugar, brown sugar, vegan butter, and vanilla on low until well combined.

In a large mixing bowl, combine flour, baking soda, and salt.

With mixer on low, slowly add flour mix and applesauce, alternating between the two.

Once fully incorporated, slowly add chocolate chips.

Move mixing bowl to refrigerator and let rest for 5 minutes.

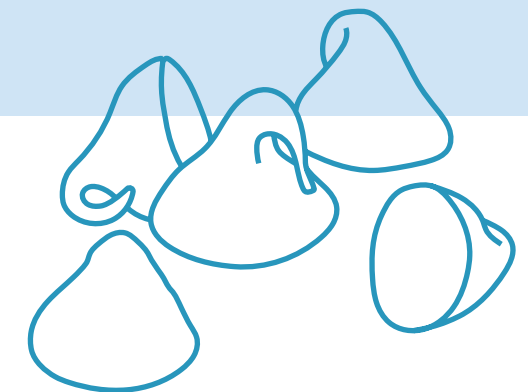
Line a large baking sheet with parchment.

Using a medium ice cream scoop, scoop dough onto baking sheet leaving 1" between scoops.

Bake at 350° for 10 minutes or until browned.

Allow to cool on baking sheet for a few minutes, then transfer to a wire rack.

Optional: Sprinkle with flake salt as soon as you remove them from the oven.



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Growing up in England we would have “Sunday lunch” with my family pretty much every Sunday and while I didn’t really go in for the meat-and-potato part of the meal (Brits aren’t known for their culinary prowess), I did go in for dessert. Apple crumble was my mum’s specialty. The American twist in this recipe is adding the oats to the crumble—my mum doesn’t totally approve, but I like it!

INGREDIENTS :

APPLE FILLING

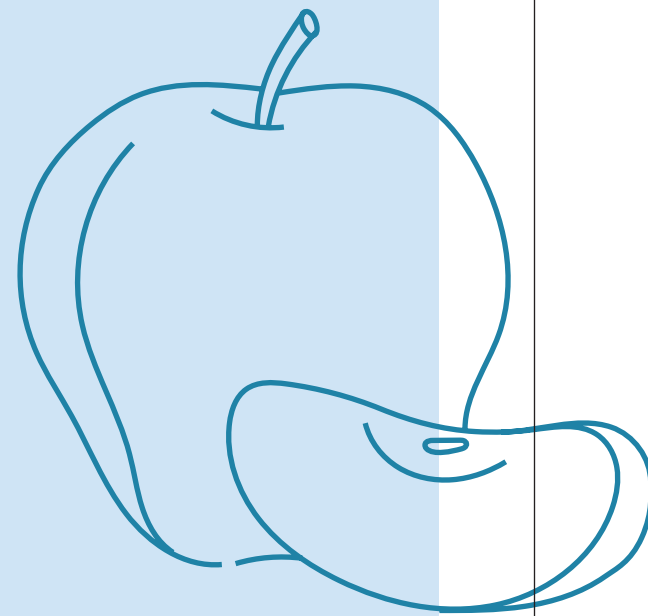
- 2 lb. Granny Smith Apples (weight before peeling)
- 1 Tbsp. flour, plain/all-purpose
- ½ cup white sugar
- 2 Tbsp. lemon juice
- ½ tsp. ground cinnamon

TOPPING

- 1 cup rolled oats/oatmeal
- 1 cup flour, plain/all-purpose
- 1 cup brown sugar (loosely packed)
- ½ tsp. baking powder
- 1 tsp. cinnamon powder
- 125g / ½ cup unsalted butter, melted
- Pinch of salt

DIRECTIONS :

- Preheat oven to 350°.
- Peel apples, then slice into a bowl. Sprinkle with flour, sugar and cinnamon, then pour over lemon juice. Toss, then spread out evenly in a baking dish.
- Place topping ingredients in a bowl. Mix (with your fingers) until clumps form. Spread over the apples.
- Bake for 30 to 40 minutes or until golden brown.
- Remove from oven and cover loosely with foil to keep warm and let stand for 10 minutes before serving.
- Serve warm with vanilla ice cream or custard (if you’re British!)



ENGLISH APPLE CRUMBLE WITH AN AMERICAN TWIST

SUBMITTED BY:

Jo Mackness
Associate Vice Chancellor,
Residential and Student
Service Programs

DIETARY REQUIREMENTS:

Vegetarian

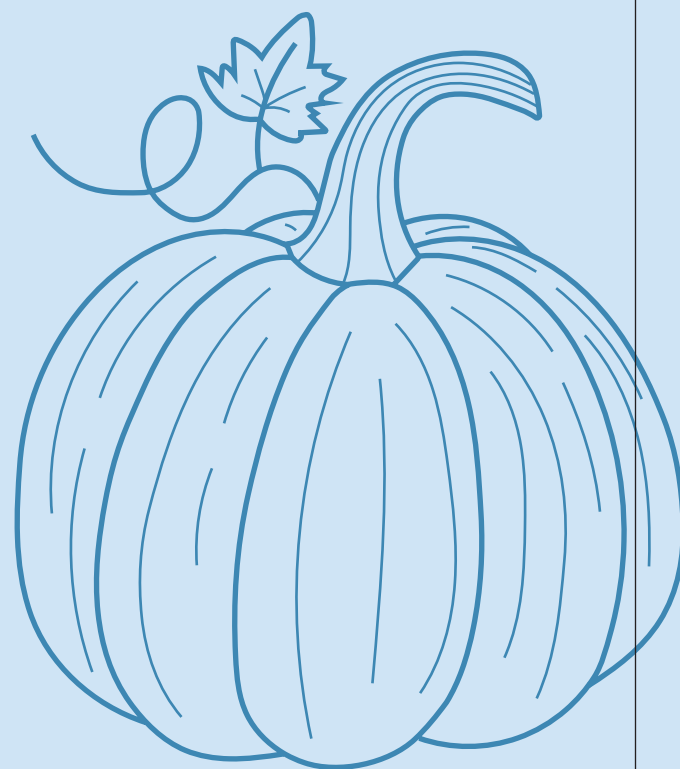
WARM PUMPKIN BREAD PUDDING

INGREDIENTS :

½ loaf of day old cinnamon raisin bread, or brioche
5 eggs
2 cups pumpkin puree
3 cups half-and-half
½ cup dark brown sugar
1 cup sugar
3 Tbsp. vanilla extract
1 vanilla bean, scraped
2 tsp. ground cinnamon
¼ tsp. allspice
3 Tbsp. unsalted butter, softened

DIETARY REQUIREMENTS :

Vegetarian



SUBMITTED BY :

Galen Vasquez
Director of Catering Operations,
Berkeley Dining

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY :

A warm bread pudding is one of the best desserts to share with friends and family during the chilly winter. My family and our little kids love helping make this dish. Combining the pumpkin and warm spices, it really feels like the holidays.

DIRECTIONS :

Preheat oven to 325°.

Butter sides and bottom of eight, 8 oz. ramekins or soufflé dishes, approximately 2" high and 5" in diameter.

To prepare custard: In a bowl, whisk together the eggs, pumpkin, half-and-half, sugars, vanilla and spices. Pour through a strainer and set aside.

Remove crust from the bread and then cut eight 3" squares, ½" thick. Cut the remaining bread into ¾" cubes; you will need 4 cups of the cubed bread.

Place one of the 3" squares in the bottom of the buttered ramekin. Top with ½ cup of the cubes of bread and then pour in 6 oz. of the custard. Let sit for 30 minutes so the bread has a chance to absorb the custard; top off with a little more custard.

Place the ramekins in a large flat-bottom pan with enough water to come halfway up the sides of the ramekins, and bake in the oven for 40 to 45 minutes. Let the pudding cool at room temperature. Serve while still warm.

To serve: unmold the ramekins and place on a plate with topside up. Dust with powdered sugar and top with whipped cream.

SUBMITTED BY:

Reese Graham Havlatka
Independent Hearing Officer (and lifelong baking enthusiast),
Vice Chancellor for Student Affairs Immediate Office

INGREDIENTS:

Mixture 1:

8 oz. marshmallow fluff
4 12-oz. packages chocolate chips (yes, this seems like a lot—don't panic!)
½ lb. butter (can substitute margarine or vegetable shortening)
2 cups chopped nuts of your choice
1 tsp. vanilla extract

Mixture 2:

4 ½ cups granulated sugar
1 can evaporated milk (can use coconut milk or other non-dairy substitute)

GRAMMY JEAN'S FUDGE

DIRECTIONS:

Add ingredients from Mixture 1 (everything but the sugar and evaporated milk) into a large bowl and stir together until well combined.

Whisk together Mixture 2 (sugar and evaporated milk) into a pot over medium or medium-high heat until the sugar dissolves. Let the mixture come to a boil and allow to boil without stirring for exactly 10 minutes.

After 10 minutes, take the sugar-milk mixture off of the heat and beat it into the bowl with the marshmallow fluff mixture until well combined.

Pour the fudge into the container(s) of your choice, such as a rimmed baking sheet. I recommend lining the container/pan with parchment paper first for easier removal. I prefer rectangular containers, but you can use a pie dish, too, or any container that can fit in your fridge.

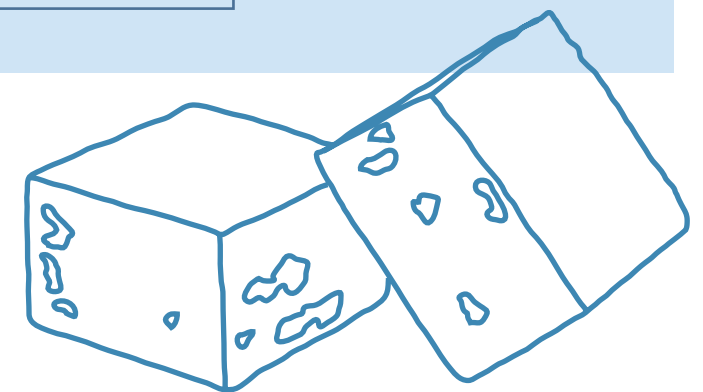
Put the fudge in the fridge to cool for 3 to 4 hours before serving. This recipe makes a LOT of fudge, so use it as an excuse to meet your neighbors. Enjoy!

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

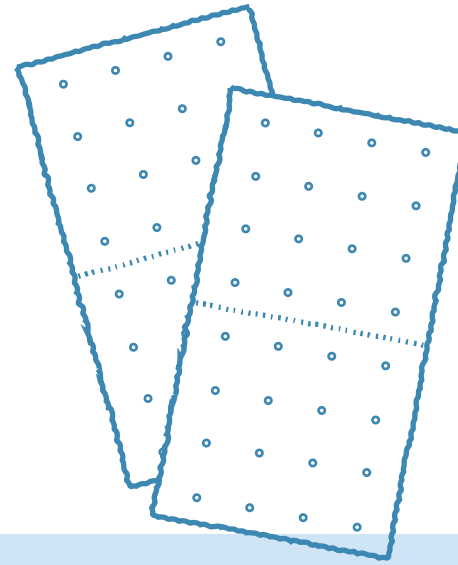
This is my grandmother, Jean Garrett Graham's, recipe. She was born in 1929 in Iowa and had a sweet tooth she didn't want anyone to know about. We were raised to prepare food for meal trains, potlucks, and unsuspecting neighbors, particularly to survive the winter in the Midwest.

DIETARY REQUIREMENTS:

Vegetarian
Can make vegan if you substitute non-dairy milk or plant-based butter.



SUBMITTED BY:
Tiffany Midori
Director of Administration,
ASUC Student Union



RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT
TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Baking s'mores cookies with my best friend, Jacquelyn, is a holiday tradition we've cherished for over 16 years. Regardless of if we are able to bake them physically together in person, or virtually from our own homes, this annual treat never fails to bring comfort and joy to our loved ones year after year!

INGREDIENTS :

11 Tbsp. unsalted butter, softened (not melted)
1 cup brown sugar
½ cup granulated sugar
2 eggs
1 tsp. vanilla
1 tsp. baking soda
½ tsp. sea salt
1 tsp. cinnamon
2 ½ cups flour
¾ cup semi-sweet chocolate chips
1 cup mini marshmallows
3 regular sized Hershey's bars, broken into individual pieces
1 to 2 packages graham crackers, broken into squares

S'MORES COOKIES

DIRECTIONS :

1. In a medium bowl, whisk together the flour, baking soda, sea salt and cinnamon to combine. Set aside.
2. Mix softened butter with white and brown sugar until light and fluffy. (I highly recommend using an electric mixer or manual hand mixing.) Add the eggs and vanilla and mix until fully combined.
3. Add the flour mixture to the butter mixer and combine on low speed. Lastly, fold in the chocolate chips and marshmallows.
4. Preheat the oven to 375°. Lay graham cracker squares side-by-side on the pans as close as possible.
5. Place 1 ½ Tbsp. of dough on each graham cracker. Press down on the dough slightly with fingertips.
6. Bake for 10 minutes, then pull out of the oven and top with one 1 chocolate Hershey bar square piece; press down on it lightly, then bake for an additional 2 to 3 minutes, until edges are golden brown. Remove to wire rack to cool.

DIETARY REQUIREMENTS :

Vegetarian

IRISH PORTER CAKE

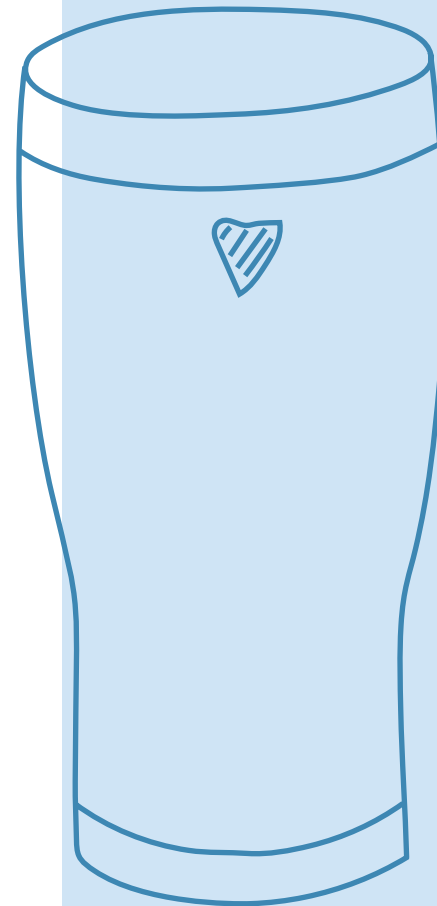
SUBMITTED BY:

Karen Patchell

Be Well at Work Program Manager, Be Well at Work,
University Health Services

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

My Mamó (Nana) used to make this in the winter. I loved the smell of it baking, especially on those really wet and blustery days when the cold gets into your bones. It made everything a little cozier. She'd serve it warm with melted butter and a pot of tea.



INGREDIENTS :

450g flour
225g butter
225g regular sugar or brown packed sugar
450g Sultanas (or raisins)
2 eggs
250 ml Guinness
A drop of whiskey (optional)
1 tsp. baking powder
55g mixed chopped peel (lemon and orange)
½ tsp. nutmeg
½ tsp. mixed spices
Salt

DIRECTIONS :

Heat the oven to 375°. Sieve the flour, salt and baking powder. Add the sugar, nutmeg and spices. Rub in the butter finely. Add fruit. Add Porter (Guinness) mixed with the beaten eggs. Add whiskey. Mix thoroughly. Bake in a greased tin (20 cm round/square) for 1 to 1.5 hours. Serve with butter.

DIETARY REQUIREMENTS:

Vegetarian



INGREDIENTS :

CAKE

1 cup chopped walnuts (optional)

Duncan Hines Perfectly Moist yellow cake mix (18 1/2 oz., dry ingredients only)

4 eggs

½ cup water (cold)

½ cup vegetable oil

1 ¾ oz. Jell-O vanilla instant pudding and pie filling (dry ingredients only) (about half of a package)

½ cup Jamaican Dark Rum—80 proof

RUM GLAZE

¼ cup butter

1 cup granulated sugar

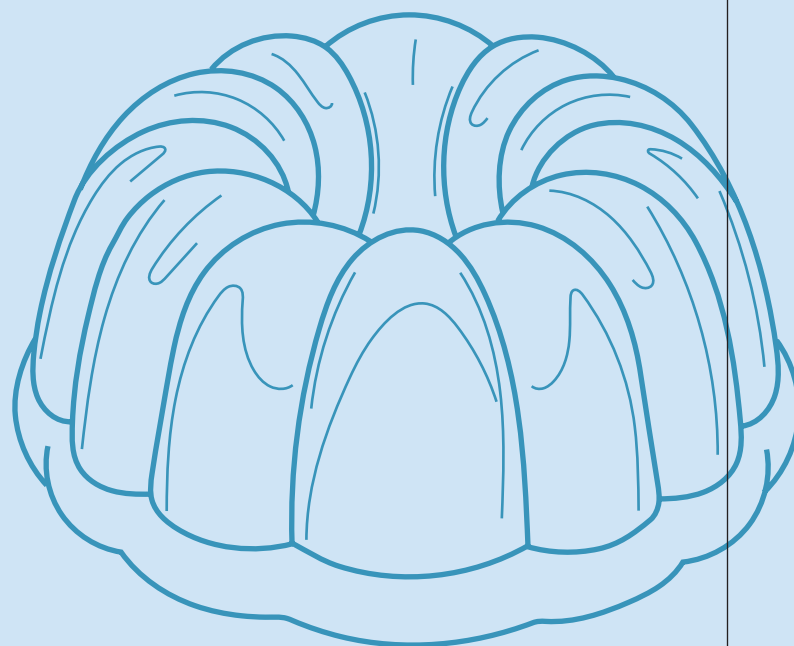
½ cup water

½ cup Jamaican Dark Rum - 80 proof

12" Bundt pan

Flour to sprinkle

Cooking spray



DIRECTIONS :

CAKE INSTRUCTIONS

Preheat Oven 350°.

Grease and flour 12" bundt pan.

Sprinkle chopped walnuts to cover bottom of pan (this step is optional).

In a medium-to-large bowl, mix 1 package of cake mix dry ingredients, about half of a package of instant pudding dry ingredients, eggs, water, vegetable oil, and rum. When wet and dry ingredients are thoroughly mixed and you have a batter consistency, pour into pan.

Bake at 350° for 1 hour. Let cake cool when done. Invert onto plate.

RUM GLAZE INSTRUCTIONS

Melt butter in saucepan.

Stir in water and sugar. Boil for 5 minutes, stirring constantly.

Remove from heat. Stir in rum.

Poke top and sides of cake generously with a skewer. Brush or pour glaze over cake and allow cake to absorb the glaze. Repeat at 10-minute intervals until glaze is gone.

Serve topped with whipped cream.

RUM CAKE

SUBMITTED BY:

Gabriella Tassano

Marketing Manager, ASUC Student Union

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

As a second-generation Italian-American, food is how my family and I express love, emotion, and gratitude. Any occasion, big or small, you can always expect the dinner table to be full, loud, and the place where we spend hours telling stories over the duration of several courses. Immigrating to San Francisco from Ischia, an Island of Naples, this rum cake quickly became my family's adaptation of a traditional Neapolitan Italian dessert, Babà al Rum. It is simple, delicious, and an easy crowd pleaser—and it reminds us of home.

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

Pandan, often regarded as the vanilla of Southeast Asia, is a key ingredient in many desserts. You can find its unique flavor in treats like green waffles, honeycomb cake, boba, among others. In my family, the ultimate praise from the older generation is declaring a dessert “not too sweet,” signaling their approval. Among the various sweet creations I’ve prepared, the pandan sponge cake stands out as a crowd favorite. This airy and delightful cake has won the hearts of everyone, from my aunts and uncles to my younger cousins, becoming the most requested dessert at our family gatherings.

INGREDIENTS:

70 g (8 ⅓ Tbsp.) unbleached cake flour
70 g (5 ⅓ Tbsp.) granulated white sugar
4 large eggs, room temperature
45 ml (3 Tbsp.) milk or coconut milk (room temperature)
35 ml (2 ½ Tbsp.) vegetable oil
¼ tsp. salt
⅓ tsp. cream of tartar (optional)
1 tsp. (if using store bought) or 1 Tbsp. (if using homemade) Pandan extract
1 tsp. vanilla extract
1 Tbsp. unsalted butter, room temperature
1 to 2 cups boiling water
Note: You’ll need a deep dish pan (for water bath step). It should hold about 1” of water and fit an 8” cake pan.

SUBMITTED BY:

Jessica Thach
Associate Director of Data Analysis & Communications,
Center for Educational Partnerships



PANDAN SPONGE CAKE

DIRECTIONS:

Prep the circle baking pan (8” x 3”): Grease the bottom and sides with unsalted butter, then line it with parchment paper.

Preheat the oven to 300° for 20 to 30 minutes.

Prep your ingredients:

Measure all the ingredients above and place them into separate bowls.

Separate eggs into yolks and whites.

Place the egg whites in a large bowl for the next step.

Have boiling water ready (will be used for water bath in oven)

Making the Meringue: Whip egg whites to soft/firm peak.

Using a hand mixer (or stand mixer), start whipping the egg whites on low speed.

When you start to see some foam, add cream of tartar (optional)

Continue mixing while increasing the speed slowly. Then slowly add the sugar in increments.

When you start to see the color change to white, continue whipping till you are between a good soft peak and just the start of a hard peak.

Cake Batter: In a separate bowl, combine your egg yolk, milk/coconut milk, oil, salt, vanilla extract, and Pandan extract. Using a mesh strainer, sift the cake flour (break down the lumps!). Mix until well incorporated but don’t over mix.

Mix The Meringue and Cake Batter: Fold in the egg whites in the cake batter. It would be best to fold in ⅓ at a time.

Once it’s fully mixed, transfer it to the cake pan. Run a toothpick through the batter to pop any leftover bubbles. Tap your pan on your counter to smooth out the surface.

If you are using a convection oven, add foil to the top now.

Baking Time—Water Bath Method: Insert the deep dish baking pan into your oven. Then place the cake pan in the center. After that, add hot boiling water, fill it to about 1”.

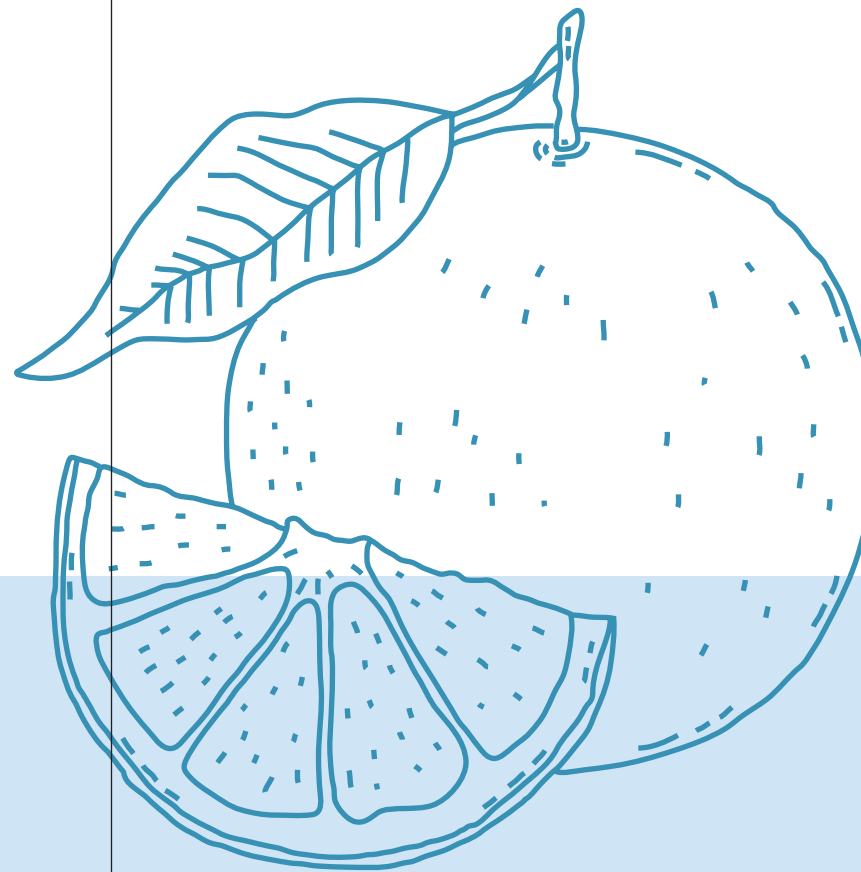
Bake the cake at 300° for 70 minutes. If you’re using the convection oven remove the foil at about 50 minutes.

After the time is up, let the cake rest in the oven for 5 minutes before taking it out. Then open the door slowly when taking out the cake

Remove the cake from pan after a few minutes and let the cake cool completely.

Serve with whipping cream and fresh fruits (optional).

JAMAICAN MAMA COCKTAIL



SUBMITTED BY:

Kalelia Wilson
Digital Communications Manager,
ASUC Student Union

INGREDIENTS:

2 oz. rum
1 oz. cognac
2 oz. fresh orange juice
1 oz. fresh lime juice
½ oz. grenadine
2 dashes aromatic bitters
Freshly grated cinnamon, for garnish

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

This is one of my favorite drinks to have on vacation.

DIRECTIONS:

In an ice-filled cocktail shaker, combine the rum, cognac, orange juice, lime juice, grenadine, and bitters and shake until chilled. Strain into a copper mug over fresh ice. Garnish with freshly grated cinnamon.

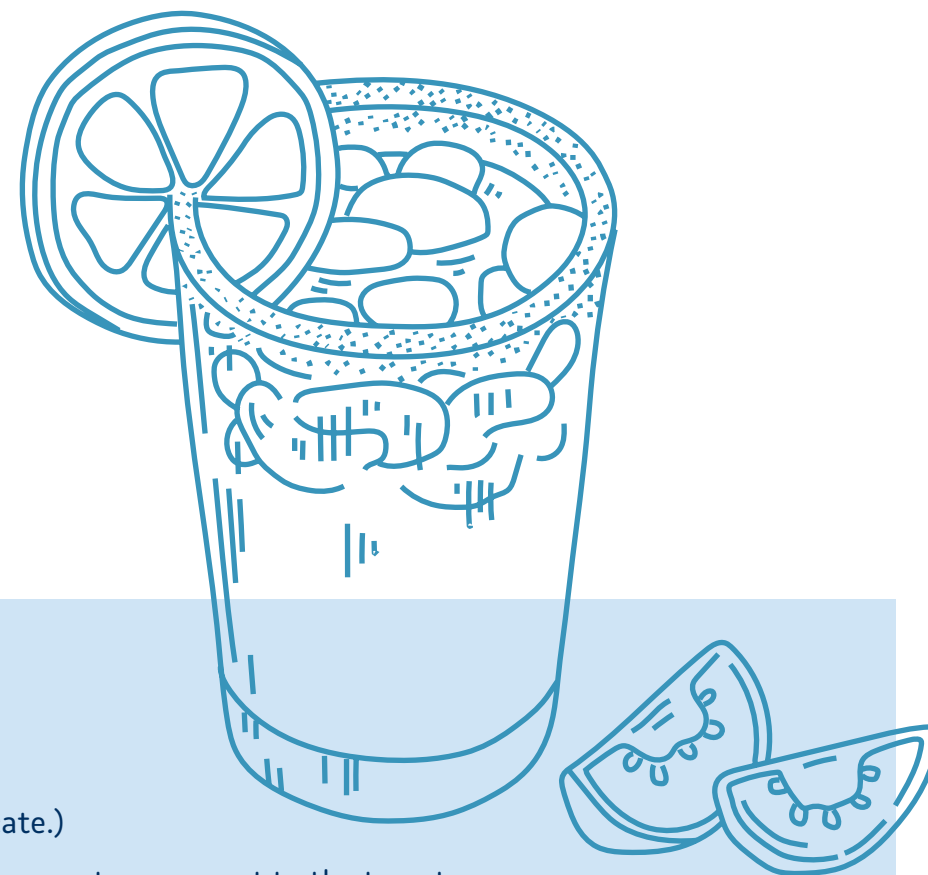
MICHELADAS

SUBMITTED BY:

Claudia Morales
Executive Director,
Center for Educational Partnerships

RECIPE NOTE/WHY THIS RECIPE IS IMPORTANT TO YOU, YOUR FAMILY OR YOUR COMMUNITY:

One origin story of the Michelada is that it comes from bringing together the words, mi chela helada. The word chela is a popular term for a beer in Mexico. When you ask for a chela, you are asking for a cold beer; therefore the phrase mi chela helada means “my ice cold beer”. Micheladas, however, have more added ingredients than just beer. Enjoy this recipe!



INGREDIENTS :

1 can/bottle Mexican beer (I use Tecate.)

Clamato (You can find this at any corner store or next to the tomato juice at the grocery store. They have regular or spicy; pick which speaks to you.)

1 lime (Roll the lime to get it juicy. Use a hand strainer if you have one, if not, use a spoon to juice it while avoiding the seeds.)

Tajin (Use as much spice as you see fit.)

DIRECTIONS :

Cut lime in half and cut one half into smaller slices to add to the rim of your glass. Add Tajin to the rim of the glass. Add ice to the glass. Squeeze half of the lime into the glass and for an extra kick add some Tajin to the glass as well. Pour clamato first and fill to a little over the halfway mark. Pour the beer in and top it off.

Stir slightly and enjoy!

Berkeley
UNIVERSITY OF CALIFORNIA

Division of
Student Affairs

