



# Food and Culture Cookbook

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*Brandon D. Lundy, Ph.D. \* Fall 2013*

**Class Projects:** Each student documented two recipes that have personal meaning (i.e., familial, ethnic, religious, racial, geographic, etc.), wrote a 1-2 page history about each recipe, and prepared and served one of these recipes to the entire class.

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# Appetizers

# “Bombay” Dip

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*Melodie James*

## **Ingredients:**

1 8 oz. package of cream cheese (softened)  
2-3 tbsp. of curry powder (yellow or red)  
1 cup white raisins  
½ cup finely chopped green onion  
1 cup shredded coconut  
1 jar mango chutney (4 oz.)  
1 cup chopped nuts (pecans)  
sliced red and green apples

## **Preparation Process:**

Blend curry into soft cream cheese. Shape into a round mound (about 1-1½ in. thick). Layer all ingredients on the cream cheese beginning with chutney and ending with nuts. Chill until time to serve. Spread dip on apple slices.

## **Narrative**

This recipe came from a friend of many years ago and has been shared with many others. It has many intense flavors and works well at small parties. It may not appeal to those who are not fond of curry, but they may be pleasantly surprised!

# Bruschetta con Pomodori e Basilico

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*Michael D. Garcia*

## Ingredients:

1 loaf skinny French baguette style bread  
6 fresh tomatoes  
1 bunch fresh basil  
3 garlic cloves  
1/4 cup extra virgin olive oil

Sea salt and fresh black pepper to taste

## Preparation Process:

### Crostini:

Start by taking the bread and cutting it into even half inch pieces. Take some of the olive oil and brush each piece. Sprinkle each with a bit of sea salt and toast in the oven until golden brown. When the crostini are finished, take one of the garlic cloves, cut it in half, and rub each crostino with the garlic.

### Topping:

Small dice the tomatoes and set aside. Take the remaining two garlic cloves and fine mince. Once the garlic is minced, sprinkle with a pinch of sea salt, and a drizzle of olive oil. To create a paste, use the flat side of your knife and grind back and forth chopping periodically. From your fresh basil grab 6 leaves and roll into a cigar shape. Using a very sharp knife cut small ribbons. In a bowl combine all ingredients plus the remaining olive oil, then salt and pepper to taste. Let the mixture sit for at least 30 minutes.

## Narrative

Bruschetta has been a staple in my family for many years. This simple appetizer has been served during a variety of events ranging from an after school snack to Christmas Eve dinner. I can remember as a young child watching my grandmother prepare the ingredients at a painstakingly slow pace. Patience is not the virtue of a child.

Bruschetta is a very popular form of crostini in Italy. The term bruschetta does not apply to any particular ingredient, but rather a blanket term for any toppings on a garlic rubbed piece of toast. The dish itself can trace its roots all the way to the Roman Empire, where people adorned toasted bread with whatever they had on hand.

Taking on the tradition of making bruschetta for my family has been a real honor. If I have kids I hope this becomes one of their favorite after school snacks as well.

# Buffalo Chicken Dip

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*Joseph Gonsalves*

## **Ingredients:**

2 large cans chunk white chicken (any brand)  
2 cups shredded cheddar cheese (any brand)  
1 bottle buffalo chicken wing sauce (any kind)  
1 package cream cheese (softened)  
1 bottle blue cheese dressing

## **Preparation Process:**

Drain Chicken. Put chicken in a sauce pan and cover with buffalo wing sauce (to taste). Heat until almost bubbling; add cream cheese, stirring until melted. Then, add blue cheese (about 1/2-3/4 cup or to taste) mixing until combined, and then add all the cheddar cheese. Heat until thoroughly combined. Put in a microwave safe baking dish and bake until the top is almost brown. You can also put in a dish and refrigerate to be heated later in the microwave.

## **Narrative**

I love this recipe! My mother was in the kitchen one day and had heard about this new craze; buffalo chicken dip! Naturally, she wanted to try and improve on all the recipes she had seen, so she began throwing different ingredients into a pan. It took a lot for me to get my hands on this recipe, as it is generally not something we can say we have a recipe for, as it is normally a dish we make with whatever we have in the refrigerator. Needless to say, this is now a family favorite. To me, it is the ultimate comfort food. It is a warm dish, with a creamy texture and a little kick. I often will eat it with just a spoon, almost like a soup. However, it is awesome with chips too. I find now that my mom only makes this on special occasions; family gatherings, parties, occasions like that. She also makes it for me when I come to visit, which I have no problem with. My mom's take on buffalo chicken dip will be one of those recipes that I know I will pass on and eat with my family and the tradition will only continue from there. I really hope everyone has had some sort of buffalo chicken dip, because if you haven't, you are really missing out.

# Meatballs

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*Austin Clark*

## **Ingredients:**

1 lb. grape jelly  
8 oz. of chili sauce  
2 lb. home style meatballs (or cocktail sausages)

## **Preparation Process:**

Step 1 Heat jelly and chili sauce in a sauce pan until smooth. Next pour over meatballs in Crockpot and simmer on low heat for 2 hours.

## **Narrative**

This is an appetizer dish popular at parties and holiday gatherings. The grape jelly gives the sauce texture while the chili sauce provides the base flavor. This combination may seem gross to most people but they blend together to make a sweet and tangy flavor. My mom makes this dish whenever we have a family get together like on Thanksgiving. She has gotten many compliments on its taste. My mother got the idea from a Christmas party that she went to for her work. Ever since then it has been made a popular dish in my family.

# Mimi's Sausage Balls

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*Samantha Roberts*

## Ingredients:

1 lb. ground sausage, medium spicy flavor  
4 cups shredded cheddar cheese  
3 cups of Bisquick

## Preparation Process:

Preheat the oven to 350 degrees. Combine all the ingredients into a large bowl. Mix ingredients well with spatula and/or hands. Roll dough into 1 inch balls, and place on a non-stick baking sheet. Cook for 18-20 minutes, then let cool.

## Narrative

Above is my grandmother's recipe for sausage balls. I never met my grandmother, but she used to own her own catering business, and these were part of her menu. Mimi is my grandmother on my mom's side. My Aunt Cindy made a family cookbook with all of my grandmother's recipes after she died and gave one to everyone in the family. Some other favorites in the book are spinach dip, oyster crackers, cocoons, and pecan pie. I associate all these foods with my family and generally with winter because we usually have them around the holidays when we are visiting family or friends. Sausage balls are also one of the foods we generally just make in the winter for my nuclear family to eat because they are easy, delicious, and everyone in the house likes them.

Most of the recipes in Mimi's cook book are very easy to make. This is good because my mom does not like to cook things that are very labor intensive. She likes to make things that don't take a long time, or that are easy to put together and then pop in the oven. I probably would not have had these recipes and foods in my life if they were not simple because they are from my mom's side of the family, and my dad does most of the cooking at our house. I would say my dad has adopted these recipes, but my mom had to cook them in the first place for him to know that he wanted to make them as well.

I do not remember being specifically taught how to make sausage balls. Sausage balls have been part of my food knowledge for so long now I don't need to look at the old, brown and greasy recipe card in Mimi's handwriting or the cook book my Aunt Cindy made to cook them. For a long time I was just handed a bowl full of ingredients and told to mash it and mix it together with clean hands. As I got older and started asking for certain foods, I was told I should make them myself. I started being interested in cooking around the time I started high school. I also started going to the grocery store regularly with my dad. We use it to spend time together and to posit interesting foods to experiment cooking. This is when I could start asking for the foods I wanted to cook with, like ground sausage for sausage balls. In asking for these foods, I was also taught there were appropriate times of year to make them. My dad would tell me I shouldn't make sausage balls in the summer because the oven heats up the house. Baking things is for the winter because the oven helps keep the house warm.

One of my favorite ways my mom taught me to eat sausage balls are for breakfast. For a big family meal they are a good appetizer or snack, but when there were leftovers Mom would give them to my brother and me for breakfast or in our lunch boxes. They are good cold, but I prefer to reheat them for a little in the microwave, making the sausage sizzle. The sausage ball recipe is very easy to change in scale, so depending on the number of people you are planning to feed you can double or half the recipe. Until I moved to college I generally only made the recipe bigger because the sausage balls tend to disappear quickly.

I like to use at least medium to hot sausage so they are spicy, but you can also mix sausage flavors together if you are making a lot. I also like to use just slightly less Bisquick than the recipe calls for. Sausage balls are one of the foods that taught me that you can do almost anything with Bisquick. Sausage balls make me think of winter, being with family, efficiently warming the house, and just good feelings in general.

# Pigs in a Blanket

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*Austin Clark*

## **Ingredients:**

mini hot dogs  
dough (preferably canned crescent roll dough)

## **Preparation Process:**

Step 1 preheat oven to 375°F. Next shape the dough into triangles and wrap up the mini hotdogs in it. Lastly you leave it in the oven for about 12 minutes or until the dough turns a light brown color.

## **Narrative**

Pigs in a Blanket are a dish that is different depending on where you are. In New York a pig in a blanket is a hot dog in a flour tortilla, while in Pennsylvania it is a cabbage roll stuffed with rice and ground pork. In many places the mini hot dog has been replaced with sausage. In Europe the meat is often wrapped in bacon then cooked in dough for more flavor. Recently, however the dish has been adapted into a breakfast food consisting of sausage wrapped in bacon wrapped in a biscuit. The exact date this dish was made is uncertain but the earliest written record was a Betty Crocker cookbook made in 1957 called "Cooking for Kids".

To me this is a dish that promotes social interactions and whenever I eat this dish I am always at a social gathering such as a family reunion. It has become one of those foods that I associate with parties, so whenever I see the ingredients in the fridge I know that someone in my house is going to a party. This dish is probably so popular at social gatherings because it is a finger food that is easy to make and share.

# Popcorn

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*Addison Hosley*

## Ingredients:

Required: Popcorn kernels

Optional:

Oil (coconut, truffle, olive, oil, etc.) or butter

Spices and other flavors to personal taste.

## Preparation Process:

Pot method:

Put 1 cup of kernels and about 1/3 cup of chosen oil into a large pot. There needs to be enough oil to coat all the kernels but they do not need to be swimming in it.

Place the pot either on a stove or over an open flame.

Partially cover the pot with a lid.

Allow the corn to pop while shaking the pot gently till pops are about 3 to 5 seconds apart.

Add seasoning and enjoy

Microwave method:

Place 1 cup of kernels into a paper bag.

Collapse the bag, with the kernels inside, and fold the open end closed (do not staple)

Place in microwave with the folded side down.

Microwave on high around 3-4 minutes.

Melt 2 tablespoons of butter or simply add the oil to the popcorn.

Season and enjoy.

Air Popper method:

Place a cup of kernels into popper.

Put a bowl under the shoot of the popper and plug it in.

You can either put your butter into the top cup (if you popper allows) or melt the butter in the microwave at this time.

Wait for the corn to pop into your bowl.

Add butter or oil.

Season and enjoy.

## Narrative

I prefer simple and relatively nutritious, or at least not heart stopping unhealthy, snacks. As such, corn presents an excellent and quick snack. Growing up, we always had an air popcorn popper in the house so instead of eating prepackaged popcorn which has been coated in lard, we were able to pop our own corn and season and flavor as we desired. As a child, I would occasionally load the popcorn with excessive amounts of butter, though that has changed in recent years which are why this recipe is quite excellent. It is incredibly adaptable to many situations and, if done correctly, can be a healthy alternative to other snacks. While I have the luxury of owning an air popper, other methods are just as viable as all is required is enough heat and space to cause the popcorn to explode.

I usually just eat the popcorn plain, now. Without any added spices or oil, I find that the corn is actually sweet. A conservative amount of some type of oil is required in order to ensure that any spices actually stick to the popcorn. Be careful with what you add though. It seems that acidic things, like liquid smoke, hot sauces, or soy sauce, will dissolve the popcorn and turn it into a mushy mess.

Popcorn is also great for any type of social gathering as you can make a large amount of it quickly and easily and allergies are rare. Since it is relatively low on any nutrients and calories, one can continue to mindlessly snack on it without worrying too much about any health consequences, except for kernels stuck in your teeth.

# Pumpkin Zucchini Bread

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*Emary Ruppert*

## **Ingredients:**

3 eggs, lightly beaten  
2 cups sugar  
1 cup canned pumpkin  
1 cup Earth Balance Original “butter” spread, melted  
1 tbs. vanilla extract  
3 cups all-purpose flour  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. ground cinnamon  
1/2 tsp. ground nutmeg  
1/2 tsp. ground cloves  
1 cup shredded zucchini  
1 cup chopped walnuts

## **Preparation Process: *(yields 2 loaves)***

In a bowl, combine eggs and sugar. Add pumpkin, “butter,” and vanilla. Combine dry ingredients; gradually add to pumpkin mixture and mix well. Stir in zucchini and nuts. Pour into two greased and floured 9-in. x 5-in. loaf pans. Bake at 350° for 45-50 minutes or until bread is done. Cool in pans 10 minutes. Remove to a wire rack. (Original recipe from tasteofhome.com)

## **Narrative**

This is a new recipe for me and my “new family.” I got married this summer and have had to adjust to my new role as wife. I love to bake but unfortunately most of the things I know how to bake are not so healthy. My new husband has hereditary high cholesterol, so cooking healthy isn’t really optional anymore. This recipe was one that I found one evening after a neighbor suggested I make baked goods with veggies mixed in, like she does for her children. I was nervous at first about putting zucchini in a sweet bread since I associate zucchini with pasta dishes and fried zucchini straws, but I am willing to try anything once. The first time I made this we ate the whole loaf in 24 hours. It is delicious when warm and served with melted “butter.” This was something I felt better about baking for my new husband and I think that overall it kind of represents this new phase in my life. I now have to consider the health needs of someone other than myself and I also am enjoying baking more now that I have someone to bake for. It also reminds me of the pumpkin pies that my mother baked for us all throughout the winter. Her philosophy was why only have something you love once or twice a year. In this recipe I channel her, adding the veggies makes eating baked goods less guilt inducing. It also makes great use of our holiday pumpkins!

# Runza: A Midwestern Delight

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*Mollie Gilstrap*

## **Ingredients:**

2 lbs. ground beef  
1 large onion, chopped  
½ tsp. of celery salt  
½ tsp. white pepper  
1 medium cabbage, chopped  
1 package of frozen bread dough-thawed

Suggested serving size: 4-5 runzas

## **Preparation Process: (Preparation time: 2 hours)**

**NOTE:** Take the frozen bread dough out of the freezer at least 30 minutes before you start preparing the rest of the ingredients. You will need a baking sheet and parchment paper/non-stick spray for this recipe. Preheat the oven to 350 degrees.

Sauté chopped onion in a bit of oil until the onions are just turning translucent. Add the ground beef and sauté the mixture until the meat is no longer pink. Season the mix with celery salt and pepper and stir. Drain the grease and return mixture to the pan. Cover the mixture with the shredded/chopped cabbage and cook until the cabbage is done. This could take approximately 45 minutes or so.

Take the thawed bread dough and pull off small sections and roll them into small balls. Take these dough balls and flatten them to make a thin "square". The dough should be around ¼ inch or less in thickness. Take about a 1/2 cup of the meat and cabbage mixture and place it in the center of the flat dough square. Pull up the dough's edges and pinch them together to "seal" the dough closed around the meat. Place the "sealed" side down on a parchment-lined baking sheet or greased baking sheet. Cover with a thin towel and allow them to sit for about 20 minutes. Bake them at 350 degrees for about 20-25 minutes, or until dough is lightly golden brown.

Enjoy your Runza!

## **Narrative**

Runzas have always represented a slice of family history for me. My mother was raised in Nebraska, where the runza was first created. She grew up eating runzas, enjoying them during family outings, adventures with friends, and even going on a few dates to the Runza fast food restaurant. When she moved to Georgia during her young adult years, she brought her love of runzas with her. My sister and I grew up hearing about runzas and stories about Nebraska, and every time we drove out there to visit my Mom's grandparents and other family, we were always treated with a trip to the Runza chain.

A year or so ago, after being unable to visit her family or Nebraska for quite a long while, my mother decided that she would bring Nebraska here to Georgia and teach herself how to make homemade runzas. So after much researching, and many hours in the kitchen, she presented us with homemade runzas one night for dinner. They were delicious, and filled with good memories. Since then, runzas have been an ever present dish whenever my mom's side of the family gets together here in Georgia, always bringing with them a sense of home and a feeling of family. The way that this one dish brings together geography, family history, and solidifies family ties has always fascinated me, but the power of the flood of happy memories that occurs upon my first bite into a runza sandwich cannot be denied.

For my mom, runzas bring back memories of childhood, and for me they bring back memories of family and time spent with my great grandparents who have both passed. By introducing my sister and me to this food, my Mom lessened the gap between Georgia and her home state of Nebraska. Through enjoying this Nebraskan dish, we

got to experience how one side of my family lived and how these experiences had shaped them into who they are today.

# Small Sandwiches

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*Emma Andrews*

## Ingredients:

1 tray (6-8) potato rolls

¼ small onion, diced fine

1 tsp. minced garlic (fresh or pickled)

2 tbsp. melted butter

3 tbsp. (or so) of coarse Dijon-style mustard

1 tsp. mayonnaise or sour cream

½ tsp. paprika

1 tbsp. poppy seeds

6-8 thin slices of ham

6-8 slices of Swiss cheese

1 tbsp. melted butter (for brushing over sandwiches)

## Preparation Process:

Preheat your oven to 350 degrees Fahrenheit. Melt your butter in a saucepan or microwave and add onions, mustard, mayonnaise or sour cream, paprika, and poppy seeds. Cut the entire sheet of potato rolls (they should be attached to one another- try not to pull them apart) in half horizontally, and brush both sides with your sauce mixture. Tear up slices of ham and pile it on that sandwich sheet. Put the cheese on top, add the sandwich sheet lid, brush with butter, and put your masterpiece into the hot oven on a cookie sheet, 13x9" pan, etc. The sandwiches are done when the insides are warm and the outside is toasty, about 20-25 minutes.

## Narrative

My mom got this recipe from a Natalie Dupree cook book; she has tweaked the original recipe, which calls for handmade "finger sandwiches," by using premade rolls, and by substituting the recommended leftover carved ham with deli-sliced ham.

My mother makes these sandwiches exclusively for Christmas brunch- she won't even bend the rules for a comfort-food seeking college student. She shared the recipe with me when I moved out after my senior year of high school. These sandwiches are the embodiment of Christmas for me- they hit all the classic comfort food points, and they're relatively cheap to buy and cook.

These are a life saver for short-notice brunches; they take about 40 minutes to assemble and bake, and they travel well. Leftover sandwiches can be stored in the fridge and reheated. This quick and easy meal is definitely worth the time.

# Swedish Meatballs

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*Chris Carey*

## Ingredients:

3 tbsp. minced onion  
2 tbsp. butter  
1 lb. each of beef, veal, and pork; ground together  
1 tbsp. allspice  
1 tbsp. salt  
¼ tsp. ground ginger  
¼ tsp. ground cloves  
¼ tsp. ground nutmeg  
½ tsp. white pepper  
1 cup dried breadcrumbs  
½ cup beef stock  
2 eggs  
Butter for sautéing (enough to coat pan)  
1 quart beef stock, bullion, OR broth (preference)  
4 tbsp. flour

## Preparation Process:

1. Sauté onion in 2 tablespoons butter until golden. Combine with all remaining ingredients except last three and mix thoroughly by hand.
2. Shape into small balls and sauté in batches in butter, about 4 tablespoons, until nicely browned.
3. Remove to large pot, add beef stock and simmer gently for 45 minutes. Refrigerate overnight.
4. In morning, remove and reserve any hardened fat from top, heat meatballs until the stock melts and pour off stock.
5. Make roux of 4 tablespoons reserved fat and 4 tablespoons flour, add stock and cook, stirring, till thickened. Return meatballs to sauce, heat through and serve.

## Narrative

This recipe has been a favorite of mine since I was a child. Growing up, my mother cooked lots of Italian food and other dishes that were passed down from her mother and other family members. Alongside the many Italian favorites, however, were some rather interesting dishes that have made their way into my sensory memories since I can remember. Swedish Meatballs were one of these great, new, and interesting recipes. It's funny though, because although my mother's side of the family is 100% Italian, my father's side is a mix of German, Norwegian, and Irish (hence the last name Carey). Interestingly enough, the Irish in me is the least prevalent part, consisting of about 15% of my makeup. The German and Norwegian is where I get my height and complexion, although 50% of my makeup comes from a fully Italian bloodline (my big Italian nose is proof positive of that, ha-ha!). So I guess the German and Norwegian parts of me (making up about 15% and 20% of my bloodline, respectively) has instilled my love for foods from that area, or in a way it has pre-programmed me to enjoy it as I do with all Italian foods. Other than the Swedish Meatballs, our family doesn't cook many other dishes catering to Norwegian and Swedish palates. This for me is a positive thing because on the occasions when we do get together as a family and cook this recipe, it brings back the smell, taste, and even sound of the meatballs browning to perfection in a buttery, sautéed pan. The smell of the beef, veal, and pork combined to form the meatballs is an incredible way to stimulate the palate and make the tastiest meatballs I've personally ever had.

Not only does this dish satisfy the senses enough to bring back memories, but it also creates a feeling of excitement when my mother invites us over for Swedish Meatballs, which usually ends up with me and my girlfriend taking home more than we could eat even if we wanted to (which I wish I could if my stomach would

allow it!). The sauce is a delicious and creamy one made from the browning's and deglazing of the pan turned into a semi-thick roux, which adds that classic creamy, peppery, beef flavored taste to an already delicious meatball. For me, it comes in as my all-time favorite dish. As mostly Italian, I tend to feel like it should be the other way around (with an Italian dish as my all-time favorite), but I believe that it is the infrequency of the recipe preparation that gives the dish its culturally tasty allure.

I've personally cooked the dish several times, but it's one of those meals that take years of practice to perfect and master the ideal taste that I remember from childhood, which is in a way somewhat frustrating, as I wish I could cook it as well as my mother. It's not limited to me and my mother enjoying the dish, but also the rest of the family whether it is immediate or cousins, aunts, and uncles, and my grandmother (who may in fact be the one to cook it first in our family). So as you can see, this dish has a great significance in our family's recipe repertoire. I hope that one day I will be able to prepare it as well as my mother, so I can carry on the tradition of making foods that my bloodline relates to on a lesser level. It's important not to just stick with what you're comfortable with (for me it's the Italian food), but to branch out and share meals that are made more infrequently, and that gives the dishes their own unique appeal and attraction with others who haven't experienced it. On the final note, not all Swedish meatballs are the same, as some recipes vary (sometimes drastically) and are certainly nowhere near as good as the frozen dishes of the like or the "Swedish Meatballs" that IKEA has made ever so popular. If you want the real deal, it's important to use all 3 of the meats in the meatballs; good quality ground beef, flavorful ground pork, and tender ground veal. If you use these, and follow the rest of the instructions and ingredients, you will not be disappointed in the outcome of this tasty and adventurous meal. I hope that you enjoy this recipe as much as I do, and keep an open mind, because when properly made, it's a dish that tastes like heaven (and filling too!).

PS. This meal can and is usually served with egg noodles or something similar, and parsley with the Swedish Meatballs and sauce layered over top, but I prefer to just chow down on 10 meatballs at a time loaded with the delicious, creamy sauce! I think that the kid in me. I always went straight for the good stuff! Hope you enjoy this recipe as much as I do!!

# Sides

# Copper Penny Carrots

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*Melodie James*

## **Ingredients:**

1 lb. of carrots  
1 can condensed tomato soup  
½ cup sugar  
½ cup oil  
¼ cup balsamic vinegar  
1 small onion  
peppers – red, yellow, orange, green  
1 tbs. Worcestershire sauce

## **Preparation Process:**

Peel and slice the carrots into ¼ in. slices. Simmer until firm, but tender in salted water. Drain and rinse in cold water. In a small saucepan, combine soup, sugar, oil, and vinegar. Bring to a boil and remove from heat. Thinly slice onion and variety of peppers. Layer with carrots and cover with the sauce. Store covered in the refrigerator. Best made a day ahead. There are several variations on this recipe.

## **Narrative**

Four generations of my family have served this, especially on holidays.

# German Coleslaw

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*Jennifer Smith*

## **Ingredients:**

½ cup sugar  
½ cup sweet Vidalia onion  
1 cup apple cider  
1 tsp. salt  
1 tsp. celery seed  
1 tsp. yellow mustard  
½ cup vegetable or canola oil  
1 bag of coleslaw or 4 cups of shredded cabbage, carrots, and red cabbage

## **Preparation Process:**

Bring the apple cider, salt, celery seed, yellow mustard, and vegetable or canola oil to a boil. Reduce heat to a low boil and cook for three minutes. Put bagged cabbage or cups of cabbage into a large bowl. Sprinkle the sugar and chopped onion over the slaw. When the hot mixture has boiled for three minutes, pour over the slaw with the sugar and onion on top. Refrigerate and cover tightly. Let it sit without stirring for 20-24 hours. Toss before serving.

## **Narrative**

This recipe is passed down from generations from the German side of my dad's heritage, but unfortunately we do not know who created it or where it was developed. My grandma introduced the recipe to my mom, but she was unable to give her more details about its origins other than the recipe directions. We have a few family friends who have had this recipe before at their family functions, and they were of Greek heritage. So, we are not exactly sure what specific culture developed the initial recipe. However, this coleslaw is always present at formal dinners and special occasions in my household. It is very light and much tastier than typical coleslaw recipes that contain lots of mayonnaise. Once you eat this delicious recipe, it will be difficult to go back to American coleslaw with mayonnaise. Personally, I can no longer tolerate any other coleslaw, only because this one is so unique. Unlike American coleslaw, this recipe does not need to be refrigerated after it is prepared and is very hearty in flavor and nutrition. You will need a draining spoon to serve it, or else you will end up with an excess of oil and cider in your serving. I love this recipe so much that each time it is made, my mom makes me a special serving for me to take away, and I am always getting seconds of it during a meal. Much to my dismay, my roommate always ends up asking for some helpings of it, so it is quite popular! All in all, this coleslaw recipe has been loved by all of my family members and friends, so I am sure it will be popular elsewhere too.

# German Potato Salad

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*Meagan Gibbs*

## Ingredients:

5 lbs. potatoes  
5 pieces of bacon  
1 cup red onion, chopped  
1 tsp. sugar  
¼ cup chicken stock  
1 cup oil  
1 cup vinegar  
1 tsp. fresh rosemary  
1/3 cup fresh parsley, chopped  
Salt and pepper to taste  
Suggested serving size: 8

## Preparation Process: Prep time: one and a half hours (including cooling time)

Step 1: boil potatoes whole for about 25 minutes. Step 2: slice bacon into 1 inch pieces and fry until crispy; drain, but set aside 3 tablespoons of the bacon grease. Step 3: once potatoes are cooled down, peel off the skin and chop the potatoes into bite-sized pieces. Step 4: place potatoes into a big bowl and season with salt and pepper; then, drizzle the vinegar on top of the potatoes. Step 5: allow the potatoes to soak in vinegar while you mix together the bacon grease and chicken stock, then adding the bacon and onion, in a small bowl. Step 6: pour on top of the potatoes and gently mix. Step 7: gently stir in the sugar and oil (add oil slowly); taste, adjust salt and pepper if needed Step 8: let it cool, don't serve hot! Then, enjoy!

## Narrative

My family, long ago, came here from Germany; I still have family that lives there even today. Every couple of years, my German family comes to visit, and their visits are characterized by a few things: German chocolate, tons of family visiting, and German Potato Salad. Whenever they visit we usually have a night where everyone comes to my Dad's house, all of the women prepare their best dishes, we share stories and just have a good time. My Aunt's signature dish is her German Potato Salad. She usually makes about two times the recipe because it is such a hit and everyone wants to take some home, although there is a good chance that, despite the doubled recipe, there aren't going to be leftovers anyway.

I can remember the most recent time my Aunt and Uncle came to visit from Germany. It was actually Thanksgiving of 2009. So, of course, our big family dinner happened to fall on Thanksgiving and my Aunt made her German Potato Salad. I remember that, with her, it wasn't so much about the cooking and getting the dish prepared, but more the experience of it all. There was no rush to have the potatoes boiled and the salad put together; it would get done when it got done. Instead, my Aunt would sit there and work at her own pace, drinking and talking and spending time with everyone at the same time. Even if the salad wasn't ready exactly when everything else was, it was okay and not that big of a deal. It was sure, without a doubt, to still get eaten. As far as I know, this recipe has been one that my Aunt has prepared throughout her lifetime. It is usually, at least for her, a dish that is prepared for bigger, more festive meals, mainly because my Aunt and Uncle live alone and making it just for two would be a lot of work. I have realized that, despite the fact that German Potato Salad is such a big memory of my family's visits, I really don't know much about the familial history of it. When I see my Aunt the next time, I plan to make it a priority to ask about it.

I have made German Potato Salad a few times on my own, having learned how to from my Aunt over the years. I think that it is perfect as-is, so for the purposes of this recipe I left it just as my Aunt would make it. The only difference I can think of is I tend to let the German Potato Salad cool; my Aunt would make sure it was served warm. This is just a matter of preference and would really be great either way. One thing I know for certain is that,

when I visit Europe next summer and hopefully make my way to my Aunt and Uncle's, I am very much hoping that I will be greeted with some of my Aunt's homemade German Potato Salad.

# Green Bean Casserole

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*Meagan Gibbs*

## Ingredients:

1 10 ¾ oz. can of cream of mushroom soup  
2 cans of green beans  
¾ cup of milk  
1 ½ cups of French fried onions  
1 tsp. Worcestershire sauce  
Salt, pepper, and garlic powder to taste  
Suggested serving size: 6

## Preparation Process: Prep time: 35 minutes

Step 1, heat the oven to 350°F. Step 2, mix together the cream of mushroom soup, milk, and Worcestershire sauce into a casserole dish; add green beans. Step 3, season with salt, pepper, and garlic powder to your liking. Step 4, add about half of the French fried onions and stir. Step 5, bake for 25 minutes; remove the casserole, stir, and top with remaining French fried onions. Step 6, bake for another five minutes and enjoy.

## Narrative

Green bean casserole has, at least on my father's side, always been a traditional dish served at family functions. My father told me that, while he was growing up, his mother would prepare green bean casserole similar to the way I make it today (minus the garlic powder and Worcester sauce). He does recall, however, that she did not use any kind of fried onion, but pieces of bread, kind of like a soft crouton, in her dish. I would like to try making it this way sometime, since I know how fond of it my father was.

In my family while I was growing up, my father was typically responsible for making the main dishes of a meal, and my mother was more responsible for side dishes such as green bean casserole. So I watched her make it each and every time. She followed the exact recipe each and every time - 1 can of cream of mushroom soup, 2 cans of green beans, 1 container of French fried onions, ½ a cup of milk, a pinch of salt, and a dash of pepper- assuring a delicious outcome each time it was prepared. I was not very old when I had to begin taking over many responsibilities in my family, including a large share of the cooking, so preparing the green bean casserole for any meal it might be showcased at became my responsibility.

For a long time I would make it the same exact way my mother had before me. As I became older and developed my own tastes for food, I began to get somewhat creative while making green bean casserole. After some successful (and some not so successful) attempts at tweaking the original green bean casserole recipe, I created what I now make for most any festive meal or potluck-type social gathering. It is essentially the original green bean casserole recipe in all of its glory, but it is made even better (in my opinion) with a little bit of Worcester sauce and garlic powder. The Worcester sauce worked its way into the recipe while I was preparing Thanksgiving dinner for my family the fall after I began college. The garlic powder made its appearance a little while later, and has remained ever since. It is my strongly held belief that almost anything tastes better with a hint of garlic, so I decided to extend this belief to green bean casserole and I was not (and am still not) disappointed.

Through time, the way green bean casserole has been made by my family has obviously evolved, but the dish itself remains an important one that we continue to prepare devotedly today. This recipe is a family favorite that likely continue being made for big meals and gatherings for many years to come.

# Sweet Potato Casserole

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*Samantha Roberts*

## Ingredients:

2 cups Mashed Sweet Potatoes (about 3-4 potatoes)  
1 1/4 cups white sugar  
2 eggs  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1 cup milk  
6 tbsp. butter

## Topping:

1/2 cup pecans  
1/2 cup brown sugar  
6 tbsp. butter

## Preparation Process:

Step 1. Peel the sweet potatoes. Then, boil the sweet potatoes until soft. Step 2. Mash the sweet potatoes. Step 3. Combine all ingredients for the casserole in a large bowl and pour into casserole dish with a lid, or cover the top with tin foil. Step 4. Bake the casserole at 400 degrees for 20 minutes. Step 5. Chop pecans with a nut chopper while the potatoes are in the oven, sized to preference. Step 6. Melt butter on low over the stove, and then mix chopped pecans and brown sugar in with the butter. Step 7. Spread mixture over top of casserole when it is done baking. Step 8. Return casserole to the oven for 10 minutes, then let cool slightly and serve. Refrigerate leftovers in covered casserole or Tupperware.

## Narrative

Sweet potato casserole is probably my favorite thing to eat all winter. It is not overly difficult to make, but it does take a while to boil and mash the potatoes yourself. I have never tried this specific recipe made with canned sweet potatoes, but I am sure it is not nearly as good. I used to work at a country restaurant that served sweet potato casserole made from canned sweet potatoes (also called yams) with marshmallows on top, and I must admit I was not very impressed, and I did not eat them very often. Although I guess it's okay to serve sweet potato casserole made from canned sweet potatoes if you're a restaurant and you do not have the time to boil and mash the potatoes yourself, I feel if you are trying to show someone you really love them or are trying to impress guests/hosts, boiling and mashing the potatoes yourself is the way to go.

My family always eats this casserole at least for Thanksgiving, Christmas, and Easter dinner. Of course you can find sweet potatoes at the grocery store at any time of the year, but it is time consuming to mash the potatoes and the casserole comes out hot so it seems right to eat it when it's cold outside or there is a special celebration. The recipe above serves about 6 people hearty portions with some left over. If there are Christmas or Thanksgiving parties to go to, this is what my family brings. Most people ask for the recipe after they taste it. I have seen some people put mini marshmallows on top instead of the pecan/brown sugar/butter topping, but I personally like this better. The crunchiness of the pecans adds to the soft texture of the sweet potatoes.

My mom found the recipe for this casserole in a magazine that came in the newspaper when I was a few years old. Whenever we take it somewhere new, everyone always asks her for the recipe. Her mom used to make a sweet potato casserole with marshmallows on it, but my mom never got the recipe. Every time we eat it I burn my tongue even though I know better because I am so excited to eat them, and they come out of the oven hot. They are still delicious days afterwards heated up in the microwave or the oven. The oven however, makes them a little crispier on the outside heated the second time, so if you have no problem waiting a little while, I think they taste better reheated this way.

I remember one year when my family went to visit my Dad's family in Michigan for Thanksgiving. Living in Michigan, they did not really use sweet potatoes in their cuisine. You could buy them at the grocery store, but no one really cooked with them. Mom and Dad made sweet potato casserole, and it was a hit. One of my uncles said it was "better than crack". There was a minimal amount left over the next day, and it was immediately swiped by my cousin, who oddly topped hers with salt. I was a little upset I did not get a second helping of it, but I was proud we

were able to bring them something delicious to eat and that everyone enjoyed it. My cousin asked for the recipe and makes it for her family now.

Eating this casserole encouraged me to find other ways to eat sweet potatoes because I wanted their delicious taste, but as I got older I became a little more concerned with the amount of butter and sugar that goes into this delicious recipe. It's more of a treat than a staple. Potatoes can be very healthy, however, if you don't load them up with extra toppings. You can simply roast the potato in the oven and add a limited amount of butter with a little cinnamon. I also like to chop them up and cook them in a pan with a minute amount of olive oil, and some spices like pepper, salt, cinnamon, and nutmeg make them delicious.

# Soups

# Autumn Soup

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*Alex O'Neill*

## **Ingredients: (2 portions)**

1 box of chicken stock  
Chicken or tofu  
2 long carrots  
2 celery stocks  
½ white onion  
1 tsp. thyme  
1 tsp. rosemary leaves  
½ tbsp. minced garlic

## **Preparation Process:**

Step 1. First, chop carrots, celery stocks and white onion into bite sized pieces. Step 2. Next, simmer the chicken stock at the medium heat in a medium sized pot on the stove top. Step 3. While the chicken stock heats, grill the chicken in a separate sauce pan until cooked through and pour in all the vegetables into the chicken broth. Step 4. Finally, add the grilled chicken or tofu into the broth along with the thyme, rosemary, and minced garlic and continue to simmer for 10 minutes before serving. Enjoy!!

## **Narrative**

“Autumn Soup” is simply a revamped version of the soup my mother used to make from scratch that she actually called “Garbage Soup”. Essentially, she used to take from the fridge all the left overs, vegetables, and the like that were not being eaten and then throw into a pot with chicken stock and herbs. Do not be fooled by the name, “Garbage Soup” was absolutely delicious and interestingly tasted different with each batch. I decided to create my own version of the soup that would be affordable and easy for any college student wishing to stay within budget and remain healthy.

While I am close to my mother and love her dearly, I do blame her for my inability to cook. I was never needed in the kitchen while she prepared dinner and consequently I never learned even the basic essentials for cooking. If I could recreate her “Garbage Soup” I would, however, she knew how to blend flavors of different foods and incorporated herbs in a harmonizing fashion and never shared these skills. Autumn Soup is simple and healthy and can incorporate vegetables and any protein that are sitting in one’s fridge. Personally, I always buy fresh produce such as carrots, celery, and onions along with chicken or protein so following my mother’s intuition I knew I could create a less complicated but equally tasty soup.

This recipe signifies my leap into experimental cooking and illustrates my slow progress; nonetheless, I am proud of my progress especially compared to the first years I lived alone. With absolutely no prior knowledge to how to prepare and cook food, I began my college years with many trips to local restaurants, late night dining eateries and of course the on campus cafeteria. When I realized that the habit of eating out was not conducive to a college student’s budget, I decided to venture into the least-used room of my apartment—the kitchen. Slowly I have learned through good and bad experiences of cooking by using online recipes and even adapting my own recipes. “Autumn Soup” is one such experiment and although this is a small victory in the kitchen, I now feel ready to venture out to other dishes and begin learning meals that have different flavors and are perhaps more difficult to prepare.

# Marvine Family New England Clam Chowder

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*Jacob Marvine*

## Ingredients:

4 slices of bacon diced  
1 1/2 cups of chopped onion  
1 1/2 cups of water  
4 cups of peeled and cubed potatoes  
1 1/2 teaspoons of salt  
ground black pepper to taste  
3 cups half-and-half  
3 tbsp. of butter  
2 (10 oz.) cans minced clams

## Preparation Process:

Place diced bacon in large stock pot over medium-high heat. Cook until almost crisp; add onions, and cook 5 minutes. Stir in water and potatoes, and season with salt and pepper. Bring to a boil, and cook uncovered for 15 minutes, or until potatoes are fork tender.

Pour in half-and-half, and add butter. Drain clams, reserving clam liquid; stir clams and ½ of the clam liquid into the soup. Cook for about 5 minutes, or until heated through. Do not allow to boil.

## Narrative

I am not sure exactly when I first had my mother's clam chowder, however I have a pretty good idea of when the first serving was prompted. For as long as I can remember I have enjoyed soups and seafood, so it only makes sense that my mother would have chosen to prepare this for me at a young age. I can only imagine my young self-tasting my first spoonful of that creamy deliciousness, perhaps comforting me on a day in which I had stayed home and was feeling a bit under the weather. Warm, hardy and filled with bacon, clams, potatoes and an excess of sodium I felt as though I could consume it by the gallon. It was everything I needed to recharge my batteries and get over a cold, whether I indeed had one or not.

When attempting to discover the recipe's origin for this class, it occurred to me that I had never inquired about it before, as if at a very young age I had accepted that in my mom's seemingly insurmountable base of knowledge she had created the original formula for clam chowder herself.

To my slight disappointment, this was not the case. She, like me, had learned the recipe from her mother. Unfortunately, this is where the trail ends as my grandmother, whom I knew very little has been deceased for many years. Upon hearing this, I stretched my imagination to consider this recipe a link between me and the five generations of native-born Californians before me. Perhaps their mothers and grandmothers had prepared this delicacy for them, perhaps they got the same satisfaction I did from eating it, and perhaps I am reaching too much.

Growing up this soup served as yet another medium in which the relationship with my mother and I could be strengthened and I am satisfied to that end, in the same way she is, denoted by the excitement she has whenever she lets me know it is on the menu for the night. I am happy to say I cannot wait to serve it to my family in the future.

# Main Dishes

# Bernie's Beef Stroganoff

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*Emary Ruppert*

## Ingredients:

1 lb. ground beef (70% lean 30% fat works best)  
3 tbsp. butter  
1 tbsp. olive oil  
1 medium sweet onion (diced)  
2 cloves garlic (minced)  
1/2 lb. white mushrooms (sliced)  
8oz. container sour cream  
1/2 box of farfalle or rotini pasta  
salt and black pepper

## Preparation Process: *(suggested serving is for 2-4)*

Boil a pot of water for pasta (add 1 tsp. salt to water). Dice the onion and mince the garlic. Heat a saucepan to med-high and add 1 tbsp. olive oil, and 2 tbsp. butter. When butter is melted add onion and garlic, then sprinkle with a pinch of salt. Turn heat to medium and when garlic and onion are soft add sliced mushrooms. When mushrooms are soft add ground beef, and cook until brown, stirring frequently. Then, add pasta to boiling water and cook until "al dente," don't allow pasta to get soggy. When beef is evenly browned add sour cream, and mix well- breaking up the ground beef. Add salt and pepper to taste. Drain pasta and serve meat sauce on top immediately.

## Narrative

This recipe represents my father's family, his mother Bernice (Bernie for short) was a 1950s homemaker, and his father was WWII vet who became a small business owner. They started their family in the heyday of the American Dream and this meal is representative of the abundance of affordable meat and dairy products. To me this recipe is so American, ingredients through preparation. It is a one-dish meal with almost no vegetables and plenty of fats and meats. My dad grew up eating this and he would reminisce about when he was a kid in his cowboy hat with wooden pistol at the table and his mom would serve it for dinner. My grandmother passed away in 1993, when I was just 6 years old, so I don't remember much about her, but I held on to this recipe, and her recipe for ginger snaps, which we make every Christmas in memory of her.

My grandmother taught this recipe to my mother, because it was dad's favorite. I learned how to make Bernie's Beef Stroganoff from my mother, and it has stayed fairly intact since the 1950s. Many families have their own version of this dish, and I believe that it may be because it came from the *Joy of Cooking* by Irma S. Rombauer, I own the (I think) 1951 version- my front cover and first few pages are missing, and I haven't seen one older than mine. It was my grandmother's, and then mother's before it became mine. Its binding is loose, the whole thing is stained, and it is missing some pages. I cherish this old tattered thing, because the women in my family used it to express love to their children and spouses through food. I can tell where the good recipes are, because the pages are rippled, stained, and spotted from sauces and batters.

Page 401 specifically has quite a few spots and when you get to the section the book happily opens here and lays flat. On page 401 is the recipe for Beef Stroganoff. The women who cooked with this book before me have modified the recipe here. For example, there are still 2 tbsp. of butter, sliced mushrooms, and diced onions. However, garlic has been added and white wine removed. I am not sure why these changes were made, but I am glad for them because it is delicious, seriously, lick-your-plate delicious.

# Big Ed's BBQ Ribs

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*Jacob Marine*

## Ingredients:

### Sauce ingredients:

- ½ cup sugar
- Tbsp. salt
- Tbsp. celery seed
- Tbsp. ground cumin
- Tbsp. ground red pepper
- Tbsp. garlic powder
- ½ tbsp. chili powder
- 1 quart ketchup
- 1 cup vinegar
- 1 tsp. liquid smoke
- 1 tsp. lemon juice
- Secret ingredient #1

### Rub Ingredients:

- Tbsp. sage
- Tbsp. garlic powder
- Tbsp. ground cumin
- Tbsp. chili powder
- Tbsp. dry mustard
- 1 cup brown sugar
- Secret ingredient #3

## Preparation Process: (8-10 hours)

1. Prepare sauce
  - Mix dry ingredients
  - Wisk together wet ingredients and slowly add to dry
  - Store up to three weeks in refrigerator
2. Soak ½ bag of hickory chips in water
3. Unwrap ribs and pat dry with paper towel
3. Pull membrane from exposed bone side of ribs
5. Coat ribs generously with rub and place in rib rack
6. Start charcoal in starter chimney
7. Add charcoal once is it glowing hot
8. Add hickory chips to the charcoal
9. Add water to the smoke pan
10. Smoke ribs 8-10 hours until finished. The meat will pull easily from the bone
11. ENJOY!

## Narrative:

Simply put, in the Marvine family household this is Barbeque sauce. Other sauces simply do not exist. Since I can remember, my family has grilled chicken or prepared some type of meat that has the capacity to be smothered in this sauce 2-4 times a week. It's a family staple. My father's side of the family is from Kansas where barbeque is king. I chose smoked ribs as the sauce's medium because it is the most tender and succulent of all meats.

Upon speaking with my father on the subject and inquiring as to the sauce's origin and contents, he was dismissive. Giving me a long ominous stare he declined to answer. I decided that he more than likely found it on the internet after Googling something to the effect of "Kansas City BBQ sauce recipe", but I didn't want to ruin my childhood, so I didn't dig any deeper. However that's the kind of sauce this is. Everyone that comes over and tries it loves it. That may be the product of our company not wanting to offend my father's barbeque zeal, but I sincerely believe that not to be the case. It's light enough to not over power the taste of the meat itself, but at the same time specific enough a taste to be missed when not used.

I may or may not be the first generation of Marvine to be born with this barbeque sauce in hand, but I for certain will not be the last. I have long since acquired the secret recipe and I have already made it for friends as gifts. I have yet to hear a complaint and that almost upsets me, as if the jury might still be out. Not everyone can like it, can they?

# Braised beef with blue cheese infused polenta

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*Alex O'Neill*

## Ingredients:

Ingredient 1: Rump roast, pot roast, pork or any lean inexpensive cut of meat

Ingredient 2: 1 can of beef broth of your choice

Ingredient 3: 2-3 tbsp. of minced garlic

Ingredient 4: 2 tsp. of salt

Ingredient 5: 2 tsp. of pepper

Ingredient 6: ½ cup – 1 cup of red wine

Ingredient 7: 1-3 tbsp. blue cheese crumbles

Ingredient 8: yellow corn meal

Ingredient 9: your choice of red wine (merlot or cabernet)

Ingredient 10: 2 tbsp. flour

## Preparation Process: (serves 4-5)

Step 1. To begin, cut meat choice into bite-sized cubes. Remove any fat present on the cut of meat.

Step 2. Heat a large stove top pan on high and then add enough olive oil to cover the bottom of the pan.

Step 3. Once the oil is hot, add in minced garlic and sauté for about 20 seconds. Add in meat and sear until all sides are browned.

Step 4. Pour in 1 can of beef broth to cover the seared beef.

Step 5. Pour in your choice of red wine (amount depends on size of stove pot).

Step 6. Turn heat down to low and let simmer for about half an hour. Keep the pot covered and sealed.

Step 7. While the beef simmers, boil 5 cups of water in a separate stove pot and add in salt and pepper. Once the water is boiling, add in yellow corn meal (be aware that it might boil and pop back out! Place a towel on the arm you use to stir with to not get burned). Stir continuously for about 30 minutes or until the consistency is thick and stiff.

This is homemade polenta.

Step 8. Close to serving time, take meat from the stove top pot and put on serving dish. The left over juices will act as gravy. Add in 2 tbsp. of flour and stir until smooth.

Step 9. When serving this dish, scoop desired amount of polenta on a plate and mash down the center to create a kind of bowl with the polenta. Add desired amount of blue cheese crumbles in the center of polenta.

Step 10. Add desired amount of braised beef on top of the polenta and drizzle the gravy over the braised beef.

Enjoy!!

## Narrative

While this dish sounds modern and complicated as any other expertly prepared entre served in a fine dining restaurant, the origin of the dish is modest and intertwined with traditional Italian cooking and has evolved with each generation of my mother's family. According to my mother, her ancestors immigrated to the United States from northern Italy in the early 1900s and settled down in southern Idaho within a small community comprised of European immigrants and other Italian families. My entire life I've heard of the measures my mother's family went to in ensuring that their Italian heritage remained intact and food always seemed the most important aspect to protect. While my ancestors became accustomed to American life, two things remained: their love for food and their love for family. My mother's grandmother would invite many family members over (including extended family) to large dinners that comprised of anything available to share; in traditional Italian homes, many meals are created out of ingredients that are readily available such as bread, meats, vegetables, and cheese.

While most modern renditions of Italian foods include heavy entrées of pasta and meatballs, my family has always had polenta which is essentially cornmeal boiled for thirty minutes until its consistency is as thick as oatmeal. Polenta can be served in several forms, only involves a few ingredients and is easy to pair with many various meats or vegetable dishes. My grandmother would prepare a large pot of polenta and then served which ever meat she had available; sometimes braised beef, short ribs, or even pot roast. I chose to include the braised beef because it was always my favorite thing paired with polenta. The recipe has never been written down until now because my mother prepares the dish slightly different every time. She doesn't use the same cut of meat every time, nor the same wine and will add in other ingredients from time to time. Further, my mother will prepare polenta differently sometimes; she either lightly fries it over the stove with olive oil or prepares the traditional pot of mush that resembles mashed potatoes. The blue cheese was also an adaptation of my mother to incorporate new flavors with the classic dish she is accustomed to.

This dish is absolutely delicious and I consider it an absolute treat when my mother decides to prepare it. Because my older sister and I have moved out of the house, my mother only cooks regularly for three people and this dish is meant to feed many people. Braised beef with blue cheese infused polenta incorporates cultural means of cooking and represents a nostalgic food way that guides family members back around the table.

# Breakfast Pinwheels

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*Kaitlin Stotz*

## **Ingredients:**

2 8 oz. packages of cream cheese  
1 onion  
3 slices of bacon  
3/4 cup of milk  
2 tubes of Pillsbury crescent rolls

## **Preparation Process:**

Step 1: Preheat the oven to 350 degrees. Step 2: Unroll the crescent rolls onto a cookie sheet until flat. Step 3: Put the cream cheese and milk into a mixing bowl and stir until smooth. Step 4: Dice the onion, and cook the bacon until it is crunchy. Break the bacon up into small pieces, and add the bacon and onion into the mixture. Step 5: Spread the filling onto the dough and roll it up "hotdog" style. Step 6: Cut the dough into 1-inch sections and bake for 12-15 minutes.

## **Narrative**

This recipe was introduced to me by a friend of mine in high school. We made them one morning before we left for a spring break trip to Orlando, and it quickly became a tradition before vacations as well as a staple in my everyday life. To this day I cannot go on a road trip without them. I make these anytime I have to bring something to a social event or anytime my parents or roommates request them. They are very easy to make and are delicious.

# Chalupas

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*Ana Karen Valles*

## Ingredients:

- ~2 tbs. vegetable oil
  - 2 tbsp. consommé (chicken stock) powder form
  - 6 corn tortillas
  - 4 medium potatoes
  - 6 radishes
  - Queso fresco (this is a type of crumbling cheese) crumbled
  - 2 chicken breasts with bones, shredded
  - 1/2 a medium lettuce, shredded
- Salsa verde ingredients:
- 4-6 chile verde –green pepper
  - 5 tomatillo
  - 1 small onion
  - a garlic wedge

## Preparation Process:

Instructions for salsa.

Step 1:

Boil the tomatillos and green peppers together, you can add peppers for more spiciness

Step 2:

Put the tomatillos and peppers in the blender with what's left of the onion and the garlic clove. Blend until it is a smooth, you can add some of the broth from the chicken to thin out the mixture in the blender to the desired consistency

Step 3:

Once all the ingredients are blended together, heat oil in a small sauce pan and cook the salsa for a few minutes, you can add consommé and salt to taste.

## Instructions for Chalupas:

Step 1:

Boil the chicken with half an onion and a teaspoon of chicken stock, or you can just use chicken left over from another dish. Once the chicken is cooked it should be finely shredded.

Step 2:

Boil peel and mash the potatoes, Shred the lettuce, chop or slice the radishes

Step 3:

Heat up the tortillas on medium heat until they are soft and cooked then lightly fry them in a little bit of vegetable oil. This is just to make them sturdier when you pile everything else on top, they should be slightly crispy but still pliable. It's usually best to first heat all of them, and then fry all of them

## Assembly:

Step 1:

Spread the mashed potatoes on the fried tortillas

Step 2:

Sprinkle chicken on top of the potato, followed by the salsa, then the crumbled cheese, shredded lettuce, and chopped radishes

## Narrative

This is a dish that always reminds me of home. I am Mexican, but I've lived here the majority of my life and one of the things I miss the most about Mexico is the street food. Chalupas in particular always make me think of standing on street corners on cold windy nights as a small woman with a portable hot top prepares them. It's one of the dishes that everyone enjoys on a variety of occasions; people eat them as a late night snack when everything else is closed, at the fair, and as party snacks. When my cousin got married, he had chalupas brought a few hours after the formal dinner so that everyone working up an appetite on the dance floor could snack (his wedding lasted well into the next morning). It's an all-purpose meal for every occasion; you can eat a few as a snack, or a bunch as a meal.

When I first saw chalupas on a menu in the United States, I knew better than to expect the chalupas I know and love (I'd already tried the American version of chilies rellenos), but I was still excited to see what they would be like. Needless to say, I was very disappointed. What I got was just a reconfigured version of every other dish at a "Mexican" restaurant. Just a mixture of beans, ground beef, sour cream, lettuce, and tomatoes on a thick tortilla-bread hybrid. I won't comment on the taste, but I have to say it is absolutely not a chalupa and doesn't even contain any of the ingredients (other than lettuce) that go into a chalupa. I've encountered many people that don't realize how much more variety there is in Mexico, they question my heritage because I don't fit the visual stereotype of a Mexican, and they think Mexican food is just tortillas, beans, and jalapenos. This is why I am very pleased to have this opportunity to share with you a taste of Mexico, or at least my region of it. The flavors in this dish are very different from what those of the Taco Bell chalupa, which is the best known one in, Georgia. The salsa alone is completely different, and if you like cheese, queso fresco is lightly salty and delicious.

# Chicken and Sausage Gumbo

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*Emily Longacre*

## Ingredients:

1/2 cup oil  
1 cup onion chopped  
1/2 cup bell pepper chopped  
2 bay leaves  
Salt to taste  
1 lb. andouille sausage; diced  
2 cans chicken broth  
2/3 cup flour  
1/2 cup celery chopped  
1 tsp. garlic or garlic powder  
1 tsp. hot sauce  
1 tsp. Toney's (Tony Chachere's)  
1/2 tsp. black pepper  
1 lb. raw chicken meat diced (leftovers or boneless skinless breasts)

## Preparation Process:

First, you make a roux. In a heavy pot, combine the oil and flour over med. heat stirring **constantly** with a flat-ended wooden spatula or something that can get into the corners of the pot. If you're not a roux guru then cook it over med-low heat. Cook until you get a nice dark brown (somewhere between peanut butter and an old penny). Turn to lowest setting and stir occasionally (stir more frequently while it is still hot and then less frequently as it cools).

Next, sauté your veggies in a separate pot for about 10 minutes. Add the chicken broth turn heat to high and bring to a simmer. Then, add a large spoonful of the roux to the broth and stir it in. Keep doing this – **one spoon at a time**, stirring it into the broth, until you reach the desired consistency (I like my gumbo to be like a very, very thin gravy). Turn remaining roux off and save to adjust consistency later. (If the broth is added to fast the roux will break and it will be runny)

Add all other ingredients except chicken and simmer, stirring occasionally for 30 minutes. Taste and adjust seasoning as necessary. Add additional water if you don't have enough liquid to contain the ingredients you have already added and the chicken (which you are about to add) Add some of the remaining roux if you want a thicker consistency.

Meanwhile: it's time to start cooking the rice in a separate pot

Add chicken and turn to high, and bring to a boil, reduce heat and simmer for 20 minutes. Adjust spices, liquid and consistency. Turn off heat and skim oil off of top (The sausage throws off a lot of oil so I skim the oil off of the top of the pot) I also will lay a paper towel flat on the surface of the liquid, let it soak up the oil, and then discard it. Do this a couple/few times until you don't have a complete oil slick on top. Serve over white rice w/ salad and French bread.

## Narrative

This Creole gumbo is a proud tradition and a favorite meal on both sides of my family. Although it is quite time consuming to make, it freezes well and makes a great meal for months. This dish is also an excellent way to use your left over meats and vegetables and stretch them to make a whole meal that can easily feed a crowd. There are two main varieties of gumbo, the Cajun variety, which is associated with New Orleans and the city culture – this version is commonly much thicker and darker and usually features shellfish as the protein. The Creole version of this dish is associated with the swampy backlands of Louisiana where the Acadians lived. This version of gumbo usually has a lighter roux and features fowl as the protein, which would have been more readily available in the area.

Gumbo is the official cuisine of Louisiana, and it is especially fitting because elements of all the ethnic groups living in the state since its birth have contributed to making gumbo the dish it is today. The dish is likely to have developed in the early 1700s and was gradually shaped throughout the next century.

The dish typically consists of a thickener to start out – most commonly, a roux – which gets its heritage from the French tradition. The next component of the meal is a stock and vegetables – then meat or shellfish. Finally, this thick delicious soupy concoction is served over rice. African slaves in New Orleans brought with them the knowledge of rice farming which was successfully grown along the Mississippi river. The use of okra as a base and prominent vegetable in gumbo also comes from the African tradition. As for the rest of the vegetables, the settlers relied on the Native American’s knowledge of indigenous plants and these were incorporated as well. The Spanish with numerous fisheries along the coast added that to the dish. And finally the Germans settling outside of New Orleans brought with them the knowledge of sausage making which was eventually also incorporated.

# Chicken and Sausage Jambalaya

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*Emily Longacre*

## Ingredients:

### Group 1 Ingredients

- 1 tbsp. oil
- 1 1/2 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 2 toes minced garlic
- 2 tsp. salt
- 1 tsp. cayenne pepper
- 1/2 tsp. white pepper
- 1/2 tsp. black pepper
- 1/2 tsp. oregano (use half as much if using ground herbs)
- 1/2 tsp. thyme (use half as much if using ground herbs)
- 2 bay leaves
- 1/2 lb. smoked or andouille sausage diced

### Group 2 Ingredients

- 1/2 lb. raw boneless skinless chicken breast (2 breasts) – or sub 1/2 of any other protein
- 3/4 cup tomato sauce
- 2 cups raw rice
- 2 1/2 cups chicken stock

## Preparation Process:

Combine group 1 ingredients and sauté over med high heat for 5 minutes stirring frequently. Add Group 2 ingredients and bring to a boil, stirring once or twice. Reduce heat to low, cover and simmer on low for 20-25 minutes (DO NOT open). Enjoy.

## Narrative

Jambalaya originates from the rural swamplands of Louisiana. Those bayous are home to my family, and their Cajun heritage is something that I'm very proud of – particularly because my ancestors were forced to hide it. My parents grew up in Louisiana and lived there for most of their lives. They brought that culture into our home away from their families in Alpharetta, GA and served it nearly every night. Like my family before me, I learned how to cook Cajun cuisine and that is exclusively what gets made in my kitchen. This is one of my favorite recipes, it only takes about 30 minutes to make, and it tastes great every time.

There are two types of Jambalaya, red and brown each with slightly different flavor sets. Brown Jambalaya is known as Cajun jambalaya and has a more savory flavor. Red Jambalaya also known as Creole Jambalaya is made with the traditional trinity vegetables and the rice simmers in a tomato based sauce giving it the reddish color.

The dish is one that originated out of necessity and not of privilege. Food was scarce in Southern Louisiana, and the traditional Cajun population there was historically poor and one of exile. They were forced to rely on their landscape of fish and game to feed them, and a rich culture developed around this lifestyle of hunting and fishing in the bayous.

# Chicken Casserole

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*Luke Hedrick*

## **Ingredients:**

5 boneless chicken breast  
1 can of condensed cream of chicken soup  
8 oz. sour cream  
1 cup of shredded cheese  
Salt and pepper  
One sleeve of Ritz crackers  
1 stick of melted butter

## **Preparation Process:**

Preheat oven to 350 degrees. Cook chicken (either boil for 20 minutes or microwave until done). Let chicken cool, then chop or shred by hand. Mix well with soup, sour cream and cheese. Season with salt and pepper and put into a deep-dish pie plate, or casserole dish. Crush one sleeve of Ritz style crackers and mix with 1 stick of melted butter and sprinkle on top of chicken mixture. Cook in oven for 30 minutes.

## **Narrative**

This recipe has been a staple in the Hedrick household since I can remember. Growing up we would always have this dish if my mom did not want to fix something extravagant. It is very easy to make, everybody in my family enjoys it, and if there is too much, then it makes easy leftovers. I sometimes will add rice, hot sauce or Cajun spices to my own serving when I heat it up in the microwave. So it is versatile, and leftovers can last over a week. My mom said that her mother cooked this chicken casserole for her when she was growing up, but the main difference is that my grandmother used breadcrumbs instead of Ritz crackers. When my mom started cooking for the family, she wanted an easy alternative to breadcrumbs. So she took a sleeve of Ritz crackers and crushed them up while they were in the bag. Other than this information, I do not know where exactly this dish has its origins, only that there are many variations of this popular American food.

# Chili Recipe

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*Allison Smith*

## Ingredients:

2lb. lean hamburger meat  
12oz. can of kidney beans (undrained)  
2 packets of mild (McCormick) chili seasoning  
21oz. diced tomato  
6oz. can of tomato paste  
1 small chopped onion  
1 ½ cups of water

## Optional:

shredded sharp cheddar cheese  
green onion  
sour cream

## Preparation Process:

Brown meat in a pan. Add chopped onion and cook until they appear transparent. Drain the grease from the pan. Add chili seasoning to meat and stir. Next add water, diced tomato and tomato paste. Bring this mix to a boil. After the mixture reaches a boil, turn the temperature down to simmer. Finally add the can of kidney beans. Continue to let this mixture simmer until it thickens. Now the chili is ready to serve.

## Optional:

Top off a bowl of chili with shredded sharp cheddar cheese, a spoonful of sour cream and diced green onions to taste.

## Narrative:

I have chosen to share my chili recipe because it has a lot of emotional and familial meaning to me. I grew up eating this chili in a household where funds weren't readily available. This recipe reminds me of the love my single mother gave me during hard financial times. I can remember being a child and helping my mother prepare this meal in the kitchen. It always gave me a sense of helpfulness and purpose as well as allowed me to spend quality time with my mother. This time with my mother was very important because she was usually gone from the household working to support my sister and me.

I now realize that this meal of chili was very economically affordable and could provide something to eat for many days. This recipe was also very convenient for my mom to create. I grew up in a small town that didn't have much in the way of fresh affordable food so the ingredients in the chili were very accessible for my mother to obtain. I also reflect back on the specific times of year my mother would make chili. My mother would always put together this meal in the fall and winter when it was cold outside. I always asked for chili to be made on my birthday. I have a fond memory of her preparing this feast every year for my birthday in October. Analyzing this recollection now, I believe I wanted this foodstuff in particular on this special day because it meant that my mother would be spending time with me.

I remember this meal as a comfort food and still associate that connotation and feeling of comfort with this chili today. The history and link I have made encompassing this chili recipe is one of a devoted, hardworking, thoughtful, loving mother providing the best nourishment she could for her children.

# Crescent Roll Bake

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*Jon Fretz*

## **Ingredients:**

1 Can Crescent Rolls  
1 16-ounce can Cream of Mushroom Soup  
1 ½ pound ground turkey  
Sprinkle of Rosemary and Thyme

## **Preparation Process:**

Lay out Crescent Rolls in shape of a burrito shell on a baking pan.  
Brown ground turkey and stir in Cream of Mushroom Soup, Rosemary, and Thyme.  
Let thicken slightly then scoop onto crescent rolls. Enclose turkey mixture within crescent rolls.  
Bake at 350 degrees for 20 minutes or until crescent rolls are golden brown.  
Let cool  
Serve

## **Narrative**

This was a recipe passed down from my grandmother to my parents and then to me. It was originally derived from one of those “What do I have left in the fridge” evenings and the result turned out to be delicious. My family primarily serves this dish in the winter months with a glass of milk.

# Lasagna

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*Michael D Garcia*

## Ingredients:

2 packages fresh sfoglia lasagna sheets.  
2 cups- Parmigiano Reggiano  
4 cups- mozzarella  
4 cups- whole milk  
4 tbsp.- flour  
5 tbsp.- butter  
1 pinch- nutmeg  
4 cans- San Marzano whole peeled tomatoes  
1 lb.- ground beef  
1 lb.- ground pork  
Small handful each- fresh rosemary, sage, oregano, and basil  
1 head- fresh garlic  
1 Spanish onion.

## Preparation Process:

Start by making besciamella sauce, then Bolognese. Once finish combine till the sauce is pink color. Layer the lasagna in a baking dish. Start with sauce on the bottom then layer pasta, sauce, cheese. Repeat. If you have leftovers make another. If you don't have enough to make more lasagna cut the sfoglia into ribbons and make tagliatelli.

**Besciamella:** Start by heating up the butter in a sauce pan. Once liquefied add your flour and continually stir until the butter/flour combination takes on a nice light brown color. While this is going on heat your milk up in a separate sauce pan. Combine both and add the salt and nutmeg.

**Bolognese:** In a stock pot heat up some olive oil. Once nice and hot throw in your sliced onions. Cook until translucent then add your ground beef and pork and brown. Halfway through the browning process add your minced garlic.

It's best to prep your herbs before cooking. Take each herb and remove the stems. On a cutting board finely chop all the herbs together. You want about a handful and a half's worth. Once your meat, onions, and garlic have cooked add the herbs. Give it a few good stirs and let the hot oil draw out the oils in the herbs. Let the whole mixture amalgamate for a moment. At this point add your tomatoes and using a potato masher, break them up. Let this sauce cook for a minimum of 2 hours on low heat, making sure to not let the meat burn.

## Narrative

This specific recipe is actually something I created myself. The recipe itself is inspired by traditional methods for making lasagna. The most interesting aspect to note is that no ricotta cheese is used. Most lasagna recipes you find in the United States include ricotta cheese, and many people expect it to be included. Traditional lasagna in Italy is typically made with just besciamella, Bolognese ragu, and Parmigiano cheese. The perceived cheesiness is actually an effect of the besciamella mixing with the ragu and thickening from the starch in the uncooked pasta.

My family is from southern Italy so I decided to incorporate the mozzarella cheese as well. The amount I added is significantly less than you would find in many American lasagna. Dishes like this are the cornerstone for our culture. They bring us together, provide comfort, and act as a vessel to carry on our family tradition.

# Macaroni Bake

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*Jessica Hall*

## Ingredients:

16 oz. Box of Macaroni  
½ Cup of Butter  
1/3 Cup of Flour  
2 Cups Milk  
3 Cups Shredded Cheddar Cheese  
1 12oz. Container of Cottage Cheese  
2 Eggs lightly beaten  
½ Cup of Bread Crumbs

## Preparation Process:

Preheat oven to 350 degrees.  
Cook pasta as directed. In a medium sauce pan, melt the butter and whisk in the flour until smooth.  
Continue to cook for 1 minute on low heat.  
Add milk and whisk until thick and bubbly over medium heat.  
Stir in 2 cups of cheese, cottage cheese, and eggs.  
Stir until mixture is well blended. Stir in cooked pasta.  
Using a 13x9 inch pan, spoon the pasta mixture into the pan, top with bread crumbs and remaining cup of cheese.  
Bake for 25 minutes.

## Narrative

This recipe is important to me because it represents the holidays and time spent with family. This is not a family secret that has been passed down through the generations but it is important to my family. I do not get to see my extended family throughout the year because they live in South Carolina. Because of this the holidays are especially important. It is the only time we are able to all see each other and spend quality time together. One of the most memorable things that have recently occurred at one of the family dinners where this dish was served was meeting my new baby cousin for the first time.

The first time my aunt made this dish was about 15 years ago when she saw it in a magazine and decided to give it a try. Everyone in the family loved macaroni and cheese so we were very excited about trying this. She never told the younger ones that cottage cheese was in it because we were picky eaters at the time. Ever since that Thanksgiving it has been a part of my family's holiday dinner tradition and will continue to be. I have, on many occasions, made it for potlucks at work and have even made it for my boyfriend's family's holiday dinners. This dish has become associated with Thanksgiving and the holiday season for me, and as a result of this, will most likely be a highly featured dish in future holiday meals.

This dish is definitely a great comfort food that will make you feel warm and fuzzy on the inside. I come from a Southern family so fatty comfort foods are a staple of holiday dinners and family gatherings. In my family it's not about the food but the time together and our time together is the holidays. We don't make a big deal about the meal or the time it takes to prepare it but we do enjoy sitting down to the meal as a family. This recipe originally started as a one off attempt at creating a tasty side dish and has since become a family tradition that will be passed on to future generations.

# Mexican Casserole

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*Meya Hemphill*

## Ingredients:

2 tablespoons vegetable oil  
3/4 pound cubed skinless, boneless chicken breast meat  
1/2 (1.25) package taco seasoning mix  
1 (15 oz.) can black beans, rinsed and drained  
1 (8.75) can sweet corn, drained  
1/4 cup salsa  
1 cup shredded Mexican-style cheese  
1 1/2 cups crushed plain tortilla chips

## Preparation Process: (Prep time: 15 min, Cooking time: 15 min, Serves 5)

In a large skillet over medium high heat, sauté chicken in oil until cooked through and longer pink inside. Add taco seasoning, beans, corn, salsa, and 3/4 cups of water to prevent drying out. Cover skillet and simmer over medium low heat for 10 minutes. Preheat oven to 350 degrees F (175 degrees C). Transfer chicken mixture to a 9x13 inch baking dish. Top with 1/2 cup of the cheese and crushed tortilla chips. Bake in preheated oven for 15 minutes. Add remaining 1/2 cheese and bake until cheese is melted and bubbly.

## Narrative

I had never heard of Mexican casserole until one cold night in last year. I didn't have much on my pantry shelves, but my boyfriend saw the potential in what I did have. He replied, "These cans and tortilla chips would be perfect for Mexican casserole!" When I think of casserole I think of pasta and some type of cheese. Well this casserole has a nice spin on it, with a hint of spice that gives it its Mexican flair. I would call it the perfect meal for a cold night especially for a college student like myself because leftovers in my apartment are never wrong. Now during this time of year, my boyfriend will come over and make my roommates and me this casserole. It's flavorful and hearty, and there is just enough to share and have leftovers. It reminds me of cold nights being stuck in the apartment watching Netflix with the roommates. It isn't so much of a family tradition as it is a start of a new tradition perhaps.

# Pizza Burgers

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*Amber Avery*

## Ingredients:

1 lb. ground beef

15 oz. jar of pizza sauce

1 small 8 oz. can of tomato sauce

1 tsp. garlic salt or to taste

about 2 handfuls of shredded mozzarella cheese

hamburger buns

\*You can also add onions, bell peppers, mushrooms, or jalapeno peppers in addition to your sauce mix.

Severing size 4-8

## Preparation Process:

Preheat oven to 350°F. Cook and stir the ground beef in a skillet on medium-high heat for 10 minutes or until it turns brown and then drain. In the meantime in a medium bowl, mix the pizza sauce, tomato sauce, and garlic salt together\*(additional ingredients may be added here). Then mix with hamburger meat in pan and simmer them together on medium heat for about 3 minutes. Put the meat and sauce on buns on the bottom of the hamburger buns and top with mozzarella cheese. Place on baking sheet in a preheated oven for 3-5 minutes or until the cheese is melted. Then put tops on buns and enjoy.

## Narrative

Pizza burgers are a quick, cheap, and simple way to feed a group of people. My step-grandmother, Jan, would serve pizza burgers when she had a large group of people at her house or church gatherings in the fellowship hall; however she never serves it on holidays. Jan made pizza burgers for social occasions rather than religious; since whenever we ate in the Fellowship Hall it was mainly to talk to one another, only a few of the older people discuss religion. On the few occasions Jan didn't make pizza burgers, people attending would ask where they were and if she was going to make them next time. My little half-sister, Alexis, and I would go to Jan's house almost every weekend when I was a kid and every Sunday morning we would go to a non-denomination church called Way of the Cross. Once a month or so, we would go to the Fellowship Hall to eat after church. Jan would get up every Sunday morning make breakfast and pizza burgers. Sometimes Kenneth, Jan's husband, and I would help her make breakfast so that she could get ready before she made the pizza burgers. Kenneth would make cornbread, gravy, and eggs while I would make homemade biscuits. After everyone finished breakfast, Jan would start making pizza burgers while we got ready for church (I think one reason Jan waited until after everyone had eaten breakfast was so that we would not eat the pizza burgers before it was time to eat them). When we got to church, Jan and several other women would start to set up the Fellowship Hall before church began. They would organize chairs and tables using some of us kids to assist them. Jan would take out the pizza burgers and put them on the table still wrapped with towels. When church was about to begin, we would stop, walk up the hill to the church, go to Sunday school, and a short church service.

Once service let out we would all go down to the fellowship hall to eat. The women who brought food would go down first and make sure things were ready to be served; while everyone else took their time by talking and playing outside the Fellowship Hall. When the women were done making the finishing touches to the meal, everyone would go inside the Fellowship Hall and wait for the blessing. After the blessing was said, everyone would line up at the tables where the food was. The children lined up first, followed by the oldest people, and then the people from 20 to 40 years old. However the people who made the food would wait until everyone had something to eat before they got something to eat. People sat where ever they wanted to and by whomever they wanted to talk to. People talked about school, family, friends, work, gossip, and other things not related to religion. When everyone finished eating, the kids would go outside to play and the adults would sit outside and talk, help clean up, or leave as soon as they were done.

Pizza burgers are everyone's favorite at the church gatherings and they always asked for more. The only complaint I remember about Jan's pizza burgers was that they were all gone by the time people started back for seconds. When Jan did not make the pizza burgers it seemed to me that I was only eating a snack; even though there was lots of food like chili, ham, and sandwiches being served there.

# Sauce and Meatballs

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*Alexandra Thompson*

## Ingredients:

Sauce:

2 lbs. can of tomato sauce  
15 oz. can of tomato puree  
Italian seasoning  
1 spoonful of minced garlic  
1 palmful of Salt  
1/4 teaspoon Pepper  
1/8 cup of Parsley flakes  
Crockpot (or medium pot)

Meatballs:

1 lb. of ground beef (98% lean 2% fat)  
1 large egg  
1/4 or more as needed Italian bread crumbs  
1 tablespoon of minced garlic  
1/4 cup Parsley flakes  
1 teaspoon of Italian seasoning  
skillet

## Preparation Process:

Meatballs:

In a large bowl mix the ground beef, egg, and bread crumbs together. Then layer in the flakes, salt, pepper, and seasoning. After the all of the ingredients are mixed evenly throughout, form with your hands quarter size balls. Place the balls in the pan heated on 7 or 8 with vegetable or canola oil. Cook until mostly browned through. Let sit in sauce on low until dinner time.

Sauce:

Pour sauce and puree into a crockpot set on low. Add all of the ingredients while stirring. Taste sauce...if you would like more of any ingredient for taste add now. Can sit on low for the whole day. If made in a pot can set on medium to high for 15-30 minutes or until hot.

## Narrative

This recipe has been in my family for years! My grandmother passed it down to my mother and she passed it down to me. Grandma was taught by her mother who immigrated to America from Italy. It is very simple, but perfect. Every person we have ever had over for dinner has absolutely fallen in love with my mother's spaghetti. She makes the sauce in huge quantities so we can freeze it and reheat later for a quick dinner.

My mom also does not measure anything! She had to guesstimate these measurements for me when I came to college. It is special to me because it reminds me of my Italian roots that I wish I my family had more ties to.

# Slow-Cooked Pork Butt

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*Chad Elsey*

## Ingredients:

6 lb. pork butt  
18 oz. BBQ sauce  
6 oz. pork dry rub  
1 tbsp. salt  
1tbsp. black pepper  
1 tbsp. brown sugar  
1 tbsp. cinnamon  
12-16 oz. beer  
1 cup sliced green pepper  
1 cup chopped vidalia onion

## Preparation Process:

Begin by placing the pork butt in large pan. Cover entire butt with thick coat of dry rub seasoning of your choice. Add salt, black pepper, brown sugar, cinnamon, or any other dry seasonings you may like to the pork butt. It is recommended to use these extra ingredients sparingly and only to add flavor. Then, coat the butt with BBQ sauce of your choice. Place seasoned pork butt into large crock-pot. Pour 12-16 oz. of beer over the pork butt and into the crock-pot. Always remember that good beer=better pork. Pour the rest of your bottle of BBQ into the crock-pot. Add onion and green pepper to the crock-pot. Add some water (no more than 2 cups) to the crock-pot. The liquid level should be should cover 1/2 - 3/4 of the butt in the crock-pot. Put the crock-pot on the high temperature setting and cover. The 6 pound butt should take about 8 hours to cook. Remember to flip the butt in the crock-pot about half way through the cooking process. Check on the butt from time to time to make sure everything is cooking properly. When done, the meat will easily pull apart with a fork. Eat on a bun or as is. Get sloppy.

## Narrative

This slow cooked pulled pork recipe has important personal and cultural meaning. As with many other recipes, this recipe is attached to my personal identity. Growing up in the South, I have grown a deep personal connection to BBQ of all kinds. On top of this personal infatuation with BBQ, I have developed a love for other “southern” traditions such as fishing, and football, and southern hospitality. For me, this dish goes perfectly with these types of traditions. This dish takes a long time to cook, so it is often prepared in the morning or the night before consumption. Imagine waking up, throwing this individualized piece of amazingness into a slow cooker, going fishing all day, and coming back to a house full of friends and good smells, then having an awesome dinner. This situation goes for “football days” as well. You can wake up, throw this meal together, drink beers with friends while watching your favorite team, and chow down on this great meal to cap it off. The smell of this dish alone is enough to turn a group of civilized, football watching, beer drinking men into rabid dogs. This dish perfectly captures what I believe to be the southern culinary identity.

The culture I live in has made contributions to the way in which this dish is prepared. To me, this dish is about as “American” as it gets. When preparing this dish you have multiple options. This reflects the mass consumer market found in America. If you go to a store for tomato sauce, you will find numerous options for similar products. This idea of multiple options is reflected in the fact that this recipe is not at all rigid. To a certain extent, you can add what ingredients you want, how much of those ingredients you want, slow cook it how you want, and serve it however you find desirable. The spices used consist of various flavors from around the world that have culminated into what could now be considered “southern.” The style of cooking is also a commonality among southern foods. A slow cooking meat to achieve tender, moist texture is a method used by the majority of BBQ chefs in the southeastern part of the USA. Lastly, this meal is extremely economical. While American culture may be wasteful at times, there is definitely a sense that Americans love things that give you more “bang for your buck.” This dish is

one of those items that will serve multiple people delicious food at minimal cost. If you break down the costs of this meal, you will find that it is extremely economical. Four pounds of meat will cost \$10-\$13 and can easily feed 6-8 people (think of the feast that will ensue with an 8 pound butt). In a country where a McDonald's combo meal costs \$5-\$8, I don't think there will be many complaints about a cheaper meal of better quality. This recipe demonstrates individual and cultural qualities that should be considered by anyone seeking an authentic "southern" meal.

# Stuffed Shells

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*Chris Carey*

## Ingredients:

12 oz. large pasta shells  
36 oz. pasta sauce  
32 oz. ricotta cheese (whole milk)  
16 oz. shredded mozzarella cheese  
1 cup parmesan cheese  
1/2 cup asiago cheese  
2 eggs  
6-8 oz. Italian sausage (about 2 links)  
6 oz. baby spinach  
2 garlic cloves (minced)  
fresh basil (several leaves; minced)  
2 tsp. salt  
2 tsp. pepper  
1 tbsp. dried oregano  
1 tbsp. dried basil  
2 tbsp. olive oil

## Preparation Process:

Preheat oven to 350 degrees (F). Bring a large pot of generously salted water to a boil. Add large pasta shells and cook for 8-10 minutes (al dente); drain. In a large pan, cook sausage until thoroughly done; drain. In a large pan, sauté spinach in olive oil until wilted. Lightly puree the cooked sausage and the sautéed spinach in a food processor. In a large bowl, combine ricotta, half of the shredded mozzarella, parmesan, asiago, eggs, minced garlic, fresh minced basil, salt, pepper, dried oregano, dried basil, and the pureed sausage/spinach mixture, until thoroughly mixed. Cover the bottom and sides of a 9x13 baking dish with half of the pasta sauce. Stuff the cooked pasta shells with ricotta mixture and place into baking dish. Cover stuffed shells with the remaining pasta sauce. Sprinkle the remaining mozzarella cheese over top of the dish, and cover with aluminum foil. Bake in oven for 30-45 minutes, until edges are bubbly and cheese begins to slightly brown. Remove foil and bake, uncovered for another 2-3 minutes. Let sit, re-covered for 10-15 minutes, then serve.

## Narrative

Ever since I was little, I've had a love for all foods Italian. My mother's side of our family is purely Italian, and my mother herself possesses a gracious love for cooking. These two truths coalesced into an upbringing full of flavor and family. This recipe for stuffed shells started off as a favorite dish from childhood and has evolved ever so simply into a tasteful masterpiece. I remember my first times in the kitchen, helping my mother stuff shells while making railroad tracks from cut up zucchini sticks. These early experiences played a significant role in shaping my loves for food: cooking and eating. As a result, I've grown up working in Italian kitchens and pizzerias, loving the smell of freshly cooked sauces and oven-fired pizzas.

Cooking this recipe now reminds me of growing up, spending time with my mother, and eating family dinners. About 10 minutes into baking, the kitchen fills with the smells of sauce, cheese, and spices. For me, this is the best part; not the gathering of ingredients, not the preparation, but the literal process of cooking when the ingredients come together into a form that is far tastier than the sum of its original parts. Now, when I cook this dish for my family and friends, I get a great sense of satisfaction when I see the same look of content that I experienced my first time eating it. Making stuffed shells is my way of connecting to my past and my present. They're my way of sharing my childhood experience with the people I care about. And, ultimately, it's an experience that radiates a

sense of warmth and togetherness. In this way, the dish itself is a metaphor for its own meaning and purpose, and that's what makes it a classic, worthy of cooking over and over again.

# Supper on a Bread Slice

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*Luke Hedrick*

## Ingredients

1 ½ lbs. ground beef  
1 egg  
8 oz. can evaporated milk  
1 large white or vidalia (or preferred) onion, chopped  
1 tbsp. mustard  
½ tbsp. salt  
½ tbsp. black pepper  
2 cups grated cheddar cheese  
1 large loaf Cuban or French bread  
Optional ½ cup chopped mushroom, ½ cup green and red peppers

## Preparation Process – (approx. 1 hour in total)

Heat the oven to 350°. Cut the bread in half lengthwise. Mix all other ingredients in a large bowl. Spread mixture evenly onto flat side of the bread reserving some cheese for later. Cover cooking pan with foil, place the bread on the pan and bake in oven for 35 minutes. Add additional cheese to slices, bake for additional 5 minutes, and slice the bread into portions making about 8 slices. Serves four to six.

## Narrative

Very few people have eaten; much less have heard, of this dish. I selected this recipe because of its uniqueness, as well as the easiness to make and the delicious taste of the dish. ‘Supper on a Bread Slice’ has been in my family ever since I can remember. My mother would make it quite often because it is something that is easy to make and everyone in the family enjoys eating it. This was made in often in my immediate family, but also for extended family reunions. Preparation can take a while, so when we have 30 mouths to feed, there will be 5 or 6 people chipping in to make the dish. Once the prep is done it is very easy to slice the bread into portions and serve in mass amounts. Again, mostly everyone enjoys the dish and the slices are portable as you are mingling around with other family members while also trying to consume your food. This preparation, cooking, and consumption of ‘Supper on a Bread Slice’ communicates a bond in family and fosters community.

I always thought that it was a normal dish for families to eat, but found out at a high school potluck event that ‘Supper on a Bread Slice’ is unfamiliar. My mom explained that she received the recipe from my grandmother, her mother-in-law. My grandmother started making it around the 1960’s and got the recipe from her sister, who first got it from their mother. My great-grandmother probably cut the recipe out of an ad in a magazine. My dad’s grandparents grew up in Indiana and eventually settled in West Lafayette where my grandmother was born. This simple yet unique dish probably has Midwestern origins, considering the meat and cheese heavy nature of the dish. There is an article published in the Chicago Tribune published in 1985 with a recipe of ‘Supper on a Bread Slice’ and a short narrative of the nature of the dish. The author mentioned it would be a great dish to serve because everyone would like it, they are great for Sunday football games, and it is easy to make. So, this article supports a Midwestern origin, but there is no evidence to show exactly where this dish has its origins from or how the recipe was created.

# Desserts

# Banana Pudding

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*Nicole Hasty*

## Ingredients:

1 14 oz. can of sweetened condensed milk  
1 1/2 cups of cold water  
1 (4 serving size) package of instant vanilla flavor pudding mix  
2 cups (1 pint) of whipping cream, whipped  
36 vanilla wafers  
8 medium bananas, sliced and dipped in lemon juice

## Preparation Process:

In a large bowl, combine sweetened condensed milk and water. Add pudding mix and beat well. Chill 5 minutes. Fold in whipped cream. Spoon 1 cup of the pudding mixture into 2 1/2 quart glass serving bowl. Top with 1/3 each of the wafers, bananas, and pudding. Repeat layering twice, ending with pudding. Cover, chill, and garnish as desired. Refrigerate leftovers.

## Narrative

My mother found this recipe in a magazine back in the '90s. She makes this recipe once a year and brings it to my maternal family reunion, which is the first Sunday in June every year. She has been bringing this dessert to the reunion ever since I can remember. It has always been my favorite dessert there. She only makes this banana pudding once a year so I really savor every bite. She usually stays up late the night before the reunion preparing the pudding and chilling it in the refrigerator overnight.

She used to only make one batch of the pudding for the reunion, but it has become so popular that she now has to make a double batch. One year she did not make it and everyone was upset! Needless to say, she has not skipped another year since then. Our family reunion has roughly 50 family members show up each year. Her banana pudding is among about 10 other desserts, but hers is always the first to empty. I have tried many other versions of banana pudding and they do not even compare to my moms. In my opinion, others seem to be too dense or have the wrong flavors. Hers has a light and fluffy texture and I know it is because she whips the heavy whipping cream and folds it in carefully. It helps if you do not fold in the whipping cream all at once because that will cause it to fall and lose that fluffy texture. Fold it in layers to keep it from falling. Another step that I think makes it top notch is soaking the banana slices in lemon juice. This helps the bananas from turning soggy and brown. I believe it also helps retain their fresh banana flavor.

I have only started helping her make this recipe in the past couple of years, and I know I am expected to make and bring it to the family reunion in the future. It is important for me to watch and learn from her as she makes this recipe so I do not miss any steps. It is also a bonding experience. As a child, I knew this as a yummy dessert my mom always brought to our family reunion, but now as an adult, it is a tradition that I want to keep in our family. I decided to choose this recipe because it means so much to my family and me. We share it with our huge family and that shows how special it is, besides the fact that it is the most popular dessert at the reunion.

# Bourbon-Chocolate Chip Pecan Pie

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*Chad Elsey*

## Ingredients:

1 large egg  
5 large egg yolks  
2/3 cup cane syrup  
2/3 cup light brown sugar  
1/2 cup heavy cream  
1/4 tsp. salt  
1 stick unsalted butter, cut into small pieces  
1 tsp. vanilla extract  
2 tbs. top-quality bourbon  
1 1/2 cup pecan pieces  
1/2 cup semisweet chocolate chips  
1 Pillsbury piecrust

## Preparation Process:

Whisk the egg and the egg yolks together in a large bowl and set aside. Combine the cane syrup, sugar, cream, and salt in a medium saucepan. Add the butter and melt over medium heat. Once the butter has melted, continue to cook the mixture until it is hot but not bubbling, about 1 minute. Whisk about 1/3 of the sugar mixture into the egg yolks a little at a time, just until the bottom of the bowl is warm to the touch. While stirring with a whisk, add the remaining sugar mixture. Stir in the vanilla and bourbon and set aside. Transfer the mixture to a large bowl and place it in an ice-water bath to chill for 8 minutes, stirring occasionally. Heat the oven to 325 degrees. Remove the Pillsbury piecrust from the refrigerator. Slowly unroll piecrust and place in a 9-inch pie plate. Then, trim off all but 1/4 inch of the overhang. Using a lightly floured thumb and index finger, pinch the edge of the dough together to form a granny crimp. Place 1 1/2 cups of pecans into the pie shell and top with an even layer of chocolate chips or pieces. Pour the slightly cooled filling into the shell and bake until the center has a little resistance. This should take between 30 and 40 minutes. Remove from the oven and cool for at least 1 hour before slicing and serving.

## Narrative

This bourbon-chocolate chip pecan pie is a delicious dessert that is great for the holidays. The recipe takes a pretty basic pecan pie and adds two fantastic things: chocolate and bourbon. While this dessert may taste good, there are also cultural and personal elements to consider. This pie is closely tied to my personal identity. This can be noticed by simply reading the recipe title. As a southern American, pecans (PEE-CANS) and bourbon are very close to my heart. Hickory trees (where pecans come from) are a native species to my home state Georgia. Growing up, there have always been pecans in family recipes, grocery stores, and restaurants. I have also made multiple visits to country stores that are focused on the sale of pecans (Priesters Pecans). Bourbon is another southern product that could be considered as attached to my personal identity. Although bourbon is synonymous with the state of Kentucky, it is widely recognized as a popular spirit among people living in the southeast. Throughout my college career I have conducted extensive anthropological research on the effects of bourbon. While bourbon is a bit sweet and can cause a headache or two, I still consider it to be closely tied with my personal identity.

This recipe not only exemplifies my personal identity, it is also related to my culture. Being American, the Thanksgiving holiday is deeply entrenched into my culture. Once a year people come together over a large banquet to give thanks and celebrate all that is good in life (such as pecans and bourbon). My family has chosen to attach this dessert to Thanksgiving. This attachment was created in order to solidify the way in which my family views Thanksgiving. In many American families (including my own), Thanksgiving is a holiday that enables us to overindulge in both delicious food and drinks. This particular dessert perfectly exemplifies this over indulgent American

attitude. Even after eating a large turkey dinner and sipping on *a few* adult beverages, there always seems to be room for a healthy portion of this gooey, bourbon-laced pecan goodness. The addition of chocolate takes this act of excessive consumption to a truly sinister level not meant for those who may be faint of heart. Another big part of southern culture is the famous southern hospitality. As a southerner, it is polite to offer guests food and drink with they arrive at your house. These offerings are generally sweet and meant to be pleasing or comforting. A good example of this form of hospitality would be to offer a guest sweet tea and a piece of pie upon arrival. While my family may attach this recipe to a holiday, it can definitely be used for situations where one is offering proper southern hospitality. This dessert is representative of both the south and the USA as a whole. Further, it is closely linked to my personal identity and the way I view one of my favorite holidays; the wonderful day of Thanksgiving.

# Brown Sugar and Rum Grilled Pineapple

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*Joseph Gonsalves*

## **Ingredients:**

1 pineapple (fresh)  
½ cup of light brown sugar  
2 sticks butter (salted)  
¼ cup of rum (more if needed to taste)

## **Preparation Process:**

Cut pineapple into circles, the thickness of the pineapple will depend on how many you are serving. Once cut, set pineapple aside. Melt butter on a stovetop until fully melted but not boiling. Add 1/2 a cup of brown sugar in small increments to the butter while stirring continuously. After butter and brown sugar have combined fully, add Rum to taste while stirring continuously. Leave butter, brown sugar, and rum mixture on stove top until consistency is thick again. Once the mixture is ready, turn stovetop off and let the mixture cool on a separate burner. Once mixture is cool, combine pineapple and butter mixture in a large plastic bag and place in the refrigerator. Approximately 30-45 minutes before serving, take pineapple out of bag and place it on a hot grill. Cook approximately 7-10 minutes on each side, basting the pineapple with the remaining butter mixture. Serve immediately and enjoy!

## **Narrative**

This recipe is one that my mother passed down to me. My family and I grew up in Miami, FL, so looking back I can easily see how our culinary decisions have always been based on our culture. I personally love what one would consider "island food". When I say this I mean, a lot of seafood, fresh fruits, light sauces, and lots of fruity spirits. So, my mother was trying to decide the menu for my graduation/birthday party from high school and it was an island theme, and her being a wonderful cook, but one who believes in easy cooking, was trying to keep the appetizers and menu relatively simple. She began to think about local fruits that she could get and she decided on pineapple. Furthermore, she wanted to something a little different with it. In response, she decided that since she was using rum already in a cocktail, she would combine it with some brown sugar and create a sauce. Ultimately, the party was a success and the pineapple was a huge hit. After, she and I loved the dish so much we made it again and decided to add butter to the mixture which turned out to be even more amazing. I have been out of high school five years now and we still make this recipe on special family occasions. Even though my mom does not live in Florida anymore, she still embraces the "simple, but delicious" attitude toward her cooking, and it has truly never failed.

# Chocolate No-Bake Cookies

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*Kayla Norris*

## **Ingredients:**

1/4 cup unsweetened cocoa  
2 cups sugar  
1/2 cup milk  
1/2 cup butter or margarine  
1 tsp. crunchy peanut butter  
1 tsp. vanilla  
1/8 tsp. salt  
3 cups oatmeal

## **Preparation Process:**

Prep Time: 15 min. Makes about 24 cookies.

Bring first four ingredients to boil, making sure not to scorch. Cook for 1 minute. Add other ingredients. Mix well and drop on wax paper. Let cool and keep at room temperature.

## **Narrative**

These cookies have been in my family since I was a little girl. My grandmother would let us ‘help’ her make them and lick the bowl after we finished making them. They were very easy to make, and kid-friendly. They were always kept in a Tupperware container on top of my grandmother’s toaster oven and came to be known as “Grandma Cookies.” She never used a recipe, and I learned how to make them after she passed away. I found the old, chocolate-stained recipe in my grandmother’s recipe box. I eventually began making them as a quick dessert that brought back tastes and memories of my childhood; however, I made one substitution, butter instead of margarine. Grandma insisted that Parkay margarine was the key to making these cookies harden, and I must admit that she may have been right. They never harden correctly when butter is used instead, but harden very quickly when margarine is used. I still hold on the belief that these cookies are healthy (minus the sugar and butter), and will be making them as a treat for my family to continue the tradition.

# Chocolate-Covered Cherries

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*Kayla Norris*

## Ingredients:

8 oz. cream cheese  
8 tbsp. butter  
Pinch of salt  
3/4 tsp. almond extract  
3/4 tsp. vanilla  
10 cups sifted confectioners' sugar  
48-50 cherries with stems  
2 lbs. (12 oz.) sweet or semisweet chocolate chips for melting (Ghirardelli brand recommended)  
1/3 bar paraffin wax

## Preparation Process:

First combine cream cheese, butter, salt, almond, and vanilla extract in bowl, blend well. Add sugar (small amounts at a time), first with a spoon, then knead with hands until candy loses stickiness and forms a smooth ball. Divide into 3 parts. Form each into 1 ½ diameter log and freeze; mixture will lose some of its stickiness, making cherries easier to wrap later.

In a double broiler, begin to melt chocolate and paraffin wax. Make sure chocolate is on low temperature so as to not scorch. Then, wrap each cherry in cream cheese mixture and dip. Place finished cherries on wax paper and keep cool. Do not freeze cherries, they will sweat when taken out of freezer and become a sticky mess. Enjoy!

## Narrative

I have been making this recipe at Christmas time for about three years now. I have fond memories from my childhood of my father, grandmother, aunts, and uncles always having the boxed variety of these cherries around the holidays. My siblings and I would buy my dad and grandmother these for special occasions like Christmas, birthdays, Fathers and Mother's Day, and pretty much any other holiday that called for gifts (as we were really young and all we could afford was a cheap box of waxy chocolates). I recall being disgusted by the boxed cherries; they were drippy, waxy, and the cherry in the middle tasted like a glob of old, congealed Bubblicious gum. Once I became kitchen-savvy, I fell in love with baking goodies for people. I suppose the motive was selfish; I liked having friends and loved ones commend my newfound baking skills. I also enjoyed blending ingredients together and yes, licking the spoon.

I came across these cherries one Christmas at a friend's house. When I asked how she made them, she sighed and said it was a really tedious process, which is why she made them every year. She gave me the recipe, and invited me over to her house to help her with another batch. I soon realized why she only made them once a year. The process does not look exhausting on the recipe card, but it took me nearly three hours (not including freezing time) to make these things! Once I did, I gave them away as Christmas presents in nice little tins and baskets. These sweet pieces of Heaven are a representation of my perseverance and patience; they are also my "grown-up" version of the treats I used to buy for my family as a kid.

# Cranberry Salad

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*Nicole Hasty*

## **Ingredients:**

1 bag of fresh cranberries  
1 box of lemon Jell-O  
1 box of cherry Jell-O  
1 large can of crushed pineapple  
1 cup of diced apples (preferably granny smith)  
1 cup chopped pecans  
1 cup diced celery  
1 cup of sugar

## **Preparation Process:**

Grind cranberries in food processor. Add in 1 cup of sugar. Mix well and refrigerate. Chop or dice all items needed. Add half a cup of boiling water to Jell-O. Add in the pineapple, apples, celery, pecans, and cranberry mixture. Mix well. Let it sit for several hours in the refrigerator.

## **Narrative**

My mom has been making this cranberry salad for Thanksgiving each year for about 8 or 9 years. My mom's best friend shared the recipe with us because it was such a hit with her family. My mom decided to start making it for Thanksgiving and it became a hit with our family as well. Before my mom ever started making this recipe we would only have the canned cranberry sauce on our table for Thanksgiving. No one even ate the canned cranberry sauce except for my grandmother! Now since we have upgraded, the whole family enjoys this cranberry salad each year. My favorite way to enjoy this cranberry salad is to pair it with my grandmother's dressing recipe on Thanksgiving. It tastes delicious together. This recipe is great during the summer as well because it is served cold. I hope you all enjoy this recipe as much as we do in our family.

# Double Layer Pumpkin Cheesecake

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*Jessica Hall*

## **Ingredients:**

2 (8 ounce) packages cream cheese, softened  
½ cup white sugar  
½ teaspoon vanilla extract  
2 eggs  
1 (9 inch) prepared graham cracker crust  
½ cup pumpkin puree  
½ teaspoon ground cinnamon  
1 pinch ground cloves  
1 pinch ground nutmeg  
½ cup frozen whipped topping, thawed  
1 tbsp. honey

## **Preparation Process:**

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.

Add pumpkin, cinnamon, cloves, honey and nutmeg to the remaining batter and stir gently until well blended.

Carefully spread over the batter in the crust.

Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

## **Narrative**

This recipe was actually introduced to me by a friend of mine. She had found it on the internet and posted it to Facebook. I try to make it as often as possible especially for family gatherings or just cause. I love to cook so my friends and I are always swapping recipes to broaden our taste buds. We try to plan a dinner party once a month but with school that can be hard. I do tweak my recipes a bit. For this one I added honey and I make homemade whip cream.

# Homemade Chocolate Cake

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*Mollie Gilstrap*

## **Ingredients:**

### **CHOCOLATE CAKE**

2 cups all-purpose flour  
1 tsp. salt  
1 tsp. baking powder  
2 tsp. baking soda  
3/4 cup unsweetened cocoa  
1 ½ cups sugar  
1 cup vegetable oil  
1 cup hot coffee (does not matter what type)  
1 cup milk  
2 eggs  
1 tsp. vanilla extract

### **VANILLA ICING**

1 cup milk  
5 tbsps. all-purpose flour  
½ cup butter, softened  
½ cup shortening  
1 cup sugar  
1 tsp. vanilla extract

## **Preparation Process: (Preparation time: 45-60 mins.)**

NOTE: Preheat the oven to 325 degrees.

### Directions for the CHOCOLATE CAKE:

Place all of the dry ingredients into a mixing bowl and stir together. Add the oil, coffee and milk. Beat the mixture at medium speed for 2 minutes. Add in the eggs and vanilla. Beat the mixture for 2 more minutes. The batter will be thin. Pour the batter into a greased/floured pan(s). Bake at 325 degrees for 25-30 minutes or until you can stick a knife in the middle of the cake and it comes out clean.

Let the cake cool before icing it.

### Directions for the VANILLA ICING:

Combine the milk and flour in a saucepan, and let it cook on medium heat until the mixture becomes thickened. Remove from the stove, cover and place in the refrigerator. Using an electric beater, beat the butter, shortening, sugar, and vanilla in separate bowl until the mixture is creamy. Add the chilled milk/flour mixture, and beat for 10 minutes.

Once the cake is cooled, load the icing on top and enjoy! The cake and icing are also really good after being refrigerated, so make sure to keep some leftovers for the next day.

## **Narrative**

This chocolate cake brings back so many birthday memories. Ever since I can remember, my Mom has made this particular homemade cake for mine and my sister's birthdays, as well as for hers and my Dad's birthdays. For my

family, the cake is an edible symbol of ending one year of life and starting a new one, and my birthday would not be complete without it. Many times I have had to wait a couple days to have my birthday cake because my birthday always falls during Fall semester's finals week, and it does not feel like my birthday has actually happened until I get the chance to sit around the table at my parents' house with my family enjoying a slice of my Mom's homemade chocolate cake.

I inquired to my mother if there was any history behind this particular cake recipe, and I discovered that it was a family recipe. My mother had grown up down the street from her grandmother (my great grandmother), and she had always made this cake for my Mom's and other family birthdays. It was distinctive because she put hot coffee in the batter, which made it extra moist and delicious. When my great grandmother passed, my mother searched and searched her house to find the cake recipe and never could. But a couple of years later she was helping my grandmother clean out old boxes and found some old recipes, one of which was for a cake. My mother knew that it was the chocolate cake recipe that she had been looking for because hot coffee was listed as an ingredient. Ever since then, my Mom has continued the tradition of eating this homemade chocolate cake with homemade vanilla icing on family birthdays.

I was really pleased to learn the history of this birthday cake tradition because now I know where it came from and the power that food has in connecting people across generations. This birthday cake has been around for many years in my family, and I hope to continue it by passing it along to my children one day. It is one delicious cake, and it deserves to be enjoyed.

# Microwavable Cake

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*Amber Avery*

## Ingredients:

1 box-1 lb. of white angel food cake mix  
1 box-1 lb. of cake mix (any flavor)  
Water  
Toppings of your choice

## Preparation Process:

In a gallon sized Ziploc bag (or other container), pour in white angel food cake mix and any flavor cake mix you like. Seal bag and shake together until the color in the bag becomes consistent (about 2 minutes). Then you can store until ready to make your cakes. The mix can store for a year or longer (read the expiration date on the boxes) as long as it is kept as air tight as possible in a dry, cool, dark place.

The main way of preparing it is to: scoop out 3 tablespoons of the mix and put it in a coffee mug (the cake may stick, so if you want you can use a non-stick spray before you put anything into the mug). Then add 2 tablespoons of water and mix well. Put it in the microwave for 1 minute and it will be done. The cake should be about double its original size and it should be fluffy. You can put frosting on it, add sprinkles, eat it plain, or whatever else you can do to a normal cake.

## Narrative

My family got this recipe from my step-grandmother when she and her fellow employees were emailing each other with recipe ideas for their families. We originally three batches one was using a lemon flavored cake mix, another was mixed with an orange flavored cake mix, and the other was golden butter flavored cake mix. My mother, grandmother, half-sister, and I would get a coffee mug and prepare it with one flavor in three mugs and a mixture of two or three in a fourth mug. We would then microwave them all at once first for one minute, then in 15 second intervals until fluffy. Since we only cooked what we wanted, there was no rush to finish the cake before it went bad; so we could enjoy our small desert in our own time and however many ways we wanted to.

My half-sister, Alexis, who was 9 at the time, would have small tea parties using the microwave cakes instead of cookies. We would use the coffee mug method to cook the cakes. Then with a spoon we would carefully scoop out the cakes, cut them in half, and then put them on the small china-like plates of the kiddie tea set. We would take them to the table and go find different toppings like chocolate icing, cherry flavored syrup, colorful sprinkles, and sugar crystals/sprinkles. Then she and her three friends could mix and match whatever they wanted to eat, as long as they ate it.

Another way we have used the microwavable cake mix was during Easter. One of my friends was having a small Easter dinner over at her house and I was supposed to bring something. So I got a little creative in the dessert line. I took the lemon, orange, and golden butter flavored mixes and mixed them in three small bowls using 3 tablespoons mix and 2 tablespoons water. I then took out or Rubbermaid egg tray (which holds 24 egg halves) and sprayed it down with Pam non-stick spray. I very carefully spooned in the lemon and orange uncooked mix into the egg shapes. I put the egg tray into the microwave with the turntable off for about 3 minutes using 30 second intervals. When I thought they were done I slowly pushed out the finished egg shaped cakes into a plastic container. I repeated the process using the golden butter and lemon and later the orange and golden butter mixes. After I had about 60 egg-half shaped cakes (the others either broke or were eaten by thieving family members), I sprinkled them with pink, red, green, yellow, and purple sugar sprinkles. When they finally made it to the Easter dinner there was only 40 left and by the end of the dinner they were all gone.

# Oatmeal Twist Cookie Recipe

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*Allison Smith*

## **Ingredients:**

2 cups sugar  
1 stick butter  
2/3 cup evaporated milk (small can) or 1/2 cup milk  
4 tablespoons cocoa  
1 teaspoon vanilla extract  
3 cups old fashioned oatmeal  
1 cup chopped pecans  
1/2 cup peanut butter  
roll of wax paper

## **Preparation Process:**

Thoroughly mix sugar, cocoa, butter, and milk in a bowl. Pour mixture into a medium size sauce pan. Slowly bring this mixture to a boil on medium heat. When the mixture is boiling, slowly stir it for 8 minutes until it reaches a slightly thicker consistency. Remove mixture from heat. While mix is still hot, add peanut butter, vanilla extract, oatmeal and pecans. Next, roll out about 3 sheets of wax paper and spoon about a tablespoon of the mix onto the wax paper making sure the spooned mixture is separated around an inch apart. Let the cookies cool and enjoy!

## **Narrative**

I have chosen to share my oatmeal twist cookie recipe because I love these cookies and they remind me of time spent with family. This recipe was passed down from my very southern grandmother to my mother. This treat calls for a lot of unhealthy yet wholesome ingredients which remind me of much of the other food made by the women in my family. I would make these cookies with my mom and sister, so the familial recollection of this snack is one of great importance close to my heart. I can remember being in the kitchen as a young child with my sister and sneaking a bite of the cookie mix before it was ready to eat. Another essential aspect is that this recipe yielded a great amount of cookies. This resulted in making it one very affordable treat for my single mother to make.

The anthropological connection I find with this treat is almost entirely matrilineal and southern. The idea of females gathering in a kitchen to cook and bake may sound sexist, but to me feels normal in an old-fashioned way. We often made these cookies during the winter to create a feeling of warmth as a holiday treat. So not only do they represent warmth in a literal sense, but also in a cultural and familial sense.

# Pistachio Salad

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*Jennifer Smith*

## **Ingredients:**

1 box pistachio pudding  
1 24 oz. can of crushed pineapple, sweetened in natural juice (preferred over sweetened in syrup)  
1 8-10 oz. container of Cool Whip  
1 ½ cups of miniature marshmallows

## **Preparation Process:**

Mix the pudding and pineapple thoroughly in a large bowl. Fold in one 8-10 oz. container of Cool Whip until completely mixed. Fold in 1 ½ cups of miniature marshmallows until marshmallows are moistened. Refrigerate until ready to serve.

## **Narrative**

Pistachio salad is a recipe that was passed down to me by my father's mother. My grandma lived with our family for nine years before she passed, so it has been made often at family dinners, holidays, and celebratory gatherings. My grandmother was German, so it would be safe to say that the recipe is a German one. According to my mother, the recipe came about once miniature marshmallows were introduced into grocery stores, prompting many housewives to create recipes involving these sweet treats. The recipe is a sweet dessert; however, it is served with dinner and not separately during dessert time.

Although my grandma is no longer with us, my mother still makes this recipe often, especially when we have people over to the house. It is always humorous to watch people's reactions to the recipe when they are unfamiliar with it. The dish itself looks like a puffy green mixture, and people often mistake it to be something non-sweetened. The pistachio salad is green from the crushed pineapple juice, and just the name of the recipe alone has been known to turn people away. However, once people try it, they generally come back for seconds. Personally, I do not even like cool whip on its own, but it is either the familiarity or the tastiness of this recipe that does not stop me from loving it. This recipe is light, fluffy, sweet, and always present in the Smith family household during special dinners.

# Ponche

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*Ana Karen Valles*

## Ingredients:

6-8 guavas  
2-3 large apples  
16oz bag of sugar cane  
12oz of prunes  
12oz of tamarind  
4oz of hibiscus flowers  
3 large sticks of cinnamon  
2 cups of brown sugar

## Preparation Process:

Step 1:

Cut the apples into bite size cubes. Peel and cut the sugar cane into manageable pieces. Peel the tamarind and remove the stringy fiber from the fruit.

Step 2:

Put the cinnamon, hibiscus, and stir in a cup of sugar into a very large pot filled with at least a liter of water and bring it to a boil.

Step 3:

Once the water has boiled you add in the fruits and sugar cane. Make sure to add enough water to cover all the fruit. Let cook for about 15 minutes while the water simmers or until the fruits are all soft.

Step 4:

Add the remaining sugar to taste. Serve hot in a mug with some of the fruit in each cup

## Narrative

This recipe is for a hot fruit punch that is the very first thing I think of when I think about Christmas. Growing up I spent most of my Christmases at my grandmother's house in Mexico. These short visits usually revolved around visiting different relatives for Christmas parties and without fail there was always Ponche. Like here, in Mexican culture there are a variety of foods that go with the holiday, for example Rompo which is a little like very sweet and very alcoholic eggnog, or "Ensalada de Noche Buena" which has the very romantic translation of either Poinsettia Salad, or Christmas Eve Salad. Rompo is alcoholic so I was rarely offered it as a child and when I did finally try it I found it much too sweet. Ensalada de Noche Buena is very pretty but unfortunately the main ingredient is beets which I can't stand. For whatever reason, I don't care for many of the traditional Christmas foods, except for Ponche, which is hands down my favorite Christmas tradition. When I drink it now it comes with the all the warm fuzzy feelings the holidays should bring.

The recipe I gave above is for Ponche the way my mother makes it, however everyone has a different version of this drink. For example some people use molasses to sweeten instead of brown sugar, or include Tehocotes, a peach like fruit, in the drink. Although the differences are subtle, for me, the different possible ingredients always remind me of specific people. For example the lack of guava makes me think of my aunt Vicky who excludes them because my cousin doesn't like them. Molasses make me think of my grandmother which she uses instead of brown sugar. The contents of this drink also serve as a marker of the kind of situation you are in. All the fruit and spices tend to blend very well with alcohol, however it is usually only added at the end of the cooking process to avoid cooking out the alcohol and it is usually only included when there are no children present, at least in my family.

No matter the contents of the pot, in every gathering it is always at the center of the party. Not just because it is in the kitchen with the food which is always the star attraction, but also because of the comforting warmth it provides in the depth of winter.

# Punchbowl Cake

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*Imani Lunda*

## Ingredients:

1 pound cake (may substitute with angel food cake if desired)  
1 packet of banana flavored pudding mix  
1 16 oz. tub of Cool Whip  
1 can of strawberry pie filling, 16 oz.  
1 can of crushed pineapples, 16 oz.  
3 whole bananas sliced  
4 fresh strawberries sliced

## Preparation Process:

Step 1- Take the cake of your choice and slice into one-inch cubes.  
Step 2- Take a little over half of the cool whip and mix with banana flavored pudding mix. Mix well and set aside.  
Step 3- Take 3 whole bananas and slice, set aside.  
Step 4- Take a large bowl of your choice and put a layer of cake cubes at the bottom.  
Step 5- Take the cool whip mix and spread some on top, then layer with  $\frac{1}{4}$  of the can of strawberry pie filling,  $\frac{1}{4}$  of the can of crushed pineapples and 1 whole sliced banana.  
Step 6- Top with whipped cream mix.  
Step 7- Continue layering in that order starting with the cake cubes until you reach the top.  
Step 8- Top with plain cool whip and garnish with 4 sliced fresh strawberries.  
Step 9- Enjoy!

## Narrative

On my 17<sup>th</sup> birthday, my mother started making me this cake. I remember that year her and my father decided to throw me a surprise birthday party. It was great, besides the fact that they invited most of their friends and barely any of mine. However, when I tasted the cake for that first time, I couldn't even stay mad at my mom anymore. Everyone loved the cake so much they were begging her for the recipe. She didn't want to give it out at first, but eventually she gave in. And ever since then she makes me this same dessert for every birthday. Even at community and church events she always brings this cake and everyone loves it.

My grandmother who lives in Chicago always sends my mother recipes that she thinks we might like. The morning of my birthday, she called my mother and told her that she should make the cake for my birthday. I was coming home from a camping trip that day so it was great to see my parents take the time out to do something like that for me. It was also great to see how all of the food and brought everyone together. Whenever my mom makes this dessert, everyone knows that it's time to sit down and talk or just enjoy each other's company. It's one of my favorite times in our house, sometimes she'll even make coffee and tea to go along on the side. It's one thing to sit down as a family for dinner, but to sit down together for dessert is even better.

# Ricotta Cheese Cookie

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*Alexandra Thompson*

## **Ingredients:**

2 sticks margarine  
2 cups sugar  
1 lbs. Ricotta cheese (whole milk)  
2 large eggs  
2 tsp. vanilla  
1 tsp. baking soda  
1 tsp. salt  
3 to 4 cups flour  
1 can vanilla icing  
Cookie sheet

## **Preparation Process:**

Makes 25-35

Mix together the margarine, sugar, and ricotta cheese in one medium bowl. Then, mix in the eggs, vanilla, baking soda, and salt into the mixture. Begin to add the flour (maybe a 1/3 at a time). You do not want the dough to be a cake like consistency (to lose); more like a cookie dough consistency. Finally, drop teaspoon or tablespoon size drops onto an ungreased cookie sheet. Bake on 350 degrees for 12-15 minutes.

After they cool, top with icing and/or sprinkles.

## **Narrative**

During Christmas Mom, my sister, and I take a whole day the week before Christmas to bake the cookies. It is a family recipe which traveled to Pennsylvania from Italy; it's from my grandmother's side, my great-great-great grandmother's recipe. We make 5 to 8 batches every year; we make so many because by the time we finish making the cookies we have eaten at least half of a batch or more!! When we take the time to make the cookies, now that we are older, we talk about the past semester and how school is going. When we make the cookies it is a time to be around the family and be thankful for everything that we have and everything that we do as a family.

# Shoo Fly Pie

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*Jon Fretz*

## Ingredients:

### Pie Filling

1. 1 Cup of Brown Sugar
2. ¼ Cup of Flour
3. 1 Cup of dark Karo syrup
4. 2 Cups of Water
5. 1 Tsp. Vanilla

### Pie Crumbs

1. ½ Cup of Shortening
2. 2 Cups of Flour
3. 1 Cup of Sugar
4. 1 Tsp. of Baking Soda
5. 1 Tsp. Cream of Tartar
6. 2 9 inch Pie Crusts

## Preparation Process:

Preheat oven to 350 degrees.

In a large sauce pan combine pie filling ingredients and mix well.

Bring mixture to a boil until it begins to rise in pan.

Remove from heat and set aside.

In a large mixing bowl, add pie crumbs ingredients and mix with a pastry blender or by hand.

Divide filling mixture between the two pie crust and sprinkle crumb mixture evenly on top.

Bake for 1-1 ¼ hours.

## Narrative

The significance of the Shoo Fly Pie recipe for me has less to do with the history of the recipe itself and more to do with the integration of the recipe into childhood memories. As I was growing up we would often visit relatives from Pennsylvania. On each and every one of these visits the first night we arrived a large dinner would be served with all the members of the family sitting down with the adults at one table and the younger people at another table. The adults would pass out plates laden down with roast beef, potatoes, green bean casserole, and Crescent rolls. All sorts of delicious treats! (Minus those horrid carrots they would include with the roast beef! We all swore that they were attempting to poison us with those hideous orange abominations!) The adults would discuss the typical boring things such as politics, work, health issues of the older members of the family, and other matters that are of little concern to a younger child. The cousins would all sit at the smaller table and discuss the things that truly mattered! The latest video game on Nintendo, how much we hated math in school, and of course this new thing called "the world wide web" that people kept talking about but none of us had actually seen. Occasionally one of the cousins would brag that he or she had actually seen the internet once and that it was just as amazing as we had all heard. We would all gather around in a conspiratorial way and discuss what they claimed to have seen on the internet. One time "Mikey" (Name changed to protect privacy) recalled that he had heard a song played from a computer at school. We knew he was making that up because computers couldn't talk! Even the Nintendo could barely play music and make noise and this was the almighty Nintendo! If that Nintendo could not play a song then there was no way that a machine designed to make students have to learn how to type could do something so cool! The argument would then degrade to "Yeah huh!!" and "Nuh uh!!" until one of the adults would send over a look who's message was all too clear. This look was effective at ending the argument in the same way that a brick wall is an effective method of stopping a

rollerblader. It was generally about this point that the adults would start discussing whether or not to brew a pot of decaf or regular coffee. As soon as we heard those words our mouths would start to salivate. Not because of the coffee mind you, but because of what we knew would come once the pot had brewed. The Shoo Fly Pie would be the next item on the menu! The tension in the air at the children's table was nearly palpable. We could almost taste the gooey, delicious, crumbly goodness that was to come! The pie that could transform the most distraught amongst us into a pile of hyperactive energy just bursting to have another bite! It was nearly time. The adults would never let us cut our own pieces out of fear that we would be up until all hours of the night and bouncing off the walls! "These are old walls! They can't take you kids jumping into them all night long!" they would say. We knew the truth though, they just wanted to keep more of the pie for themselves! We would take what we could get for now and sneak down later for the rest. As the pie was placed in front of us a grin would begin to spread across our collective faces. There was no rushed digging in. This was a moment to be cherished, prized, and savored. Once the pie was gone there would not be another for ages! Maybe even months, and who can wait that long when they are young? The first bite was pure heaven. One thing you must understand is that there is an art to eating Shoo Fly Pie. You do not simply shovel it into your mouth and hope for the best. Oh no, you must take a delicate bite, savor that bite, swallow and then, and only then, reach for your milk to wash down that first bite. This process would be repeated up until the last bite. Upon reaching the last bite one would wait. You would wait as long as you were able. The cousins would look to one another to make sure that everyone had arrived at the last bite. If there was one who was taking their time they would be looked upon with envy as if somehow they had managed to procure a larger piece. Once the last person was down to the last bite we would all place it on our forks simultaneously and proceed to take a sip of milk. Once the milk had been swallowed it was time for that last bite of Shoo Fly Pie. This was a solemn occasion. The gravity of the situation could not be overstated. To us, this was how soldiers must have felt before leaving for the D-Day invasion. The last bite was taken. The last sip of milk swallowed. The post meal lethargy would set in for a few moments, and then... And then the sugar high! The glorious sweet sugar rush that we had all known would arrive. We would all grab our jackets and run out the front door making a tremendous amount of noise. The adults would smile and shake their heads as they returned to discussing what malady affected some distant relative none of the cousins had ever heard of. Once we were outside the ball games would begin! We would play for an hour or two before the sugar crash hit and it was time to go to bed. It was late after all, we were up till 9:30 in the evening and well past dark! The boy cousins all shared one room and the girl cousins all shared another. The boys would stay up all night arguing over which Mighty Max playset was the best. We assumed the girls were talking about makeup or something to that effect. To this day any time that the first bite of Shoo Fly Pie is taken, the ritual begins anew.

# Sour Cream Pound Cake

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*Meya Hemphill*

## Ingredients:

1 stick of softened butter  
1 cup of sugar  
1 tsp. vanilla or lemon extract  
1 cup of sour cream  
3 cups of self-rising flour

## Preparation Process: (Preparation time: 1 hour and 30 minutes)

Be sure and preheat oven before placing cake on baking rack in oven. Cream butter and add sugar slowly, beating constant-after addition. Add sour cream. Add flour, ½ cup at a time, beating well and constantly. Add vanilla or lemon extract. Pour into well-greased and floured 10-inch tube pan. Use Baker's Joy spray can to oil and flour pan. Bake in moderate oven at 325 degrees for about 1 ½ hours or until cake is done (it will spring back when touched lightly with finger). When cake is done, remove from oven and place on rack to cool 5 minutes. Loosen cake around edge of pan with dull side of knife. This protects the crust. Turn cake onto rack to cool completely. Serve plain. This cake can be frozen, either whole or cut. Wrap in several layers of clear plastic or aluminum foil.

\*\*Notes: 1. A good substitute for sour cream is 1 cup of evaporated milk plus juice of 1 lemon, mixed together. 2. Crisco is best for greasing pan.

## Narrative

“Foodways hallowed by tradition and by family are inseparably bound with love, with feeling, and with life itself”

(Anderson).

Traditions bring forth a feeling of togetherness and history. Recipes allow room for longevity of tradition. By passing down these recipes from generation to generation, it keeps tradition alive. Food is more than just for survival; in terms of tradition it is the center of social gatherings. I believe food creates social ties whether these are familial or friend-based; they form a sense of community. There is something to be celebrated when family customs survive the modern times of processed and packaged foods. Tradition is something that cannot be duplicated and sold because it is unique to the family that creates it. Food defines us culturally and it is through sharing that bond us.

This pound cake is vital to the Hemphill family in welcoming new friends and company. It serves as the center of our family gathering. As far back as my great-great-grandmother on my mother's side, this tradition has been kept alive. It began as a plain butter pound cake, and as it was passed down to my grandmother she began to make many different versions (i.e. sour cream, strawberry icing, 7up, etc.) Food traditions have the ability to change and fit into modern times. For my family it is symbolic of our Southern culture. It also marks our Southern hospitality.

Another distinctive feature of this pound cake is its ties with the women of our family. This staple of our family has been passed down through the women. The women, more specifically the mothers pass it down to the daughters. Therefore, the women are in charge of preparation and the serving of this dish. As far as I know there hasn't been a time when any men of our family have helped in making the pound cake. I hope that one day I can continue to keep this tradition alive by passing it down to my daughters.

# Spicy Chocolate Pumpkin Cookies

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*Emma Andrews*

## Ingredients:

½ cup butter  
¾ cup packed brown sugar  
¾ cup white sugar  
1 egg  
1 tsp. vanilla extract  
1 cup pureed pumpkin  
1 tsp. baking soda  
2 ½ cups all-purpose flour  
1 tsp. ground cinnamon  
½ tsp. paprika  
½ tsp. ground nutmeg  
1 ½ cups milk chocolate and white chocolate chips

## Preparation Process:

Preheat oven to 350 degrees Fahrenheit and grease a cookie sheet. Combine wet ingredients (including pumpkin) in one bowl. Combine dry ingredients (save chocolate chips for later) in another bowl. Slowly add dry ingredients to wet ingredients while stirring. Stir until combined. Add chocolate chips. Spoon onto cookie sheet and bake for 12-15 minutes. Check cookies using toothpick method

## Narrative

My mother is a primary school (grades K-2) teacher, so handheld holiday treats are a given hand-me-down in my family. If it is festive or tacky, it is on the menu. She picked up this spicy fall cookie recipe in her seventh year of teaching (circa 1998) during a school recipe-swap. That Thanksgiving, she presented these paprika-infused cookies to the family; we have enjoyed/demanded them each year since.

Each year, we would travel to the pumpkin patch in Cartersville, Georgia to pick out jack-o-lantern pumpkins and small pie pumpkins. We would bake the pie pumpkins to use as the pureed pumpkin ingredient, though since I have moved out on my own, I have been cheating with canned pumpkin. These cookies are a fun variation of the classic chocolate chip cookie (the fun being the dismemberment of a small pumpkin), so as kids we were all on board.

I chose to share this recipe because it is around the time of year to enjoy the typical sweet and spicy food combinations that accompany the season change. Though Georgia is typically fickle about the arrival of fall, the breezy weather and chilly nights left me craving a home favorite. Apple cider, sugar-cured ham, and spicy chocolate pumpkin cookies are all markers of Thanksgiving and, more importantly, the idea that it is time to relax and enjoy the holidays.

When fall semester gets stressful, I try to focus on the positive aspects of the mad autumn rush, and these nostalgic cookies always come to mind. More than anything, these cookies symbolize the relief of stress associated with the holiday season for me.

The fact that these cookies contain pumpkin and are therefore a fruit (it is science) is an added bonus. Enjoy “without” the guilt!

# Sweet Potato Pie

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*Imani Lunda*

## **Ingredients:**

4 ounces butter, softened  
2 cups cooked and mashed sweet potatoes  
2 cups granulated sugar  
1 small can (5 ounces, about 1/2 cup plus 2 tablespoons) evaporated milk  
1-teaspoon vanilla  
3 eggs, beaten  
1 1/2 teaspoons cinnamon  
2 prepared pie shells, unbaked

## **Preparation Process:**

Step 1- Mix butter, potatoes, sugar and evaporated milk until well blended.

Step 2- Add vanilla, eggs, and cinnamon; mix well.

Step 3- Pour into the prepared pie shells.

Step 4- Bake in a 350° oven for about 1 hour, until set. Makes 2 pies.

## **Narrative**

There's nothing like a sweet potato pie to lift your spirits during the holidays. I love when my aunt makes them during the holidays because it's comforting and it helps me to relax. One of the things that I love the most is that whenever she makes them she always makes 10 to 15 of them to pass out to everyone in the family. It's one of those things that I always look forward to the most. It makes me think of my childhood. I loved all of those special times sitting at the table after dinner at her house and her setting two of the pies on the table. We have a big family as well, so she has made it a mission to pass down all of her dessert recipes to all of the young people in the family.

Although she makes this pie year round for many family events and dinners, there's nothing like one of her sweet potato pies during the holidays to remind you of time spent with family over some good pie and pleasant conversation. One of my favorite memories is centered on this pie. After dinner we would all sit down with pie and tea or coffee and play several rounds of kings in the corner. It's a family game that we play around the table during the holidays. That's why I really love this pie.

# Xôi

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*Amber Pham*

## Ingredients:

2 cups of glutinous rice  
½ cup of coconut milk  
Couple drops of whatever food you like  
Dash of salt  
Dash of sugar  
¼ of shredded coconut  
1 Tbsp. of roasted peanuts  
1 Tbsp. sesame seeds toast

## Preparation Process:

Soak rice overnight between 8-12 hours. Drain rice into colander. Add rice to mixing bowl with salt, sugar, and food color. Mix until the rice is fully and evenly coated.

Bring water in steamer to boil. Place rice in top part of steamer with holes and cover with lid. Steam until rice is soft and easy to eat. Mix in coconut milk. Remove rice from steamer and let cool.

While rice is cooking, crush peanuts, sesame seeds, and mix together. Add sugar and salt.

Place rice on serving platter and sprinkle with coconut shreds and peanuts/sesame toppings.

## Narrative

Xôi, pronounced soy, has always been one of my favorite Vietnamese desserts growing up. Xôi can either be bought at a Vietnamese store or be made at home. When I would go visit my grandparents when I was younger, we would always go the neighborhood Saturday market and she would buy me a little homemade packet of this sticky rice sprinkled with coconut and peanuts with a side of sugar to dip it in. There would be a variety of different kinds, too. Some would be a fun green or red color while others were white with boiled peanuts mixed in the rice. You would it by pinching a little off from the bunch, beware, it's very sticky, and dipping it into the sugar mix. Simple!

Xôi would also be made or found at weddings and other ceremonies. Since red is a lucky color in the Vietnamese culture, red Xôi is the most common. At my cousin's wedding last summer, I helped my cousins prepare red Xôi. This was actually my first time making this dessert and it is tiring. We were making it for the reception after everyone in the wedding party came to the groom's house and prayed. There were also a lot of other food at the reception, but the red Xôi was our responsibility.