



LA ROCHE
UNIVERSITY



THE
AMBASSADOR ANTHONY C.E. QUANTON
&
SUSAN LONG QUANTON
CENTER FOR GLOBAL ENGAGEMENT

COOKBOOK OF CULTURAL CUISINES

A Compilation of Recipes from the
La Roche University Community

Created by the Quanton Center for Global Engagement
Fall 2020



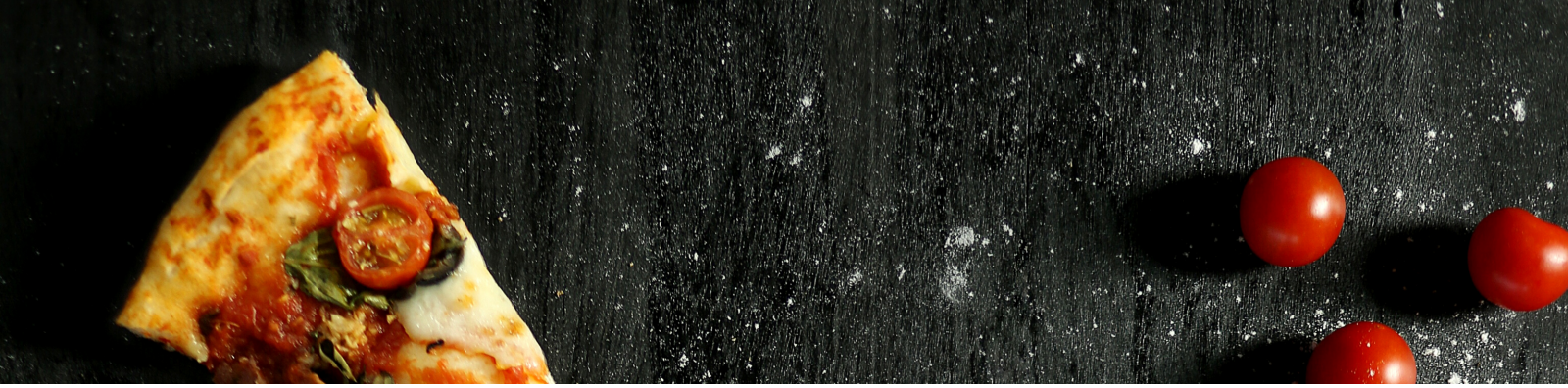
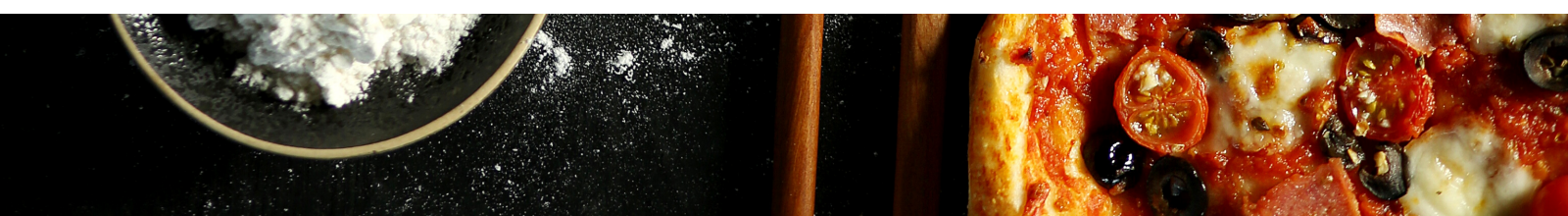


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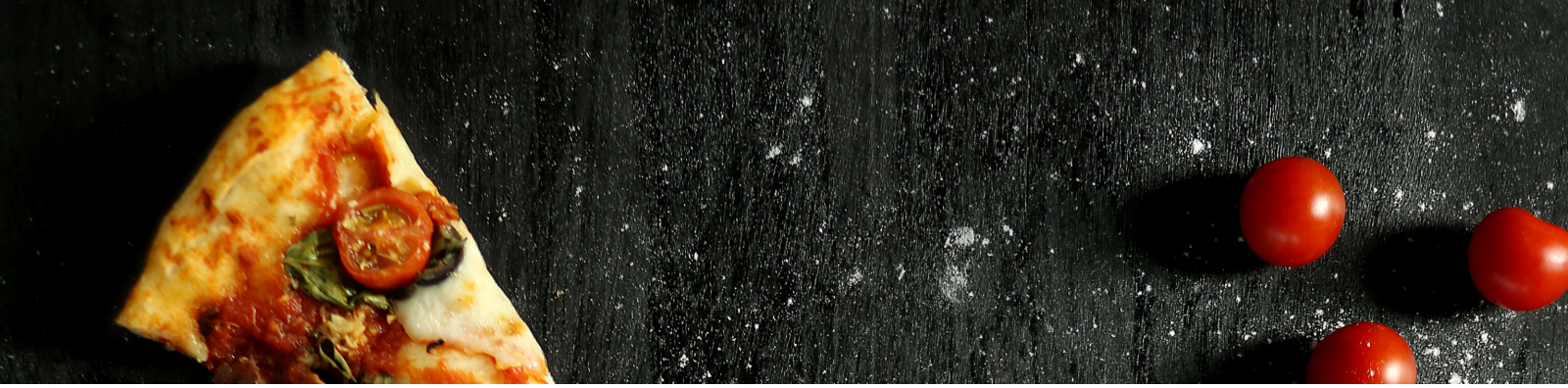
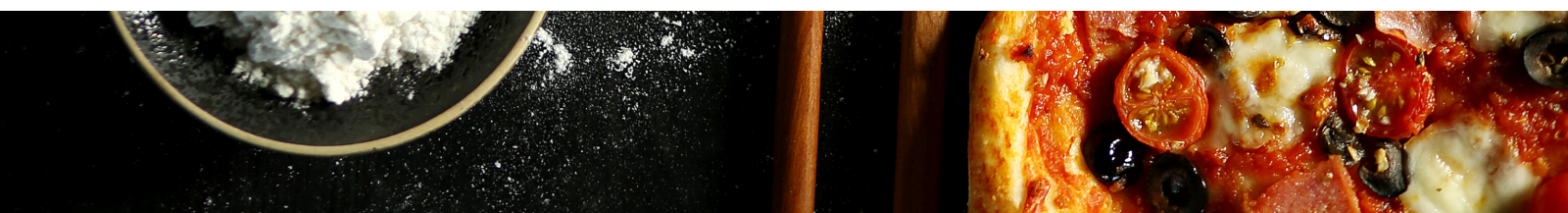


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Kugelis

(Lithuanian Potato Pie)

Submitted by Fr. Thomas Schaefer
- *La Roche University Staff*

INGREDIENTS

- 5 pounds of red potatoes
- 3 sticks of salted butter
- 8 eggs
- 1 medium onion
- ¼ teaspoon of black pepper
- ¼ teaspoon salt
- Sour cream (optional)

DIRECTIONS

- Grate the potatoes with the fine side of the grater. Do not use a blender or processor as it changes consistency. Also grate the onion and then mix the two together.
- Add the 8 eggs, the salt and the pepper.
- Melt the butter in your 9x13 baking pan and use it to grease the pan.
- Add the mixture to the butter in the baking pan and stir together so that it blends.
- Bake at 350°F for 1½ hours until golden brown. Allow to cool for 15 minutes before cutting into 3x3 (or larger) squares.
- Top with a large dollop of sour cream or serve alongside.

Grilled Tilapia


Submitted by Erica Ashta Adama Tchokothe
- La Roche University Student

INGREDIENTS

- White Fish (sea bass, red snapper, or tilapia)
- 1-2 lemons
- Salt and freshly ground black pepper
- 2 teaspoons whole white pepper
- 2 teaspoons whole black pepper
- 1-2 African nutmeg (ehuru)
- 7-10 garlic cloves
- 2 teaspoons anise seeds
- ½ inch piece of fresh ginger, thinly sliced
- 1 teaspoon paprika
- 2 tablespoons chicken bouillon powder or cubes
- ½ cup coarsely chopped basil
- ½ cup coarsely chopped parsley
- ¼ cup onions (or ¼ medium onion)

DIRECTIONS

- Make 3-4 diagonal cuts in each side of the fish, all the way through the bone. Season fish with salt, pepper, and squeeze some lemon over it. Set aside.
- Using a coffee grinder, grind all the dry spices -- anise seeds, African nutmeg (ehuru), white pepper, and black pepper. Add to a bowl.
- Chop parsley, onion, basil, garlic, ginger, bouillon cubes and place in a food processor or blender. Blend/pulse adding oil/water as needed until the ingredients are finely puréed. Add to the bowl of dry spices. Add paprika and more oil if need be. Mix thoroughly until all the spices come together.
- Pour the marinade over the fish, and gently flip them back and forth until coated inside and out. Let them marinate in the fridge for up to 24 hours.

Recipe continues onto next page 

Grilled Tilapia

Submitted by Erica Ashta Adama Tchokothe
- La Roche University Student

DIRECTIONS (Continued)

- Preheat grill* to high heat.
- When you are ready to grill, wipe down the grill basket with oiled towel and then immediately lay the fish down in the fish basket. Grill for about 1-2 minutes on each side.
- Reduce to medium high heat, then cover the grill if you have a gas grill. If you are using a small BBQ grill, leave the fish on the open grill of hot charcoal.
- Baste with fish spice.
- Let the fish cook for a total of 4-5 minutes on each side. You may have to add a minute or two depending on the thickness of your fish until cooked. Fish is done when it turns white and the juices run clear.
- Check for doneness by making sure the meat closest to the bone is fully cooked -- slash with a knife to check.
- Serve with pepper source and grilled plantains (see below).

Grilled Plantains

- Peel plantains.
- Slice in the middle then cut in half.
- Season with salt and brush with spice mix (from above).
- Grill on each side for about 3 minutes until fully cooked. Watch carefully because they burn easily.

**If you do not have a grill, this recipe can be made in an oven at 350°F using a grill pan. Cooking times may take longer and will vary. Be sure to watch closely until cooked completely.*

Jollof Rice

Submitted by Zita Odoemena
- La Roche University Student

INGREDIENTS

- Tomatoes (fresh or canned)
- Red bell pepper
- Onions
- Ginger and garlic
- Meat (protein of your choice) or no meat if you are a vegetarian
- Chicken bouillon
- Black pepper
- Salt and oil
- Parboiled rice

"Jollof rice is very popular in West Africa...in Nigeria to be specific. It is very tasty and easy to cook."

- Zita

DIRECTIONS

- Season the meat with salt, black pepper, and any other seasoning of your choice and cook until done. Save the stock (juices).
- Blend the tomatoes, ginger, red bell pepper and garlic.
- Sauté the blended tomato mixture in hot oil and then add onions until it looks a little dry. Add salt to taste and the chicken bouillon.
- Add the meat stock and a little water and bring to a boil. Add rice.
- Allow it to simmer until the rice is cooked.
- You can add frozen vegetables if you want.

Creamy Garlic Tuscan Salmon with Spinach & Sun-Dried Tomatoes

Submitted by Samantha Osman
- La Roche University Student

Student credits Eatwell 101 for the contents of the recipe

INGREDIENTS

- 3 salmon fillets
- 2 teaspoons olive oil
- 2 tablespoons butter
- 5 cloves garlic, finely diced
- 1 small yellow onion, diced
- ⅓ cup (80ml) vegetable broth
- 5 ounces (150g) jarred sun-dried tomatoes in oil, drained
- 1¾ cups heavy cream
- Salt and pepper to taste
- 3 cups baby spinach leaves
- ½ cup grated Parmesan
- 1 tablespoon fresh parsley, chopped

DIRECTIONS

- Heat oil in a large skillet over medium-high heat. Season the salmon fillets on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side (or until cooked to your liking). Once salmon filets are cooked, remove from pan and set aside.
- In the same pan, melt the butter in the leftover cooking juices. Add in the garlic and fry until fragrant (about 1 minute). Add onion and stir fry until translucent. Add the sun-dried tomatoes and fry for 1-2 minutes so they release their flavors. Finally, pour in the vegetable broth, and allow the sauce to reduce down slightly.
- Reduce heat to low, add the heavy cream, and bring to a gentle simmer, while stirring occasionally. Season the cream sauce with salt and pepper.
- Add the baby spinach and allow to wilt in the sauce. Add the parmesan cheese. Allow cream sauce to simmer for a further minute until cheese melts through.
- Add the grilled salmon fillets back into the pan; sprinkle with the parsley, and spoon the sauce over each fillet. Serve over steamed vegetable, rice or pasta. Enjoy!

Spanakopita (Greek Spinach Pie)

Submitted by Paula Valliant
- La Roche University Staff

"Holy Trinity Church makes over 250 pans of this recipe for its Greek Festival each year, and uses 125 dozen eggs, 800 lbs of cheese and over 1000 lbs of spinach!"

- Paula

INGREDIENTS

- 1½ pound filo dough, thawed
- 1½ pound salted butter (more needed for individual triangles)
- 1 cup finely chopped onions
- 60oz frozen chopped spinach, thawed & well-squeezed
- 6 eggs
- 1½ pound feta cheese, crumbled
- 8oz cream cheese, softened
- 15oz ricotta cheese (OR pound of crumbled feta)
- ½ cup chopped fresh parsley
- 4 tablespoons chopped fresh dill (or 2 teaspoons dry)
- ¼ teaspoon pepper

This recipe makes 1 large 20x13 pan OR 2 - 9x13 pans OR 200+ appetizer triangles

DIRECTIONS

- Thoroughly drain spinach by squeezing moisture out with a potato ricer or with hands. Make sure spinach is very dry. (I usually do this the day before).
- Sauté onions in ½ cup butter until golden. Remove from heat. Stir in spinach. Mix well.
- In large bowl, beat eggs slightly; stir in cheeses, parsley, dill, and pepper. Add cooled spinach/onion mixture. Mix well.
- Unfold filo dough and count out 13-14 sheets. Turn back corner of filo to mark quantity and cover with slightly damp cloth, if desired.
- Melt remaining butter in a glass bowl in microwave. Using a pastry brush, apply butter to bottom sides of pan. Place 1 sheet of filo in pan; brush with melted butter.

Recipe continues onto next page



Spanakopita

(Greek Spinach Pie)

Submitted by Paula Valliant
- La Roche University Staff

DIRECTIONS (Continued)

- Continue layering filo, to reach approx. 13-14 sheets, buttering each one in-between.
- Spread spinach mixture in pan (or divide in half for 2-9x13 pans). Layer remaining filo sheets. Brush with melted butter.
- Cut through top layers of filo into desired sized pieces.
- At this point, spanakopita may be frozen. Wrap with freezer paper or foil.
- May be cooked from a frozen state - or remove from freezer the night before and cook a bit longer.
- Bake uncovered at 350°F for about one hour, or until deep golden brown. (Check bottom layers to make sure they are golden by lifting an edge with a metal spatula.)

SPANAKOPITA TRIANGLES

- Individual triangles require more filo and butter. This recipe will yield about 225 small triangles. You will need approximately 4 pounds of filo and 3 pounds of butter.
- Before unrolling filo, cut roll to make 6 equal sections, approx. 2½ inches each. These will be your strips for each triangle. (You can also make larger triangles by cutting into 3 sections.)
- Stack strips into one heap and cover with damp cloth. Butter one strip and layer with a second strip. Butter top strip and place one heaping teaspoon of spinach mixture at the bottom. Roll into triangle shapes.
- Butter tops of triangles and place on ungreased cookie sheet.
- Bake at 350°F for about 30-40 minutes or until golden brown.
- This is a perfect appetizer! Triangles may be frozen and then baked right from freezer for about 45 minutes or until golden.

Recipe continues onto next page



Spanakopita

(Greek Spinach Pie)

Submitted by Paula Valliant
- *La Roche University Staff*

CHEF'S NOTES

- Filo dough can be found in the freezer section of most grocery stores though it may be smaller sized sheets. I prefer *Athens* brand from Stamoolis Brothers in the Strip District of Pittsburgh.
- Filo comes frozen in a one pound box. For best results make sure to thaw completely overnight before using. May be stored in refrigerator for several weeks before using.
- It is always a good idea to buy an extra box of filo in case the sheets in the first box are broken. (You can always refreeze unused sheets or make an apple turnover!)
- To keep filo from drying out while working, you can cover with a slightly damp kitchen towel. Once you get the hang of it you won't need the towel!
- Metal or glass Pyrex pans both work well.
- Use a regular pastry brush. (Silicone brushes do not work well with filo.)
- Spanakopita freezes beautifully! It can be made ahead and frozen before baking - just remember to cut or score the pieces beforehand.
- May be baked from a frozen state but allow for extra cooking time. Loosely cover with foil while baking if top gets too brown.
- After baking do not cover tightly with foil or it will steam and get soft.
- Spanakopita does not reheat well in the microwave (it gets soft). Better to reheat uncovered in a 350°F oven for about 10-15 minutes.
- Variations include adding other cheeses such as cottage and parmesan.

Jamaican Rice & Peas (Beans)

Submitted by Tashai Thompson
- *La Roche University Student*

INGREDIENTS

- 2 cups coconut milk
- 1½ cups water
- 1 stalk scallion (escallion), crushed
- 1 small onion, chopped
- 2 sprigs thyme
- 1 can red kidney beans
- ½ teaspoon salt
- 2½ cups rice
- 1 small scotch bonnet pepper (Caribbean red pepper)

DIRECTIONS

- Combine coconut milk and water in a 3 quart pot and bring to a boil.
- Add the scallion, onion, thyme, red kidney beans, and salt. Stir well.
- Stir in rice and the whole scotch pepper; cover and bring to a boil.
- Lower the flame and allow rice to boil until grains are tender.
- Note: be careful in stirring to avoid bursting the pepper.

Coconut Jollof Rice

Submitted by

Chinonye Nwadinobi

- La Roche University Student

"Everytime I eat it, I think of my family, especially my grandmother who recently passed away. It always brings back good memories."

- Chinonye

INGREDIENTS

- 3 cups parboiled long grain white rice
- 1 can unsweetened coconut milk
- 1 small can tomato paste
- 4 medium tomatoes
- 2 medium red onions
- 3 medium red bell peppers
- 1 teaspoon of white pepper
- 1 teaspoon of black pepper
- 5 garlic cloves
- 3-5 scotch bonnet or habanero peppers
- Ginger (size of garlic cloves)
- 1 teaspoon thyme
- 3 tablespoons curry powder
- 3 Knorr or Maggi bullion cubes
- 3 bay leaves
- ½ cup palm oil
- ½ cup coconut or canola oil
- Water (or chicken stock)

PREPARATION

- Rinse and drain rice and set aside for use later.
- Combine 3 tomatoes, bell pepper and half of garlic cloves in a blender and set aside.
- Dice 1 tomato, grate ginger and chop remaining garlic for later use.
- Blend scotch bonnet (or habanero peppers) and set aside for later use.

Recipe continues onto next page



Coconut Jollof Rice

Submitted by Chinonye Nwadinobi
- La Roche University Student

COOKING INSTRUCTIONS

- Heat a pot with coconut or canola oil. Sauté chopped onions and bay leaf until onions are translucent.
- Add the thyme, black pepper, 1 crushed Maggi (or Knorr) cube, white pepper and curry. Sauté spices for another 2 minutes.
- Add a small can of tomato paste and fry in oil until texture is grainy. Then add boiled tomato mix and garlic and continue frying. Once the tomato paste and (blended) habanero/scotch peppers are fried, oil will float to the top and the mixture will be dark in color.
- Remove pot from the heat, pour in the rice and coat each grain of rice with the fried tomato mixture.
- Pour in coconut milk until just a little above the rice. If coconut milk is not enough, top off with some chicken stock or water and taste to determine if more seasoning is needed.
- Add additional crushed bouillon cubes to the mixture without stirring. Add curry. Bring rice to a boil and add bay leaves to pot. Cover with foil before placing the lid over the pot, and lower the heat. Cook rice until al dente.
- After 10-15 minutes check the rice. Add the diced tomatoes, chopped onions, and grated ginger. *(If after 20 minutes the rice is still hard, remove the pot from heat or lower the heat, cover with foil and secure with tightly covered lid for another 10 minutes - allowing it to cook in its own steam).*
- Once done, stir and serve. Fluff rice with fork prior to serving.

If you like a slightly softer rice, add about ¼ cup of warm water or chicken stock. Cover the pot once more. After cooking for about a few minutes, turn the heat off and let the rice sit while covered for another 10 minutes.

Traditional Slovak Soup

Submitted by Madeline Butch
- La Roche University Student

This Slovak soup meal is meant to be eaten in stages. Dinner is served as a bowl of soup with only broth and noodles. Meat and vegetables are served on a platter in the center of the table for all to share. In Madeline's family, guests add vegetables and sometimes meat to the soup for the "first course". The next course is meat only, with a splash of vinegar, followed by a mashed potato with some added butter, salt and pepper. Madeline personally enjoys mashing the meat into her potato.

INGREDIENTS

- Olive Oil
- Beef
- 1 tablespoon chopped garlic
- 1 large can of beef stock or broth
- 4 cups water
- 4 bouillon cubes
- 1 - 15oz can whole tomatoes with juice
- 5 carrots
- 3 small onions
- 4 stalks of celery with some leaves (preferably the heart section)
- Pepper
- 5-6 medium potatoes, peeled
- Wide noodles

Recipe continues onto next page



Traditional Slovak Soup

Submitted by Madeline Butch
- La Roche University Student

DIRECTIONS (Continued)

- Brown beef in a bit of olive oil adding in the garlic to brown a bit at the very end.
- Add the stock/broth, then the water and bullion.
- Add can of tomatoes.
- Add whole carrots, celery and onions.
- Season with pepper.
- Let simmer on low for 2 hours.
- Add potatoes for last ½ hour of cooking.

SERVING

- Meat and vegetables are served on a platter for all to share.
- Serve soup - noodles & broth only.
 - *Guests can add vegetables and meat at table.*
- Meat may be eaten by itself or covered in vinegar.
- Mash potato with butter - add vegetables and meat.

"This is a Slovakian soup recipe...we [my family] eat it pretty often throughout the fall and winter seasons...it's always great to sit around and share a great meal and stories with those you love most."

- Madeline

Italian Pasta Sauce

Submitted by Katie Fitzpatrick
- La Roche University Staff

INGREDIENTS

- 1 large can of crushed tomatoes*
- 1 large can of tomato purée*
- 1 small can of tomato paste
- 1 yellow onion
- 2-3 cloves of garlic
- 2-3 stalks of celery
- 1 tablespoon of olive oil
- 1 tablespoon of sugar
- 1 teaspoon of salt
- 1 teaspoon of pepper
- Dried basil
- Dried parsley
- Dried oregano

"My (maternal) great-grandparents came to the United States from Potenza Italy. This recipe for pasta sauce was passed down from my grandfather, to my mom, and to me!"
- Katie

*Instead of using canned tomatoes, you can add the extra step of cooking down your own tomatoes if you grow them in your garden! You'll want to have enough tomatoes to take the place of the crushed and puréed tomatoes. If using your own tomatoes, boil them in hot water until the skins are easily peeled off. Then chop the tomatoes and blend them until smooth. Use immediately or freeze until ready to cook.

Recipe continues onto next page



Italian Pasta Sauce

Submitted by Katie Fitzpatrick
- *La Roche University Staff*

DIRECTIONS *(continued)*

- Heat olive oil on your stove top in a deep stock pot and sauté chopped onion until soft.
- Add crushed tomatoes, tomato puree, and tomato paste (water can be added as needed to thin the sauce to your taste).
- Add celery stalks and garlic cloves.
- Add sugar, salt, and pepper.
- Add enough dried spices (basil, parsley, oregano) to cover the top of the sauce and stir.
- Bring to a boil and then turn down the heat to simmer. The longer you cook it, the more the flavors will have a chance to "marry." Ideally cook for at least 3 hours before serving.
- Season to taste! Dried basil, parsley, and oregano are just suggestions. Some say oregano makes more of a pizza sauce rather than a pasta sauce, but Katie likes to add extra spices by hand for flavor.

Variations

While sautéing the onions, you can also add any browned meat of your choice such as ground beef, pork ribs, etc. (Katie's mom says pork ribs make the best sauce!)

You can also add in the onion, celery, and garlic whole or chopped. Chop them if you like the taste and texture of the vegetables. If you just want the flavor, but don't want to bite into a piece of onion, celery, or garlic, leave them whole and you can remove them after the sauce is done cooking.

Lebanese Stuffed Grape Leaves

Submitted by Marie Deem
- La Roche University Staff

"Fun story: My parents were born in Lebanon and I learned to cook by sitting at the kitchen table watching my mother and aunt cook every day. When I was old enough, I would help by chopping, mixing and, in this case rolling! It was not only the cooking I loved but it was about being together, in the kitchen, creating a meal - delicious food to nourish the body and soul. I learned from my family that cooking, and food, are expressions of love, a way to share one's self with others. To this day, every time I step into the kitchen, I am grateful for that gift."

- Marie

INGREDIENTS

For a 1-pound jar of grape leaves:

- 2 pounds ground beef (85-90% lean)
- 2 cups rice (converted rice works best)
- ½ stick of butter (melted)
- Salt, to taste
- Pepper, to taste
- Cinnamon, to taste
- 3-4 fresh lemons, squeezed

Recipe makes about 5-6 dozen.

Recipe continues onto next page



Lebanese Stuffed Grape Leaves

Submitted by Marie Deem
- *La Roche University Staff*

DIRECTIONS (continued)

- Rinse grape leaves one-by-one and let drain in colander (trim off long stems).
- Pour melted butter over rice in large bowl and mix to coat.
- Add spices to rice, then add meat and mix thoroughly.
- Roll grape leaves by placing leaf with stem toward you and dull side of leaf facing up.
- Place about a tablespoon of stuffing horizontally across the bottom of the leaf near the stem end.
- Fold both sides in and then roll leaves away from you.
- Place rolled leaves (seam-side down) in a pot lined with a couple of large grape leaves; alternate direction of each layer of grape leaves so that the rolls are not all going in one direction.
- Place inverted (heat resistant) plate on top of rolled leaves and fill pot with water so that the water is just above the plate line.
- Cover pot tightly and bring to a boil.
- Reduce heat to medium-low, REMOVE PLATE, place lid on pot and simmer for approximately 1½-2 hours.
- Add lemon juice about 1 hour after you remove the plate.

Korean Bulgogi

(BBQ Beef)

Submitted by Sr. Veronica Kim, CDP
- La Roche University Staff

INGREDIENTS

Sauce

- 2 tablespoons soy sauce
- 1-2 tablespoons sugar
- ½ tablespoon sesame oil or olive oil
- 1 clove garlic, minced
- ¼ teaspoon pepper

Bulgogi

- 1 pound of thinly sliced beef
- ¼ green onion, julienned
- 1 medium carrot
- ½ of medium onion
- 5-6 mushrooms of your choice
- 1-2 green onions, cut into 1 inch pieces.

DIRECTIONS

- Mix ingredients for the sauce together.
- Mix the onions, meat and sauce together. Set aside for 30 minutes.
- Add a tablespoon of oil to a medium heated pan. Cook carrots for 2 minutes, add green onions and cook for an additional 2 minutes. Remove.
- In the same pan, add mushrooms and cook for 2 minutes. Then, add the bulgogi and extra sauce (if any) to the pan. Fry until the meat is cooked through. Should be about 5 minutes.

Chef's Note

This is actually a versatile dish to make. If you don't like any of the vegetables, you can omit them or substitute for something you like. Maybe it's less traditional, but I think you should enjoy your food the way you like it. Enjoy with a bowl of rice or even on top of rice.

Hanukkah Latkes

Submitted by Dr. Joshua & Susan Forrest
*Dr. Joshua Forrest is a member of the La Roche
University Faculty*

INGREDIENTS

- 2½ pounds golden potatoes, peeled
- 1 medium sweet onion, julienned
- 2 large eggs
- Kosher salt
- Freshly ground pepper
- ¼ teaspoon baking powder
- 2 tablespoons flour
- Avocado oil for frying

Optional Toppings

- 1 cup applesauce
- 1 cup sour cream

Recipe makes about 2 dozen.

DIRECTIONS

- Using a hand grater or food processor, grate the potatoes.
- In a mixing bowl, beat eggs, then combine the grated potatoes, onions, baking powder, and flour. Mix well. Season with salt and pepper to taste.
- In a large skillet (I use cast iron), over medium-high heat, cover the bottom with ½ inch of oil. When oil is hot, spoon 2 tablespoons of the mix into individual cakes. Using back of spoon, flatten each pancake.
- Pan-fry until golden brown on each side, about 2-3 minutes each side. (Longer if you like crispier).
- Remove from oil and drain on paper towels.
- You can serve with a dollop of applesauce or sour cream centered on each, or just plain.

Five Hour "Irish" Stew

Submitted by Emily Markham
- La Roche University Staff

"Growing up with a strong Irish heritage, I've enjoyed various versions of "Irish" stew as my Mom would try out new ingredients and styles. This is her favorite version, and one that always brings back memories of fun family dinners."

- Emily

INGREDIENTS

- 2 packages of stew meat (approx. 2 pounds)
- 7-8 potatoes, chopped
- 7-8 carrots, chopped
- 7-8 celery stalks, chopped
- 1 medium onion, chopped (optional)
- 1 package of dry onion soup mix
- 1 can of peas (drained, but save juice)
- 1 large jar of brown gravy
- 1 can of condensed tomato soup (do not dilute)
- 1 can of cream of golden mushroom (do not dilute)*

**If you don't like mushroom, you can use any cream based soup here*

DIRECTIONS

- Using a small roasting pan, add the following ingredients (in order): 2 packages of stew meat (approximately 2 pounds), chopped potatoes, chopped carrots, chopped celery and chopped onion (if using).
- Take the dry onion soup mix and drained peas and sprinkle over the meat and vegetables. Do not stir yet.
- In a separate bowl, mix the gravy, tomato soup, cream of mushroom, and juice from canned peas. Mix well and pour over top. Again, do not stir.
- Place in oven set to 250°F and cook slow about 5-6 hours. You can start to stir (occasionally) when things start heating up.

Apple Crisp

Submitted by Mrs. Susan Quainton

- Mrs. Quainton and her husband, Ambassador Anthony Quainton, are former La Roche Board Members & the namesake for the Quainton Center for Global Engagement at La Roche University

INGREDIENTS

- 6 large Granny Smith apples
- 1 cup flour*
- 1 cup brown sugar
- 1 stick (4oz) salted butter**

*Mrs. Quainton adds $\frac{1}{4}$ cup rolled oats

**Mrs. Quainton typically uses less butter (approx. 6 tablespoons)

DIRECTIONS

- Peel, core, and slice apples. Place in a casserole dish. If the apples seem dry, add 2 or 3 tablespoons of water.
- Combine flour and sugar.
- Cut the butter into pieces no bigger than a tablespoon, and then cut them into the flour and sugar. You can use two knives to do this, but I use a handy kitchen tool called a pastry blender. (I suspect the Quainton forbears of having rubbed the butter into the flour.) The point is that you do not want a piecrust dough, but rather a mixture like coarse meal.
- Sprinkle the crumble on top of the apples in the casserole.
- Bake uncovered at 325°F for at least one hour, or until a knife inserted in apples finds them soft.

Polish Chrusciki (Angel Wings)

Submitted by Donna Bowser
- La Roche University Staff

INGREDIENTS

- 3 egg yolks
- 2 tablespoons sugar
- Pinch of salt
- 2 tablespoons sour cream (I use reduced fat)
- ½ teaspoon vanilla
- ½ teaspoon each of lemon & orange zest
- ¾ cup all-purpose flour
- Up to 2 tablespoons additional flour
- 1 quart of oil for frying (safflower or canola)
- ½ cup powdered sugar

"My Polish mother, Eva Eleanor, taught me to make these delicate holiday cookies. Each time I make them, I remember the wonderful times I had with her."

- Donna

DIRECTIONS

- In a small bowl using an electric mixer on high, beat egg yolks, sugar and salt until thick and lemon-colored (about a minute).
- On a low speed, stir in sour cream, vanilla, zests, and flour.
- Stir in enough additional flour to form a mass (1-2 tablespoons).
- Transfer to a floured surface and knead 50 turns (about 2 minutes), adding extra flour as needed.
- Divide dough in half, keeping extra covered with plastic.
- On a floured surface, roll each section paper-thin to at least 12 inches across. Cut into 1¼ inch strips. Cut strips into 5 inch lengths. Make a slit in each strip. Pull one end through slit to make a bow tie.
- Deep fry in oil at about 350-365°F for about 30 seconds, turning once using 2 forks, until lightly golden on both sides. Do not crowd.
- Drain on paper towels. Let cool and sprinkle with powdered sugar.

Easy Apple Cake

Submitted by Dr. Natasha Garrett
- *La Roche University Alumnae & Staff*

INGREDIENTS

- 6-8 Granny Smith Apples
- 3 eggs
- $\frac{2}{3}$ cup sugar
- 1 cup flour
- 1 teaspoon baking powder
- Splash of vanilla
- Sugar for dusting

DIRECTIONS

- Preheat oven to 375°F. Spray your standard size baking pan with cooking spray.
- Peel 6 large (or 8 small) Granny Smith apples. Slice them thin, and spread them in a baking pan.
- Beat 3 eggs with $\frac{2}{3}$ cup sugar until well combined.
- Add 1 cup of flour, a teaspoon of baking powder and a splash of vanilla. Beat gently - just until the flour incorporates with the eggs.
- Spread over the apples. Bake until the top is golden brown and a toothpick inserted comes out clean.
- Dust a bit of sugar on top. Let it cool before serving.

Apple Dumplings

from Grandma B

Submitted by Lisa Kamphaus & Helen Beardsley

- Lisa Kamphaus is a member of the La Roche University Faculty

INGREDIENTS

Apples

- 8 apples
- Brown sugar
- $\frac{1}{8}$ teaspoon cinnamon
- Butter

Syrup

- $\frac{3}{4}$ cups sugar
- 2 cups water
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ cup butter

Dough

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- $\frac{3}{4}$ cup shortening
- $\frac{1}{2}$ cup milk

"I made these every fall with my grandmother when I was growing up. Every time I make them, they remind me of her"

- Lisa

DIRECTIONS

- Peel apples and core them. Cut in half and fill center with brown sugar, $\frac{1}{8}$ teaspoon cinnamon, and small chunk of butter. Set aside.
- For the dough, mix ingredients together with a pastry blender. Add $\frac{1}{2}$ cup milk and mix together. Roll out dough and cut into 8 squares. Fold dough around apples.
- For the syrup, place ingredients in a pan on the stovetop. Bring to a boil and pour over apples.
- Bake at 350°F for 45 minutes.

Fruit Squares

Submitted by Rebecca Najdzinski
- *La Roche University Alumnae & Staff*

INGREDIENTS

- 4 cups flour (+ ½ cup to add to top lattice crust)
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup sugar
- 1 cup Crisco
- ¼ cup milk
- 3 large eggs (or 4 small)
- 1 teaspoon vanilla
- 2 cans fruit

DIRECTIONS

- Mix the flour, baking powder, salt, and sugar together. Add the Crisco, milk, eggs and vanilla.
- Mix this together like you would mix a pie crust.
- Cut dough mixture in half, use one half to line the bottom of a greased cookie sheet.
- Spread the 2 cans of fruit evenly over the bottom crust.
- Add an additional ½ cup of flour to the remaining dough, roll out and cut into strips to form the top lattice crust.
- Bake at 350°F for 30 minutes or until crust starts to brown.

Pumpkin Cake

Submitted by Brandi Stretavski
- La Roche University Staff

INGREDIENTS

Cake

- 4 eggs
- 1 $\frac{2}{3}$ cup sugar
- 1 cup vegetable oil
- 1 15oz can of pumpkin
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 1 teaspoon salt

Frosting

- 1 package cream cheese
- $\frac{1}{2}$ cup soft butter
- 3 $\frac{3}{4}$ cup powdered sugar
- 1 teaspoon vanilla extract

DIRECTIONS

- Preheat oven to 350°F.
- Combine eggs, sugar, oil, and pumpkin in a bowl.
- In a separate bowl, stir together flour, baking powder, cinnamon, pumpkin pie spice, salt, and baking soda.
- Combine wet and dry ingredients until just mixed.
- Bake 35-40 minutes in a 13x9 greased pan.
- Let cool and add frosting.

To make frosting, mix cream cheese and butter. Add sugar. Stir in vanilla extract and mix together.

Paska Easter Bread

Submitted by Julie Makuta
- *La Roche University Staff*

INGREDIENTS

- 2 cups milk, heated until warm
- 2 cups water
- 1 teaspoon salt
- 5 packages of dry yeast
- 1 cup shortening
- 4 cups of sugar
- 16 eggs
- 20 cups flour

This recipe makes 10-12 loaves.

DIRECTIONS

- Mix warm milk, water, sugar, salt and shortening until dissolved.
- In a separate bowl, whisk eggs.
- Add eggs and yeast to liquid mixture.
- Add enough flour to make a soft dough.
- Knead, cover, and let rise until double in bulk (about 1 hour).
- Punch dough down and let rise again ($\frac{1}{2}$ hour).
- Shape dough into braided loaves.
- Put in greased pans.
- Let rise for $\frac{1}{2}$ hour.
- Bake at 325°F until golden brown (about 30-35 minutes)
- Brush with butter and let cool.

Babcia's Sweet Bread

Submitted by Mary Lou Ellena Wygonik
- La Roche University Faculty

INGREDIENTS

- 1 quart whole milk, scalded (heated until bubbles form around the edge of the pot)
- 1½ large cakes of yeast (found in the dairy section)
- 1¼ pounds plus 1 teaspoon granulated sugar
- 18 eggs, separated
- 1 tablespoon pure vanilla
- 4½ - 5 pounds of bread flour (bread flour is higher in gluten content than regular flour; regular unbleached flour may be substituted)
- 2½ teaspoons salt
- 1 pound of butter, melted plus extra for greasing plastic wrap
- 15 ounces of raisins - dark or golden, plumped in hot water and drained.
(The bread may be made without raisins if you choose)

Makes 5 loaves

DIRECTIONS

Prep Time: 3+ hours

Cook Time: 45 minutes

- Heat milk and place 1 cup in small bowl. Add yeast to small bowl with 1 teaspoon sugar and dissolve. Set yeast mixture aside.
- Combine egg yolks and sugar with electric mixer. (Save the egg whites for an angel food cake after removing ½ cup for use later in the recipe.) Add vanilla, flour, salt, and remainder of milk and combine.
- Add butter and stir to combine. Add yeast mixture, kneading until all flour is combined, adding additional flour as necessary. (Humidity, size of eggs, and other conditions may affect the amount of flour needed.)
- Add raisins and knead until dough is smooth and not sticky.

Recipe continues onto next page



Babcia's Sweet Bread

Submitted by Mary Lou Ellena Wygonik
- La Roche University Faculty

DIRECTIONS (continued)

- Place the kneaded dough in a pan. Cover dough with buttered plastic wrap and a clean dish towel. Let rise in a warm, dry place until doubled in size. This usually takes an hour or more. Punch down and let rise again. This usually takes between 30-60 minutes.
- Measure 1½ - 2 pounds of dough and form into individual loaves. (The amount of dough is determined by the size of the bread pans.) Place in greased bread pans; cover, and let rise again. (This step takes between 30-60 minutes)
- Preheat oven to 325°F. Beat the ½ cup of egg whites with a fork until foamy and brush onto the tops of the unbaked loaves using a pastry brush. Bake the loaves for 45 minutes or until golden brown and hollow sounding when tapped. Let the loaves cool in the pan for 10 minutes before sliding a butter knife around the perimeter of the bread pan, turning the pan upside down and removing the bread. Allow the bread to cool completely on a rack. When cool, place each loaf in a plastic bread bag, twist shut with a tie. Store at room temperature for a day or two. Wrap in foil to freeze or store in the refrigerator for longer periods of time.

This recipe freezes well and can be made in advance.

"As a child, we always watched my grandmother - Babcia - prepare sweet bread or Paska for Christmas and Easter. I loved to sample the dough, adored a slice fresh from the oven with a lot of butter, and savored a ham, horseradish and sweet bread sandwich while the supply lasted. Fortunately, I learned to make this bread from my Babcia and continue the tradition every holiday, gifting my family, friends and neighbors with multiple loaves of bread."

- Mary Lou

