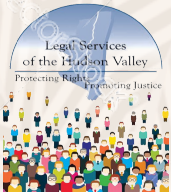


LSHV Inclusion Council

# Cookbook

Quarantine Edition





# Bajan Fried Chicken

## Ingredients:

- 2.5 to 3 pounds of frying chicken, cut into pieces
- 2 cups of vegetable oil for frying
- 1/4 cup or more seasoning (see seasoning recipe below)
- 1/2 cup of flour
- 1 tablespoon cornmeal
- 2 teaspoons Bell's poultry seasoning
- Salt & freshly ground pepper to taste

## Instructions:

Wash and clean the chicken pieces and pat them dry on paper towels. Heat the oil to 375 degrees in heavy skillet. With a sharp knife, score the chicken pieces and fill each slash with a bit of seasoning, poking to ensure that it is well inside the chicken. Mix the flour, cornmeal, Bell's seasoning, salt and pepper in a paper bag. Place the chicken pieces in the bag and shake until they are well coated. Place the chicken pieces in the hot oil and cook for 20 to 25 minutes, turning occasionally to ensure that they are golden brown on all sides. Remove the chicken from the oil and drain it on paper towels. Serve hot.

## Seasoning

### Ingredients:

- 1 Medium onion
- 1 Clove of garlic
- 3 Chives
- 2 Scallions, including green tops
- 1/2 Scotch bonnet-type chile
- 1/2 Teaspoon of salt
- 2 Sprigs fresh thyme
- 2 Sprigs flat-leaf Italian parsley
- 1 Sprig fresh marjoram
- 2 Allspice berries

### Instructions:

Place all of the ingredients in a food processor and chop until the mixture is a thick paste. Put the mixture into containers that seal well.



# Traditional Egg Salad

## Ingredients:

- 8 eggs hard boiled and cooled
- 1/2 cup mayonnaise
- 1 green onion thinly sliced
- 1 rib celery finely diced
- 2 teaspoons fresh dill chopped
- 1 1/2 teaspoons yellow mustard

## Instructions:

- Cut eggs in half. Remove yolks and chop whites.
- Mash yolks with mayonnaise, mustard and salt & pepper, to taste until smooth and creamy.
- Add remaining ingredients and stir well.
- Serve on bread or over lettuce.

# Curried Egg Salad Sandwiches

## Ingredients:

- 1 cup mayo
- 1/2 tsp minced garlic (3-4 cloves)
- 1/2 tsp cayenne powder
- 1.5 tsp curry powder
- 1/2 tsp garam masala
- 1/4 cup cilantro, finely chopped
- 1 jalapeno or serrano chili, finely diced (optional for more spice)
- 6 boiled eggs, chopped

## Instructions:

In a large bowl, mix together all of the ingredients except the eggs.

Add in the boiled chopped eggs, mix together well and serve! Great on a croissant, between bread or enjoy on crackers for a great snack.

Shared By: Sheeba Mathai





# Black Bean Lasagna

## Ingredients:

- Two 15 ounce black beans cans, rinsed and drained
- 8 ounces lasagna noodles
- 1 recipe Tofu Ricotta (see Tofu Ricotta recipe below)
- 1 28 ounce can fire-roasted diced tomatoes
- 1 12 ounce can tomato paste
- 1 tablespoon dried oregano leaves
- 1 teaspoon of salt, plus one more for pasta
- 1/2 teaspoon of black pepper
- 1/4 teaspoon of garlic powder

## Instructions:

Preheat the oven to 375 degrees F. In a large sauce pan, combine the tomatoes and their juices, tomato paste, garlic powder, salt, pepper, oregano, onions, and black beans. Bring to a boil over medium-high heat, and then reduce the heat and simmer, uncovered, for about 30 minutes. Meanwhile, bring a large pot of salted water to a boil. Add the lasagna noodles and cook to al dente according to package directions. Drain noodles well. Spread 1 cup of prepared sauce in a 9 by 13 by 2 inch baking pan. Make three layers each of noodles, sauce, and tofu ricotta. End with the sauce and make sure the noodles are completely covered or they will dry out during baking. Bake for 45 mins, uncovered. Allow the dish to stand for 15 mins before cutting into squares and serving.

## Tofu Ricotta

### Ingredients:

- 1/4 cup raw cashews, finely ground
- 14 ounces tofu, drained and pressed (see cooks note)
- 1/4 cup nutritional yeast
- 3 tablespoons of olive oil
- 2 tablespoons fine chopped basil
- Salt and pepper

### Instructions:

Add cashews to a food processor and grind them. Add the crumble in the tofu, and add the yeast, olive oil, basil. Season with salt and pepper. Store in a airtight container, in the fridge until ready for use. Keeps well for at least a week.

**Note:** To press tofu drain liquid from the block of tofu. Fold paper towels around and then set a big wrought iron skillet on top of it and press out the excess moisture. Allow to sit for about an hour to press.

Shared By: Luz Ledesma

# Evyy's Simple Ham

## Ingredients:

- 1 can of pineapple
- 1 cup of brown sugar
- 1 cup of syrup

## Instructions:

Bake at 350 degrees for 1.5 hours (depending on the size of the ham).

Shared By: Evyy Santiago







# 5 Ingredient Spicy Pork

## Ingredients:

- 2 tablespoons hot chili paste
- 2 tablespoons soy sauce
- 2 tablespoons brown sugar
- 1 1inch piece of ginger, peeled and finely grated
- 1 garlic clove, finely grated
- 1 1/2 pounds pork tenderloin, very thinly sliced
- Vegetable oil

## Instructions:

Shake all the sauce ingredients in a jar. Pour the sauce over the pork and allow it to rest for 20 minutes - 1 hour. Heat a good searing skillet (such as cast iron) over high heat. Add just a little bit of vegetable oil. When the oil is hot and shiny, add the pork in a single layer (you may need to do this in batches). Cook, undisturbed, for 1-2 minutes until you are getting that nice caramelized look. Flip and repeat to finish.

**Note:** The trick is getting the pan hot enough to cook the meat VERY quickly - you want that golden brown sear, but you don't want your pork to be sitting in a hot pan for more than just a few minutes because it will start to get tough. We want FAST high heat. To get the thinnest slices of pork, put your pork tenderloin in the freezer for a bit before slicing and use a very sharp knife. This will be a little splattery. That oil is hot - be careful or your hands and your white shirts. Wear an apron! Also, I usually need to spend a little time giving my cast iron some TLC after making this. Totally worth it.

Shared By: Sherry Kwo

# Easy Homemade Corn Tortillas

## Ingredients:

- 2 cups masa harina
- 2/3 teaspoon salt
- 1 1/2 cups hot water,  
plus more if necessary
- 1 teaspoon olive oil\*
- 1 gallon ziplock bag
- Tortilla Press

## Instructions:

Add 2 cups masa harina and 2/3 teaspoon salt in a large bowl. Mix together with a spoon. Pour 1 1/2 cups hot water and 1 teaspoon olive oil into the bowl and mix together until all the water is absorbed. Using your hands, form the dough into a big ball. The dough should be firm and springy when touched, not dry or super sticky. If the mixture is too dry, add more water in small amounts until the dough is springy and holds together. Place the dough ball in the bowl and cover it with a clean kitchen towel or plastic wrap. Let the dough rest for 20 minutes. This will help ensure that all the water gets absorbed. Divide the dough into 12 equal pieces. Roll each piece into a ball with the palms of your hands and place them in the mixing bowl. Cover the bowl with a clean kitchen towel or plastic wrap to keep the balls moist while you're working. Preheat a griddle or large nonstick skillet over medium-high heat. Open the gallon-sized Ziplock bag and cut the seams on each side so that it makes one large rectangular piece of plastic. Open the tortilla press and lay the plastic inside of it so that it covers the upper and bottom parts of the tortilla press. Place one dough ball in the middle of the tortilla press, close the top and gently press to flatten it out. Open the tortilla press and peel back the Ziplock bag to transfer the tortilla to your hand. Place the flattened tortilla onto the hot skillet and cook for 20 seconds. Flip it over and cook for 20 more seconds to seal in the heat. Flip it over again and cook for about 40 seconds or so, until the tortilla starts to bubble or puff up and beautiful brown marks form. Flip over one last time and cook until beautiful brown marks form. Remove the tortilla and place it in a tortilla warmer or in a clean kitchen towel that's placed inside a large Ziplock bag to keep it warm. Continue cooking the remaining tortillas. Serve immediately or store in a large Ziplock bag in the fridge for up to 10 days.

**Note:** If you do not have a tortilla press, you can use a large casserole dish to flatten the masa dough in between two sheets of parchment paper.

Shared By: Lesley Graves







# Instant Pot Butter Chicken

## Ingredients:

- 2 Tablespoons ghee
- 1 onion diced
- 5 teaspoons minced garlic
- 1 teaspoon minced ginger
- 1 1/2 pounds skinless and boneless chicken thighs, cut into quarters
- 1 teaspoon of coriander
- 1 teaspoon of paprika
- 1 teaspoon of salt
- 1 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1/4 teaspoon cumin
- 1 (15 ounce) can tomato sauce
- 2 green bell peppers, chopped into medium sized chunks/squares
- 1/2 cup heavy cream or full-fat coconut milk

## Instructions:

Press the saute button and add the ghee and onions to the pot. Stir fry the onions for 6-7mins or until the onions begin to brown. Add garlic, ginger and chicken. Stir fry the chicken for 5-7mins or until the outside of the chicken is no longer pink. Add the spices and give everything a good mix. Stir in tomato sauce. Secure the lid, close the pressure valve and cook for 8 minutes at high pressure. Open the valve to quick release any remaining pressure. Press the saute button, add the bell peppers and cook until they soften to your liking. Stir in the cream and fenugreek leaves. Garnish with cilantro if desired, then serve.



# My Favorite Chicken Soup

## Ingredients:

- 3-4lbs whole chicken
- 6 celery stalks, peeled & sliced
- Handful of parsley
- 2 tsp black peppercorns
- 2 bay leaves
- 1/4 tsp saffron threads (optional, it gives color and flavor to the broth)
- 6 large carrots, peeled & sliced
- 1 yellow onion sliced in half
- Handful fresh dill
- 3 cloves (optional)
- Kosher salt

## Instructions:

Place the chicken into a large stock pot. Cover with 4 quarts of water. Bring water to boil over medium high heat. Let the chicken boil for 10-15 mins, skimming the foam and particles that rise to the surface of the water periodically, until most of the foam is gone. Replenish the liquid that was removed during the skimming with hot water (it's usually around 1-2 cups).

Do a final skimming to remove any leftover foam. Add carrots, celery, onion, parsley, dill, peppercorns, and cloves to the pot. Add 1 tbsp kosher salt to the water (if you are salt sensitive or using a kosher salted bird, use less salt). Bring back to simmer. Put the lid on the pot and vent it. Reduce heat to medium low so the soup is slowly simmering (not boiling - a rolling boil will make the stock cloudy, a slow simmer should do it).

Let the soup cook for 90 mins. After 90 mins of cooking, when the chicken is tender, turn off the heat. Use a pair of tongs to carefully pull the chicken from the broth. Put it on a plate. Taste the chicken broth and season with additional salt, if desired. Allow the chicken and the broth to cool.

Carefully strain the broth into another pot through a mesh strainer. Reserve the cooked carrots and celery for later, if you wish; discard the spices, herbs, and onion halves. When the soup is completely cool, you can skim the fat from the top of the broth if you want to - it will come off in a gel-like layer (optional). Serve hot.

Shared By: Kristen Wagner





# Native American Fry Bread

## Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon seasoning salt or 1 teaspoon table salt
- 1 cup steaming tap water
- Vegetable oil (for frying)

## Instructions:

Mix ingredients together with a fork in a medium bowl. (will be sticky). Liberally grease your hands with vegetable oil and shape dough into ball. Leave dough in bowl and cover with a towel and set in warm place for at least 20 minutes, but leaving longer makes the bread fluffier. When you are ready to make the bread, heat vegetable oil, at least 1 inch deep or deeper in a frying pan or electric skillet. (around 375 degrees) Test a small ball of dough in grease, it should float in grease, not sit on the bottom, if it doesn't immediately float, oil is not hot enough. When oil is ready, grab a ball of dough a little bigger than a golf ball and stretch out in your greased hands until dough is flattened out about the size of a large cookie. Poke a small hole in the center of the dough with your fingers, and carefully lay in the hot oil. Let dough brown to a golden brown before turning over and frying other side. Drain on paper towels and serve immediately.

Shared By: Lesley Graves



# Polynesian Pork & Rice

## Ingredients:

- 1 1/2 - 2 lbs pork butt (or pork shoulder, or pork steak)
- 1/4 cup flour
- 1 1/2 teaspoon of salt
- 1/8 teaspoon of pepper
- 2 tablespoons extra virgin olive oil
- 1 cup of celery
- 1 Medium green pepper
- 1 small onion
- 1 (15 oz) can of pineapple tidbits
- 1/3 cup ketchup
- 2 teaspoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 3/4-1 cup juice (can or fruit juice)
- 4 cups cooked rice

## Instructions:

Cut the pork in 1-inch cubes. Mix the flour, salt and pepper. Coat the pork with flour mixture using all the flour. Brown in oil in a large pan. Slice the celery and onion. Slice the peppers into strips. Add the vegetables to the pan along with the remaining ingredients (\*do not add rice\*). Simmer covered for 30 minutes. Serve over rice.

Shared By: Lesley Graves



# Potato Latkes

## Ingredients:

- 15 gold potatoes
- 4 onions
- 3-4 eggs
- 1 cup of matzah meal
- a scant tablespoon of salt
- Canola oil

## Instructions:

Using the kitchen aid attachment shred potatoes into water to prevent browning, drain the water and add other ingredients. Mix well and add matzah meal if the mixture is too wet. Heat canola oil in a pan and fry up the latkes.

This recipe has been in my family for years and it makes the best latkes!

Shared By: Joanne Sirotkin



# Extra Flaky Scallion Pancakes

## Ingredients:

### For Pancakes:

- 2 cups of all purpose flour, plus extra for dusting
- 1 cup of boiling water
- Up to 1/4 cup toasted sesame seed oil
- 2 cups thinly sliced scallion greens
- 1 tablespoon finely sliced scallion greens

### For Dipping Sauce

- 2 tablespoons of soy sauce
- 2 tablespoons Chinkiang or rice vinegar
- 1 tablespoon of fined sliced greens
- 2 teaspoons sugar

To cook: 1/4 cup vegetable oil & kosher salt

## Instructions:

Place flour in bowl of food processor. With processor running, slowly drizzle in about 3/4 of boiling water. Process for 15 seconds. If dough does not come together and ride around the blade, drizzle in more water a tablespoon at a time until it just comes together. Transfer to a floured work surface and knead a few times to form a smooth ball. Transfer to a bowl, cover with a damp towel or plastic wrap, and allow to rest for 30 minutes at room temperature, or up to overnight in the fridge.

Divide dough into four even pieces and roll each into a smooth ball. Working one ball at a time, roll out into a disk roughly 8-inches in diameter on a lightly floured surface. Using a pastry brush, paint a very thin layer of sesame oil over the top of the disk. Roll disk up like a jelly roll, then twist roll into a tight spiral, tucking the end underneath. Flatten gently with your hand, then re-roll into an 8-inch disk.

Paint with another layer of sesame oil, sprinkle with 1/2 cup scallions, and roll up like a jelly roll again. Twist into a spiral, flatten gently, and re-roll into a 7-inch disk. Repeat steps two and three with remaining pancakes. Combine all the sauce ingredients and set aside at room temperature. Heat oil in an 8-inch nonstick or cast-iron over medium-high heat until shimmering and carefully slip pancake into the hot oil. Cook, shaking the pan gently until first side is an even golden brown, about 2 minutes. Carefully flip with a spatula or tongs (be careful not to splash the oil), and continue to cook, shaking pan gently, until second side is even golden brown, about 2 minutes longer. Transfer to a paper towel-lined plate to drain. Season with salt, cut into 6 wedges. Serve immediately with sauce for dipping. Repeat with remaining 3 pancakes.

Shared By: Lesley Graves





# Spiced Chickpea Stew With Coconut & Turmeric

## Ingredients:

- 1/4 cup olive oil, plus more for serving
- 4 garlic cloves, chopped
- 1 (2inch) piece ginger, finely chopped
- Kosher salt and black pepper
- 1 1/2 teaspoon red-pepper flakes, plus more for serving
- 2 (15Oz) cans chickpeas, drained and rinsed
- 2 (15Oz) cans full-fat coconut milk
- 2 cups vegetable or chicken stock
- 1 bunch Swiss chard, kale or collard greens, stems, removed, torn into bite-size pieces
- 1 cup mint leave, for serving
- Yogurt, for serving (optional)
- Toasted pita, lavash or other flatbread, for serving (optional)

## Instructions:

Heat 1/4 cup oil in a large pot over medium. Add garlic, onion and ginger. Season with salt and pepper, and cook, stirring occasionally until onion is translucent and starts to brown a little at the edges, 3 to 5 minutes.

Add 1 1/2 teaspoons turmeric, 1 teaspoon red-pepper flakes, and the chickpeas, and season with salt and pepper. Cook, stirring frequently, so the chickpeas sizzle and fry a bit in the spices and oil, until they've started to break down and get a little browned and crisp, 8 to 10 minutes. Remove about a cup of chickpeas and set aside for garnish.

Using a wooden spoon or spatula, further crush the remaining chickpeas slightly to release their starchy insides. (This will help thicken the stew.) Add coconut milk and stock, and season with salt and pepper.

Bring to a simmer, scraping up any bits that have formed on the bottom of the pot. Cook, stirring occasionally, until stew has thickened, 30 to 35 minutes. (Taste a chickpea or two, not just the liquid, to make sure they have simmered long enough to be as delicious as possible.) If after 30 to 35 minutes, you want the stew a bit thicker, keep simmering until you've reached your desired consistency. Determining perfect stew thickness is a personal journey!

Add greens and stir, making sure they're submerged in the liquid. Cook until they wilt and soften, 3 to 7 minutes, depending on what you're using. (Swiss chard and spinach will wilt and soften much faster than kale or collard greens.) Season again with salt and pepper.

Divide among bowls and top with mint, reserved chickpeas, a sprinkle of red-pepper flakes and a good drizzle of olive oil. Serve alongside yogurt and toasted pita if using; dust the yogurt with turmeric if you'd like.





# Three Sister Soup

## Ingredients:

- 2 cups canned white or yellow hominy, drained
- 2 cups fresh green beans, trimmed and snapped
- 2 cups peeled and cubed butternut squash
- 1 1/2 cups diced peeled potatoes
- 5 cups water
- 1 1/2 tablespoons chicken bouillon granules
- 2 tablespoons butter, melted
- 2 tablespoons all-purpose flour
- 1/4 teaspoon pepper

## Instructions:

Place the hominy, green beans, squash, and potatoes into a pot, and pour in water and chicken bouillon. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

# French Macarons

## Ingredients:

- 175 grams almond flour
- 175 grams powdered sugar
- 3 egg whites (room temp.)
- 75 grams granulated sugar
- Food coloring (optional)
- Flavor extract (optional)

## Filling:

- 200 grams of whipping heavy cream
- 60 grams of powdered sugar
- 1 teaspoon of vanilla extract
- Food coloring (optional)
- Flavor extract (optional)

## Directions:

- Beat the cream and add the powdered sugar and vanilla extract as you are mixing. When finished, use a piping bag to assemble the macarons

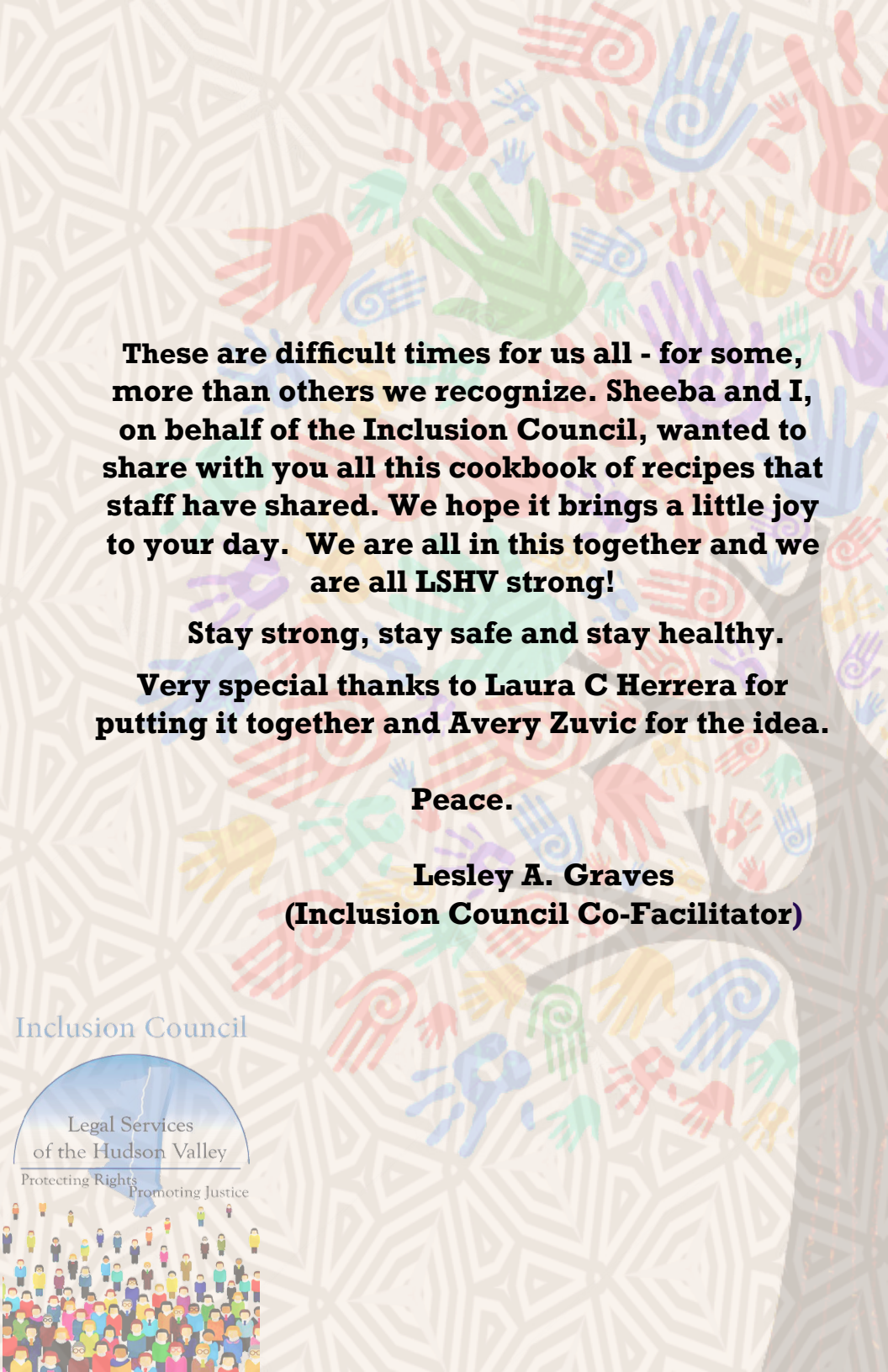
## Instructions:

- Using a mixer, whip egg whites while adding the granulated sugar. If you wish to add food coloring and/or flavor extract, you can do so while whipping the egg whites. You will know the egg whites are ready because you will be able to hold the container upside down and the egg-whites will not move.
- Strain the almond flour and powdered sugar and add those ingredients to the egg-white mix. Using a spatula, mix the almond flour and the powdered sugar into the egg whites using the folding method. DO NOT use mixer. You will know the mixture is ready because you will be able to make "mixture ribbons" with the spatula.
- Place the mixture into a piping bag. Place parchment paper on a baking cookie sheet, using the piping bag, put mixture on the cookie sheet making small circle shapes.
- Make sure circles don't have air bubbles; if they do, use a toothpick to remove them. Let the "circles" rest for about an hour or until they feel smooth to the touch - this is very important; this is what makes the macarons rise up. Bake at 320 degrees F for 15 mins.

Shared By: Laura C Herrera







**These are difficult times for us all - for some, more than others we recognize. Sheeba and I, on behalf of the Inclusion Council, wanted to share with you all this cookbook of recipes that staff have shared. We hope it brings a little joy to your day. We are all in this together and we are all LSHV strong!**

**Stay strong, stay safe and stay healthy.**

**Very special thanks to Laura C Herrera for putting it together and Avery Zuvic for the idea.**

**Peace.**

**Lesley A. Graves  
(Inclusion Council Co-Facilitator)**

Inclusion Council



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