TC Community

Cook-off

Celebrating Cultural, Family and Community Traditions

August 5, 2020

Teachers College
ODCA
Columbia University

TEACHERS COLLEGE COLUMBIA UNIVERSITY
A Graduate School of Education, Health & Psychology
INGREDIENTS:

- 2 cups of corn starch
- 1 cup of flour
- 2/3 cup of unsalted butter, melted
- 1 cup of sugar
- vanilla
- 1 egg (yolk and white)
- 1 14 oz can of dulce de leche
- confectioner's sugar, for dusting

KATHERINE RODRIGUEZ AGUERO
TC STUDENT

Alfajores Peruanos

In this Peruvian dessert. The recipe has been passed on from my grandmother, my aunts and now myself. As a family, we eat alfajores after meals as a treat and share it with others in our neighborhood. My daughter enjoys making them and eating them, knowing that it is a Peruvian dessert. She refers to it as a “Peruvian cookie.”

RECIPE:

Step one: Preheat the oven to 325°F

Step two: Melt stick of butter (~2/3 cup) (in pot or microwave)

Step three: Pour 1 cup of sugar into big bowl

Step four: Pour in butter into the big bowl

Step five: Add 2 egg yolks and 1 entire egg (yolk and white) included in the bowl with sugar and butter at medium speed, for 3 minutes

Step six: Add 4-5 drops of vanilla

Step seven: In a separate smaller bowl add 1 cup of flour

Step eight: In the second smaller bowl, add the 2 cups of corn starch and 1 tsp of baking powder

Step nine: Using a spatula, combine the flour, corn starch, and baking powder in the smaller bowl to the bigger bowl with the sugar, butter, and vanilla mix. Mix mix mix! Then knead lightly with your hand as needed until the dough is no longer sticky.

Step ten: On a clear and clean table/surface, roll the dough with a floured rolling pin (or hands) to form a very thin layer, about a ¼ inch.

Step eleven: To make the cookies cut the dough with round cookie cutters, and bake for 8-10 minutes in ungreased baking sheets (you can also use parchment paper). If you don’t have cookie cutters, be creative. You can use the top of a glass or cup, which will make slightly bigger alfajores. (In the video we used a wine glass)

Step twelve: Cool the cookies on racks. When completely cool, fill them with a teaspoon dulce de leche. Place another cookie on top, like a sandwich, and sift the confectioner’s sugar over the alfajores.

Serve at once with a glass of milk, coffee, tea, or with ice cream!
**YUAN CHANG**
**TC STUDENT**

**Jiuniang - Sweet Fermented Rice with Egg & Rice Dumpling**

**RECIPE:**

- **Step one:** Boil 4-5 cups of water.
- **Step two:** Add rice dumplings and cook at low heat for 3 minutes.
- **Step three:** Stir up 1 egg; switch to high heat and add the egg wash while slowly stirring.
- **Step four:** Add 1 tbsp of crystal sugar/brown sugar.
- **Step five:** Put 2 tbsp of sweet fermented rice in a bowl; scoop up rice dumplings and egg using a skimmer; put them on the top of sweet fermented rice; add 2-3 tbsp of soup.

(The dessert can be served either hot or cold)

**Inspiration**

My mom used to cook it for me when I had a cold. In traditional Chinese culture, Yin-Yang balance in food is key to health. This dish is known to have Yang nutrition and is refreshing when you have a cold.

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**JESL XENA RAE CRUZ**
**TC STUDENT**

**Chicken Adobo**

**INGREDIENTS:**

- 1 whole chicken (cut into pieces)
- 2-3 pcs bay leaves
- 1/2 cup soy sauce
- 1 tsp ground pepper
- 1/2 cup vinegar
- 3 or more cloves of garlic (finely chopped)
- 1/2 cup to 1 cup water
- 2 tbsp brown sugar (optional)

**RECIPE:**

- **Step one:** The most important part of this version of Chicken Adobo is to prepare the marinade for the chicken. Combine the soy sauce, vinegar, water, garlic, bay leaves, ground pepper and brown sugar in a bowl or the actual pot you will be cooking in.
- **Step two:** Mix all the ingredients in the marinade together, to ensure that the chicken is marinated for about 30-45 minutes prior to cooking it. Refrigerate the chicken while marinating.
- **Step three:** After marinating the chicken, you may now put it on the stove and allow it to simmer and cook thoroughly for another 30-45 minutes, on medium heat.
- **Step four:** When it is ready, you may now enjoy some Chicken Adobo! I highly recommend eating chicken with some rice! Hope you like it!

**Inspiration**

Chicken Adobo is one of the most popular Filipino dishes that is prepared with love and shared by families in the Philippines. I hold it close to my heart since the flavor and aroma of Chicken Adobo reminds me so much of home. My daughter Alessandra loves it as well, and that makes Chicken Adobo even more special to me.
**Greek Salad with Lemon Chicken**

**SALAD INGREDIENTS:**
- 4 - 5 vine tomatoes
- 2 cucumbers
- 1/2 sweet onion
- 3/4 cup cubed feta cheese (I prefer feta in brine but feta crumbles work well too)
- 3/4 cup kalamata olives
- Mediterranean sea salt
- Olive oil
- Oregano

**LEMON CHICKEN INGREDIENTS:**
- 4 chicken breasts
- Mediterranean sea salt
- 3 lemons
- Black pepper
- Olive oil
- Oregano

**SALAD RECIPE:**

**Step one:** Cut tomatoes and cucumbers into chunks.

**Step two:** Thinly slice onions and place all into a bowl.

**Step three:** Mix in olives and feta.

**Step four:** Drizzle olive oil and sprinkle with salt.

**Step five:** Let sit for a few minutes to allow juices to be extracted, maximizing flavor.

**Step six:** Add oregano to taste.

**Inspiration**

Cooking traditional Greek food with my children allows us to bond as a family and connect to their culture. A simple Greek Salad and Lemon Chicken is a staple in our home that our children take pride in making, and serves as a reminder to slow down and enjoy quality time together. Eating this meal takes us back to the villages in Greece where we were able to spend time with extended family learning about our past, while strengthening our commitment to passing on traditions.

**LEMON CHICKEN RECIPE:**

**Step one:** Place chicken breasts into a bowl and squeeze the lemons.

**Step two:** Generously add olive oil to coat the breasts.

**Step three:** Add salt, pepper, oregano and cover bowl with plastic wrap.

**Step four:** Let marinate in the refrigerator for about an hour.

**Step five:** Grill at 350°F for approximately 25 minutes until the internal temperature is 160°F. *I always cut the thickest breast to make sure there isn't any pink.*

**Step six:** Let rest for a few minutes before serving.
### Bubby’s Challah

**Inspiration**

Bubby’s challah epitomizes our weekly Shabbat experience in our home. It connects us to our heritage in the most delicious way possible.

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>RECIPE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz fresh yeast</td>
<td>Step one: Combine yeast and water. Sprinkle with a couple of spoons sugar; let sit until foamy.</td>
</tr>
<tr>
<td>4-5 cups lukewarm water</td>
<td>Step two: Scatter salt on the bottom of bowl. Pour flour into bowl. Make a well &amp; put eggs, sugar, foamy yeast and slowly mix from center. Add water &amp; oil in stages during the kneading process. Knead until smooth. Use a little more flour if dough is still very sticky.</td>
</tr>
<tr>
<td>4 eggs</td>
<td>Step three: After dough is well kneaded &amp; smooth, pour a little oil over the whole thing, including sides &amp; underneath.</td>
</tr>
<tr>
<td>3/4 cup oil</td>
<td>Step four: Cover bowl with towel and put in warm spot in kitchen. Let rise until doubled.</td>
</tr>
<tr>
<td>3/4 cup sugar (a little more if you like sweet)</td>
<td>Step five: Cover pot and bring to a boil.</td>
</tr>
<tr>
<td>2 tbsp salt</td>
<td>Step three: Once the soup boils, reduce heat to medium and cook 15-20 minutes more until potatoes soften.</td>
</tr>
<tr>
<td>5 lbs flour</td>
<td>Step four: In a separate medium saucepan melt butter, then flour and cook for 1 minute while whisking. Stir in milk and continue to whisk until mixture begins to lightly bubble and thicken.</td>
</tr>
<tr>
<td>2 oz fresh yeast</td>
<td>Step five: Add thickened milk mixture to potato soup mixture and stir. Add sour cream and mix well...but not too well!</td>
</tr>
<tr>
<td>4-5 cups lukewarm water</td>
<td><strong>To serve:</strong> Add garnishes (parsley, bacon bits, cheese, etc.) if you desire.</td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
</tr>
<tr>
<td>3/4 cup oil</td>
<td></td>
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</tbody>
</table>

**Step nine:** Bake until golden brown. About 40 min for large challahs and 18 minutes for smaller rolls.

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### Potato Soup

**Inspiration**

My husband and I have made this soup for injured friends who couldn’t cook, for those who have lost loved ones, for community gatherings, and for holidays.

<table>
<thead>
<tr>
<th>INGREDIENTS:</th>
<th>RECIPE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 russet potatoes</td>
<td>Step one: In a large pot, combine peeled diced potatoes, celery and onions with veggie broth. Season with salt and pepper to taste.</td>
</tr>
<tr>
<td>1 stick of butter</td>
<td>Step two: Cover pot and bring to a boil.</td>
</tr>
<tr>
<td>1 yellow onion</td>
<td>Step three: Once the soup boils, reduce heat to medium and cook 15-20 minutes more until potatoes soften.</td>
</tr>
<tr>
<td>1/4 cup flour</td>
<td>Step four: In a separate medium saucepan melt butter, then flour and cook for 1 minute while whisking. Stir in milk and continue to whisk until mixture begins to lightly bubble and thicken.</td>
</tr>
<tr>
<td>2 1/2 cups of whole milk</td>
<td>Step five: Add thickened milk mixture to potato soup mixture and stir. Add sour cream and mix well...but not too well!</td>
</tr>
<tr>
<td>4 oz sour cream</td>
<td><strong>To serve:</strong> Add garnishes (parsley, bacon bits, cheese, etc.) if you desire.</td>
</tr>
<tr>
<td>32 oz veggie broth/broth of choice (or enough to cover the potatoes in the pot)</td>
<td></td>
</tr>
</tbody>
</table>

**Step one:** In a large pot, combine peeled diced potatoes, celery and onions with veggie broth. Season with salt and pepper to taste.

**Step two:** Cover pot and bring to a boil.

**Step three:** Once the soup boils, reduce heat to medium and cook 15-20 minutes more until potatoes soften.

**Step four:** In a separate medium saucepan melt butter, then flour and cook for 1 minute while whisking. Stir in milk and continue to whisk until mixture begins to lightly bubble and thicken.

**Step five:** Add thickened milk mixture to potato soup mixture and stir. Add sour cream and mix well...but not too well!

**To serve:** Add garnishes (parsley, bacon bits, cheese, etc.) if you desire.
INGREDIENTS:

- 3 eggs
- 2 cups of milk (may use cream or half & half)
- 2 tbsp of butter, melted
- Lingonberries or other tart jam

RECIPE:

Step one: Melt the butter in microwave. Let cool for a few minutes.

Step two: Beat the eggs together with 1/2 cup of milk for 2-3 minutes with a whisk.

Step three: Add the flour all at once and beat to a heavy, smooth consistency.

Step four: Beat in the remaining milk and then the melted butter.

Step five: Grease griddle with butter.

Step six: Drop batter to form a 3 inch circle for each pancake. When the edges brown lightly after about 1 minute turn the pancakes with a spatula and cook another minute or two.

Serve with lingonberries. (Note: Maple syrup does not really go well with these pancakes.)

Inspiration

I am Scandinavian by background and culture. When I started to explore my Scandinavian heritage, I started to learn to cook some classic Scandinavian dishes including Swedish Pancakes. My husband, daughter and I enjoy them especially with lingonberries, a classic Scandinavian jam/sauce.

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INGREDIENTS:

- 2 cups of chopped shallots
- 1/4 -1/2 tsp red pepper flakes
- 1 cup chopped peppers - red, orange and / or yellow peppers
- 1/2 tsp black pepper
- 1/2 tsp chopped garlic
- 3 tbsp tomato paste
- 3 tbsp of butter, melted
- 1/2 tsp chopped peppers - red, orange
- 1/2 tsp black pepper
- 1 can of chickpeas, drained and rinsed
- 1 can of black beans, drained and rinsed
- 3/4 tsp dried oregano
- 3/4 tsp dried basil
- 2 boxes or cans of chopped tomatoes
- Lingonberries or other tart jam
- 1 tbsp cumin
- 1 tbsp Worcestershire sauce
- 2 tsp salt
- 2 tsp lemon juice
- 3/4 cup quinoa
- 2 Tbsp of water

RECIPE:

Pour all ingredients except lemon juice into a pot. Cook over medium high heat until the chili boils. Then cook over low heat for 30-35 minutes. Add lemon juice. Taste. Adjust seasonings.

Inspiration

Plant-based chili with pickled onions & avocado cilantro salsa was served at my family’s dinner table since I was a kid.
### Empanadas

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 lb. ground turkey</td>
<td></td>
</tr>
<tr>
<td>1 small yellow onion, diced</td>
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</tr>
<tr>
<td>1 small carrot, peeled and diced</td>
<td></td>
</tr>
<tr>
<td>1/2 bell pepper, diced</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp black pepper</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp paprika</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp oregano</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp minced garlic</td>
<td></td>
</tr>
<tr>
<td>1 tbsp canola oil</td>
<td></td>
</tr>
<tr>
<td>1 pack of 10 empanada discs, defrosted</td>
<td></td>
</tr>
<tr>
<td>(white or orange)</td>
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</tbody>
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**RECIPE:**

Brown ground turkey with seasonings and olive oil over medium heat, then add chopped vegetables. Mix together, add 1/4 cup of water then cover, cook over medium-low heat for 20-25 minutes. Preheat air fryer 390°F for 20 minutes. Prepare stuffing station with flat surface, canola oil, defrosted empanada discs, and fork.

Once cooled, spoon 1 tbsp mixture onto disc. Stretch and fold remainder of dough over filling. Press down edges with fork to seal both sides. Once closed on both sides, rub/brush with thin layer of canola oil. Lay each empanada flat in air fryer (try not to overlap). After 10 minutes, remove and add remainder of empanadas as outlined. Allow to cool before eating.

**Inspiration**

Family experience over shared labor/collective effort, and common adaptations of dish across multiple Latinx cultures.

### Mollejas y Guineos en Escabeche (Chicken Gizzards and Green Bananas)

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>chicken gizzards</td>
<td></td>
</tr>
<tr>
<td>garlic powder</td>
<td></td>
</tr>
<tr>
<td>sofrito seasoning</td>
<td></td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
<tr>
<td>sazón with azafran</td>
<td></td>
</tr>
<tr>
<td>green bananas</td>
<td></td>
</tr>
<tr>
<td>white vinegar</td>
<td></td>
</tr>
<tr>
<td>green &amp; red pepper</td>
<td></td>
</tr>
<tr>
<td>yellow onion</td>
<td></td>
</tr>
<tr>
<td>adobo</td>
<td></td>
</tr>
<tr>
<td>oregano</td>
<td></td>
</tr>
<tr>
<td>olive oil</td>
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**CHICKEN GIZZARDS RECIPE:**

**Step one:** Wash the chicken gizzards and remove the yellow skin.
**Step two:** Place chicken gizzards in pot of water and boil until tender. **Option:** Cut the gizzards up to enable it to cook faster and become tender.
**Step three:** Add 2 tbsps of sofrito seasoning the pot.
**Step four:** Add a splash of white vinegar.
**Step five:** Add adobo seasoning, oregano, garlic powder, sazón with azafran and pinch of table salt.
**Step six:** Let it boil on low/medium heat until gizzards are tender.

**GREEN BANANAS RECIPE:**

**Step one:** Cut off the ends of the green bananas and cut a slit down the banana, leaving the skin in place.
**Step two:** Boil bananas in a pot of water with a pinch of salt until tender. Check tenderness with fork, if the fork goes through the banana smoothly, then it's ready.
**Step two:** Remove the skin of the bananas and dice into bite-size circles.

**MARINADE RECIPE:**

In a bowl, dice the onions, green and red peppers, add a pinch of white vinegar and stir in olive oil to coat.

Finally, combine the bananas, chicken gizzards, and marinade in a serving dish and enjoy!

**Inspiration**

This recipe has been in the Puerto Rican culture for many generations. Also this is my favorite dish.