

GOODWIN LIVING
TEAM MEMBER
Cookbook



Goodwin
Living

Dear Team Members,

This collection of recipes is more than just a cookbook, it's a celebration of the diverse backgrounds and cultures that make Goodwin Living a place where everyone belongs.

As you explore this compilation of recipes, you'll find personal stories interwoven, highlighting how food is not just a physical necessity, but spiritual and emotional fuel.

We believe that with this first edition, we are at the onset of something great; an opportunity to form deeper connections and broaden our perspectives. The world has a way of making us feel separated and disconnected, but food has always been a unifier. The acts of cooking and eating dare us to slow down and try something new, to engage with an aspect of one's culture we may not have encountered before. Whether it's meeting with family every week or sharing homemade pumpkin pie at Thanksgiving, sharing a meal has the unique power to bridge gaps and raise spirits.

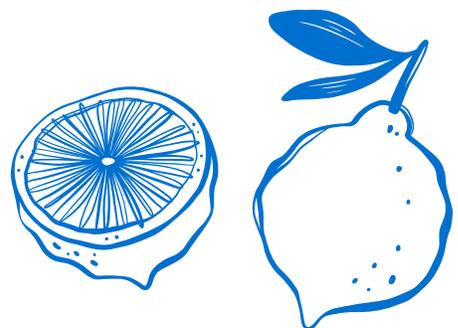
Our goal is for this cookbook to do just that: bridge gaps, raise spirits, and evolve with each new edition, always honoring the spirit of belonging that has helped to shape Goodwin Living.

The idea for this cookbook started many years ago but recently came together with the help of Abigail Hanlon (GHA Life Enrichment) and Barbara Chapins (Information Technology, Goodwin Living). It is our hope and belief that each year, we will add new recipes and share more stories.

If you have a recipe that's special to you, please let us know... as we are already working on the second version of this book!

We are excited to share this culinary journey with you and [hope you enjoy it!](#)

– DEIB Committee



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ENGLISH MUFFIN BREAD & HOMEMADE PEACH JAM
CINNAMON APPLE RING PASTRIES
NAANKHATAI
BUTTERMILK CORNBREAD
CHALLAH BREAD

Breakfast and Breads

English Muffin Bread and Homemade Peach Jam

Kathie Miller, Marketing and Communications, Goodwin Living
Towanda, Pennsylvania, United States

About the Recipe: My mom was famous for making jam and English Muffin Bread. People would ask her for supplies of the jam every summer (when she would make it as the fruit was local and fresh). And she often gave jars as gifts. When making housewarming gifts to welcome new neighbors or providing meals to people who needed extra care and support through difficult times, Mom would deliver them bread and jam. So, not only is this special to me because my mom made it, but it is also special because these items were expressions of being in community with others.

Bread Ingredients

5 $\frac{3}{4}$ cups flour (about)
1 tablespoon sugar
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ cup water
2 packages dry yeast
2 teaspoons salt
2 cups milk
cornmeal

Peach Jam Ingredients

4 cups peaches (peeled
& finely chopped)
2 tablespoons lemon juice
1 box (1.75 ounce) fruit
pectin (Sure-Jell brand)
5 $\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ teaspoon butter
(optional; it reduces
foaming)

DIRECTIONS

Bread

- 1) Measure flour by spooning lightly into cup.
- 2) Combine 3 cups flour, yeast, sugar, salt and baking soda.
- 3) Heat milk and water to 120-130 degrees F.
- 4) Add to dry mixture; beat well.
- 5) Stir in enough flour to make a very stiff batter.
- 6) Spoon into two 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ - inch loaf pans that are greased and sprinkled with cornmeal.
- 7) Sprinkle tops with cornmeal.
- 8) Cover and let rise in a warm place for 45 minutes.
- 9) Bake at 400 degrees for 25 minutes.
- 10) Remove from pans immediately to cool.

Jam

- 1) Wash jars & lids in hot soapy water. Rinse & dry well. Do not use cold jars when making jam. They should be at least room temperature (or warmer) before you fill them with jam.



- 2) Arrange the clean jars on the counter or table where you will be pouring the jam. Have them ready, along with the funnel, before you start cooking the jam.
- 3) Prepare peaches. Be sure to chop and mash them as you measure them. Do not puree them (there should be small chunks of peaches in the jam).
- 4) Measure sugar. Be precise! Set it aside.
- 5) Place peaches + lemon juice + butter (if desired) in a large saucepan over high heat. Add box of pectin to saucepan and stir until combined. Stirring constantly to avoid burning, bring fruit to a rolling boil (a boil that doesn't stop when stirred).
- 6) Once you've reached the rolling boil, add sugar and quickly stir it in until fully combined. Keep stirring constantly! And cook until the mixture returns to rolling boil. Boil exactly 1 minute as you continue to stir constantly.
- 7) Remove from heat.
- 8) Using ladle and funnel, place jam into jars. Leave about $\frac{1}{8}$ inch from the top of the jar.
- 9) Once you've distributed the jam into jars, take a wet cloth and wipe the jar rims and threads to be sure no jam is on them before placing the lids and rims onto each jar and tightening them.
- 10) Using either a canning pot or a large saucepan with a canning rack, place sealed jars in gentle boiling water for 10-15 minutes. Water must cover jams by 1 to 2 inches. After 10-15 minutes, use canning lifter to safely extract jars from the water and place them upright on a towel to cool completely.
- 11) After jars have cooled, check the seals of each jar by pressing the center of the lid with your finger. If the lid springs back, the lid is not sealed, and you should refrigerate that jar and use it within three weeks. If the seals are good, jam will keep in a cool, dry, dark place for up to one year.

Tips! Make sure the peaches are ripe, but not overly ripe. They should still have some firmness to them. You can use this same recipe for other fruits, though the amount of fruit and sugar will vary. I can share recipes for strawberry and blueberry, too. Prepping the jars and using the equipment mentioned makes a HUGE difference in making this process safe and easy. Jam is not difficult, but it is VERY hot, so you want to be super careful when handling it. If anyone wants more tips, or a demonstration, I am happy to provide more help!



Cinnamon Apple Ring Pastries

Abigail Hanlon, Life Enrichment, Goodwin House Alexandria
United States

About the Recipe: I came across this recipe online last year in the fall. I love apple picking and using them in my baking. When making these, I like to practice gratitude and think about things I'm grateful for as I wrap each apple ring in puff pastry.

Ingredients

1 package of frozen
Puff Pastry

2 tablespoons
melted butter

½ cup sugar

2-3 Granny Smith Apples

¼ cup cinnamon

caramel topping

vanilla ice cream (optional)

DIRECTIONS

- 1) Preheat oven to 400 degrees; thaw puff pastry dough according to directions. Core apples with an apple corer or round cookie cutter. Slice into ½ inch rings and set aside.
- 2) Roll thawed puff pastry out with a rolling pin to stretch the length and thin out the dough a bit. Use a pizza cutter to make thin, long, ½ inch strips. Gently pull on the strips to thin them out even more and wrap the apple rings. You will have to pinch together multiple strips as needed.
- 3) Mix the cinnamon and sugar together in a small bowl and set aside.
- 4) Place apple pastries on a parchment lined baking sheet and brush the wrapped apple rings with melted butter. Generously sprinkle with cinnamon sugar mixture. Bake for about 15-18 minutes on the middle rack or until puff pastry is golden brown. Watch them! Let the pastries cool for 3-5 minutes, then drizzle with caramel topping and serve with vanilla ice cream.

Notes: If not using caramel topping, sprinkle a bit more cinnamon sugar mixture on your pastries or dip the slices into the sugar mixture to ensure they are sweet enough.



Naankhatai

Ameera Bhanji, Goodwin Living At Home
Kenya, Tanzania, India

About the Recipe: Naankhatai features East African and Indian influences and are perfect for sharing with family and friends with breakfast, tea or dessert. It's my family's version of a sugar cookie, just not quite as sweet!

Ingredients

- 1 cup all-purpose flour
- ½ cup semolina
- ½ cup powdered sugar
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup softened unsalted butter
- ¼ cup vegetable oil
- 1 teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- 2 tablespoons finely chopped pistachios (for topping)

DIRECTIONS

- 1) Preheat oven to 350 degrees and line a baking sheet with parchment paper.
- 2) In a mixing bowl, combine the all-purpose flour, semolina, powdered sugar, baking powder, and baking soda.
- 3) Add the softened butter to the dry mixture and blend it with your fingertips until it becomes crumbly.
- 4) Pour in the vegetable oil and lightly knead the dough until it comes together
- 5) Add the spices to the dough.
- 6) Shape the dough into small balls and place them on the baking sheet. Leave some space between each cookie.
- 7) Press a little chopped pistachio on top of each dough ball.
- 8) Bake in the preheated oven for 12-15 minutes.
- 9) Cool on a wire rack.



Tips! You can make a swirled Naankhatai by dividing the dough in half and adding cocoa powder to one of the halves!

- Once you've made your dough, divide it in half and add the cocoa powder to one of the halves.
- Make small balls from both the plain and chocolate mixes. Keep them separate.
- Arrange the balls in a circular pattern in your palm, alternating between the chocolate and plain.
- Bring the balls together, forming a dome in your palm.
- Using your other hand, gently roll the balls in a swirling motion (keeping the bottom hand steady), avoiding any flattening of the dough.



Buttermilk Cornbread

Lia Poynor, Rehab Team, The View Alexandria
United States

About the Recipe: My dad created this recipe as a variation on others he has used. Whenever I make this, I think about my dad. It is always a hit at family gatherings!

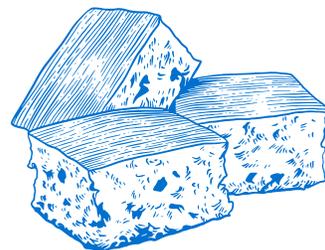
Ingredients

½ cup butter
⅓ cup white sugar
⅓ cup brown sugar
2 eggs
1 cup buttermilk
1 cup cornmeal
1 cup all-purpose flour
¼ teaspoon salt
1 can cream corn
(8 ounces)

DIRECTIONS

- 1) Preheat oven to 375 degrees. Grease 8-inch square pan.
- 2) Melt butter, then stir in sugar. Quickly whisk in eggs.
- 3) Combine buttermilk and baking soda in small bowl, then whisk into sugar mixture.
- 4) Stir in cornmeal, flour and salt until well blended. Add can of cream corn.
- 5) Pour batter into pan.
- 6) Bake 30-40 minutes or until toothpick inserted into center comes out clean.

Tips: Make sure you mix the ingredients in the right order to get the best result.



Challah Bread

Fran Casey, Human Resources, Goodwin Living,
United States

About the Recipe: This recipe from the New York Times is one of my favorites for challah – it’s easy, quick, and always delicious. Joan Nathan, when sharing her challah recipe wrote: “The word challah originally meant only the small portion of dough that was put in the oven when baking bread as a reminder of the destruction of the Temple in Jerusalem. It has evolved into the twisted, sweet, almost brioche-like bread that was brought to America by immigrants from Central and Eastern Europe. Although straight loaves of braided challah are eaten throughout the year, round challahs, often studded with raisins, are served for Rosh Hashana, and also for Yom Kippur and Sukkot, the holidays celebrating the New Year and the fall harvest.”

I make Joan’s recipe throughout the year, and as noted above, on the Jewish holidays, I make a round Challah (several, actually, as they go fast!). In addition to seeded Challah, I always have at least one Challah filled with raisins. Leftovers (if there are any) make wonderful French toast! Enjoy!

Ingredients

1 ½ packets active dry yeast (1 ½ tablespoons)

1 tablespoon plus ½ cup sugar

½ vegetable oil, plus more for greasing bowl

5 large eggs

1 tablespoon salt

8 to 8 ½ cups all-purpose flour

poppy or sesame seeds for sprinkling

DIRECTIONS

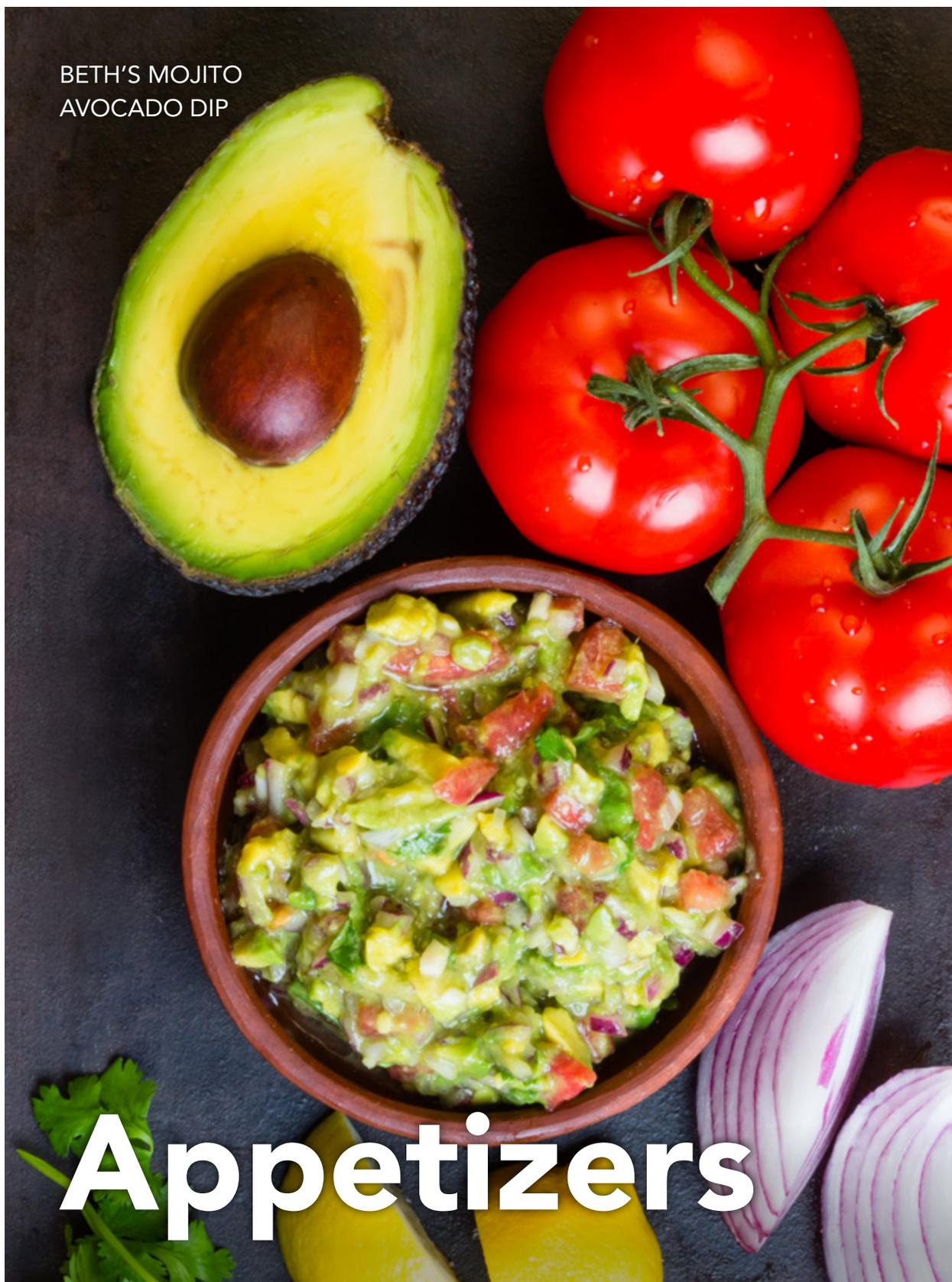
- 1) In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 ¾ cups lukewarm water.
- 2) Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading.)
- 3) Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.



- 4) To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 ½ inches wide. Place the 6 strands in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with what is now the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.
- 5) Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour in refrigerator if preferred.
- 6) To bake, preheat oven to 375 degrees and brush loaves again. (If freezing, remove from freezer 5 hours before baking.) Then dip your index finger in the egg wash, then into poppy or sesame seeds and then onto a mound of bread. Continue until bread is decorated with seeds.
- 7) Bake in middle of oven for 35 to 40 minutes, or until golden. Cool loaves on a rack.



BETH'S MOJITO
AVOCADO DIP



Appetizers

Beth's Mojito

Beth Simpao, Finance, Goodwin Living
Maryland, United States

About the Recipe: This is a relaxing and feel-good recipe.

Ingredients

5 fresh mint leaves

1 fresh lime

club soda

½ ounce simple syrup
(real cane sugar)

2 ounces white rum

2 ounces Bacardi rum

ice

DIRECTIONS

- 1) Muddle the mint – Place in the bottom of the shaker and use the muddler until it becomes aromatic.
- 2) Add rum, lime juice, simple syrup and club soda, shake.
- 3) Strain into a glass with ice, garnish with a lime wedge and mint.
- 4) Finally, taste to enjoy.

Tips: Not strong enough? Well, you know what to do... more rum!



Avocado Dip

Monica Hutchins-Thomas, Social Work, Goodwin House Alexandria
United States

About the Recipe: It is a great summer appetizer. Learned of it in a book club but have given it to so many friends and family through the years.

Ingredients

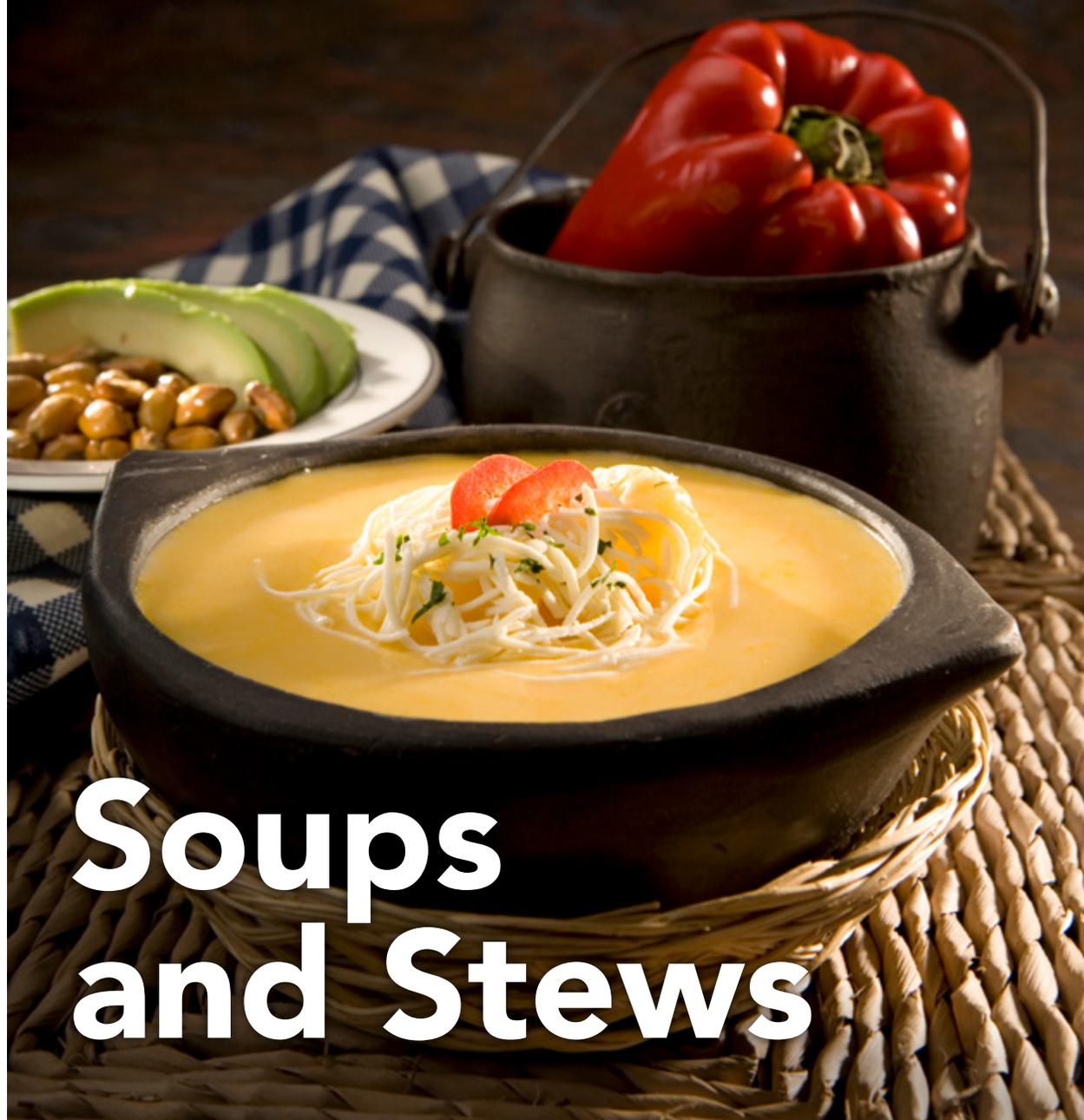
2 ripe avocados
3 plum tomatoes
½ diced red onion
2 cloves of garlic, chopped
2 tablespoons chopped
parsley (or can use cilantro
for a different taste)
2 tablespoons olive oil
1 tablespoon
balsamic vinegar
½ cup crumbled
feta cheese
salt to taste (for some,
salt from chips is enough)

DIRECTIONS

- 1) Cut everything up and mix together thoroughly.
- 2) Serve with tortilla chips.

Notes: You can make this ahead of time but you will need to store it in an airtight container. It's usually best if made right before everyone arrives.

CHICKEN AND DUMPLINGS
SAUSAGE AND SPINACH TORTELLINI SOUP
PUMPKIN STEW
WEST LAKE BEEF SOUP
POTATO SOUP
CHICKEN AND PUMPKIN SOUP



Soups and Stews



Chicken and Dumplings

Jennifer Bennett, Life Enrichment, Goodwin House Alexandria
Recipe from **Alma Franklin**, Jennifer's grandmother
Ohio, United States

About the Recipe: Below is an excerpt from Jennifer Bennett's
Granny's recipe notes, written by Alma Franklin

"Until I was 16, I visited my Grandmother Cox in Maysville, Kentucky every summer. She taught me this recipe that was her family heritage from Germany. Soon after Bill and I were married in 1940, I started making these dumplings and from the beginning they were a hit with Bill's parents and family. Later Carol and Pat continued to request them and eventually my sons-in-law and their families insisted on them quite often, especially Lynn. I must admit that writing this recipe was very difficult because over these many years cooking has become a pinch of this and a pinch of that and whatever I find in the cupboard."

Soup Ingredients

1 whole chicken with fat, cut into pieces

1 cup chopped celery

1 cup chopped onion

salt and pepper

Dumpling Ingredients

4 ½ cups flour

½ teaspoon baking powder

½ teaspoon salt

2 eggs

Crisco, about the size of ½ an egg

small drop of yellow food coloring (optional)

DIRECTIONS

- 1) Cook the ingredients from the “Soup Ingredients” list in a pot of water—enough to cover the chicken.
- 2) In a large mixing bowl, mix all the ingredients from the “Dumplings Ingredients” list, except the food coloring, then slowly add the chicken soup water until you have a soft dough.
- 3) Roll out the dough and cut into strips and set aside.
- 4) Remove the chicken from the soup and separate the skin from the chicken, cut off the bones, set aside.
- 5) Drop your dough into the boiling soup water and cook for about 10 minutes (If you wish to add the yellow food coloring to the soup, do so before you drop the dumplings).
- 6) About 5 minutes before serving, after the dumplings are done, add the chicken to the dumplings.

Tips:

- Flour your dough board. The flour will cling to the dumplings and thicken your broth (careful though, too much dough will make it pasty).
- Cut dumpling strips into about two-inch squares and don't overcook (10 minutes).
- Why food coloring? It gives the dumplings a nice creamy yellow color, but it is very important not to overuse it because too much color isn't appealing.

Sausage and Spinach Tortellini Soup

Chelsea Moseley, Rehabilitation, Goodwin House Bailey's Crossroads
Virginia, United States

About the Recipe: This recipe has always been a hit! I've shared it with family and friends, and everyone is always surprised at how easy and good it is, and always comes back for more!

Ingredients

2 tablespoons avocado oil	4 cups chicken broth
1 small yellow onion, diced	2 tablespoons balsamic vinegar
1 pound turkey sausage, in casing (can be breakfast sausage or raw chicken sausage)	14 ounces water (I use the empty can of diced tomatoes to measure)
2 cloves garlic, minced	10 ounces fresh tortellini (if frozen, cook for an extra 10 minutes)
2 teaspoons Italian seasoning	½ cup unsweetened almond milk or heavy cream
½ teaspoon pepper	1 5-ounce bag fresh spinach
1 14-ounce can diced tomatoes	

Toppings

Parmesan cheese	red pepper flakes
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DIRECTIONS

- 1) In a large saucepan, heat avocado oil, once hot add onion and sauté for about 3 minutes.
- 2) Add in turkey sausage (remove casing), and break into crumbles. Cook until it is no longer pink.
- 3) Add in garlic, Italian seasoning, and pepper and sauté another minute or two.
- 4) Pour in diced tomatoes, chicken stock, balsamic vinegar, and water. Bring to a boil.
- 5) Once boiling, add tortellini. Cook for 10 minutes and then add almond milk or heavy cream and bag of spinach.
- 6) Cook an additional 5 minutes and then turn off the heat.
- 7) Serve with Parmesan cheese and enjoy!

Pumpkin Stew

Denise Ransome, Assisted Living, Goodwin House Bailey's Crossroads
Washington, D.C., United States

Ingredients

- 1 pumpkin (16-ounce can)
- 2 cups water
- 3-4 potatoes (diced)
- 2-3 carrots (diced)
- 2-3 stalks celery (diced)
- 1 small onion (diced
very fine)
- 1 can of corn
- 1 red pepper (diced
very small)
- 1 chicken bouillon cube
- 1 teaspoon curry powder
- whipping cream
(16 ounces)
- 1 pound cooked shrimp
(peeled and deveined)
- 1 pound jumbo
lump crabmeat

DIRECTIONS

- 1) In a saucepan add 2 cups of water and bouillon cube and bring to a boil.
- 2) Add potatoes, carrots, onion and celery, cook until tender (test with fork).
- 3) In large stock pot, add the pumpkin and vegetables and stir.
- 4) Add the whipping cream, curry and stir.
- 5) Add the shrimp and crabmeat.
- 6) Taste as you go and season to your liking.

Tips: Add a little Old Bay seasoning and crushed red pepper for a little more kick!

West Lake Beef Soup

Sau Fong, Dining Services, Goodwin House Bailey's Crossroads
Hong Kong

About the Recipe: West Lake Minced Beef Soup is a popular home-style soup from southern China. It is very mild-flavored that is soothing for the stomach. While its origins are uncertain, some believe it was created to mimic the beautiful scenery of the iconic West Lake in Hangzhou, China. The soup is also good because it is easy to digest and tastes good. The soup can accompany other main dishes and appetizers.

Ingredients

8 ounces beef (cheaper cuts or ground beef)	3 large eggs
7 ounces soft tofu (½ block)	1 large knob ginger, crushed
4-5 dried shiitake mushrooms	1 ½ cups hot water
	10 cups low-sodium chicken broth

Beef Marinade

1 tablespoon Shaoxing wine	2 tablespoons water
½ teaspoon salt	1 teaspoon neutral oil
¼ teaspoon sugar	cornstarch slurry with 5 tablespoons cornstarch and 5 tablespoons water (cold or room temp)
Few dashes of white pepper	
1 tablespoon cornstarch	

Seasoning

1 ½ teaspoon salt	¼ teaspoon white pepper or more to taste
1 ½ teaspoon chicken bouillon powder (can omit if using chicken broth)	scallions
	cilantro

DIRECTIONS

- 1) Prep the beef. If using steak, slice it thinly against the grain. Mince the slices into very small pieces similar to the texture of ground beef. Mix together the marinade ingredients and put the beef in the marinade. Let sit while you prepare the other ingredients.
- 2) Prep other soup ingredients. Cut the shiitake mushrooms and dice the tofu into small cubes. Slice the ginger into thin, wide strips.
- 3) Parboil the beef. Add salt and Chinese cooking wine to a medium pot of boiling water. Slowly add the beef, stirring to break up clumps. Parboil for 2 minutes. Drain into a colander and rinse under water for 1 minute, breaking up any clumps with your hands. Leave to drain well.
- 4) Stir-fry the ginger and mushrooms. Heat oil in a large soup pot over medium heat. Stir fry the ginger for 1-2 minutes and then discard. Add the mushrooms and sauté for 1 minute.
- 5) Add the tofu, beef, and stock. Stir gently to prevent the beef from clumping. With the lid slightly ajar, bring to a gentle boil over medium heat for 10-12 minutes.
- 6) Prep the eggs and starch slurry. Separate the whites and yolks of 2 eggs into separate bowls. Whisk each vigorously until foamy. Mixing 3 tablespoons starch in water for the slurry.
- 7) Skim soup to remove impurities. Once the soup is gently boiling, use a skimmer to remove fat and scum from the surface to keep the broth clear.
- 8) Thicken and season the soup. Stir the slurry again and pour it into the soup to thicken it. Season with salt, pepper, and mushroom seasoning if using.
- 9) Ribbon the egg. With the soup at a gentle simmer, slowly drizzle in egg whites from high above. Wait a few seconds before gently stirring to separate the white. Repeat the same process for the egg yolks.
- 10) Garnish and serve. After turning off the heat, garnish with sesame oil and cilantro or scallions.



Potato Soup

Timaeus Reed, Marketing and Communications, Goodwin Living
United States

About the Recipe: It's comfort food that'll put you to sleep.

Ingredients:

2 ½ pounds gold potatoes peeled and diced into pieces no larger than 1"	⅔ cup heavy cream (155 ml)
7 strips bacon (uncooked)	1 ½ teaspoons of salt
3 tablespoons butter	1 teaspoon of ground pepper
⅓ cup all- purpose flour (42 grams)	¼ - ½ teaspoon chili powder
1 medium yellow onion, chopped (about 1 ½ cups or 200 grams)	⅔ cup sour cream
3 large garlic cloves minced	160 grams of shredded cheddar cheese
4 cups chicken broth (945 ml)	chives
2 cups milk (475 ml)	extra sour cream and bacon for topping (optional)

DIRECTIONS

- 1) Place bacon pieces in a large Dutch oven or soup pot over medium heat and cook until crisp and browned.
- 2) Remove bacon pieces and set aside, leaving the fat in the pot. Crumble the bacon into bacon bits about half the size of a dime.
- 3) Add butter and chopped onion and cook over medium heat until the onions are tender (about 3-5 minutes).
- 4) Add garlic and cook until fragrant (about 30 seconds).
- 5) Sprinkle the flour over the ingredients in the pot and stir until smooth (use a whisk if needed).
- 6) Add diced potatoes to the pot along with chicken broth, milk, heavy cream, salt, pepper, and ancho chili powder. Stir well.
- 7) Bring to a boil and cook until potatoes are tender when pierced with a fork (about 10 minutes).
- 8) Reduce heat to simmer and remove approximately half of the soup to a blender (be careful, it will be hot!) and puree until smooth (this is about 5 cups of soup. Alternatively, you can use an immersion blender).

- 9) Return the pureed soup to the pot and add sour cream and reserved bacon pieces, stir well.
- 10) Allow soup to simmer for 15 minutes.
- 11) Reduce heat and add salt and pepper to your desired taste.
- 12) Top with additional sour cream, bacon, cheddar cheese, or chives

Notes: You can add any protein you want to this. You can add beans, pork sausage, whatever you want. If it's meat, cook it almost to completion as your first step, then add it to the soup on step 9. Go easy on the salt at first. Most of it will cook out until the end just after simmering. Sea salt is best!



Chicken and Pumpkin Soup

Ange M Fleristin, Health Care Center, Goodwin House Bailey's Crossroads
Haiti

About the recipe: This is the first food we made to celebrate our first day of independence.

Ingredients

1 whole chicken,
cooked and shredded

1 pumpkin

1 cup vermicelli

butter

2 onions

1 orange

4 carrots

1 cabbage

2 malangas

1 package celery

turnips

olive oil

DIRECTIONS

- 1) Peel and boil the pumpkin.
- 2) Blend it, then add water, salt, butter, pepper, onions, half a spoon of lemon juice, and add all the vegetables.
- 3) Let them cook.
- 4) Add the vermicelli and cook for 6-10 minutes, then add the chicken.

RAMEN NOODLES WITH TEMPEH AND SPICY PEANUT SAUCE
WAAKYE
SHIRO
CHEF PATRICE'S RATATOUILLE



Main Entrees

Vegatarian/Plant-Based



Ramen Noodles with Tempeh and Spicy Peanut Sauce

Alex Frieman, Dining Services, Goodwin House Alexandria
United States

About the Recipe: I always associate home with Chinese food. If ever my parents asked me or my brother what we wanted for dinner the answer was always the same, “Chinese food”. Even now, when I’m driving home to visit, I’ll always get a text from my stepdad saying, “we’ve got Seven Woks waiting for you when you get here”. The entrees we order always change, but the one staple of our meal has always, and will always be, the cold sesame noodles. I’ve lived in the DMV since 2008, and although I’ve ordered this dish over and over again, it’s never quite been the same as the one back home in New York. I gave up on ordering it, and realized I had to learn to make it for myself. Although I will never be able to replicate the original, this is the closest I have been able to find. It’s a meal that is easy, comforting and delicious!

Ingredients

Two 3-ounce packets ramen noodles (any kind will work)	2 teaspoons garlic-chili paste
$\frac{1}{3}$ cup warm water	3-4 dashes of hot sauce
$\frac{1}{3}$ cup smooth peanut butter	1 tablespoon vegetable oil
$\frac{1}{4}$ cup reduced-sodium soy sauce	4 ounces tempeh
2 tablespoons rice vinegar or red wine vinegar	2 cloves garlic
2 tablespoons sesame oil	$\frac{1}{2}$ head of broccoli
2 tablespoons honey	$\frac{1}{4}$ cup peanuts for garnish
	2 green onions white and green parts diced for garnish

DIRECTIONS

- 1) Combine water and peanut butter in a small saucepan over medium heat.
- 2) Whisk together to combine.
- 3) Reduce heat to low and add the soy sauce, vinegar, sesame oil, honey, garlic-chili paste and hot sauce.
- 4) Whisk all the ingredients, blend into a smooth sauce.
- 5) Keep the saucepan on the lowest setting to stay warm while you cook the rest of the dish.
- 6) Add the vegetable oil to a large skillet over medium heat. When hot, add the tempeh and cook, flipping for a few minutes.
- 7) Chop broccoli into bite sized pieces and steam until tender.
- 8) Begin to cook the ramen noodles according to the package directions.
- 9) Add the garlic and broccoli to the tempeh and cook, stirring just until the ramen noodles are finished.
- 10) Drain noodles and add to a large bowl along with the red pepper and garlic.
- 11) Pour some of the sauce over the noodles and tempeh mixture and toss to combine, add more sauce as needed.
- 12) Serve in individual bowls and garnish with the chopped peanuts and green onion.

Tips: You can make it with any protein you like, but I love the nutty flavor that tempeh adds to the dish. You can also add any vegetables you like instead of, or in addition to the broccoli.

Waakye

Beauty Aluwoe, Dining Services, Goodwin House Bailey's Crossroads
Ghana

About the Recipe: Waakye, a popular dish in Ghana, originates from the Hausa language. The term "Waakye" is a contraction of "Shinkafa da wake", which means "rice and beans" in Hausa. This reflects the dish's origins in Northern Ghana, particularly among the Hausa communities, where rice and beans are a staple food.

Ingredients

5-10 dried waakye leaves
(or dried leaves substitute)

2 cups long-grain rice

1 cup black-eyed peas
or red kidney beans
(soaked overnight)

6 cups water (or enough
to cover ingredients)

salt (to taste)

2 tablespoons vegetable
oil (optional)

DIRECTIONS

- 1) Prepare the beans (if using dried beans, soak them overnight in water). Drain before cooking.
- 2) Boil the waakye leaves in a large pot: add the leaves and 6 cups of water, bring to a boil and let it simmer for about 10 minutes to infuse the flavor
- 3) Add the soaked beans to the pot with the boiling water waakye leaves, cook for 20-30 minutes until the beans are tender
- 4) Add the rinsed rice to the pot, stir gently to combine
- 5) Add salt to taste, if desired add vegetable oil for extra flavor.
- 6) Cover the pot and reduce the heat to low. Cook for 30-40 minutes or until the rice and beans are fully cooked, checking occasionally to ensure it doesn't burn.
- 7) Once cooked, fluff the waakye gently with a fork and remove from heat.
- 8) Serve hot with your favorite accompaniments, such as fried plantains, boiled eggs, or stew.

Tips: If you don't have the leaves, you can substitute with 1 tablespoon of baking soda or red beans. Another tip is to always rinse rice and beans.

Shiro

Catie Ramos, Administration, Goodwin House Bailey's Crossroads
Catie (from the United States) is making this recipe with a family member from Ethiopia

About the recipe: Check out [this video](#) of Catie and Auntie Meti making Shiro and discussing Ethiopian culture!

Ingredients

- ½ cup oil
- ½ cup chickpea flour
- 2 medium onions
finely chopped
- 1 16-ounce can of
tomato paste
- 4 cloves of garlic, chopped
- 2 - 2 ½ cups of water
- 2 tablespoons Shiro
powder (can be
purchased at a local
Ethiopian Market)
- 1 teaspoon garlic powder
- salt to taste
- 1 jalapeno chopped
(optional)

DIRECTIONS

- 1) Add the oil and bring a heavy bottom stockpot to medium heat.
- 2) Add finely chopped onions. Onions will become dry and start to take on color, about 4-5 minutes.
- 3) Add tomato paste and chopped garlic, sauté for 2-3 minutes.
- 4) Whisk in about half of the Shiro powder. Gradually start to add about 1 cup of water. Whisk in remaining Shiro powder and an additional 1 cup of water. Whisk until mixture is very smooth.
- 5) Add remaining ½ cup of water if you prefer your Shiro a little thinner.
- 6) Use a low heat until the Shiro begins to pop (simmer). Add garlic powder and salt to taste, stirring until combined.
- 7) Simmer for about 10 minutes over low heat until the flavors combine and the oil separates slightly from the Shiro.
- 8) Garnish with jalapeno if desired.
- 9) Serve with fresh injera.



Learning to Make Ratatouille Twice

Brian Patterson, Dining Services, Goodwin Living
United States

Nowadays when we think of Ratatouille, most of us think of the Disney movie. In the movie, a stylized rendition of the classic dish ratatouille makes an appearance. Historically, Ratatouille is a plant-based stew that features five specific vegetables in equal portions: onions, bell peppers, zucchini, eggplant, and tomatoes. Ratatouille appeared in Southern France, and literally translates from the old French as “to stir the pot.”

My relationship with Ratatouille comes with some scars. The first time I learned to make Ratatouille was as a student at L’Académie de Cuisine. Since the recipe involves chopping the five essential ingredients it is the perfect exercise for a cook learning their way around a Chef’s Knife, which invariably results in some scars.

The first way I learned to make ratatouille is the simplest. Add the ingredients in the order in which they cook, from the longest lead time to the least. That is to say, start with the chopped onions and cook them on low heat with olive oil and a pinch of salt, stirring frequently to sweat and slightly caramelize the onions, do not burn them

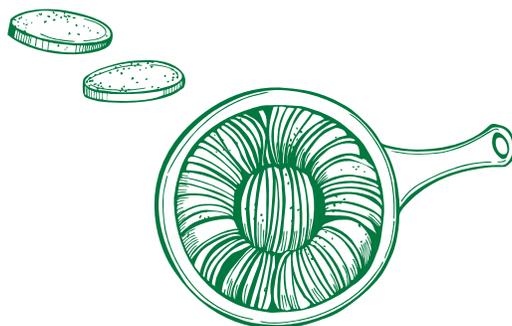
on high heat. This step takes time and patience. The onions need to be translucent before adding the following items. Next, stir in the bell peppers and cook them until they soften. Then add the zucchini and eggplant, stirring frequently, followed by the tomatoes. The tomatoes add significant moisture to the preparation which allows the ensemble to stew, which is to say become tender and meld together. Finish the ratatouille with a chiffonade (fine ribbons) of fresh basil, loads of garlic, salt, and pepper.

Later in my career, I came back to L'Académie de Cuisine as a lead instructor, under the direction of Chef Patrice Olivon. Chef Patrice had to reprogram most of my skills and knowledge about cooking in order to satisfy his expectations of a classically trained culinary instructor, and my ratatouille technique was no exception. The results are, in the end, superior.

The main difference in Chef Patrice's method is to roast the diced bell peppers, zucchini, and eggplant in separate batches in an oven. Roasting gives the vegetables a pleasant, caramelized flavor and texture, and dehydrates them, meaning they will absorb more moisture from the tomatoes as well as olive oil. While the vegetables are roasting is the opportunity to sweat and caramelize the onions in a pot on the stove, in the same manner as described above. Once the vegetables are roasted, add them all together with the onions, and then add tomatoes. Depending on the season and the quality of the tomatoes, it is advisable to use a combination of fresh diced tomatoes, tomato juice (like V8) and tomato paste for a full tomato presence. Tomato paste will tend to thicken the dish, while tomato juice will thin the stew. Finish the ratatouille as above, with a chiffonade of basil, loads of fresh chopped garlic, salt, and pepper.

If you think about it, Ratatouille is essentially a stewed combination of vegetables with olive oil. In order to balance the flavors and textures, a few drops of vinegar add freshness and balance to the olive oil and vegetables. Just do me a favor, and NEVER finish your ratatouille with parmesan cheese or cayenne pepper, or really anything else. That's where the rest of the scars came into my experience with ratatouille and Chef Patrice!

Like classic stews such as coq au vin or beouf a la bourguignon, ratatouille is better the next day. Enjoy with a soft egg and crusty bread.



Chef Patrice's Ratatouille

Brian Patterson, Dining Services, Goodwin Living
United States

Ingredients

- 1 onion, diced
- 1 eggplant peeled and diced
- 1 red bell pepper seeded and diced
- 1 zucchini cored and diced
- 1 squash diced
- 6 plum tomatoes seeded and diced
- 1 cup of tomato juice
- 1 tablespoon of tomato paste
- 6 cloves garlic
- 1 bunch fresh thyme
- 1 bay leaf
- Salt and pepper and a pinch of cayenne
- ½ cup olive oil

DIRECTIONS

- 1) In a bowl, toss the diced bell peppers in olive oil with a little salt and pepper.
 - 2) Spread the dressed diced peppers out on a sheet tray lined with parchment paper.
 - 3) Roast the peppers in an oven at about 350 degrees until they are tender and slightly caramelized, about 20 minutes.
 - 4) Repeat this process with the diced zucchini, and separately, the eggplant.
 - 5) While the vegetables are roasting, in a large skillet over a low flame, sweat the onions and garlic in plenty of olive oil stirring occasionally, until the onions are translucent and slightly tanned, approximately 15 minutes.
 - 6) Add a few drops of water as necessary to prevent scorching the onions.
 - 7) When the other three vegetables are roasted, stir them into the sweated tender onions.
 - 8) Now add the tomato products, thyme, bay leaf, salt, pepper, cayenne, and simmer all together for 20 minutes, stirring frequently.
- 9) It is permissible to add a sprig of fresh thyme and a bay leaf for flavor (do not worry, Chef Patrice would approve).
 - 10) Finish the ratatouille with a splash of red wine or sherry vinegar. Season with salt and pepper to taste.
 - 11) Remove the ratatouille from the heat and cool until you are ready to serve.



NEW ORLEANS RED BEANS AND RICE
POSPAS (ARROZ CALDO)
LEMON PEPPER SALMON
COLUMBIAN EMPANADAS
ARROZ A LA VALENCIANA
CHICKEN CORDON BLEU
KOTTBULLAR (SWEDISH MEATBALLS)
TUSCAN CHICKEN PASTA
CORNICHON CHICKEN SALAD
RAVIOLI CASSEROLE
CHEESEBURGER BURRITOS
SWISS CHEESE CHICKEN
EASY BAKE CHICKEN
KOREAN LA GAPOUNDI
SWEET AND SOUR PORK RIBS
CHICKEN PICATTA
MARRY ME CHICKEN WITH A TWIST
BBQ WINGS

Main Entrees



New Orleans Red Beans and Rice

Rev. Kathy Howell, Chaplaincy, The View Alexandria
New Orleans, Louisiana, United States

About the Recipe: I was born and raised in New Orleans, and one thing I could usually count on was most places—restaurants, school cafeterias and even growing up—red beans and rice would be served on Mondays. This is a tradition that dates back to the early 1800s in New Orleans when Monday was “Wash Day” and the red beans and rice could simmer all day long while the laundry was being done.



Ingredients

1 (1 pound) package Camellia Brand red kidney beans	1-3 cloves garlic, minced
1 (32 ounce) container no-sodium chicken broth	1 pound of smoked sausage
Water, as needed	2 bay leaves
1 large onion, chopped	1 teaspoon dried thyme
1 bell pepper, chopped	Tabasco sauce to taste
½ cup chopped parsley	Tony Chachare's seasoning to taste
4 celery stalks, chopped	salt and pepper to taste
	6 cups white or brown rice, cooked

DIRECTIONS

- 1) Rinse and sort beans.
- 2) In a stockpot, bring 10 cups of water to a boil. Add 1-pound Camellia Brand dry beans and return to a boil. Remove from heat, cover and set aside at room temperature for 2-3 hours. Drain and rinse beans.
- 3) Place beans in a large stockpot and cover with chicken broth. If needed, add fresh water so that mixture is a ratio of 1 part beans to 2 parts liquid.
- 4) Bring the beans to a rolling boil, then lower heat, and simmer for 1-2 hours, or until tender.
- 5) Stir often, (so that beans don't stick to bottom of pot) and add water as needed.
- 6) Brown the meat in a skillet. Remove meat and set aside.
- 7) In the drippings in skillet, sauté onions, celery, parsley and bell pepper until tender.
- 8) Add the garlic and sauté for 2 minutes, stirring occasionally.
- 9) Add meat, sautéed vegetables, bay leaf and thyme to the beans. Water should cover all.
- 10) Continue to simmer for 1-3 hours, until beans are tender and creamy (continue to stir and avoid burning on bottom of pot).
- 11) To make creamier beans, remove 2 or 3 cups of beans from the pot, puree them with a mixer or blender, and return to pot.
- 12) Add Tony Chachere's seasoning, salt, pepper and to taste.
- 13) Serve over rice.

Pospas (Arroz Caldo)

Trish Povlitz, Human Resources, Goodwin House Alexandria
Philippines

About the recipe: In Filipino culture, you will find Spanish influence in many areas, including religion, the language, traditions, and food. There is even a traditional food made when someone is sick. We call it Pospas but it is also known as Arroz Caldo (with chicken). This is my mother's recipe which always brought me comfort growing up when I was not feeling well. My mother still makes it for me when I'm not well but I like to make it for my family as a nice, warm, "cozy" dish in the cold winter months.

Ingredients

2 ½ pounds chicken breast with bone	1 (2 ½ inch) piece fresh ginger, peeled and thinly sliced
5 cups water	
4 stalks of celery, cut into 4-inch lengths	1 medium onion, chopped
1 small whole onion (sweet or yellow)	5 ½ cups chicken broth (can be mix of homemade or canned)
2 tablespoons olive oil	1 ½ cups jasmine rice (uncooked)
2 cloves garlic, crushed	salt and pepper to taste
1 teaspoon fish sauce (patis) for sprinkling, if desired (optional)	

DIRECTIONS

For homemade broth and chicken

- 1) In Dutch oven, boil chicken with celery and small whole onion until fully cooked.
- 2) Remove chicken and set aside to cool. Strain out celery and onion to keep broth. Shred chicken into bitesize strips.

For the main Pospas contents

- 1) Heat olive oil in a frying pan and sauté crushed garlic, chopped medium onion, sliced ginger and shredded chicken for about 5 minutes. Add rice and continue to sauté until onion is transparent.
- 2) Pour sauté items into the Dutch oven, add chicken broth (can be the combination of homemade and canned). Bring to a boil then reduce heat and simmer for about 30 minutes, stirring frequently to avoid sticking.
- 3) Going for a porridge consistency, add chicken broth as needed if getting thick.
- 4) The pospas is considered done when the rice grains are popped and soft. Add salt and pepper to preferred taste. Sprinkle a bit of fish sauce (patis) if desired.

Colombian Empanadas

Diana Neira, Clinic, Goodwin House Alexandria
Colombia

About the Recipe: This recipe is widely used for family gatherings and smaller celebrations with friends.

Dough Ingredients

3 cups P.A.N. Masarepa Pre-Cooked Yellow Corn Flour	3 ½ cups hot water
1 cube chicken bouillon	1 tablespoon Sazón Azafran seasoning
2 tablespoons butter	1 teaspoon salt

Filling Ingredients

1 pound ground beef	½ cup chopped scallions/green onion
1 cube chicken bouillon	2 tablespoons minced garlic
2 cups water	4 tablespoons chopped cilantro
1 tablespoon Sazón Azafran seasoning	4 tablespoons chopped red bell pepper
4 cups peeled and ¼-inch diced potatoes	salt and pepper to taste
sofrito (Latin American Sauce used as a base)	1 tablespoon cumin
½ cup chopped yellow onions	½ tablespoon onion powder
2 cups peeled, chopped tomatoes	

DIRECTIONS

Dough

- 1) Mix all the ingredients except the corn flour.
- 2) Slowly pour the mixed liquid into the corn flour.
- 3) Use your hands to make sure all the lumps are gone and mixed well with the butter mixture.
- 4) Cover with plastic and put in the refrigerator to cool.

Note: If your dough is too sticky, add more flour. If it's too dry, add more water. You want supple dough, preferably not sticky.



Filling

- 1) Mix the chicken bouillon, water and Sazón together. Set it aside.
- 2) Sear the ground beef and add the chicken bouillon water with Sazón. Cover with a lid and simmer for 10 min or until the meat is brown and fully cooked.
- 3) After, add the potatoes and cook until soft, 5-10 minutes more.
- 4) Once the potatoes are ready, take it off the pan and set it aside.
- 5) Using the same pan, add the sofrito. Stir fry for 3 -5 minutes. Stir in the meat mixture and mix it all together. Add the seasonings to your liking. Turn the stove off and place the filling on a pan to cool it down. Make sure both the dough and filling are both cold before assembling them.

Assembly

- 1) To make the disks of dough, have a flat surface to press down with or use a tortilla press. Here I lined it with 1 plastic Ziploc, split into two. I place a 2 ounce ball of dough in the middle of the plate and then squeeze it down until about 1/8-inch thick.
- 2) Once you have a disc, you can put 1 heaping tablespoon of filling in the center. Fold over the dough using plastic to help take out any air bubbles from the inside.
- 3) Using a circular bowl or cup, press down on the dough to seal everything together. Peel off the empanada and set it on a paper lined sheet tray.
- 4) When you have all your empanadas made, put them in the freezer to harden. It is easier to fry them while frozen rather than soft and sticky. 10-15 minutes minimum.
- 5) Using a heavy bottomed cast iron pan, fill it up with canola oil just below halfway. Once the oil is hot (375 degrees F), place the empanadas in the oil. Do this in batches. Each side should only take 4-5 minutes depending how frozen your empanadas are. The skin should have a slight browning. It should also be crispy on the outside like a shell that puffed up after frying.
- 6) Once browned (dough is yellow so the browning is only slightly seen), carefully take it out of the hot oil using a spider or tongs and onto a wire raked sheet tray.
- 7) Eat while it's still fresh and try it with the Aji Sauce.

Tips: Give yourself plenty of space and time to make this dish.

Arroz a la Valenciana

Janet Aleman, Life Enrichment TVA
Nicaragua

About the Recipe: Arroz a la Valenciana is a favorite dish from my native country Nicaragua. It is served in special events, birthdays, baby showers, weddings and other celebrations. It is a very popular dish because it is the most affordable dish to make for large gatherings of people. It can be served with salad, bread, or potato salad. Give it a try, you will enjoy it!

Ingredients

1 cup white rice	1 tablespoon chopped garlic
1 pound boneless skinless chicken breast	½ cup of chicken stock (reserved from boiled chicken)
2 chopped hot dog sausages (not beef)	1 to 2 tablespoons of adobo all-purpose seasoning
1 tablespoon olive oil	½ packet of Sazón with Achiote
1 tablespoon salted butter	1 tablespoon of ketchup
½ chopped white onion	1 teaspoon of Worcestershire sauce
⅓ cup chopped baby carrots	1 can sweet green peas
⅓ cup chopped celery	
⅓ cup chopped green peppers	
1 medium tomato diced	cilantro for garnish

DIRECTIONS

- 1) Cook rice according to package directions (use chicken stock if available), save rice for the next day.
- 2) On the next day, in a pot with plenty of water to cover the chicken add chicken breast, chopped garlic and adobo seasoning, boil chicken until fully cooked.
- 3) Once cooked, remove chicken from the water and shred using two forks. (Save the chicken water for later.)
- 4) In a sauté pan, on medium heat add olive oil and butter. Once melted add all the vegetables and cook until soft, about 3 minutes.
- 5) Next add shredded chicken along with ½ cup of the reserved chicken broth and simmer for 5 minutes.
- 6) Add cooked rice to the chicken and vegetables, then fold in the chopped hotdogs and cook for 2 minutes.
- 7) For full flavor and color, add half a packet of Sazón, dashes of ketchup and Worcestershire sauce. Mix well.
- 8) Serve with cilantro and enjoy.

Chicken Cordon Bleu

Jeanne Hobbs, Human Resources, Goodwin Living
Norway

About the Recipe: When I was 19 and living in my first apartment, my sister gave me this recipe as an excellent meal for a fancy meal. Later, when I met my husband, this was the first meal I cooked for him. It was his favorite, and it later became my daughter's favorite. In fact, when she was at college, she would call me before coming home for the weekend, asking me to make extra so she could take it back to campus.

Fast forward to 2016. My daughter and I made this meal with the help of three young girls, Barbara's best friend's nieces (affectionately referred to as the Love girls as their last name was Love), and we were babysitting. Each one washed up, donned an apron, and pulled up to the table to make our dinner for the evening. After a lot of fun and a bit of a mess, the Love girls enjoyed their homemade chicken cordon bleu, or as they so sweetly called it, "Chicken ON Blue." It's still one of our family favorites after all these years.

Ingredients

2 chicken breasts, cut in half horizontally and pounded with a meat mallet between two sheets of plastic or parchment paper	4 tablespoons olive oil
4 slices Swiss cheese	1 cup dry white wine (chardonnay works well) or substitute chicken broth
4 slices deli ham (my preference is Black Forest ham)	1 teaspoon chicken bouillon (or just the broth if substituting for wine)
1 cup flour	4 tablespoons cornstarch
½ stick unsalted butter (4 tablespoons)	16 ounces heavy cream

DIRECTIONS

- 1) Season the 4 chicken breast pieces with salt.
- 2) Place one slice ham and one slice cheese on the center of the breast and roll up on the short side. Use a toothpick to secure (remember to remove these after cooking!).
- 3) Coat each piece in flour.
- 4) Heat butter and olive oil in a skillet until starting to bubble and add the chicken.
- 5) Sauté on medium heat until the meat starts to brown (about 5 minutes).
- 6) Turn to repeat on the other side.
- 7) Add wine (or broth) and bouillon, cover, and simmer on low until internal temperature is 165 degrees (about 15 – 20 minutes).

- 8) Remove the chicken to the serving platter and keep warm/covered.
- 9) Add the cornstarch to the heavy cream, mixing well with a whisk or fork.
- 10) Add to the pan juices to make gravy. Allow to simmer for a few minutes to thicken and develop the flavors.
- 11) Serve with orzo and your favorite vegetable (my preference for this meal is always asparagus).





Kottbullar (Swedish Meatballs)

Jessica Fredericksen, Brain Health, Goodwin Living
Sweden

About the Recipe: My great grandmother immigrated with her parents from Sweden and passed down some traditions like making Swedish pancakes, lingonberry jam, and these homemade Swedish meatballs. We've carried that tradition on and make these from scratch every Christmas Eve.



Meatball Ingredients

1 small onion, finely chopped	1 teaspoon salt
½ pound lean ground beef	1 teaspoon ground pepper
½ pound ground pork	¼ teaspoon ground nutmeg
1 large egg	⅛ teaspoon ground allspice

Cream Sauce/Gravy Ingredients

¼ cup butter	3 tablespoons heavy cream
2 tablespoons all-purpose flour	1 tablespoon lingonberry jam
2 cups beef stock	1 teaspoon salt
1 cup milk	1 teaspoon ground pepper
1 teaspoon soy sauce	
1 teaspoon Worcestershire sauce	

DIRECTIONS**Meatballs (Kottbullar)**

- 1) In a large nonstick skillet, sauté finely chopped onion and ½ tablespoon butter until translucent. Remove from pan and place in mixing bowl.
- 2) Add the ground beef and pork, breadcrumbs, egg, nutmeg, salt, pepper, and allspice to the bowl.
- 3) Use your hands to mix until the meat mixture feels fully incorporated.
- 4) Roll the meat into balls approx. 1 inch diameter.
- 5) Heat the remaining butter in pan until sizzling. Fry the meatballs until they're golden brown. Transfer to a plate or tray lined with a paper towel.

Cream Sauce (Graddsas)

- 1) In the same pan used to fry the meatballs over medium heat, whisk 2 tablespoons flour into the remaining butter until lightly browned.
- 2) Gradually stir in beef broth and milk, constantly whisking, until slightly thickened.

- 3) Add soy sauce, Worcestershire sauce, and heavy cream. Return to simmer and cook until gravy thickens slightly.
- 4) Season with salt and pepper and stir in 1 tablespoon lingonberry jam until well mixed.
- 5) Return meatballs to skillet with the sauce and stir. Cover to warm thoroughly.

Tips: Meatballs may be very moist—be careful turning them and use tongs to get them in and out if needed. If it is too messy to fry all of the meatballs, you can bake some in the oven on top of a foil-lined baking sheet.

Tuscan Chicken Pasta

Mykia Carpenter, Information Technology, Goodwin Living
United States

Ingredients

2 boneless skinless chicken breasts, approximately 1 pound	1 teaspoon oregano
3 tablespoons olive oil, divided	1 teaspoon paprika
1 teaspoon paprika	½ teaspoon garlic powder
1 teaspoon garlic powder	½ teaspoon kosher salt
1 teaspoon kosher salt	¼ teaspoon black pepper
½ teaspoon black pepper	1 ½ cups (357 grams) heavy cream
8 ounces rigatoni pasta noodles, cooked al dente according to package directions	1 ½ cups (245 grams) milk
4 tablespoons (½ stick, 57 g) unsalted butter	1 cup (30 grams) fresh spinach
¼ cup (40 g) shallot, finely diced	1 cup (100 grams) parmesan cheese, grated (plus more for garnish)
¼ cup (27.5 g) sun-dried tomatoes, softened in hot water and chopped	1 cup (149 grams) cherry tomatoes, halved
1 teaspoon garlic, minced	fresh parsley, for garnish
2 tablespoons tomato paste	salt and pepper, to taste

DIRECTIONS

- 1) Preheat oven to 350 degrees F.
- 2) Drizzle 2 tablespoons of olive oil over chicken on all sides and rub it in.
- 3) In a small bowl combine paprika, garlic powder, salt, and pepper.
- 4) Sprinkle seasoning mixture over chicken on all sides.
- 5) In a large, oven-safe skillet over medium-high heat, heat the remaining tablespoon of oil. Once hot, add chicken. Sear for 3 minutes on each side (or until browned). The chicken will not be cooked through at this point.
- 6) Transfer the skillet to the oven and cook for 10-15 minutes, or until chicken reaches an internal temperature of 165 degrees F.
- 7) Place the chicken onto a plate and tent to keep warm as you prepare the pasta and sauce.

- 8) Add rigatoni to a pot of boiling salted water. Cook al dente according to package directions (about 14 minutes for rigatoni).
- 9) In the same large skillet as you cooked the chicken, melt butter over medium heat. Add shallots and sun-dried tomatoes. Cook until the shallots are softened (3-5 minutes). Add garlic and cook for 1 more minute.
- 10) Add tomato paste, oregano, paprika, garlic powder, salt, and pepper. Stir to combine.
- 11) Add heavy cream and milk. Stir to combine.
- 12) Add spinach, parmesan cheese, and tomatoes. Toss to combine. Reduce heat to low and simmer until cheese is fully melted and spinach is wilted, 8-10 minutes.
- 13) Add the cooked pasta and toss to coat.
- 14) Slice or cube the chicken and add to the pasta and sauce.
- 15) Serve topped with more parmesan cheese and fresh parsley. Add salt and pepper to taste.

Notes: Here's a tip on how to soften sun dried tomatoes: bring a pot of water to a boil. Next, add the tomatoes to the boiling water, cover the pot, and bring to a simmer. Let the sun-dried tomatoes simmer for about 3 minutes. Then, drain them and let them cool before chopping. Set them aside until ready to add them to the sauce.



Cornichon Chicken Salad

Mary Kate Roberts, Goodwin Living Foundation
Scotland

About the Recipe: My in-laws lived in New York City and had a home in the Hamptons, in Amagansett. For 25 years my boyfriend (and then later, husband) and I visited them for about two weeks each summer, and typically over the 4th of July. Those were some of the most special times in my life, especially when our two girls were born and came to the Hamptons with us. My in-laws, Maddy and Neil, were the most gracious and generous people in my life – so special to me, even today. There was always so much fun and relaxation and smiles. We laughed that the “Roberts thing” was to sit at one meal and as we ate, we’d already be planning the next dining adventure!

Maddy is gone now, and the house has been sold for a number of years. I will always remember those idyllic days spent at the beach and barbecuing on their deck, surrounded by beautiful and fragrant hydrangea bushes. I forgot to mention that another “Roberts thing” was that one entrée at dinner was never enough. So we would marinate and grill ribs, with lots of fresh corn and tomatoes from the “farm”, but we always included a second dish. And most of the time it was this recipe, Cornichon Chicken. I don’t know where it came from and I’m sure there was a fancier name for it, originally, but this is what is filed in our recipe book.

It can be doubled, easily. It can be prepared several days in advance and served warm or at room temperature. I have shared this recipe with many friends, as it was one of the dishes I would make for dinner parties. What is even more special to me is that I serve it at our Passover and Rosh Hashanah holiday meals. My girls love it, and I am happy to know that they will serve it with their families and will share a funny memory about their dear grandparents, Maddy and Neil.

Chicken Marinade Ingredients

4 chicken breasts, boneless, skinless (= 8 halves)	2 tablespoons sesame or olive oil (I always use olive)
4 tablespoons soy sauce	2 teaspoons red wine vinegar
4 tablespoons maple syrup	2 teaspoons finely minced garlic
	½ teaspoon red pepper flakes

Cornichon Chicken Salad Ingredients

chicken, marinated, grilled and cooled	1 large red onion, thinly sliced
2 bunches of watercress	¾ cup cornichons, coarsely chopped
8 sliced scallions	cracked pepper and salt to taste.

DIRECTIONS

Chicken Marinade

- 1) Before marinating, lightly salt and pepper chicken. Mix ingredients and place chicken in marinade for 20 minutes to an hour. Remove from marinade and grill. Cool and then slice on diagonal.

Cornichon Chicken Salad

- 1) Toss the solids together.
- 2) Then combine the following liquids and pour over the solids (⅓ cup soy sauce, ⅓ cup blended oil - I use olive, ⅓ cup red wine vinegar); combine all. Okay to serve at room temperature.

Ravioli Casserole

Miranda Hart, Social Work, Goodwin House Alexandria
Virginia, United States

About the Recipe: My grandma came up with this recipe for frozen ravioli!

Ingredients

1 jar of pasta sauce
or Alfredo sauce

1 pound of ground
beef or sausage

1 bag of frozen ravioli

spinach or other
vegetables if desired

2 cups of shredded cheese
(Italian blend shredded
cheese preferred)

DIRECTIONS

- 1) Layer the sauce on the bottom of the casserole dish just enough to cover
- 2) Do 1 layer of frozen ravioli
- 3) Add the cheese, spinach, other vegetables, and cooked sausage or beef on top of the ravioli (cook the beef or sausage separately in a pan all the way cooked before adding to the casserole dish)
- 4) Repeat layering until you have about an inch or two of the casserole dish left and top off the casserole with cheese
- 5) Preheat the oven to 350 degrees and put foil on top of the casserole dish and bake for 1 hour.

Notes: Try not to add too many layers, as it can boil over and spill in the oven.

Cheeseburger Burritos

Natalie Williams, Finance, Goodwin House Bailey's Crossroads
South Carolina, United States

About the Recipe: My kids love American-Mexican foods. With the cost of food so high, including the price of one burrito, I decided to get in the kitchen and make our own. Its special to me because my kids love them and they always want to get in the kitchen and spend time with me to make them. FAMILY TIME!!

Ingredients

ground beef
taco seasoning
½ cup water
red onion (chopped)
green pepper (chopped)
mushrooms (chopped)
optional
Mexican style
cheese or taco blend
shredded cheese
sour cream, queso
lettuce (shredded),
chopped tomato

DIRECTIONS

- 1) Add your ground beef and veggies to a skillet and cook thoroughly, then drain.
- 2) Add lots of taco seasoning to skillet, then ½ cup water. Simmer until reduced.
- 3) Heat fresh skillet or pan to 350 degrees.
- 4) Assemble burrito with ingredients desired.
- 5) Wrap your burrito tight, but do not break it.
- 6) Spray your flat top or new skillet with cooking spray or butter.
- 7) Add your burrito and brown on both sides.



Swiss Cheese Chicken

Robin Hurley, Rehabilitation, Goodwin House Bailey's Crossroads
United States

Ingredients

4 or more whole,
split skinned, boned
chicken breasts

10 4x4 slices of
Swiss cheese

2 cans of cream of
chicken soup, undiluted

$\frac{2}{3}$ cup of dry white
or rose wine

2 cups herbed-seasoned
stuffing mix, crushed

$\frac{1}{2}$ cup of melted
butter (optional)

DIRECTIONS

- 1) Preheat oven to 350 degrees F.
- 2) Arrange chicken in 9"x 13"x 2" dish. Top with cheese.
- 3) Combine soup and wine, stirring well. Spoon over chicken evenly and sprinkle with stuffing mix.
- 4) Drizzle butter over crumbs if desired.
- 5) Bake for 1 hour and 15 minutes.

Notes: I use a family size can of the soup. It's good with other cheeses too if you don't like Swiss. You can also use precooked chicken for even simpler prep with decreased cook time.



Easy Bake Chicken

Victor Otusanya, Information Technology, Goodwin Living

About the Recipe: With inflation, the prices of everything are skyrocketing. This chicken recipe allows me to meal prep for the week by having delicious chicken on hand at any moment, ready to pair with anything else.

Ingredients*[L] light seasoning**[M] medium seasoning**[H] heavy seasoning**[Tt] to taste*chicken pieces (wings,
legs, or thighs)neutral oil (avocado,
vegetable)*[M] baking powder**[L] garlic salt**[H] paprika**[M] onion powder**[M] Italian seasoning**[Tt] cayenne (optional)***DIRECTIONS**

- 1) Preheat oven to 400 degrees. Prepare baking tray by lining it with foil first, then parchment paper.
 - 2) Wash your chicken. Put in a mixing bowl and sprinkle with coarse salt.
 - 3) Add vinegar to cover the bottom of the bowl.
 - 4) Use the coarse salt to scrub 2 pieces of chicken against each other.
 - 5) OPTIONAL: cut lime in half and use pieces to rub the chicken.
 - 6) Rinse chicken off thoroughly. Pat dry with paper towels.
 - 7) Put chicken in mixing bowl and drizzle with oil, enough to coat each piece, but not leave a pool at the bottom of the bowl. Mix well.
 - 8) Season with baking powder. Mix well.
 - 9) Season with remaining ingredients. Mix well.
 - 10) Place seasoned chicken on prepared baking tray, skin side down.
- 11) Bake for 30 minutes, then observe. The chicken skin should begin to wrinkle. If it is still smooth and bloated, continue to bake and check it every 5-7 minutes. Once chicken begins to wrinkle, flip the pieces over.
 - 12) Bake for an additional 5-10 minutes.
 - 13) Pull and enjoy!

Notes: Garlic salt is very salty, and is the only source of salt in this dish. Don't season the chicken as if it is garlic powder or it will be too salty.



Korean LA Gapoundi

Subin Newton, Goodwin Hospice
South Korea

About the Recipe: I am Korean American, and when I invite my American friends over, I often prepare LA Gapoundi. This dish not only represents Korean BBQ culture but also showcases the cross-cultural fusion in its flavors.

Ingredients

2 pounds beef short ribs (flanken cut)

½ cup soy sauce

¼ cup brown sugar

2 tablespoons mirin

2 tablespoons minced garlic

2 tablespoons minced ginger

¼ cup chopped green onions

½ onion, grated

1 Asian pear, grated (optional for sweetness)

1 tablespoon sesame oil

½ teaspoon black pepper

1 tablespoon toasted sesame seeds (garnish)

vegetable oil (for grilling)

DIRECTIONS

- 1) Mix soy sauce, brown sugar, mirin, garlic, ginger, green onions, grated onion, pear (if using), sesame oil, and black pepper for marinade.
- 2) Marinate ribs in a bag or dish, refrigerate 2+ hours or overnight.
- 3) Preheat grill to medium-high, oil grates.
- 4) Remove ribs from marinade, grill 2-3 mins per side, basting if preferred.
- 5) Garnish with sesame seeds.
- 6) Serve with rice and Korean side dishes

Notes: For great LA Gapoundi, use “flanken-cut” beef short ribs, marinate for at least two hours (overnight is best), and grill on medium-high heat in batches to avoid overcrowding for a caramelized crust while keeping the meat tender.



Sweet and Sour Pork Ribs

Julie Yue Zhu, Finance, Goodwin Living
China

About the Recipe: This is a famous dish from my hometown, and it represents the flavor that people from my hometown like. Having a bite of this dish always cures my homesickness.

Ingredients

- 1000 grams of pork rib cubes
- 2 tablespoons of cooking wine
- 4 tablespoons of soy sauce
- 6 tablespoons of vinegar
- 8 tablespoons of brown sugar

DIRECTIONS

- 1) Soak the meat with warm water (around 120 degrees F) for 10 minutes to wash out the blood from the ribs.
- 2) Absorb excess water with paper towels.
- 3) Preheat the wok to 300 degrees F.
- 4) Put the ribs in, and let it sit for 10 minutes (the time may vary with different stoves).
- 5) Stir fry/flip the ribs every once in a while for 10 minutes or until the oil from the meat comes out and both sides of the ribs turn to light gold color. The time can be adjusted based on personal preference, shorter time of stir fry brings tender meat, while longer time brings more solid meat.
- 6) Add about 400ml boiled water, the amount of water may vary, make sure the water is just covering the top of the ribs.
- 7) Add all 2 tablespoons of cooking wine, 4 tablespoons of soy sauce, 6 tablespoons of vinegar and 8 tablespoons of brown sugar into the wok.
- 8) Cover the wok with the lid and bring it to boil with stove on high power.
- 9) Turn the stove down to low once it's boiled and let it cook for 40 minutes.
- 10) Open the lid and check, turn the stove back to high until the sauce gets thickened and absorbed, it may take 2-5 minutes. Make sure to stir frequently and not get burned.

Notes: Each tablespoon equals around 15ml in volume. The time in each step may vary based on different stove top.

Chicken Picatta

Dorcas Lushetsky, Goodwin Hospice
England, France, Wales

About the Recipe: This is one of my daughter's favorites that she asks for when she is home.

Ingredients

6-8 chicken thighs

1 cup flour (I use
gluten-free)

salt and pepper to taste

2 tablespoons olive oil

¼ cup capers

½ cup fresh lemon juice

DIRECTIONS

- 1) In a shallow dish, mix salt, pepper and flour.
- 2) Dredge chicken thighs in flour mixture one at a time and set aside to rest.
- 3) Heat oil in the skillet on medium high heat, then melt the butter in the olive oil.
- 4) Shake the excess flour from the thighs and add to the hot oil.
- 5) Brown on each side, adjust the heat if needed to avoid burning the flour.
- 6) Cook the thighs in batches of 3 or 4 depending on the size of the pan.
- 7) When both sides are brown, place on a plate or pan and pour off all but 1 tablespoon of the oil.
- 8) Place all the chicken back in the pan on low heat and pour the lemon juice and capers over the chicken.
- 9) You can add some of the caper juice from the jar if it seems to need more liquid.
- 10) Cover and allow to simmer a few more minutes, this creates a gravy with the flour and juices in the pan.
- 11) Serve and enjoy.

Tips: Don't burn the flour in the pan as that will be the base for the gravy that forms.

Marry Me Chicken with a Little Twist

Reema Byrd, Information Technology, Goodwin Living
Pakistan

About the Recipe: One of the dishes I made for my boyfriend at the time and my now husband. I recommend “Marry Me Chicken” because it’s a rich, flavorful dish that’s easy to make, looks impressive, and is perfect for special occasions or date nights. The name of the dish adds a fun, romantic twist, making it an ideal choice when you want to wow someone with a delicious meal. Enjoy your delicious and potentially proposal-worthy dish!

Ingredients

4 boneless, skinless
chicken breasts

1 tablespoon olive oil

Salt and pepper, to taste

3 cloves garlic, minced

1 cup heavy cream

½ cup chicken broth

¾ cup grated
Parmesan cheese

1 teaspoon Italian
seasoning

½ teaspoon crushed red
pepper flakes (optional,
for a bit of heat)

1 cup sun-dried
tomatoes, chopped

fresh basil or parsley,
for garnish

DIRECTIONS

- 1) Preheat your oven to 375 degrees F (190 degrees C).
- 2) Season the chicken breasts with salt and pepper on both sides.
- 3) In a large oven-safe skillet, heat the olive oil over medium-high heat. Add the chicken breasts and cook until golden brown on both sides, about 4-5 minutes per side. Remove the chicken from the skillet and set aside.

Make Sauce

- 1) In the same skillet, add the minced garlic and cook for about 1 minute until fragrant.
- 2) Add the heavy cream, chicken broth, grated Parmesan cheese, Italian seasoning, and crushed red pepper flakes. Stir to combine.
- 3) Bring the mixture to a simmer and cook for 2-3 minutes until the sauce starts to thicken.
- 4) Stir in the chopped sun-dried tomatoes.

Combine and Bake

- 1) Return the chicken breasts to the skillet, spooning some of the sauce over the top of the chicken. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the chicken is cooked through and the internal temperature reaches 165 degrees F (74 degrees C).

Serving Suggestions: Serve “Marry Me Chicken” over pasta, rice, or with a side of vegetables like roasted asparagus or steamed broccoli.



BBQ Wings

Jordan Person, Finance, Goodwin Living
United States

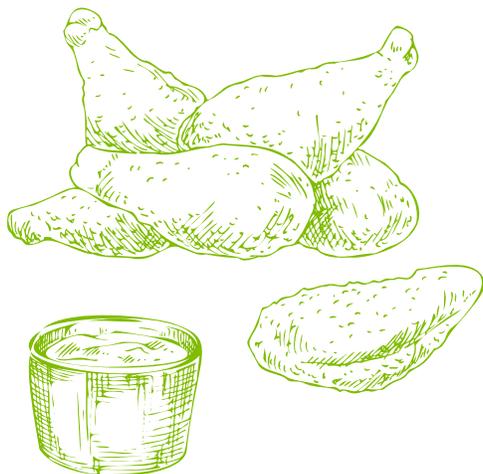
About the Recipe: This is a recipe from my dad!

Ingredients

chicken wings
Old Bay seasoning
soul seasoning
BBQ sauce

DIRECTIONS

- 1) Wash chicken.
- 2) Mix equal parts Old Bay and Soul Seasoning and season chicken liberally.
- 3) Grill for 10-15 minutes on each side at about 375 degrees F.
- 4) Apply BBQ sauce and grill for additional 5 minutes.



BAKED MAC AND CHEESE
AJITAMA (RAMEN EGG)
YOGURT SALAD
GREEN BEANS WITH SALSA



Sides

Baked Mac and Cheese

Charniel Page, Human Resources, Goodwin Living
United States

About the Recipe: This baked mac and cheese is a dish perfected over time and loved at every family gathering. With its creamy, cheesy layers and golden, bubbly top, it's sure to become a favorite in your home, too! Whether you're making this for a family feast or a cozy dinner, Charniel's baked mac and cheese is guaranteed to impress!

Ingredients

1 box (16 ounces)
cavatappi pasta (or
pasta of your choice)

1 block Gruyère
cheese, shredded

1 block smoked
Gouda, shredded

1 block mild cheddar,
shredded

1 block sharp
cheddar, shredded

1 block Colby
Jack, shredded

⅓ cup sour cream

1 ½ cups half-and-half

½ cup (1 stick)
unsalted butter

½ cup cornstarch

1 teaspoon salt
(or to taste)

½ teaspoon black
pepper (or to taste)

DIRECTIONS

Prepare the Pasta

- 1) Boil the cavatappi pasta in salted water until al dente.
- 2) Drain, reserving 1 cup of pasta water for later.

Make the Roux (Cheese Sauce Base)

- 1) In a large pan, melt the butter over medium heat.
- 2) Gradually whisk in the cornstarch, stirring constantly to form a smooth paste.
- 3) Slowly pour in the half-and-half while whisking to avoid lumps.
- 4) Cook the mixture for 2–3 minutes, or until thickened. Season with salt and pepper.

Add the Cheese

- 1) Stir in about 2 cups of shredded cheese (a mix of sharp cheddar and mild cheddar works great).
- 2) If the sauce gets too thick, add reserved pasta water a little at a time to loosen it up.

Combine the Pasta and Sauce

- 1) In a large mixing bowl, combine the cooked pasta with the cheese sauce.

- 2) Add the sour cream and mix until the pasta is evenly coated.

Layer in the Baking Dish

- 1) Preheat your oven to 375 degrees F (190 degrees C).
- 2) In a greased baking dish, layer the pasta mixture with the remaining shredded cheeses.
- 3) Finish with a generous layer of cheese on top for that signature golden crust.
- 4) Bake for 20–25 minutes, or until the top is bubbly and slightly browned.
- 5) Serve and Enjoy!

Tips for Success: Shred Your Own Cheese: Pre-shredded cheese can contain additives that prevent smooth melting, so shred fresh blocks for the best results.

Cheese Swaps: Feel free to customize the cheese blend based on your taste preferences or what you have on hand.



Ajitama (Ramen Egg)

Febrian Rohana, Accounts Payable, Goodwin Living
Indonesia

Ingredients

4 large eggs
¼ cup soy sauce
¼ cup mirin
¼ cup sake
1 teaspoon sugar

DIRECTIONS

- 1) In a small saucepan combine the soy sauce, mirin, sake, and sugar.
- 2) Bring to a boil and simmer for 1 minute.
- 3) Set aside to cool completely.
- 4) Bring a large pot of water to a boil, then add uncracked eggs and cook for 7-8 minutes. When done boiling, place the eggs in a bath of ice water.
- 5) Peel the eggs, place in the Ziplock bag and add the marinade.
- 6) Refrigerate for 8 or more hours before serving.

Yogurt Salad

Khalid Mohamed, Dining Services, Goodwin House Alexandria
Sudan

Ingredients

1 cup of yogurt
1 cucumber
2 garlic cloves
salt and pepper to taste

DIRECTIONS

- 1) Dice cucumber.
- 2) Mince garlic.
- 3) Combine all ingredients, cover and place in the refrigerator and let it sit for a few hours before serving.



Green Beans with Salsa

Vilma Manendez, Life Enrichment, Goodwin House Bailey's Crossroads
Guatemala

Ingredients

12-24 green beans
4 eggs
olive oil
5 fresh tomatoes - diced
1 white onion - diced
salt and pepper to taste

DIRECTIONS

- 1) Cut both ends of the green beans.
- 2) Steam green beans using a large pot of water, checking periodically, until they're cooked but not mushy.
- 3) Drain the green beans.
- 4) Bunch the green beans by 12 and tie it with butcher string.
- 5) Beat 4 eggs together, adding salt and pepper to preferences.
- 6) Heat up a frying pan with oil of choice.
- 7) Dip the bunch of green beans in the egg batter.
- 8) Fry green bean bunch in oil of choice until golden brown.
- 9) Remove bunch and place on paper towel to drain the oil.

To make the sauce

- 1) Chop all remaining ingredients and fry in olive oil until slightly golden.
- 2) Then cover with lid and simmer on low for 5 minutes.
- 3) Serve green beans on a plate and add a ladle of sauce over the green beans.

FOUR INGREDIENT GLUTEN/SUGAR FREE COOKIES
NARKEL PULI PITHA (COCONUT DUMPLINGS)
CHOCOFLAN
BANANA PUDDING
KRINGLA
ALMOND ROCA (MATZAH STYLE)
LEMON PUDDING COOKIES
NOODLE KUGEL
ALMOND BUTTER QUINOA BLONDIES
GLUTEN FREE BROWNIES
THE BEST BUTTER MOCHI
PANNA COTTA
MATCHA STRAWBERRY DELIGHTS
FRIED DOUGH



Sweets

Four Ingredient Gluten/Sugar Free Cookies

Norma Lacayo, Human Resources, Goodwin House Bailey's Crossroads

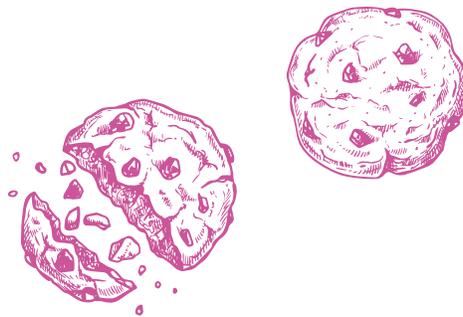
Ingredients

cottage cheese
almond flour
maple syrup
chocolate chips
(your choice)

DIRECTIONS

- 1) Blend 1 cup of cottage cheese with ½ cup (or more if you want it sweeter) maple syrup until smooth.
- 2) Add blended cottage cheese to a mixing bowl.
- 3) Incorporate 1 and ½ cups of almond flour until reaching a cookie dough consistency.
- 4) Add as much or little chocolate chips to the mix as you desire.
- 5) Using an ice cream or spoon, scoop cookies on to the cookie sheet.
- 6) Bake at 350 degrees F for 12-15 minutes or until golden.

Notes: Keep an eye out to ensure they don't burn. Since every oven is different, you may need to lower the temperature as needed.





Narkel Puli Pitha (Coconut Dumplings)

Nusrat Nila, Health Information Services, Goodwin House Alexandria
Bangladesh

About the Recipe: When I was younger I used to make them with my grandparents. Now I am far away from them, and when I make them, it reminds me of them and it tastes so good.

Ingredients

- 1 cup all-purpose flour
- salt to taste
- 2 tablespoons oil
- ¼ cup of water
- 1 cup grated coconut, unsweetened
- ½ cup jaggery (gur)
- 1 stick cinnamon
- 3 pieces cardamom
- ¼ cup milk

DIRECTIONS

- 1) Heat 1 tablespoon of oil in a deep skillet over medium heat, add shredded unsweetened coconut, jaggery (gur), cardamom and cinnamon stick. Stir and mix everything well.
- 2) Add milk to the mixture, stir continuously until the mixture is semi sticky but not runny.
- 3) Remove from heat and set aside for it to cool down.

Dough

- 1) In a bowl, add all-purpose flour and salt to taste. Add oil and mix it together with the flour to form a grainy texture. Add water in little amounts, mixing all the ingredients together to make a firm, soft and non sticky dough. Cover with towel, rest for 10-15 minutes.

- 2) After resting, knead dough for couple minutes.
- 3) Divide dough into smaller equal portions.
- 4) Take one portion, flatten it with your palm and roll it out into a circle.
- 5) Place a small amount of gur-coconut filling onto each circle.
- 6) Twist the edges ([as shown in the video](#)) and seal tightly to form a crescent (semi-circular) shape. Repeat the same for all portions.
- 7) Heat oil enough to deep fry the pitha. Fry the coconut pitha in medium heat until the dough is cooked thoroughly and slightly golden on both sides. Remove and drain excess oil.
- 8) Serve warm or at room temperature.

ChocoFlan

Jasmine Hernandez, Supply Chain, Goodwin Living
Mexico

About the Recipe: It is one of my favorite desserts my mother makes for special occasions. Also, the first dessert she taught me how to bake; making it even more special.

Ingredients

1 box of chocolate cake mix – preferred brand is Betty Crocker Super Moist Cake Mix in Chocolate Fudge 13.25 ounces – Make sure to purchase the mix that only needs oil, eggs, and water

3 eggs

½ cup vegetable oil

1 cup water

non-stick baking spray

1 can of sweetened condensed milk (14 fluid ounces)

1 can of evaporated milk (12 fluid ounces)

2 tablespoons of vanilla extract

4 eggs

Caramel Ingredients

2 cups of pure granulated sugar

crushed walnuts or pecans

squeeze bottle of caramel sauce

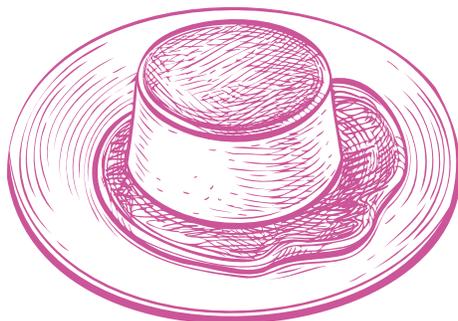
DIRECTIONS

- 1) Preheat oven to 350 degrees F (177 degrees C): Place the oven rack in the middle then start preheating to 350 degrees.
- 2) Make the cake: Use hand mixer or KitchenAid to mix the cake mix, 3 eggs, 1 cup of water, ½ cup of vegetable oil. Let mix for 5 minutes or until the cake mix is smooth without any lumps.
- 3) Make the flan: Blend all flan ingredients: 4 eggs, sweetened condensed milk, evaporated milk, and vanilla. Let blend for 3 minutes.
- 4) Make the caramel: Place pot on stove on medium to low heat. Once warm, add 2 cups of sugar and let sugar melt by swirling the sugar in the pot every 30 to 40 secs to avoid burning. DO NOT STIR WITH SPATULA - stirring can cause crystallization. Swirl by simply grabbing the handle of the pot. The caramel is done once it's rich, reddish-brown like an old copper penny.
- 5) Prepare bundt pan: Ensure the bundt pan is clean and dry to avoid any sticking. Then add a generous layer of baking spray in every nook and cranny.
- 6) Add mixtures to bundt pan: Begin pouring the three different batches into the bundt pan (use baking spatulas) starting with the caramel, then the flan mixture is second, and lastly the cake batter.



- 7) Let bake for 40 minutes: Place the filled bundt pan into the middle rack of the oven and let bake for 40 minutes. At the 40-minute mark, check if your chocoflan has baked properly by using a toothpick or skewer stick. Insert stick through the cake batter layer on 3 different areas and if the stick is clean with no residue, then it's ready! If there is residue, turn off stove and leave the bundt pan inside the warm stove with oven door closed for another 5 minutes and repeat test.
- 8) Let chocoflan cool: Once the chocoflan has finished baking, let it cool inside the bundt pan for about an hour or until the bundt pan is no longer warm to the touch. If in a hurry let it cool inside the fridge.
- 9) Place on cake stand: Once the bundt pan is cool, place the cake stand or plate on the center of the bundt pan and flip. The chocoflan should wiggle out of the bundt pan and fall onto the cake stand or plate.
- 10) Add toppings: Add the final toppings to the chocoflan such as nice even layer crushed pecan or walnuts all around the top. You may add additional caramel with the squeeze bottle sauce and drizzle all around the cake.

Tips: I have always found making the caramel the trickiest part of the recipe, therefore, remember to be patient and let it cook slowly and do not stir with spatula! Swirl the sugar in the pot using the handle of the pot to avoid crystallization.



Banana Pudding

Erica Sadiq, Goodwin Living Foundation
North Carolina, United States

About the Recipe: My family in North Carolina always has banana pudding at every family gathering, it's a tradition.

Ingredients

2 cups whole milk

8 ounces sour cream

1 (8 ounce) container
frozen whipped topping
(Cool Whip), thawed

1 (5 ounce) package
instant vanilla pudding mix

1 (16 ounce) package
vanilla wafer cookies
(Nabisco Nilla Wafers)

4 medium bananas, peeled
and sliced (add more or
less bananas depending
on your preference)

DIRECTIONS

- 1) Stir milk, sour cream, whipped topping, and pudding mix in a bowl until well combined.
- 2) Place a layer of vanilla wafers in the bottom of the baking dish; cover with a layer of pudding mixture, then a layer of bananas, repeat until all ingredients are used.
- 3) Sprinkle some crushed vanilla wafers on the top.

Tips: Uncooked banana pudding is ready in 10 minutes! If not serving immediately, cover and refrigerate until ready to serve.



Kringla

Barbara Chapins, Information Technology, Goodwin Living
Norway

About the Recipe: This is a traditional Norwegian cookie that was my great-grandfather's favorite. My mother used to make it for us when my brothers and I when we were little. It's a great reminder of my Norwegian roots!

Ingredients

3 cups all-purpose flour

2 ½ teaspoons
baking powder

1 teaspoon baking soda

½ teaspoon salt

½ cup butter (softened)

1 cup sugar

1 egg

1 teaspoon vanilla extract

1 cup buttermilk

DIRECTIONS

- 1) In a medium bowl, stir together flour, baking powder, baking soda, and salt.
- 2) In a large mixing bowl, beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and beat until fluffy.
- 3) Add egg and vanilla, beat well.
- 4) Alternately add flour mixture and buttermilk beating until well mixed (dough will be soft and sticky).
- 5) Cover and chill at least 5 hours or overnight.
- 6) Divide dough in half.
- 7) On a well-floured surface, roll into a 10x5 inch rectangle.
- 8) With a sharp knife, cut the rectangle into strips 5 inches long and ½ inch wide.
- 9) Roll each strip into a 10-inch-long rope, shape each rope into a loop, crossing 1 ½ inches from ends.
- 10) Twist rope at crossing point, lift loop to touch ends and seal, forming a pretzel shape.
- 11) Place cookies 2 inches apart on an ungreased cookie sheet.
- 12) Bake in a 425-degree oven for 5-7 minutes or until cookie bottoms are light brown (tops will be pale).
- 13) Remove and let cool on a wire rack, serve with warm softened butter if desired.

Tips: Add ¼ teaspoon cardamom or ground nutmeg in step one for a unique flavor!

Almond Roca (Matzah Style)

Rob Liebreich, President and CEO, Goodwin Living
United States

About the Recipe: Growing up in a Jewish family, when Passover came around in Spring, it would be a time where diets would change (no more bread products, or leavened items). As a kid, I recall shifting from peanut butter and jelly on bread to peanut butter and jelly on matzah (not a favorite). At the main gathering (Seder), we would eat a lot of different foods, and for dessert, we would welcome a portion of delicious Almond Roca: caramel-coated matzah with nuts. Fast forward 40+ years, and now our own interfaith family still enjoys making this special Passover treat. Hope you will too!

Ingredients

matzah (unleavened
cracker)

2 sticks of butter, melted

1 cup packed brown sugar

12 ounces chocolate
chips (semi-sweet or
your preferred)

1 ½ cups chopped
almonds or walnuts
(optional)

DIRECTIONS

- 1) Pre-heat oven to 350 degrees. Line a cookie sheet with foil, dull side up. Grease.
- 2) Place pieces of matzah on cookie sheet to cover foil (may need to break some pieces to fit).
- 3) In a saucepan, melt butter and brown sugar and bring to a full boil, stirring constantly for five minutes.
- 4) Pour mixture over matzah and bake for 5 minutes in the oven.
- 5) Remove and cover with chocolate chips. Place back in the oven for 1 minute.
- 6) Remove and spread melted chocolate chips over matzah.
- 7) Sprinkle with nuts (optional). Place roca in freezer for 1 hour. Remove from freezer and break up into pieces.

Notes: Transfer and store in a closed container in the freezer and enjoy!





Lemon Pudding Cookies

Jasmine Procopio, Supply Chain, Goodwin Living
United States

About the Recipe: I had to make cookies for a Christmas event one time and my cookies were popular because they were completely different from the typical Christmas cookie!

Cookie Ingredients

½ cup unsalted
butter, softened

package (3.4 ounces)
instant lemon pudding mix

½ cup sugar

1 large egg at room
temperature

2 tablespoons 2% milk

1 ½ cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

Icing Ingredients

⅔ cup
confectioners' sugar

2-4 teaspoons lemon juice

DIRECTIONS

- 1) In a large bowl, cream butter, pudding mix and sugar until light and fluffy, 5-7 minutes. Beat in egg and milk. In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture.
- 2) Divide the dough in half. On a lightly floured surface, shape each into a 6-inch roll. Securely wrap in waxed paper; refrigerate until firm, about 3 hours.
- 3) Preheat oven to 375 degrees. Unwrap and cut dough crosswise into ½-inch slices. Place 1 inch apart on ungreased baking sheets. Bake until the edges are light brown, 8-10 minutes. Cool in pans for 2 minutes. Remove to wire racks to cool completely.
- 4) In a small bowl, mix confectioners' sugar and enough lemon juice to reach a drizzling consistency. Drizzle over cookies. Let stand until set.

Tips: Dough can be made 2 days in advance. Wrap in waxed paper and place in a resealable container. Store in the refrigerator.

You'll need to add a few extra lemon-juice drops to the icing to get the right consistency! Also, it's helpful to put some icing in a spoon and drizzle it over the cookies.



Noodle Kugel

Lauren Kipfer, Goodwin Hospice
United States

About the Recipe: This noodle kugel is something my family makes for Rosh Hashanah (which is the Jewish New Year) and to break our fast after Yom Kippur (the Day of Atonement, which is a 24 hour fast day). It is something we look forward to and because we only make it one or two times per year, it is special. The dish reminds me of spending holidays together as a family. There are so many variations and ways to make it, so it is always exciting to try someone else's recipe. Some people add raisins, apples, nuts, etc., but I prefer it plain. I hope you enjoy!

Ingredients

1 pound wide egg noodles	$\frac{3}{4}$ cup sugar (for healthy version, $\frac{1}{2}$ cup)
$\frac{1}{2}$ cup butter (or for healthy version, $\frac{1}{6}$ cup)	2 $\frac{1}{2}$ teaspoons vanilla
1 cup whole milk (or for healthy version, low fat)	1 teaspoon salt
4 large eggs yolks are healthy! And give texture to your kugel	1-pound container sour cream (for healthy version, Greek yogurt)
	1-pound container cottage cheese (for healthy version, low fat)

Topping Ingredients

3 cups crushed cornflakes	3 tablespoons soft butter cut into bits (this topping is so tasty, I shunned all healthy versions)
3 tablespoons sugar	
1 $\frac{1}{2}$ teaspoons cinnamon	

DIRECTIONS

- 1) Preheat oven to 350 degrees F.
- 2) Butter a 9x13x2 inch glass or ceramic dish and set aside.
- 3) Cook noodles according to directions until al dente.
- 4) Drain well, then return to the pot and add amount of butter of your choosing, totally coating the noodles.
- 5) Mix together milk, eggs, sugar, vanilla, and salt.
- 6) Then stir in sour cream or Greek yogurt.
- 7) Lastly, mix in cottage cheese.
- 8) Combine your noodles with the mixture, and transfer into the dish.
- 9) To make the topping, toss together cornflakes, sugar, cinnamon and butter and sprinkle evenly over noodles.
- 10) Bake kugel for 1 hour until golden brown. Let stand at least 5-10 minutes before serving. Serve warm or at room temperature.

Almond Butter Quinoa Blondies

Leslie LaPlace, Life Enrichment, Goodwin House Alexandria
United States

Ingredients

¼ cup unsalted
butter, softened

¾ cup smooth or crunchy
natural almond butter

2 large eggs

¾ cup lightly packed
brown sugar

1 teaspoon of
vanilla extract

¾ cup quinoa flour

1 teaspoon of
baking powder

¼ teaspoon of salt

1 cup semisweet
chocolate chips

DIRECTIONS

- 1) Preheat oven to 350 degrees F. Line an 8-inch square baking pan with parchment paper or foil, allowing slight overhang on opposite ends. Coat with cooking spray.
- 2) Beat butter and almond butter in a mixing bowl with an electric mixer until creamy. Beat in eggs, brown sugar and vanilla. Whisk quinoa flour, baking powder and salt in a small bowl. Mix the flour mixture into the wet ingredients, until just combined. Stir in chocolate chips. Spread the batter evenly into the prepared pan.
- 3) Bake until a toothpick inserted into the center comes out with just a few moist crumbs on it, 25-35 minutes. Do not overbake. Let cool in the pan for 45 minutes. Using the parchment paper or foil, lift the whole panful out and transfer to a cutting board. Cut into 24 squares. Let cool completely before storing.



Gluten Free Brownies

Leslie LaPlace, Life Enrichment, Goodwin House Alexandria
United States

About the Recipe: These brownies are so easy to make, require only one bowl and can be popped in the oven within minutes. They are perfect for those times when you are craving something chocolatey or need to bring a dessert somewhere. I'd highly recommend cutting them into small squares, as they are very decadent. A little goes a long way!

Ingredients

- 1 (16 oz) jar almond butter smooth
- 2 eggs
- $\frac{3}{4}$ cup of honey
- 1 tablespoon vanilla extract
- $\frac{1}{2}$ unsweetened cocoa powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking soda
- 1 cup dark chocolate, chopped (least sugar possible)

DIRECTIONS

- 1) Preheat oven to 325 degrees F
- 2) In a large bowl, combine the almond butter with the eggs, honey and vanilla.
- 3) Stir in cocoa, salt and baking soda, then fold in the dark chocolate.
- 4) Grease a 9x9 inch baking dish and pour in the batter.
- 5) Bake for 35-40 minutes or until a toothpick comes out clean when inserted in the center.

Tips: Allow them to cool fully before cutting.

The Best Butter Mochi

Mary Garrison, Goodwin Hospice
Japan

About the Recipe: My family was introduced to butter mochi, a Hawaiian favorite, at Ekoji Buddhist Temple in Fairfax Station during Obon. My parents are from Japan and Obon is an annual festival in Japan that is celebrated in July/August to honor deceased family members. In addition, it is believed that their spirits return to earth to visit with their living relatives. It is both a joyful and sad event with Obon folk dancing, traditional foods and a candlelight service. Obon keeps us connected with our ancestors and present family.

Ingredients

1 16-ounce box Blue
Star mochiko flour

2 ½ cups sugar

2 teaspoon baking powder

1 12-ounce can
evaporated milk

1 14-ounce can
coconut milk

3 eggs

2 teaspoons pure
vanilla extract

1 stick butter, melted

DIRECTIONS

- 1) Preheat oven to 375 degrees F. Grease a 13x9x2 inch pan with butter.
- 2) In large bowl, sift together mochiko flour, sugar, baking powder, and mix well.
- 3) In a medium bowl, combine evaporated milk, coconut milk, eggs, and vanilla, and mix well.
- 4) Pour into dry ingredients and blend together. Stir in melted butter. Pour into pan and tap bottom of pan on a hard surface to settle batter.
- 5) Bake for 50-60 minutes or until golden brown. Cool at least 1 hour before cutting and enjoying.



Panna Cotta

Meredith Kotoski, Rehab Team, Goodwin House Alexandria / The View Alexandria
Poland

About the Recipe: This is something my mother made during the summer and we would eat it on the porch!

Ingredients

1 (¼-ounce) packet
unflavored gelatin

1 ¼ cup half-and-
half, divided

½ cup granulated sugar

¼ teaspoon kosher salt

1 ¾ cup heavy cream

1 ½ teaspoon vanilla
bean paste

1 cup seedless
raspberry jam

2 tablespoons
orange liqueur or
fresh orange juice

fresh raspberries
or strawberries
(amount up to you)

DIRECTIONS

- 1) In a small bowl, sprinkle the gelatin over ¼ cup of the half-and-half. Allow the gelatin to soften for 10 minutes.
 - 2) In a medium saucepan, combine the remaining 1 cup of half-and-half, sugar, and salt. Whisk the mixture over medium-low heat until steaming. Add the gelatin and continue to whisk, careful not to boil the mixture, until the gelatin and sugar are dissolved.
 - 3) Remove the mixture from the heat and whisk in the heavy cream and vanilla bean paste.
 - 4) Place six (6-ounce) ramekins on a baking sheet. Divide the cream mixture among the ramekins, using a ladle or spoon so that the vanilla bean paste is evenly distributed. Place a large sheet of plastic wrap over the baking sheet, careful not to let the plastic touch the cream.
 - 5) Refrigerate 6 hours or overnight (I usually do it overnight).
- 6) In a medium microwave-safe bowl or glass measuring cup, combine the raspberry jam (or strawberry jam), 3 tablespoons of water, and orange liqueur or orange juice. Microwave in 10-second increments until smooth and well combined. Allow to cool before using.
 - 7) Fill a dish with hot water. Using a small knife, loosen the top edges of the panna cotta from the ramekin, careful not to cut into the custard. Dip the ramekin up to its rim into the bowl of water for about 3 seconds. Invert onto a serving plate.
 - 8) To serve: Spoon the raspberry (or strawberry) mixture over each serving of panna cotta. Top with fresh raspberries or strawberries. Serve immediately.

Matcha Strawberry Delights

Zoe Marcuse, Human Resources, Goodwin Living
United States

About the Recipe: I am a lazy cook who loves fruity, refreshing and complex flavors. This recipe is a creative mix of flavors with minimal effort. Anything that takes less than 10 minutes of preparation quickly becomes one of my favorites.

Ingredients (for one serving)

1-2 teaspoons
matcha powder

1-2 handfuls of
strawberries

½ lemon (for 1 tablespoon
zest and half a lemon's
worth of juice)

2-3 tablespoons sugar

½ block of silken tofu

DIRECTIONS

- 1) Cut strawberries into slices and add sugar.
- 2) Cut lemon in half. Juice and zest lemon and add to strawberries.
- 3) Refrigerate strawberry mixture for at least 30 minutes, the longer the better.
- 4) When strawberries are ready, boil ½ cup of water.
- 5) Turn off heat and wait for water to stop boiling.
- 6) Put matcha in a bowl, and whisk with hot (but not boiling) water.
- 7) Put tofu in a dish, plate strawberries on top of the tofu and pour matcha over both.
- 8) Enjoy!

Notes: The amount of strawberries and matcha is to your liking! It doesn't need to be exact. You can refrigerate leftovers for the next few days for an easy breakfast.

Fried Dough

Katiana Jolimeau (KJ), Home Office, Goodwin Living
Haiti (Katiana's parents hail from Haiti, but she was raised in Boston and this recipe is based on her Boston roots)

About the Recipe: While my family is from Haiti, this recipe is based on my Boston roots, and was a staple in the summers when the county fair came to town!

Ingredients

pizza dough (fresh
or store bought)

melted unsalted butter

powdered sugar
(for dusting)

powdered cinnamon
(for dusting)

oil

apple pie filling or cherry
pie filling (optional)

DIRECTIONS

- 1) Divide the dough into smaller portions, about the size of a golf ball, and roll each portion into a ball.
 - 2) In a heavy bottomed pot or skillet, heat about 2 inches of vegetable oil over medium heat until it reaches a temperature of 350 degrees.
 - 3) Fry dough for about 2-3 minutes on each side, or until they turn golden brown.
 - 4) Use a slotted spoon or tongs to remove the fried dough from the oil and transfer them to a paper towel-lined plate to drain excess oil.
 - 5) Brush on a generous amount of melted butter.
- 6) Dust on powdered sugar and cinnamon to your liking.
 - 7) Serve hot. Top with pie filling for a decadent treat!

Tips: Gluten free dough may not work well. Don't add cinnamon without the sugar, it will be bitter.





Appendix

Knife Skills

On The Cutting Edge (Essential Knife Skills)

By Brian Patterson

Is your joy of cooking cut short by a fear of kitchen knives? Do you use a steak knife or “utility knife” for most tasks? Is chopping a carrot as frightening as feeding a tiger? Good knife skills are to the cook what good typing skills are to the writer.

There are four basic considerations to good knife skills: safety, consistency, speed, and technique. Knives are tools, and just like any tool, there is a proper tool for the job, and there is a proper and safe way to use that tool.

Safety comes with holding each knife correctly, applying force to the knife correctly, and most importantly, holding the food to the knife correctly. Once learned, practice these skills to lock in the muscle memory of your hands and you will concentrate less on not hurting yourself and more on the food you are preparing. With practice, you can begin to accelerate, get consistent results, and look cool doing it.

Whichever brand you choose, select the best grade made by that manufacturer. Good knives are forged from high tech alloys or blends of stainless steel and high carbon steel. With a little maintenance, they will keep their edge and can be honed to a razor. Lower grade knives are generally stamped out of solid stainless steel, are not as responsive and are harder to sharpen when they become dull.

There are five types of knives that are essential to any cook’s knife kit:

8-10 Inch Chef’s Knife or Cook’s Knife

The chef’s knife is the workhorse of the kitchen. Its size and sharpness may be intimidating, however if used properly, it is far safer and more efficient than a dull utility knife or a steak knife. To those of you who think 9 or 10 inches of chef’s knife is far too much knife, it’s not about you. It’s about the proper tool for the job, you are just the driver. Consider how many itty bitty little people drive gigantic SUVs and Minivans.

The chef’s knife is generally about 2 ½ inches wide at the hilt, and the blade tapers down to a sharp point and is very rigid. The chef’s knife is used for chopping, dicing, julienning, mincing and occasionally for slicing.

Most of the contact that the chef’s knife makes with the food is on the back ½ of the blade, near the hilt and close to your hand. The end of the blade acts as a pivot—a fulcrum, a hinge—grounding the knife the cutting board, setting up a “plane of cutting”. If the tip of the chef’s knife is not anchored to the cutting board, it should be on its way to being anchored to the cutting board.

Since most of the contact with the food is with the back half of the chef's knife, the hold of the chef's knife should be "choked up" over the hilt of the knife, that is, thumb and forefinger pinching the blade. Do not extend your index finger down the spine of the chef's knife as this leads to fatigue and wear and tear on the knuckle. Now your knife hand is armed and ready. Let's talk about the unarmed hand.

From now on you will never feed the food to the knife using your fleshy fingertips forward. You do not want the first point of contact with the knife to be the fleshy fingertips of your unarmed hand. Always point your nails down into the food and extend your knuckles forward.

For precision and safety with a chef's knife, the rule of thumb is to hold the food to the knife with your nails down and your knuckles forward. Tap the side of the blade against your knuckles and use your knuckles to direct the knife where you want it to go. The blade will make contact with the food well away from the flesh of your knuckles and finger tips.

The knife passes down the food; rarely do we feed the food to the knife. Generally, we stabilize the food with one hand while the knife passes down the food in a slicing, piston-like motion, keeping the tip of the chef's knife anchored to the cutting board with each stroke. Let the blade do the work, that is, slice into the food rather than just crunching down through the food. Sliding the knife forward as you apply force downward through the food will use less effort, give better results, and is less wear and tear on the edge of your blade.

When using a chef knife to chop, the tip of the knife always stays on the cutting board. For almost all tasks, the back of the blade is the part of the knife that makes contact with the food. Grip the knife starting with your thumb and forefinger pinching the blade, just behind the hilt, and curl the rest of your fingers around the handle. The kinetic energy is transferred through the underside of the index finger into the knife.

Why a 10-inch knife? You can maintain better control slicing into a larger piece of food with a 10-inch chef's knife than with a shorter blade...the shorter the blade the tighter the turning radius from the tip to the handle. Also, a longer blade gives you more slicing action per stroke, or what a cellist might call more "notes per bow," you have more blade to slice and cut with, while the tip is anchored to the board.

Paring Knife

In the shape of a miniature chef's knife, the paring knife is designed for peeling, shaping, and carving fruits and vegetables. It can be used as well as for fine chopping, and dicing. A crescent shaped paring knife, called a "bird's beak" paring knife is used specifically for turning or carving vegetables.

Boning and Filleting Knives

Boning knives are designed to separate meat from bones. A boning knife has a sturdy handle and a narrow, tapered, pointed blade. A stiffer blade is used for de-boning meat with larger bones; the more flexible blades are for de-boning or filleting meat and fish with smaller, more delicate bones.

Slicers

Slicers are generally 10 inches long, and 1 and ½ inches wide at the hilt, and slightly flexible. Slicers with a tapered point are used for slicing meat cooked on the bone, while slicers with a rounded end are used for boneless cooked meats.

Serrated Slicer

A knife with a serrated edge is used for slicing bread, cake, pastry, and fibrous fruits and vegetables like pineapple, artichokes, and squashes. It is a culinary saw.

Cutting Boards

Wooden cutting boards are ok for fruits and vegetables, however, do not use a wood cutting board for raw or cooked meats and fish. Wood is porous and therefore cannot be properly sanitized. Polyurethane cutting boards are the industry standard. They can be sanitized easily, and they have a little bounce to them, so it is not as hard on the knife when it contacts the cutting board.

Sharpening Knives: Honing Versus Sharpening

Sharp kitchen knives are not only more effective than dull knives, they are safer. It takes more force to drive a dull knife, and the more force you use, the less control you have. That is when cuts happen. Sharp knives cut through materials with less pressure, and therefore, less risk.

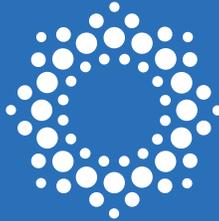
Honing is the practice of keeping a sharp knife sharp. Use a steel that is at least as long as the knife you are sharpening. Use the entire length of the knife on the entire length of the steel. Pretend you are trying to shave the steel.

When we use a knife, we do not so much dull a knife as much as push the fine blade out of alignment down the length of the knife. Using a steel regularly and properly will re-align the "V" of the blade into a straight line down the length of the knife. Using a knife often without using a steel will in fact dull a knife or turn that "V" into a "U". No amount of using a steel will strip enough metal from the blade to turn that "U" back into a "V". A dull knife must be ground on a stone to turn that "U" back into a "V". Too much grinding will shorten the life of the knife. Sharpen "to the blade" as though you were trying to shave the steel.

Sharpening is the practice of repairing a damaged or dull knife and giving it a new edge by grinding or ripping metal from the blade, turning the "U" of the edge back into a "V".

Random Advice

1. Practice! Muscle memory, dexterity, manual skills.
2. Do not drink and cut; knives and alcohol do not mix.
3. Do not cut towards yourself.
4. If you drop a knife, do not try to break the fall. A falling knife has no handle.
5. Your cutting board is your operating table; do not clutter it with the stuff you have chopped.
6. Never put blades where you cannot see them, i.e. murky soapy water or under a kitchen towel.
7. Do not wear open-toed shoes when handling a knife.
8. Stand to use knives – don't sit.



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