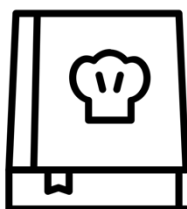


PARK SLOPE COVID 19 COOKBOOK



corcoran

live who you are

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Chapter 1: STEWS/SOUPS

Tracey McLean Tracey's Beachy Mexican Stew

It sounds like a lot of ingredients but it is super easy and chopping vegetables is therapeutic

2 skinless boneless chicken breasts (if you want to make it harder on yourself you can use boney parts of the chicken)
6 garlic cloves minced (if you don't like that much garlic that's not my fault)
1 medium onion chopped
2 stalks celery chopped
1 red pepper chopped
1 yellow pepper chopped
Corn removed from 3 corn cobs
1 jalapeno minced (more if you like spicy)
1 15 oz can black beans, drained and rinsed
1 15 oz can tomatoes with its juice
3 tablespoons of tomato paste
1.5 cups of chicken broth
1 heaping tablespoon chili powder
1 tablespoon ground cumin
Shake of red pepper flakes (to taste)
Juice of one lime
Salt & Pepper to taste
Cilantro

Option: throw some green chilies in there if you have them. Why not.

1. Heat olive oil in sauté pan
2. Soften the garlic and onions until they're carmelized and have a bit of color. Remove
3. Increase heat and add more oil if necessary
4. Salt and pepper both sides of chicken. Brown both sides. This isn't to cook – it's just to get some carmelization on the chicken.
5. Throw everything in the slow cooker. You heard me.
6. Cook 5 hours on high
7. ***Go to the beach. Come back. Shower and put clothes on. We're in quarantine but we're not animals***
8. With two forks shred the chicken in the pot. Add cilantro. Check for seasonings. Simmer until ready to serve
9. Serve in your prettiest bowls. Top with crumbled tortilla chips and guacamole. Add a wedge of lime if you want to Instagram this situation
10. ***Watch the sunset. Feel grateful.***

Teri Cavanaugh Peruvian Chicken Soup

Ingredients:

1 Frontier Organic Bay Leaf 0.15 oz.
1/4 teaspoon Frontier Coarse Sea Salt 5 lb.
1 teaspoon Frontier Organic Ground Cumin Seed 1.76 oz.
4 teaspoons olive oil, divided
1 cup minced red onion
1/2 cup minced red pepper
1-pound chicken breast
4 cups low-sodium chicken broth, divided
1 1/2 cups 1/4-inch cubed Yukon gold potatoes
1/2 cup short grain brown rice
1/2 cup frozen peas
Juice from 1 lime
1 cup packed cilantro leaves, plus more for garnish
1 tablespoon aji amarillo paste or 1 serrano pepper, minced
1/3 cup minced scallions, plus more for garnish
2 cloves garlic
Fresh lime wedges, for garnish

Directions:

1. In a large pot with a heavy bottom over medium heat, heat 2 teaspoons olive oil. Add onion and peppers, cooking for 6 to 8 minutes, until onions are translucent, then remove from heat and transfer to bowl.
2. In the pot, heat remaining 2 teaspoons olive oil, then add chicken breast. Cook for 2 minutes on each side, just to sear. Add onion mixture, 3 cups chicken broth, potatoes, rice, peas, lime juice, cumin, bay leaf and salt. Bring to a boil, reduce to a simmer, cover and let cook for about 35 minutes, until chicken is cooked and just before rice is done.
3. Remove chicken and using two forks, carefully shred chicken. Add it back to the pot along with cilantro mixture for another 5 to 10 minutes.
4. While the soup is cooking, in a blender, combine cilantro, aji amarillo, scallions, garlic and remaining 1 cup chicken broth. Pulse until well combined and semi-smooth, adding more chicken broth if needed.
5. Add blended mixture to pot and stir until well combined.
6. Garnish with cilantro, limes and scallions and serve.

LINK: <https://www.frontiercoop.com/community/recipe/peruvian-chicken-soup>

Casey Soloff Eggplant Lentil Stew

1 oz dried porcini mushrooms
3.5 cups hot water
3lbs eggplant (2 large ones)
4 Tbsp extra-virgin olive oil
2 large onions, minced
6 cloves of garlic, minced
2 tsp dried oregano
1 cinnamon stick
2 tsp salt
1 tsp freshly ground black pepper
1 bay leaf
1 cup lentils
1 28-ounce can diced tomatoes (Look for San Marzano tomatoes they have the best flavor)
1/3 tsp sugar
Fresh parsley and parmesan cheese to garnish

1.) Preheat oven to 400F

2.) Combine the dried mushrooms and hot water in a large bowl. Stir well and let stand for 30 minutes to reconstitute the mushrooms. Then strain through a fine sieve and save the liquid for later. Chop the mushrooms.

3.) Meanwhile cut the tops off the eggplants and then cut in half lengthwise. Brush the cut sides with olive oil and place on a rimmed baking sheet, cut-side down, and roast until tender, about 25 minutes. Let stand until cool enough to handle. Cut into 1-inch cubes and transfer to large slow cooker.

4.) Heat 2tbsp olive oil in a large skillet over medium heat and add the onions and cook, stirring frequently, until soft and translucent about 5 minutes. Add garlic and stir until fragrant about 2 minutes. Add onions and garlic to slow cooker. Now its time to throw in the lentils, the whole can of diced tomatoes, oregano, cinnamon stick, salt, pepper, sugar, bay leaf, mushrooms, and pour the reserved mushroom water in. Stir everything together and you might have to add a little water to make sure everything gets covered.

5.) Cook until lentils are tender 3-4 hours on high or 7-8 hours on low. Remove the cinnamon stick and bay leaf. Now you can serve and garnish with the parsley and parmesan cheese.

Karen Mulqueen

Comfort Chicken Soup--Grandma's solution to cold and congestion

Ingredients:

Bell & Evans (or organic) Whole chicken cut up

Whole medium-large onion

Carrots

Celery- tender part

Oregano

Quart size Yogurt -Brown Cow -Plain

Orzo, noodles or rice -cooked separately

Semolina bread- for dipping in the soup

Garlic- Smash to let out its essence and remove the middle part.

Wash, cut up, de-skin chicken, and add to large pot of water. Add whole peeled onion, cut up carrots and celery, Heat on medium high heat. Skim any gunk that rises to the top.

Cook until chicken rises to the top- about 2hrs. Remove Chicken and onion. Debone, add white meat to the soup and sprinkle in oregano. Use the dark meat for sandwiches.

In a separate pot cook orzo and add to the soup.

Serve the Soup hot and add the yogurt to your soup bowl. Then heat and cool, salt and sugar to taste. Combination is yummy.

Take a piece of garlic wrap in the soup dipped semolina bread and eat.

Chapter 2: ENTRÉES AND PASTAS

Judith Lief

College Casserole

This was created when budgets were tight, and we were obsessed with healthy eating (i.e. a “complete protein” included dairy, whole grains and nuts.) Everything is “to taste” and based on what’s in your fridge. It’s worth making enough for several meals.

-Brown rice

-Walnuts

-Cheese (Swiss, fontina, gruyere, mozzarella... whatever melts)

Vegetables: carrots, parsnips, broccoli, cauliflower, mushrooms, etc.

Salt & pepper

Cook rice. Add to chunked vegetables (~1” pieces). Grate cheese (I use at least two kinds). Chop nuts. Toss everything together and turn into an oiled baking dish. (I fill a lasagna pan.) Bake at 375 — covered — until the veggies are fork tender and the cheese is melted. Uncover and raise heat to get a nice crust on the top. Serve hot with a couple of shakes of soy sauce. Now, go pull two all-nighters and write that paper on “Antigone.”

Jessica Buchman

Baked Ziti

INGREDIENTS

2 tablespoons unsalted butter
2 tablespoons all-purpose flour
2¼ cups whole milk, slightly warmed
2½ cups grated Parmesan, divided
Kosher salt, freshly ground pepper
¼ cup olive oil
1 ounce pancetta (Italian bacon), finely chopped
1 large onion, chopped
4 garlic cloves, chopped
½ teaspoon crushed red pepper flakes
2 tablespoons tomato paste
1 28-oz. can plus 1 14-oz. can whole peeled tomatoes
¼ cup chopped fresh basil
1 pound ziti, penne, or rigatoni
1 pound fresh mozzarella, cut into ½" pieces

RECIPE PREPARATION

Heat butter in a medium saucepan over medium until foamy. Sprinkle flour over and cook, whisking constantly, 1 minute. Gradually whisk in warm milk. Bring mixture to a boil, reduce heat, and simmer, whisking often, until béchamel is thickened to about the consistency of heavy cream and no longer feels grainy when rubbed between your fingers, 8–10 minutes (thoroughly cooking the mixture ensures a creamy sauce and eliminates any raw flour flavor). Remove from heat and add 2 cups Parmesan, whisking until cheese is melted and sauce is smooth. Set aside.

Heat oil in a large saucepan over medium-high. Cook pancetta, stirring often, until golden brown, about 2 minutes. Add onion, garlic, and red pepper flakes; season with salt and pepper. Cook, stirring often, until onion is golden and soft, 8–10 minutes. Add tomato paste and cook, stirring, until slightly darkened, about 2 minutes.

Add whole peeled tomatoes, crushing with your hands as you go, and season with salt and pepper. Bring sauce to a simmer and cook, stirring often, until slightly reduced and flavors have melded, 20–25 minutes. Let cool slightly, then transfer to a blender; pulse until mostly smooth (or use an immersion blender and purée directly in pot). Stir in basil and season with salt and pepper.

Meanwhile, preheat oven to 350°. Cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 5 minutes (the pasta will continue to cook in the oven); drain.

Transfer reserved béchamel to a large bowl; add pasta and mozzarella and toss to combine. Add all but 1 cup tomato sauce and gently fold mixture a few times, leaving streaks of béchamel.

Transfer pasta mixture to a 13x9" or other 3-quart baking dish, dollop with remaining tomato sauce, and scatter remaining Parmesan over pasta. Bake until mozzarella is melted and sauce is bubbling around the edges, 15–20 minutes.

Heat broiler. Broil until pasta and cheese are dark brown in spots, about 4 minutes. Let pasta sit 5 minutes before serving.

<https://www.bonappetit.com/recipe/bas-best-baked-ziti>

Kerry Sullivan
Stupid Easy and Delicious Pulled Chicken

And less fattening and messy than pork!
Two packages boneless, skinless chicken thighs
Trim fat
Put in slow cooker with half a bottle of BBQ sauce (stir around)
Set to low for 3ish hours, stir occasionally
It should be pretty shredded but you can shred more with two forks
Take chicken out with slotted spoon and put in casserole dish
Warm up with more sauce if desired
Awesome with mac & cheese!!!

Robert Herskovitz
Fairly Simple Pasta Sauce

- 1 large can whole tomatoes (canned of crushed tomatoes works too)
- 1 large can tomato purée
- 1 onion chopped
- 3 large cloves of garlic chopped
- 1 tablespoon of oregano
- 2 tablespoons of fresh chopped parsley (about a handful)
- 3 tablespoons of fresh chopped basil (about a bigger handful)
- 1 1/2 cups of water

Combine everything in a large pot and bring to a boil.

Reduce temperature to a low simmer.

Simmer covered for 1 1/2 hours. Stir occasionally.

Add salt and pepper to taste about 15 to 20 minutes before it's done.

Add a little more garlic and onion if you want to give it a little more of a kick.

Anna Milat-Meyer
Easy Cabbage

Add some olive oil to a pan, heat up.

Add chopped onions if you like, coarsely chopped cabbage and sauté.

Add these spices to taste:

Salt, pepper, paprika, onion powder, garlic powder.

Fumiko Akiyama

*Grilled Chilean Seabass with Miso sauce

1. Get fresh Chilean Seabass fillet with skin (**Can do with Salmon too)
2. Cut it 0.75-1 inch thin and lightly salt.
3. Make Miso sauce with Miso, sugar, sake and a little bit of soy sauce **for Umami
4. Marinate fish with miso sauce for 4-5 hours. **if you don't eat it the same day, wrap each one and freeze that makes it not too salty
5. Scrape off some of the sauce and grill at 495F until the skin gets crispy.

*Japanese fried chicken /Tatsuta age

1. Get boneless chicken dark meat
2. Cut it 1/2 or 1/3 and salted
3. Make marinade sauce with Soy sauce, sake, sugar, ground ginger and garlic
4. Marinate chicken 3-5 hours
5. Put in a light potato or corn starch and deep fry



Erik Semmelhack
Hot and Fast
High Heat Oven Ribs

Large baking pan and tinfoil to wrap ribs
1 rack of Babyback pork ribs
2 teaspoon kosher or coarse salt
Curry powder (I use Madras)
1/2 cup brown sugar
Onion powder
Cumin powder
Black pepper

-Preheat oven 450 conventional (400 for convection setting which is best)

Note: If ribs don't fit easily on your pan cut rack in half.

Note: Only prepare/season the meat side of the ribs

Sprinkle 1 teaspoon of salt all over meat section of ribs

Dust light coating with curry powder

Evenly press brown sugar down all over the ribs

Then dust with onion powder, cumin powder remaining 1 teaspoon of salt and fresh cracked black pepper.

Wrap ribs meat side up in tin foil making sure to crimp/seal the foil creating a pouch of sorts.

Place on oven pan and in the oven

Cook for 1 hour.

Remove let cool for 60 minutes

Finish by grilling the ribs until a charred crust develops OR place rack under oven broiler for same effect. Keep an eye on ribs if broiling because it could burn quickly.

Ben Elesh
Basil Anchovy Pesto

2 bunches of basil
¼ cup of pinenuts
2 cloves of garlic
½ cup of extra virgin olive oil
1/3 cup of grated parmesan
½ large lemon
1 tin of anchovies
Black pepper

Clean basil, dry, and place in large food processor along with the pinenuts, whole garlic cloves, oil, parmesan, and black pepper.

Take out the anchovy tin, open, drain the anchovies of most of their oil. Take two anchovies out and set aside for eating, and place the remaining anchovies into the food processor with the rest of the ingredients.

Turn on food processor. After the ingredients are roughly mixed, add in about a ¼ to a ½ of the lemon juice, and continue to purée until ingredients are finely mixed. Add to fresh pasta.

*Bonus: Enjoy with some pickled chilis or cherry peppers, if you have any.

Laura Hess

Eggplant Parmesan: Guilt and Gluten Free

- 1 large eggplant and sliced into 1/2 inch rounds
- 2 eggs whisked
- 1/2 cup coconut flour
- Salt & Pepper
- 1 teaspoon dried oregano
- 2 cups marinara sauce add hot pepper flakes
- 1 cup mozzarella Cheese grated
- 3 tablespoons extra virgin olive oil approximate

INSTRUCTIONS

Prepare Eggplant

1. If time permits, generously salt eggplant and let sit for up to 1 hour. Rinse and pat dry. I didn't do this, I put the eggplant on a baking sheet and prebaked it for 5 too

Prepare Eggplant Parmesan

1. Preheat oven to 400 degrees. Lay an oven safe cooling rack onto of a cookie sheet or use a broiler pan.
 2. Place the whisked egg with 1/2 teaspoon salt in a shallow dish.
 3. Mix the flour, remaining salt, pepper and oregano in separate shallow dish it out and did the following
 4. Dip each slice of eggplant into the egg wash, followed by the flour mixture, then set onto the baking sheet. Drizzle with a bit of olive oil.
 5. Bake for 15 minutes and then flip eggplant slices over and drizzle with a tiny bit more olive oil. Continue baking for an additional 15 minutes.
 6. Lower oven temperature to 350 degrees.
 7. In a 2 quart baking dish, cover the bottom with a layer of marinara sauce. Cover with a layer of eggplant, repeated with freshly grated parmesan. Repeat layers until all eggplant is used. On final layer top with remaining sauce and a generous layer of Parmesan cheese and a drizzle of olive oil.
 8. Bake for 25-30 minutes or until cheese is melted and bubbly.
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Kristin Miller
Easy Duck Confit

Ingredients:

1½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
½ teaspoon dried thyme
1 bay leaf, crumbled
8 moulard duck legs (about 4 pounds total), rinsed and patted dry but not trimmed

Preparation:

In a small bowl, combine salt, pepper, thyme and bay leaf pieces. Sprinkle duck generously with mixture. Place duck legs in a pan in one layer. Cover tightly with plastic wrap and refrigerate for 24 hours.

The next day, heat oven to 325 degrees. Place duck legs, fat side down, in a large ovenproof skillet, with legs fitting snugly in a single layer (you may have to use two skillets or cook them in batches). Heat duck legs over medium-high heat until fat starts to render. When there is about 1/4 inch of rendered fat in pan, about 20 minutes, flip duck legs, cover pan with foil, and place it in oven. If you have used two pans, transfer duck and fat to a roasting pan, cover with foil and place in oven. Add sprigs of thyme for roasting.

Roast legs for 1 hour, then remove foil and continue roasting until duck is golden brown, about 1/2 hour more. Remove duck from fat; reserve fat for other uses.

Serve duck hot or warm, over roasted potatoes or polenta, and pair with a hearty baby kale or arugula salad with a lemon pepper vinaigrette.

LINK: <https://cooking.nytimes.com/recipes/1013002-easy-duck-confit>

Sephrah Towbin

Sephrah's Sassy Meatballs

Whatcha need:

- 1 lb. 80% ground beef (or tempeh) just kidding! Don't do that.
- 1 lb. ground pork
- 1 Cup unseasoned bread crumbs
(Cause seasoned breadcrumbs are gross)
- 1 large egg (does anyone sell small eggs?)
- 1 Tbsp dried oregano (not more, that's gross)
- 1 tsp. kosher salt (not table salt, not driveway salt)
- 1 tsp. Ground cinnamon (yes, I said cinnamon) plus a pinch for later
- 1 Tbsp. table spoon freshly ground black pepper. (From your shaker is ok, but not from the packets you still have from diner delivery)
- 1/2 Cup freshly grated Parmesan cheese (or already grated, 'cause that's probably what you have)
- 1 Tbsp. olive oil (The good shit)
- 4 cloves garlic minced fine (not that pre-peeled garbage)

-Put all ingredients into a bowl and mix thoroughly with a giant fancy chef spoon that makes you look like a baller!

*put that spoon right I to the sink cause that raw meat and you don't want to get me sick.

-Portion meat mixture out into round balls, about an inch and a half in size. Like this big... ()

-When the meatballs are "balled" up put them on a tray, (that fits inside the fridge as if that's a thing?!?) and let them rest in the fridge for half an hour.

-You think you're the only one that needs a break?

-Wash your hands!

-Next heat a large frying pan with 1/2 inch of Vegetable oil and fry the meatballs till they are browned all over. (Brown like the tan I wish I could get, brown like James Brown, brown is the new black, down town brown.)

-Don't walk away cause you will start a fire and your day will be way worse, and you're gonna be hungrier and I can't find you a place cause we can't show right now cause of the plague.

-Using a metal tongs (you have this cause you're a grownup) Remove balls from oil and place on a monogrammed draining board. (I made that up), just put them on a paper towel so you see all that oil go into the towel and not into your arteries.

-Nope, not done yet! Leave them alone!

-Next - in a large pot on medium heat put two 28oz cans of crushed San Marzano tomatoes. (Did you know Sam Marzano Tomatoes are only really San Marzano Tomatoes if they come from San Marzano? True story.)

-Add a drizzle (really? Yes a drizzle) of olive oil and a pinch of ground cinnamon. (from before)

-Stir together, when this is warm

-Add the meat balls and bring up to a boil.

-Once you hit a boil, slow to a simmer (simmer down now,) and let cook uncovered for 30 minutes.

-Turn off heat and let rest for an hour. I'm tired just thinking about it.

-Turn the heat back on and let it come back to a quick boil before serving.

-Dress fresh cooked pasta

-What do you mean you didn't make the pasta - agh!!!!

-With some of the sauce, your preferred number of balls and finish with some Parmesan cheese that you bought pre grated.

-Add a sprig of parsley and photograph. Use a few filters that make the picture look extra meaty and professional.

-You're gonna want to freeze the extra balls cause this is damn good and although you're gonna eat this 3 more times and make meat ball hero's with them, it's too much. Don't be gross, enjoy!

Linda Peng

Copycat KFC Fried Chicken

Ingredients

2 cups all-purpose white flour
2 tsp table salt
1 1/2 tsp dried thyme
1 1/2 tsp dried basil
4 Tbsp paprika
1 tsp dried oregano
1 Tbsp celery salt
2 Tbsp garlic salt
1 Tbsp black pepper
1 Tbsp dry mustard powder
3 Tbsp white pepper
1 Tbsp ground ginger
1 Tbsp MSG, optional
7 lbs chicken
Oil for deep frying

Instructions

Mix all of the herbs and spices together first, making sure there are no lumps in the mixture from spices that have clumped in storage.

In a large bowl, add the herb & spice mixture to the flour and mix well until the spices are evenly distributed.

Cut 2 whole chickens into 9 pieces each (2 drumsticks, 2 thighs, 2 wings, 2 side breasts and a centre breast)

Dip each of the pieces in plain water, shake and dredge in the flour and spice mixture. Repeat for all of the remaining pieces. Leave the pieces to sit in the dredge for 10-15 minutes while the oil heats up. This will help the coating stick to the chicken better.

Preheat a vegetable oil filled deep fryer to 340 degrees F

Shake off the excess coating from the pieces and fry for up to 18 minutes for the largest pieces. Wings generally take 8-10 minutes, drumsticks about 12-15 minutes depending on size. I use a meat thermometer to test the pieces and remove them individually when they reach an internal temperature of 180 degrees F.

Place cooked pieces on a rack that has been placed on top of a cookie sheet.

Hold the cooked chicken in a 150 degree oven if you need to cook the chicken in multiple batches. In that Case I always start with the latest pieces and end with the smallest to minimize the time in the oven.

For an oven baked version, just [CLICK HERE FOR INSTRUCTIONS FROM OUR OVEN FRIED CHICKEN RECIPE](#).

Notes

The flour and spice mixture I found to be sufficient for 2 whole chickens. If using only one, then spit the mixture in half and store one half in an airtight container until the next time you use it.

<https://www.rockrecipes.com/copycat-kfc/>

Linda Peng
Shrimp and Scallop Linguine

Ingredients

Kosher salt

1 pound linguine

12 jumbo shrimp, peeled and deveined

12 large sea scallops, tough foot muscles removed

Freshly ground pepper

3 1/2 tablespoons unsalted butter

2 cloves garlic, minced

2 tablespoons fresh lemon juice, plus lemon wedges for garnish

1/2 cup dry white wine

1/4 cup torn fresh basil and/or spinach

2 tablespoons chopped fresh parsley

Directions:

Bring a large pot of salted water to a boil. Add the linguine and cook as the label directs.

Meanwhile, heat a large skillet over medium-high heat. Pat the shrimp and scallops dry, then season with salt and pepper. Add 1 1/2 tablespoons butter to the pan and cook the shrimp until golden on one side, about 3 minutes. Turn the shrimp and add half of the garlic; cook until the garlic is fragrant but the shrimp are still translucent, 1 to 2 more minutes. Transfer the shrimp to a plate.

Add the scallops to the skillet and cook until golden on one side, about 3 minutes. Turn the scallops, add the remaining garlic and cook 1 to 2 more minutes. Add the lemon juice and wine and bring to a boil, scraping up any browned bits with a wooden spoon. Cook until the sauce is reduced by half, about 3 minutes. Return the shrimp to the pan, then add the basil and the remaining 2 tablespoons butter; season with salt and pepper.

Drain the pasta and transfer to a large serving bowl. Toss with the shrimp, scallops and sauce; garnish with parsley and lemon.

<https://www.foodnetwork.com/recipes/food-network-kitchen/shrimp-and-scallop-scampi-with-linguine-recipe-1972870>

Chapter 3: Desserts

Jackie Torren
Blueberry Crumb Cake
from Maida Heatter's Cakes

2 cups fresh or frozen blueberries

Topping:

1/3 cup sifted flour

1/2 cup sugar

1 tsp cinnamon

2 ounces butter

Cake:

2 cups sifted flour

2 tsp baking powder

1/2 tsp salt

2 ounces butter

1 tsp vanilla

1/4 cup sugar

1 egg

1/2 cup milk

zest of one lemon

1/2 cup walnuts, chopped (optional)

Preheat oven to 375. Butter or spray a 9-inch square baking pan. Coat it well with flour.

For the topping:

In a small bowl, mix the flour, sugar, and cinnamon. Cut in the butter with a pastry blender or your fingertips until the mixture resembles coarse crumbs. Set aside.

For the cake:

Whisk together the flour, baking powder, and salt in a bowl. Place the blueberries in a large bowl. Sprinkle the blueberries with about 1 1/2 T of the flour mixture. Set aside the flour mixture and the blueberries.

In the bowl of an electric mixer, cream the butter. Beat in the vanilla and sugar and beat for one minute. Add the egg and beat until incorporated. Add the dry ingredients and the milk alternately in two or three additions, scraping the bowl when necessary.

Stir in the lemon zest and pour the mixture over the floured blueberries and gently fold the blueberries into the batter.

Fill the prepared pan with the batter and even out the top. Sprinkle walnuts over the top, then the reserved topping.

Bake 50 minutes or until top is well browned. Cool in the pan for 30 minutes before serving.

Susanna Studwell

THE BEST CHOCOLATE CHIP COOKIES YOU'LL EVER EAT

Ingredient List:

1 cup of unsalted butter
¾ cup of light brown sugar
½ cup of sugar
2 eggs
1 teaspoon of vanilla
1 cup of cake flour
1 ½ cups of all-purpose flour
1 teaspoon of baking powder
1 teaspoon baking soda
½ teaspoon coarse sea salt
2 cups of walnut halves
2 cups of semi-sweet chocolate chips



Instructions:

Pre heat oven to 400 degrees

Roughly chop walnuts and lightly toast on a skillet (1-2 min) , set aside to cool

Cut butter in tablespoon sized cubes then mix on low (butter must be chilled)

Add sugars to butter and beat until the mixture is smooth on medium speed (mix until the butter pieces are completely blended with sugar)

Add the eggs and vanilla and beat until incorporated with butter and sugars

Place wet ingredients in the fridge to chill

Add all dry ingredients in a separate bowl (cake flour, all-purpose flour, flour, baking powder, baking soda, and salt). Stir together until well mixed.

Remove wet ingredients from fridge and add to the dry ingredients. Mix on low until the wet and dry ingredients are mixed.

Pour the walnuts into the batter all at once. Use a spoon or spatula to fully incorporate, then do the same with the chocolate chips.

Divide the dough into 8 equal pieces about 6 oz each. (They will be massive!) Make sure to use your hands to shape cookies!

Bake cookies for 12-13 minutes or until the top is golden. **DO NOT OVERBAKE!**

Let cool for 15 minutes before serving.

ENJOY!!!

Jessica Buchman
INSTAFAMOUS LEVAIN COOKIES

Ingredients

1 cup (2 sticks/240g) unsalted butter, softened and diced
3/4 cup (135g) light brown sugar
1/2 cup (100g) sugar
2 large eggs
1 cup (about 120g) homemade cake flour*
1 1/2 cup (180g) all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon sea salt (I added more and it was A+)
2 cups (250g) toasted walnut halves chopped (I like 1 cup pecans and 1 cup walnuts)
2 cups (350g) large chocolate chips/chunks (use semi sweet AND extra dark mixed)
Caution: the scale button does not work for values in parenthesis.

Instructions

1. Preheat the oven to 400°F (200°C).
 2. Place butter into bowl and turn mixer on low.
 3. Add sugars and beat butter until smooth on medium speed, about 1 minute.
 4. Add the eggs and beat on medium just until incorporated with butter and sugars, about 30 seconds.
 5. Chill the mixture for 30 minutes
 6. Turn the mixer off. Add the homemade cake flour*, all-purpose flour, baking powder, baking soda and salt. Pulse the dry ingredients on low until the wet and dry ingredients are mixed together.
 7. Pour the walnuts and chocolate chips into the batter, and stir with a rubber spatula until spread evenly into the batter.
 8. Chill for 30 minutes.
 9. Divide the dough into 8 equal pieces, about 6 oz/170g each (or half of it if you want regular size cookies). Use your hands to shape cookies, not a cookie or ice cream scoop. The cookies are meant to be roughly shaped. Do not flatten the dough.
 10. Bake 4 cookies per pan, for 11 minutes. The cookies are done when the top and bottom parts are slightly golden. Do not over bake. Let cool for 15 minutes before serving.
-

Amanda McAvena

Raw Cashew Dreamcake

Ingredients:

Crust:

1/2 cup raw almonds (pecan or walnuts will also work)
1/2 cup soft Medjool dates
¼ tsp. sea salt

Filling:

1 ½ cups raw cashews, soaked for at least 5 hours, overnight is best
Juice of 2 lemons
The seeds of 1 whole vanilla bean (or 1 tsp. alcohol-free vanilla extract)
1/3 cup raw coconut oil, melted
1/3 cup raw honey
1 cup raspberries or any berry

Directions:

1. Place nuts and dates in a food processor with sea salt and pulse. Scoop out crust mixture in a 7" spring-form pan press firmly, making sure that the edges are well packed
 2. Warm coconut oil and honey in a small saucepan on low heat until liquid. Whisk to combine.
 3. In the most powerful food processor / blender you own place all filling ingredients (except berries) and blend on high until very smooth.
 4. Pour about 2/3 (just eyeball it!) of the mixture out onto the crust and smooth with a spatula. Add the berries to the remaining filling and blend on high until smooth. Pour onto the first layer of filling. Place in freezer until solid.
 5. To serve, remove from freezer 30 minutes prior to eating. Run a smooth, sharp knife under hot water and cut into slices. Serve on its own, or with fresh fruit. Store leftovers in the freezer.
-

Renee Asofsky
Chocolate Chip Squares aka Blondies
From the Ladies Home Journal Dessert Cookbook
Doubled and modified by me, Maida Asofsky

½ c butter
1 ½ c dark brown or light brown sugar
3 eggs
1 tsp vanilla
2 c flour (not sifted)
2 tsp baking powder
½ tsp salt
2 c semisweet chocolate bits (1 pkg., 12 oz.)
2 c chopped walnuts (toasted is best)

Preheat oven to 350 deg. Grease a lasagna-sized pan, 8"x13"x2". (I use PAM or something similar. Very easy. Also, I have a very cool aluminum pan which has sharp edges so the corner brownies don't have a curved edge.)

Melt the butter. While it is still hot, add the sugar, egg and vanilla. Beat until the mixture is fluffy. Sift the flour (I skip the sifting), baking powder and salt together and stir into the first mixture. Mix in the chocolate and the nuts. Spread evenly in a greased 8x13x2" pan. Bake for 25-30 min. Cool. Remove from pan. Divide however you want. I get 48 squares from this recipe.

Binnie Sen
Julia's Banana Bread

INGREDIENTS

Nonstick vegetable oil spray
1¾ cups all-purpose flour
1½ teaspoon baking soda
¾ teaspoon kosher salt
3 large eggs
1½ cups sugar
1 cup mashed ripe bananas (about 2 large)
¾ cup vegetable oil

RECIPE PREPARATION

Preheat oven to 350°. Coat a 9x5x3" loaf pan with nonstick spray. Whisk flour, baking soda, and salt in a medium bowl. Whisk eggs, sugar, bananas, and oil in a large bowl until smooth. Add dry ingredients to banana mixture and stir just until combined. Scrape batter into prepared pan and smooth top.

Bake until a tester inserted into the center of bread comes out clean, 60–70 minutes. Transfer to a wire rack; let bread cool in pan for 15 minutes. Run a knife around inside of pan to release the bread. Turn out onto rack and let cool completely.

DO AHEAD: Banana bread can be made 3 days ahead. Store airtight at room temperature.

Link: https://www.bonappetit.com/recipe/julias-best-banana-bread?intcid=inline_amp&_gl=1*1uq9eo1*_ga*eEtqb3g2blhLSGlpTEwzNERqYjFOYmxsa3BES28xWIYyYkdlaIRiM09zY2lxanBwLW5pX3E0NTBpYndGb2J3NQ..

Jessica Buchman Brownies

Ingredients

- 3/4 cup (170g) unsalted butter
- 1 cup (6 oz) semi-sweet chocolate morsels
- 4 room temperature eggs
- 1 cup (200g) granulated sugar
- 1/2 cup (95g) brown sugar
- 1 cup (120g) flour
- 1/2 tsp salt
- 1/4 cup (25g) unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/2 tsp espresso powder (optional)

Instructions

1. Preheat the oven to 325F. Use cooking spray and parchment paper to grease and line an 8-inch square pan.
 2. In a heat safe bowl or a saucepan, melt the butter with the semi-sweet chocolate.
 3. Set them aside to cool while you get the rest of your ingredients together.
 4. Use a whisk to combine the eggs, granulated sugar, brown sugar and vanilla until they're just barely combined; don't over-mix.
 5. Combine the flour, cocoa powder and salt in a medium bowl.
 6. Slowly pour in the butter and chocolate mixture to the eggs and sugar, while whisking.
 7. Use a sieve to sift dry the ingredients into the wet ingredients. Fold them together until they're just barely combined. Do not over mix.
 8. Pour the brownie batter into the prepared pan and bake for about 40 minutes.
 9. Remove brownies from the oven and allow them to cool in the pan for about 30-60 minutes, until they can be sliced without falling apart.
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Sara Marcus

4 Ingredient Pancakes

Here is my 4 ingredient thin pancakes (make 'em larger and thinner and they can be crepes!)

Great for breakfast or snacks:

1 ripe banana, mashed,

2 tablespoons of nut butter (peanut, almond, etc.)

3 eggs

Butter or ghee

Directions:

1 - Blend ingredients together with whisk or hand mixer

2 - Preheat pan with butter or ghee. Pour mixture on to hot pan to make small 3 inch pancakes or larger

thinner crepes

3 - Cook until done on one side and then flip.

Eat plain or with berries, whipped cream, and or maple syrup
