

Bard Family Recipes



Dec 2020

A collection of tastes and plates brought to you by Bard Students



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PART I:

MEALS





FILIPINO ADOBO

SUBMITTED BY JAELYN QUILIZAPA

This is my favorite Filipino dish ever! My mom makes it the best, and it's (obviously) from The Philippines.

INGREDIENTS (4 SERVINGS)

- 8 skinless chicken drumsticks, on the bone
- 1/3 cup low sodium soy sauce, use gluten-free soy sauce for GF and coconut aminos for Paleo
- 1/3 cup apple cider vinegar
- 1 small head of garlic, crushed
- 6 ground peppercorns
- 4 bay leaves
- 1 jalapeño, chopped (optional)

FOR VEGETARIAN/VEGAN

replace chicken with tofu! tofu will soak up the sauce, so be sure to add it in close to the end of making it

DIRECTIONS

1. Marinate chicken in vinegar, soy sauce, garlic, jalapeño and pepper, for at least an hour (overnight is ideal).
2. Put chicken, 1/2 cup water, bay leaves and marinade into a deep nonstick skillet and cook on medium-low heat. Cover and cook until the meat is tender, about 45 minutes.
3. Remove the cover and cook an additional 15 minutes, until the sauce reduces.
4. Discard bay leaves and serve over rice if you wish.

SANCOCHO

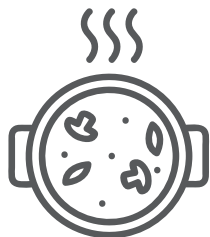
This is traditional Dominican Food I eat for when it's really cold!

INGREDIENTS

Any type of meat: chicken, beef, or pork. plantains, yuca, potatoes, yams, etc.

DIRECTIONS

1. It is like soup, but heavier. You cook the meat, well seasoned: salt, pepper, oregano, lemón, sofrito (bell pepper, onions, garlic, tomatoes, cilantro) all blended.
2. You let the meat cook well, and later take it out, don't throw the seasoning where the meat was cooked, now add enough water and throw in all your plantains, etc. boil again, and later put in the meat!



CLASSIC STUFFING

INGREDIENTS

¾ cup (1½ sticks) unsalted butter, cut into pieces, divided, plus more
10 cups coarsely torn sourdough bread, dried out overnight
⅓ cup blanched hazelnuts
3 tablespoons olive oil
12 ounces hot or sweet Italian sausage, casings removed
2 onions, chopped
4 celery stalks, chopped
1 fennel bulb, chopped
2 tablespoons chopped sage
Kosher salt, freshly ground pepper
½ cup dry white wine
2 large eggs, beaten to blend
2 cups turkey or chicken stock

DIRECTIONS

Preheat oven to 350°. Butter a shallow 3-qt. baking dish and a sheet of foil. Place bread in a very large bowl. Toast hazelnuts on a rimmed baking sheet, tossing once, until golden brown, 10–12 minutes. Let cool; coarsely chop, then add to bowl with bread. Heat oil in a large skillet over medium-high. Add sausage and cook, stirring occasionally and breaking into small pieces with a spoon, until browned and cooked through, 7–10 minutes. Transfer to bowl with bread with a slotted spoon. Add onions, celery, fennel, and sage to skillet, season with salt and pepper, and cook, stirring often, until onions are golden brown and soft, 10–12 minutes. Transfer to bowl with bread. Reduce heat to medium and cook wine in skillet, scraping up any browned bits, until almost all evaporated, about 1 minute. Add ½ cup butter; cook, stirring, until melted. Drizzle over bread mixture. Whisk eggs and 2 cups stock in a medium bowl; pour over bread mixture. Season with salt and pepper and toss, adding more stock ¼-cupful at a time as needed (you may not use it all), until combined and bread is hydrated. Transfer to prepared baking dish and dot with remaining ¼ cup butter. Cover with buttered foil; bake until a paring knife inserted into the center comes out hot, 30–35 minutes. Increase oven temperature to 450°. Uncover and bake until top is golden brown and crisp, 20–25 minutes. Let sit 10 minutes before serving. Do Ahead: Stuffing can be assembled 1 day ahead. Cover and chill.

RECIPE VIA

[HTTPS://WWW.BONAPPETIT.COM/RECIPE/THE-NEW-CLASSIC-STUFFING](https://www.bonappetit.com/recipe/the-new-classic-stuffing)

My brother first showed me this recipe after he interned with Bon Appetit; he's been cooking thanksgiving dinner since childhood.



CHICKEN BIRYANI

This is an Indian origin food, very popular in the Middle East and South Asia. I have been eating this for as long as I can remember. My mom and my brother cook it really well. My favorite one is Mutton (Goat) Biryani but Beef/Chicken/Shrimp/veggie Biryanis are also great. This matters to me because of the connection it has with my culture. Almost on every special occasion, Biryani is a must for Bengalis/Indians/Arabs. In NYC there are tons of Indian/Bengali restaurants that have this and I just love it.

INGREDIENTS

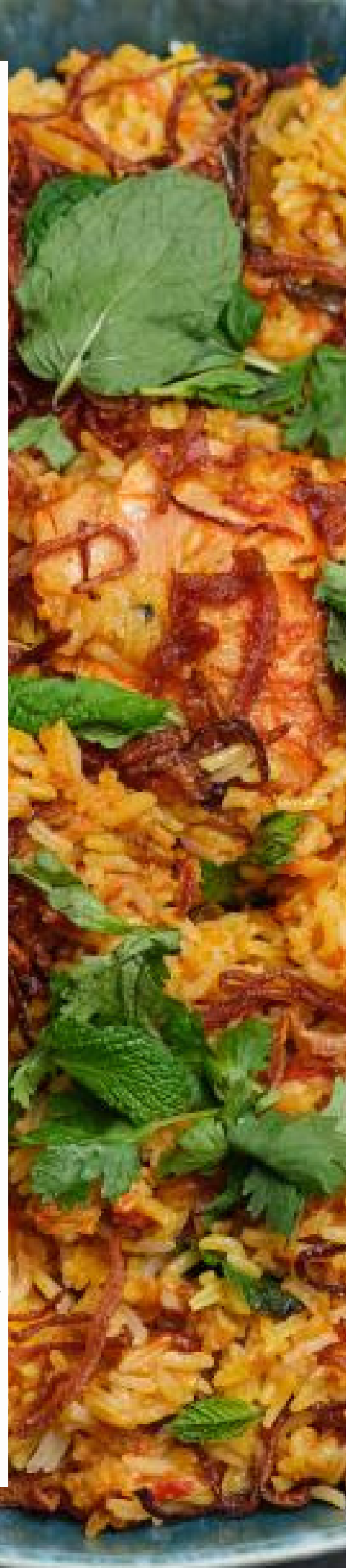
Onion Raita and Chicken:

1 lemon
½ tsp. sugar
1½ cups whole-milk yogurt, divided
3 tsp. kosher salt, divided
1 tsp. fresh ground black pepper, divided
1 red onion
4" piece fresh ginger, peeled, thinly sliced
2 garlic cloves, smashed, peeled
¾ tsp. ground cinnamon
½ tsp. ground cardamon
1½ lb. skin-on, bone-in chicken thighs (4–6 thighs)
2 dried bay leaves

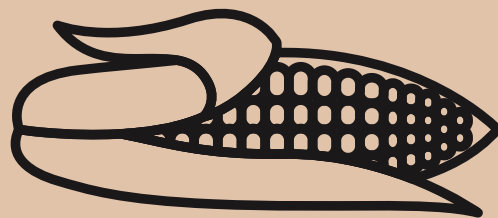
Rice and Assembly

¾ cup kosher salt
2 cups aged basmati rice
1 red onion, thinly sliced
¾ cup melted ghee or neutral oil
½ cup mixed coarsely chopped nuts, such as almonds, pistachios, pine nuts, and/or walnuts
1 Tbsp. sugar
¾ cup mixed dried fruit, such as prunes, apricots, pineapple, and/or cranberries

*Find directions at
<https://www.bonappetit.com/recipe/chicken-thigh-biryani>*



CORN CASSEROLE



SUBMITTED BY VERONICA ANDREK

I first had this dish at a Friendsgiving for my piano class my senior year of high school back in 2017. I had tried and failed rather spectacularly to make a hybrid chocolate cookie/brownie dessert dish, so the next year, 2018, was the first time I ever made this for Thanksgiving. It was a simple recipe and definitely within my (virtually nonexistent) skills as a chef, so I figured there was no way I could mess it up. My grandfather had passed away a few months earlier, and I wanted to finally step up and contribute a dish I made with my own hands and be a real adult that Thanksgiving. My grandmother and the rest of my family loved it, and there was some mild debate over who would get to take home the leftovers. I finally felt like a real contributing member of the family, like all of the other women who would cook all day and make sure everyone got fed. I was still living as a man at the time, so I never got to experience anything like this. My grandmother passed away the week before Thanksgiving 2019, and in my grief I just didn't have the energy or motivation to make it for our family again, which I deeply regret. She never got to know me as her granddaughter, only as her grandson, and so I never got to cook for her and everyone else like my mom and cousins and aunts did for years. I miss her dearly, and wish I could cook this for her one last time as her granddaughter and make her proud.

INGREDIENTS

1 can of corn, drained
1 can of creamed corn
1 cup of sour cream
1 stick of melted butter
(1/2 cup)
1 box of Jiffy Corn Muffin
mix
1/2 cup of shredded
cheddar cheese
1/2 cup of shredded
colby jack cheese

DIRECTIONS

Throw all of those ingredients except the cheese in a bowl and mix them up.
Transfer the mixture to a greased 8×8 baking pan and bake at 350 degrees for about 40 minutes.
Remove from the oven and top with cheese, then return to bake for an additional 5 minutes.

GREEN BEANS WITH SLIVERED ALMONDS

SUBMITTED BY GERTRUDE VON GLIVISHIRE THE 3RD

INGREDIENTS

(My mum won't give me amounts but it's really basic, winging it kinda stuff)

Green beans, Slivered almonds, and butter.

DIRECTIONS

- Parboil green beans.
- Toast slivered almonds.
- Saute both the green beans and the toasted almonds in "a ton" of butter.



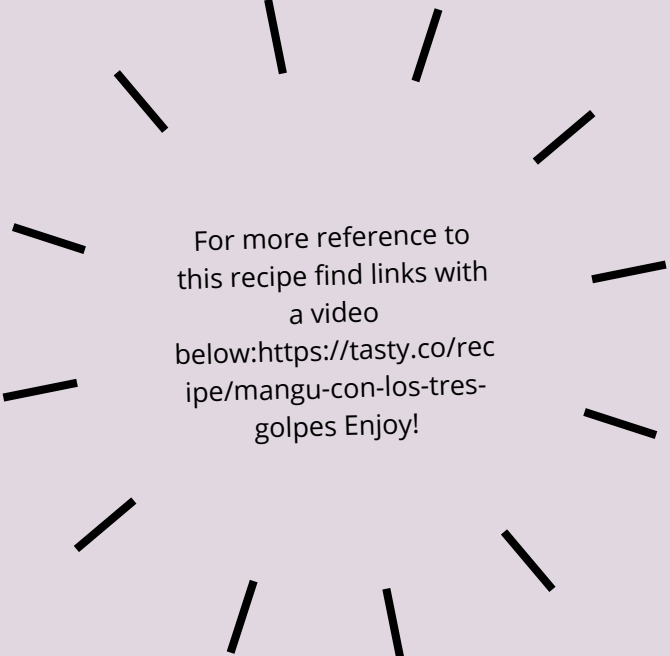
My mum always cooks this for holidays, and it's always a great time because my brother and I will always end up eating a good third of the toasted almonds before my mum mixes them in with the green beans, and she's the classic "slapping your hand away but also laughing at it" kind of mum.

MANGÚ

Mangú is a traditional meal in the Dominican Republic that is part of the daily lives of many Dominicans. This meal represents home for me my parents, grandparents, aunts, and uncles made them and I now make it for my friends and younger cousins. This is a very tasty meal and it is eaten with Fried Cheese, Eggs, and Salami (These three components are called "Los Tres Golpes" which means basically "The three hits").

INGREDIENTS

1 red onion, sliced into rings
salt, to taste
1 cup vinegar
6 plantains
5 cups water
2 cups canola oil, divided
12 slices Dominican frying cheese, queso de freir (tropicana brand)
18 slices Dominican salami, salami frito
6 tablespoons butter, sliced
6 eggs, fried, for serving
1 avocado, for serving



For more reference to this recipe find links with a video below:
<https://tasty.co/recipe/mangu-con-los-tres-golpes> Enjoy!

DIRECTIONS

- Place the sliced onions in a medium bowl with a heavy pinch of salt and vinegar. Let soak while preparing the other ingredients, about 1 hour.
- Peel the plantains and cut into quarters. Place the plantains in a large pot with enough water to cover them by 1 inch (2 cm). Add salt to taste. Bring the plantains to a boil over high heat and cook until they are very tender, about 30 minutes.
- Meanwhile, in a medium skillet, heat the canola oil to 350°F (180°C) over high heat.
- Coat each slice of Dominican frying cheese in flour, and then place the slices in 1¾ cups (420 ML) canola oil and fry until both sides are golden brown, about 3 minutes. Remove from skillet and transfer to a paper towel-lined plate.
- Add another tablespoon of oil to the skillet and fry the salami until brown and crispy on both sides, 4 minutes. Remove from the skillet, transfer to a paper towel-lined plate.
- Wipe out the skillet, and add another tablespoon of oil to the pan. Pour in the onions and their soaking liquid. Sauté until the onions are soft and bright pink, about 10 minutes.
- Once the plantains are tender, scoop them out from the water and place in a separate large bowl, and keep the starchy boiling liquid warm on the stove.
- Add the butter and about 1 cup (240 ml) of the hot starchy plantain liquid. Mash the cooked plantains together until it is creamy and smooth. Add more liquid as needed.
- Serve the mangú with the fried cheese, fried salami, avocado, and fried eggs. Garnish with pickled onions.

CREAM BRAISED BRUSSEL SPROUTS

SUBMITTED BY ABIGAIL STANLEY

My mom makes this recipe for holidays. She learned it from a family friend when we lived in the Netherlands. Having spent a good portion of my high school years there means I have a really strong connection to the memories I've made there. I love this dish because I don't know anyone else who makes this, let alone has it at their holiday gatherings, and it's just too delicious not to share.

INGREDIENTS

At least a pound of Brussel sprouts (root cut off, halved)

Heavy cream (about one cup/pound sprouts)

Salt and Pepper (to taste)

Cooking Oil of choice (enough to coat the bottom of the pan for a saute)

DIRECTIONS

- Heat up oil in the pan and sautee the sprouts until they start to brown (do not soften them too much). Season with salt and pepper.
- Once browned, add the cream. Cover until cream starts to simmer and the sprouts soften some more.
- Once simmering, uncover and stir occasionally until the cream has reduced. There should be very little cream left over in the pan.



CUBAN BLACK BEANS AND RICE

SUBMITTED BY OLIVIA TENCER

This is a recipe that my Abuela passed down to my mom and my mom passed down to me. It's simple but very important to my family.

INGREDIENTS

1 medium green bell pepper
2 16 oz cans of black beans (or two cups rehydrated & cooked beans)
1/2 cup broth or water
1/2 chopped onion
2 cloves of garlic
salt, pepper, dried oregano, two bay leaves, cumin, cayenne (optional)
dry white wine (optional)
white rice
olive oil

DIRECTIONS

- Heat olive oil in pan and cook garlic and onion until translucent. (optional: add a little white wine to deglaze pan).
- Add beans, broth/water, and spices. Simmer for 45 minutes-1 hour.
- Cook rice separately.
- Add chopped green bell pepper and cook for 10 more minutes. Consistency should be thick.



PART II:

DESSERTS





PUMPKIN PIE

My dad doesn't do a lot of cooking, but this is one of the few things that he makes, and he makes it every Thanksgiving and Christmas. I think this was his grandmother's recipe, so he grew up with it, and then me and my sister grew up with him making it for holidays.

INGREDIENTS

(Makes two pies)

- Two 9 inch pie crusts
- 24 ounces of Pumpkin
- A dash of salt
- 1 ½ cup of whole milk
- 1 ½ cup of evaporated milk
- 2 cups of sugar
- 1 teaspoon of ginger
- A dash of nutmeg
- 2 teaspoons of cinnamon
- 4 eggs (-1 white)
- 2 scant Tablespoons of flour

DIRECTIONS

- Mix salt, spices, flour, and eggs (beaten) into pumpkin
- Add sugar and milk, then pour into two 9-inch pie shells
- Beat the one egg white left over until frothy, then add some of the pumpkin and spoon a dab of the mixture onto the center of each pie.
- Bake at 375 Fahrenheit for about an hour (or until a knife stuck in comes out clean)

APPLE PIE

BY GRANDMA OPLE

Made it with my friends from the cross country team with Kline Apples after a long run on the weekend. Tasted Amazing.

INGREDIENTS

1 recipe pastry for a 9 inch double crust pie
½ cup unsalted butter
Unsalted Butter - 1lb
3 tablespoons all-purpose flour
¼ cup water
½ cup white sugar
½ cup packed brown sugar
8 Granny Smith apples - peeled, cored and sliced

DIRECTIONS

- Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.
- Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
- Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.



PUTO (FILIPINO STEAMED CAKE)

SUBMITTED BY JAELYN QUILIZAPA

Puto is a Filipino dessert, and it is typically made around the holiday season! It's usually made by my grandmother, and it's great with taro or a small slice of cheese!

INGREDIENTS

1 $\frac{3}{4}$ cups cake flour
1 cup sugar
2 tablespoons baking powder
 $\frac{1}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups water
2 egg whites
 $\frac{1}{4}$ cup fresh milk

DIRECTIONS

Fill a 12-inch pan halfway with water and set over high heat.
In a bowl, sift together cake flour, sugar, baking powder and salt. Set aside.
In another bowl, combine water, egg whites and fresh milk. Using a hand mixer, beat the mixture at low speed for 5 minutes.
Add the sifted dry ingredients and blend until smooth. Strain the batter into another bowl to ensure that there are no lumps.
Lightly brush a mini muffin tin with vegetable oil. Fill muffin tin $\frac{3}{4}$ full with the batter.
Once the water in the pan is boiling, place the muffin tin in the pan and cover the pan with a lid. Steam the puto for 5 minutes or until a toothpick inserted in the center of the puto comes out clean.
Once the puto is cooked, remove from the pan and allow to cool at least 30 seconds before removing from the muffin tins.
Repeat steps 6 to 10 three more times, making sure there is enough water in the pan each time.



MOM'S BLUEBERRY PIE

SUBMITTED BY TEAH

My mom makes this pie every year for Thanksgiving and Christmas. It is one of my favorite things she makes! Since I can't go home this year, it'll bring me closer to home..



INGREDIENTS

Blueberry filling:

Have berries room temperature

2 pints fresh or frozen blueberries (if frozen drain liquid)

1/3rd cup flour, 1 teaspoon grated lemon peel

1/2 teaspoon cinnamon, 1/2 cup sugar

1 Tablespoon slightly melted butter. (lightly melted but not separated).

Crust:

2 cups pastry flour, 1 teaspoon salt, 2/3 cups plus 2 Tablespoons (13

Tablespoons) UNSALTED butter, chilled. 1/4 cup cold water

DIRECTIONS

- Once blueberries are at room temperature, lightly toss together adding flour last.
- Crust = double crust 9 inch pie. (make ahead of time): Mix together pastry flour and salt. Blend in with a pastry cutter or pastry blender: unsalted butter, chilled (Slice the butter into small chunks for easy mixing). Blend till it is a uniform light yellow and has the grain of cornmeal. Put this in a bowl and poke 4 holes with your finger. Into those evenly add water. Blend water lightly into the dough. When you can gather it up into a tidy ball, stop handling it. You can cut it into 2 pieces (top/bottom crust), wrap in plastic and chill for 20 minutes or more.
- Preheat the oven to 425 degrees. Roll out the bottom crust and place in a pie pan. Paint the bottom of the lower crust with egg white to seal it from pie filling.
- Fill pie with blueberry filling, moisten edge of bottom crust with water and add top crust, press edges. Trim dough edge leaving 1 1/2 inch overhang. Fold under edges and make a decorative edge. Paint the top lightly with heavy cream. Cut 5 separate slits (or any decorative slice/hole) around the center (lets steam escape).
- Bake pie for 40 minutes or until filling begins to bubble and the crust is golden.



PUMPKIN BARS

SUBMITTED BY JACKIE MACK



While my siblings and I would be watching the Thanksgiving Day Parade as kids, my mom, grandma, and aunt would be making pumpkin bars. Growing up, our family wasn't nuclear; my mom and her sister and mother rose up and made everything work. When I think of this recipe, I think of how much I love and admire the women in my family for being there for my siblings and I to make all holidays special, unique, and fun. As far as I know, the recipe is from my great grandma: a first generation mother of five in the Midwest who had to constantly innovate. This recipe is very special to me because it reminds me of my childhood and the pride I have in my family.

DIRECTIONS

- Preheat oven 350
- Use lightly greased sheet pan
- Combine: 1st Bowl:
 - 1 can pureed pumpkin
 - 1 1/2 c. Sugar
 - 3/4 c. Vegetable oil
- Combine : 2nd Bowl:
 - 2 c. Flour
 - 1/2 tbs Salt
 - 2 tbs Cinnamon
 - 1 tbs Baking Soda
- Combine ALL ingredients and pour into a lightly greased sheet pan and spread evenly. Bake 20 minutes at 350. Cool and frost.

INGREDIENTS

1 can pureed pumpkin
1 1/2 c. Sugar
3/4 c. Vegetable oil
2 c. Flour
1/2 tbs Salt
2 tbs Cinnamon
1 tables Baking Soda
8-12 oz Cream Cheese
2+ Tbs Butter
1 - 1 1/2 c. Powdered Sugar
2+ tbs Milk
FROSTING:
8-12 oz Cream Cheese
2+ Tbs Butter
1 - 1 1/2 c. Powdered Sugar
2+ Tbs Milk



PEANUT BUTTER BON BONS

SUBMITTED BY MELINA ROISE

My mom makes these every winter. They're famous among my family and friends now!

INGREDIENTS

9 oz cream cheese
12 oz peanut butter
1 cup butter (4 sticks)
2 tsp vanilla
2 lb powdered sugar

2 large bags melting
chocolate discs

warning: recipe makes
about 120 bon bons!

DIRECTIONS

- Mix all ingredients (except choc discs).
- Roll dough by hand into bite size balls.
- Refrigerate balls overnight.
- Melt disks. Dip each ball into melted chocolate discs using toothpicks. Cover the top with extra chocolate and refrigerate again.





Many Thanks:

Parkhurst Dining, for recreating these recipes during Wish You Were Here Wednesdays throughout December.

The BardEATS Team, for having a vision and making it happen.

YOU, for sharing a bit of home with us!

