



geograd

COOKBOOK

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GLOBAL COOKBOOK

OFF THE GRID

GLOBAL COOKBOOK

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MOTIVE

Graduate Student Forum , Diversity and Inclusion Committee

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Check out Elif the Reader's 20 best culture and food history books.

7 MAIN DISHES

A main dish is typically the centerpiece of a meal and is the largest or most substantial component of a meal. It can refer to a variety of dishes, including meat, fish, vegetables, or grains, and is typically accompanied by sides such as vegetables, potatoes, or rice. Examples of main dishes include roasted chicken, steak, pasta, and curry.

14 SOUPS & SALADS

Soups and salads are both types of dishes that can be served as a starter or main course. Soup is a liquid dish made from ingredients such as vegetables, meat, or fish that are simmered together in a pot. Salads are dishes made up of raw or cooked vegetables, fruits, and sometimes meats or grains, that are tossed together with a dressing.

21 DESSERTS

Dessert is a sweet dish typically served at the end of a meal. Desserts are often sweet and indulgent, and can be enjoyed as a special treat or to celebrate a special occasion. Some popular desserts include cheesecake, chocolate cake, apple pie, and tiramisu.

26 SHARE RECIPES

Food is a cultural agent that binds us together. Share a recipe from your culture that you love.



MOTIVE

The mission of the Department of Geography and Environmental Studies is to provide high quality teaching, conduct vital research that benefits society, and serve our community within the academic freedom that accepts the diversity of people and ideas with the highest possible spirit of inclusiveness and a global perspective.

Our department is a place where an extensive but organized community practices the acquisition and development of geographical knowledge. We strongly believe that our practice is only possible when each member of our community and the whole community in collaboration act and move towards developing a more diversity and inclusive environment.

We are constantly working to address diversity at all levels including ethnicity, race, gender, age, nationality, tribal identity, and sexual orientation. We stimulate an inclusive ambience for individuals of all identities to experience understanding and support. Consequently, we make our best effort promoting principles of cultural awareness that is open to multiple worldviews.

Food is a cultural agent that binds people together. In this regard, the Geograd Cookbook is part of the diversity and inclusion initiative of the Geography and Environmental Studies Graduate Student Forum.

We encourage you all to support this mission by sharing your out-of-this-world recipes from your respective cultures.

DIVERSITY AND INCLUSION COMMITTEE

FOOD /



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20 BEST FOOD CULTURE AND FOOD HISTORY BOOKS



MAIN DISHES

BEEF CHEEK BARBACOA

RECIPE BY
JAMES JOHN

FACTS
ORIGIN: MEXICO 

Time: 2 Hrs

Yield: 2 Lbs (12 Tacos)

Ingredients

- 3 lbs of beef cheek meat
- 1-1/2 tsp of salt
- 1-1/2 tsp of pepper
- 3/4 tsp of cumin
- 3/4 tsp of Mexican oregano
- 2 tsp of fresh minced garlic
- 2 bay leaves
- 2 limes (two squeezed)
- 2 cup of beef broth

Garnishes

- Cilantro
- Yellow onion
- Radishes
- Pico de Gallo
- Salsa Verde
- Lime wedges

Preparation

1. Rinse beef cheek with water and cut off any visible fat.
2. Next, cube beef cheek into pieces.
3. Put the beef in your pressure cooker with cumin, oregano, garlic, bay leaf, and lime juice.
4. Now stir it up well and then add beef broth.
5. Turn in to manual mode and set the cook time for 40 minutes.
Note: Instant Pot will take ~ 30 minutes to come up to pressure.
6. Once the timer goes off you will let the pressure naturally release (~ 10 minutes).
7. While the pressure is releasing, cut cilantro, onions and radishes, make pico de gallo and warm corn tortillas.
8. Shred the meat with two forks, discard any solid fat, vein or gristle (~ 10 minutes).
9. You can garnish with diced onion, cilantro and salsa, with perhaps another squeeze of lime juice on top.

CONTRIBUTOR'S NOTE

As a native of New Jersey, and having lived around the country and the world, I found this Mexican recipe unique to the USA



BLACKBERRY JALAPENO GLAZED PORK TENDERLOIN

RECIPE BY
JAMES JOHN

FACTS 
ORIGIN: MEXICO

CONTRIBUTOR'S NOTE

This recipe I originally got from Guy Fieri. I'm a fan of blackberries. I try to go picking during the harvest season and make homemade jams, clafoutis, ice creams, and this recipe too.

Total Time: 1 hr 20 min

Yield: 3 - 4 servings

Ingredients

Brine:

- 1/4 cup kosher salt, plus 1 tsp.
- 3 cups water, warm
- 1/4 cup red wine vinegar
- 1/4 tsp. red pepper flakes
- 2 Tbsp. brown sugar
- 1 cup ice cubes

Pork Loin:

- 2 lb pork tenderloin, silver skin removed
- 1 Tbsp. olive oil
- 1 tsp. freshly cracked black pepper

Blackberry Jalapeno Glaze:

- 1 Tbsp. unsalted butter
- 1 to 2 roasted jalapenos, seeded, minced
- 1 Tbsp. chopped garlic
- 1/2 cup seedless blackberry preserves
- 1 1/4 cups red wine, divided
- 1/2 tsp. cornstarch

Preparation

Brine:

1. In a gallon-sized resealable plastic bag, dissolve 1/4 cup of salt in the warm water. Add the vinegar, red pepper flakes, brown sugar, ice cubes and the pork. Brine for exactly 20 minutes. The pork becomes mealy if its brined longer.

Blackberry Jalapeno Glaze:

2. Add the butter to a saucepan over medium-high heat. Once melted, add the jalapenos and garlic and sauté for 3 to 4 minutes. Stir in the blackberry preserves and 1 cup wine and combine well. Simmer until reduced by half. Add the cornstarch to the remaining 1/4 cup red wine in a small bowl and mix well. Pour the cornstarch mixture into the pan and cook for 5 to 6 minutes more. Keep the glaze warm until serving.

Pork Loin:

3. Remove the pork from the brine and pat dry. Rub the pork with the olive oil and season with 1 tsp. salt and freshly cracked black pepper.
4. Preheat a grill pan to medium-high heat and the oven to 350°F.
5. Sear the pork tenderloin on all sides, browning evenly. Spread 1/4 cup of the glaze over the pork. Transfer to the oven and roast until an internal temperature of 130°F is reached. Reglaze the pork loin and return an internal temperature of 130°F is reached. Remove the oven to a cutting board to rest for 10 minutes, keep it warm tented with aluminum foil.
6. Slice the pork, arrange the slices on a serving platter and serve with remaining warm glaze.



OVEN-BAKED SALMON

RECIPE BY
JAMES JOHN

FACTS 
ORIGIN: PACIFIC NORTHWEST

CONTRIBUTOR'S NOTE

I like this one because it is simple, quick, and healthy.

Total Time: 11 hrs

Yield: 2 - 5oz servings of Fish

Ingredients

- 1 lb. Great Northern Beans
- 4 Tbsp. Bacon Fat or Butter
- 1 ea. Onion, diced
- 3 ea. Carrots, diced
- 3 ea. Celery Ribs, diced
- 3 clvs. Garlic, minced
- 1 ea. Ham Hock
- 10 cups Ham or Chicken Stock
- 2 ea. Bay leaves
- ½ tsp. Savory
- ½ tsp. Herbs de Provence
- ½ tsp. Thyme
- t.t. Whole Black Peppercorns
- 1 lb. Ham Diced
- t.t. Salt & Pepper

Preparation

1. Soak the beans for 8 hours or overnight.
2. Heat bacon fat or butter over medium-high heat and sauté the onions, carrots, celery until they begin to brown.
3. Add the garlic and sauté until fragrant.
4. Add the ham hock, stock, bay leaves, savory, Herbs de Provence, thyme and peppercorns. Bring to a boil, then reduce to a simmer for two hours.
5. Strain the beans and add them to the stock, return to a boil and then back to a simmer for one hour.
6. Add the ham, correct the seasoning.

Serving Suggestions

1. Spring Mix Salad with Mustard Vinaigrette
2. Garlic Crostini
3. Hard Cider



TURKEY POT PIE

RECIPE BY
JAMES JOHN

FACTS 
ORIGIN: INA GARTEN

CONTRIBUTOR'S NOTE

I adapted it to my own liking using smoked turkey, homemade smoked turkey stock, and adding shiitaki mushrooms. We usually have one or two frozen turkey consuming most of the space in our freezer. It's much more user friendly to make individual portions that can be cooked and eaten throughout the year and Oh So Tasty! I choose it because it was around the holiday season when I was asked to provide recipes.

Total Time: 1 hr 55 min

Yield: 10 individual pot pies

Ingredients

For the Filling:

- 1 10-12 lb. Smoked Turkey
- Kosher salt
- Freshly ground black pepper
- 10 cups chicken stock, preferably homemade
- 4 chicken bouillon cubes
- 24 tablespoons (12 oz.) unsalted butter
- 4 cups yellow onions, diced 1/4" (2 large onions)
- 2 cups shiitake mushrooms, stemmed and sliced 1/4" thick
- 1-1/2 cup all-purpose flour
- 1/2 cup heavy cream
- 2 (16-ounce) packages frozen peas & carrots
- 1 (16-ounce) package frozen pearl onions
- 1 cup minced fresh parsley leaves

For the Pastry:

- 6 cups all-purpose flour
- 3 teaspoons kosher salt
- 2 teaspoon baking powder
- 1 cup vegetable shortening
- 1/2 pound cold unsalted butter, diced
- 1 to 1-1/3 cup ice water
- 2 eggs beaten with 2 tablespoons water, for egg wash
- Flaked sea salt and cracked black pepper

Preparation

1. Cool the turkey to room temperature, then cube both light and dark meat into 1/2" pieces and mix together.
2. For the pastry, mix the flour, salt, and baking powder in the bowl of a food processor fitted with a metal blade. Add the shortening and butter and mix quickly with your fingers until each piece is coated with flour. Pulse 10 times, or until the fat is the size of peas. With the motor running, add the ice water; process only enough to moisten the dough and have it just come together. Dump the dough out onto a floured board and knead quickly into a ball. Wrap the dough in plastic and allow it to rest in the refrigerator for 30 minutes.



GHANAIAN JOLLOF RICE

RECIPE BY
HILARY ANSAH

FACTS 
ORIGIN: GHANA

CONTRIBUTOR'S NOTE

Always remember: Ghanaian jollof rice is the best!.

Total Time: 1 hr 55 min

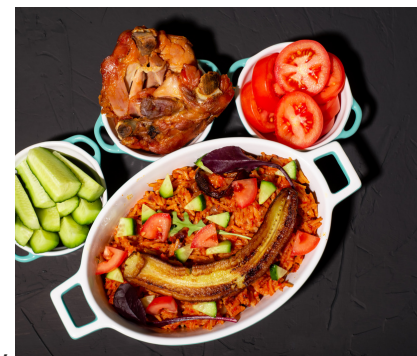
Yield: 6

Ingredients

- 2 large yellow onions, roughly chopped
- ⅓ cup vegetable oil, plus 2 tablespoons, divided
- 14 oz diced tomato, 2 cans
- 6 oz tomato paste, 1 can
- 1 habanero pepper
- 2 teaspoons curry powder
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- ½ teaspoon mixed dried herbs
- 3 chicken bouillon cubes, crushed
- 2 ½ cups long grain rice, rinsed
- 1 cup frozen mixed vegetable (optional)
- 1 ½ cups water

Preparation

1. Add onions and 2 tablespoons of oil to a blender and pulse until smooth. Transfer to a medium bowl.
2. Add the diced tomatoes, tomato paste, and habanero pepper to the blender, and pulse until smooth. Transfer to a separate medium bowl.
3. Heat the remaining ⅓ cup (80 ml) of oil in a large, heavy-bottomed pot over medium heat.
4. Once the oil is shimmering, add the onion puree and cook until the water has cooked out and the puree is starting to brown, about 10 minutes.
5. Stir in the tomato puree and add the curry powder, garlic powder, ginger, dried herbs, and crushed bouillon cubes. Cook for 20-30 minutes, stirring occasionally, until the stew has reduced by half and is deep red in color.
6. Add the rice, mixed vegetables, and water. Bring to a boil, then reduce the heat to low and cover the pot with foil and a lid. Simmer for another 30 minutes, until the rice is cooked through and the liquid is absorbed.
7. Enjoy with any protein of your choice (beef/chicken/salmon/tilapia). You choose!



GHANAIAN MEAT PIE

RECIPE BY
HILARY ANSAH

FACTS 
ORIGIN: GHANA

CONTRIBUTOR'S NOTE

Popular Ghanaian snack. Great for parties!

Tips for making the Meat Pies Pastry

- Use cold butter or margarine
- Always use a light touch and handle pastry with care
- Knead dough just sufficiently to bind together, over-kneading will start to develop gluten in the flour and result in tough greasy pastry

Total Time: 1 hr 35 min

Yield: 8 individual meat pies

Ingredients

Meat Pie Filling

- 1 tablespoon sunflower oil
- 300 minced beef
- 1 medium onion, chopped
- ½ teaspoon all purpose seasoning
- 1 small maggi stock cube
- salt to taste
- 1 large green pepper, chopped into small cubes

Pastry

- 400 grams (3½ cups) self raising flour
- 255 grams (1 cup plus 1 tablespoon) cold margarine or butter
- pinch of salt
- 60 ml (¼ cup) cold water
- 1 egg, whisked

Preparation

Minced Beef Filling

1. Add a little oil to a large frying pan and heat up. Add the mince and onions and cook on medium heat until it browns, stirring in between. this takes about 5 minutes.
2. Mix in tomato puree and cook for 2 minutes. Add in all purpose seasoning stock cube and salt. Remove from heat and leave to cool, then stir in chopped green peppers.

Pastry

1. Sift flour and salt into a large mixing bowl.
2. Add margarine to the flour and rub in using your fingertips. Add all the cold water at once and use your fingers to bring the pastry together.
3. Turn the dough onto a lightly floured work surface and knead very lightly.
4. Shape the dough into a disk and wrap tightly in plastic wrap and refrigerate until well chilled, at least an hour or up to overnight.

To Assemble

1. Pre-heat oven to 180°C fan/200°/400°F.
2. Line a large baking tray with greaseproof paper.
3. Lightly dust a work surface and a rolling pin with flour. Roll out chilled dough. This should be carried out in short, sharp strokes with light even pressure in a forward movement only. Turn the pastry as you roll.
4. Using either a saucer or a large circle cutter, cut circles in the dough. Place a quarter cup of filling in the centre of the circle.
5. Fold dough over making it into a semicircle. Take a pastry brush and dip in water and moisten edges of dough circle then pinch sides together with a fork. Use a fork and poke holes on the top of the meat pies.
6. Place meat pies on the baking tray. Brush the tops of pies with egg wash and bake in oven for 25 minutes or until the pies are golden brown.





SOUP DISHES

HAM & BEAN SOUP

RECIPE BY
JAMES JOHN

FACTS

ORIGIN: NEW ENGLAND



CONTRIBUTOR'S NOTE

It is another cold weather favorite. It takes a little longer to make, but worth the effort. It also freezes well for long term storage and portioning.

Total Time: 11 hrs

Yield: 8 - 10 servings

Ingredients

- 1 lb. Great Northern Beans
- 4 Tbsp. Bacon Fat or Butter
- 1 ea. Onion, diced
- 3 ea. Carrots, diced
- 3 ea. Celery Ribs, diced
- 3 clvs. Garlic, minced
- 1 ea. Ham Hock
- 10 cups Ham or Chicken Stock
- 2 ea. Bay leaves
- ½ tsp. Savory
- ½ tsp. Herbs de Provence
- ½ tsp. Thyme
- t.t. Whole Black Peppercorns
- 1 lb. Ham Diced
- t.t. Salt & Pepper

Preparation

1. Soak the beans for 8 hours or overnight.
2. Heat bacon fat or butter over medium-high heat and sauté the onions, carrots, celery until they begin to brown.
3. Add the garlic and sauté until fragrant.
4. Add the ham hock, stock, bay leaves, savory, Herbs de Provence, thyme and peppercorns. Bring to a boil, then reduce to a simmer for two hours.
5. Strain the beans and add them to the stock, return to a boil and then back to a simmer for one hour.
6. Add the ham, correct the seasoning.

Serving Suggestions

1. Spring Mix Salad with Mustard Vinaigrette
2. Garlic Crostini
3. Hard Cider



Photo credit: James John



LASAGNA SOUP

RECIPE BY
BREN VANDER WEIL

FACTS
ORIGIN: ITALY 

CONTRIBUTOR'S NOTE
Sharing is caring

Total Time: 45 min

Yield: 4-6 servings

Ingredients

- 1 lb ground Italian sausage
- 4 cups chicken broth
- 2 cups beef broth
- 24 oz. pasta sauce
- 14.5 oz. diced tomatoes
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 16 oz. oven ready lasagna noodles
- 1 cup heavy whipping cream
- 15 oz. ricotta cheese
- 1 cup shredded mozzarella cheese
- 1 cup shaved or shredded Parmesan cheese
- 1 teaspoon Italian seasoning

Preparation

1. In a stock pot, cook Italian flavored ground sausage over medium high heat until crumbled and browned. Drain excess grease.
2. Add chicken broth and beef broth, can of pasta sauce, can of diced tomatoes and all spices (including sugar) and mix well.
3. Break apart oven ready lasagna noodles into bite size pieces and add to pot.
4. Continue to heat over medium high heat, stirring occasionally until boiling.
5. Cover pot and reduce heat to simmer.
6. Simmer soup for 10-12 minutes or until pasta is cooked to your liking (al dente).
7. Uncover soup and slowly stir in heavy whipping cream. Reduce heat to low.
8. In a separate bowl, mix together ricotta cheese, shredded mozzarella and shredded or shaved parmesan cheese and Italian seasoning.
9. Add half of the mixture to the soup pot and mix together well, continuing to heat over low until hot.
10. Serve Lasagna soup topped with additional ricotta cheese mixture.

Notes

Garlic bread pairs well with this.

Remove Italian sausage to make vegetarian friendly.



Photo credit: Eren Vander Weil



ZUPPA TOSCANA

RECIPE BY
JAMES JOHN

FACTS
ORIGIN: ITALIAN STYLE 

CONTRIBUTOR'S NOTE

This is an Italian style soup. I am of 50% Italian heritage and enjoy the flavor, simplicity, and popularity of the dish.

Total Time: 1 hour

Yield: 8 servings

Ingredients

- 1 lb Italian sausage, removed from casing
- 2 large russet baking potatoes, sliced in half, and then in 1/4 inch slices
- 1 large onion, chopped
- 1/4 cup bacon bit (optional)
- 2 garlic cloves, minced
- 2 cups kale or 2 cups swiss chard chopped
- 2 (8 ounce) cans chicken broth
- 1 quart water
- 1 cup heavy whipping cream

Preparation

1. Brown sausage in your soup pot, remove the meat and set aside.
2. Add chicken broth and water to pot and stir.
3. Place onions, potatoes, and garlic in pot.
4. Cook on medium heat until potatoes are done.
5. Add sausage and bacon.
6. Salt and pepper to taste.
7. Simmer for another 10 minutes.
8. Turn to low heat.
9. Add kale and cream.
10. Heat through and serve.



CHISOU SOUP

Total Time: 20-25 min

Yield: 2 servings

Ingredients

- chicken
- drumsticks
- cooking oil
- cumin seeds
- turmeric powder
- onion
- ginger
- garlic
- salt
- tomato
- water
- coriander powder
- cardamom
- cinnamon powder
- cilantro
- green chili

Preparation

1. Heat the pot - low/mid heat for a few minutes.
2. Pour a spoon full of cooking oil (I use sunflower or olive) and heat it for a few minutes.
3. Fry half a spoon cumin seeds in the heated oil until they turn reddish brown.
4. Add half an onion (chopped) and fry until they become golden brown
5. Add one tomato Roma (chopped). You can use any other type of tomato.
6. Add 2 spoons of ginger-garlic paste, 1/2 spoon turmeric and 1/2 spoon salt (or to your taste) and stir quickly before the oil dries and the paste starts to stick to the bottom of the pot.
7. Now add 1/2 spoon of cumin and 1/2 spoon coriander powder.
8. After you mix all the spices, well, put four natural chicken drumsticks. You can also use chicken breasts but the bone makes it taste better.
9. Mix the chicken with the spices.
10. Add two cups of water (based on how much soup you want)
11. Add 1/3 spoon cinnamon powder and 5 green cardamom (I prefer crushed).
12. Add chopped cilantro and green chili to taste.
13. Increase the heat a little bit, put the lid on the pot and leave it to boil until the chicken is cooked properly.
14. Taste and serve.

RECIPE BY
BINAY JUNG THAPA

FACTS
ORIGIN: NEPAL 

CONTRIBUTOR'S NOTE

Reminds me of cold winters with my family.



Photo credit: Binay Jung Thapa

CALDO D POLLO

Total Time: 1 hrs 55 mins

Yield: 6 individuals

Ingredients


- 8 cups water
- 4 to 6 skinless chicken drumsticks or thighs
- 1 tablespoon salt
- 4 cloves garlic, chopped
- 1 tablespoon olive oil
- ¼ cup long-grain rice
- ½ cup chopped onion
- 2 roma tomatoes, chopped
- 2 carrots, sliced
- 3 celery stalks, sliced
- 3 Yukon Gold potatoes, quartered (You may sub or add corn on the cob diced into quarters)
- 2-3 Calabacita (Mexican Squash)
- 1/3 cup tomato sauce
- 1 tablespoon chopped cilantro
- 1 bouillon cube or ¼ teaspoon safflower petals, azafran
- Lime wedges

Preparation

1. In a large (at least 10-quart) pot, put the water, chicken, salt, and garlic. Boil for 15 minutes.
2. While the chicken is boiling, in a separate pan, heat the oil over medium heat, add rice and cook, stirring occasionally, until browned, about 2 to 3 minutes, being careful not to let it burn. Add onion and continue cooking until onion is translucent, about 2 minutes. Add tomato and cook for an additional 3 minutes. Add mixture to chicken pot.
3. Add carrots, celery, potatoes, corn, and squash to soup and let come to a boil; reduce heat. Let simmer until vegetables cook through, about 20 to 30 minutes. Add tomato sauce, cilantro, and safflower petals during the last 5 minutes.
4. Ladle soup, including a piece of chicken for each serving, into bowls and serve with lime wedges, warm corn tortillas, and salsa.

**RECIPE BY
DELOREAN WILEY**

FACTS

ORIGIN: MEXICO, 
LATIN AMERICA 

WHERE TO BUY ITEMS

GROCERY STORE, FARMERS MARKET, LOCAL RANCH, OR GARDEN



Photo credit: Delorean Wiley

WARM SOUTH GERMAN POTATO SALAD

RECIPE BY
KEENON LINDSEY

FACTS 
ORIGIN: SOUTH GERMANY

CONTRIBUTOR'S NOTE
Yummy yummy potatoes!

Total Time: 45 min

Yield: 4 individuals

Ingredients

- 2 pounds red potatoes (fingerling and gold potatoes also work, russets not so much)
- 1 teaspoon salt for boiling the potatoes
- 12 ounces thick bacon
- 1 small onion finely diced
- 1/3 cup apple cider vinegar
- 1 to 3 tablespoons granulated sugar (depending on how sweet you want it)
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt for seasoning the potato salad
- Freshly ground black pepper
- 1 tablespoon minced fresh garlic about 3 cloves
- 1/2 cup chopped fresh curly parsley

Preparation

1. Clean potatoes
2. Place potatoes in pot of salted cold water. Bring to boil and reduce to simmer for 15 - 20 minutes. - A knife inserted into one of the chunks should come away easily. Be careful not to over boil. Once finished cooking, strain and set aside.
3. Cut bacon into 1-inch pieces and cook on low heat stirring occasionally.
4. You want the bacon to still be a little chewy, not super crisp.
5. While the bacon is cooking, cut the potatoes into thick slices - think a nice big bite. Set aside.
6. Once the bacon is done, remove the pot from the stove and use a slotted spoon to remove the bacon pieces to a plate or bowl while leaving the bacon grease in the pot
7. Slowly add vinegar, sugar, Dijon, salt, and pepper to the pot of bacon grease. Place the pot back on the burner, bring the mixture to a simmer, and stir for a couple of minutes. Stir the onion into the mixture and cook until translucent (1-2 minutes)
8. Add the minced garlic and cook for 30 seconds to 1 minute, until the garlic starts to turn a light golden.
9. Remove the pot from the heat and toss in the sliced potatoes, gently mixing until potatoes have absorbed all of the liquid. Carefully fold in the cooked bacon pieces and chopped parsley. Do Not Over Mix - the more you mix the more this turns into mashed potatoes. You want your potatoes to keep their shape
10. Serve hot/warm





DESSERTS

MONSTER COOKIES

RECIPE BY
BREN VANDER WEIL

FACTS
ORIGIN: MICHIGAN, NORTH AMERICA 

Total Time: 45 minutes to an hour depending on size of cookies

Yield: 20 cookies

Ingredients

- 2 sticks (1 cup) salted butter at room temperature
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 2 large eggs, plus 1 egg yolk
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 2 cups old fashioned oats
- 1 1/4 cups holiday M&M's
- 1 cup mini pretzel sticks, crushed
- 1 cup semi-sweet chocolate chips or chunks
- 1/2 cup white chocolate chips

Preparation

1. Preheat the oven to 350° F. Spray cooking oil on a baking sheet.
2. In a large mixing bowl, beat together the butter, brown sugar, granulated sugar, and vanilla until combined.
3. Beat in the eggs and 1 egg yolk, 1 at a time, until combined.
4. Add the flour, baking soda, baking powder, and salt. Beat in the oats.
5. Fold in 1 cup of the M&M's, the pretzels, chocolate chips, and white chocolate.
6. Roll the dough into 1/4 cup size balls.
7. Place 3 inches apart on the prepared baking sheet.
8. Transfer to the oven and bake for 8 minutes, then rotate the pan and bake another 2 minutes.
9. Pull the pan out and push the remaining M&M's into the cookies. Bake 2-3 minutes.
10. Remove from the oven and let the cookies cool on the baking sheet. They will continue to cook slightly as they sit on the baking sheet.
11. Eat warm (highly recommended) or let cool and store in an airtight container for up to 4 days.

CONTRIBUTOR'S NOTE

We were supposed to travel home for the holidays, but COVID happened and we were forced to stay home and since we were at home we decided to try this recipe and loved it.



Photo credit: Bren Vander Weil



WHERE TO BUY ITEMS
HEB
641 E. Hopkins St
San Marcos 78666

PUMPKIN BARS WITH CREAM CHEESE FROSTING

RECIPE BY
EMILEE FREEMAN

FACTS
ORIGIN: MICHIGAN, NORTH AMERICA 

CONTRIBUTOR'S NOTE

My grandmother has been making these around the holidays since I was a child and these are our family's favorite holiday dessert. I like to start out the holiday season by baking these every year!

Total Time: 1 hrs 15 mins

Yield: 24 bars

Ingredients

- 4 oz Philadelphia cream cheese
- 3/4 stick of butter (6 tbsp) - melted
- 1 tsp vanilla extract
- 3 cups powdered sugar
- 2 tbsp - 1/4 cup of milk (You can start with the smaller amount and add as needed to get your desired consistency)
- 1 tsp cinnamon (optional)

Preparation

1. Preheat oven to 350F
2. In a first bowl, combine the following ingredients & mix well:
 - 1 cup vegetable oil
 - 2 cups sugar
 - 4 eggs
 - 1 15 oz can of pumpkin puree
 - 1 tsp vanilla
3. In a second bowl, combine the following ingredients & mix well:
 - 2 cups flour
 - 2 tsp baking powder
 - 1 tsp cinnamon
 - 1 tsp baking soda
4. Mix both bowls together very well before pouring into greased pan of your choice (a 9x13 pan or cookie sheet with raised edges both work well).
5. Bake in your oven at 350F for 20-25 minutes.
6. You can begin making the frosting either while the pumpkin bars are cooking in the oven or after they have begun to cool. To make the frosting, combine the following ingredients and mix VERY well:
 - 4 oz Philadelphia cream cheese
 - 3/4 stick of butter (6 tbsp) - melted
 - 1 tsp vanilla extract
 - 3 cups powdered sugar
 - 2 tbsp - 1/4 cup of milk (You can start with the smaller amount and add as needed to get your desired consistency)
 - 1 tsp cinnamon (optional)
7. Ensure your pumpkin bars are cool before frosting as desired. Then they are ready to enjoy!



Photo credit: Emilee Freeman



WHERE TO BUY ITEMS
ANY LARGE GROCERY STORE
SHOULD HAVE THE
INGREDIENTS!

COBBLER

RECIPE BY
KEENON LINDSEY

FACTS
ORIGIN: KEENON'S BRAIN 

CONTRIBUTOR'S NOTE

It's a Cobbler. It's easy. It's simple. It's Tasty. It's a Cobbler.

Total Time: 1 hour

Yield: 8 slices

Ingredients

- 1 c Flour
- 1 c Sugar
- 1 c Milk (whole milk is best, but lower fat or nondairy alternative won't hurt it.)
- 2 tsp baking powder
- ½ c butter
- Pinch of salt
- 1 tsp Vanilla extract
- 1 tsp Cinnamon
- 12-15 oz frozen mixed berries (I guess you could use other fruit like peaches or something. Or you could use canned/fresh fruit. But this is my recipe and we're using frozen mixed berries)
- ½ c Orange Juice

Preparation

1. Heat that oven up to 350F (175C)
2. Add frozen berries and orange juice to a large saucepan and slowly cook down while preparing the rest of the ingredients. Make sure you stir that thing.
3. Place butter in a 9x9(ish) casserole dish. Allow to melt/heat up in your warming oven.
4. In a large bowl combine all your dry ingredients (Flour, Sugar, Baking Powder, Salt, Cinnamon)
5. Mix wet ingredients into dry (Milk, Vanilla Extract)
6. Once your berries/orange juice have cooked down a bit and are a little syrupy, and your butter is nice and hot but not burnt, it is time to combine everything.
 - a. First carefully pour your batter into the hot butter. It will immediately start to cook and form a nice crust.
 - b. Second distribute your fruit mess evenly over the batter. It will seep down into the batter and give you a nice mix of bread and fruit.
7. Throw that thing in the oven for about 40 minutes (your oven may vary, start checking at 30 minutes)
 - a. You'll know it is done when a knife inserted into a breadier part in the center of the cobbler comes away clean.
8. You're done. Eat it. Maybe add some ice cream.

Variations and Notes:

The acidity of the orange juice helps to bring out the sweetness of the berries. You could also add a little lemon/orange/lime juice or zest. Go with what you have. I like this recipe because basically all the ingredients are in my house on any given day and it has a high tasty to work ratio.

Other flavors that can be nice to add- Maple syrup, nutmeg, brown sugar, coffee, bourbon, cayenne (the tiny tiniest bit), apples (1 tart apple can change that berry flavor profile nicely).



PECAN PIE CHEESECAKE

RECIPE BY
ADAM CLARK

FACTS
ORIGIN: CLARK FAMILY

CONTRIBUTOR'S NOTE
The recipe is a family favorite.

Total Time: 1 hour

Yield: 8 slices

Ingredients

For the Crust

- 2- 3 Cups of Graham Cracker Crumbs (more or less for thicker/thinner crust)
- Can use Oreos, Vanilla Wafers, or similar cookie
- 2 TBSP Sugar
- Pinch of Salt
- 5 TBSP Melted Butter

For the Filling

- 4 (8 oz) Blocks Plain Cream Cheese (Room Temp)
- 1/4 TSP Salt
- 1 TBSP Vanilla Extract
- 1 1/2 Cup Sugar
- 4 Eggs (Room Temp)
- 2/3 Cup Sour Cream (Room Temp)
- 2/3 Cup Heavy Cream (Room Temp)

Topping

- 3 1/2 TBSP Melted Unsalted Butter
- 1/2 Cup Brown Sugar
- 1 TSP Cinnamon
- 1/4 Cup Heavy Whipping Cream
- 1 Cup Toasted Pecans (Chopped)

Preparation

Crust

1. Preheat oven to 350 degrees F.
2. Wrap the bottom and sides of springform pan with aluminum foil so no water can leak in, two layers is best. Put parchment paper in the bottom of the pan to prevent sticking.
3. In a large mixing bowl mix graham cracker crumbs, sugar, and salt then mix in melted butter.
4. Pour into the prepared springform pan, smooth the bottom and go up an inch or so on the sides. The crust should be at least 1/4 inch thick on the bottom. Bake for 8-10 minutes or until lightly brown.
5. Turn oven down to 325 degrees.

Filling

1. In a stand mixer beat cream cheese, salt and vanilla for about 4 minutes or until smooth. Gradually add sugar, then beat for an additional 1-2 minutes. Add eggs one at a time, mixing until incorporated. Add sour cream, then the heavy cream, beat on high for 1 minute. The mix should be smooth and creamy with no lumps. Be sure to scrape the bottom of the bowl.
2. Place springform pan with crust into a large high-sided roasting pan. Pour filling into the springform pan and smooth out the top. Pour boiling water into the roasting pan and go about halfway up the springform pan.
3. Bake at 325 degrees for 1 hour and 45 minutes or a bit longer if you want firmer cheesecake.
4. After baking, turn off the oven and slightly crack the door then leave to cool for 1 hour. Do not take the cheesecake out yet. This step should keep the top from cracking.
5. Remove cheesecake from the water bath, dry the bottom of the pan and remove the foil. The pan may have a bit of butter in it that baked out.
6. Put in the refrigerator on a wire rack to cool for at least 1 and a half hours.
7. Make topping.

Topping

1. Mix butter and brown sugar in small saucepan and cook for 3-5 minutes on low to medium heat until bubbly.
2. Stir in cinnamon, heavy whipping cream and chopped pecans then cool to about room temperature.
3. Remove cheesecake from the springform pan, pour on topping, then put back in the refrigerator.
4. Chill for at least 4 more hours before serving.



Photo credit: Adam Clark



Items you need

- 9 Inch Springform Pan
- Stand mixer (not necessary but very helpful)
- Large Roasting Pan
- Heavy Duty Aluminum Foil (The extra wide 18" roll)

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