



LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM

DEI DISHES

*The 2023 State Employee
and Retiree Recipe Book*



Recipes Submitted By State of Vermont Employees and Retirees

Thank you to all of the State of Vermont
employees and retirees for sending us
so many wonderful recipes!

<https://humanresources.vermont.gov/>

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Morgh Polow

(Persian Chicken Stew to be served with Rice)

This recipe is from Gorgan, a city in the northern part of Iran, near the Caspian Sea. Traditionally, this would be served with saffron basmati rice, a plate of sabzi, yogurt, bread, and something pickled. Yes, bread and rice! A sabzi plate takes the place of a salad, and is green herbs including parsley, dill, chives or green onions, cilantro, spearmint, and whatever other greens are looking good that day. Many Persians like to eat with all senses, and being prepared to host anyone at any time is considered a virtue. Because of this everything is designed to be very inviting. It is common to have the sabzi plate beautifully arranged, the yogurt decorated with pomegranate seeds or mint and garlic fried in ghee. When you enter the dining area there will often be lots of chatting and a big welcome, the dining chairs are often cushioned, the room smells delicious, the table is dotted with foods of different colors and textures, and the spoons are extra large. Seriously, they can be nearly serving spoon sized!

Ingredients

- 1 onion, diced
- ghee (clarified butter), butter, or oil (enough to coat the bottom of the pot being used)
- ½ tsp turmeric
- 4 bone-in chicken thighs or drumsticks
- Water
- 3 Tbsp lemon juice (fresh is fine, but bottled works beautifully as this is a substitute for unripe grape juice)
- Salt to taste

Instructions

1. Warm the ghee in a heavy dutch oven or other pot. Ideally, the pot will be just slightly larger than the chicken thighs and should have a tight fitting lid.
2. Add diced onion, and fry until golden brown. Stir often enough to prevent burning, but don't skip as the caramelization is for a little lovely sweetness to balance out the savoriness of the dish.
3. Once the onions are golden shuffle them to the edges of the pan, and add the chicken thighs and get them beautifully brown. Some people leave the skin on for this, and others remove the skin from the chicken, and grill it later as a kabob.
4. Once the thighs are brown, add turmeric, ½ tsp salt, and water to cover the chicken about half way. Add the lid and allow to simmer gently on the stovetop or in a 300 degree oven for about 30 – 45 minutes. If your pot doesn't have a lid, cover the chicken with water. We don't want to add too much water but also it is important to make sure the pot doesn't boil itself dry. We want a rich, gelatinous, flavorful broth surrounding the chicken.
5. Once the chicken is well cooked, it is time to season the broth. Add lemon juice, and then add salt to taste. One tip to salting: Add lemon juice, then taste. It will taste sour. Add salt, then taste again. Keep adding salt in small increments until the broth doesn't taste sour. When salted correctly it tastes balanced, flavorful, or some even describe it as slightly sweet. The broth should not taste salty.
6. Serve over rice. Any rice will be delicious, but most commonly this is served over basmati rice with barberries, butter and saffron. If you want to try to recreate, for every 1 cup of dry rice, add at least 1 tablespoons of butter, 1 tablespoon of saffron tea (add hot water to the threads of saffron to make a dark orange tea), and ¼ cup of chopped dried cranberries in place of the barberries.

Submitted by Sophie Coccagna

Peanut Tofu Rice Bowl with Carrots and Broccoli

Ingredients

- 1 crown of broccoli
- 2 medium carrots
- 1 package of extra firm tofu
- 1 clove garlic, minced
- 1 1-inch piece of ginger root
- ½ cup jasmine rice
- ½ lime
- ¼ tsp salt
- 1/8 tsp black pepper
- 1/8 tsp crushed red pepper
- 1 tsp honey
- 3 tbs natural peanut butter
- 1 tsp sesame seeds
- 1 tbs soy sauce
- 1 tbs olive oil for cooking

Instructions

1. Rinse rice in a colander with cold running water, then drain and transfer to a small saucepan. Add 1 cup water and bring to a boil over high heat. Stir rice, then cover the saucepan and reduce heat to low. Cook until liquid is fully absorbed, 15 to 18 minutes. Remove from heat and let stand, still covered, for 5 minutes.
2. Peel and grate or mince the ginger and transfer to a small bowl.
3. Drain and dice tofu into ¾ inch cubes. Pat dry.
4. Preheat a skillet over medium-high heat, then add oil and swirl to coat the bottom.
5. Add ginger to skillet and cook until fragrant, 15-30 seconds.
6. Add tofu to skillet and season with salt and black pepper. Cook 8-10 minutes, stirring occasionally, until golden brown. Remove skillet from heat.
7. Cut broccoli into bite-sized florets. Transfer to a medium bowl.
8. Peel carrots and trim off ends. Using a box grater, coarsely grate the carrots and transfer to a medium bowl.
9. Once the tofu has been transferred, add the broccoli to the skillet and cook 2-3 minutes until slightly softened.
10. In a small bowl for the dressing, add minced garlic, lime juice, natural peanut butter, soy sauce, honey, crushed red pepper, and 2 tbs of water; whisk together until well combined. If thinner consistency is desired, add more water.
11. To serve, arrange rice, tofu, broccoli, and carrots in bowls, then drizzle with the peanut sauce, and sprinkle with sesame seeds.

Mujadara

(Middle Eastern Lentils with Rice)



Ingredients

- 1 cup lentils (washed)
- 3 ½ cups water
- 1 cup long grained rice
- 1 small onion-diced
- 1 ½ tsp salt
- 1 large onion cut in ¼" to ½" sized rings
- ¼ cup oil (olive oil preferred for top drizzle)

Instructions

1. Wash lentils. Add to water and salt. Boil in covered pot for 30 minutes.
2. Add diced onion and washed rice.
3. Stir, cover and cook for 30 minutes on low heat.
4. Meanwhile, saute onion rings in oil until golden brown and caramelized.
5. Add a little oil to lentils to keep them from sticking.
6. Arrange on platter and top with onion rings.
7. Drizzle olive oil over top and serve.

Submitted by Sue Zeller

Old Fashioned French-Canadian Baked Beans



Great at breakfast with fried egg and sausage. Or, as a hearty meal with crusty bread and salad. It takes some time but well worth the wait.

Ingredients

- 1 - 1 1/2 lb navy beans (2 1/2 to 3 cups measure)
- bay leaf
- 2 garlic cloves
- 1/4 cup molasses
- 1/4 cup maple syrup
- 3/4 cup ketchup
- 1 medium onion, diced
- 2 teaspoons salt
- 2 teaspoons vinegar
- 1 1/2 teaspoons dry mustard (Keen's brand is what I use)
- 2 - 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 4 slices bacon or salt pork (optional)
- reserved bean liquid

Instructions

1. Cover beans with water and soak overnight.
2. Rinse beans then bring to a boil in approximately 1 quart of water, bay leaf and garlic - simmer for 30 minutes.
3. Turn off heat and let beans stand for approximately 1 1/2 hours until soft. Drain and reserve the bean liquid. Discard bay leaf and garlic.
4. Mix together remaining ingredients (excluding beans and bacon).
5. Add beans to bean pot (Dutch oven, or any covered dish).
6. Stir in molasses mixture to beans. Top off with some of the reserved bean liquid.
7. Arrange bacon (or salt pork) on top.
8. Cover and bake at 300 degrees for 7 hours.
9. For the final hour of cooking, remove cover to let bean brown up nicely.
10. Note: check occasionally and keep beans covered with reserved bean liquid during cooking.

Submitted by Lynne Robbins

Doro Wat

(Spicy Ethiopian Chicken Stew)

My daughter is Ethiopian and we just made this Doro Wat, which came out the best of all the ones we have tried. We use Berbere from Ethiopia, but you can make your own too. See the next page for our Injera and a Berbere recipe! This recipe calls for chunks of chicken breast, but we threw in some drumsticks too. Delicious!



Ingredients

- 3 lbs chicken thighs cut into 1 inch pieces, or 3 chicken breasts, cut into 1/2 inch pieces
- 2 tablespoons fresh lemon juice
- 2 tablespoons **niter kibbeh** (Ethiopian ghee)
- 2 tablespoons extra virgin olive oil
- 3 cups yellow onions finely minced to a chunky puree in food processor
- 3 tablespoons butter
- 1 tablespoon finely minced garlic
- 1 tablespoon finely minced ginger
- 1/4 cup Ethiopian berbere, or use **HOMEMADE BERBERE** (next page)
- 1 1/2 teaspoons salt
- 1/2 cup Tej (Ethiopian honey wine), if you have it, or white wine mixed with 1 teaspoon honey
- 1 cup chicken stock
- 4 hard-boiled eggs pierced all over with fork about 1/4 inch deep

Instructions

1. Place the chicken pieces in a bowl and pour lemon juice over. Let sit at room temperature for at least 30 minutes.
2. Heat the niter kibbeh or butter along with the olive oil in a Dutch oven. Add the onions and saute, covered, over low heat for 45 minutes, stirring occasionally.
3. Add the garlic, ginger, and 1 tablespoon butter and continue to saute, covered, for another 20 minutes, stirring occasionally.
4. Add the berbere and the 2 remaining tablespoons of butter and saute, covered, over low heat for another 30 minutes, stirring occasionally.
5. Add the chicken, broth, salt and wine and bring to a boil. Reduce the heat to low, cover, and simmer for 45 minutes, stirring occasionally.
6. Adjust the seasonings, adding more berbere according to heat preference. Add the boiled eggs and simmer on low heat, covered, for another 15 minutes.
7. Half or quarter the eggs and arrange on the plates with the stew. Serve hot with injera, bread or rice.

Submitted by Pam DeAndrea via [The Daring Gourmet](https://www.daringgourmet.com/doro-wat-spicy-ethiopian-chicken-stew/)

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Doro Wat

Accompaniments

Here is our injera recipe from a dear Ethiopian friend that makes enough for 10 people for one meal. You can cut it in half if need be.

Injera

- 4 cups all purpose flour
 - 2 cups brown rice flour
 - 2 cups Teff flour
(available at most co-ops and the African Market)
 - 9 cups water
 - 1/2 cup sour yeast or
can mix a packet of dry yeast in 1/2 cup of warm water
1. Mix all flours together then add wet ingredients and mix well. Cover bowl overnight at least and let sit out. Many Ethiopians leave theirs out for up to 2-3 days to sour, but we just leave ours overnight.
 2. Bake up to about one cup at a time the next day on an oiled large frying pan or griddle under low-med heat or griddle. We have a plug-in griddle pan that works the best and bake ours at 350 degrees.
 3. Once batter starts to bubble put lid on (do not flip!). It's done once the entire pancake has bubbled. Use large spatula to take off pan or griddle and put on a plate to cool. Then roll up and enjoy with your dish. It is used to mop up your food instead of utensils. Enjoy!



Berbere

- 2 teaspoons coriander seeds
 - 1 teaspoon cumin seeds
 - 1/2 teaspoon fenugreek seeds
 - 1 teaspoon black peppercorns
 - 2 whole allspice berries
 - Seeds of 4 green cardamom pods
 - 4 cloves
 - 5 dried red chilies, seeds and membranes removed and broken into small pieces
 - 3 tablespoons sweet paprika
 - 1 teaspoon salt
 - 1/4 teaspoon nutmeg
 - 1/2 teaspoon ginger
 - 1/4 teaspoon cinnamon
 - 1 teaspoon turmeric
1. In a heavy skillet over high heat, toast the whole spices (seeds) and chilies- (If you like extreme heat, leave a few of the seeds in. It will still be very spicy even without the seeds), shaking the pan regularly to prevent scorching, until very fragrant, about 3 minutes. Transfer to a bowl and let cool completely.
 2. Grind the cooled spices in a spice or coffee grinder. Add all remaining ground spices and salt and grind everything together.
 3. Store in an airtight container in a dark place.

Submitted by Pam DeAndrea via [The Daring Gourmet](https://www.daringgourmet.com/berbere-ethiopian-spice-blend/)

<https://www.daringgourmet.com/berbere-ethiopian-spice-blend/>

Uova in Purgatorio

(Eggs in Purgatory from my Italian Heritage)

*A recipe of the poor.. one of my all-time favorites!
Originating from Naples, Italy*

It was explained to me that the eggs were the souls rising out of the boiling (spicy sauce) of purgatory. Now that's a food story!

This is a great meal to serve as breakfast, lunch, dinner or brunch! You can add veggies or beans to the sauce or even different herbs.



Photo clipped from NYT

Ingredients

- 2 tablespoons extra-virgin olive oil, more for drizzling on toast
- 1 small yellow onion, thinly sliced, chopped
- 1 large clove garlic, thinly sliced (one additional clove, set aside / cut in half, to rub on toasted bread)
- Pinch of red-pepper flakes, more to taste - and for serving
- 1 (28-ounce) can diced or crushed tomatoes – or leftover marinara – or fresh plum tomatoes (but you'll need to cook it longer)
- ½ teaspoon sea salt, more to taste
- ¼ teaspoon black pepper
- 1 large sprig fresh basil or rosemary, or a pinch of dried rosemary – I like to use both
- 2 tablespoons grated Parmesan, more for serving
- 1 tablespoon unsalted butter (optional)
- 6 eggs
- Crusty bread, for serving
- Handful chopped basil, for garnish

Instructions

1. In a large skillet with a lid, heat oil over medium heat. Add the onion and sauté for 10 minutes. Add the sliced garlic and red-pepper flakes and cook just until the garlic turns golden brown at the edges, about 1 minute. Stir in tomatoes, salt, pepper and basil sprig, and turn the heat to medium-low.
2. Simmer, squashing tomato pieces with a wooden spoon or a potato masher, until the tomatoes break down and thicken into a sauce, 20 to 25 minutes. Stir in Parmesan, butter, salt and red-pepper flakes to taste.
3. Using the back of a spoon, make 6 divots into the tomato sauce, then crack an egg into each divot. Cover the pan and let cook until the eggs are set to taste, about 2 to 3 minutes for runny yolks. (If the pan is not covered, the eggs won't cook through.)
4. While the eggs are cooking, toast bread in a toaster or under the broiler. Rub warm toast with the cut garlic clove, drizzle with oil, and sprinkle with salt.
5. To serve, sprinkle eggs with more Parmesan and chopped basil, then spoon onto plates or into shallow bowls. Serve with garlic toast and additional red pepper flakes.

Submitted by Judy Mirro

Zupa Ziemniaczana

Polish Potato Soup

"Use starchy russet potatoes for the richest tasting soup and if you heat the stock before adding, your soup will be ready in 25 minutes. I always stir a little sour cream into my bowl of potato soup, just like my father did."

-Jenny Jones



Prep Time
10 Minutes



Cook Time
15 Minutes



Serves
4-5 people

Ingredients

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 clove of garlic, crushed
- 3 cups chicken stock
- 2 large russet potatoes (at least 1 1/2 pounds total) cut into 1/2-inch pieces
- 1 bay leaf
- 3/4 teaspoon salt and pepper to taste
- 1/3 cup additional stock
- 2 teaspoons flour
- sour cream and fresh dill for serving

Instructions

1. Heat oil in a medium soup pot and saute onion and garlic for 2 minutes.
2. Add stock, potatoes, bay leaf, salt and pepper.
3. Bring to a boil, cover, reduce heat and cook on low for 12 minutes.
4. Whisk 1/3 cup additional stock with flour and add to soup.
5. Cover and cook another 3 minutes.
6. Stir in 1 teaspoon sour cream per serving bowl. Garnish with fresh dill.

Submitted by Joe Sampsell via [Jenny Can Cook](https://www.jennycancook.com/recipes/polish-potato-soup-zupa-ziemniaczana/)

<https://www.jennycancook.com/recipes/polish-potato-soup-zupa-ziemniaczana/>

Aloo Gobhi

Cauliflower Potato Curry

Ingredients

- 2 - 3 potatoes sliced into cubes
- 1 small cauliflower cut into medium pieces.
- 2 finely chopped tomatoes.
- 1 – 2 teaspoon ginger garlic paste (per taste)
- 1 – 2 teaspoons (per taste) Garam Masala / Curry powder
- Oil
- Cumin seeds (optional)

Instructions

1. Heat oil in a saucepan. Once the oil is heated, add cumin seeds. Add tomatoes and ginger garlic paste and sauté for a few minutes. Add the curry powder/Masala and sauté another minute.
2. Add the cauliflower and potatoes and about 2 cups of water. Simmer on low heat till the cauliflower and potatoes are cooked. Keep adjusting water amount as needed, so that the vegetables do not stick to the pan.
3. Garnish with chopped cilantro
4. Serve with rice or naan bread.

Submitted by Aditeei Lagu

Disappearing Marshmallow Cookies

Ingredients

- 1 cup (2 sticks) unsalted butter
- 1 cup granulated sugar, plus extra for rolling
- 1/2 cup brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 3 cups flour
- 2/3 cup cocoa powder
- 1 tsp baking soda
- 1 tsp salt
- 1 bag miniature marshmallows (you will have leftovers)

Instructions

1. Cream butter and sugars until smooth, add eggs and vanilla, beat until smooth
2. Stir in dry ingredients and mix thoroughly
3. Place 2 mini marshmallows inside a rounded spoonful of dough and seal well so that you can no longer see the marshmallows
4. Roll in sugar until coated on all sides
5. Place on a cookie sheet 2-3 inches apart
6. Bake at 400 degrees for 5-7 minutes, or until cookies crack
7. Cool 2 minutes before removing from cookie sheet; Makes approx. 4 dozen cookies

Submitted by Hope Seggelink via Leslie Kilton via Diane Kee

Shakshuka Recipe (Easy and Traditional)

Ingredients

- 2 tablespoons olive oil
- 1 medium onion diced
- 1 red bell pepper seeded and diced
- 4 garlic cloves finely chopped
- 2 teaspoon paprika
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper to taste
- 1 small bunch fresh cilantro chopped
- 1 small bunch fresh parsley chopped

Instructions

Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.

2. Add garlic and spices and cook an additional minute.

3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.

4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.

5. Garnish with chopped cilantro and parsley.

- If you're not dairy-free, crumbled feta or goat cheese on top is delicious addition.

Traditionally it's also served with pita, but I love to serve it with slices of avocado.

- Many photos online show shakshuka cooked in a cast iron pan. Tomatoes are acidic and may erode the seasoning on your cast iron pan as well as dull the finish. You may also get a slight metallic flavor to the dish. So I recommend not taking any chances and cooking it in a stainless steel pan.



Submitted by Sonia Howlett

"I really enjoy this as an easy and healthy vegetarian food option"

Recipe via

<https://downshiftology.com/recipes/shakshuka/>

Tourtiere-VII

French Meat Pie

Prepare Pie Crust

- 1 ½ cup flour
- ¼ teaspoon salt
- 1 teaspoon sugar
- ½ cup shortening
- ¼ cup + 1 Tablespoon water



Preheat oven
350 degrees

1. Blend dry ingredients, using fork or pastry blade, cut shortening into dry mix until fine crumbles.
2. Slowly pour in water mixing well until dough ball forms.
3. Roll out half dough to dimension for pie plate, line pie plate overlapping edges.
4. The remaining half will be rolled out and placed on top of meat filling, then crimp or roll edges together. Pierce top crust before baking.

Make Meat Filling

- 1 pound ground pork
- 1 pound ground beef
- 3 medium potatoes, cubed
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- salt and pepper
- spot of olive oil

1. Boil and mash potatoes, set aside.
2. In large skillet sauté onion and garlic in spot of oil, add meats, over medium heat cook thoroughly.
3. Add spices, salt and pepper to taste, stir and cover to heat five more minutes.
4. Remove from heat, blend potatoes into meat mixture,

Assemble and Bake

1. Spoon meat and potato mixture into and fill crust lined pie plate.
2. Place top crust over meat mixture, crimp / roll or press and trim edges of crust. Pierce the top layer.
3. Place into pre-heated oven, bake one hour until golden brown crust.

Submitted by Denise Lavallee

Aloo Tikki

Spicy Hash Browns

Ingredients

- Potatoes
- Garlic, to taste
- Fresh ginger root, to taste
- Green chilis, to taste
- Salt, to taste
- Chopped cilantro, to taste
- Bread crumbs, as needed

Instructions

1. Boil potatoes
2. Peel and mash them once they are slightly cool
3. Grind ginger, garlic and green chilies (per heat tolerance) to a coarse paste
4. Add this paste, salt and chopped cilantro to mashed potatoes
5. Add bread crumbs (or bread slices) to the potato mixture
6. Mix everything so it forms into a non sticky dough. Add more bread as needed
7. Divide the dough into small balls of equal shape and flatten them into small circular shaped hash browns
8. Heat some oil in non stick pan and shallow fry these on both sides till they turn crisp and golden.

Maple-Roasted Pumpkin Soup

This is a soup made with a couple of traditional Wabanaki/Abenaki crops.

Ingredients

- 1 medium Penobscot Pumpkin, East Montpelier Squash, or butternut squash
- 3 tablespoons unsalted butter
- 3 tablespoons maple syrup
- 1 ½ teaspoons coarse kosher salt plus more to taste
- 2 tablespoons heavy cream
- 1 cups of vegetable or chicken stock

Instructions

1. Preheat the oven to 350° F.
2. Cut the pumpkins (or squash) lengthwise down the middle. Scoop out the seeds.
3. Place the squash halves, cut side up, in a baking pan. Place a tablespoon of butter and maple syrup in each cavity. Sprinkle each half with ¼ teaspoon of the salt. Cover the pan with aluminum foil.
4. Bake for about 1 ½ hours or until the squash is very soft. Cool for a few minutes until you can handle it without being burned.
5. Pour the liquid from the squash cavities into a cooking pot and then scoop out all the flesh into the pot. Add the remaining ingredients.
6. Using an immersion blender, blend until smooth. Thoroughly stir in the stock over medium heat.
7. Stir in the heavy cream – do not boil. Serve. *Klami! (Enjoy!)*

Kwai (Hello),

This is a recipe that my family has made for many years.

It is made with a couple traditional Abenaki crops.

Wliwni (Thank you)

Submitted by Joanne Crawford

Rajma

Kidney Bean Curry

Ingredients

- 2 cans Red Kidney Beans
- 1 finely chopped onion.
- 1 - 2 finely chopped tomatoes.
- 1 – 2 teaspoon ginger garlic paste (per taste)
- 1 – 2 teaspoons (per taste) Garam Masala / Curry powder
- Oil
- Cumin seeds (optional)
- Salt as needed.

Instructions

1. Heat oil in a saucepan. Once the oil is heated, add cumin seeds. Add onion, tomatoes and ginger garlic paste and sauté for a few minutes. Add the curry powder/Masala and sauté another minute.
2. Add the Kidney beans and some water. Adjust water amount based on consistency of curry preferred. Bring to a boil. Simmer on low heat for 5 to 7 minutes.
3. Garnish with chopped cilantro
4. Serve with rice or naan bread.

Submitted by Aditeei Lagu

Ingredients

Authentic Turkish Baklava Recipe

Baklava:

- 2.5 c walnuts or your choice of nuts, chopped
- 1 pack frozen phyllo dough, thawed
- 4 oz unsalted butter, melted
- 1 tsp ground cinnamon
- 1 tbsp candied walnuts/pistachio, finely chopped

Honey Syrup:

- 1 c water
- 1 c sugar
- 1/2 c honey

1. Make the Baklava

1. Preheat oven to 350F. Lightly grease baking pan with butter or vegetable oil (pan size used in this recipe: 8x8 in).
2. Using a pizza cutter to trim phyllo dough to fit your baking pan.
3. In a food processor, pulse walnuts or your choice of nuts until finely chopped or coarsely ground (based on your personal preference). Mix with cinnamon.
4. Place 5 sheets of phyllo in the bottom of the baking pan. Brush each sheet with melted butter.
5. Add 1/2 c of chopped walnuts and spread them evenly on the surface of phyllo.
6. Keep the remaining phyllo dough covered by its own plastic wrap that comes with the package or a damp towel to prevent them drying out.
7. Add another 2 sheets of phyllo followed by 1/2 c of nuts. Remember to brush each phyllo with butter before putting the other one on top.
8. Repeat the process until all the chopped nuts are used (approximately 5 to 6 layers).
9. Finish baklava with at least 5 layers (max 10 layers) of phyllo on top. The more phyllo you put on top, the crispier baklava will be.
10. Use a knife to cut the baklava into diamond or square shapes.
11. Bake baklava for 40 to 45 minutes or until the top turns golden brown.

2. Make the Honey Syrup

1. While waiting for baklava to bake, in a small saucepan combine water and sugar. Simmer the mixture until sugar dissolved completely.
2. Add honey, continue simmering the mixture for another 5 minutes. Turn off the heat and let it cool down to room temperature. Set aside for later use.

3. Garnish the Baklava

1. When the baklava is done cooking, take it out from the oven and immediately pour the room-temperature honey syrup on top of the baklava.
2. There'll be a sizzling sound. Let the baklava sit at room temperature and soak in the honey syrup, for at least 30 minutes.
3. Garnish baklava with chopped nuts before serving.

Authentic Turkish Baklava

Recipe Pointers For Authentic Baklava



- Don't thaw the phyllo pastry too long before using or it will get sticky.
- To make it more decadent, increase the walnuts and pistachios.
- It's essential that you cut the baklava into pieces before baking because if you try to do it after baking, it'll simply crumble.
- You can use only walnuts or pistachios if you prefer.
- You can also use almonds in the filling.
- Add some lemon juice to the honey-sugar syrup for more flavor.
- There'll be a sizzling sound when you pour the sugar syrup on the baklava. Don't worry about it.
- If you plan on serving baklava for a dinner or party, it's always best to prepare it a day or two beforehand. This allows the baklava to completely soak up the honey syrup.



Prep Time
20 Minutes



Cook Time
45 Minutes



Additional Time
30 minutes

Submitted by Maura O'Brien via
<https://annainthekitchen.com/authentic-turkish-baklava-recipe/>

Cauliflower Alfredo Sauce

(vegan and gluten free)

Ingredients

- 1 teaspoon olive oil
- ½ yellow onion, chopped
- 3 cloves garlic, crushed
- 3 cups (12 ounces) chopped cauliflower
- 1 cup vegetable stock or water
- 2 teaspoons lemon juice
- 1-2 teaspoons sea salt
- ½ teaspoon soy sauce, gluten-free or coco aminos, as needed (I don't add this)
- Optional: 1 tablespoon butter, vegan or regular butter both work, use what you have on hand

Instructions

1. Heat the oil in a medium-sized pot over medium-high heat. Add the onion and let it cook for 3-4 minutes, or until it is soft and translucent. Add the garlic and cook for 30 seconds. Add the cauliflower and the vegetable stock or water to the pot, cover with a lid and let the cauliflower steam for 5 minutes, or until it is soft.
2. Transfer everything in the pot to a blender (a high-powered blender will make the smoothest sauce, but any blender will work) and blend on high until smooth. Add the remaining ingredients blend again. Taste and add and sea salt if you'd like. If you are using the optional butter add it now and blend once more.
3. Either use the cauliflower alfredo right away or pour it into a pan to keep warm until you are ready to use it. If the alfredo is too thick (this can happen if too much stock evaporated while steaming the cauliflower) simply add a little extra water or stock.

Te Banikai ae Karenaki

This versatile recipe is from the Pacific island nation of the Republic of Kiribati, although variations on this recipe are served throughout the Pacific Region. Traditionally young fresh taro leaves are utilized after being boiled and chopped, but those living overseas have adapted to utilizing locally available hearty green leaves. This dish is eaten served over rice, alongside grilled chicken or fish, or used as a sort of dip with boiled cassava, or taro. Spicy red chilies and a squeeze of fresh lemon would be bonus additions for serving!

This dish has different names depending on where it is prepared and what is added to the basic recipe:

Kiribati: Te Banikai ae Karenaki (made with curry)

Fiji: Rourou (made with coconut milk only)

Samoa: Palusami (when made with tinned corned beef)

Hawaii: Lu'au (when made with Octopus)

Ingredients

- Large quantity of fresh green leafy vegetables (Spinach, Kale, pumpkin leaves, collards or mustard greens) – finely chopped
- 1 yellow onion, chopped
- 2-3 cloves garlic, minced
- 1-2 T oil for frying
- Curry powder
- Salt and pepper to taste
- 1 can of coconut cream
- Optional: Tinned mackerel (drained), corned beef, clams (fresh or canned, drained), or pre-cooked octopus

Instructions

1. Heat oil in a pot. Once hot add your garlic and onions. Stir until they are translucent.
2. Add in your washed and finely chopped fresh greens. You may have to do this in portions depending upon how many greens you have. I use one large bag of kale and one small bag of spinach together. Fry until soft.
3. Once greens are soft, add in coconut cream. Stir.
4. Add in curry powder to taste. I like a heavy flavor, so I use 3-4 T.
5. Add salt and pepper to taste.
6. If you are utilizing a protein, add it now. If utilizing canned mackerel or clams, drain the liquid off before you add it.
7. Cook until slightly thickened and proteins are cooked thoroughly

Jicama Mango Salad with Cilantro and Lime



Ingredients

- 1 large jicama, peeled and cut into matchsticks
- 1 small red bell pepper, cut into matchsticks
- 1 large firm mango, peeled and cut into matchsticks
- ½ red onion, cut into matchsticks
- ½ cup chopped cilantro leaves
- 2 limes, juiced
- ¼ cup honey
- 1 teaspoon salt
- ⅛ teaspoon cayenne pepper, or more to taste

Instructions

1. Toss jicama, red pepper, mango, and red onion together in a large bowl. Set aside.
2. Stir cilantro, lime juice, honey, salt, and cayenne pepper together in a bowl.
3. Pour the cilantro mixture over the jicama mixture and toss to coat. Cover the bowl with plastic wrap and refrigerate for at least 15 minutes.

Note: Make sure that the mango is very firm so that it is easily julienned.

Submitted by Emma Cobb via [AllRecipes](https://www.allrecipes.com/recipe/233495/jicama-mango-salad-with-cilantro-and-lime/)

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Spicy Sweet Potato Pie

Sweet Potato Pie is the ultimate comfort dessert of my childhood—Thanksgiving isn't complete without it, and it's generally my family's go-to dessert. I grew up here in Vermont, where sweet potato pie isn't particularly common, but my mom grew up in the south. She has memories of eating her grandmother's sweet potato pie and also coming home from school to the smell of sweet potato pie baking (made by a woman who was hired to be there when my mom and her siblings got home from school, since both of my grandparents worked.). Interestingly, my grandmother never made sweet potato pie, so I guess it skipped a generation, although she would happily eat it! It's one of the first desserts we let my 3 year old try, and both my kiddos love it 😊. My mom moved to Minnesota as a young adult. She started making sweet potato pie with my dad when they found the following recipe in the Vegetarian Epicure cookbook, which was one of the first cookbooks they got together. This is the recipe I grew up with. So easy and delicious!

Ingredients

- 1 unbaked pie crust (see below—or any favorite crust)
- 1-1/2 c mashed, cooked sweet potatoes (about 3 small sweet potatoes)
- 3 eggs, beaten
- 3/4 c dark brown sugar
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp cloves (ground)
- 1/4 tsp nutmeg
- 3/4 tsp salt
- 1-2/3 c evaporated milk (one can)

Instructions

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a blender and mix until well blended.
3. Pour this mixture into the unbaked pie crust and bake for 55 minutes until done (slight jiggle in the middle, but mostly set).

No-roll shortbread crust:

- 1 c flour
 - 1/4 c sugar
 - 1/4 tsp salt
 - 1/2 c butter
1. Melt butter.
 2. Mix dry ingredients, add butter and mix well.
 3. Press dough into a 9 inch pie pan.

Submitted by Alyssa Eiklor

Sweet and Sour Brisket

This is the recipe my family uses for sweet and sour brisket. My mother also cuts up carrots and puts them and baby potatoes around the brisket in the pan. They cook with the brisket juices.

Ingredients

- 6 pound single brisket
- 2 onions, sliced
- 1 clove garlic, minced
- 3/4 cup brown sugar
- 1/2 cup vinegar
- 1 cup ketchup
- 1 cup water
- 1 tablespoon salt
- freshly ground pepper

Instructions

1. Place brisket in heavy skillet and brown on all sides.
2. Add and brown onions and garlic.
3. Add remaining ingredients.
4. Cook, covered, until meat is tender, about 2 1/4 to 3 hours. Serves ten.

Mom's Mac and Cheese

This mac and cheese is nothing like the mac and cheese from a box. It's also nothing like traditional homemade mac and cheese, with noodles floating freely in an ooey-goey creamy sauce. This is the mac and cheese I grew up eating, which meant I was that really weird kid who didn't like any of the popular types of mac and cheese. The cookbook this recipe is from named this "Mom's Mac and Cheese", which is extra sweet because now this is also MY mom's mac and cheese.

The cookbook is Wings of Life, a vegetarian cookbook published in 1976 by a restaurant in Ithaca, New York. This book introduced some people (including my mom!) to foods and concepts they've never tried before, like hummus, yogurt, guacamole, and making things from scratch. In my mom's words, this book was "just doing things differently!" Many of the foods we ate on regular rotation when I was a kid came from this cookbook.

The book's intro reads:

"A special family recipe. This casserole is custardy, moist, and tender. It has a livelier, "greener" taste than you're used to in macaroni and cheese."

When my dad took over the family cooking duties when I was in high school, he started adding a can of diced tomatoes along with the peppers and onions.

Ingredients

- 1 cup whole wheat elbow macaroni
- 1 1/4 cups hot milk
- 3/8 cup dry bread crumbs
- 1/2 pound of sharp cheddar cheese, grated
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped
- Lots of fresh parsley or watercress (but I don't remember my parents putting this in!)
- 3-4 scallions, finely minced (optional)
- 1 teaspoon sea salt
- 2 eggs, well beaten
- Paprika, to taste

Instructions

1. Cook the macaroni until it's tender but firm. (Follow directions on box). Drain it.
2. Pour the hot milk over the breadcrumbs and cheese in a big bowl. Add the onion, green pepper, parsley or watercress, scallions, and salt. Stir in the eggs, then mix in the cooked macaroni.
3. Put the mixture in a buttered casserole dish. Sprinkle with paprika.
4. Bake in a 350 degree F oven for about 30 minutes, or until the casserole is firm and golden brown.

Submitted by Hope Seggelink
via Wings of Life, 1976

Chicken Croquettes

Ingredients

- 2 T Butter
- 3 T Flour
- 1/2 cup of milk
- 1/2 cup of chicken broth
- 2 cups cooked diced chicken or turkey
- 1 T parsley
- 1/4 tsp rosemary
- Salt and pepper to taste
- 1 egg, beaten
- breadcrumbs as needed
- additional melted butter

Instructions

1. Cook the butter, flour, milk, and chicken broth in a saucepan over medium heat until thick.
2. Add chicken/ turkey, parsley, rosemary, salt, and pepper.
3. Shape into 8 1/4 cup balls.
4. Beat one egg in a wide, shallow dish. Pour breadcrumbs into a second wide, shallow dish.
5. Dip chicken mixture balls into beaten egg, roll in bread crumbs, and brush with melted butter.
6. Bake at 350 degrees for about 25 minutes



Prepare Time
15 Minutes



Cook Time
25 Minutes



Serves
4 people

"Here is a family recipe we enjoy. "
Submitted by Karen Williams

Irish Soda Bread

I double this recipe and make 2 loaves at the same time. This is my mother's Irish Bread recipe and is truly the best Irish Bread I have ever had (and I've had a lot!). My mother was born in Durnasee near Athlone, County Roscommon in the middle of Ireland. She was a nurse in London during WWII and emigrated to this country in the late 40's after the war, where she met my father, married, and raised a family. This was a staple in our house growing up and every time I make it, it reminds me of her.

Ingredients

- 2 cups flour
- 3 tsp baking Powder
- 1 tsp salt
- $\frac{3}{4}$ cup sugar
- 1 Tbsp caraway seeds (optional)
- $\frac{3}{4}$ cup Crisco Shortening (6 ounces)
- 1 cup raisins (floured) (Fill cup to the brim)
- 1 egg
- 1 cup buttermilk (Fill cup to the brim)



Instructions

1. Sift the dry ingredients into a large mixing bowl
2. Add the Crisco shortening and blend with either your fingers or a whisk until it's the consistency of coarse meal.
3. Add the floured raisins and the caraway seeds
4. Beat the egg separately in a small bowl. Add the buttermilk to the beaten egg and blend.
5. Pour this mixture into the flour mixture and blend until it forms a soft dough.
6. Bake in a loaf pan sprayed with butter spray (Pam) at 350 degrees for one hour
7. Test for doneness. Cake tester should come out clean. May need an additional 10 minutes.
8. Cool in pan for 15 minutes.
9. Finish cooling on wire rack for about 1 1/2 hours.
10. Slice and enjoy with or without butter! *Slainte!*

Submitted by Maura O'Brien

Texas Caviar

aka Cowboy Caviar



Ingredients

- 1 pint cherry tomatoes, halved
- 1/2 red onion, chopped
- 1 15 oz can black beans, drained and rinsed
- 1 15-oz can black eyed peas, drained and rinsed
- 1 1/2 cups frozen corn, defrosted but not cooked
- 1 bell pepper, (any color, or use a mix!) finely diced
- 1 jalapeno, optional, chopped
- 1/2 cup cilantro, chopped
- 1 scallion, chopped
- 1/3 cup olive oil
- 1/4 cup lime juice
- 2 garlic cloves, minced
- 1/2 tsp ground cumin
- 1 tsp honey
- salt and pepper to taste
- 1 ripe avocado, cubed

Instructions

1. Combine all ingredients except avocado in a large bowl, including dressing ingredients (no need to prepare dressing in a separate bowl)
2. Toss gently
3. Chill for 2 hours, then top with avocado just before serving.
4. Serve with tortilla chips and extra lime

I was born, grew up, and attended college outside of Dallas, TX, where this was a staple at church potlucks and Christmas parties. In deciding to submit this choice, I looked into the history of the original recipe. The dish in this format is credited to a dietitian at Neiman Marcus in Dallas in the 1950s, but it actually has roots in Mexican, African American, and Native American cuisine.

Submitted by Hope Seggelink
Adapted from [NYTCooking](#)

Pizzelles

This is literally the Cuisinart Pizzelle recipe, but my family makes them every year for Christmas. They do require a Pizzelle press.

Ingredients

- 1¾ cups all-purpose flour
- 2 teaspoons baking powder
- 3 large eggs
- ¾ cup granulated sugar
- ½ cup unsalted butter, melted
- 2-3 tsp anise extract



Instructions

1. Preheat the Pizzelle Press while preparing the batter.
2. Place eggs and sugar in a medium bowl. Mix well.
3. Add the melted butter and anise extract in a steady stream and mix until combined. Add the flour and baking powder and mix until just combined. It may be necessary to lightly brush both the top and bottom grids with a flavorless vegetable oil or melted vegetable shortening before baking.
4. Use the spoon provided to scoop the dough, about 1½ – 2 teaspoons, and drop onto one of the patterned cookie grids; repeat to make a second cookie. Close the lid and lock. The red indicator light will come on. When the red indicator light goes out and the green indicator light comes on, the pizzelle are ready.
5. For a lighter colored pizzelle, bake for a shorter time; for darker pizzelle, add a few more seconds.
6. Remove pizzelle from the press and place on a rack to cool completely. Completely cooled pizzelle may be dusted with powdered sugar before serving.

Challah

Ingredients

- 4 cups bread or AP flour
 - *1 cup of flour can be substituted for whole wheat – more water may be needed.*
- 1 tsp kosher salt
- 1 cup warm - not hot - water (about 105F)
- 2 Tbsp sugar
- 1 1/2 tsp active dry yeast
- 28g (2 Tbsp) oil
- 2 whole eggs
- 2 eggs, separated yolks from whites



Three strand challah is traditional; however, challah can be formed into any shape! For example, a celebration challah is round and it takes other shapes easily, like this tree-shaped challah!

Can also be baked in a bread pan – it makes the best French toast!

Instructions

1. Put dry ingredients in a large bowl or stand mixer.
2. In liquid measuring cup, combine water, sugar, and yeast then let sit 10 minutes to ensure it froths nicely.
3. Whisk oil, 2 eggs, and separated egg yolks into yeast mixture. (Can also use a fork to mix)
4. Set egg whites aside for later use.
5. Add wet ingredients to the dry and mix until a ball of dough forms.
6. Knead on a floured countertop for 10 minutes or in a stand mixer set to low-med for 6 minutes.
7. Lightly oil a large bowl and degas it (give it a brief knead). Reform into a ball and return the dough to the bowl. Cover and let rise ~1 additional hour. The dough should grow to 1.5 times its original size.
8. Remove from bowl and divide into three even sections. Form dough into balls. Cover and rest for 10 minutes.
9. Roll the balls into 3 long strands then braid the strands like you would hair.
10. Place braided dough onto a baking sheet or pan. Whisk egg whites and brush onto loaf then cover with plastic and let proof for 60-75 minutes.
11. Preheat oven to 350F.
12. After proofing, brush the loaf with the egg wash a second time. Decorate with sesame, nigella, or poppy seeds if you want.
13. Bake 20 minutes, then rotate 180 degrees and bake an additional 20-30 minutes. Loaf should be browned and sound hollow when tapped on the bottom.
14. Transfer to wire rack to cool for 1 hour.

Submitted by Jennifer Rotblatt

Adapted from The Bread Baker's Apprentice by Peter Reinhart



Thanks for cooking with us!

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