

# SALTY, SWEET, AND DRUNK

QUARANTINE EDITION



MADE BY FRIENDS AND FAMILY

*DIG IN!*



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🌱 = VEGAN





## TURMERIC LATTE

### INGREDIENTS

- 8 oz oat milk
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon raw honey or agave
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cinnamon
- Pinch of cardamom

### DIRECTIONS

1. In a small pot over a low heat, combine oat milk, vanilla extract, honey, turmeric, cinnamon, and cardamom.
2. Stir until incorporated and desired temperature is reached - do not allow for the milk to boil.
3. Pour into your favorite mug & sipppppppp!

*Tumeric is used all around the world for it's anti-inflammatory and healing properties.  
This drink gives you the energy needed to start your day  
while giving your immune system a boost.*



## TWIST ON EGGS BENNY

4 servings

### INGREDIENTS

6 thin slices of prosciutto	1/2 cup heavy cream
3 tablespoons olive oil	2/3 cup pecorino or parmesan - grated
1 shallot or small onion - chopped	1 tablespoon lemon juice or vinegar
3 garlic cloves - minced	8 eggs
1/4 teaspoon ground nutmeg	4 english muffins
1/2 cup of spinach - chopped	Salt and pepper

### DIRECTIONS

#### *Prosciutto and Sauce:*

1. Preheat oven to 400 degrees. Spray a baking sheet with cooking spray. Place each prosciutto slice on the baking sheet so they are not overlapping. Bake until crispy, 7-9 minutes depending on how crispy you want it. Once done, cool completely and then crumble into small pieces.
2. In a medium skillet, heat olive oil over medium heat. Add shallot or onion, stirring frequently for about 5 minutes until soft and fragrant. Add the garlic and cook another minute.
3. Add chopped spinach and nutmeg and cook another 2-3 minutes or until spinach is wilted.
4. Add heavy cream and stir occasionally, bringing to a light simmer for about 5 minutes until sauce thickens.
5. Turn heat off and stir in cheese, salt, and pepper to taste. Cover to keep warm.
6. Toast the english muffins until desired toasty-ness.

#### *Poached Eggs:*

1. In a high sided skillet bring water to a simmer on medium heat (enough to fully submerge eggs).
2. Add lemon juice or vinegar.
3. Crack each egg into a small bowl. Once water is simmering, slowly drop each egg into the water, using a spoon to gently keep the eggs together if needed. Set timer for 3 minutes.
4. Once cooked remove eggs from water with a slotted spoon and place on a plate with paper towels on it to soak up excess water.

To serve, place crispy prosciutto, poached egg, and spinach on toasted english muffin. Top with sauce. Garnish with extra crispy prosciutto if desired.





## BANANA BREAD

### INGREDIENTS

- 1 cup sugar
- 1/3 cup butter
- 2 eggs
- 1 1/2 cups mashed banana
- 1/3 cup milk
- 1 2/3 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 cup chopped nuts

### DIRECTIONS

1. Preheat oven to 350 degrees. Grease loaf pan.
2. Mix the sugar and butter together. Once mixed, stir in the eggs until blended.
3. Add bananas and milk, beat 30 sec.
4. Stir in the remaining ingredients and pour into the loaf pan. Bake 55 to 60 min.
5. Once done, take out and let cool for 5 minutes. Remove from pan and enjoy.

Note: If making mini muffins, bake for 10 minutes.

*If you have a sweet tooth,  
mix with chocolate chips before baking!*

## APPLESAUCE CAKE

### INGREDIENTS

- 1/2 cup shortening
- 1 cup sugar + some for topping
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon cloves
- 1/2 teaspoon salt
- 1 cup applesauce
- 1 teaspoon baking soda
- Water
- 1 cup raisins

### DIRECTIONS

1. Preheat oven to 350 degrees. Grease pan.
2. In a large mixing bowl, stir baking soda into a little bit of water and let dissolve.
3. Add the shortening, sugar, cinnamon, nutmeg, cloves, salt, and raisins to the mixture and stir thoroughly.
4. Spoon evenly into the greased pan. Sprinkle the top with granulated sugar before baking.
5. Bake for 1 hour. Check at 55 minutes by sticking a sharp knife into the middle. If done, the knife will come out clean.
6. Allow to cool for 10 minutes. Cut between the cake and the pan with a knife to make sure it is loose. Put a serving plate on top and turn it upside down. Flip the cake over so the shiny side is on top. Serve and enjoy!







## AVOCADO TOAST

### INGREDIENTS

- 1 slice of sturdy bread (7 grain is used here, sourdough always works)
- 1/2 avocado - smashed
- Everything But The Bagel Seasoning
- Hemp seed hearts
- Pepitas
- EVOO
- Squeeze of lemon

### DIRECTIONS

1. Toast the slice of bread.
2. Add the smashed avocado to the bread.
3. Top with Everything But The Bagel Seasoning, hemp seed hearts, pepitas, EVOO, and a squeeze of lemon.

*Eat this toast with eggs and your morning pick me up  
for power throughout your day.*



## PROTEIN BALLS

### INGREDIENTS

- 1 1/2 cup oats
- 2 scoops protein powder
- 1 cup natural peanut butter
- 1/4 cup chia seeds
- 1/4 cup honey
- 1/4 cup semi-sweet chocolate chips
- 1/2 tablespoon cinnamon
- Salt
- Optional: coconut flakes and assorted nuts

### DIRECTIONS

1. Mash together all ingredients in a mixing bowl.
2. Roll into balls, the size is up to you.
3. Chill in the fridge for an hour.
4. Top with coconut flakes and assorted nuts if desired. Serve.

*This recipe can easily be made vegan by swapping out the honey for agave and making sure to use vegan chocolate chips. Serve with a bowl of fruit for a powerful start to your day. ♡*





## SNACKS



## CUCUMBER AND CREAM CHEESE SLICES

INGREDIENTS

Cucumber  
Cream cheese  
Everything But The Bagel Seasoning  
Optional: Dill

DIRECTIONS

1. Peel and slice cucumber into 8-10 slices (or however many slices you would like to prepare for you and/or others).
2. Lay cucumber slices on your plate, and top with a dime or nickel size amount of cream cheese on each.
3. Sprinkle your everything but the bagel seasoning on top, and add fresh dill if you would like!

*This is your sign to start eating healthy snacks during quarantine.*



## BEEF DEVILED EGGS

### INGREDIENTS

- 3 cups water
- 1 cup and 3 tablespoons, divided, apple cider vinegar
- 1 tablespoon raw sugar
- 2 1/2 teaspoons sea salt
- 1 red beet - peeled
- 12 hard boiled eggs - peeled
- 1/2 cup veganise
- 1/4 cup herbs (Chives, Rosemary, Thyme) - finely chopped
- Crack of black pepper

### DIRECTIONS

1. In a medium pot over medium heat, mix apple cider vinegar, sugar, salt and water. Add the beet and bring to a boil, then remove from heat and allow to cool.
2. Pour into a large glass bowl (beet included) and add eggs.
3. Allow to sit in the refrigerator for at least 3 hours (overnight is ideal for deep coloring).
4. Remove eggs from beet liquid, halve them and remove all eggs yolks.
5. In a bowl, add egg yolks, 3 tablespoons apple cider vinegar, veganise, herbs and a pinch of salt and black pepper. Mix thoroughly.
6. Transfer egg yolk mixture to piping bag (or ziploc with cut-out), and fill the egg halves.
7. Top with cracked black pepper and chives. Enjoy!







## CRISPY ONION PAKORA

### INGREDIENTS

- 1 large onion - cut into thin slices
- Vegetable oil
- 2 teaspoons crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon red chili powder
- Handful of cilantro - chopped
- 1 cup gram (chickpea) flour

### DIRECTIONS

1. Add onion, 1 tablespoon oil, red pepper, salt, red chili powder, and cilantro to a mixing bowl. Mix and let sit for 30 minutes so the onions release some moisture.
2. Add gram (chickpea) flour to the mixing bowl.
3. Continue to add 2 tablespoons of water to the mixing bowl until it makes a mass of dough that is tight yet moist. Add enough water until it looks like the top photo.
4. Heat vegetable oil in a fry pan, wok or a pot that is similar in shape. Check to see if the oil is hot enough by sliding a small amount of the mixture into the pan. If the dough sinks, it is not warm enough.
5. When the oil is hot, turn the heat to medium and slide small amounts of the mixture gently into the pan. Occasionally stir and flip the pakoras for even frying. Fry until crisp and golden
6. Serve and enjoy with a side of green chutney.



## AREPITAS DE YUCA

### Dominican Yuca Fritters

#### INGREDIENTS

Yuca root - skin sliced off  
1 cup Mazola Corn Oil  
1 egg - beaten  
1 teaspoon anise seed  
1/4 teaspoon ground oregano  
1/2 teaspoon salt  
1/2 teaspoon sugar

#### DIRECTIONS

1. Grate the yuca using the smallest size of the grater.
2. In a medium bowl, combine the yuca, egg, anise seed, salt, oregano, and sugar. Mix together until very well combined.
3. In a frying pan, heat up the oil over medium heat. Place about 1 tablespoon of the mixture in the oil, one at a time.
4. Cook until the fritter has turned golden brown, about 2-3 minutes on each side.
5. Remove from the pan and place on a plate lined with a paper towel to remove excess grease.
6. Let cool before serving. Enjoy!

*Yuca, pronounced YOO-ka, is native to the Dominican Republic and other tropical areas.*







## CREAMY WHITE BEAN, KALE AND ROSEMARY SOUP

### INGREDIENTS

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 tablespoon EVOO             | 1 big sprig fresh rosemary - minced |
| 1 medium yellow onion - diced | 2 15 oz cans small white beans      |
| 1 carrot - chopped            | 4 cups vegetable stock              |
| 3 celery ribs - chopped       | 2 tablespoons lemon juice           |
| 2 garlic cloves - minced      | Sea salt & ground black pepper      |
| Chili flakes                  | 1 bunch lacinato kale - chopped     |

### DIRECTIONS

1. Heat the oil in a large soup pot over medium heat. Add the onions, carrots, and celery and stir. Saute the vegetables until soft, about 7 minutes.
2. Add the garlic, chili flakes, and rosemary. Cook until fragrant, about 1 minute.
3. Add the white beans to the pot and stir.
4. Add the vegetable stock to the pot and stir once more. Bring the soup to a boil.
5. Once boiling, ladle half of the soup into a blender. Add the lemon juice to the blender. Blend until liquified. Pour this portion back into the pot.
6. Season the soup with salt and pepper.
7. Add the kale and bring the soup to a boil. Once the kale is wilted and bright green, taste and season with more salt and pepper if necessary.
8. Top with a drizzle of olive oil and chili flakes.

*Feeling anxious or sick?  
This vegan soup feeds your soul.*



# CHICKEN MAKHANI

## Indian Butter Chicken

### INGREDIENTS

- |                                            |                           |
|--------------------------------------------|---------------------------|
| Olive Oil                                  | 1 8.5 oz can coconut milk |
| 1 head cauliflower - chopped               | Garlic - grated           |
| Salt and pepper                            | Ginger - grated           |
| 3 chicken breasts - cut into medium chunks | Cilantro - chopped        |
| Curry powder                               | Garam Masala              |
| Paprika                                    | Chili powder              |
| Tumeric                                    | Cumin (a little bit)      |
| 6 tablespoons of butter                    | Dash of cayenne           |
| 1 white onion - chopped                    | Half a lemon              |
| 1 15 oz can plain unsalted tomato sauce    | Roasted cashews (one cup) |
| Bone broth (1/2 cup-ish)                   | Serrano peppers (2 or 3)  |

### DIRECTIONS

1. Preheat the oven to 400 degrees. Coat cauliflower with oil, salt, and pepper. Bake for 15 minutes or until crispy and browned. Set aside.
2. Toss chicken in salt, pepper, curry, paprika, and turmeric. Feel free to add garlic and/or onion powder here. Melt the butter in a large saute pan and add the chicken.
3. While the chicken is cooking, saute onion in a sauce pan until soft and translucent, about 5 minutes. Add tomato sauce, bone broth, coconut milk, garlic, ginger, cilantro, garam masala, chili powder, cumin, and a dash of cayenne. Lots of garam masala and cumin used here!
4. In a separate saute pan without oil, toast the cashews. Watch the pan and shake to prevent burning. Add some curry powder and salt to the pan and shake it around for about 2 minutes.
5. In the pan with your finished chicken, add and mix the cauliflower, cashews, sauce, and serranos. Let simmer for about 20 minutes. Squeeze half a lemon to add a little tang.
6. Serve with basmati rice and naan bread. Bon appetite!





## SESAME GINGER SALMON

### INGREDIENTS

- 1 whole, fat salmon without skin
- 1 cup soy sauce
- 1/2 cup honey
- 1 tablespoon sesame oil
- Crystalized ginger
- Scallions

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash and dry the salmon. Cut the salmon into serving pieces, then place the pieces in a baking pan.
2. Pour soy sauce, sesame oil, and honey over salmon.
3. Cut up 10 or more small pieces of crystalized ginger and add them to the sauce around the fish.
4. Bake uncovered for 10-15 minutes. After 10 minutes, cut a piece of salmon open with a knife at the thickest part to see if it's done. Sprinkle cut-up scallions over the fish to serve!

*Pair this simple salmon with oven-roasted asparagus and enjoy!*

## APRICOT-CHICKEN POT STICKERS

### INGREDIENTS

- |                                          |                                          |
|------------------------------------------|------------------------------------------|
| 2 cups chopped finely shredded cabbage   | 2 teaspoons reduced-sodium soy sauce     |
| 2 tablespoons water                      | 1/2 teaspoon grated fresh ginger         |
| 1 cup cooked chicken - finely chopped    | 1/2 teaspoon black pepper                |
| 1/2 cup all-fruit apricot preserves      | 30 (3 inch) wonton wrappers              |
| 2 green onion with tops - finely chopped | Prepared sweet and sour sauce (optional) |

### DIRECTIONS

1. In a medium sauce pan, combine cabbage and water. Cook one to two minutes over high heat, stirring occasionally. Remove from heat; cool slightly. Make sure water is evaporated.
2. Add chopped chicken, preserves, green onions, soy sauce, ginger, and pepper to sauce pan; mix well.
3. To assemble pot stickers, remove 3 wonton wrappers at a time from package. Spoon slightly rounded tablespoonful of chicken mixture onto center of each wrapper; brush edges of wrapper with water. Bring 4 corners together; press to seal. Repeat with remaining wrappers and filling.
4. Spray steamer with nonstick cooking spray. Assemble steamer so that water is 1/2 inch below steamer basket. Fill steamer basket with pot stickers, leaving enough space between them to prevent sticking. Cover; steam 5 minutes.
5. Transfer pot stickers to serving plate. Serve with sweet and sour sauce or soy sauce, if desired.







## NANA'S PIEROGIES

### INGREDIENTS

3 cups flour	6 potatoes
3/4 lb butter - softened	3 large onions
1/2 cup warm milk	2 blocks extra and medium sharp cheddar cheese - shredded
1 teaspoon salt	Salt and Pepper
2 eggs - slightly beaten	

### DIRECTIONS

#### *Dough:*

1. Mix salt and flour. Crumble 1/4 lb butter into flour until the size of large peas. Add about 1/2 cup of warm milk. Mix. Add eggs. Keep adding warm milk until a soft dough forms. Handle very gently.

#### *Potato Filling:*

1. Boil 6 potatoes for 20 minutes. Drain and set aside.
2. Saute 3 large onions in 1/2 lb butter.
3. Add cheese to potatoes as you mash them.
4. Add a small amount of the sautee'd onions to the potato mixture. (the rest is used after the pierogies are finished cooking)
5. Add salt and pepper to potatoes and mash until smooth. Cool thoroughly.

#### *Combining the Two:*

1. Roll out your dough in small batches. Cut rounds by using a large drinking glass.
2. Add about 1 tablespoon of potato mixture to each round and fold over, pinching along the sides. PINCH TIGHTLY to prevent opening during boiling.
3. Boil water with a teaspoon of salt. Add about 10 pierogies and boil for 5 minutes. Using slotted spoon, immediately transfer pierogies into cool water. Drain.
4. Add the pierogies to a pan of 1/2 lb butter and onions on medium-low heat. Saute. Repeat with the rest of the pierogies.
5. Serve alone or with sour cream and chives.



## CHICKEN 430

### INGREDIENTS

2 pounds of boneless chicken thighs

Marinate:

1 1/2 cups chopped onion

Juice from two small lemons

1/4 cup canola oil

3 - 4 cloves garlic

1 tablespoon kosher salt

3 - 4 fresh Indian green chilies (or other fresh hot green peppers)

### DIRECTIONS

1. Combine all ingredients for the marinade into a blender and puree until you get a “milkshake-like” texture. You might need to add in tablespoons of water at a time to thin the mixture.
2. Cut the chicken into 1 inch chunks and combine with marinade in a large zip-lock bag. Let this marinate in the refrigerator for 4 hours - 2 days. The longer the better!
3. Once the chicken is ready to cook, heat your grill to the highest temperature. Grill the chicken over foil or skewer the meat and place it directly on the grill. Turn the chicken every few minutes and cook until an internal temperature of 165 degrees Fahrenheit.
4. If you cooked the chicken in foil or baked it in the oven, finish it off under the broiler to give it the charred taste.
4. Serve with tahini sauce, naan bread, and a mediterranean salad. Enjoy!







## JALAPENO ROASTED QUAIL

### INGREDIENTS

- 1 jalapeno
- 2 slices of bacon
- 2 quail
- 1-2 teaspoons of lemon juice
- Salt
- Olive oil or butter

### DIRECTIONS

1. Start the process by placing the raw quail (plucked and gutted) into a salt water brine and let it sit in the fridge overnight. Make the saltwater brine by adding Kosher salt to a quart of water and mix thoroughly. Heat helps to blend the salt and water but the brine should be cooled before the quail is added in. This process takes the gaminess out of the quail and will help make the meat more tender but this step can be left out if hungry. Make sure to not add too much salt and only let the quail soak for 2-6 hours.
2. Take the raw quail and cut it in half along the spine and breastbone. Top the inner portion of the halved quail with a raw slice of bacon and a 1/4 of a jalapeno. Once this is done, coat the quail and toppings with olive oil or butter.
3. After assembling the quail toppings and affixing them to the halved quail with a toothpick, place in the oven or on the BBQ at around 500 degrees for about 15 minutes. Cooking times will depend on the size of quail but the rule of thumb with quail is that hotter is better. It will lead to juicier meat and a crispier skin.
4. After the quail is cooked, let it sit for about 5 minutes. While letting it rest, top with a bit of lemon juice for taste.



## BASIL AND CHERRY COD

### INGREDIENTS

- |                                 |                                        |
|---------------------------------|----------------------------------------|
| 1 1/2 lbs of cod                | Zest and juice from 1 lemon            |
| 1 pint cherry tomatoes - halved | 1/2 cup dry white wine                 |
| 4 garlic cloves - minced        | 1/2 teaspoon crushed red pepper flakes |
| 1/2 cup basil - chopped         | Salt and pepper                        |
| 1 small onion - chopped         | Olive oil                              |

### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Using an oven safe pot, cover bottom of pot with a thin layer of olive oil over medium heat.
3. Add onion and stir occasionally until soft and fragrant.
3. Add garlic and red pepper flakes and cook another minute.
4. Add cherry tomatoes and cook for about 10 minutes until they start to blister.
5. Add wine and bring to a simmer.
6. Stir in basil, lemon juice, zest, and salt and pepper to taste.
7. Place cod into pot and allow everything to simmer for 5 minutes.
8. Turn off heat, flip cod and cover pot with the lid.
9. Place pot in oven until cod is fully cooked, about 5 - 10 minutes, or at an internal temperature of 130 degrees.
10. Serve with rice or cousous.

## PESTO

### INGREDIENTS

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1/2 cup of pine nuts         | 1 cup of parmesan cheese – grated |
| 6 cups of basil              | 3/4 cup of extra virgin olive oil |
| 2 cloves of garlic - chopped | Salt and pepper                   |

### DIRECTIONS

1. Toss the pine nuts, garlic, basil, and parmesan in the food processor. Pulse until they're ground together.
  2. Slowly add in the olive oil and pulse. The amount of the olive oil can depend on how you plan to use it. Use less oil for a firmer pesto, and add more if a thin sauce is preferred.
  3. Salt and pepper to taste.
- Tip: toast the pine nuts in the oven at 350 degrees for 5 minutes to bring out the nutty flavor.

*Mix this pesto with pasta or  
add it to any grain bowl for extra flavor and texture.*



## AIR FRYER WINGS

### INGREDIENTS

Any size pack of chicken wings

Dry rub or hot sauce of choice (Paddy Os Potion sauce used here)

Ranch, blue cheese or other dipping sauce (optional)

### DIRECTIONS

1. Preheat air fryer by turning up to 400 degrees and letting run for 5 minutes.
2. If desired, spray air fryer tray with cooking spray so the wings don't stick. Place wings in tray, only about 5 at a time to ensure they aren't overly crowded and will crisp evenly.
3. Cook wings on 400 degrees for 15-30 minutes, depending on size of wings and desired doneness. Turn wings over halfway through cook cycle. They are done when the skin is brown and crispy.
4. Toss in your favorite rub or sauce and enjoy!





## GARLICKY KALE SALAD WITH QUINOA, PEPITAS, AND BALSAMIC 🍃

### INGREDIENTS

1/2 cup quinoa  
 Fresh rosemary (optional)  
 1/2 clove garlic - minced  
 1 bunch of lacinato kale - loosely chopped  
 EVOO  
 Grey sea salt  
 Balsamic vinegar  
 1/2 cup pepitas  
 Lemon

### DIRECTIONS

1. Bring 1 cup of water to a boil and add quinoa. Bring water down to a simmer. Add a tiny bit of olive oil, sea salt, and rosemary. Stir. Let this cook until the water is absorbed, about 10 - 15 minutes. Set aside.
2. While the quinoa is cooking, add a bit of olive oil to a large pan over low heat. Add garlic and saute about 1 minute.
3. Add kale to the pan and sprinkle with sea salt. Saute over medium heat until the kale is a bright green color, about 5 minutes.
4. Add balsamic to taste and stir. Remove from heat.
5. Mix in the quinoa and pepitas to the garlicky kale.
6. Plate and add a squeeze of lemon. Serve with bread.

*Enjoy this salad alone as a main  
 or as a side with our Pasta al Limone (page 39).*



## PASTA AL LIMONE

4 servings

### INGREDIENTS

Salt

1 lb spaghetti

8 tablespoons butter - cut into 4 pieces

2 1/2 lemons

Parmesan

### DIRECTIONS

1. Boil a pot of water with salt. Over salt. Add the pasta.
2. While the pasta is cooking, coat the bottom of another pot with a tiny bit of water. Turn the heat on low.
3. Juice the lemons into a bowl. Save the lemon halves.
4. Grate a ton of parmesan.
5. When the pasta is al dente, scoop the pasta into the pot that just has a little bit of water.
6. Add the lemon juice, butter, and lemon halves.
7. Add a tiny bit of pasta water, about 1/2 a ladle.
8. Continuously stir until butter is melted and all of the ingredients have melded together.
9. To plate, place pasta on your plate, pour a little bit of the lemon butter sauce over the pasta, and add parmesan. Dig in!

*Serve this easy pasta with a warm garlicky kale side salad.*

*Thank Frank Prisinzano for this one.*





DESSERT

DESSERT

## FLOURLESS PEANUT BUTTER CHOCOLATE CHIP COOKIES

### INGREDIENTS

- 1 cup brown sugar
- 1 cup peanut butter
- 1 teaspoon baking soda
- 1 egg
- Pinch of salt
- 1/2 cup chocolate chips

### DIRECTIONS

1. Preheat oven to 350 degrees
2. Mix brown sugar, peanut butter, baking soda, egg, and salt together in a bowl.
3. Add chocolate chips and combine.
4. Place spoonfuls on a prepared baking sheet.
5. Bake for 8-10 minutes.



## SOUR CREAM AND CINNAMON-WALNUT COFFEE CAKE

### INGREDIENTS

- 1 cup walnut halves - chopped
- 3 tablespoons packed light brown sugar
- 2 teaspoons cinnamon
- 2 1/3 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 cups granulated sugar
- 2 sticks (1 cup) unsalted butter
- 3 large eggs
- 1 (8 oz) container full fat sour cream
- 1 1/2 teaspoons vanilla extract

### DIRECTIONS

1. Preheat oven to 325 degrees. Toast the walnuts golden brown, about 10 - 15 minutes. Transfer to a plate and let cool. In a small bowl, mix together the walnuts, brown sugar, and cinnamon. Set aside.
2. Reduce oven temperature to 300 degrees. Spray a 10 inch Bundt pan with nonstick cooking spray and dust with flour. Tap out any excess flour.
3. In a medium bowl, whisk together the flour, baking soda, and salt. Set aside.
4. In the bowl of an electric mixer, combine the sugar and butter. Beat on medium speed until fluffy, about 3 minutes. Add eggs, one at a time, beating after each until smooth. On low speed, mix in the sour cream and vanilla. Scrape down the sides and bottom of the bowl to make sure all of the ingredients are evenly incorporated.

### DIRECTIONS

5. Gradually add the flour mixture and mix on low speed until the batter is smooth.
6. Scoop 1/3 of the batter into the prepared pan. Smooth into an even layer with a spatula.
7. Sprinkle half of the cinnamon-walnut mixture evenly over the batter. Cover with another 1/3 of the remaining batter, using a spoon or spatula to spread the batter evenly over the pan and to the edges.
8. Sprinkle the remaining nut mixture evenly over the batter and cover evenly with remaining batter.
9. Bake for 65 - 75 minutes, until the cake is golden and a cake tester comes out clean. Let cool in pan for 15 minutes. Don't let sit for longer than this because the sides may get stuck to the pan.
10. Place a wire rack on top of the Bundt pan and then invert the pan to release the cake. Let the cake cool completely before serving.





## PEANUT BUTTER CUP PIE

### INGREDIENTS

- 8 oz low fat cream cheese
- 3/4 cup low fat peanut butter
- 1 cup powdered sugar
- 1/2 cup skim milk
- 1 tub fat free cool whip
- 1 oreo pie crust

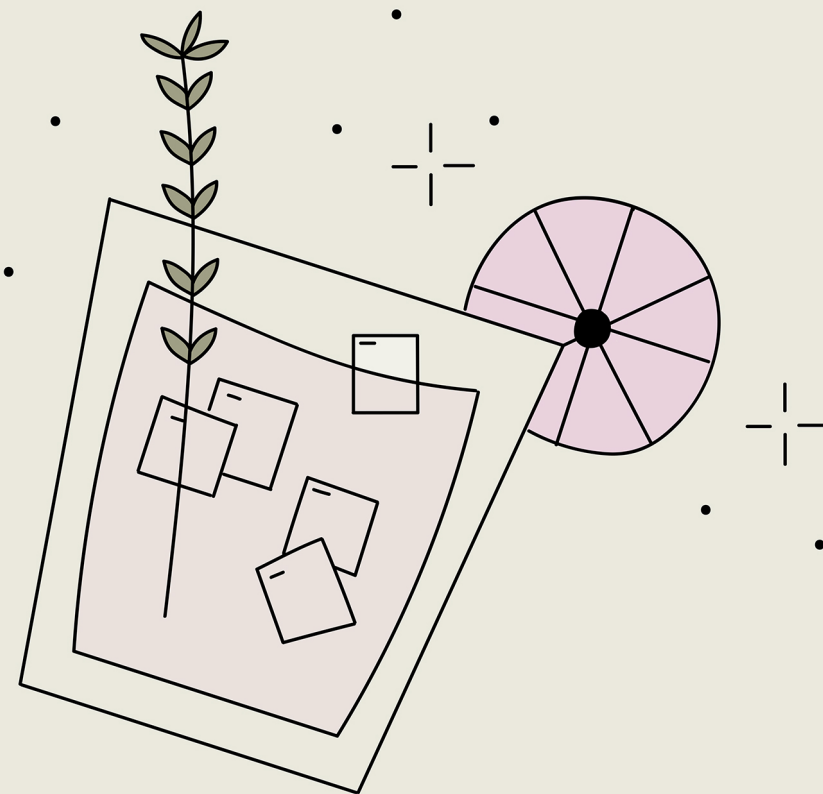
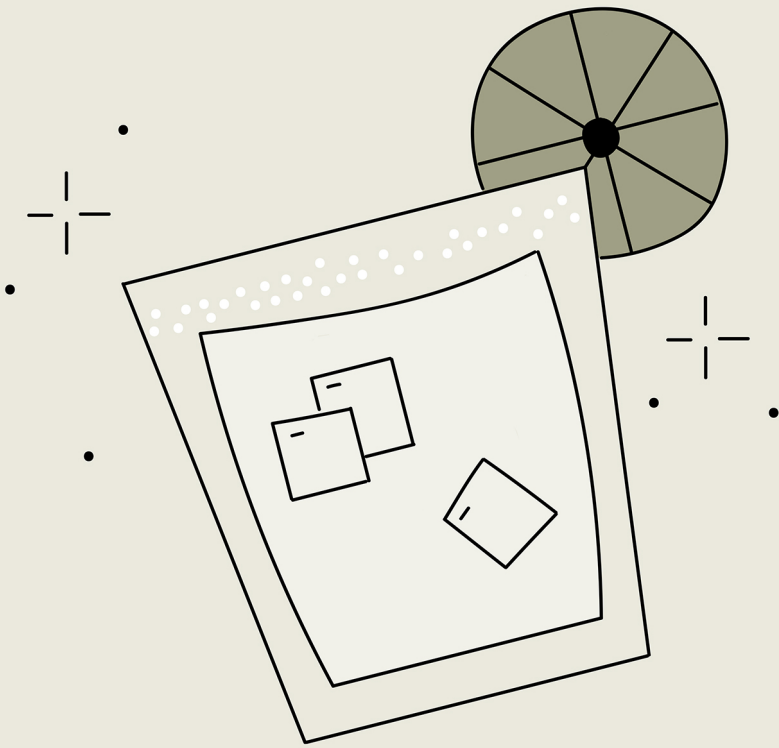
### DIRECTIONS


1. Whip cream cheese with handheld mixer.
2. Add peanut butter and powdered sugar.
3. Slowly add milk.
4. Add cool whip.
5. Pour mixture into crust and freeze.





COCKTAILS




IL NONNO   
Italian Margarita

INGREDIENTS

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| Orange or lime zest              | 2 oz silver or blanco 100% agave tequila |
| Kosher salt                      | 1 oz amaretto                            |
| 3 oz fresh squeezed orange juice | 1 oz fresh squeezed lime juice           |

DIRECTIONS

1. Add zest and an equal amount of kosher salt to a small bowl or plate.
2. Mix together using your fingertips until all of the zest is coated in salt.
3. Allow to dry in open air and then store in a covered container.
4. Salt the rim of glass with the mixture you just created.
5. Add orange juice, tequila, amaretto, and lime juice to an ice-filled cocktail shaker and shake well to combine.
6. Strain into your lime or orange salt rimmed glass full of ice. Garnish with fresh orange and lime wedges.

IL NONNA   
Rose and Ginger Paloma

INGREDIENTS

- |                                |                            |
|--------------------------------|----------------------------|
| 1/4 cup fresh grapefruit juice | 1-2 tablespoons rose water |
| 2 oz silver tequila            | Gingerbeer, for topping    |
| 1 tablespoon fresh lime juice  |                            |

DIRECTIONS

1. Fill your glass halfway with ice.
2. Add the grapefruit juice, tequila, lime juice, and rose water.
3. Stir to combine and then top with ginger beer.
4. Garnish with fresh roses and grapefruit wedge.



## CHERRY BLOSSOM WHISKEY

### INGREDIENTS

- 2 oz rye whiskey
- 1 oz fresh lime juice
- 1/4 cup water
- 1/4 cup sugar
- 1 quart picked cherry blossoms from your walk
- 1/2 oz egg white

### DIRECTIONS

1. Bring water and sugar to a boil. Add blossoms and stir. Once cooled, strain off blossoms and reserve syrup.
2. Combine whiskey, lime juice, cherry blossom syrup, and egg white in a shaker with 2 ice cubes. Shake for 20 seconds.
3. Serve in coupe with freshly picked cherry blossoms as garnish.

*Foraging for flowers is a great way to connect with your environment  
and make your drink look hella cute.*





MEZCAL PALOMAS 

4 servings

INGREDIENTS

- 8 oz Mezcal (Alipus used here)
- 4 oz grapefruit juice
- 24 oz sparkling water
- 1 grapefruit for decoration
- 1 cup sea salt
- 4 teaspoons chile powder

DIRECTIONS

1. Mix chile powder and salt in a wide bowl or flat plate.
2. Rub the rim of your glass with grapefruit wedge, then dip into salt mixture.
3. Fill glass with ice, mezcal, grapefruit juice, and soda.
4. Garnish with a grapefruit wedge dipped in chile powder.





## Lavendar and Pear Vodka

1 serving

### INGREDIENTS

Dried lavender flower  
8 oz unflavored vodka  
1 small piece of ginger  
1 lemon  
1 oz pear nectar  
1 fresh rosemary sprig  
Edible flowers

### DIRECTIONS

1. Add 2 teaspoons dried lavender flower to 8oz unflavored vodka. Cover and refrigerate overnight. Strain.
2. In a pint glass, muddle one small piece of ginger, squeeze one whole fresh lemon, 2 oz lavender infused vodka, and pear nectar.
3. Shake and strain over fresh ice into a tumbler or highball glass.
4. Garnish with fresh rosemary sprig, lemon peel, and edible flowers.

*Wild violets are abundant in Pennsylvania and easy to find this time of year. They're edible, have medicinal qualities, and look beautiful sprinkled on anything.*







MEET THE CHEFS

MEET YOUR FRIENDS AND FAMILY



Stacey Elliott and Olga Burns

Having my daughter home cooking during this pandemic has helped me discover how much better food tastes when it is fresh and wholesome!



Bobbie Van Buskirk

When the stores first started running out of things, you look toward your pantry and other places to shop. I found that the farmers market were still well stocked and buying fresh ingredients is my preference.



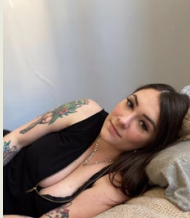
Saba and Farhat Chaudry

Cooking allows me to engage multiple senses, so for me it is a form of mindfulness which is something that has been difficult to achieve during these times.



Kelly Davis

I've been cooking during quarantine to give myself something productive to look forward to every day, it gives me a sense of purpose and happiness.



Hayley Doyle

For the first time in my whole life, I find myself being resourceful with all of my ingredients and I don't throw anything away, which forces me to get creative and keep my mind sharp.



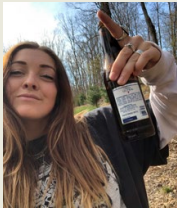
Ann Elliott

All we have right now is food, so we get excited to eat.



Cady Elliott

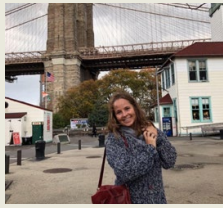
Quarantine has helped me get creative in the kitchen, looking for new ways to power me through my day and wind me down at night.



Brigitte Gleason

I been Steph Curry with the shot  
Been cookin with the sauce, chef curry with the pot, boy  
360 with the wrist, boy





### Jean Goldstein

Cooking has become the main activity at our house! Planning meals so that you only go to store once is included. Trying to be creative to mix it up too!



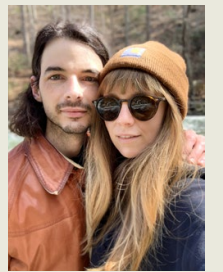
### Sarah Goldstein

I have never enjoyed cooking more in my life. It has also been so cool to share with my family and made me appreciate this time with them.



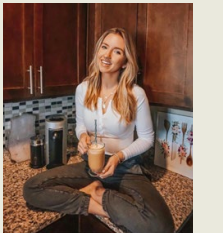
### Tyler Grotenhuis

Food has been one of the only things that I have control over during this pandemic so I've been trying to come up with new and creative recipes to make this time a little more delicious.



### Taralee Hamner and Matt Harper

All we want to do is make a fancy drinks and eat food straight off the grill.



### Sammie Levin

Being able to learn and make new recipes has been something that excites me and takes my mind off of what is going on around us.



### Lauren and Lisa McNair

While normal routines of work and leisure have been altered, we have tried to alter our normal food routine by cooking fun and interactive recipes that help provide some excitement in our kitchen with new ingredients!



### Emily O'Kelly

I've found solace and inspiration in the kitchen throughout this quarantine - food preparation not only offers a creative outlet for me but allows me to nurture and provide for those around me as well.



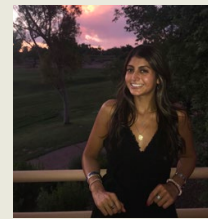
### Melissa Regan

During this pandemic, we have gathered ingredients more carefully, and prepared dishes more thoughtfully. The food we have prepared at home has been a comfort to mind, body, and spirit.



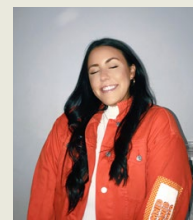
### Yarlyn Rosario

Cooking has been an escape for me. It's provided me with the opportunity to be intentional about what I am creating and giving to myself and others.



### Aliza Rubin

One of the best parts of spending time at home is having dinner with my family every night and trying out new recipes.



### Cara Salerno

The familiar smells and tastes have been a security blanket through quarantine; a friendly reminder to myself of the better times ahead full of summer afternoons spent lounging outside with my big Italian family.



### Rebecca Skoteck

Due to COVID-19, I've been able to get back to my roots of doing what I love, which is experimenting with food to create dishes for myself and for loved ones in order to bring a little light to our days.



### Isha Pandya and Kyle Waraks

During a time where we are not able to enjoy many of our favorite activities, cooking fun dishes is something we have not stopped doing at all! Good food and good wine is keeping us positive and happy.



### Brittany Wells

Cooking makes times like this a little easier, when you feel your life spiraling, to know that you still have the freedom in your kitchens that we're all missing right now.





Thank You

Thank You

Thank You

Thank You